

# EMF Report



## EMF Report Volume IX.5 May 2009 Dangers of EMF Radiation In the Home

*Kirk Fox, the editor of EMF REPORT blows the lid off of the dangers of the cumulative effects of one of the least feared side effects of our modern day lifestyle. EMF Report also gives the reader clear and easy to follow instructions how each of us can significantly reduce their exposure to this potential source of danger.*

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# THE EMF REPORT

Dateline: May 2009

## EMF Pollution - What Is It?

A silent killer around us is becoming more prevalent daily. This killer is new to mankind. If we look at the number of years that the human race has been around, this killer has only been around us for a fraction of mankind's existence, yet if nothing is done, it threatens to cause massive suffering. Even AIDS has been documented longer than this danger.

Most EMF radiation is man-made and on a global basis it is getting harder and harder to limit exposure.

Is exposure going to result in serious effects or is it always fatal? No, not always, but we are also not aware of the long-term affects yet. When we know them it will be too late for many.

*Does it occur in Nature? Sometimes.*

*Can we do something about it? YES!*

Hello, I am Kirk Fox, the editor of EMF Report. We are here to offer insight and actionable steps to dealing with this threat. In this issue of EMF Report, you will get straight talk about Electro Magnetic Frequencies (EMF) in plain language we can all understand.

*I am not here to scare you and give you sleepless nights.*

I am here to help you. We are also going to discuss 8 Key things you can do to reduce your levels of radiation exposure right now.

Nobody truly knows what level of radiation is "safe" for you. Anyone who says he does is lying or has a misguided ego as big as the Empire State building. The fact is even the supervising authorities are "winging it" when they set "safe levels". We simply don't know.

With that knowledge you can then conclude correctly, that anything you can do to reduce EMF Exposure is not only good, but can affect your life and well being.



- ◇ In 1896, Nikola Tesla, the inventor and discoverer burned his finger while doing experiments with the newly discovered X-Rays. We have Nikola to thank for the invention of alternating current – for better or for worse!
- ◇ Pierre and Marie Curie worked intensively with X-Rays. Years later Marie died of aplastic anemia most likely due to exposure to unshielded X-ray tubes during her volunteer work in WWI.
- ◇ Around 1946, Dr. Percy Spencer discovered the Microwave Oven while working on a radar related research project. He actually discovered that he was unknowingly “cooking himself” with his experiments.

These three scientists were dealing with what we now know are potentially deadly types of radiation. But they did it in a scientific environment.

**W**hat do all these all these scientists have to do with YOU? (Need you ask?)

Unless you are in the middle of Yosemite Park or a 100-acre cornfield in Nebraska, you are being exposed to multiple and similar forms radiation which are penetrating every cell of your body right now and 24/7. There are two forms that we will discuss more specifically later:

- ◇ Natural EMF – called Atmospheric or Spherics for short.
- ◇ Man Made EMF – called Technics because it radiates from most technology

**You can't see it. You can't touch it. You can't feel it.**

**O**n a conscious level it is undetectable, but your body and each and every cell in your body, let me say your very “DNA” inside each of your cells **CAN FEEL IT AND IS REACTING TO IT CONSTANTLY.** (I am using the term DNA loosely to make a point.)

Have you ever heard the story about how if you put a frog (or other cold-blooded animal) in a pot of water and raise the temperature slowly, it will not notice that it is actually cooking and will not jump out?

I am not cruel. Therefore I can't tell you if that is true or just an urban legend, but **WHAT I CAN TELL YOU** is that for well over 40 years, we have been performing a similar long-term experiment on the entire human race! That's right – we are all involuntary guinea pigs and no amount of complaining to the government will change that for now.

*“WHAT!!” You say. “Our health and safety regulators wouldn't do that.”*

I am here to tell you, "YES, THEY ALREADY ARE." Like it or not, the only way to protect yourself is to take action for yourself and your family. Just like Madame Curie and other pioneers learned the hard way, by the time the "Authorities" have determined that there are potentially harmful effects, THOUSANDS, if not MILLIONS of human lives will have been affected and may continue suffering for years to come.

It is not their fault!

## Regulators can't see the forest because they focus on the (individual) trees!

Our protectors (scientists and bureaucrats) in Washington and around the world are very focused on taking care of their specific responsibility or area of expertise. They see each decision and factor as a separate issue, trying to measure them individually.

- ◇ Radiation emitted by CRTs, (like the computer monitor you might be sitting in front of right now.)
- ◇ Radiation emitted by the 100 volts of AC current in the walls of your house and office.
- ◇ Radiation emitted by your cell phone (more on this to come in a 3 part EMF REPORT which will go over the many faceted dangers and the history of cell phones)
- ◇ Radiation emitted by your wireless router, and the others broadcasting in your neighborhood.
- ◇ Radiation emitted by anything wireless.



How did you think remote units communicate with each other?

Did you really think that radiation that can go through walls won't go right through YOU? AND IT DOES.

The bureaucrats are individually not responsible for judging the total radiation, which your body is exposed to. None of them are even trying to look at the total cumulative radiation. Get it?

**S**o what can we do about it? How can each and every one of us reduce our total exposure to unnecessary radiation on a daily basis? How can we do it right now and without moving back into a log cabin and reading by candlelight?

I promised the publishers of EMF Report, that I would be brief and that I wouldn't bore you with expensive and impractical solutions, so here goes...

## 8 IMMEDIATE WAYS TO REDUCE DAILY EMF EXPOSURE

You don't have to give up your job and move to the Rockies or a South Pacific island.

Just remember LESS IS BETTER when it comes to EMF exposure.

1. Connect your home entertainment appliances to a single power strip or circuit. Eliminate any current to the units when not in use. (Most appliances emit radiation and use power while in "stand by" mode. Unfortunately many modern units don't tell you they are in standby and pretend to be OFF! Standby not only emits radiation but also uses considerable current in your home.



2. Remove electrical appliances from your bedroom. YES, even your clock radio! Consider using a battery operated alarm clock. If you choose to leave a TV or computer in the Bedroom, make sure it is at least 3 feet from the bed and can be completely disconnected from your power source when you are sleeping.

3. Effective but slightly impractical, rewire your bedroom so that all electrical current to all outlets in the room can be turned off when you turn in for the night. It can be in the form of a power switch by the bed or at the door. (Haven't you ever wondered why you sleep so much better when you are camping in a tent – No 110 volt alternating current stimulating your body's cells!)

4. Leave your cell phone away from your bedroom when you are sleeping. (Remember sleep is for regeneration not radiation!)

5. When setting up a cordless phone in your home, (who can live without one!) make sure the base station (where the transmission comes from) is as far from your bedroom as possible. I suggest

putting it in the hallway or a hall closet furthest from where most folks spend lots of time. (Bedrooms and kitchen).

Recently newer models have come out which are not constantly transmitting radio signals all the time. If you are considering buying a new cordless phone, BUY ONE that has zero radiation when not in use. The German electronics company SIEMENS has one, which works very well, (German engineering), in later issues we will be reviewing these items and discussing in plain talk which ones are least harmful.



6. Mirrors in your bedroom act like microwave bouncing towers (it is the optimal high frequency reflector)! If you have a mirror that is angled at your bed you are amplifying the EMF intensity on your bed. (Sorry for you Casanovas!) Suggestion, pivot it away from the bed or hang a curtain in front of it.

7. Hardwire your primary PC and internet connection. I know that it looks cool to sit in your living room with a Starbucks Coffee and surf while watching your favorite TV show. But maybe you would consider laying a CAT 5 Cable to your couch rather than actually boosting the amount of radio waves right where you are sitting.

If you have wireless, in the home, use it when you have to not just because you are lazy.

8. Use a wired headset on the cell phone. This keeps the radio frequencies far away from your head. Throw away your BLUETOOTH. (Or give that Bluetooth headset you bought to your least favorite relative!)

## BONUS ACTIONS regarding CELL PHONES and CARS



◇ Turn your cell phone OFF when you are driving in your car. I realize that this is blasphemy and that AT&T and VERIZON are already briefing hit squads on my whereabouts, but I haven't even started to tell you about these dangers! I thought it was a bunch of BS when I first heard about it 18 years ago too. Now I am telling you about it!

◇ Your car is a Faraday cage which HINDERS EMF from passing in or out. To enable phoning inside a car, your cell phone increases the intensity of the signal MANY, MANY TIMES. That's what they called the improved technology so you don't have to get an external antenna. I say get one anyway.

- ◇ Install a cradle with power and a connection to an EXTERNAL ANTENNA in your car. This is truly the preferred and best way to keep the communication going without bombarding yourself with all those EMF signals which are trapped inside your car and which are just bounding around through your body.

**O**K. That's the start. In future issues of The EMF REPORT we will be giving you more straight talk about scientific evidence, not to scare you, but to give you practical information and options.

We look forward to your comments and will be checking back in with you in the weeks to come.

Sincerely,

*Kirk*



*You can contact the editor Kirk Fox at  
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Kirk can also be followed on Twitter and facebook. We invite all concerned citizens to follow Kirk on Twitter and facebook in order to keep abreast with breaking developments.

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