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 cables¹ 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 curtains² or metal blinds can help to reduce the radiation that can come through windows to help reduce exposure

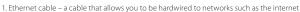
FURTHER SCREENING

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? 3rd Edition. Author: Nicole Bijlsma.



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

