



Electromagnetic Fields (EMFs), Super Simplified....

Super Simple Summary (To Better Understand)

- An electromagnetic field (EMF) is energy that is sent from somewhere to someplace else.
 - It emits outward from its source, along its path, and at the location the energy is received.
- EMFs can come from natural or artificial power sources.
 - The sun is a natural source, while cell towers, satellites or power plants are manmade.
- EMFs have an influence—both positively and negatively—on living and nonliving things.
 - Humans, animals, flora & fauna, buildings, wireless devices, appliances, computers, etc.
- Natural and some manmade EMFs can be quite helpful.
 - The sun's energy, equipment used for medical testing and different therapies.
- Other artificial EMFs have been shown can be stressful to the body in numerous different ways.
 - A significant amount of research has shown negative effects from increased exposure.
- Some physical effects may be noticeable, while others are more chronic stress to living organisms.
 - A system under varying amounts, intensities and frequencies of stressors—especially ones that cannot usually be noticed by our conscious senses—makes it vulnerable to illnesses.
- The frequency and amount of indirect absorption is what should be recognized and reduced.

Super Simple Steps (To Better Reduce Exposure)

- Keep cell phones, tablets, watches, laptops on Airplane mode as often as possible.
 - Most features work when connected to wi-fi on this setting.
- Don't talk on a cell phone with it by your ear—ever if possible.
 - Use speaker or wired headphones (preferably low-EMF emitting ones).
- Reduce using cell phones, tablets, etc. for streaming—especially while traveling.
 - Download with wi-fi to watch later.
- Try to reduce carrying your phone on your person.
 - Backpack, purse, cell phone clip, etc. instead of in your pants or inner coat pocket.
- Create distance between you and power sources and wireless related things.
 - Don't hang out or sleep near router, smart TV, cordless telephone, outlets, circuit panels.
- Create distance between you and things that are charging, especially if they are warm.
 - Cell phones (*especially while sleeping*), laptops, charging stations, etc.
- Unplug things at home after turning them off.
 - Where it is practical as it is better for health, safety, and saves energy.