

25 Steps to Reduce Exposure

—5G & EMF—
ESSENTIAL
GUIDE



THE LIVE BETTER GROUP

Congratulations!

Thank you for downloading our e-guide.

I have been looking into 5G and EMF's for several years now and it's a huge subject. This book is a simple attempt at giving you some actionable steps for starting to deal with the problem.

The points listed come from a wide variety of sources, including the following books:

EMF*D by Dr Joseph Mercola

Radiation Nation by Daniel T. Debaun & Ryan P. Debaun

EMF Practical Guide by Lloyd Burrell

I hope this helps you make a start at dealing with the EMF issue that surrounds you. Remember, better to make a start and do SOMETHING than just remain overwhelmed and do nothing at all.

Be well.

A handwritten signature in black ink that reads "Trevor" followed by a smiley face emoji. The signature is written in a cursive, flowing style.

Trevor King,

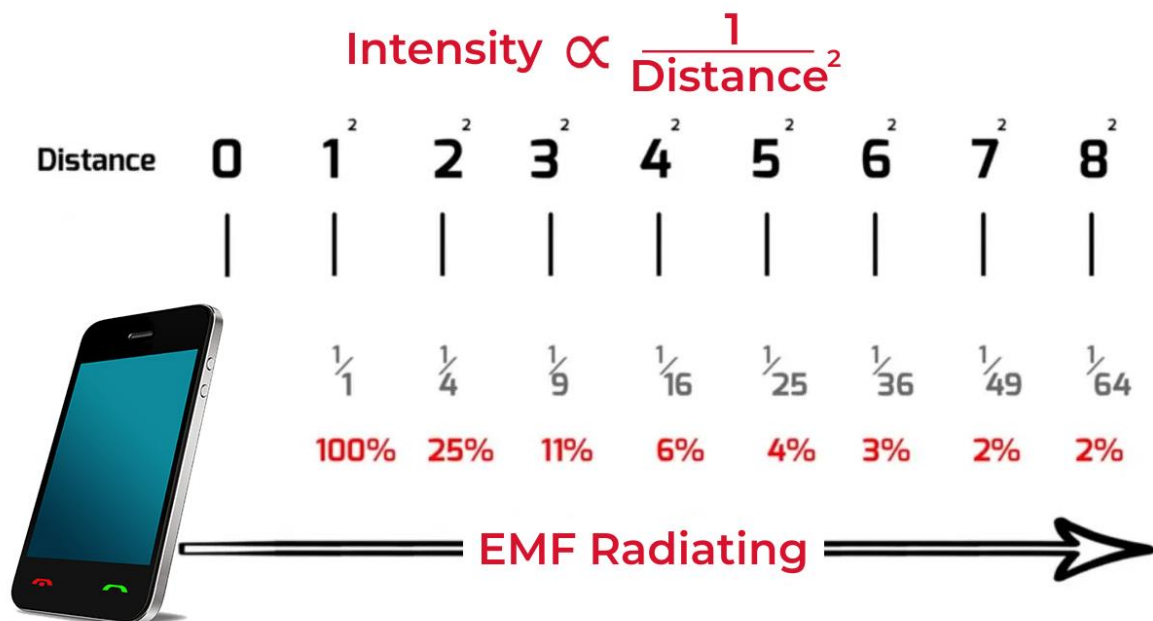
Founder, The Live Better Group

Where to Start

In his wonderful book “Radiation Nation”, Dr Daniel Debaun makes a very simple observation. Your two best friends when it comes to dealing with EMF’s are 1. Distance and 2. Time.

Simply put, the more **DISTANCE** between you and any device, also the better. Pretty simple, yes? Also, BY FAR the simplest approach to dealing with EMF’s.

EMF’s radiate in a spherical pattern from their source. They go in all directions. And logically, they get weaker with distance. They follow something called Newton’s inverse Square law.



So as you can see, EMF's drop off pretty quickly if you can put distance between yourself and the source. At five feet away in the diagram the radiation is only 4% of what it is right next to the object.

The second option you have to decrease your exposure is **TIME**. The less time spent close to devices the better. Also think about the amount of time you spend in the most dangerous situations – with your cell phone for example - start by limiting the time that it is close to your head. Small steps can make a major difference.

Click below to watch the “Live Longer” toxins episode....



On with the list...

1. Take some readings

You can start by getting an idea of the levels of magnetic field in your home by using an EMF meter with Gauss meter mode. One such meter is the Cornet ED88T. At the time of writing (June 2020) it costs about £250 in the UK, \$200 in the US.

You will need to properly read up on what to actually measure as it's not as simple as it seems, but neither is it rocket science.



Concentrate on your bedroom

The simple reason for this is that for most people, the place you spend the majority of your time is in your bed. So whatever EMF's you subject yourself to when in bed should be minimized (not like the photo! 😊).

Whether you are in that one position for seven, eight or more hours per night, it's likely to be the place of most consistent exposure (possibly apart from your office). So the next few points concentrate on your bedroom.



2. Get rid of electric blankets...

...and water-beds - and electric heating pads which are all conductors of electricity. If you love your electric blanket too much to bin it, allow it to heat your bed BEFORE you actually get into it, then turn it off when you get into bed. That way you can have the best of both worlds. Like with everything else from this point forward, always questions if you really need to add that extra electrical source to your life. If you don't need it – then forget it.



3. Use a Circuit Breaker

If your home has a circuit breaker capability – and almost all do – then alter your night-time setting so that it turns off everything but the necessities – like your smoke detector, house alarm and fridge). That will mean that you are sleeping with the lowest possible EMF burden that your home can safely produce.

4. Go for the Batteries....

Use battery-powered alarm clocks instead of ones you plug into an outlet. This is a very simple step, but an important one. An electrical alarm clock can produce quite high EMF's for the seemingly insignificant size of the appliance – and it's usually within a few feet of your head. So this is an easy and quick win for you.



5. Leave Some Space

Try to leave at least a foot of space between your bed and your wall if there's any chance that there might be wiring running inside. Even the wiring inside your walls can be emitting a significant magnetic field that you don't want to be sleeping in.



6. Doesn't have to be in the House....

If you have a utility pole outside your bedroom, try to position your bed so that it is a good six feet away from this strong magnetic field source. Picture your bed and your sleeping position WITHOUT WALLS around you – as if you were sleeping in the open air. That's how far you are from that source. The walls of your bedroom create an illusion of distance and safety that doesn't actually exist.

Alternatively, you can try this... 😊



7. Your Fridge....

Putting on weight isn't the biggest danger of sleeping beside your fridge. 😊

Your refrigerator and your home entertainment center are often the biggest producers of magnetic fields in your home. Once again, if your bedroom is right next to either of these, be sure to place your bed on the opposite side of the room. Use the “no walls” scenario from point 6 to visualize things and move your bed accordingly.

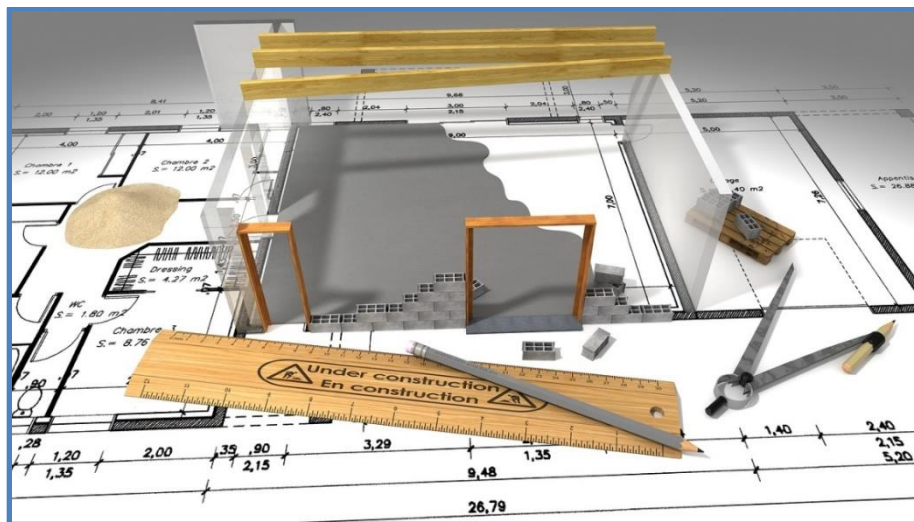


Inside Your Home

8. Building?

If you're lucky enough to be building your own home, think about EMF's from the start. You can install shielded wiring, use shielding paint and do dozens of other things that are much more difficult to do AFTER the property is built.

This item alone would be a whole book in itself, but there are many websites that will give you guidance if you are in this fortunate position...



9. DECT Phones.

It's best to avoid using a cordless (DECT) phone as it is also a wireless device. Having conversations on a landline instead of putting your cell phone up to your head for long periods of time is a great idea. But DECT phones are not the answer. They produce a VERY strong EMF field and it can reach hundreds of feet. So go back to an old fashioned corded phone. They are MUCH safer.



10. Do you need all those devices?

Certain appliances just have more inherent problems built into them than others when it comes to EMF's. So try to avoid over reliance on the use of problem appliances such as dimmer switches, wireless products, printers, scanners, computers and television sets.

11. Dump the Curly-Wurly's

Replace all compact fluorescent light bulbs ("curly wurly" form) with incandescent lights (preferably full spectrum) - as these are the healthiest light bulbs to have in your home.



12. Toss out the baby monitor.

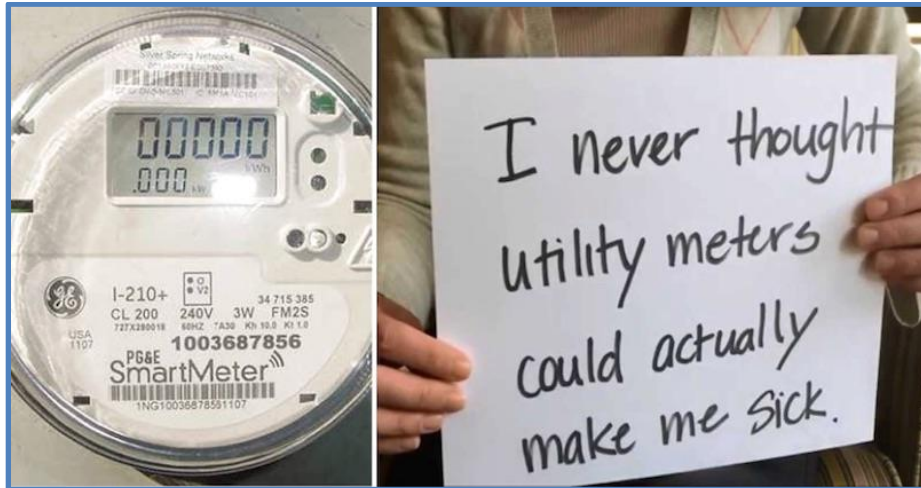
Yes, they can be a life saver. But do you really want to expose that fragile little brain inside that very thin skull to extra, needless EMF's?

Sleep cycles, immune function and brain development are just three of the things that can be affected.

If you absolutely can't live without it for some reason, at least position is as far as physically possible across the room (think opposite corners) so as to minimize the EMF's. And not all monitors are the same – there are striking differences in the EMF's produced by different models – so do your homework.



13. Refuse / Remove the Smart Meter



Didn't know they made people horrendously sick?
They can. And they do. In increasingly large numbers.

You have the right to life without a Smart Meter. So make
sure you enforce that right.

In the UK go to

www.StopSmartMeters.org.uk

Otherwise

www.TakeBackYourPower.net

14. Use Grounded where possible

Purchase shielded, grounded extension cords and power cords to be used in your home.

The more appliances you can have that are grounded, the better it is for the overall EMF exposure in the home. If you look hard enough you can even find old three pin grounded power cables for your Mac's on ebay.

But at least make sure that everything you bring into your home from this point forward is shielded and grounded where you have a choice. Once again a simple move, but one that pays off in the long run.

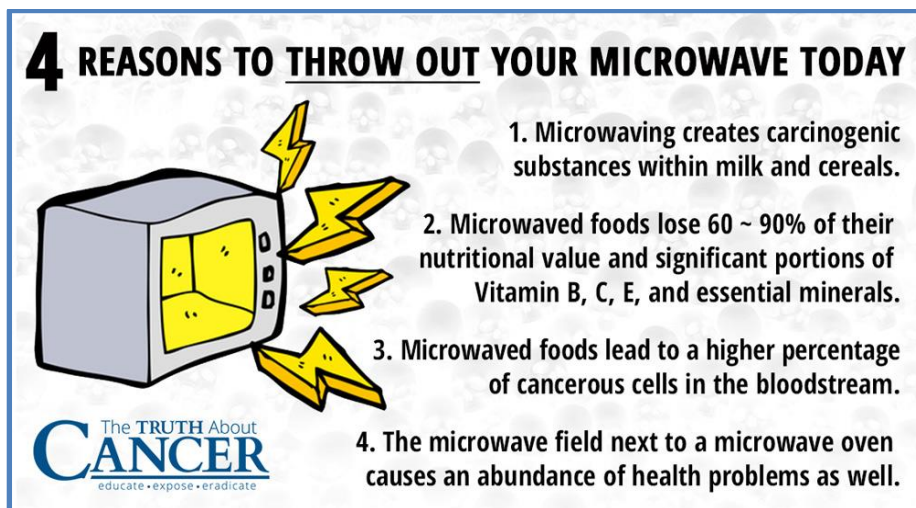
Click Below to watch our documentary episode on EMF's and Toxins



15. Ditch Your Microwave

Like your baby monitor, your microwave oven is something you should learn to do without if at all possible. At the VERY LEAST, do not stand peering into it while your food cooks! Get as far away from that thing as possible so that the radiation it is emitting is only going into your food and not into you as well.

My friends from the Truth About Cancer produced this little graphic:



4 REASONS TO THROW OUT YOUR MICROWAVE TODAY

1. Microwaving creates carcinogenic substances within milk and cereals.
2. Microwaved foods lose 60 ~ 90% of their nutritional value and significant portions of Vitamin B, C, E, and essential minerals.
3. Microwaved foods lead to a higher percentage of cancerous cells in the bloodstream.
4. The microwave field next to a microwave oven causes an abundance of health problems as well.

The TRUTH About CANCER
educate • expose • eradicate

16. Turn it OFF!

Be aware that your Apple TV, your Smart TV, your Roku can all be emitting Wifi signals, even when on standby. Learn to turn things OFF when you are not using them.

17. Opt out of the Internet of Things



More and more we hear people talking about “The Internet Of Things.” It’s really a phrase summing up a future where EVERYTHING is connected to the internet.

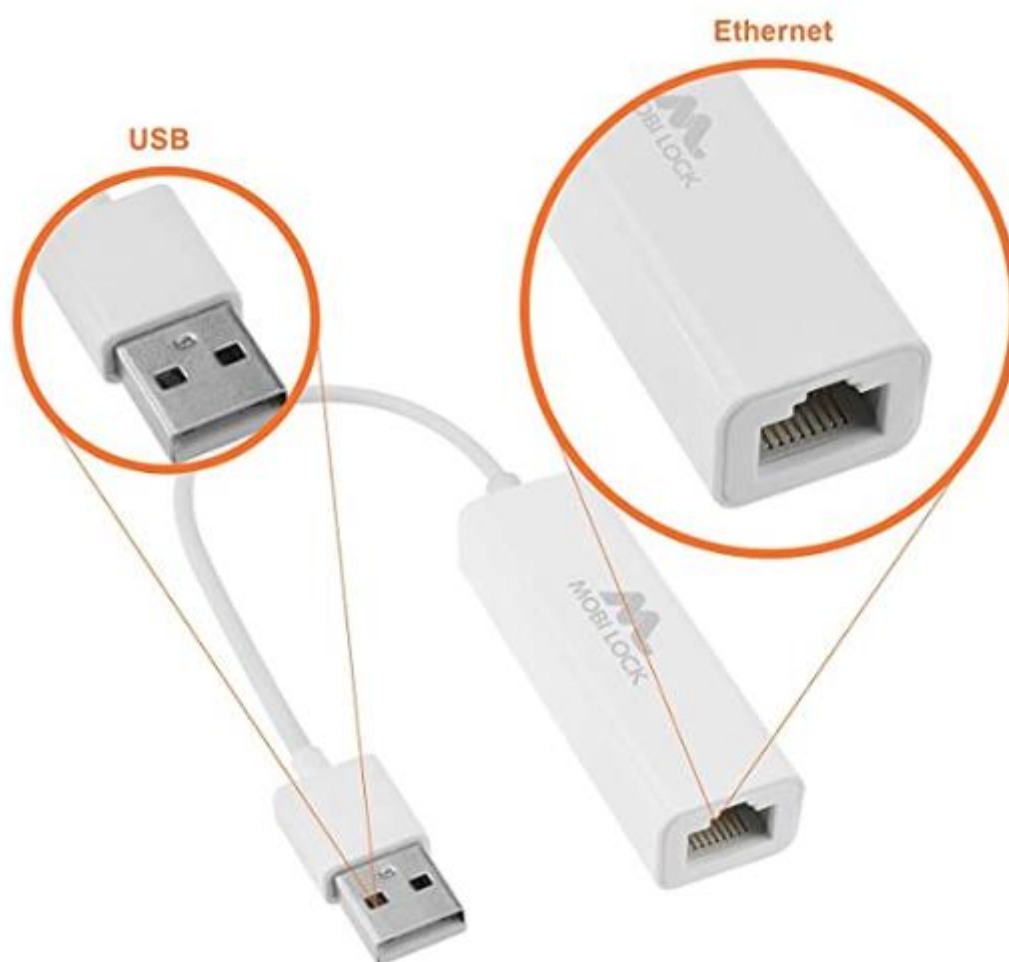
But do you really need that? Do you really want that? Do you need a fridge that can order the milk by itself? Do you need a house where the garage door opens when the WIFI tells it you are in the neighbourhood? All that convenience comes with a price. Smart Homes, Smart Motorways, smart everything.... Be careful. Do you really need it?

Personal

18. Hard Wired where possible

If you're using a laptop, avoid using Wi-Fi and opt for hard-wired Ethernet connections instead. And when you have done that, remember to still turn off the WiFi signal.

If you have no ethernet port there is a USB to ethernet adapter available very cheaply.



19. Eat without stress

Try to find a LOW EMF space to digest your food. This was a new one to me until my research recently brought it to light.

The lack of stress (EMF stress) on your body can radically improve your digestion, which otherwise suffers because your body is using energy to deal with the stress.

20. Avoid Metal Framed Glasses

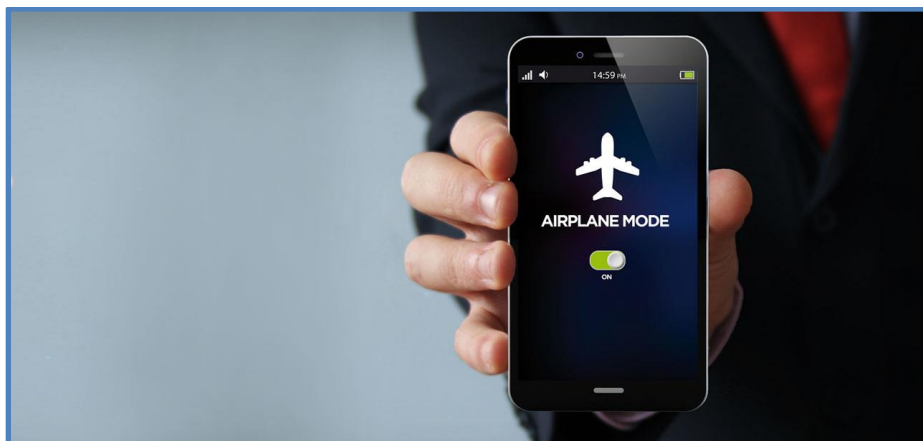


Recent studies have shown that wearing glasses with metal frames can increase the EMF problem. Metal can reflect and refocus wireless radiation, resulting in much higher SAR absorption rates into the body in those areas. One study of glasses showed a 10x increase.

21. Put your phone in airplane mode at night.

One of the most obvious things to do, but DO YOU ACTUALLY do it?

Unless you regularly get important calls or messages while you sleep – or you have a teenage child out late that you may be worried about – do this EVERY night. It's that important.



22. Be careful when Charging

Don't charge your phone beside your bed and don't use Wireless chargers in general.

If like most people you charge your phone overnight, put it in airplane mode and leave it in another room. That's best practice by far. If you INSIST on charging it in your bedroom, at least don't do it right beside the bed.

And ditch wireless chargers. A wired charger is much safer and much more efficient.

23. Try to use your phone where there's good signal.

A good five bar signal means your phone doesn't have to work nearly as hard to get/stay connected to the cell tower. If you make a call when your phone only has 2 or 3 bars, it can work up to 100 times harder to stay connected to that cell tower. That in turn gives you an incremental increase in EMF's.

24. Car Truck, Bus or Plane

Although it seems one of the most convenient reasons to HAVE a mobile phone, you are best not using it when you are THIS mobile. Using it in a bus, plane, car or train gives you the same problem as point 23. It won't stay well connected and it will always be working harder to connect to different towers as you move. Add this to the fact that you are surrounded by metal while travelling (unless it's a paper airplane 😊) – and you have even more problems because everything is

bouncing off the metal and bombarding you like you are inside a pinball table.



25. No Bluetooth

Forget about using Bluetooth headsets no matter how convenient you think they are. A simple set of earphones is much safer. Or better yet, use speaker mode and keep your phone as far away from your body as practical.

Bluetooth is just a mini WIFI signal, with all the problems that can create.

Summary

So there you have it. 25 ways you can start to address the EMF issues around your home and in your personal space. I hope that is helpful to you.

I have been making documentary films on health for around six years now – and recently we made a series called “Live longer, Feel Better!”.

I’d love to give you access to the first episode of the documentary for free. I made it along with my good friend Michael Beattie, a retired Director of factual programs for the BBC here in the UK, and a Royal Academy Award winner.

This episode talks about Toxins and deals with EMF’s specifically.

You can watch it at the link on the next page:



I know you will enjoy it.

Take care – and get protected! 😊

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