

How to Avoid Excess Exposure to Electromagnetic Fields

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Introduction:

Here is a list of Electro-Magnetic Frequency (EMF) sources in order of most harmful to human physiology and their remediation.

Note: the majority of EMF devices today are in the Microwave band of frequencies between 300 Mega Hertz and 300 Giga Hertz. The only human and biological testing used for safety standards are thermal effects, i.e. how much warmth the EMF causes to biological tissue. This has been true since 1976, when the US Government colluded with an international coalition to limit all further safety testing to thermal effects only. All testing done prior to 1976 concluded the Microwave Band has many biological and neurological affects from causing organ disruption, tumors, and cancer to schizophrenia and madness. The Cold War in essence was the switch from nuclear to microwave weapons. Regarding health effects, please review attached document IEHA Wifi Sheet, note their new address: <https://emfaction.userecho.com/>

1) **Throw away all cordless phones.**

VTECH and DECT are example brands of these always on, high power EMF sources. The always on and high power combination makes these devices have a more harmful effect than even the Wifi internet in your home. When the handset is in the base, it still emits the strong signal...why? There is no technical reason. When the handset is away from the base and not being used, there is no reason for the base to constantly emit a signal either. Again why? If the handset battery is removed, the base ramps up its transmission power even higher because it assumes the handset is out of range. When the base is unplugged the handset is always transmitting. So both the base and the handset must be depowered to stop the EMF emission. The only time the base needs to connect to the handset is to send an incoming phone call. Similarly, the only time the handset needs to communicate is to initiate a phone call or perform a synch for any information that has changed on the headset, rare. All explanations are insufficient for this always on "feature". Placing the handset such that your body is between handset and the base is the strongest EMF position. Sleeping with your head between the handset and the base is the worst case scenario resulting in bad dreams, lethargy, toxic flushing (bathroom runs), insomnia or worse cellular damage that can lead to cancer. The high recommendation to throw away cordless phones is that there is no safe way to use these phones and you would not want to subject someone else to this danger.

Remediation:

Use corded phones that plug into the wall like the old days. Either use a landline service like AT&T or Voice over Internet Protocol (VOIP) digital internet phone services like Skype etc.). USB corded headsets are the best for the VOIP options, especially the Air Buds that use air as an insulator to separate your head from any static charge and their small size keeps any magnetic fields small as well.

2) **Limit Use of Cell Phones / Avoid Bluetooth / Avoid Wireless Headsets**

Please read the small print in your cell phone Terms and Conditions where the recommendations is to always keep the cell phone from touching your head or body even for short durations. Legally, cell phones manufacturers only have to protect the consumer from thermal microwaves, extreme magnetic waves, and any shorting potential in the electronics (oh and warn that there frequencies might interfere with other electronics). Did you know your body is electronic? More on that later. Even the very narrow domain of heating up your brain tissue causes Cell phone companies to state you should not put a cell phones next to your head for even a few minutes because the heating of your brain tissue over time is harmful enough to lead to brain cancer and other harmful diseases.

As early as the 1930's and 40's, it was found that if you stepped in front of a Radar dish even If hundreds of feet away, it caused skin burns and induced confusion,

hallucination to the degree that some individuals had to be hospitalized. This was 300MHz and down. Now days, Radar can go as high as 300 GHz! Much more power in those waves, as in 1000 times more. Law required cell phone towers to be powered down when a worker was working on them for the same reason as the Radar dish emitters were so dangerous. In the last two years those safeguards have been removed. I have talked to local Grass Valley, CA tower workers and they told me how concerned they are about it and that several workers have begun to have health problems. I am waiting for a class action lawsuit to begin as there already have been to cell towers that cause cancer clusters like San Francisco tower that has caused tuberculosis in many people who have lived at the base of that tower. There are several studies from the University Southern California who put cell towers on school dorms, to churns bell towers that caused little towns to turn into cancer farms.

Remediation:

Cell phones: get an Air Bud wired headset and the keep phone as far from your body as you can. Limit use of cell phones when the signal is low, the phone ramps up the signal strength as does the tower. Do not keep the phone near your body, especially for guys who keep in in the pants pocket. There are several court cases now where cancer is clearly located where they kept their cell phones on their belt and by their ear. Turn off your phones at night; and if you don't definitely keep those phones away from your bed and head. I know a woman who kept her iphone under her pillow and she has had a number of neurological illnesses, tinnitus, migraines, and now surgery as a result. When she removed the cell phone, her migraines had gone away, but the damage was too extensive and she still required surgery.

Bluetooth: avoid Bluetooth, especially the mouse for your computer. I am pretty sensitive, and I could feel the charge of communication in my mouse. It was pretty intense and wore me out pretty fast. I've gone back to optical mice and feel so much better. Bluetooth is simply another protocol of 2.4 MHz microwaves. Stop holding a microwave emitting device all day long and see if you can feel the difference. All my electronics are wired again and I can tolerate the computer for much longer periods now. When your phone has Bluetooth turned on, it drains your phones battery that much faster, instead of bursting every 30-60 seconds to the cell tower, the phone or device it now emitting multiple times every second.

Wireless Headsets: you are placing a high powered microwave emitter right on your head, around your ear, one of the more sensitive organs in the body. Wireless these days pretty much means Bluetooth. Conversation requires a tremendous amount of digital data to represent the audio which means a lot of microwave communication. In addition, the amount of processing to convert analog to digital, to remove wind sounds etc. puts a Central Processing Unit (CPU) that give off large magnetic fields next to most complicated electronic network in the world, your brain.

3) Turn off wireless (Wifi) networks (especially at night)

The next always on source are Wifi networks that provide wireless access for your laptops, phones, and desktops in your home. All networks have at a minimum a modem that converts the data from the provider (AT&T Uverse, Comcast, Suddenlink as examples here in Nevada County) and a router that creates a home network that can handle more than one device (computers, laptops, pads, phones, embedded network items). Many times the modem and router functions co-exist in the same device/box. Pretty much every router offers a wireless network (and generally a wired network as well). Different network protocols have different communication handshakes, but commonly like cordless phones there is a constant emitting by the router even if you have no devices turned on because Wifi defaults to being always available. Therefore, when a device turns on or someone visits they can see your network as an option to select on their device. Next, if you have any device turned on and connected to the wifi network, there is constant chatter between your device and the wifi device/box. These two functions: broadcasting and communication cause EMF emissions all throughout your house, through walls and floors. The standard of 2.4 GHz is being raised to 5 GHz meaning even more powerful EMF is being transmitted, once again without any human or biological testing to insure safety.

Remediation:

At a minimum, add a grounded timer to your router plug so it turns off at night and turns on in the morning. Preferred, go wired. Install or use a Ethernet wall outlet for a wired connection to the internet instead of using Wifi, I.e. turn off wifi unless you need it for a special task. This includes for the printer as well which is another high powered microwave emitter unless you buy a non-wifi printer like I did. I then turn off the wifi feature on my router and disable the wifi software adapters on my computers, pads, phones, etc. Similarly with Bluetooth adaptors and features, I have turned all those off as well.

4) Have your digital "SMART" meters removed.

Smart Meters are digital and use microwave technology to communicate wirelessly with other Smart Meters in order to communicate your meter readings eventually to a central power pole and on to the power company. Thus smart meters would no longer require a physical person (meter reader) to physical look at your meter to see how much you have used and charge you appropriately. This saves the power company money but does nothing for you.

Most utilities (including PG&E) offer an Opt Out option for their Smart Meters for a fee (we had to fight for this option; they did not provide it originally!). For example PG&E charges a onetime fee of \$75 plus a \$10 monthly charge to pay for onsite meter reading (monthly). Why \$75? To pay for PG&E's smart meter! Seriously. Further, if there is a charge many people won't opt out. There are documented letters from the CPUC (the watchdog commission to protect us from private electric companies like PG&E) that offered advice to PG&E to charge \$75 because they

estimate more than 50% would opt out if it was free vs. estimated 3-5% with a decent charge). Second, why a monthly fee when PG&E was already visiting you property physically? Good question! They now claim they have to keep two meter reading systems running. Really? One system was already in place, the other is automated computer system that they decided to employ, so why do we have to pay for what we had before?

Once you opt out PG&E comes to your property and pulls the smart meter out and replaces it with an analog meter. Note, you might have a smart meter as your Electric Meter, Natural Gas Meter, and Water Meter (not aware of water meters in Nevada County but there are now being installed in Sacramento for example).

Last note on your Opt-out new meter that is supposedly analog (no power use). I tested a friends Opt-out meter and I was still picking up strong microwaves being emitted from the meter! Ask me why it is so important for PG&E to have microwave capable meters on your house? Or better yet do a little research and it won't take long to figure it out.

New Note: PG&E is now installing a phone line free of charge to continue to collect your data, whereas previously a meter reader was still coming every other month to read the meter for opt out customers. The data they are downloading is not just your power usage, it is detecting what types of power usages and their time of day and duration to sell to third parties. There is no guarantee your data is anonymous, in fact, the financial gain is to identify your address, PG&E customer name and info, and link it to other content collectors like web usage, medical information, to build a detailed picture of each person. This is an estimated \$10 Trillion market vs the dwindling \$2 Trillion power market.

5) Replace All the Dimmer Switches (Dirty Electricity)

...in your house with regular switches. Even when turned completely off or completely on full power, a dimmer light switch chops-off part of the electrical current, then it discards the excess energy in the form of a strong electromagnetic field, and heat. Magnetic fields fade quickly with distance, but increase dramatically the closer you get to them. This is why I recommend sleeping with your head away from the wall or move your bed where there is no wiring in the wall by your head (you can test with a Magnetic Field Meter like the Trifield Meter). More importantly, dimmer switches create dirty electricity that contaminates whole rooms and generally the entire home's electrical wiring with dangerous high frequency waves (called high voltage transients). High voltage transients induce magnetic waves throughout all the wiring on the circuit as well as causing electric waves to jump off the circuit and enter your room. Do you notice a humming sound when you turn your dimmers down? That is the production of dirty electricity that is so pronounced, the electronics (metals) in your switch begin to vibrate because of the oscillating magnetic field. The body is forced to balance a erratic magnetic and electric field

causing fatigue, anxiety, stress, and depletion of trace minerals; not to mention activating the Voltage Gated Calcium Channels (VGCC) flooding your cells with Calcium which is devastating to the cells inner world and linked to all major diseases. Final note about your wiring, did you know that copper wiring is known for absorbing (picking up stray) EMF waves of certain frequencies and emitting new frequencies, sometimes the same frequency, other times new frequencies not matching the original? This is true of all materials. The FCC actually restricts the use of some of these frequencies because of this effect. No one has analyzed what the huge expansion in frequency usage is doing to our copper wiring in the house, or the aluminum wiring in stucco housing frames, or the aluminum oxide coating on all new prefinished floors, etc?

6) Remove all CFL, LED, Low-Voltage Halogen, and Florescent lights

Virtually all versions of these light bulbs create significant dirty electricity and at the same time throw a large harmful electromagnetic field. Incandescent are the safest as are high voltage halogens that are about 20% more efficient than incandescent. In addition, the amount of toxic chemicals from mercury, aluminum, the special metals in the ballast (base), the phosphor in the tubes, the machinery needed to produce the light bulb product are way beyond the concept of a green solution. Meters show the harmful electromagnetic fields, but even the manufactures have to warn that the CFL and LED can interfere with radios, cordless phones, remotes, etc. and also should mention biological fields including brain waves. What, you mean they emit a host of frequencies even though they give off so few (often less than 4) frequencies of light that matches no natural light source? The initial warmup of a CFL is very inefficient and also causes very large high voltage transients (dirty electricity). CFL are bad choices for bathrooms and any use that turns them on for a short time, as they are much less efficient than incandescent bulbs, defeating the whole point of a CFL or LED in this case. Placing CFLs in the kitchen with all the other dirty electricity making appliances creates a sum total that cannot be remediated. Night stands are often too close to your head and the CFL and some LEDs magnetic field can reach the sleeper. Closets are too short of a time. So I do not suggest using CFL at all. LEDs are improving, get the warm light to reduce nighttime blue light for improved circadian rhythm (sleep better, wake up easier). Blue light in the morning wakes you up, red light at night makes you sleepy.

Note, LEDs used to all create dirty electricity, however, in recent years (2020) my tests are shown the LED light fixtures and bulbs have improved and create a lot less, sometimes negligible dirty electricity.

7) Avoid Electric Toothbrushes (magnetic fields)

They produce a huge oscillating (vibrating) magnetic field inside your head while you brush. Though you brush your teeth for only a couple of minutes once or maybe twice a day, the strength of the field and location inside the mouth and head causes tremendous disruption. Having any metal in your mouth from cavities, crowns, implants creates an antennae affect like energizing a radio tower when the toothbrush

magnetic field reaches the metal. You have natural metals in your saliva to repair your teeth and a galvanic charge develops (accumulates) in the presence of both electric and magnetic fields causing over activation of meridians and stray charges that can reach other parts of the head like your brain neurons.. The disruption accumulates over time and can produce persistent inflammation and even persistent infections. Nerves can become agitated and cause pain in individual teeth such as cold and heat sensitivity. The toothbrush places this oscillating magnetic field in the mouth but also on your hand inducing electric signals through hand meridians as well as the head and neck meridians causing disruption potentially anywhere in the body through the meridians, wherever there is a meridian block or weakness. Avoid electric toothbrushes.

Anecdote: we used electric toothbrushes for 3 years and my wife with her perfect teeth and gums began having tooth sensitive (hot and cold). She developed bad breath, a sign of bacterial imbalance since certain harmful bacteria thrive in their preferred frequencies. If you have fungal issues, the fungus is irritated by certain frequencies and where they might have been benign, they begin emitting mycotoxins to fight off the offending frequencies, to your detriment. Note: fungus and yeast are especially bothered by microwave frequencies used in our cell phones, wifi, cordless phones etc.

8) Clean up the electrical power cords and transformers around your computer

Around computers, desks, night stands: reroute cables away from your feet and seating area, and never use a laptop PC on your lap as the magnetic field disrupts blood flow, enzymatic reactions, nerve communication, movement of ions in all your tissues, cellular signaling, etc. This assumes you have already turned off your Bluetooth and wifi, and or nowadays cellular antennas in your laptop. Keep your bedroom as clear as possible of anything powered, especially within 4 ft of the bed.

9) Move Beds and baby cribs away from electric sources (walls)

a few feet away from walls containing electrical wires and don't locate cribs or beds on walls whose other side has electronic equipment like computers, entertainment centers, and clothes dryers, microwaves, smart meters, routers, printers, etc. Most walls do not block the magnetic field thrown by electronic devices or EMF emitting devices.

Get tested for Electric Field absorption on your bed. Your body acts as a ground for stray electric field current that jumps literally through the air looking for a ground. You can catch a strong electric field 10 feet away from a wall. You can be tested using a volt meter as well.

10) Install 3-wire with a ground on any metallic lamps

to reduce the antenna effects created by metal lamps.

11) Don't use your microwave oven.

If you must use a microwave stand at least five feet away (my meters say 10 ft with something like stone in the way) from microwaves when in operation; better still leave the room, even a properly functioning microwave throws a strong electromagnetic field. A leaky one is even more dangerous. I have not seen a microwave that contains all the microwaves it generates. Note: microwave ovens operate at the same frequency 2.4 GHz as your wifi router and cell phone! Microwave hits up foods mostly by energizing water molecules (shaking them) until they heat up into steam. Further, the microwaves are so energetic that they sever DNA strands in the food causing unrecognized DNA strands and triggering your body to reject and fight as if the DNA represents a pathogen ramping up your immune system, just by eating microwaved food. It doesn't stop there, microwaves denature proteins, meaning causes the proteins (which have a 3D molecule) to bend and curve liking melting plastic into shapes and forms unrecognized by the body, once again triggering a immune response to the never before seen invader. I could go with the number of studies that show microwaves as causing detrimental health effects (there are 1700!). One I find interesting is that microwaves that we use for wifi and cellular disrupt cell differentiation in bone marrow stem cells causing a favoring, a leaning into one type of cell (muscular) instead of red blood cells or bone! You can see what microwaves in the microwave oven do to food...just imagine what they can do they tissues, enzyme processes, signaling functions, nervous system transmission, brain function! The pulse rate on microwaves is even more dangerous on the human brain causing at 1-3 Hz sleepiness and at 14-18 seizures. It truly has been weaponized since the 1970's when Russia caused 19 cancer cases and other major health problems as they hit the American Consulate with Microwaves from across the street.

1 Hz: Heartbeat rhythm

1-3 Hz: Sleep Pattern

3-5 Hz: Paranoia, Hallucinations, Amnesia, Illusions, Drowsiness, Absent Feeling

6-7 Hz: Depression, Visual Distortion, Confusion

8-11 Hz: Restless, Unwell, Unhappy

11-13 Hz: Anger, Manic, Motor Control, Flashes, Loss of Appetite

14-18 Hz: Small Seizures, Disoriented, Audio/Visual Hallucinations

20-20 KHz; Subliminal Thoughts

20 Hz: Phantom Touch

18 Hz: Can't make Decisions, Sensory Problems, Sight & Touch Effects

24 Hz: Confusion, Flickering, Flashing Lights, Dizziness

25 Hz: (Pulse Modulated Mobile Phone) affects sight near head & affects Heart near chest. Disruptive to visual & heart neurotransmitters

35 Hz: Mania, Hyperactive

40 Hz: Anxiety, Sleep Problems, Slow Reactions, Can't make Decisions

12) Avoid installing new "energy efficient" devices or appliances that have variable speed drives

Like some furnaces, fans, heaters, front loading washing machines, etc. They all chop the sine wave creating high frequencies (dirty electricity) on the building's electrical wiring. Even your trusty treadmill can be a big polluter, and that motor throws us a large magnetic field.

13) [Dirty Electricity](#)

The most important thing you can do is [Install Graham/Stetzer filters](#) in your home to reduce the harmful, high frequency radiation being emitted by your home's electrical wiring. You can do this yourself or hire an [expert](#).

If you or someone in your family is demonstrating symptoms of "[Electrical Hypersensitivity](#)", or feel sick when in your home, or other indoor location you may want to consider having a [dirty electricity home inspection and consultation](#)

1. Turn off wifi, use wired Ethernet in the office, especially for your computer. Wifi to your computer creates a wifi hot spot at your position, and if your body is between router and your computer you are being hit with tremendous focus beam of intermittent bursting microwaves.
2. Use LCD vs.CRT (everyone is on LCD these days) for your monitors.
3. There are degaussing screens that are transparent screens that cling to your monitor display that help block the magnetic field coming off of them reducing headaches and eye strain.
4. You can ground your computer/laptop by plugging in a usb cable (such as an old printer cable) that via a little alligator clip can be plugged into the outlet to use the ground in the outlet. I hear that this works the best of the recommendations after getting rid of wifi. Other forms of grounding don't work as well because you become the path for grounding like a lightning rod.
5. Replace all Fluorescent or CFL or LED lighting with incandescent or high power halogen. Otherwise get as far away as you can from those light sources. Produces dirty electricity and harmful magnetic fields.
6. Install 3-wire cord with a ground on any metallic lamps to reduce the antenna effects created by metal lamps.
7. Replace all dimmer light switches (produces dirty electricity)
8. Getting rid of smart meters (cause dirty electricity and other harmful frequencies)
9. Dirty Electricity Filters like we did at your place for your cubicle circuit (once you minimized causes of dirty electricity).
10. Keep outlet strips and cables and other cords away from your feet as far as possible since they emit magnetic fields. Charges also emit fields like laptop and larger charges like that.
11. Same idea, move your chair away from the wall or outlets as best you can.
12. House plants do wonders for clearing up the stagnant energy. Philodendron, Snake Plant, Ficus Tree are hardy and good at this job, not to mentioning improving the air quality and oxygen content in the air.
13. Avoid using the cell phone at work, use a wired usb headset or a corded phone, not a wireless headset of any kind. Place cell phone away from your body as best you can while at your desk.
14. Use corded keyboard and mouse not Bluetooth. Recommend turning off bluetooth adaptors on your computer/laptop, cell phone, etc.
15. Ergonomic Chair and sitting position where you hang your shoulders on the chair when you sit down. Straighter spine the better, any curling forward of the shoulders indicates weakness in the body. Some suggest Chair with no back that legs tuck under.

16. Make a recurring appointment t for every two hours to insure you get up and move, stretch (roll shoulders back, stretch neck left and right, back and forth, stretch your legs by straightening them, go to the bathroom, drink water. Every hour is best to move but generally too hard to do. Your body is designed to move, not to sit still. Your body becomes stagnant when we only use our mind. Our mind working hard uses 50% of the body's resources even though it is only 8% in volume. Hence give your mind a break if you want any resources for the rest of your body.
17. Get your eye prescription checked. If one eye sees better than the other, then you will get optic nerve and brain processing strain, i.e. headaches, eye aches, tight muscles in the face. If you can't see clearly and you have to squint to see, same result. You can change the default font size for windows to make it larger as well as in your common applications (web browsers, word processors, spreadsheets etc. to reduce strain.
18. Drink lots of water. All that brain work is like a constant light jog in energy depletion which means a lot of lymphatic cleanup. So help your lymph nodes and drink a lot of water – a good recommendation is 16-32 oz every two hours of brain work at the computer. So fill up your water cup/bottle every 2 hours at your appointment break. At your break, if you have not finished your cup, down it and fill it up again. Your head and body will thank you.