

## 7 SIMPLE STEPS TO A LOWER-EMR LIFESTYLE

Your health, safety, and privacy are at stake...

*There are some simple and easy steps you can take to reduce your exposure to harmful pulsed radiation on a daily basis. Here are some quick tips to help you feel better and sleep peacefully at night:*

1. Turn off the Wi-Fi function when not in use, such as during sleeping hours. Better yet, remove Wi-Fi from your home and hardwire your computers with Ethernet cables.
2. Turn the Bluetooth and Wi-Fi functions off of any wireless devices, such as smartphones, tablets, and laptops, and keep them in airplane mode. If you use a laptop computer, hardwire it using an Ethernet cable or use a desktop computer. Use an LCD monitor instead of a CRT monitor.
3. Avoid using cell phones and cordless phones. Use a *corded* rotary or touch-tone landline telephone. (If you currently have a cordless phone system, the base system also emits harmful radiation. You will need to buy a separate standalone answering machine).
4. If you have a “smart”-meter on your home, contact your utility and/or get it replaced by an electromechanical analog meter. Smart-meters radiate dirty electricity throughout your home, emit huge amounts of pulsed radiation, and violate your 4<sup>th</sup> amendment rights.
5. Use incandescent light-bulbs. Energy-efficient bulbs, such as CFL (compact fluorescent) and LEDs, can cause flickering and produce unnatural light colors which can cause health implications. CFLs are especially toxic since they contain mercury and emit UV radiation.
6. Measure the radiation in your home! If you have a cell tower near your home, you may want to consider moving. You can purchase an EMF meter at <http://stopsmartmeters.org/store/> - you can also install shielding and filters in your home if moving to a rural area is not an option.
7. Older vehicles generally emit less radiation than newer vehicles.

### COMMON MYTHS

- A. MYTH:** Non-ionizing radiation is harmless.  
**FACT:** While electromagnetic radiation in general was classified as a Class 2B carcinogen in 2011 by the World Health Organization, continuous exposure to pulsed non-ionizing radiation has been proven to be able to cause a number of negative health implications, including cancer. Read the research at <https://wirelessaction.wordpress.com/resources/>
- B. MYTH:** If wireless radiation was harmful, everyone would be getting cancer.  
**FACT:** Many of the long-term effects from radiation are cumulative, meaning it can take years or decades for the effect to become noticeable. However, many of the short-term effects, like depression, indigestion, headaches, or heart palpitations, can take place instantly but are often unattributed to wireless technologies. The radiation in our environment today is 100 million times greater than what our grandparents had to cope with!
- C. MYTH:** Schools need Wi-Fi for 21<sup>st</sup> century learning.  
**FACT:** 21<sup>st</sup> century learning can happen without wireless technologies. Those who begin using cell phones before the age of twenty are 5x more likely to develop malignant brain tumors later on.
- D. MYTH:** If wireless technology was dangerous, the government would protect us.
- E. FACT:** The FCC does not regulate wireless technologies based on health effects. Exposure standards in the US are at a whopping 600  $\mu\text{W}/\text{cm}^2$ , one of the highest limits of any country in the world, and more than 200x higher than levels at which serious biological effects can start to occur. The industry also has a powerful influence on the government since they make trillions annually off of our ignorance. Nobody from above is going to protect you. Any change will have to start with the community. Please donate and get involved at <https://wirelessaction.wordpress.com/contact/>
- F. MYTH:** I have to have a smart-meter if my utility says so.  
**FACT:** While your utility would love for you to believe that, smart-meters are not mandated by law and you have a legal right to keep your analog meter. If your utility does not offer an opt-out, refuses to cooperate, or threatens to disconnect you, you can consider going off-grid by using solar panels, file a case with your PUC, or contact us. Do get your neighbors involved – there is strength in numbers!

Please learn more at <https://wirelessaction.wordpress.com>

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