

How to Reduce MICROWAVE RADIATION

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The European (EU) Parliament and European governments have been warning citizens about the adverse health effects of electromagnetic and microwave radiation for years. The World Health Organization has also recently classified Radiofrequency Electromagnetic Fields emitted by wireless communication devices as “possibly carcinogenic to humans”, in the same category as Lead and DDT. To protect the health of yourself and your family (especially children), please take precaution.

1. Replace

- Replace home-use cordless phones with wired phones (landlines). Cordless phone base emits microwave all day long, whether there are calls or not.
- Replace Wi-Fi network with wired computer network: Just get a cable for connection. Even laptop computers can be connected to the internet with cables. Radiofrequency signals are always the strongest when broadcasted from inside your own home, so removing your Wi-Fi router helps, even if you cannot avoid your neighbours' Wi-Fi coverage. You can also print out this flyer and pass to your neighbours, to share the information with them.
- Hardwired network provides much more informational security, e.g. for online banking and online purchases.
- Replace microwave oven with oven, toaster oven or stove top for cooking - the food tastes better, too!

2. Reduce

- Limit cell phone use to essential calls - keep calls short. Text messages instead of voice calls whenever possible. Wired landline for non-urgent long chats. Use mobile browsers (e.g. Opera Mini) which have option for image-free downloads.
- Set cell phone on "airplane" mode when you don't need it, to suspend connection and radiation temporarily.
- If it's not possible to hardwire computers because of physical limitations at the location, then turn on Wi-Fi only when you need to use it, and turn it off especially overnight. Some have found it helpful to use an adaptor with timer to turn on/off Wi-Fi router automatically at pre-set hours. Note that while Wi-Fi is on, each router continuously broadcasts 2.4 billion cycles of microwave per second into its surroundings. This frequency penetrates walls and human bodies.
- Say NO to "Smart Meters" which emit microwave at every house across the province.

3. Reposition

- Wireless devices (cell phones, smart phones, iPod, iPads, WiFi-enabled laptops etc.) emit the highest amount of radiation during talk-time or data transmission. Therefore, keep devices on the table or holder rather than on your lap or in your hands, and away from the head, while in communication. Talk with speakerphone or wired headset.
- If you use BlueTooth while talking and keep the phone in your pocket at the same time, you'll get maximum absorption of the radiation at your head and your body. Take off BlueTooth when you don't need it.
- Carry cell phones in handbags or brief cases instead of in pockets against your body: Microwave radiation causes infertility and, for pregnant women, affects the brain development of the fetus.
- Keep cell phones and WiFi-enabled devices away from children and babies.
- Do not position a Wi-Fi router or cordless phone base close to your brain, e.g. at bedside table or at your desk near head level.
- When you sleep, don't place a cell phone or radio alarm clock at bedside. Turn off your cell phone at night.
- Avoid using baby monitors. If it's absolutely required, then avoid placing the units near the bedside or against the body of you or your baby. Position it at the other side of the room.

For further information, visit: SafeinSchool.org CitizensforSafeTechnology.org EMRABC.ca WiredChild.org