

10 Easy Ways to Limit Your EMF/Cellphone Radiation Exposure

As a Body Code practitioner, I routinely identify and energetically release toxins which can create imbalances in my clients' health. Considering that most of us spend hours every day on our phones and computers, it's no surprise that a common toxin is EMF/Cellular Radiation. The severity of the health threat this poses is a matter of controversy, and is far from settled. Regardless of if a definitive conclusion is ever reached, it makes sense to reduce your toxin exposure while enjoying the benefits of our modern technology.

Here are some suggestions that you can easily put into practice:

1. Keep your cell phone away from your body. Do not carry your phone in your pocket or bra. If you must do so, turn the phone off or set it to Airplane Mode first.
2. When possible, use a landline for phone calls, especially when making multiple or extended phone calls.
3. When talking on your cell phone, do not hold it up to your head. Instead, use the speaker, or earphones-preferably a hollow air tube headset.
4. If you use a Bluetooth headset, don't make a habit of keeping the earphones in your ears all day. Instead, remove them as soon as your call is over.
5. Do not sleep with your cell phone! Don't put it under your pillow, in your bed, or on your nightstand near your head. It makes no sense to expose yourself to radiation when you're asleep, and not even using your phone. If you need to use the alarm on your phone, set it to Airplane Mode. If you must keep the phone turned on in case you get an emergency call, place it across the room from your bed.
6. Don't hold your phone against your stomach while texting, checking social media, email etc. Keep as much distance between your body and your phone as you can.
7. Avoid using your phone in "bad cell areas". When signal reception is low, your cell phone has to work extra hard to connect, and the radiation output is increased. Likewise, while traveling in a vehicle, your phone constantly searches for a new signal as you move, so it's best to turn it off or set it to Airplane Mode until you've stopped.

8. Keep laptop computers and tablets off your body as well. Place them on a table or off to your side, or get an EMF shield to place the device on while it's on your lap. Turn off the Wi-Fi setting of your device when you're not using it.

9. Even when operating on Airplane mode, the screen of an electronic device emits blue light, which can affect the brain's ability to wind down at night, disrupting sleep. If you or your children have trouble falling asleep easily, consider shutting off all devices an hour or two before bedtime.

10. Speaking of children, keep in mind that their growing bodies and brains are more sensitive to EMF radiation than adults are. If they use devices to play games or read books, turn off the Wi-Fi setting or turn on Airplane mode while in use. Limit exposure to EMF radiation by keeping the devices away from their bodies and setting time limits. Set a positive example by practicing good radiation hygiene yourself so your children learn how to safely use this technology.

The take-away is this: be conscious of keeping distance between your body and your devices and of limiting the amount of time that you spend using them to reduce EMF radiation exposure.