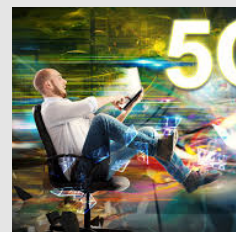
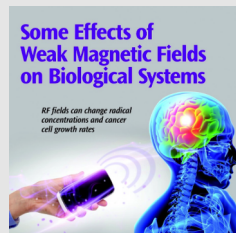
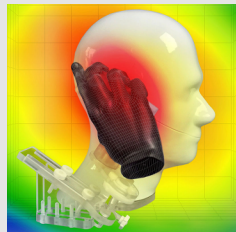
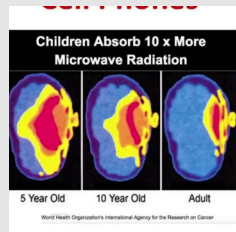


## Is Non-Ionizing Radiation Really Causing Biological Harm?



### Fact 1

Microwave radiation emitted from cell phones, Bluetooth, WiFi and cell towers was declared a Class 2B “possible” carcinogen in 2011 – but several researchers think it should be re-classified as a Class 2A “probable” or Class 1 “definite” carcinogen.

### Fact 2

Growing children’s brains are especially at risk, and their head absorbs twice the radiation compared to adults.<sup>3</sup> Regardless of that fact, a 2015 survey showed that 75% of 4-year old children own their own cell phone

### Fact 3

Many countries like the US and Canada set standards based on the false assumption that there are no adverse health effects of EMFs other than those that are caused by tissue heating, even though more than 20,000 peer-reviewed papers show biological effects that have nothing to do with heat.

### Fact 4

According to the most conservative estimates of independent EMF researchers, at least 35% of the population suffers from “mild to moderate” symptoms of electro sensitivity, including fatigue, sleep disturbance, headaches, difficulty concentrating, depression, memory loss, hearing disruptions, skin problems and cardiovascular issues.

### Fact 5

The new generation 5G (5th generation) wireless networks will require adding millions of antennas in the US alone, and are being rolled out without a single biological study demonstrating their safety.

For more information Contact:

**PETER STUTZ**

pete@emfree.co.za

0829038341

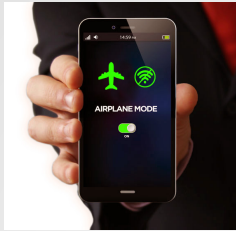
**The average levels of “ambient electrosmog” in the microwave radiation range (cell phones, WiFi, Bluetooth) has increased by 1,000,000,000,000,000 fold (a quintillion) in the last 100 years.**



# EMF

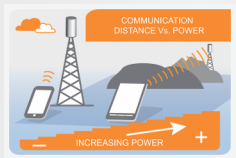
## What Can Be Done To Mitigate Or Reduce EMFs Harmful Effects?

EMF mitigation (removal) can get overwhelming, but the good news is it's relatively easy to cut down on exposure tremendously just by creating additional distance between an EMF-emitting source and the body. Here are 3 tips which, when combined, can literally reduce your EMF exposure by 90%:



### Tip 1 Always keep your Devices 30 cm from the body

This means using the laptop on a table instead of the lap, using speakerphone or wired headphones when talking on the phone and hitting "Airplane Mode" when carrying the phone in the pocket or bra.



### Tip 2 Minimize phone use inside your car or in areas with low connectivity

Phones will increase their EMF emissions by up to 10,000-fold when the connectivity is low (including when it's on "idle" in a pocket), so this step alone can tremendously reduce EMF exposure



### Tip 3 Keep your WiFi router at home and at work at least 3m away from your body and ensure it is turned off at night.

A good idea is to get a "Light Timer" so that you can set a specific time at which the WiFi router will automatically turn off at night, and turn back on in the morning. This step alone can increase your sleep tremendously, bettering every supplement, food or lifestyle modification that may have been included in your protocols or recommendations at the LifeShine Wellness Centre



**The most important mitigation is ensure your sleeping area is radiation free**

Reduction of electric fields, magnetic fields, and electromagnetic radiation, at home and at work, is a crucial component in maintaining and improving our health today. In the past this was easier than it is today. The tips above will help enormously, but primarily only address EMFs originating from RF (Radio Frequency).

To complete the picture, it is key to address **Electric Fields, Magnetic Fields, Dirty Electricity** as well as mitigate the effects of **artificial blue light**.

For additional Tips and mitigation strategies please contact Peter.

For more information Contact:

**PETER STUTZ  
AT  
EMFREE**

pete@emfree.co.za

0829038341

