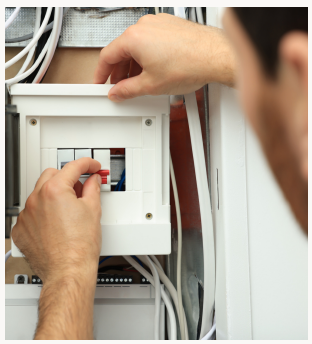
WAYS TO -DR. MERCOLA

REDUCE YOUR EMF EXPOSURE -

CONNECT YOUR DESKTOP COMPUTER TO THE INTERNET VIA A WIRED CONNECTION AND BE SURE TO PUT YOUR DESKTOP IN AIRPLANE MODE. ALSO AVOID WIRELESS KEYBOARDS, TRACKBALLS, MICE, GAME SYSTEMS, PRINTERS, AND HOUSE PHONES. OPT FOR THE WIRED VERSIONS.

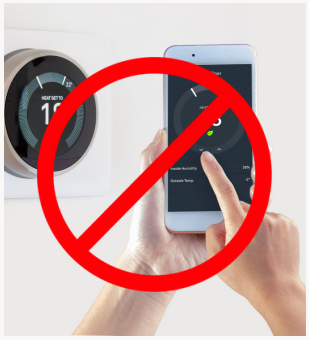
IF YOU MUST USE WI-FI, SHUT IT OFF WHEN NOT IN USE, ESPECIALLY AT NIGHT WHEN YOU ARE SLEEPING. IDEALLY, IT IS BEST TO WORK TOWARD HARDWIRING YOUR HOUSE SO YOU CAN TURN OFF THE WI-FI AT ALL TIMES. IF YOU HAVE A NOTEBOOK WITHOUT ANY ETHERNET PORTS IT IS EASY TO PURCHASE A USB ETHERNET ADAPTER THAT WILL ALLOW YOU TO CONNECT TO THE INTERNET WITHOUT A WIRELESS CONNECTION.

SHUT OFF THE ELECTRICITY TO YOUR BEDROOM AT NIGHT. THIS TYPICALLY WORKS TO REDUCE ELECTRICAL FIELDS FROM THE WIRES IN YOUR WALL UNLESS THERE IS AN ADJOINING ROOM NEXT TO YOUR BEDROOM. IF THAT IS THE CASE YOU WILL NEED TO USE A METER TO DETERMINE IF YOU ALSO NEED TO TURN OFF POWER IN THE ADJACENT ROOM.



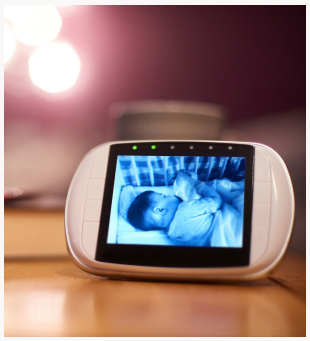
USE A BATTERY-POWERED CLOCK, IDEALLY ONE WITHOUT ANY LIGHT. I USE A TALKING CLOCK THAT I MERELY PRESS A BUTTON TO DETERMINE THE TIME AND NEVER SEE ANY LIGHT AT NIGHT.

AVOID USING “SMART” APPLIANCES AND THERMOSTATS THAT DEPEND ON WIRELESS SIGNALING. THIS WOULD INCLUDE ALL-NEW “SMART” TVS. THEY ARE CALLED SMART BECAUSE THEY EMIT A WI-FI SIGNAL AND, UNLIKE YOUR COMPUTER, YOU ARE UNABLE TO SHUT THE WI-FI SIGNAL OFF. CONSIDER USING A LARGE COMPUTER MONITOR AS YOUR TV, AS THEY DON’T EMIT WI-FI.



REFUSE SMART METERS AS LONG AS YOU CAN OR ADD A SHIELD TO AN EXISTING SMART METER, SOME OF WHICH HAVE BEEN SHOWN TO REDUCE RADIATION BY 98 TO 99%.

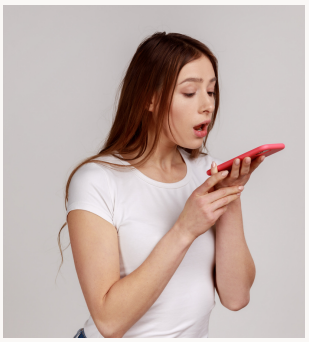
CONSIDER MOVING YOUR BABY'S BED INTO YOUR ROOM INSTEAD OF USING A BABY MONITOR, OR USEA HARD-WIRED MONITOR. IN ANY CASE, AVOID ANY BABY MONITOR THAT IS WIRELESS. THERE ARE SOME WIRED OPTIONS AVAILABLE.



IF YOU STILL USE A MICROWAVE OVEN, CONSIDER REPLACING IT WITH A STEAM CONVECTION OVEN, WHICH WILL HEAT YOUR FOOD QUICKLY AND FAR MORE SAFELY. NEXT TO INDUCTION STOVETOP BURNERS, MICROWAVE OVENS ARE LIKELY THE LARGEST EMF POLLUTERS IN YOUR HOME.

AVOID CARRYING YOUR CELLPHONE ON YOUR BODY UNLESS IT IS IN AIRPLANE MODE AND NEVER SLEEP WITH IT IN YOUR BEDROOM UNLESS IT IS IN AIRPLANE MODE (AND ESPECIALLY NOT UNDER YOUR PILLOW). EVEN IN AIRPLANE MODE IT CAN EMIT SIGNALS, WHICH IS WHY I PUT MY PHONE IN A FARADAY BAG.

WHEN USING YOUR CELLPHONE, USE THE SPEAKERPHONE AND HOLD THE PHONE AT LEAST 3 FEET AWAY FROM YOU. SEEK TO RADICALLY DECREASE YOUR TIME ON THE CELLPHONE. I PROBABLY AM DOWN TO BELOW 30 MINUTES A MONTH ON MY CELL, MOSTLY WHEN TRAVELING. INSTEAD USE VOIP SOFTWARE PHONES THAT YOU CAN USE WHILE CONNECTED TO THE INTERNET VIA A WIRED CONNECTION.



REPLACE CFL BULBS WITH INCANDESCENT BULBS. IDEALLY REMOVE ALL FLUORESCENT LIGHTS FROM YOUR HOUSE. NOT ONLY DO THEY EMIT UNHEALTHY LIGHT, BUT MORE IMPORTANTLY THEY WILL ACTUALLY TRANSFER CURRENT TO YOUR BODY JUST BEING CLOSE TO THE BULBS.