

WHAT YOU CAN DO AT HOME TO PROTECT AGAINST ALL EMFs

COMPLETE COVERAGE OF UK PLANNED FOR 2020.

Some young people are showing a healthy scepticism however, so we need to help them with information and support.

WHAT YOU CAN DO AT HOME

There are simple blocking devices which can protect from wi fi and all EMFs. A slipcase for the mobile, advice never to use it close to the head, always on speaker, keep calls short, and switch to flight mode as often as possible. A similar case for tablets and advice not to use them resting on the body.

Confine all computers and the router to one room, and limit their use. Switch off the circuitry at night to protect the household from all EMFs .

AT LEAST banish all devices from bedrooms, including digital alarms, wireless baby monitors, and cordless phones and never sleep with them near your head.

It is comparatively simple to hardwire everything in the house, including plug-ins for laptops and tablets. Ditch the cordless phones and reinstate landlines. This leaves the mobile phone as the main problem, and it's best kept in a slipcase on flight mode. In any event make sure the mobile isn't kept in a pocket (near prostate, kidneys or ovaries) or used pressed to the head. Text or email instead when you can, and get your contacts to use your landline as much as possible..

This poses problems for people who work on the move, but worth adopting as much as possible. Finding work-arounds will become easier as more people get clued up. At least we can make the home safer especially for the next generation. Decline a smart meter. Throw out the microwave.

Increasingly people are protecting the house from the neighbourhood signals by painting the entire house with blocking paint. A bit disruptive short term, and not the cheapest paint, but factor that against future time lost from work through serious illness, possible early deaths, care costs, and general misery. Otherwise move the whole family, but where to? Nepal? The Maldives? Israel?

THERE ARE MILLIONS AT STAKE: of up front profit for the communications industry: in the 'health' industry, and tragically in millions of lives lost, shortened or made miserable from mental and physical disability.

So to stop it will need thousands of ordinary people to kick up a fuss: teachers, nurses, doctors, and every other concerned adult, especially parents. Our generation has let this creep up on our kids: if we dont stop it, no one will.

WE NEED TO STOP THE WHOLE PROCESS NOW

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