

EMF Safety Recommendations

Reduce EMF Exposure: Living / Working / Public Areas

Environmental Modifications

Decrease use of cell phones, computers, and wireless devices.

1. Keep cell phones away from body (use the speaker).
2. Take the battery out when not using.
3. Go back to hard wired Internet and phones where possible (do not use Wi-Fi or cordless phone / devices).

Remove all utility smart meters: gas, electric, and water.

1. Call each of your utility companies and ask to be placed on their permanent opt-out lists for the smart meters.
2. Make every effort to keep analog meters at home and work.
3. If a smart meter is already installed, exchange it for an analog meter (tell them you need it for health reasons).

Remove electrical objects from sleeping areas [EMF free zone].

1. Clock radios (convert to a small battery one)
2. Televisions (if must have, unplug when not in use)
3. Cell phones / cordless phones / chargers
4. Computers / laptops
5. Wi-Fi routers

Use grounding: it repairs radiation / oxidation damage.

1. Sleep on grounding sheets.
2. Utilize grounding mats while working on computers.
3. Ground by laying / walking barefoot on the ground.

Reduce fluorescent lighting.

1. Wherever possible, replace fluorescent lights, or use alternate incandescent light sources. (Fluorescent lights decrease melatonin, add to the EMF burden, plus can release toxic mercury).

Avoid cell phones, GPS or Bluetooth while driving.

1. The radiations bounce around within the car, increasing the exposure and their potential for harm.

Avoid electric, hybrid, or driver-less vehicles.

1. Driving them adds many hours of cumulative EMF radiation exposure. (Until more research is available, we do not recommend neither hybrid or electric vehicles.)

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Healthy Living Options

Personal Modifications

Protect your body.

1. Avoid sitting next to others who have wireless devices, as your body is absorbing the radiations they emit.

Eat high antioxidant foods to offset the cellular damage. Eat organic & non-GMO foods, reducing your toxic intake.

1. Vitamins C, E
2. Green Tea
3. Ginkgo biloba
4. β -glucan

Stay hydrated.

1. Drink plenty of good water (no chlorine or fluoride). Every cell in the body requires water for proper functioning.

Wear natural fibers, as synthetics attract electricity.

1. Cotton
2. Silk
3. Linen
4. Wool
5. Avoid polyesters (including polyester sheets)

Choose safe living and working environments.

1. If you are moving to a new location, find one that is not near power lines or cell towers, and has living and working spaces as far from smart meters as possible.

These actions will go a long way towards decreasing the potential of developing symptoms of electromagnetic sensitivity.

Visit our websites: **We have 12+ years of EMF research and purchasing experiences to share!**

www.BestEMFProducts.com

www.EMFFreedom.com

www.SunScreensBiohazard.com

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EMF Safety Recommendations

Cell phones, Wi-Fi, electronics and the electromagnetic fields (EMF) they produce are toxic to the human body. They are cumulative just like X-ray radiations and over time impact the body's perfectly tuned biochemistry, resulting in more people becoming EMF sensitive.

- 1. Utilize a personal **Body/bio DOT** wearable technology and **Smart DOTs** to cover yourself and your cell phone.** The first priorities are to make your body and biofield stronger and cover your smartphone (specifically, the electronic device/devices you use most).
- 2. Add **Smart DOTs** to everything that has a Wi-Fi function. (Wi-Fi devices, Wi-Fi boosters, computers/laptops, tablets, cordless phones, utility smart meters, and baby monitors).** We strongly recommend reducing as much Wi-Fi exposure as possible and going back to wired units.

Cover as many devices as you can afford, if not able to cover all, cover the ones used the most or that create the greatest exposure (such as a Wi-Fi router that sends its signals throughout the building, impacting everyone).
- 3. Use **grounding bed sheets** and **computer mats** to ground while you sleep and work.** It will help your body recuperate from the EMF assault.
- 4. Make your living and work environments as safe as possible.**
Reduce as many EMF and electrical exposures as possible.
Make your home a sanctuary, an EMF free zone, especially your bedroom!
[Give your cells an opportunity to rest, recuperate, and repair.]
Add **Space DOTs** and **Space PYRAMIDS** for additional coverage.
- 5. Be aware of everything you consider bringing into your living and work environments.** Many electrical appliances, such as refrigerators, have smart Wi-Fi functions that connect them with the utility smart meter, and many people develop sensitivity symptoms to the increased radiation.
- 6. Know your surroundings.** Know where the nearest cell tower is and watch for new permits. Lobby against them coming any closer. Use antenna search (www.antennasearch.com) to determine what is around your living and working environments.
- 7. Make lifestyle changes that will keep you healthy.**
- 8. Become your own health care advocate by reading and researching to uncover what it right for you!**

EMF Freedom: Solutions for the 21st Century Pollution

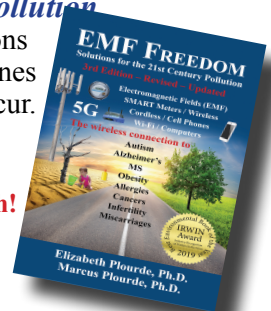
contains environmental and lifestyle recommendations to help protect both you and your family. It also outlines EMF symptoms and the biochemical reasons they occur.

Information is a powerful tool!

Mis-information can be misleading your path to health!

After *EMF Freedom* we recommend:

The Invisible Rainbow: The History of Electricity and Life



www.BestEMFProducts.com