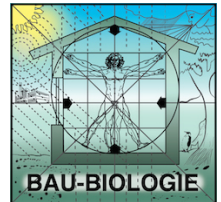




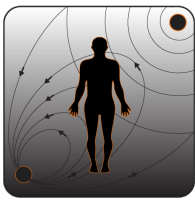
EMF Inspect

Electromagnetic Field Inspection Services
Site Surveys and Personal Exposure Assessment



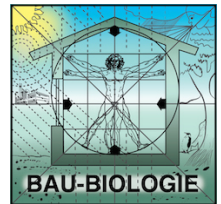
SAFER USE OF TECHNOLOGY Tips To Reduce EMF Exposures

Wifi routers	<p>If possible, hard wire computers with Ethernet cables and disable wireless antennas, both 2.4GHz + 5GHz antennas and any "hot spot" if present. You might need to contact your internet service provider (ISP) to get the hot spot turned off. *More detailed instructions at the end.</p> <p>Use Signal Tamer bag or Wave Cage to reduce the output to 100s instead of 10s of thousands of $\mu\text{W}/\text{m}^2$. Wireless routers can be very powerful and should be placed away from sleeping and living areas. At the very least, turn off at night using a timer, outlet cut off switch or power strip.</p>
Cordless phones	<p>Replace cordless with a hardwired phone used with a landline or with a wired VOIP phone. Cordless basestations are powerful and broadcast 24/7. Do not use a cordless phone against your head.</p>
Cell phones	<p>Cell phones are powerful, multiple antenna microwave transceivers. You do not want to use it against your head for more than a few seconds or at all.</p> <p>When making a call use the below options:</p> <ol style="list-style-type: none">1. Speakerphone without holding the phone in your hand.2. Air-tube ear buds. Do not use Bluetooth ear pieces.3. Wired earbuds as last resort. This option still allows allows radiation on the wire. <p>If you're carrying on your body or using it to listen to music or a podcast, switch it to airplane mode and make sure the Bluetooth and WiFi are also turned off.</p> <p>Do not sleep with an active cell phone in your bedroom. If you need to have it on for emergency calls, turn up ringer and place outside your bedroom.</p> <p>Avoid using in airplanes, cars, trains, etc. Radio frequency radiation (RFR) is highly reflective and the metal enclosures will intensify the radiation.</p> <p>Be aware that when the cellular connection is low, the phone works harder to find towers and outputs more radiation. Also if the WiFi and BT are enabled, they are always looking for connection.</p>
Tablets	<p>Like cell phones, most tablets are multiple antenna microwave transceivers. Follow the same guidelines as phones. Keep them off of your body and out of the sleeping areas when not in airplane mode.</p>
Computers	<p>Hard wire to the internet router using Ethernet cables. On laptops, turn off the wireless antenna by switching to airplane mode. Use wired keyboards and mice. Not Bluetooth.</p> <p>In addition to radio frequency radiation, computers can emit electric and magnetic fields. Make sure they are using 3-prong electrical plugs for grounding and keep them away from your body. Do not use laptops on your lap!</p>



EMF Inspect

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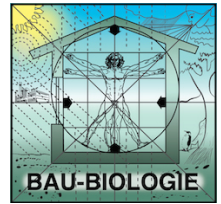


Bluetooth	Disable on appliances, devices and in your car when not needed. BT uses the same frequencies as cordless phones and WiFi routers. When enabled, they are always broadcasting. They sometimes will re-enable after a power cycle. Double check!
Printers	Modern printers can be plugged in to a computer directly using a USB connection or hardwired with Ethernet to the home network via the internet router or switch. They sometimes have multiple wireless or BT antennas which can re-enable after a power cycle. Check the settings and disable again if needed.
Streaming systems: Apple TV - Smart TV	Hard wire to your home network with Ethernet cables and turn off the wireless antennas in the settings. Read the manual. Confirm you can disable before purchasing. Some models you cannot disable.
Gaming consoles	Turn off when not in use. Do not allow young children to use wireless controllers or headsets. Wired when possible.
Wearable tech	Multiple antenna microwave transceivers. Don't have it on your body!
Microwave ovens	Remove from your healthy home. They degrade the nutrients in food and can damage your DNA. If you must use, only for a short time and move as far away as possible.
Smart home technologies	Thermostats lighting security systems Install wired solutions. If some wireless systems are unavoidable, consult with the providers to insure you can disable wireless while in the home and especially when sleeping. Monitoring systems remotely should be possible through wired, home network connections.
Smart meters	Contact your electric company and have your SM replaced with an analog, non-digital meter. Smart Meters will have a digital display and FCC ID printed on them. If replacement is not possible, install a cage and measure the radio frequency radiation from the inside, behind the meter. If this is a living or sleeping area, a shielding solution may be needed. Look for your neighbors' SM location; it could be pointing at your house creating a bigger problem.
Baby monitors	Use only wired solutions if necessary. NO wireless. There are some wired solutions that utilize Ethernet connection to your home network and provide video and audio. Extra precaution should be taken to remove ALL EMFs from sleeping environments. I highly recommend using pre-technology solutions- eyes and ears.
Sonos speakers	Some models can be plugged into your home network using Ethernet allowing the wireless antennas to be disabled through the controller. Sonos provides documentation on this process.
Smart appliances	As the tech industry pushes more toward the internet of things (IOT) appliances such as refrigerators, washers, fans, etc. are coming with built-in wireless antennas enabled by default. Do your research before you purchase and contact the manufactures if necessary to obtain instructions to disable.



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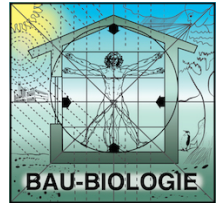


Airplane travel	Try to fly on airline without WiFi. RF protection clothing including hoods, shirts and scarves can help reduce the overall exposures. Use devices in airplane mode only. Do not stream movies etc. Your exposure levels will already be extremely high from those around you.
External RF radiation sources	If confirmed there are external sources such as cellular communications antennas or a neighbor's WiFi network, there are material and techniques to reduce exposures by shielding your sleeping/living areas. These processes can be difficult and costly. It is best to work with an Electromagnetic Radiation Specialist and installation professionals for best possible results.
Small electrical appliances	<p>Anything plugged-in can emit an electric field up to 8 feet even if it's not turned on.</p> <p>Focus on your sleeping area and unplug everything possible including lamps, clocks, phone chargers, fans, etc. from around your bed. If you are electro-sensitive or just want to experiment, turn off the electric panel breaker to your bedroom at night. We often find the plastic coated ROMEX wiring in the walls is a primary source of EMFs. It's best to measure and/or hire a professional to help with this. The sleep area is the most important, but it's a good practice to unplug anything in your living area that is not being used. Especially if it does not have a three prong, grounded plug.</p>
Electronics	In addition to the electric/magnet fields and radio frequency radiation, electronic equipment such as TVs, computers, stereos, printers, etc. can also emit another, higher frequency field known as Dirty Electricity. Even while in "standby" or "sleep" mode, DE can radiate several feet into the room. Powering down and unplugging is best if in a sleeping or living area.
Compact fluorescent light bulbs	Replace all CFLs with regular or halogen incandescent bulbs. Avoid "watt equivalent" bulbs. CFLs create and emit high levels Dirty Electricity, contain mercury and they put out un-natural light. Independent research shows some LEDs are better than others with the CREE brand emitting the least.
Dimmer switches	Replace dimmer switches or operate at full-on or full-off positions. They create and emit Dirty Electricity in the variable positions.
Electrical distribution lines	It's best to have external distribution lines measured for elevated electric or magnetic fields before purchasing a home or renting a space. Data logging for 12-24 hours might be necessary to get a complete measurement.
Blue light	Emitted from computer screens, phones, TVs and CFL lighting. Chronic blue light from screens and artificial lighting after dark can throw off your circadian rhythm and affect your melatonin production. Avoid screen time after dark and before bed. There are apps that can change the light quality for computers and phones to remove blue light.



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<p>Personal protection</p>	<p>Clothing – shirts, scarves, hoods, etc. If used properly, they can help.</p> <p>Natural Earthing – bare feet or grounded shoes in moist soil</p> <p>Grounding sheets/pads- to be used safely, ALL electric fields must be removed first.</p> <p>Early morning sunshine on your skin. Preferably with feet grounded. This is the good kind of Electromagnetic Radiation. Our bodies are tuned to this.</p> <p>Blue light blocker glasses – blue light can affect your melatonin production. Avoid blue light after dark.</p> <p>Meditation – protect and rebuild from the inside out. Raise your frequency and strengthen your aura against man-made electropollution.</p> <p>Pendants, Chips, Stones, Crystals, Salt lamps, Scalar wave devices cannot be measured for radiation reduction. If you get positive health results, that’s great! But it’s best to do radiation mitigation first, and then add these in.</p>
<p>Children with devices</p>	<p>The dangers from EMFs are even greater for children. Their skulls are not as dense and radiation can penetrate deeper into the brain. Their developing reproductive organs are also extremely sensitive to EMFs. Devices should not be used in close proximity or as baby sitters! Even if the child is handling while in airplane mode, science continues to show how small electronics can be addictive.</p>
<p>*Instructions to disable internet router wireless antennas</p>	<ol style="list-style-type: none"> 1. Examine the labeling on the router for IP address, username and password. For example: 192.168.1.1 : admin : password. If not present, do a Google search for the router manufacturer and model. The wireless information presented does not help. The object here is to turn off wireless. 2. From a computer directly wired to the router, type in the IP address in the URL/address field in your browser. This will take you to the router Administration page. Use the given, default username and password. It is possible these have been changed if you had a tech person initially setup. 3. Once logged into the router Administration page, look for the local network - wireless settings to disable both 2.4 and 5GHz wireless antennas. You will need to hit apply or save and confirm they have been disabled by physically looking at the lights on the router or using an RF meter. 4. Create a bookmark to this page for easy access in the future.

More information about the equipment mentioned in this document can be found on the EMF Safe Tech and Materials page at: <http://www.emfinspect.com/emf-safe-tech/>