

# EMF Hygiene Program

The aim of this program is to reduce exposure to electromagnetic fields (EMFs), while increasing protection and building resilience through nutrition.

## REDUCING EXPOSURE IN THE HOME AND WORKPLACE

(Adapted from Belyaev 2016 & Bijlsma 2018)



### Inside the Home or Workplace:

- Remove and/or unplug unnecessary devices or devices not in use in the areas where you spend most of your time
- Choose hardwired Ethernet cables<sup>1</sup> instead of wireless communication where possible
- Avoid the use of cordless phones or headsets, cordless mouse, printers or keyboards, wireless baby monitors and home entertainment systems
- Replace LED and fluorescent lighting with incandescent lighting
- If you have a microwave, ensure the seals are in good working order
- Avoid working within two metres of Smart Meter panels and power boxes
- When working with computers or laptops, keep computer hard-drives at least 30 cm away from your person, and keep laptops at least 10 cm away from reproductive organs



### In the Bedroom:

- Avoid using electric blankets. If you do choose to use these, turn off and unplug before going to bed
- Ensure you place the bed head a minimum distance of 30 cm away from power cords
- When considering the positioning of the bed in the bedroom ensure the bed head is not sharing a wall with the Smart Meter/power box, fridges, televisions, Wi-Fi routers or other appliances in the adjacent room, and is positioned at least two metres away
- Avoid charging mobile phones in the bedroom
- If you use an alarm clock, keep digital alarm clocks at least one metre away from the bed. If you wish to have one located closer then choose a battery operated or wind up option
- Avoid reading from a light emitting device before bed, such as your mobile phone or laptop



### Mobile Phones:

- Reduce the length of time on the phone, and keep conversations under 30 minutes
- Use a hands free function or headphones when speaking on your mobile phone. If you choose to use headphones ensure that they are not Bluetooth connected
- Avoid keeping your mobile close to the body, for example in your pants pocket
- To reduce the exposure to Wi-Fi or Bluetooth switch the device on to flight mode when not in use



### Mobile Phone Towers:

- Ideally these should be located 400 metres away from your home, work or where you spend the majority of your day
- Shielding curtains<sup>2</sup> or metal blinds can help to reduce the radiation that can come through windows to help reduce exposure

## FURTHER SCREENING

For further assessment of your home or work environment please contact a qualified Building Biologist:  
<https://www.aces.edu.au/links/find-a-consultant/building-biology>

## ADDITIONAL RESOURCES

Further reading:

Healthy Home Healthy Family: Is where you live affecting your health? 3<sup>rd</sup> Edition. Author: Nicole Bijlsma.

1. Ethernet cable – a cable that allows you to be hardwired to networks such as the internet

2. Shielding curtains, also known as EMF-shielding fabrics can effectively shield phone towers, blocks router, cordless phone and other radio frequency electro-smog sources across a wide frequency range. <http://www.emraustralia.com.au/shop/protection-shielding/naturell-shielding-fabric>