

Strategies for Reducing EMF

Dr. Emil DeToffol
Less EMF Inc.

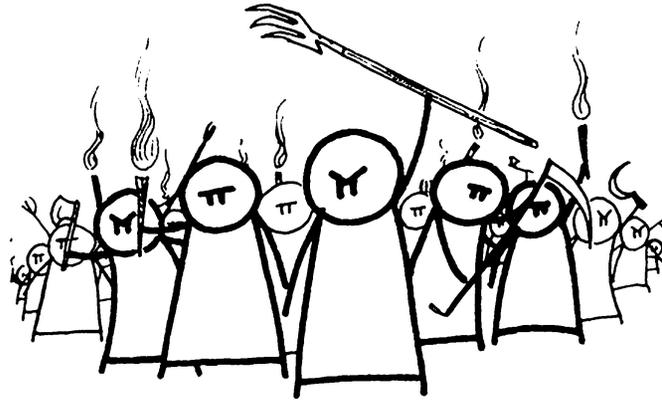
NEXT



The electricity which powers our world
and brings comfort and ease to our daily lives
also radiates our bodies with harmful frequencies.

NEXT

If we could see it, smell it, or feel it,
we would never allow it.



Let me show you what I mean...

NEXT



In this nice kitchen,
what do we see
as potential sources
of electromagnetic field?

Remember:
we are looking for any
sources of electricity or
wireless devices.

In a typical home
you will find many sources of EMF

NEXT



WiFi, Cell Phones, TV/Radio etc.

NEXT



Another nice kitchen

NEXT



Calm & soothing Living room?

NEXT



Busy home office

NEXT



NEXT

Overwhelming!



NEXT



Step 1:

Diagnose with a meter!

\$\$\$



? ? ?

NEXT

EMF Summary:

High Frequency
Wireless Communication
aka radio waves, microwaves
Chargers (e.g. EzyPass)
Electric fields meters
Occupational exposure is present
Automobiles
Magnetic fields meters
Occupational exposure is present
Magnetic fields meters
Computers/copiers/fax machines etc.
✓ GPS and so on

High Frequency
Low Frequency
EMF ?
Quick
High Frequency
Tutorial
Low Frequency

For the purpose of this class this discussion is dismissed



NEXT

Examples of Meters for High Frequency



NEXT

Examples of Meters for Low Frequency



? ? ?

NEXT



Got your meter(s)

Determined hot spots

Determined types and source(s) of EMF

What do I do next?

NEXT

3 ways to reduce EMF Exposure

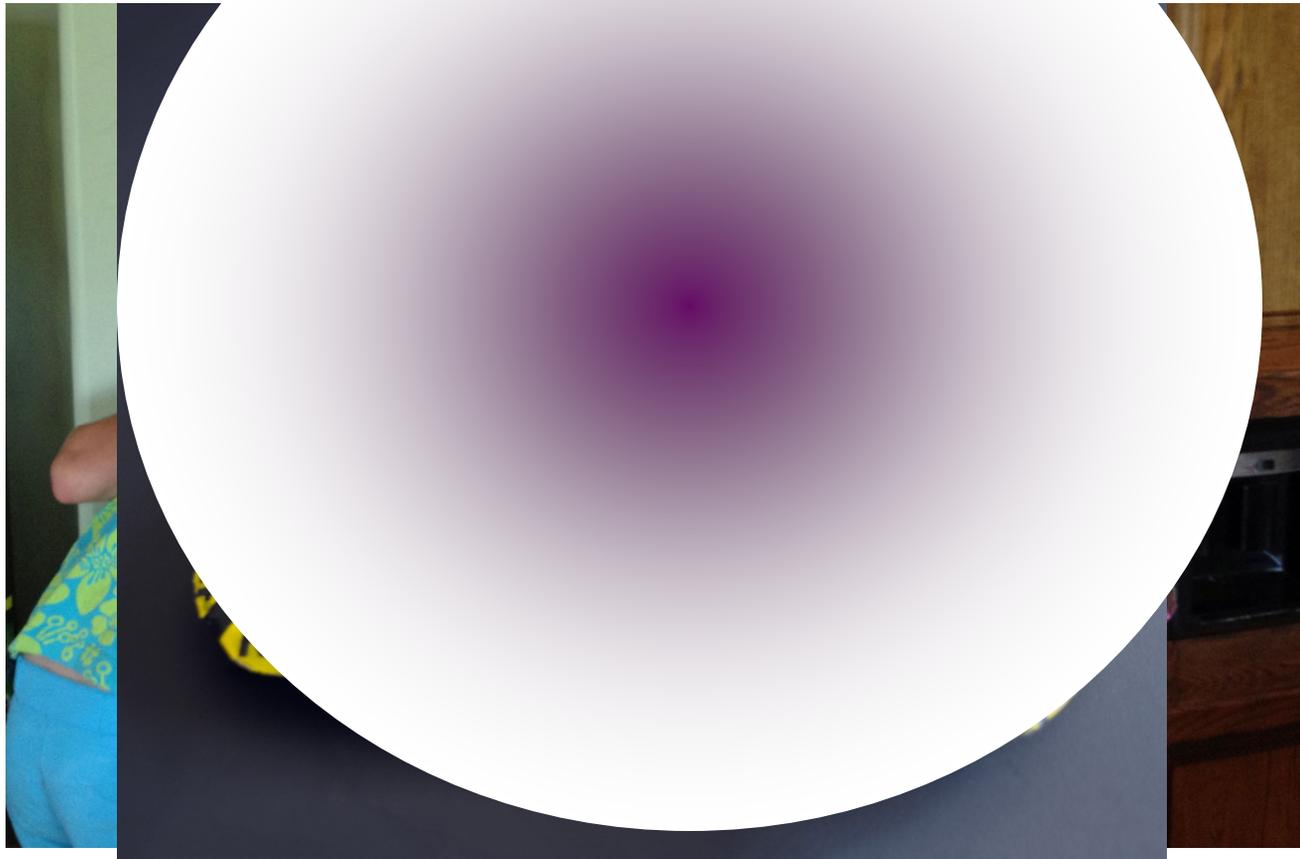
- Increase your **Distance** from the source
- **Turn off** the source
- **Shield** the source or yourself



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Distance

With a little thought,
this can be a very effective
low cost strategy
in many situations.



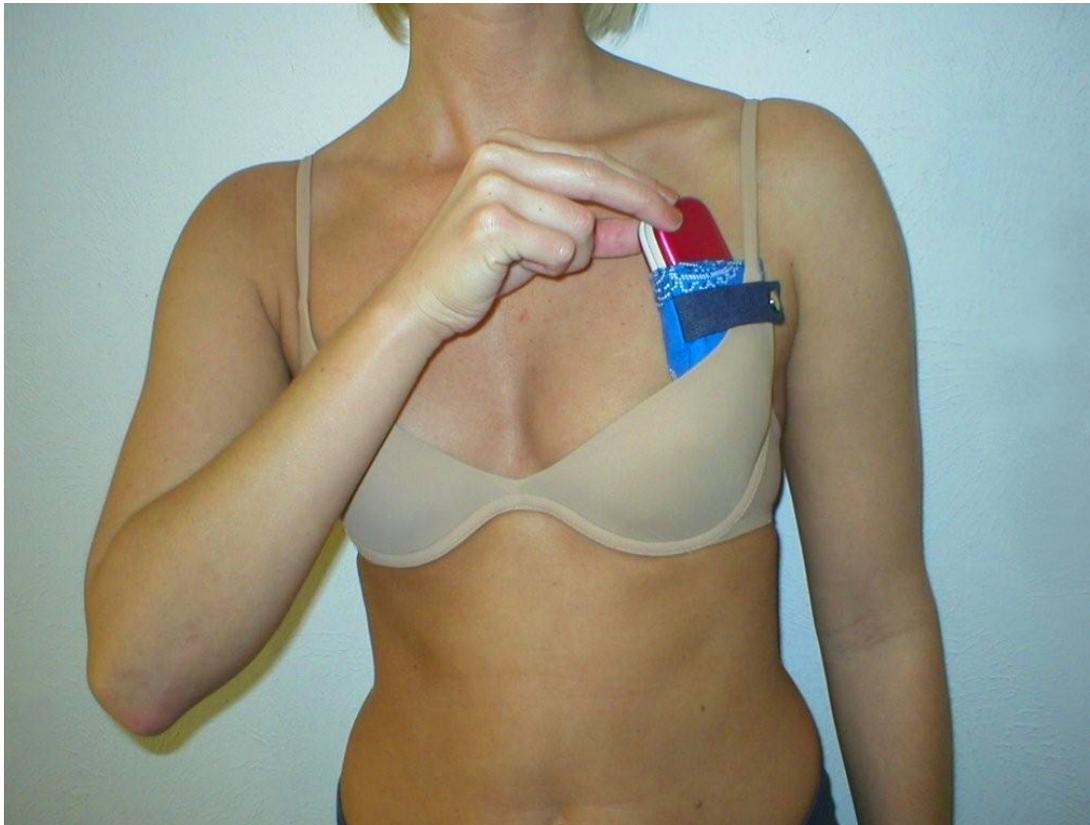
NEXT

Distance



NEXT

Distance



Patty's
Perfect
Pocket

It's a real thing!

NEXT

Distance



NEXT

Distance

Bluetooth & WiFi are everywhere

Radiation penetrates deep into tissue

Developing fetus is especially sensitive to damaging effects

Both devices are radiating



Missing out on this present moment

No second date

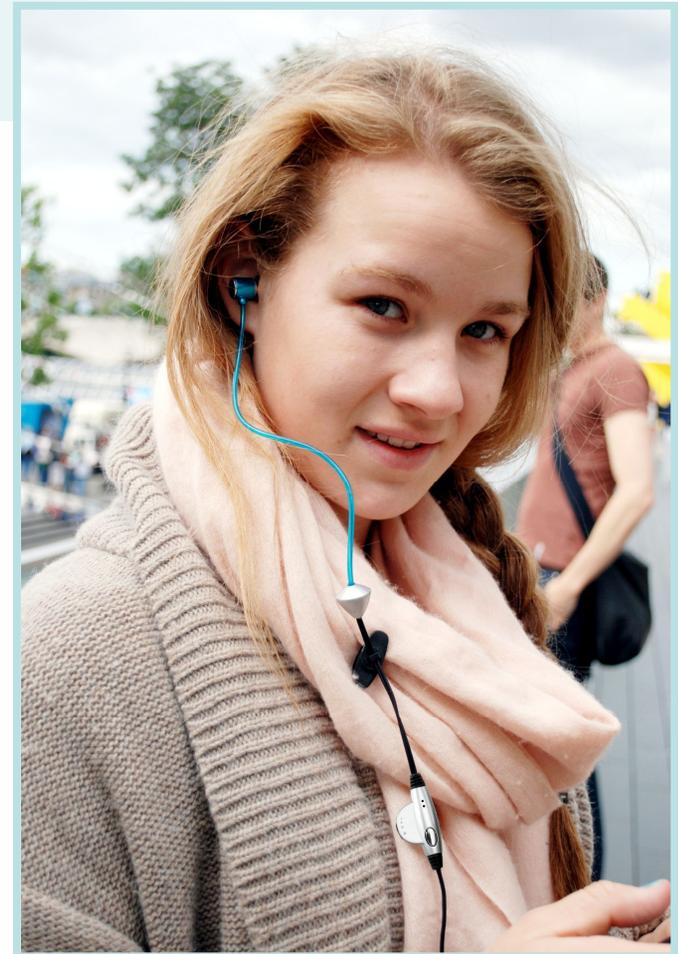
Radiating his head 24/7

Looks very dorky



NEXT

Distance



NEXT

Distance



NEXT

Distance



NEXT

Distance



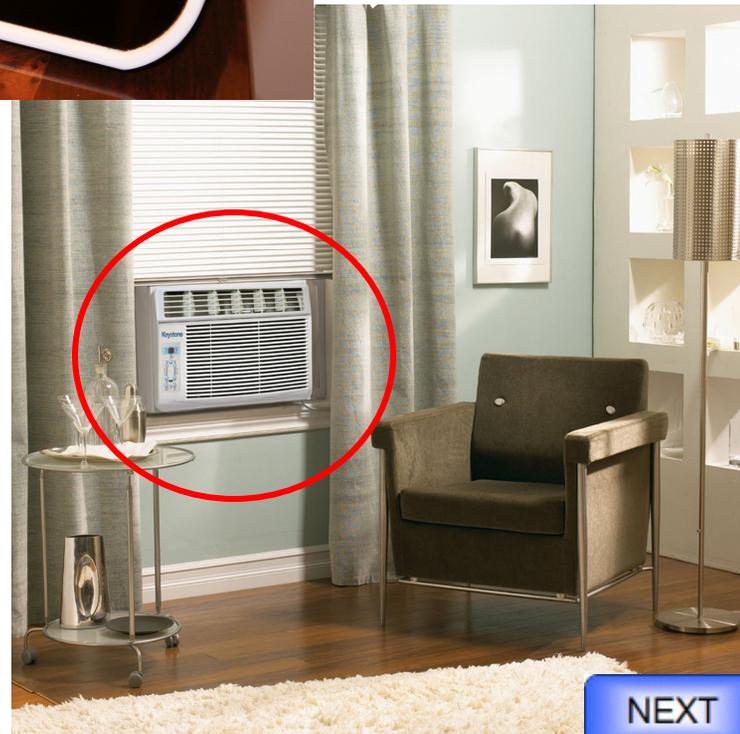
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Distance



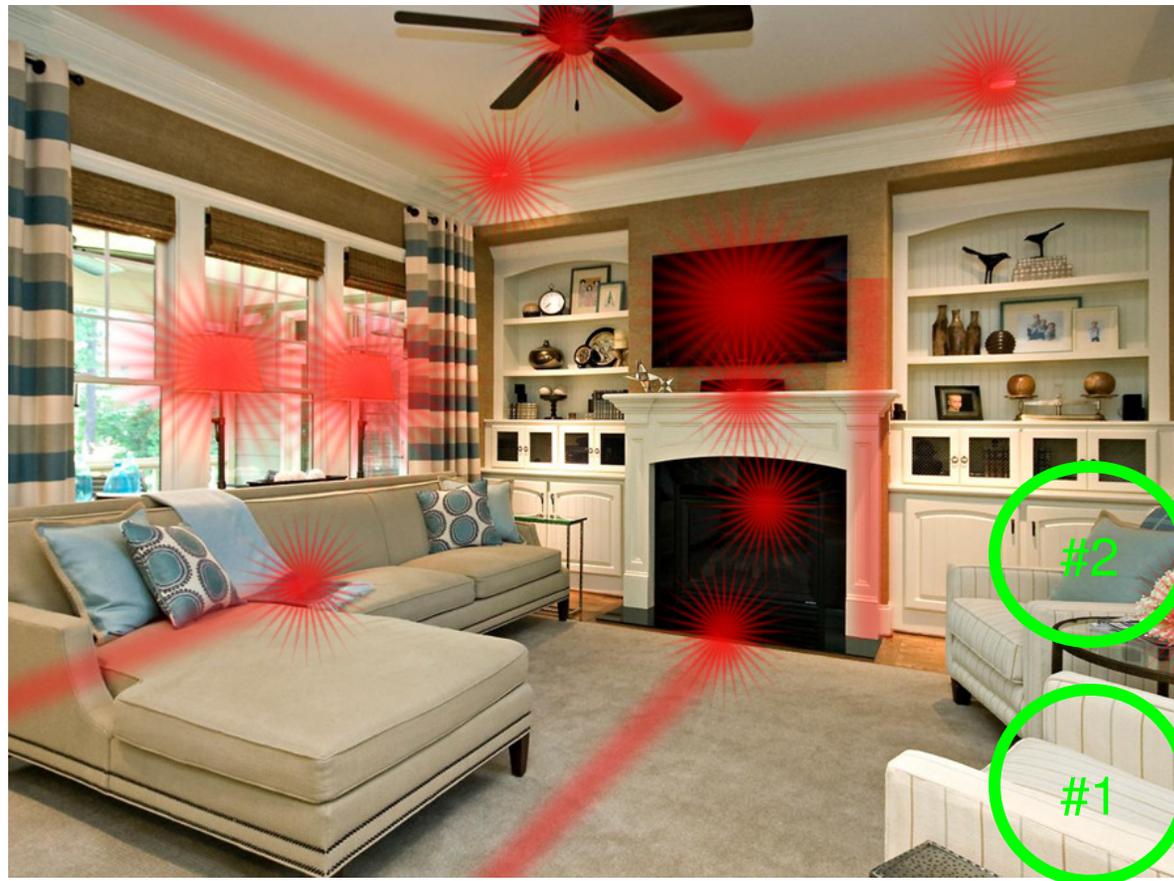
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Distance



NEXT

Distance



NEXT

Distance



NEXT

Turn Off

When you turn off the source of radiation, the radiation level drops to zero.

Just be aware that some devices are not truly "off" when you turn them off.

Some classic examples dishwasher, TV, and tablet.

Use your meter to check.



NEXT

Turn Off

There are many ways to turn some thing off:

- ✓ Unplug it or install a switch
- ✓ Install a timer
- ✓ Replace it
- ✓ Get rid of it and do without
- ✓ Limit time of use



NEXT

Turn Off

You can be sure that an item is truly off if you cut the power to it.



You can unplug an appliance, but this is tiresome and puts wear and tear on the cord.

NEXT

Turn Off

Unplug or install a switch

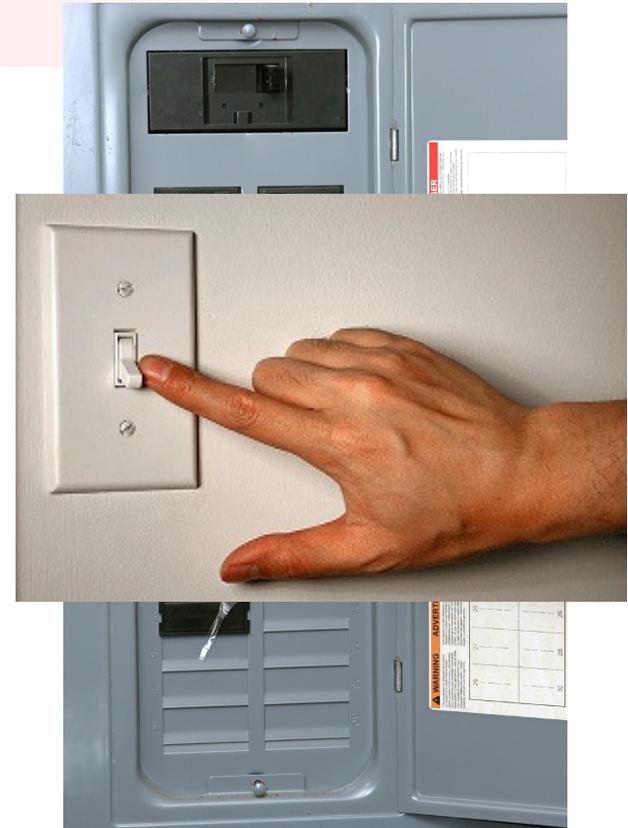
There are already switches in your home that can be used.

But they may not be convenient.

(poor location, kills whole circuit).

Still, a great low cost and immediate way to shut off all power to a large area of the home... a bedroom for example.

An electrician can install a wall switch in a convenient location that can do the same thing.



NEXT

Turn Off

Unplug or install a switch

On a smaller scale, an electrician can install a switch that controls a specific outlet. Perhaps for your entertainment center, kitchen appliances (never really "off"), wifi, or computer area.

An uninterruptible power source or power strip normally has a switch.

Plug-in, single-outlet switches are available too.



NEXT

Turn Off

Install a timer

An often overlooked but very powerful strategy for lowering exposure.

Set the timer so the power is off when people are likely to be present.

Many styles are available.

Timers can be permanently installed to control an outlet or a whole circuit.

Or use a plug-in style to control a single appliance



NEXT

Turn Off

Install a timer

Timers can be used with:

- ✓ TVs
- ✓ Wifi
- ✓ Kitchen Appliances
- ✓ Chargers
- ✓ Electric blankets
- ✓ Dehumidifiers
- ✓ Portable heaters
- ✓ Fish tank heater/filter



NEXT

Replace

With a low EMF alternative

How many electric devices in your home could be replaced by non-electric, or low emission devices?

These are real devices.

Perhaps overkill.



NEXT

Replace

Some examples

Replace this:



With this:



NEXT

Replace

Some examples

Replace this:



With this:



NEXT

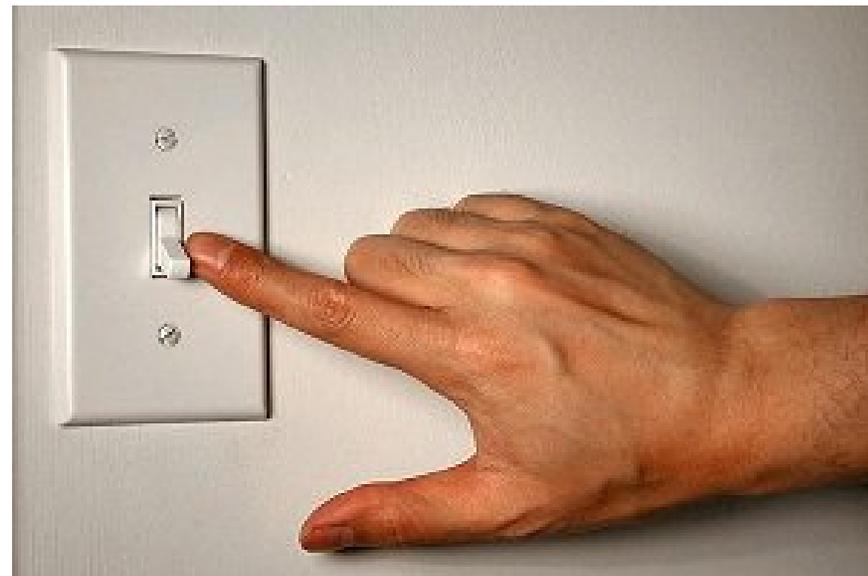
Replace

Some examples

Replace this:



With this:



NEXT

Replace

Some examples

Replace this:



With this:



NEXT

Replace

Some examples

Replace this:



Plug in

With this:



Battery



Wind up

NEXT

Replace

Some examples

Replace this:



With this:



NEXT

Replace

Some examples

Replace this:



With this:



NEXT

Replace

Some examples

Replace this:



With this:

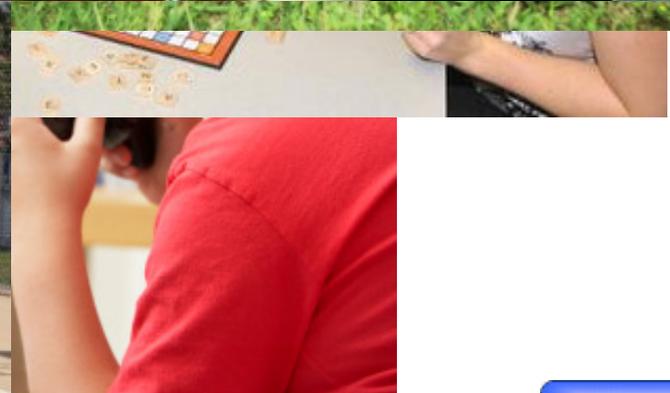


NEXT

Replace

Some examples

What is this:



NEXT

Replace

Some more examples



These all have non-electric replacements

NEXT

Replace

These are still available:



NEXT

Do with

devices

This

cl

fu
el

Do without

How many electric devices
do we really need?

This is another actual product.

The Focus headset for gamers
uses trace amounts of electrical
current to stimulate the prefrontal
cortex, producing positive short-
term effects in playing ability.



NEXT

Do without

How many electric devices do we really need?

This is another actual product.

AIRE mask captures the power of respiration and converts it to electricity to charge your phone via small wind turbines.



Which unnecessary electrical devices have you invited into your life?

NEXT

Do without

How many electric devices do we really need?



NEXT

EMF Shielding

Shielding is a great way to reduce exposure from sources you cannot turn off.

In general, you can place the shielding either on the source or on your body.

NEXT

EMF Shielding

There are 4 levels
of EMF shielding:

~~Personal shielding:~~
Personal shielding:



NEXT

EMF Shielding

Architectural shielding

Windows

Shielding plastic film



NEXT

EMF Shielding

Architectural shielding

Windows

Shielding screens



NEXT

EMF Shielding

Architectural shielding

Windows



Screen transparency varies by mesh

NEXT

EMF Shielding

Architectural shielding

Windows

Shielding drapes



NEXT

EMF Shielding

Architectural shielding

Walls & Ceilings

Shielding paint



NEXT

EMF Shielding

Architectural shielding

Walls & Ceilings
Shielding fabric wallpaper



NEXT

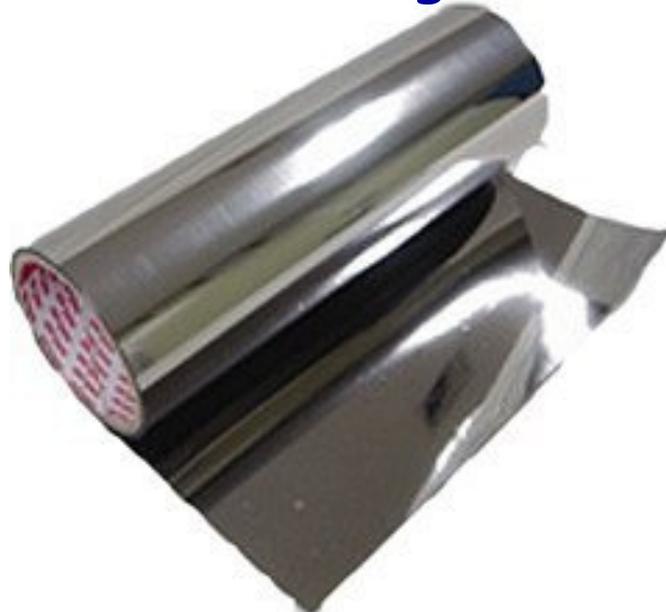
EMF Shielding

Architectural shielding

Wire Shielding

Shielding Conduit

Magnetic Shielding Foil



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EMF Shielding

Architectural shielding

Wire Shielding

Outlet shields

Switchplate shields

Special alloy to shield both
electric and magnetic fields

Oversized for
better performance

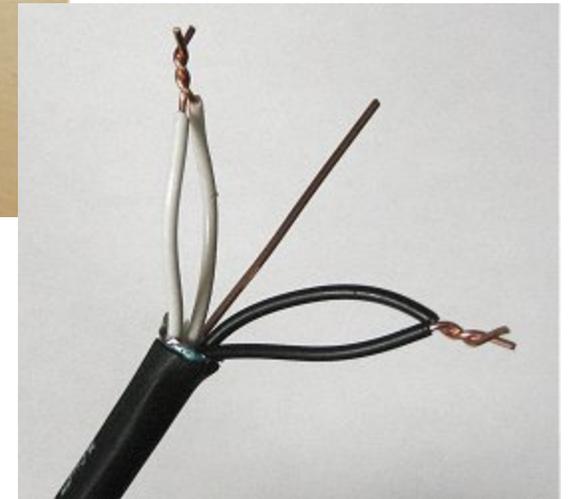


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EMF Shielding

Architectural shielding

Wire Shielding
MuCord



Only cord offering *both*
electric and magnetic field
shielding

NEXT

EMF Shielding

Area shielding

Canopies and tents



Shield high frequency from all directions

NEXT

EMF Shielding

Area shielding

Sleeping bags and bedding



Create a radiation quiet place to rest

NEXT

EMF Shielding

Source shielding

Cellphone shields



Puts a barrier between the phone and the body

NEXT

EMF Shielding

Source shielding

Computer shields



Options for laptops, tablets, and desktop computers

NEXT

EMF Shielding

Source shielding

WiFi shields



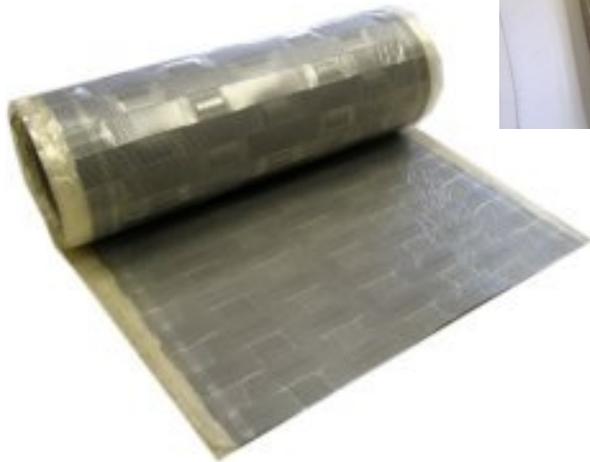
Reduce microwave exposure

NEXT

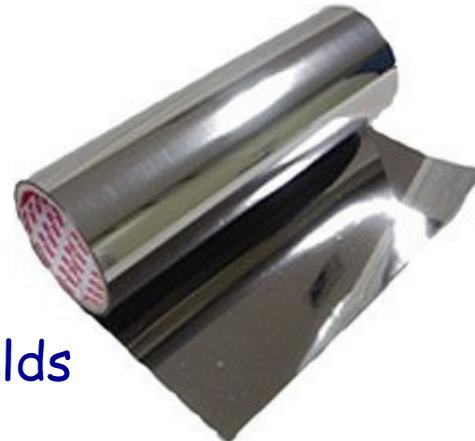
EMF Shielding

Source shielding

Magnetic Shielding



Special alloys block low frequency fields

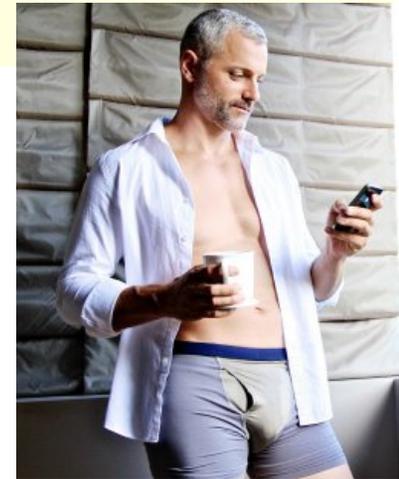


NEXT

EMF Shielding

Source shielding

Personal Shielding



V-Neck

When you can't control the environment

NEXT

In Summary

Hav

Diag

Tak



†



Thank you

- AutismOne
- Clear Light Ventures

visit

LessEMF.com