

Wifi & Mobile Devices Safety Advice

We are increasingly being surrounded by invisible microwave frequency radiation in and out of the home. The radiation that is emitted from wireless modems, mobile phones, digital devices, cordless phones as well as mobile phone towers and the like has known impacts on our health. Research is increasingly showing that this form of low frequency radiation can disrupt cell function, creates damage and can promote cancer and other disorders.

Ways to Reduce Exposure from Phones

- Text message
- Turn it off or put on flight mode at night
- Use speaker phone
- Get a safe headset
- Bluetooth in your car
- Don't carry it on your body!
- Don't store it in your bedroom!
- Avoid using phone in areas of low range
- Use an EMF blocking device
- Do not let kids use phones!
- Speaker phone or SMS is safest for kids



Ways to Reduce Wifi

- Turn off wifi at night or when not using computers
- Use ethernet cables instead – both safer and more reliable!
- Avoid portable phones or get one that doesn't emit frequencies when not in use.
- Avoid all wifi toys and devices for kids!
- Always choose wired options where possible.
- Advocate to get wifi removed from schools!



Diet & Lifestyle Support

Nutrients & Herbs to the Rescue!

- Studies have found antioxidants can help to reverse the oxidative stress caused by RFR exposure.
- These include vitamin E, N-acetyl cysteine (NAC), vitamin C, selenium, L-carnitine, zinc, iodine.
- There are many herbs, such as turmeric, garlic, rosemary and St Mary's Thistle, that can help the body detox or protect it from the damaging effects of radiation exposure.
- If you are at increased risk, it would be a good idea to consult a trainer practitioner and get a personalised herbal and supplement strategy.

A healthy diet rich in nourishing **organic** whole foods will offer plenty of nutrients to help!

- Fresh vegetables/fruits that help detox and protect the body against damage include:
 - garlic, onion, ginger, turmeric
 - apple
 - beetroot, celery, parsley
 - kale & leafy greens
 - lemon, limes
 - avocado
 - seaweed (preferably Tasmanian)
 - chinese mushrooms
- Baths with lemon, sphagni (peat moss) epsom salts or bentonite clay can also help body to detox.
- Exercise and saunas can also be useful tools to help with detoxing.

