

## Cell Phones and Your Energy

Debra Greene, PhD

[www.YourEnergyMatters.com](http://www.YourEnergyMatters.com)

**Fact:** Electromagnetic radiation increased 1,000,000,000,000,000 times from 2003 to 2007.<sup>1</sup>

**Fact:** There are two million cell towers/antennas now blanketing the U.S. and this number is growing.<sup>2</sup>

**Fact:** Cell phone use is hazardous to your health.<sup>3</sup>

Your energy is the most important aspect of your health and your life. Without energy it's difficult to function on any level. We are immersed in a matrix that mixes human and wireless energies. How to use these powerful new technologies wisely? If you must use a cell phone, there are important guidelines to follow. In an attempt to bring a little levity to a serious problem, below are Natural and Barrier methods for "Safe Cell" practices (riding on the popularity of "Safe Sex" practices)! Use both Natural and Barrier methods for maximum protection. For more information please see, *Endless Energy: The Essential Guide to Energy Health*, available at quality booksellers and at **[www.YourEnergyMatters.com](http://www.YourEnergyMatters.com)**. My website also has FREE videos on solutions to household EMF.

### Natural Methods for Safe Cell:

- **The cell is not for kids.** No matter what advertisers may say, do not allow children to use a cell phone (except for emergencies). Children are more susceptible to cell phone radiation and the effects of cumulative use are of particular concern. Don't use a cell phone if you are pregnant.
- **Limit cell use.** Don't use the cell phone for more than a few minutes at a time. Turn it on only to establish contact, then turn it off. Use a landline with a corded phone for longer conversations. Get in the habit of forwarding your cell phone to your landline when you are at home.
- **Keep the cell off your body.** Don't keep a cell phone in your pocket, in your bra, on your belt or in your bed. Keep it as far away from your body as possible and transport it in a bag or briefcase.
- **Use speaker-mode.** If you can't use the speaker-mode, wait until your party has picked up before putting the phone to your ear. Switch ears regularly to spread out your exposure.
- **Text message instead of call.** This keeps the phone away from your body mass. Put the phone down after sending as it emits radiation/signals even when texting.
- **Avoid other's cells.** Keep a safe distance from other people's cell phones and avoid using yours in places where you expose others to second-hand radiation/signals.
- **No cell in the car.** Don't use a cell phone inside a car or other enclosed metal space. Microwaves cannot travel through metal, therefore, the cell phone's microwave frequency signals become trapped inside the car (think microwave oven-on-wheels).
- **Keep the cell off** (or in off-line mode) until you need to use it. Make calls and access all your voicemails, emails and texts at once and turn it off again.

<sup>1</sup> Swedish physician Olle Johansson of Stockholm's Karolinska Institute who has been researching EMFs for 30 years, quoted in the award-winning documentary, "Full Signal": [www.FullSignal.com](http://www.FullSignal.com).

<sup>2</sup> General Data Resources, Inc.: [www.AntennaSearch.com](http://www.AntennaSearch.com). Includes only cell antennas or towers 200 feet or higher.

<sup>3</sup> "BioInitiative Report: A Rationale for a Biologically-Based Public Exposure Standard for ELF and RF": [www.BioInitiative.org](http://www.BioInitiative.org).

- **Use a safe cell position.** If you must carry a cell phone and cannot use a barrier method (see below), position the phone so the keypad is facing toward your body and the back of the phone is facing out. This may help the frequencies to flow away from, rather than through, your body.
- **Beware of a weak signal.** Don't use a cell phone when the signal is weak as this will cause it to ramp up power in an attempt to establish a clearer connection.
- **Beware of movement.** Don't use a cell phone when moving at high speed (i.e., in a car or subway). This will cause it to ramp up in power as it repeatedly searches for new relay towers.
- **Beware of SAR.** Don't mistake a low SAR (Specific Absorption Rate) rating for cell phone safety. The FCC and mainstream science do not recognize the difference between a living organism and a physical object. Similarly, they do not acknowledge the importance of the human energy factor, thus, SAR ratings are meaningless in terms of your health and overall functioning.
- **Avoid the cell before bed.** The radiation produced by cell phones and computers acts as an artificial hyper-stimulant. Long cell phone conversations or prolonged computer use before bed make it difficult to sleep and may disturb natural sleep cycles. If you feel you have been over-exposed and cannot sleep, take a hot bath with Epsom salts to help re-set your energy system.
- **Don't have a cell as your primary phone.** A cell phone is best used as a portable pay phone for making quick calls or accessing messages when you are on the road. It should not be your primary or only phone. Use a landline with a cord (*not* a cordless phone, which is often worse) as your primary phone. With most cell phones you can automatically forward calls to your home or office landline so you don't miss any calls. This feature can easily be turned on and off as needed.

### **Barrier Methods for Safe Cell:**

- **Use a frequency exposure shield** to block and deflect frequencies away from your body. These low-cost belt and pocket shields are made of a thin laminate. You can even buy mesh fabric or the laminate itself and cut out your own design. Of course, you cannot cover your entire phone with it or the phone won't work.
- **Use a hollow-tube headset.** By interrupting the ambient flow, hollow tube headsets (where a small portion of the tube is hollow, like a doctor's stethoscope) can significantly cut radiation compared to wired headsets.
- **Use a wire protection guard** with your headset, even with a hollow tube unit. This small ferrite bead clamps on to the wire and helps prevent your headset from becoming an antenna that increases radiation when it touches your body.
- **Use ear-bud shields.** If you cannot use a hollow tube headset, using ear-bud shields on your wired headset can cut the flow of frequencies into your head.
- **Install an exterior antenna** on your vehicle and use an antenna-compatible cell phone if you must regularly use your cell phone inside a car or truck.

Remember, practicing these methods does not mean your cell is safe. Abstinence is the best protection!

## To Help Protect Yourself From Other Household Radiation

- **Relocate power cords.** Gather up power cords, power strips and transformers and keep them at least three feet away from any part of your body (including your legs and feet).
- **No laptop on your lap.** Never work with a laptop computer on your lap. Put it on a desk or table to avoid having a radiation source on your body. (Remember, smart phones are not phones; they are computers. Do not keep a live smart phone on your body. Turn it off or put it in airplane mode.)
- **Create a 3 foot safety zone** around your bed at night and around your body during the day. Keep all electronics at least three feet away including clock radios, lamps, and cords.
- **Beware of baby monitors.** Most wireless baby monitors operate in the microwave frequency range and subject your child to both radio frequency radiation and electromagnetic radiation.
- **Move beds and cribs** away from walls that have electrical equipment on the other side of the wall (i.e., computer, TV, clothes dryer, refrigerator, microwave oven, range, smart meter, etc.).
- **Do not use an electric blanket.** Use a hot water bottle instead.
- **Do not use a microwave oven.** Most leak radiation after 1 year. Instead, use a toaster oven.
- **Stay at least 6 feet away** from a TV and don't keep the remote control on your lap.
- **Avoid dimmer switch lights** (rheostats), or turn such lights *all the way on* (not dimmed).
- **Avoid clamp-on headsets** (i.e., BlueTooth) because they subject you (and your head) to continuous radiation.
- **Shield your wireless router** with a metal bread pan or cookie sheet and turn it off when not in use. If it has no on/off switch contact your internet company and ask for online IP access which allows you to log-in to the unit online and turn off wifi.
- **Replace halogen lamps** with household (incandescent) light bulbs.
- **Replace fluorescent lights** (includes compact fluorescent bulbs) with "old fashioned" household light bulbs (incandescent). LEDs are also not safe for reasons too complex to include here.
- **No electronic media before bed** if you have trouble sleeping. The radiation from cell phones and computers acts as a stimulant and can contribute to insomnia and interrupted sleep.
- **Demand and buy "old fashioned" wired products** or else companies will stop making them. This trend is already established and needs to be turned around by consumer demand.
- **Educate yourself and speak out** about electromagnetic radiation. Ask questions and voice concerns to product manufacturers and wireless service providers.

## Additional EMF Protection Resources

- **[www.ElectromagneticHealth.org](http://www.ElectromagneticHealth.org)**  
A clearinghouse for quality information on a variety of electromagnetic radiation concerns. Includes media alerts, quotes from experts, and a place where you can easily sign a petition urging the US Congress to address the EMF radiation issue and restore rights taken away by the multi-billion dollar wireless technology industry.
- **[www.BioInitiative.org](http://www.BioInitiative.org)**  
An international consortium of scientists concerned about electromagnetic radiation and its effects on health. A report packed with scientific evidence of health risks linked to EMF exposure (DNA damage, stress response, gene expression, immune dysfunction, neurological issues, behavioral problems, tumors, childhood cancers, and Alzheimer's, to name a few). 610 pages for \$2.
- **[www.WiredChild.org](http://www.WiredChild.org)**  
A nonprofit group to raise awareness, organize, and help inform parents and educators about the risks of electromagnetic radiation on children.
- **[www.MicrowaveNews.com](http://www.MicrowaveNews.com)**  
Reports on EMF health effects as well as international legislation.
- **[www.YourEnergyMatters.com/radiation](http://www.YourEnergyMatters.com/radiation)**  
Short videos of radiation exposure levels from household appliances; includes FREE solutions.
- **[www.AntennaSearch.com](http://www.AntennaSearch.com)**  
Go here, type in your address, and find out how many cell towers and antennas are next to your home, your office, your hospital, or your child's school.
- **[www.EMFSafetyNetwork.org](http://www.EMFSafetyNetwork.org)**  
Educational information and resources to support community activism and change public policy based on the health hazards of electromagnetic radiation.
- **[www.RadiationEducation.com](http://www.RadiationEducation.com)**  
A website for kids by kids with a free Radiation Action Pack to help get WiFi out of your school or neighborhood and free "Stop Zapping Me" cards that point out how cell phone and WiFi use are like cigarettes: a public health issue, not just a personal choice.
- **[www.InPowerMovement.com](http://www.InPowerMovement.com)**  
Information, solutions, and resources to help build community and take back our power by holding big corporations liable for the harm they cause.
- **[www.LessEMF.com](http://www.LessEMF.com)**  
An EMF protection super-store that specializes in a wide range of products, clothing, and devices that measure, reduce, block, or filter EMF exposure.
- **[www.QLinkProducts.com](http://www.QLinkProducts.com)**  
The official website of the Clarus Institute which manufactures and sells Q-Link products that have been shown to work when tested using unconventional subtle energy based instruments.