

Limits of Electrosmog

The government has established maximum exposure limits, which they say, must not be exceeded. These limits, however, are unrealistically high and, we suspect, sacrifice our safety in order to cater to corporate, industrial and political interests.

The guidelines of Building Biologists, which are well below governmentally established limits, provide a more reasonable and realistic idea of how much exposure remains safe. According to the guidelines for sleeping areas, electrical fields in excess of 5V/m and magnetic fields in excess of 100 nT are harmful to your health. However, many households exceed the limits provided by this alternative model.

Although it is difficult to avoid electrosmog, there are some simple measures you can take which will effectively reduce electrosmog in your home. You may be able to implement these following measures in your work environment as well:

Buying a landline phone

With the good old phone, calls are safe. As long as it is connected by cable to the phone jack on the wall.

As convenient as a cordless phone may be, the price you pay with your health may prove to be disproportionately high. The high frequency that a cordless telephone transmits is especially harmful to people and animals. Cordless phones have higher frequencies and older models transmit 24/7, even when they aren't in use. Children in particular should avoid using cordless phones.

Get rid of your microwave oven

All microwaves emit high levels of harmful waves. A simple meter reading will demonstrate this clearly.

Apart from the high levels of radiation from a microwave oven, the food loses all of its useful nutritional value. Any one who exclusively lives on microwaved meals should consider a more varied diet.

Natural News describes the effect a microwave oven has on food very well and can be found here:

"Why a Microwave Oven Is Bad for Your Health"

Natural News.

https://www.naturalnews.com/022015_microwave_oven_power.html

Use a Cable connection, instead of Wi-Fi, for internet

An Ethernet or cable connection is a healthier alternative to Wi-Fi. An Ethernet or cable connection is not often faster than Wi-Fi, but also less harmful to your health. Especially in children's rooms, Ethernet or cable provides you with a positive, healthier alternative to Wi-Fi.

Get rid of any electrical cords near (or under) your bed

Every electrical cord near your bed increases the electrical field where you sleep. Accordingly, we recommend that you not only turn off your bedside lamp but unplug it from the wall socket as well. We also discourage the use of electric blankets, heating pads, and electrically adjustable beds—they can be highly dangerous.

PROTECT PRO TECHNOLOGY Devices protect from Electrosmog

Electrosmog is difficult to avoid in our modern world. However, PROTECT PRO technology can diminish its harmfulness or even eliminate it altogether. See the website for details www.protectpro.net