

TOP 5+1 e-HYGIENE super-smart HABITS

REDUCE THE "ELECTRO-SMOG" RADIATION

INSIDE YOUR 21st CENTURY BODY

- Get rid of cordless phones & wireless baby monitors. Replace with corded models.
- Disable the wireless signals of any internet, tv, or other modem/router and use cords instead (also for speed & security).
- For people who insist on using wireless connections, don't radiate near people &
 - give preference to texting and using the speakerphone
 - reduce your time connected to the network
 - always completely power off at bedtime
- Avoid so-called 'smart' meters (electricity/water/gas) that use wireless technology.
- Move electronic & electric devices (including clock-radios) away from your bed area.
- Use wired gear: mouse, keyboard, printer, internet, computer, games ...

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reducing 1st-hand & 2nd-hand electro-smog

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① Get rid of cordless phones. Replace them with corded phones. Get rid of wireless baby monitors.

- Plenty of new corded phones are available; many are inexpensive. Your child is worth your efforts to find a non-wireless baby monitor.
- Ask your neighbours to get rid of their cordless phones—for their health and wellbeing too, of course—because very often the radiation emitted by cordless phone bases reaches out 50-100 feet, which means a neighbour's radiation could be in your space.
- Anyone who insists on having a cordless phone should locate the base far away from everyone, have at least one corded phone (cordless phones won't work during a power failure), and at bedtime unplug the power to all cordless phone components.

② Disable wireless signals of modems/routers (internet, tv, etc.) and use cords instead.

- Ask your Service Provider(s) how to do this—there is no fee and it's instantaneous. Often it's D-I-Y online (try this URL: 192.168.2.1).
- To network various devices, if ethernet cords are inappropriate, you could consider a D-Link product called "PowerLine HD Network Starter Kit". (Many other D-Link products are wireless devices, so please do NOT buy those other items!) Note: Some electrosensitive people have reported that this product emits unacceptable amounts of radiation compared to using cords/cables.
- Now that your modem/router wireless signal is off, be sure to also turn off the Wi-Fi feature on your computers/laptops/tablets/other equipment (otherwise that feature keeps emitting the same type of radiation because it constantly hunts for a wireless signal).
- Ask your neighbours to do these same steps or to at the very least ask their Service Provider(s) how to turn down the power on their wireless signal so that it's unable to have enough power to stray into your home.
- Anyone who insists on using a wireless signal should locate the modem/router far away from everyone and should completely power off the modem/router (pull the plug) whenever the internet or other application is not being used and **especially at bedtime**.

③ For people who insist on using a cellphone: give preference to texting and using the speakerphone, reduce the time connected to the network, and always completely power off at bedtime. Easy options:

- Keep conversations brief.
- Hang up and call back from a corded landline.
- Check voicemail messages from a corded landline.
- Use a wired earpiece (one choice uses air-tube technology).
- Compose texts & email messages with the network signal off (when 'Send' is pushed, a prompt will appear to turn the signal back on at the push of a button).
- For a low monthly fee (for example \$3), unlimited call forwarding is usually available. This means that a cellphone user can push a few buttons on their cellphone to forward the cellphone to whatever corded landline is handy and then turn their phone completely off. When ready to leave that location, the cellphone user simply pushes a few buttons to UNforward their cellphone.

④ Avoid so-called "smart meters" (electricity/gas/water) that use wireless technology.

- Sleep in a room that: (1) does not share a wall with a smart meter and (2) does not have a window facing a neighbour's smart meter.
- Contact your electricity/gas/water provider to request a wired meter with no wireless features.
- Encourage your neighbours to do these same steps.

⑤ Remove electronic/electrical devices (including clock-radios) from your bed area.

- In fact, if you can turn off the circuitbreaker to bedrooms and to the room behind anyone's sleeping head, and to the room below anyone's sleeping body, that'd be great.
- Battery-powered alarm clocks are great—find one that doesn't have a loud ticking sound, or put it in another room. If your lifestyle doesn't require an alarm clock and you don't get out of bed before dawn, a battery-powered wall clock can be a nice addition to bedroom décor; plus, you won't be tempted to check the time if you wake while it's still dark in the room... you simply know that if it's too dark for you to see the wall clock then you might as well go back to sleep (this makes it much easier to fall back asleep than if you wake yourself up enough to find a bedside clock, read it, and figure out how much longer you might sleep).

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