

# Protecting Ourselves from Radiation

Most of this article comes from my notes of a session on the dangers of Electromagnetic Frequencies presented by Mary Cordaro at the recent [Weston A Price Foundation](#) conference. [Mary's website](#) is packed with science and helpful hints on how to protect us from the harmful wavelengths in the world today, as well as other environmental concerns. I encourage you to explore it as well as the site of the folks at [Defender Shield](#) who were also at the conference.

To learn more about specific types and sources of EMFs, I went to [greenfacts.org](#). You might want to do the same.

## **SAFETY MEASURES and POINTS OF INTEREST:**

ELF – (Extremely low frequencies) – comes from wired devices

- At desks, move cables/power strips as far away from your feet as possible
- Unplug as much as you can in your room at bedtime
- No electric blankets
- Use battery operated clock
- If you are really electromagnetically sensitive – turn circuits to bedroom (and around bedroom) off – do this after they have been inspected so you're sure they are safe.

HF – (High frequency – digital microwave – pulsed radiation – cordless phones)

- [Antennasearch.com](#) – see how close cell towers are to your house
- *When using the following, you should test the area before and after putting the protection up:*
  - Window films and coatings

- Window shielding fabrics
- Canopies over beds
- Cordless Phones:
  - Are like a mini cell tower – always emitting
  - Use no more than 900 megahertz
  - Use sparingly
  - Use speaker if equipped with such
  - Investigate protective stickers that can be placed near the battery
- I found a great article on HF-EMFs [here](#).

### Cell Phones

- All smart phones and tablets emit radio frequency electrical magnetic fields 10-15 feet out when in standby mode
- No pregnant women or children should use them
- Use corded phones at home (not cordless! – see below)
- Everyone should minimize cell phone use
- Use a well-researched protective device like [DEFENDER SHIELD Cell Phone Protection](#)
- Talk on speaker
- Use Blue TUBE (not Bluetooth!)
- Place phone at least 15 feet from people
- Put smart phone in airplane mode as often as possible (there still is some radiation still, but much less)

### Tablets

- Radiate 10-15 feet, so...
- Keep in airplane mode as much as possible
- Research and use a protective device i.e. [DEFENDER SHIELD Tablet Protection](#)

### Wi-Fi ([studies in rats that showed Wi-Fi increases oxidative stress](#))

- Keep in mind that the Wi-Fi harmful wavelengths come from both the router and the device hooked up to the Net

- If you can, remove Wi-Fi from your home and use a hardwired Internet connection
- Turn off your router at night
- Move router away from people, especially children
- ADDED NOTE: WIFI IN SCHOOL IS VERY DANGEROUS, ESP. IN ROOMS WITH MORE THAN ONE COMPUTER BECAUSE EVERY DEVICE IS EMITTING RADIATION

### Smart Meters

- Have dirty electricity that cannot be shielded.
- Learn more at [www.smartmetereducationnetwork.com](http://www.smartmetereducationnetwork.com) and [www.michiganstopsmartmeters.com](http://www.michiganstopsmartmeters.com)

Dirty electricity is a problem if you have Romex (as opposed to metal tubing). To reduce it:

- Avoid dimmer switches
- Use incandescent bulbs
- Avoid halogen lamps

### Flat Screen Televisions

- AC magnetic radiation from a flat screen is relatively low (lower than the fatter TVs used to be).
- AC electric radiation, however, remains for up to 8 hours after turning the television off.

Additional websites that were strongly recommended:

- For those with children (grandchildren) – [WWW.SAFBABY.COM](http://WWW.SAFBABY.COM)
- Objective research – [www.bioinitiative.org](http://www.bioinitiative.org)

I personally purchased a [Defender Pad](#) for use with my laptop. While Mary Cordaro strongly recommended not getting a smart phone, I suspect some day I will. When I do, I plan to get a Defender Shield case for it.

