



Wireless Safety

Sources

Solutions



Baby Monitor

- Turn off
- Move far away from child



Wi-Fi Router

- Replace with wired Ethernet
- Turn on only when needed
- Turn off at night



Cordless Phone

- Replace with corded phone
- Turn off main base station at night (unplug or timer)



Cell Phone

- Use airplane mode
- Carry and use away from body and head



Laptop

- Use Ethernet cable and turn off Wi-Fi and Bluetooth
- Move off lap to table top



iPad/Tablet

- Use Ethernet cable and turn off Wi-Fi and Bluetooth
- Move off lap to table top



Smart Meter

- Opt-out, use analog meter
- Shield from wireless signal



Cell Tower

- Live at least 1/4 mile away
- Shield from wireless signal

● Safe

● Reduced Exposure



Wireless Symptoms

- Sperm damage
- Sleep disturbance
- Ringing in ears
- Restlessness
- Headaches
- Attention problems
- Memory problems
- And more...

References

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5. Panagopoulos, Dimitris J., Olle Johansson, and George L. Carlo. "Polarization: A Key Difference between Man-made and Natural Electromagnetic Fields, in regard to Biological Activity." *Scientific reports* 5 (2015).
6. Pall, Martin L. "Electromagnetic fields act via activation of voltage-gated calcium channels to produce beneficial or adverse effects." *Journal of cellular and molecular medicine* 17.8 (2013): 958-965.
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