

How to Reduce MICROWAVE RADIATION



The European (EU) Parliament and many European governments have been warning citizens about the adverse health effects of electromagnetic and microwave radiation for several years. The Health Protection Agency uses an out-dated safety standard, established 15 years ago, to deny these adverse health effects. The World Health Organisation (WHO) recently declared microwave radiation to be a class 2b carcinogen (this officially means that it might cause cancer). To protect the health of yourself and your family (especially children), please take precautions

1. Replace

- Replace DECT cordless phones with wired phones (landlines). DECT 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 if 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 these flyers 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 mobile phone use to essential calls and keep calls short. Text messages instead of calls whenever possible. Wired landline for long-chats that are not urgent.
- Set mobile phone at "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, and dLAN is not possible either, 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 in the entire area.

3. Reposition

- Wireless devices (mobile phones, smart phones, iPods, 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 air-tube, speakerphone or wired headset.
- If you use blue-tooth 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.
- Carry mobile 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 foetus.
- Keep mobile 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 mobile phone or radio alarm clock at bedside. Turn off your mobile phone.
- Avoid using digital 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.

Websites: www.mastsanity.org www.ssita.org.uk www.bemri.org