

BEGINNERS GUIDE TO EMF-DETOX

A Step By Step Guide To Start Your EMF-Detox Journey

DISCLAIMERS

All of the content in this guide was created for educational purposes only and DOES NOT CONSTITUTE THE PROVIDING OF MEDICAL ADVICE. This is not intended to substitute independent professional medical judgement, advice, diagnosis, or treatment. You should understand that you always need seek the advice of your personal physician with any questions that you may have in regards to your personal condition. You also should understand and acknowledge that you should never delay or disregard medical advice as a result of the information that you receive from this guide.

Research on EMFs is changing on a daily basis as newer studies are released regularly. Please understand that this is an ever changing field. My opinion and my interpretation of the research may change at anytime based upon new research and new information that is brought to light. The information in this guide is accurate as of the research that has been made available up until February 2019.

In order to be able to continue do research on EMFs as well as help to spread awareness on the topic, I have inserted a few affiliate links in this guide. This will help me to continue to grow my business and spread this knowledge and information to even more people. I truly appreciate your support of EMF-Detox. I assure you that any product that I promote in this guide is a product that I actually use myself AND comes highly regarded by other researchers in the field.

MEET DR. KRISTIN

As a chiropractor and natural minded health practitioner, I have always been interested in the chemicals and toxins that we are exposed to regularly that could be depleting our health. However, it wasn't until a family member grew ill from a potentially EMF related issue that I became fully aware of the negative health impacts that EMFs can have. When I started diving into the research, I learned about how wide-spread the effects truly are and that hardly any of us have even been asking the question, "could my electronics be impacting my health?" I have made it my mission to educate others on the harmful effects of EMFs and to empower people to make simple and easy changes that can make a huge difference in their exposure and potentially make a difference in their overall health as well.

MY PERSPECTIVE ON EMFS

I am own my own EMF journey as well. The steps that I outline in this guide are all of the steps that I have implemented in my own home and in my life when I was first starting out. From all of the research I have done, they are the best changes to make, for the least amount of upfront cost, and for the largest measurable EMF change in your environment.

All of that being said, I am not perfect, just as I don't expect any of you to be either. Please do the best that you can with the information that I provide here. And please know that making small, regular, and measurable changes can make a large impact over time.



WHAT ARE ELECTROMAGNETIC FIELDS (EMFS)?

ELECTROMAGNETIC FIELD: (n) is a field (as around a working computer or transmitting high-voltage power line) that is made up of associated electric and magnetic components, that result from the motion of electric charge, and that possesses a definite amount of electromagnetic energy (defined by Webster's Dictionary). This field can extend indefinitely throughout space yet is more concentrated as you move closer to the source. Lastly, this field can interact with any charged items that are in its vicinity.

It is important to note that there are 4 main types of Electromagnetic field.

- **Electric Field:** includes household wiring, ungrounded electronics, lamps, lighting, cords, chargers
- **Magnetic Field:** includes power lines (especially high-voltage power lines), circuit breaker panel, chargers for electronics, power strips, transformers and motors inside of household appliances, and wiring errors in a home or building
- **Radio Frequency:** comes from wireless devices including cell phones, cell towers, WiFi, bluetooth, microwave ovens, baby monitors, smart meters and cordless home phones
- **Dirty Electricity:** sources include compact fluorescent light bulbs (CFLs), fluorescent lights, dimmer switches, chargers for electronics (especially when left plugged in to the wall without actually being connected to something charging), solar panel inverters, and smart meters

I am often asked which is the worst type of electromagnetic field. And I wish I could give a better answer to this, but it truly depends on the individual. Some people may be more sensitive to magnetic fields whereas others may be more affected by radio frequencies. It is also dependent on which one we have the highest levels of in our environment and which ones our body is most sensitive and reactive too. A lot of times this is really hard to determine. The only way we can begin to figure out which frequencies our body is most sensitive to, is by trial and error.

"I fear the day that technology will surpass our human interaction." -Albert Einstein

HOW DO EMFS EFFECT THE BODY?

Sometimes it can be hard to believe that these invisible frequencies that we can't hear, taste, or feel could actually play a role in how our body functions. That being said, there is new, groundbreaking research being done that has been able to show how these fields interact with our bodies. Bear with me for just a moment as I get into the science.

Dr. Martin Pall, a Swedish researcher and neuroscientist, discovered that when our body is exposed to EMFs, our voltage gated calcium channels (VGCCs) are activated. These channels sit on our cell membranes and are very electrically sensitive. When your body is exposed to EMFs, it can cause the activation of the VGCCs and will flood the cell with excess calcium ions at a very rapid rate. The increased intracellular calcium can produce Nitric Oxide (which in normal quantities can be beneficial to the body). However, in this case with excessive stimulation of the VGCCs, the mass influx of Nitric Oxide ends up having a detrimental effect and causes oxidative stress. ([click here to read research](#)) Oxidative stress has been linked as the precursor for many types of chronic conditions and diseases.

These VGCCs are in the largest concentration in the brain, heart, and reproductive organs, thus making these three areas of your body the most vulnerable to damage from electromagnetic fields. A few other consequences of increased intracellular calcium include:

- Increased permeability of the blood brain barrier (the protective barrier that keeps toxins away from your brain)
- Decreased melatonin production (which is a powerful antioxidant and helps regulate your sleep cycles)
- Causes a weakened immune system

Another research study was done recently that showed that blocking EMF exposure can produce significant symptomatic change in 90% of patients with autoimmune disease ([click here to learn more](#)). Thus, furthering the link between EMFs and the role that they play in chronic disease.

"We are living in an era where capturing moments on our phones is more important than actually living these moments with whomever is beside us" -Unknown

Lastly, what a lot of people don't realize is that both magnetic and RF fields are considered class 2b carcinogens which are classified as "possibly carcinogenic to humans". They are in the same category as DDT, HPV, talcum powder, and chloroform. Although after a recent study was published by the National Toxicology Program that showed a clear evidence of tumors in the hearts of rats, some evidence of tumors in the brains of rats, and some evidence of tumors in the adrenal glands of rats when exposed to radiation equivalent to a 2G or 3G cell phone (mind you we are at 4G/LTE and will be going to 5G very soon which are both MUCH more powerful than the radiation that was tested in the study). Since this study came out, many researchers are actually pushing to have an upgraded cancer classification that expresses a more direct link ([click here to read](#)).

IS IT POSSIBLE TO BE ELECTRICALLY SENSITIVE?

Electromagnetic hypersensitivity is a condition that occurs in a portion of the population. When they are exposed to EMFs their body will begin to react and symptoms will arise. The World Health Organization (WHO) classifies electrical hypersensitivity as being associated with skin conditions including redness, itchiness or tingling/numbness sensations. As well as symptoms of fatigue, tiredness, concentration difficulties, dizziness, nausea, heart palpitations, and digestive disturbances ([click here to read more](#)). These symptoms can range from mild to severe.

At this point it is very difficult to quantify what percentage of the population is electrically sensitive. It can range between 1% to 13% of the population depending on the country ([click here](#)). I have even heard some experts suggest that upwards of 33% of the population could potentially be electrically sensitive but it may be challenging to quantify since there is such a wide spectrum of symptoms and they may not be easily associated with EMF exposure.

"Healing takes courage, and we all have courage, even if we have to dig a little to find it." -Tori Amos

The good news is, Dr. Dominique Belpomme discovered reliable disease markers that he was able to use to identify electrical sensitivity in patients ([click here](#)). He also determined that patient's symptoms were consistent over the population that was tested and that even people who were unaware that it is possible to be sensitive to electronics, experienced the same symptoms. This helped to rule out the possibility that electronic hypersensitivity is a psychosomatic condition. So, at some point in the future we may be able to have a better and more accurate depiction as to how much of our population is truly electromagnetic hypersensitive.

Honestly, I never thought I was electrically sensitive, until I started making lifestyle changes to my own EMF exposure. As I began to make the changes that I have laid out in this guide, I was able to see that my body was in fact reacting to the electrical energy in my environment. Even if you aren't electrically hypersensitive, it doesn't mean that you and your family won't benefit from using the steps outlined in this guide.

HOW TO USE THIS GUIDE

This guide is intended to get you started on your EMF-Detox journey. It will not completely rid your life of EMFs and if you are extremely sensitive, this guide may be a good start for you, but you will need to go to even further lengths immediately after you complete this. My goal is to help you to create measurable change to the EMFs that you currently have in your home and in your life. Every step of this guide is crafted to create REAL changes that can be read with a meter. There are lots of products on the market that I purposely choose to not mention in this guide. The reason being, is that I am fully focused on modifications that make MEASURABLE changes especially for a beginners guide.

I tried to create a guide that included many steps that have absolutely no cost associated with them. That being said, you will need to invest some money into this process. Prioritize and budget for the changes that seem the most important for your lifestyle and your needs.

Some may read this guide and make all of these changes immediately, and that is wonderful! But others may read this guide and take a year or more to implement all of these modifications.

"The journey of a thousand miles begins with one step." -Lao Tsu

Take it at your own pace that fits your family and your needs. One, two, or three modifications is ABSOLUTELY better than making no changes at all. The harmful effects of EMFs are cumulative. Meaning you won't necessarily feel negative effects the first time you hold that cell phone to your ear, but at some point down the road, your body will be impacted. Making changes now before major issues arise, is your best option.

And for those of you who have been following me on social media for a while now, you know that I am NOT anti-technology. I'm not going to tell you to get rid of all of your devices and return to the Dark Ages. But I will give you some tools to create a healthier relationship with technology and the electrical environment surrounding you.

Have you been confused about where to start in your EMF journey? That's totally normal!! It's exactly why I created this guide! The rest of these pages should help to clarify how best to begin your journey.

BUYING A METER

The best way to know about your EMF exposure with absolute certainty, is to buy a meter and to take readings in your home. I highly recommend purchasing one if at all possible. This will give you a much better outcome when you are mapping out your home and determining how to make changes. On top of that, it will help you (and your family members) to have a visual representation of the fields that are in your environment. Which can be very helpful for skeptical family members (like teenagers or husbands.)

There are two meters that I recommend purchasing. These are both known as great "sweeping meters." They help you to determine what type of radiation is being emitted from different household objects, they help you to determine if certain actions that you take either increase or decrease the EMF output of a device, they also help you to find hidden sources of EMFs that you wouldn't have otherwise found. That being said, these have no where near the accuracy as a professional meter, which costs thousands of dollars. Please do not think that the number readings from either of the meters that I recommend are incredibly precise. They should only be used to determine if a modification has made a positive or negative impact in the fields in your home.

"The soul always knows what to do to heal itself. The challenge is to silence the mind." -Caroline Myss

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Another thing to note, is that no single meter on the market can measure all four types of radiation. The two that I recommend however, are combination meters which can read electric, magnetic, and radio frequency fields. This helps you to get the most bang for your buck when you are just starting out.

Both the Cornet ED88T Plus and the TriField 2 meters are reliable and decent quality meters to own. They are both priced under \$200 and they are both highly regarded as good meters to start with. Yes, there are cheaper meters on the market, however, they may not measure 3 out of the 4 types of EMFs and they may not measure as wide of a range of frequencies therefore not giving you as accurate of readings ([click here to see the meters](#)). Note: To find the meters you will need to click on "Combination Meters" then you will see the TriField 2 as well as the Improved Trimode Meter (which is the Cornet ED88T Plus). These are comparable meters and you will be in good hands with either meter that you choose. I personally use the Cornet and have the older version of the TriField.

Now, to measure dirty electricity, you would either need a Stetzer meter or a Line EMI meter. Remediating dirty electricity can potentially be an expensive process (due to the cost of the meter on top of purchasing filters for your entire home which can easily get to \$1000-\$1500 very quickly) and therefore is not an area I recommend starting with for a beginners EMF Detox guide, I would recommend doing this after making all of the changes I outline here first. However, there are a few tips that I will weave into the guide that help to reduce some of the dirty electricity in your home.

Of course, I know I am going to get the question, "Do I have to buy a meter?"- NO, you don't. You can still make big changes to your EMF exposure if you don't have a meter. That being said, if you have a meter, you will be able to make more targeted changes that specifically relate to your home environment. I would highly suggest purchasing one at some point, even if that means skipping your regular coffee shop latte and making your own coffee at home for a few months, to save up for one. Making small sacrifices like this for the sake of your health is always worth it.

STEP 1: CREATE A PEACEFUL AND RESTFUL SLEEPING ENVIRONMENT

We spend 1/3 of our life sleeping (if we are lucky) therefore, creating an optimal sleeping environment is of utmost importance. By managing your exposure while you are sleeping, you can reduce your daily EMF exposure by up to 1/3! This is ALWAYS the first place to start when looking to decrease your EMF exposure and they are the EASIEST changes to make! Seriously, if you just did Step 1 of this guide, and nothing else, you would still make a big impact on your overall EMF exposure.

On top of that, high levels of EMF exposure can lead to sleep disturbances, so creating the cleanest bedroom environment will lead to more restful nights. Our bodies heal and recover while we sleep and disruptions to our sleep cycle can interfere with these important processes and can thus impact our health in the long run.

Remove all electronics from your bedroom:

Lets first start off by saying, electronics do not, I repeat DO NOT belong in your bedroom! That means no TVs, no computers, no plug in alarm clocks, wearable fitness trackers or smart watches, and absolutely no cell phones! All electronic devices should be out of the room unless they are off, or on airplane mode. Now if you are using any life saving devices that need to remain plugged in all night, please keep these in your room and please do not turn the power off to your bedroom as noted on the next page.

Try getting a battery operated alarm clock ([like this one](#)). Stop relying on your devices and go old school. I find this alarm clock to be beautiful and functional!

Turn your WiFi off at night:

There is absolutely no reason to keep your WiFi running while you sleep. If you are sleeping, you aren't running google searches or streaming movies, so why do you need it on? Turning it off will save you 8+ hours of exposure to one of the strongest sources of radio frequency radiation in your home.

"Healing doesn't mean the damage never existed. It means the damage no longer controls our lives." -The Art of Healing

I can tell you when I first went down the path of detoxing EMFs from my life, this was the first change I made. And it transformed my life. First of all, my (at that time) 8 month old son slept through the night for the first time the same night that we first turned it off. Secondly, my husband and I both woke up so well rested, maybe partially because my son was finally sleeping, but also because we were finally sleeping well too! We were actually shocked at the feeling we experienced that next morning, deep restful sleep that we didn't realize we hadn't had in years. We didn't realize the poor quality of our sleep since we both have never actually had trouble falling or staying asleep. We both didn't realize what deep, restful sleep was until the night that we first turned our WiFi off.

Now, most WiFi routers these days do not have an easy ON/OFF button. The best way to turn your wifi off is to use an outlet timer like ([this one](#)). You can set your WiFi router to turn off the same time every night and come back on the same time every morning. Its automatic and you don't even have to think about it (except when the time changes).

Turn off the power to your bedroom at night:

Shutting off the power to your bedroom and your children's bedroom at night can significantly reduce your exposure to electric and magnetic fields. Do you know that calm and quiet feeling that your home has when the power goes out? Have you noticed how good you feel when you wake up in the morning after the power has been out all night? Yes, you and your family can have this feeling EVERY morning! Before heading to bed at night, all you need to do is flip the breaker that runs power to your room and any other bedrooms being used in your home.

Yes, this will take a little investigating to determine which breaker to flip, but it should take you less than 5 minutes to figure this out. It is my understanding that there is an option to have an electrician install a remote kill switch to your breaker. That when you hit the button on the remote, the selected breakers will shut off. I recommend starting with the free option, first. Hit the breakers on your way to your bedroom at night, and one day if you want to invest a little more money, you can hire an electrician to make this modification for you.

"A good laugh and a LONG sleep are the two best cures for anything." -Irish Proverb

Check the outside of all of your bedrooms:

First, walk around the perimeter of your home and look at the outdoor walls of all of your bedrooms. Do you see any electrical lines, smart meters, air conditioning units, pool equipment, or any other electrically powered systems? If yes, make note of where these are. Next go inside your home and go room by room discovering any electronic sources on any neighboring indoor walls of your bedrooms. For example look for TV's, wifi routers, computers, wifi enabled devices, phones, appliances, etc. Make note of these as well.

Now here comes the fun part! You will want to determine the ideal wall to have the head of your bed on. You want to keep the head of your bed as well as cribs away from any of the problem spots that you found in your investigation outside (likely those are not things that you can easily move) and you may want to move the problem spots that you identify inside (these are likely much easier to move or modify). NOTE: if you have a multi level home, you want to also check what is above or below your bedrooms as well. Start with the youngest member of your family. Determine the best placement for their bed based upon your findings and move the rest of their furniture to accommodate the new bed position. Repeat for each of your family members' bedrooms.

You don't necessarily need a meter for this if you have already started turning the power and wifi off at night. However, a meter will give you readings that will make your bedroom modifications more precise. If you have any smart meters outside of any of your bedrooms, it is important for you to opt out of your smart meter program if at all possible. (Please see the section on smart meters for more information)

STEP 2: WORK ON THE REST OF YOUR HOME

Great work! If you have made it to this step, it means that you have already made HUGE changes to your EMF exposure! But don't stop now, there are so many more simple changes that you can make!!!

"If you have a good night's sleep, you can take on the world." -Tasmin Egerton

Next, we will repeat the process that you just completed with your bedrooms. Start with the room that you spend the most time in. You check the inside walls and outside walls for sources of EMFs. Next you will do 3 scans with your meter (electric, magnetic, and radio frequency) to get readings. Then you will move furniture and devices accordingly. Remember, no home is perfect. This will take some creativity and some thinking, its almost like a jigsaw puzzle or a game of Tetris. Figuring out the best and safest layout for your home will take a bit of trial and error but it is well worth it in the long run. You can make this fun! Giving your home a little refresh can also bring some excitement and new energy to your home!

Once you have that first room completed, continue on room by room until your whole house is done! Some people choose to do this all in one day, where as others take it slower. Go at your own pace, the most important thing is that you are actively working to make a change in your home.

SIDE NOTE: WiFi routers are a huge source of RF radiation, if you have one in your home, its best to keep it as far away from where you spend the most time.

3 Easy Tips to Decrease the Dirty Electricity In Your Home

- **Unplug chargers when they are not in use:** super simple tip. Every time you are done charging one of your devices, don't just unplug your device, also unplug your charger.
- **Switch out CFLs:** The curly energy saving bulbs produce high levels of dirty electricity in your home as well as blue light which can effect melatonin production and disturb sleep. Ideally you would want to use incandescent or halogen bulbs which can be a challenge to find in stores but you can still find them online ([click here](#)). I am often asked about LED bulbs, I am not a huge fan although they are safer to use than CFLs, however they still produce quite a bit of blue light which can greatly throw off your sleep cycle.
- **Replace Dimmer switches:** Dimmer switches can create massive amounts of dirty electricity in your home. If you absolutely need to have dimmer switches in your home there are 2 brands that have been recommended by building biologists the Lutron and Crestron brands ([click here](#)). Just be sure that you do not buy the "smart" outlets that these companies promote.

"There is no WiFi in the forest, yet you will find a greater connection." - Unknown

STEP 3: TACKLE YOUR PHONE

Honestly, the majority of the questions I get on a daily basis have to do with cell phones. They are the one electronic that we keep close to us on a regular and constant basis, it the one that we tend to store on our body (either in a pocket, in our hand, or for ladies in their bras) and it is a very high source of radio frequency radiation. Unfortunately though, there is no quick fix that will make your phone safer, but we can learn to use them in a manner which will cause less harm to our body in the long run. Here are my best tips!

Never put your phone to your head:

Yes, NEVER PUT YOUR CELL PHONE TO YOUR HEAD!!!! If you have a meter, measure the amount of RF radiation that comes from your phone as you use it. You can also check the safety guidelines for your specific phone. No cellular company out there actually recommends that you keep your phone on your body, they all recommend keeping it at least 5mm away. If you need any more convincing just look at the imaging study ([shown here](#)) where you can see how far the radiation penetrates into the brain while the cell phone is up to the head.

Ditch bluetooth headphones:

I know these are all of the rage right now. I see so many people walking around with these seemingly permanent fixtures in their ears. They are especially popular with the younger generations. Instead I would recommend using air tube headsets if at all possible. They are the lowest EMF headset on the market you can find them ([here](#)). If you cant make the upgrade to air tube headsets, then second best are the wired headsets that come with your phone. These still transmit electric and magnetic fields to your head but at least they are not sending radio frequency signals as well.

Turn off signals that aren't used:

Be sure to turn off all unused signals to your phone. I always keep bluetooth signals off, I don't use any bluetooth devices and therefore, I have no need to keep them on. If you aren't using wifi signals or cellular signals, be sure to turn those off as well.

"For the first time, many of us are holding high powered microwave transmitters- in the form of cell phones- directly against our head on a daily basis." -Dr. Martin Blank."

Close apps after use:

When you keep applications open on your phone, it means that multiple programs will be running off of your wifi and other signals. If you close out the app, it will shut it down and therefore keep it from running on your signals. This tip alone will significantly reduce your EMF output of your phone.

Don't store the phone on your body:

Again, just don't do it. If you need to put your phone in your pocket, it should either be on Airplane Mode or off. There is no need for your body to receive high levels of RF radiation while it just sits idly in your pocket.

Avoid using when the signal is low:

The weaker the signal, the harder your phone has to work to bring in the signal, which makes the phone emit higher levels of EMF. This is also something to consider while you are driving in a car, on a train, elevator, etc. When you are enclosed by a metal frame, it is much more difficult for the signal to come in, therefore the phone emits more radiation. At the same time, the signals have a harder time exiting from the metal frame, thus creating a higher concentration of frequencies inside. Please be mindful of streaming movies, podcasts, etc. while in the car.

It is best to download what you want to listen to before you leave home, then turn your phone on airplane mode once you get in the car. And then you can play the podcast, audio books, movies, etc. Audible allows for you to download books and play them on airplane mode while you are in the car ([learn more here](#)). I HIGHLY recommend trying this! You can also do this with the Apple podcast app as well.

"Technology can be our best friend, and technology can be the biggest party pooper of our lives. It interrupts our own story, interrupts our ability to have a thought or daydream, to imagine something wonderful, because we are too busy bridging the walk between the cafeteria back to the office on the cell phone." -Steven Spielberg"

STEP 4: TACKLE YOUR OTHER ELECTRONICS

Wearable trackers and smart watches:

These can definitely be a large source of RF radiation. If you have one of your these fitness trackers or smart watches you can use a meter and measure the amount of RF radiation that is emitted from them. The ideal thing to do is to get rid of them all together. If you absolutely refuse, then use them on airplane mode and take the tracker off when you need to sync it to your app or phone. Ideally I would also avoid sleeping with them on as well unless you can verify with a meter that absolutely no RF or magnetic fields are being emitted while on airplane mode.

Laptop Computers:

Despite their name, laptops are not meant to be used on your lap. They should be used on a table or desk at all times. Using a laptop shield is a great way to prevent the RF radiation from going downwards towards your body under your desk or table. I use this one ([click here](#)) under my laptop. A disclaimer though, these pads are great but they do not block all radiation. I definitely get much lower RF radiation when I test my laptop pad, however, it is not as good at reducing magnetic radiation. Please still use them on a desk and do not think that it instantly makes it safe for you to use your laptop on your lap. Also, using a wired mouse and a wired keyboard can be an effective way to put more distance between you and your laptop and thus reduce your EMF exposure. And of course, a wired internet connection is absolute best, but even starting with turning the wifi and bluetooth off of your computer when you are not using them, can be a good first start.

Desktop Computers:

With desktop computers, it is ideal to keep the computer base as far from your body as possible. Depending on the computer you have, you may be able to purchase extender cords to increase the distance that you can keep the base. Power strips can be a large source of magnetic and electric fields so if you use one with your desktop computer please be sure to keep it as far away from your feet and your body as you can.

"We should be moving to wired technologies at every opportunity, based on what we know in science today, not expanding and supporting the proliferation of wireless ." -Dr.

Martin Pall

Wireless Printers:

If you have a wireless printer, there is no need for it to constantly be on. Unplug the printer after you are done using it.

Video Game Consoles:

These can be HUGE sources of EMFs even when they are turned off. First of all, if you have them in your house, be sure that it is unplugged after each use. If certain family members refuse to part with it, then be sure to use wired controllers and have people sit as far away from it as possible when it is being used.

Electric Blankets:

Electric blankets can be a large source of electric and magnetic fields which can cause negative effects on your body and can also cause sleep disruption. If you refuse to part with your electric blankets, the best way to use them is to turn them on 20 minutes before bed and then unplug it right before you get into bed. That way you have effectively warmed up your sheets while also avoiding the negative radiation effects.

Cordless home phones:

Many people think that cordless home phones may be a safer option than cell phones. Unfortunately they are not. They still emit large amounts of RF radiation and should not be placed to the ear. If you have a home phone, I suggest that you go old-school and get a corded home phone. Less convenient, I know, but much much safer!!

STEP 5: SMART METERS

Oh the dreaded smart meters! If you are reading this guide, then chances are, you already know what a smart meter is. If you don't then I shall explain... In order for our gas and electric company to track our usage, they put two meters on our homes to measure how much gas and electricity we use. Up until this point, our homes had analog meters, meaning there were dials that changed as our usage went up. Then, once a month, someone from the company would come to your house, read the meters, and then later you would receive a bill. Now, the gas and electric companies have begun to do away with the analog meters and they have since, started installing smart meters.

"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration." - Nikola Tesla

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These smart meters have a digital face instead of dials and they send wireless signals in an effort to report your electrical usage straight back to the gas and electric company. With smart meters, there is now no need for the gas and electric company to come to your home.

Not only are they a source of radio frequency radiation, but smart meters will also increase the dirty electricity levels in your home as well. Your safest option is to OPT OUT of your smart meter program all together. This will reduce your RF exposure while also reducing your dirty electricity in your house.

How they work:

Every smart meter is programmed differently. Some smart meters send information to the utility companies once a day, others send it twice a day, others every hour, every 15 minutes, and lastly some continuously send information moment by moment. There may be other variations of sending patterns as well. It is definitely ideal to have the information sent only once per day, as the RF radiation produced by the meter will be very low. That being said, the meter will still be a large source of dirty electricity.

You can try calling and asking your utility company how often your smart meter transmits signals, however, they are likely to not know and/or refuse to tell you. How do you determine how often your smart meter sends information? You measure of course! Using the handy dandy meter I told you about, you go outside, locate your two smart meters, you turn your meter to measure RF radiation, and for approximately 15 minutes you stand there with your meter watching for large spikes in RF radiation. If your meter is constantly spiking and dropping, that means its constantly sending information. If your don't see any spike in 15 minutes of standing there, then come back at a different point in the day and check again. Keep trying until you begin to see a pattern as to when your meter spikes. It may be hard to determine exactly how many times per day your meter sends the signals, but you will get an idea of how many signals are being sent and if this is a large source of RF radiation for your or not.

Opting out:

Every state and every country has its own rules on opting out of the smart meter program. You will have to call your gas and electric company and see what your options are. If you are able to opt out, you will likely incur a removal fee as well as a monthly fee for each meter that you opt out of. However, many others are not as lucky and they don't have the option to opt out.

"Our lives begin to end the day we become silent about the things that matter." -Martin Luther King Jr.

What if you cant opt out:

If you can't opt out, I would put the money that you would save from the opt out program towards hiring a professional to come and take a look at your property. They can help you to properly shield the wall behind the smart meter, they can also to help remediate some of the dirty electricity that is increased by the meters. You can also purchase a smart meter guard which you can ([find here](#)) (scroll down and click on "smart meter guard" under EMF shielding). These can definitely help the RF radiation emitting from the device but they do not shield the wall of your home (unless you purchase an all inclusive smart meter kit found in the link above) and they do not fix the dirty electricity issue. Therefore, hiring a professional is advised for a more customized solution for your home.

What if you live in an apartment?:

Short of moving, or hiring a professional, there is not much else you can do. If you have smart meters next to your bedroom, I would highly suggest you consider one of these options.

Additional Resources:

The Take Back Your Power documentary is free right now available on YouTube and their website is full of great information as well ([click here](#)). The InPower Movement is also a great resource when you sign up for their newsletter ([click here](#)).

STEP 6: WORK ON YOUR RELATIONSHIP WITH TECHNOLOGY

Technology and phone addiction is a real thing! A big part of reducing your EMF exposure is simply reducing your dependency on your devices. Yes, our devices provide us a level of convenience that we have never had before. Yes, many of our jobs are dependent on using technology and being connected. All of that being said, do we really need to be connected at ALL times?

Learning to set boundaries with your technology is a really important change to make. Not only for your health but also to lend to healthy relationships at home.

"Life was much simpler when apple and blackberry were just fruits." -Unkown

Great ways to disconnect:

- **Turn off your phone an hour or two a day (if not more!).** I notice when my phone is on Airplane mode, I still have the tendency to check it. When my phone is completely off I can't look at it at all. If this doesn't work for you because you are concerned about emergency calls, then Bagby has a great solution. A plastic band that goes around your phone to remind you that it shouldn't be used while keeping an ear out for an emergency call ([find it here](#)).
- **No phones during meal times.** Meal time is for connecting with your loved ones while you all bond over the healthy and satisfying meal. It is NOT a time for each family member to scroll aimlessly through their social media feed.
- **Plan family nights or date nights.** Have everyone place their phone in another room. The Bagby bags may be helpful for this ([click here](#)). And spend quality time away from phones, computers, TV, etc. Do a game night, goal setting session, or just a good old fashioned face-to-face conversation.
- **Plan fun weekend activities** that focus around getting out of the house, playing sports, going to the park, riding bikes, checking out local museums, grow a vegetable garden in your yard. Encourage your family to realize how magical life can be when you live in the moment and actually have experiences versus living behind screens.

STEP 7: CHECK YOUR NEIGHBORHOOD

Take a walk through your neighborhood and survey the scene. Make note if there are power lines or if the electrical wiring is buried underground. Underground wiring means less EMFs since the signals have a harder time going through the ground. You will also want to note if there are any high-voltage power lines within a block or two of your home. These are very high in magnetic fields and have been linked to some health conditions. Next, you want to see if there are any cell towers in close proximity of your home. Ideally you would want at least a mile of distance between you and a cell tower, if not more!

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." - Mother Teresa

If you see anything that is concerning in close proximity to your home, then you will want to consider hiring a professional to come and survey the scene ([click here to find one](#)). I regularly have people message me asking for the best shielding paint options or for the best EMF modifications they can make to their homes. Please, please, please DO NOT ATTEMPT TO DO THIS BY YOURSELF. There are so many different factors to consider when making modifications to your home. You could potentially do more harm than good if you do not do this properly.

It is also a really good idea to check out the antenna search website ([click here](#)) you can enter your address and you can see any towers that are within a certain radius of your home along with any new towers that will be coming and what company owns them.

STEP 8: TELL YOUR FRIENDS AND FAMILY

Talking about this with your friends and family members can be another great way to reduce your exposure. If the people around you are taking measures to reduce EMFs then you will inherently benefit. Anytime you go to their home, anytime you are near them, they will be striving for the same things which in turn will decrease your exposure.

With all of that being said though, once learning about EMFs, you may feel the sudden urge to share all of this information with your loved ones. But please be aware that as a society most of us are so addicted to our technology that we cant even comprehend that it could be having an effect on our health and our bodies. I have often felt the urge to pipe in when a family member or friend talks about their electronic use, or about their new latest and greatest smart watch, or their new smart home devices, however, this may not always be the right thing to do. There is definitely a right way and a wrong way to approach this topic with them.

"The more time we spend interconnected via a myriad of devices, the less time we have left to develop true friendships in the real world." -Alex Morritt

I have found that it is more effective when I vocalize to my friends and family about the changes that I have made and how it has helped my day to day life. For instance, I may mention how much better I am sleeping since making simple changes to my EMF exposure at night. If they are interested, they will ask more and its a great way to share! If they don't ask or don't respond, that is totally fine. They may not be ready to become aware of this issue. But now you have planted a seed in their head that may bring them to wanting more information from you at a later date.

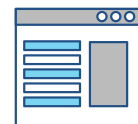
We can't force anyone to make changes, we only have control over ourselves and the choices we make.

FINAL WORDS

Understanding EMFs and how they interact with the body as well as the world around us is a growing field. There is so much more left to be discovered and the research seems to be updating and changing on a daily and weekly basis. At this point, I don't have all of the answers when it comes to some of the questions that may arise. But honestly, there isn't anyone that does have ALL of the answers.

I truly hope that this guide offers you a great start on your EMF-Detox journey. There are many more ways that you can change and modify your home and your life, however, in my experience these often tend to be the best places to start. If you haven't followed me on social media yet, I encourage you to do so. I regularly post new information and tips to help you continue your EMF-Detox (click on the icons below).

I wish you well! And thank you for allowing me to be a part of your wellness journey!



"The cell phone has become the adult's transitional object, replacing the toddler's teddy bear for comfort and a sense of belonging." -Margaret Heffernan