**Cell Phone & Wireless Safety Tips**
Reducing Your Exposure
WWW.MDSafeTech.org

**Background:** There is substantial and increasing research showing biological harm from microwaves emitted from wireless devices such as cell phones, tablets, laptops, wireless routers, cordless phones, Smart Meters and cell towers.

**Biological harm demonstrated:** Includes DNA damage, reproductive harm (sperm, ovary and embryo abnormalities), inflammation/oxidation, lower melatonin levels, immune dysfunction, stress protein synthesis, damage to the brain and nervous system, brain cancer, cancer promotion, harm to wildlife and plants. People with electrosensitivity report symptoms including headaches, fatigue, sleep disorders, heart palpitations, memory problems when around wireless devices. Electro sensitivity as recognized in Sweden as a true medical disorder and it is estimated that about 3% of the population experience it.

**Increasing exposure:** We are increasingly exposed to a number of wireless devices in our homes and workplaces. These devices act as small cellular antenna similar to a cell towers that emit and receive information via radiofrequency radiation but at a lower power.

**Current FCC safety standards** are obsolete as they are based only on heat and not biological effects seen in lab and human experiments at far lower levels than currently allowed. Children are more vulnerable as their bodies are still developing, cells are more rapidly dividing thus they are more prone to DNA/cellular damage. Harm is cumulative.

**Recommendations for safer use of wireless devices**
1) Do not let babies or young children use a cell phone, tablet or laptop
2) Children should use a cell phone for emergencies only
3) Avoid sleeping with your cell phone next to your head or as an alarm unless phone is on **Airplane Mode (it still works as an alarm)**
4) Turn off Wi-Fi router at night and plug into an on/off surge protector for ease of use
5) Convert back to a wired connection in your house. It is easy. Visit EMFAnalysis.com
6) Replace the DECT cordless phone with a landline corded phone. Keep landline.
7) Keep tablets and laptops on the tabletop and not on the lap. Standards are for 7 inches away
8) Keep cell phones away from the head and do not put your cell phone in a bra or pocket unless on **Airplane Mode**
9) Do not keep router in the bedroom or near child’s room. The farther away the better.
10) Consider removing your Smart Meter and switch back to analogue with a human meter reader. In California call PG&E at 1-866-743-0263 and ask to Opt Out or call your local utility.

**Resources**
1) “Overpowered” by Martin Blank
2) “Reset Your Child’s Brain” by Dr. Victoria Dunkley- [www.Dr.Dunckley.com](http://www.Dr.Dunckley.com)
3) “Disconnect” by Dr. Devra Davis,
4) Books “Zapped”, “Screen Schooled”, “The Big Disconnect”,
5) Websites: Bioinitiative.org, EHTrust.org, SaferEMR.com
6) The Baby Safe Project- [www.babysafeproject.org](http://www.babysafeproject.org)
7) Movie “Mobilize” a documentary about cell phone radiation [www.mobilizemovie.com](http://www.mobilizemovie.com)