



ELECTROMAGNETIC FIELDS



HOME BODY HOME



BIO-COMPATIBLE EMF SOLUTIONS

Electromagnetic Field Guide for Human Bodies

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INTRODUCTION

Electrosmog is the asbestos of the technology age. EMF free spaces are the new luxury in the world of constant exposure. EMF mitigation gives the nervous system and mitochondrial function a break from non-ionizing radiation our bodies are exposed to at unprecedented levels, literally 10000x higher than anything experienced by our ancestors.

In this guide, we'll look at a breakdown of the different types of EMF as well as mitigation measures to consider for each type. EMF usually falls into one of 4 categories: Microwave radiation-high frequency radio waves (RF), Electromagnetic interference (EMI), AC Electric Fields, and Magnetic Fields.

Microwave Radiation - High Frequency Radio Waves (RF)

Cell towers, wifi, bluetooth, smart tech, microwaves, satellites. Remediation measures and interventions we recommend as well as our thoughts on other commonly promoted gadgets:

- a. Put your phone in airplane mode when not in use; turn OFF wifi and bluetooth
- b. Use your phone on speaker or with headphones, never put it against your head. EMF exposure drops exponentially with distance (Inverse Square Law). Doubling the distance from a source of radiation drops your exposure by 75%.
- c. Always use wired headphones, preferably EMF free ones with air tubes. This is the brand we recommend, over ears: <https://amzn.to/3DfRnOt>, they also have an earbud version: <https://amzn.to/4iEp0s0>
- d. Hardwire your internet if you live in a standalone home, instead of using wifi. This is the cable we recommend. If you're in Miami area we have an installer we work with. <https://www.safertech.com/products/emf-free-cat8-cables>

- e. This is the link to hardwire adapters for cell phones, tablets, and computers. <https://www.safertech.com/products/wired-adapters-to-create-hard-wired-cellphones-laptops-tablets-and-computers>
- f. Set up a kill switch for your wifi, so you can easily turn it off at night via a remote control on your nightstand or bathroom: <https://amzn.to/43nWA1g>
- g. Shield your wifi router. This will reduce exposure in your house while still allowing you to use wifi (<https://emf-protection.com/product/y-fry-wifi-radiation-protection-bag/>)
- h. Use shielding tech if your goal is to lower levels of EMF coming in from 5G, your neighbors wifi, etc. There's a wide range of tools to this end, some of which you can easily DIY, while others require professional help. The basic DIY measures include purchasing a silver fabric canopy and grounding cloth to create a faraday cage for sleeping. There's also window shielding film available to block some of the signal coming in from outside your home. However, we recommend working with an EMF specialist if you choose to engage in serious shielding because you can create a situation where you inadvertently amplify signal in your home if you don't understand how shielding works! You can get the supplies and instruction here: <https://emf-protection.com/> We do NOT recommend the dome canopies as they are very uncomfortable to use!

- i. Get rid of your microwave, or leave the room when you're using it. There's a significant amount of radiation coming off your microwave as far as 15 feet away. As a side note, never use any type of plastic containers to warm up your food in a microwave if you decide to keep using one.
- j. Don't use any "smart appliances" or disable connectivity (wifi or bluetooth) if possible on smart appliances (including switches and light bulbs) you already have in your home. One smart appliance DOUBLES your EMF exposure. Three smart appliances have a 400% increase in EMF in your home. Use a kill switch on outlets where a smart appliance is plugged in if it's not possible to turn off its connectivity.
- k. Use a shielded case for your phone and never keep it in direct contact with your body. This is the case we recommend:
<https://amzn.to/3XojdyR>
- l. A word on EMF stickers: There is some evidence that stickers like Aires Tech have a positive effect on the body, though they don't actually reduce the strength of the EMF field. Their peer reviewed studies on their website are marked as "Opinion," so we do not recommend using these as your primary EMF attenuation tool.
- m. A word on Shungite: This black stone discovered in Karelia, Russia has been made into pendants and nightstands talismans marketed as natural EMF protectors. Shungite is conductive but it would have to be built into the walls of your home to provide shielding capacity (just like copper and silver). Whether it "harmonizes" electromagnetic waves at all is not clear, studied, or well understood. At the moment, there's no evidence to support the claim that it's an effective EMF protection measure.

- n. If you own any health tracking gadgets along the lines of smart rings or watches keep them in airplane mode with bluetooth off when not reading the data. We actually find the Oura ring very useful but keep it in airplane mode 99% of the time. It's not enough to disconnect it from your phone bluetooth! The bluetooth on the ring itself will keep emitting a signal. Thus make you go to the Oura app, select "My Oura Ring," and toggle airplane mode on. To run the ring back on just put it on the charger for 10 seconds and it will automatically activate regular mode again.
- o. Spending 20 minutes/day connecting directly to the electromagnetic field of the earth with bare feet or grounding shoes helps to rebalance the Electrosmog overload in the body. We accumulate positive charge in our bodies through EMF exposure. Earth has a negative charge (a vast reservoir of free electrons). By coming into direct contact with grass or dirt our bodies are able to discharge the excess negative charge. Please note that walking on concrete doesn't have a grounding benefit and even wearing cotton socks prevents your body from grounding. If you're walking on the beach know that only wet sand is conductive, and thus beneficial in the grounding sense. There's a large body of evidence that this practice is health promoting.
- p. A word on grounding mats: Grounding mats are theoretically sound technology, but on a practical level their efficacy varies depending on how they are being grounded and how the electrical wiring inside your walls is set up. The cleanest way to ground one of these mats is by sticking a copper rod directly into the ground. If you ground through the grounding plug in your outlet, there's potential for transient currents from other wiring to contaminate your connection. If you don't have a clean isolated ground, you could be getting the opposite effect of what's desired.

- q. Bio-Geometry. This is perhaps the most promising line of research in the EMF attenuation space. It was developed by Dr. Ibrahim Karim, an Egyptian architect, over a course of 40 years. This field studies how shapes, angles, and proportions can influence energy fields to harmonize biological systems and environments. Dr. Karim implemented his systems in multiple towns in Switzerland over the course of the last 20 years and has attained incredible outcomes. The product we like from the bio-geometry line is this cube (see two links below for the same product). Unfortunately it's frequently out of stock and you may have to wait for months to secure one.

<https://www.biogeometryshop.com/product-page/home-energy-balancing-kit-1-cube> and here

<https://bebodhiinc.com/product/home-energy-balancing-kit/>

- r. Waveguard Qi Shield (\$1200) device is another interesting EMF harmonizing piece of equipment developed by an EMF sensitive individual. There are 25 studies validating certain biological effects of this technology, though we're unable to definitively recommend it as effective EMF protection based on information available. You can incorporate any of the 3 versions of the Qi Shield into your EMF protection arsenal but this shouldn't be the only tool used. <https://waveguard.com/product/qi-shield-3/>

Electromagnetic Interference (EMI)

The most common concern here is dirty electricity emitted through dimmer switches, LED lights, solar inverters, AC to DC current conversion, AC units.

Recommended interventions:

- a. Don't use dimmer switches
- b. Use shielded extension cords and power strips:
<https://amzn.to/4cBpAoQ>
- c. When doing renovations use shielded electrical wiring in walls
- d. Use plug-in filters to reduce high frequency voltage transients on wiring. Install these in bedrooms and other key areas where you spend a lot of time.
<https://amzn.to/4lFUkcC>
- e. Keep beds, desks, and cribs away from breaker panels, routers, and large appliances

AC Electric Fields

Extremely low frequency (ELF) fields are present in every home. They're generated by the voltage inside electrical wiring, which means they flow constantly – even when no devices are turned on. These fields radiate from household wiring, electrical outlets, cords, and power strips, creating a steady background exposure.

- a. Shield electrical wiring in walls when doing new construction
- b. Unplug non essential items near your sleeping area
OR Use power strips with switches to make it easier to turn things off without unplugging OR Turn off circuit breakers to your bedroom at night
- c. Use shielded cords and wiring
- d. Move your bed 1-2 feet away from the wall if possible

Magnetic Fields

The main sources of this hard-to-reduce type of EMF are external and structural – such as nearby power stations or substations, high-voltage transmission lines, underground power lines close to the home, faulty in-wall wiring with neutral-to-ground issues, unbalanced circuits, and circuit breaker panels. Large household appliances like microwaves, refrigerators, washing machines, and induction stoves also give off strong magnetic fields while running, but these drop off quickly; keeping just 2-3 feet of distance is usually enough to minimize exposure.

What to do about magnetic fields::

- a. If you live within 200 feet of a power station, you can use a gauss meter to determine the strength of the magnetic field and how far it extends into your space. Ideally indoor levels should be below 2 milligauss for long term exposure.
- b. Distance is your biggest ally. Moving your bed by 2-3 feet can cut your exposure in half, depending on the gradient. In the absence of better options make sure your bed is placed in the lowest exposure areas.
- c. We highly recommend reaching out to a local EMF mitigation specialist if your home has high magnetic field levels and relocating is not an option.

Highest Priority: Start with the Bedroom

When it comes to EMF mitigation, your bedroom should be the top priority. If you can get this space right, you'll give your body at least 8 hours each day in a healthier environment for rest and repair. ***Here's where to focus first:***

- a. Replace smart bulbs and dimmer switches with analogue lighting. Either use LEDs we recommend in the lighting section or incandescent bulbs.
- b. Unplug electronics at night. An easy way to do this is to install kill switches for any outlets used for bedroom electronics when you install a kill switch for your wifi router (which is hopefully NOT located in your bedroom).
- c. Never place the bed close to breaker panel or major appliance
- d. Install dirty electricity filters
- e. Avoid electric blankets and wireless alarm clocks
- f. Use shielding canopy if budget permits

- g. Use a bed grounding mat if it can be grounded directly into dirt outside or through a verified grounding plug without transient currents.
- h. **NEVER ever use a wifi/bluetooth baby monitor.** Babies' brains absorb 60% more radiation than the average adult. A baby monitor 3 feet away from a crib emits radiation equivalent to a cell tower only 500 feet away. The best option, if your baby is in a separate room, is to set up a wired system using ethernet cables if your home has hard wired internet. The second best option is to use a very low EMF monitor. We recommend the ones by Bebcare (Audio or Video models only, NOT the hybrid wifi version). This monitor does not use wifi or bluetooth tech. Instead they use DSR radio waves which resume EMF emissions by 94%. We recommend that the monitor is placed as far away from the baby's bed as possible while still maintaining its functionality. We also recommend turning off the monitor night light so you don't blast your baby with blue light emitting from LEDs inside the unit. <https://bebcare.com/>