



## HOW TO REDUCE EMF EXPOSURE

[Episode 067 with Dr. Elizabeth Plourde](#)

### **Common sources of EMFs & their impact on the human body:**

We have natural electrical forces running through our bodies at all times. Every biochemical process involves precise movements of EMF-sensitive atoms, molecules, and ions. Iron in blood is affected by EMF as is the proper function of nerves, blood vessels, skin, and other organs – even the DNA of chromosomes. ([source](#))

EMFs are emitted from **every device in that plugs into an electrical outlet** (lamps, clocks, household appliances, printers, etc), as well as from airplanes, power lines and transformers. Your laptop, iPod, cell phone and other **handheld electronic devices**, all emit EMFs when they're in use, and these frequencies interfere with the flow of energy in our bodies. Over time, this disruption can create imbalance and disease. ([source](#))

### **SO, WHAT CAN YOU DO ABOUT IT?**

Turns out, quite a bit...Here's a list of things to consider, from simple and free, to the more complex.

## ***SIMPLE (& MOSTLY FREE) TIPS***

- Stay hydrated – clean water flushing out your system is always one of the best forms of detoxification
- Do not leave your cell phone on at night – put in airplane mode (good), power down (better), or leave off in another room (best)
- Use a battery powered alarm clock (*if you do use your phone as an alarm, it will still work in airplane mode*)
- Unplug any major appliances in your bedroom(s) at night; you can put your cable box and TV, for example, on a power strip and turn the strip off at night
- Cordless phones emit stronger signals than cell phones. Do not keep cordless phones in bedrooms, and simply avoid them if possible
- Do not use digital baby monitors
  - Baby monitors use digitally enhanced cordless technology to transmit signals. This kind of pulsing radiation has been proven to emit **more microwave radiation than living near a cell phone mast**. When vulnerable brain tissues take on this much radiation, **these prolonged exposures could later show up as tumors or other forms of disease. (source)**
  - Laboratory specialist recommends placing monitors at least 10 feet away from sleeping babies. There is also the other alternative of opting for a non-RF, wired monitor. **(source)**
  - Potential alternatives: <https://www.emfanalysis.com/safe-baby-monitor/>
- Avoid using your cell phone when the signal is weak (this amplifies EMF) and use an [anti-EMF case](#) for your smartphone.

- Keep your cell several inches away from your body whenever possible; keep away from pregnant bellies, ears and head, children's bodies, your body while exercising (or at least put in airplane mode)
- Do not bring my cell phone to your ear; Use an [airtube headset](#), and use the speaker when the headset is not an option
- Road trip? Turn everyone's phone (or as many as possible) on airplane mode so reduce the EMF bouncing around that enclosed vehicle
- Download your music and your podcasts, and put your cell phone on airplane mode while you're exercising or driving
- Don't use a microwave; or unplug when not in use
- Stand outside on the ground (or in a body of water) in bare feet – it's actually called "grounding" and it takes advantage of the natural frequency of the planet earth to balance your frequency (the earth is a big magnet!)

Learn more:

- <https://www.earthing.com>
- <http://www.heartmdinstitute.com/health-topics/alternative-medicine/grounding-earthing/72-grounding-part>

The Earth is an electrical planet, and you are a bioelectrical being living on an electrical planet. Your body functions electrically. Your heart and nervous system are prime examples. Emerging science reveals that direct contact with the ground allows you to receive an energy infusion, compliments of Mother Earth. Just as **the sun above creates vitamin D** in your body, the ground below provides you with a kind of "electrical nutrition."

## ***20 of the Best Foods to Naturally Detox Radiation:***

- Water
- [Spirulina](#)
- [Chlorella](#)
- Seaweed
- Kelp
- Black / Green Tea
- Garlic
- Onions
- [Wheat Grass](#)
- Apples (and other fruits rich in pectin)
- Lemons
- Parsley
- Beets
- Sauerkraut
- Ginger
- Avocado
- Horseradish
- Kale (and other leafy greens)
- Broccoli
- [Virgin coconut oil](#)

***These tips might be considered more involved, and/or they require 3<sup>rd</sup> party purchases. Review and evaluate for yourself!***

- [Salt lamps](#) are relatively inexpensive and beneficial \_ I've put one in every bedroom and in my office. They are natural negative ionizers and they help neutralize harmful EMF radiation.
- Unplug your wireless router or use cables plugged into modem when possible
- Limit artificial light radiation by [installing low blue light bulbs](#) in your home, putting a [blue light blocker screen](#) on your computer or tablet
- Use dirty electricity filters in main rooms of house. Ben Greenfield uses and [recommends Greenwave filters](#)  
*\*I have not used personally*



- If you need to place an electronic device in your lap, use a lap“desk” or [EMF and heat-blocking pad](#)
- Purge electronics entirely from your bedroom
- Use plug-in ionizers. I use [these](#).
- Avoid electric cars. [Here's why](#).
- Do not permit a [smart meter](#) to be installed on your home
- Use personal protection devices. I have not vetted these, and cannot yet attest to their effectiveness, but I am ordering [some of these from Dr. Plourde](#).

## ***MORE RESOURCES***

### **Books:**

- [EMF Freedom - Solutions for the 21st Century Pollution - 2nd Edition](#)
- [Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution](#)
- [Disconnect: Truth About Cell Phone Radiation](#)

### **Blogs:**

- [How to Detox Your Home – Greenfield Fitness](#)
- [8 Easy Ways to Reduce EMF Radiation – Holistic Squid](#)
- [EMF Radiation from Domestic Appliances – EM Watch](#)

### **Research:**

- [Electromagnetic Hypersensitivity](#). IEEE Eng. Med. Biol.
- [Magnetic Field Exposure and Cancer: Questions and Answers](#). National Cancer Institute
- [What Are Electromagnetic Fields?](#) World Health Organization