

# 10 biggest mistakes

people make when trying to protect themselves from EMF radiation

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There is no doubt that the word radiation is constantly influencing individuals to feel frightened. This world is generally associated with atomic disasters, yet in all actuality, radiation is available in our lives constantly. Not only this, but we are more defenseless now on the grounds that our phones are always emitting radiation and we utilize them every day.

We are a general public that requires the utilization of cell phones constantly. It nearly appears to be unimaginable for anybody to keep up a normal state of proficiency in their activity without having a mobile phone with them consistently. We utilize these gadgets to associate with the web, and this enables us to keep the stream of correspondence going.

There is a lot of contention regarding the matter of wireless radiation, yet it has been demonstrated that it can cause immense damage to individuals. This is the motivation behind why such a large number of individuals have turned out to be very worried about this issue and they need to have the capacity to ensure themselves as much as they can. EMFs have a chemical impact on our cell biology by impairing proper biological functioning by knocking calcium ions out of our cells which disturbs the balance.

They also knock out potassium ions which are supposed to regulate the brain function, and the lithium ions which are supposed to regulate mental stability. All this leads to chronic oxidative stress and DNA breakage. If it is linked to such a level of cellular damage, imagine how harsh will it be for children who are currently exposed to such immense amount of radiation from all around the surroundings.



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We have made this guide so as to help individuals who may endeavor to keep away from radiation harm, yet their efforts are useless because of the mistakes they are making. Some of them may appear glaringly evident and others can appear to be very stunning, however, they are for the most part going to enable you to diminish radiation presentation.

We will cover each of these mistakes and what you can do to stay away from them. This will enable you to ensure your wellbeing and your family's health too, all things considered, how about we begin!



## 1. Mindset limitation: “when I will see it, I will believe it”

Electromagnetic radiation is all around us. It's odorless, tasteless, can't be seen, cannot be felt, but it does have an effect on the human body. Not everything around us exists in a physical form so by saying that “if it can't be seen, it does not exist” does not mean it is not present and will not harm us. To live a healthy life we have to keep learning, growing and changing, but this will not happen if there is a mindset limitation that does not allow change to occur.

After a long day at work it is important to come home to a healthy, peaceful environment and spend some time with the family. So instead of wasting your time, make sure you turn off your devices and keep them in a separate room. This will help you balance a healthy lifestyle by balancing both work and home and allow you to spend some quality time with your family.



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## 2. Keep Wi-Fi devices and cell phones close and keeping them on at night

When you learn about the downsides of technology you will know that keeping the Wi-Fi switched on can have a negative impact on our brain. The Wi-Fi signals are widespread across the house and keeping them on for a long time will eventually put you under more exposure.

The Wi-Fi signals are composed of radio waves which can alter biochemical and neuronal changes in the body. Moreover, some people use their phones when the battery sign is low, but by doing this a person can harm their body to a greater extent as they produce more EMF to run the phone on low battery.

Also, you should make sure you use your phone speaker while on call instead of putting it on your ear, this way



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you can limit EMF reaching directly to you through our ear. Another mistake that many people make is that they keep their phones under their pillows while sleeping. This can cause major harm to the brain and can cause neurodegeneration in the later years.

Also, many studies claim that cell phone radiates EMF at the back of the keypad so when you use your phone to text, your fingers are exposed to them which increase the heat in the skin and muscles surrounding the fingers. Therefore, it is best to switch them off at night and use them during the day.



### **3. Looking for a magical solution that turns the frog into a prince**

In this fast moving world, everyone looks for a magical solution to change their circumstances, but in this real world nothing comes easy. It takes patience to achieve what you want. Instead of looking for a potion that will solve your issue, you can make it easier by eliminating the negativity in your life. Use less EMF devices that will cause unseen harm, but can turn out to be ugly in many different ways, change your mindset and believe in yourself that change can happen if you can make it happen. Be more positive, spread more happiness and share it with others.



### **4. Not taking this as a lifestyle change**

Instead of taking this up as a one day challenge, we need to make this a lifestyle change by incorporating this into our daily routine. Spending less time on the phone and more time with our families. This will allow us to have some peace of mind and rekindle lost relationships. By doing so we can get rid of negativity and harmful exposure, which causes harm to our body. As we already know, EMF's have been linked to Alzheimer's disease, cancer, bad eyesight and many more. So by doing this we can live a much healthier life.



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## 5. Not using protection devices

Protection devices are used to reverse the negative effects or cancel out the bad radiation by Electromagnetic shielding. It blocks radio frequency electromagnetic radiations also known as RF shielding. Thus, reducing the coupling of radio waves, electromagnetic fields and electrostatic fields that cause harm and keeps a neutral, well- balanced environment. Every environment has a different level of EMF exposure and each person has a different sensitivity to EMFs. If your EMF exposure is low you may only need a small amount of EMF protection, but if you are experiencing high EMF exposure you may need a more powerful solution. You can protect yourself against EMFs in several different ways and using a combination of different EMF devices.



The best electromagnetic protection is the type of protection that is sure to offer the best electromagnetic field protection from all types of EMF in our environment. These EMF devices are not expensive and provide a natural solution to improve health. By keeping a protection device on your computer table can help reduce the negative rays by 90%. How astonishing does that sound!



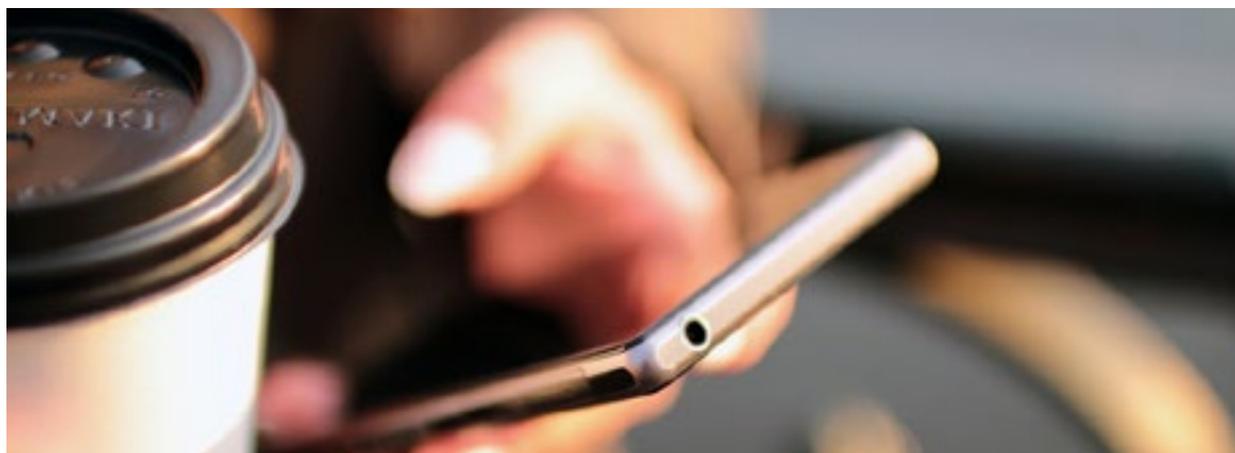
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## 6. Not limiting the use of gadgets

Excess use of anything is harmful including cell phones and other electronic devices. Cell phone screen emits blue light which can be harmful in some ways. Blue light from screens isn't simply keeping us conscious; it might likewise harm the retina, and eye strain from a lot of gadgets utilize is expanding.

A report by CBS recommends us to use the 20-20-20 rule: after 20 minutes of gazing at a screen, take a look at an object no less than 20 feet away for 20 seconds. In addition, attempt to utilize the dimmer switch on your gadgets as opposed to giving them a chance to consume brilliantly for quite a long time. There is not just one negative effect of using EMF devices for a long period, one of the basic outcomes that a lot of screen time has on grownups is a rebuilding of the matter that makes up your cerebrum.

The brain consists of gray matter, the heavy bit that makes up the folds, and white matter, which transmits messages between neurons. These outcomes don't make a difference to everybody because they've altogether demonstrated results of screen addiction, which is a mental condition based around the extremely unnecessary utilization of electronic gadgets and yet people who aren't addicts, however, do utilize their gadgets vigorously may encounter some form of the same rebuilding. A lot of screen utilization appears to bring about gray



matter shrinkage, issues with white matter's issue's capacity to convey, significantly more longings, and generally poorer subjective execution. By limiting cell phone use up to 2- hours a day should be enough.



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## 7. Early access to gadgets

It is not important for kids to get early learning done on the computer. Giving access to iPads or cell phones to kids is not compulsory. As the technology progresses it has become more and more common for kids to have access to gadgets that can alter their motor skills to a very great extent. Parents do not realize this, but few studies and inconsistent findings tell us a lot about the social, psychological and academic outcomes of children who are engaged in such activities.

Many children are now diagnosed with ADHD, bad eyesight and many other diseases. Even if they are not the cause, radiation does boost symptoms of illness in young children. It's imperative to take note of that the number of individuals determined to have the condition known as electromagnetic sensitivity in the most recent decade has additionally expanded drastically and that indications for this condition are basically the same as those for ADHD.

Early learning in children involves love, care and attention from the parents, this can be achieved by spending time and doing fun outdoor activities with them instead of making them sit in front of the TV for hours and hours. Children are better off cell phones in their hands all the time.



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## 8. Using microwaves to heat the food

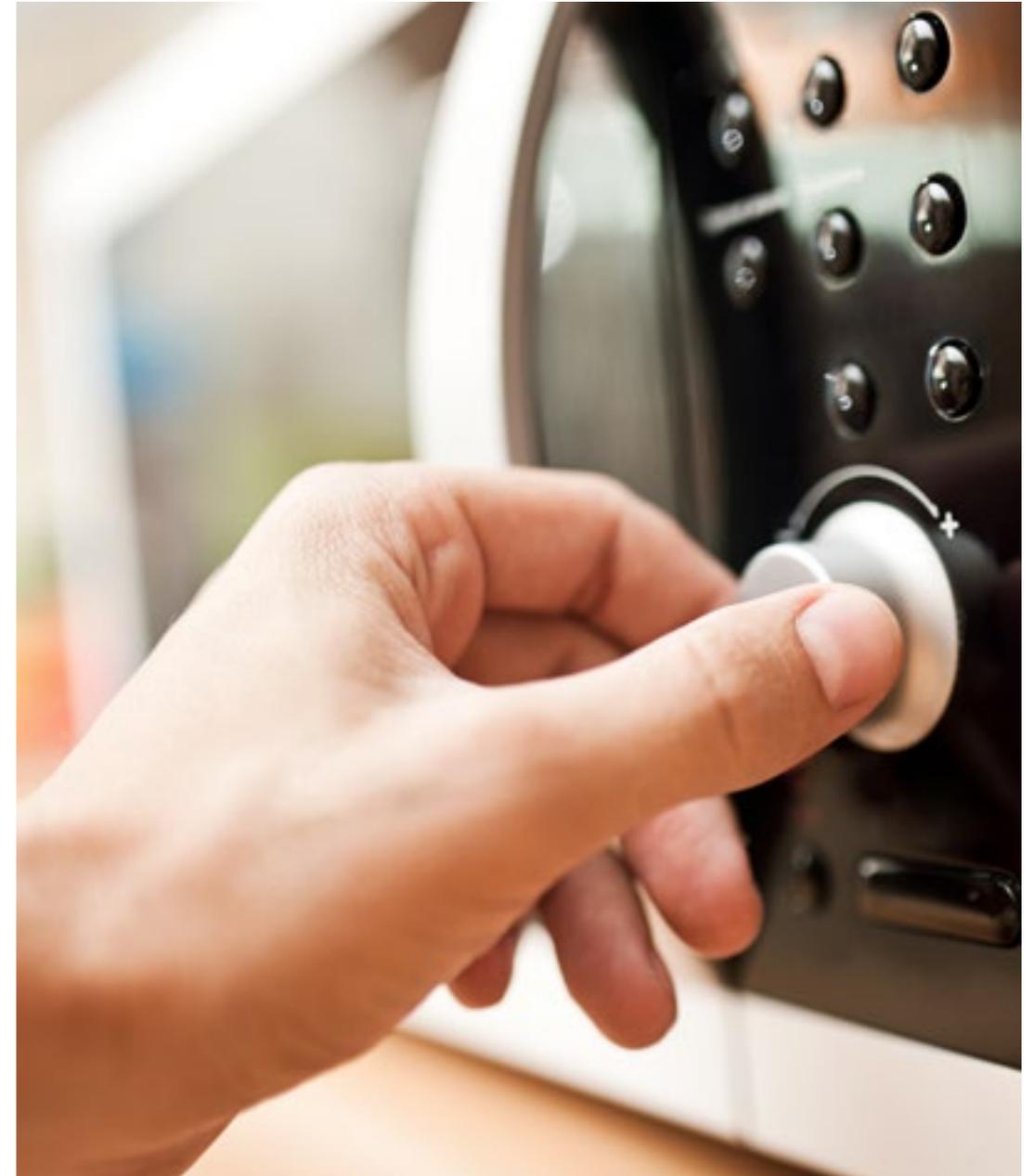
Heating food in the microwave is another big mistake that people make. Instead of using a heat stove which takes time, many people prefer microwave which gets the job done instantly, but as I said earlier it may come with a price. Microwaves emit EMF that can alter the nutrition in our food making it extremely harmful for us to eat.

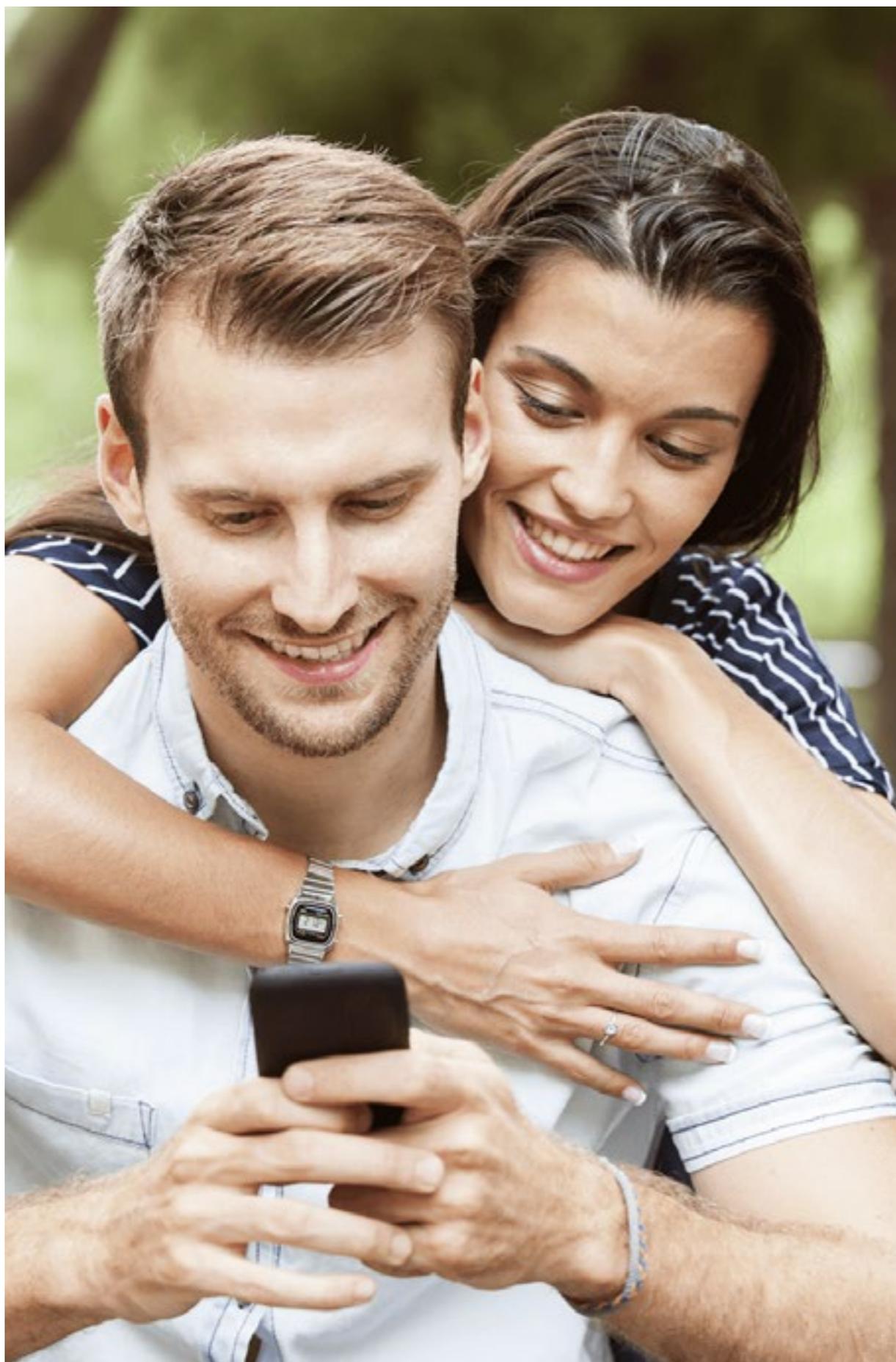
This food loses its nutrients and does not benefit the body by any positive means because it is depleted of all the good nutrients that are essential for the body. Even if you use it, make sure it's not on a daily basis as they emit EMF even when they are not being used. Make sure you test your microwave for leaks and don't stand near a microwave when its on. Instead, you can opt for a safer way to cook rather than using a microwave.

## 9. No searching for SAR ratings

SAR stands for Specific Absorption Rate. This measures the strength of the magnetic field that each device has and you should be able to see SAR ratings online for each phone model you can purchase. You might find that your favorite phone is a bit too high on the list of ratings.

The rules made a measure of the rate that body tissue ingests radiation during cell phone usage called the particular assimilation rate (SAR). The SAR for mobile phone radiation was set at a most extreme of 1.6 watts of energy retained per kilogram of body weight. The utmost was set because of the warm impacts of mobile phone radiation (all RF radiation can heat human body tissue at sufficiently high levels) - it was not set to relieve other organic impacts wireless radiation may have, for example, DNA harm or growth. The FCC SAR confine depends on a cell phone call that is an average of 30 minutes when the phone is held close to the ear. Holding a telephone far from the body or utilizing a wired earpiece brings down the measure of radiation retained. Therefore, it is best to use the phone with the lowest SAR rating or to make less use of the high rated phones.





## 10. People don't educate themselves about the downsides of technologies

The biggest mistake is to not acknowledge the downsides of technology, although there are many benefits of using technology, but it comes with a price that is our health and we cannot put our health at risk after all health is wealth. With that being said, I believe that each individual should take the responsibility to learn about the side effects and teach more people and come together as a community to help each other and our surroundings. However, it's not just humans that are at risk to damage from EMF exposure.

There are many species that inhabit the planet such as plants and animals which are being exposed to high levels of EMF, which is harming them in many ways. Of course, this means that our very own household pets could be suffering from the same ill effects of overexposure to EMF radiation that humans are being exposed to too. The idea that our beloved family pets could be having shorter life spans due to EMF exposure can be heartbreaking.

Numerous research has shown biochemical shifts in the body, whether it be a human or an animal. There has been concern over changing DNA due to more EMF exposure, which can be a cause of various genetic diseases in the near future.

This is an alarming situation that needs to be taken into consideration to avoid health issues.

Therefore, learning about the pros and cons of technology is essential for every person to live a healthy lifestyle.



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These are the 10 mistakes that one should avoid while avoiding the EMF exposure. You might feel less lethargic, less headaches and more energetic by avoiding radiation. These recommendations also imply on people at offices and schools as well. Although, it is impossible to completely get rid of them, we can still try our best and limit our exposure.

Not only by avoiding these 10 mistakes, but also incorporating healthy alternatives in our lifestyle that can help us stay healthy and fight EMF exposure. To avoid exposure you may want to get tested and ask each of your family member's checked for physical exposure to the EMFs. By evaluating your results, you can start working on reducing your exposure to electronics by avoiding and limiting EMF devices.

You should meditate more and more, spend more time with family by doing fun activities other than having a movie night. I hope this guide gives you a clear idea of errors you might have made while avoiding EMF's and helps you correct your mistakes.



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