How to Talk About EMF

With Friends, Colleagues & Relatives

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1st Edition

SYB®
Shield Your Body

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There is also an Exercise Workbook to accompany this ebook. Please download it here.

Then you can print it out and make a new copy for each time you try to use this program to have a conversation with someone about EMF. Save them for future reference, because you will learn new lessons each time.

00 Sharing This Information

Spread the love.

As we embark on this journey together, if you find this information to be valuable, and you would like to share it with others, I've made that really easy for you to do.

Of course, if you want to forward this ebook to them, please feel free. But I've made it even easier than that.

Because I have a post on the SYB website that:

1) summarizes this content;

2) includes multiple videos;

3) and gives people the ability to download this ebook for themselves.

So, please feel free to share this post with anyone you think might benefit from the information.

For more information, visit https://www.shieldyourbody.com/explain-emf/

00 Video Overview

Jump Start

To help get you started, I encourage you to watch my video overview of this guide, before moving on to the first chapter.

It gives you a good understanding of the content that follows in an easy-to-digest format.

And it will make the rest of this guide even easier to work through.

This 19 minute video covers and explains each section of this guide.

Watch the Video Overview

Section 01

Introduction

01 Introduction

You've Done It!

You've done it. You've taken the steps to learn more about the health risks of EMF, and how to protect yourself.

And now you want to take the next step. You want to help those around you learn to start protecting themselves.

__That's__ what this ebook is for.

I've been running SYB for eight years. So I've been working in the EMF arena for some time now.

And in that time, I've built up a lot of experience communicating these issues to others.

I've learned a lot of what works, and a lot of what doesn't work.

At the same time, there has been a huge shift in people's opinions about EMF in just the last eight years. When I launched my first product, the Pocket Patch, it would come up in the Amazon search results alongside listings for 'ghost detectors', and when I'd tell people what I did for a living, a lot of the time they'd make jokes about tin foil hats.

Not anymore. Gone are the ghost detectors from these search results, and now we have a whole bunch of companies selling EMF protection products. And when I tell people what I do, they'll reply by trying to engage with something like "Oh really? I've been wondering about that. How dangerous is my phone?" or "Yeah, I heard Dr. Sanjay Gupta talk about that on CNN."

The landscape has shifted. Awareness has grown– a lot.

01 Introduction

Even as more people become more aware of the serious health risks posed by EMF, I realized there aren't many resources to help people like you find productive ways to communicate these issues to others.

And that's why I've written this guide: to help you learn how to discuss EMF issues with your friends, your family members and your colleagues.

This is more than just an ebook. It's also a workbook, with step-by-step assignments to help you on your path.

So that you can better explain your perspective more effectively. And learn from your experiences.

So that you can hopefully help some of the people you care about to start making some changes for their health.

And that, in turn, will help move us all forward on our shared goals of making the world a little bit safer from the health risks of modern technology.

Because you don't need to be an activist to make a difference– in your lives, and in the lives of your friends, family and colleagues.

Best wishes for your health and safety,

R Blank
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Section 02

Goals

02 Goals

What Are You Trying to Accomplish?

As you work towards improving your ability to communicate your knowledge about EMF, it's always important to consider what your actual goals are.

And your goals will depend on the context: who are you talking to, when and where? What is your desired end result?

As the head of SYB, there are three broad goals for everything that I do with SYB. I want to explain to as many people as possible:

1) that the EMF from modern technology poses real health risks.
2) that there are safer ways to use this technology.
3) that EMF safety standards are vastly insufficient, and must be strengthened and reformulated to provide much greater consumer safety.

Maybe you want to help your teenager learn some safer technology habits, like not keeping their phone in their pocket.

Or maybe your friend saw you using your SYB Phone Pouch or SYB H.A.R.D. and asked what it is, and you want to reply to explain, without sounding alarmist or like you believe in fairy tales. Or maybe you want to talk about EMF in your workplace with your boss or supervisor.

These are just three possible examples of what your goal might be in any given situation. The important part is for you to be aware of your goal, make them as specific as possible, and formulate your approach to the interaction with your goal in mind.

02 Goals

Specific & Achievable

As you consider your goals, remember, your goal should be ***specific*** and ***achievable***.

By specific, I mean it should be tangible. For example, “I want my husband to stop using a Bluetooth headset” or “I want my daughter to turn off the wifi in her house at night”. It shouldn’t be vague. For example a less specific goal would be “I want my wife to use her phone less” or “I want my son to be more aware of EMF issues” – there’s nothing really specific there. The more specific the goal, the easier it is to understand and to accomplish.

Achievable means that your goal should be practical. For example, if your goal is “I want to convince my neighborhood to get rid of the power lines,” it’s very unlikely that you can achieve that on your own (I won’t say it’s impossible; just extremely unlikely). In contrast, it is much more likely that you can, for example, get your child to stop carrying their phone in their pocket.

I don’t want to dissuade you from taking on bigger goals. These bigger goals– such as getting the electrical utility to move a power line, or stopping a new 5G tower from going up– those almost always require a concerted effort from a larger group of people. And in order to generate that level of interest, you first need to be able to discuss EMF issues with other people.

And that’s what this guide is for: helping you talk about EMF with other people. Whether that’s to get them to take a specific action like not carrying their phones in their pockets, or to sign a petition calling for a change in municipal policy, you need to be able to talk about these issues, and you need to do so with a specific and achievable goal in mind.

02 Goals

Exercise #1

Defining your goals when you're planning to talk about EMF is a ***crucial*** first step in this process.

Maybe you have several goals you want to accomplish– that's great.

But you're going to start with one.

So I want you to write down your goals for this first conversation.

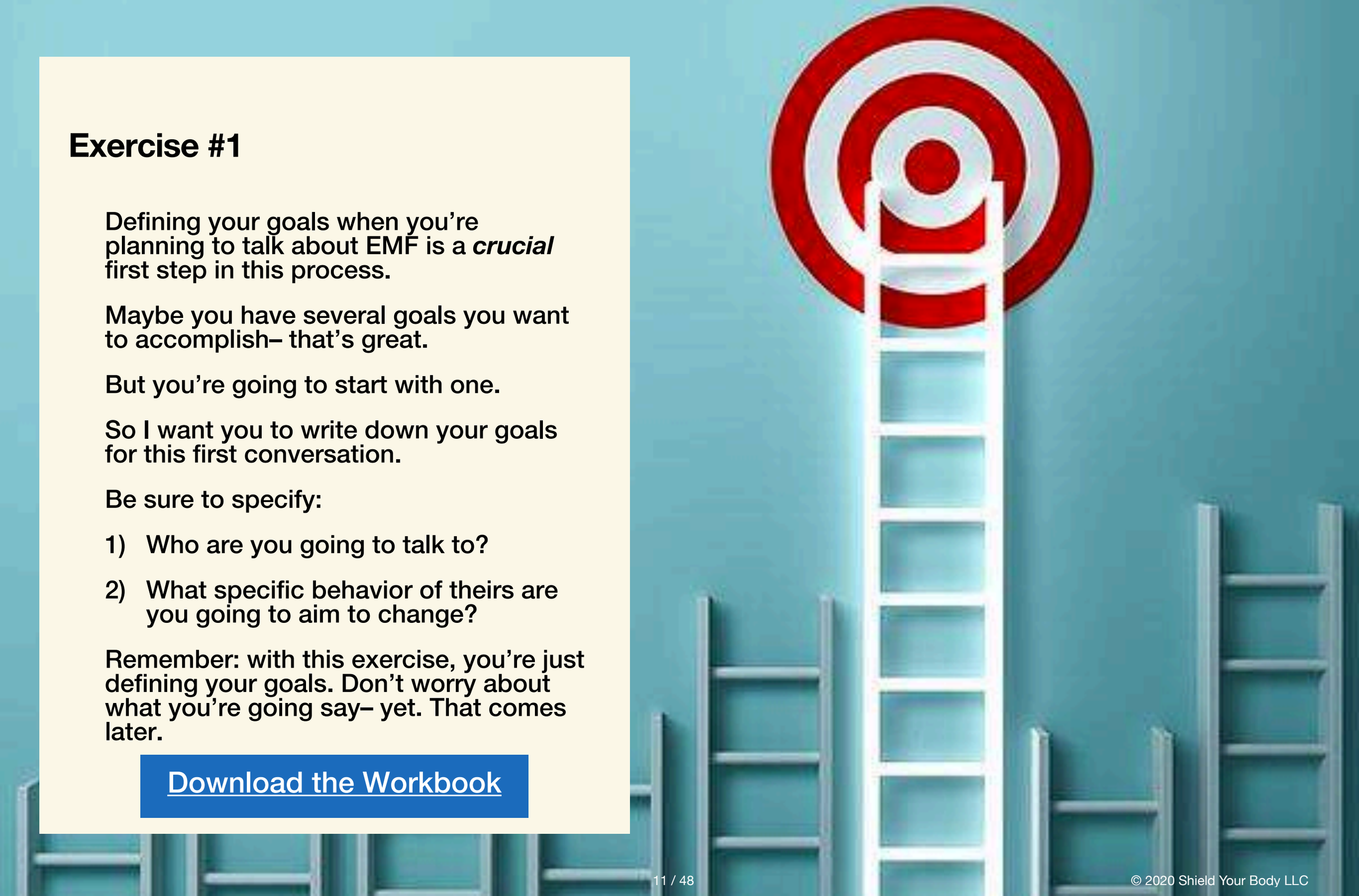
Be sure to specify:

1) Who are you going to talk to?

2) What specific behavior of theirs are you going to aim to change?

Remember: with this exercise, you're just defining your goals. Don't worry about what you're going say– yet. That comes later.

Download the Workbook



02 Goals

Ice Breaker Video

Do you want a quick, easy and non-confrontational way to start this discussion with whomever you've selected for your goal?

That's why I made this short, shareable video for you.

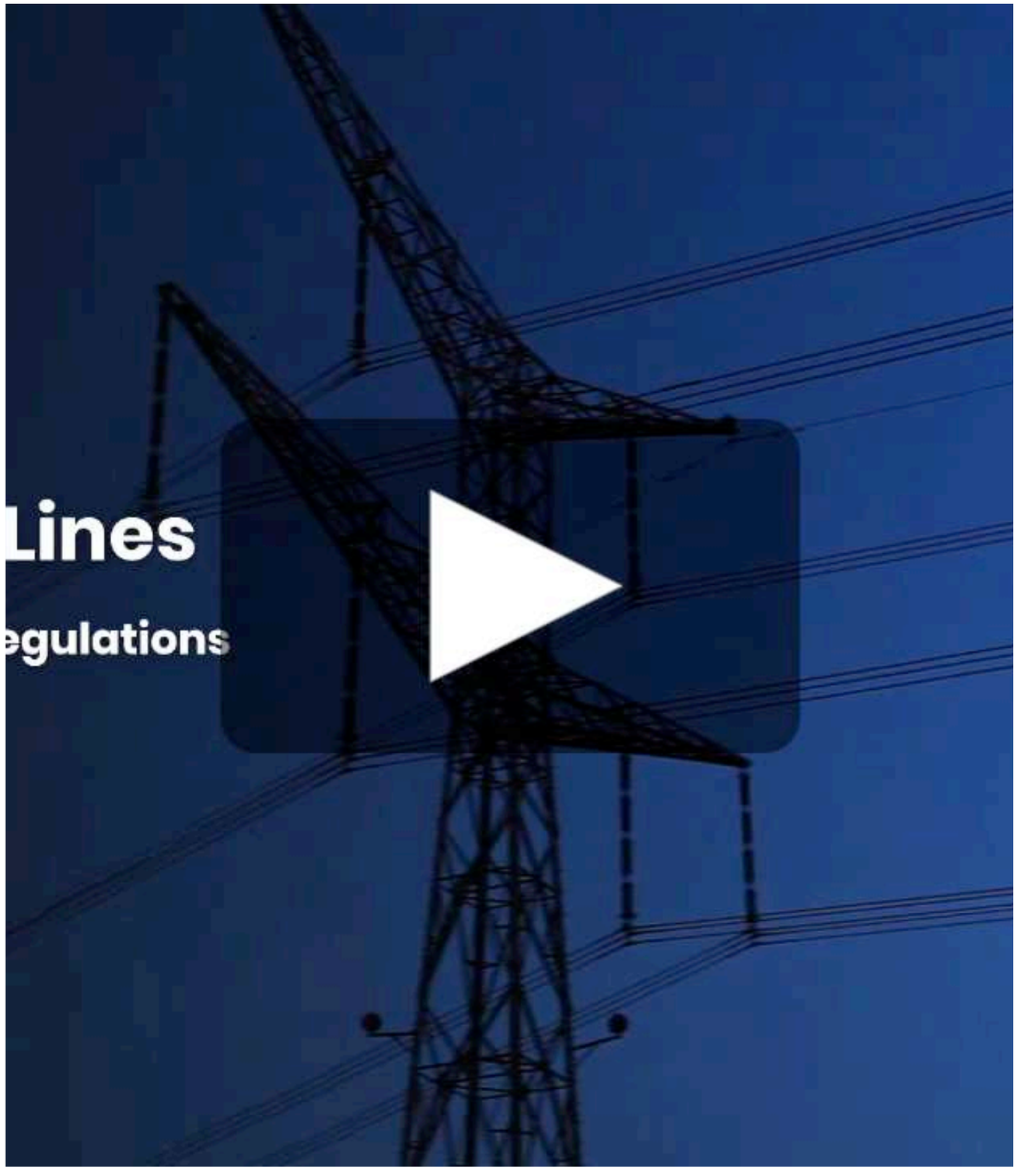
Feel free to share it with your friends, relatives and colleagues– anyone with whom you want to have these discussions.

It's a great way to get the ball rolling.

This short video answers these questions:

- What is EMF?
- What are the health effects?
- Isn't EMF tech regulated?
- What impact will 5G have?
- What can I do to protect myself?

Watch & Share the Video



Section 03

Manner & Approach

03 Manner & Approach

Some Ground Rules and Guidance Will Help

As you start down this process, remember that information and facts aren't all that matter. How you approach the topic, your manner and behavior, and how you treat the person you are talking to are all crucial elements.

So I've started here by outlining what I believe are some useful points to remember. This list is not comprehensive, but it's a great start.

1. Some people don't want to hear it. This topic isn't everyone's thing. You're not going to change everyone's mind. In order to have the most success, you need to recognize that and respect people's preferences.

2. I strongly recommend that you focus on issues of EMF and health. It's important not to dilute your argument with other issues, regardless of how related you think they are. For example, some of the related issues that often find their way into EMF discussions include privacy, technology addiction and technology waste. But you will be more successful if you avoid throwing the "kitchen sink" into your discussions, and instead focus on the health aspects that worry you.

3. Focus on facts and science. You can include your own interpretation, but make clear when you do that, and distinguish your own views from the actual facts and actual science. Always let the science and sound judgment lead the discussion.

03 Manner & Approach

4. You’re going to get better at this over time, and with practice. If this is your first time talking about EMF with others, you may well experience some challenges. So it’s important that you set reasonable expectations for yourself, and what you hope to achieve.

5. Most people– even open-minded friends– won’t simply change their mind just because they had one discussion with you. This is going to be a process.

6. Keep it personal. Express your own personal journey– how you came to be aware, what prompted you to take action, and what are the actions that you are taking.

7. Often, simply offering helpful safety advice does a lot more good, and is more effective, than trying to convince people of all the risks. Even people who aren’t fully convinced that EMF is a health risk, will still have some doubt in their belief, and will consider modifying their behaviors, like keeping phones in their pockets. (Better safe than sorry!)

8. You don’t need to convince everyone. You really just want to move the ball forward. Make more people more aware– not all people fully aware. Make more people do one or two more things that make a difference.

9. Make sure to listen. It is important to listen to the feedback you're getting. That feedback can help you craft even better points the next time you try to have this sort of conversation.

10. Recognize tech addiction is real, and a big influence on how people use all of these EMF-emitting gadgets. You can’t get people to change addictive behaviors overnight, but you can plant the seeds for them to start making small changes.

03 Manner & Approach

12. Emphasize that small changes can make big differences. Like not keeping your phone in your pocket. Because phones are such a significant source of so many people's exposures, making that one change can have a huge impact on people's behaviors.

13. It's easier to stop new behaviors than to change old ones. For example, it'll be easier to convince someone not to upgrade to a Nest thermostat, than to get someone to remove WiFi from their home.

03 Manner & Approach

Exercise #2

How you talk about this issue is just as important– in fact, probably more important– as the facts that you cite in your discussion.

Review the list of tips I included on the previous pages. Think about them.

Then I want you to write down one specific tip for the manner and approach you will take. Try to think of one I didn't include in my list.

Download the Workbook

Section 04

Context & Situation

04 Context & Situation

The When & Where

So you have your goals.

And you've thought about ways to approach and handle the conversation.

Next up: when and where is this going to happen?

Because context is also critical. Pick the right place and time for your conversation, and you can be way more successful.

As just one example, talking to your friend or relative while on walk, or during a shared meal, is probably going to be much more effective than trying to convince them while they're watching their favorite TV show, or if they've just gotten home from work or school.

Or, if it's a work colleague, you may not have the opportunity to discuss this in a social context. So what would be the best time and place at work? Probably not first thing on Monday morning. Maybe during a Thursday coffee break?

Of course, we can't predict and control everything. And you may have opportunities arise to address this topic that you didn't plan for.

But you should still plan. And there is no universal answer here– the optimal time and place is going to depend on a lot of variables that you should consider.

04 Context & Situation

Exercise #3

Think about this for a few minutes.

You know who you're going to talk to. And you know what you want to talk about?

So when and where will you try to broach the topic?

Try to pick a situation in which there aren't too many external pressures, and there's enough time.

Download the Workbook

Section 05

Topic Cheat Sheets

05 Topic Cheat Sheets

Handy Facts, Tips & Talking Points

So you have your goals, you've thought about how you're going to approach the topic, you've picked a preferred time and place.

The final step is to come armed with some facts.

Now, I am very well aware that there is a ton of information that you ***could*** bring to your discussion. More than any one person can memorize.

So remember: the goal isn't to memorize everything. Or even most of the information. And you definitely don't want to read your friends or relatives a big laundry list of facts.

Instead, you want to have some points ready to ease into the topic.

So, I'm including this section so that you have some good talking points and starting points for your discussion. It's a reference so that you have the flexibility to discuss the subject from multiple angles.

Along with the facts, I am including some links. This is so that if a specific topic interests you, you can learn more about it.

And also, so that if you want to send someone more information, you have links you can send them by email or text.

05 Resource Pack

Info Starter Pack

On the following pages, I cover some top-level points and information about a few key issues that you'll want to cover in your discussions.

I've **also** created a handy resource pack for you to help you along your way.

This guide includes **dozens** of handy resources for you – links to videos, infographics, ebooks and blog posts.

These are useful if you just want to review and get some top tips. Or if you want to share a video or an infographic with your friends, or on social media, to get the conversation started.

Download the Resources

05 Topic Cheat Sheets

What is EMF

EMF, or electromagnetic radiation, is a type of energy formed by electricity and magnetism.

Visible light – like we get from the sun – is a form of EMF.

Forms of EMF with more energy than visible light are called **ionizing**. These include x-rays, gamma rays, and ultraviolet (UV) light, and everyone knows these are really dangerous even in very small doses. These forms of EMF are called ionizing because they have enough energy to knock electrons free from atoms.

Forms of EMF with less energy than visible light are called **non-ionizing**. These include radio frequency (RF) and microwave, both of which are used for wireless communication (like cell phones, WiFi and Bluetooth). These forms of EMF are called non-ionizing because they do not have enough energy to knock electrons free from atoms.

Every device or appliance that runs on power, and every device that communicates wirelessly, emits a type of non-ionizing EMF radiation.

For more information, visit https://www.shieldyourbody.com/emf-explained/

05 Topic Cheat Sheets

Is EMF Safe?

No.

It was long thought that non-ionizing forms of EMF radiation were “safe”. But in recent decades a huge– and growing– body of high-quality science has shown this assumption was false.

Doses of EMF– like you would be exposed to from a cell phone or a power line– have been demonstrated to cause increased risk of a wide range of negative health effects, including:

- sleep disruption
- learning disabilities and memory loss
- infertility
- multiple types of cancer– not just brain tumors, but also breast cancer, thyroid cancer and colorectal cancer
- miscarriage
- birth defects and developmental disorders

For more information, visit
https://www.shieldyourbody.com/emf-health-effects/

Children are More Vulnerable

While science has demonstrated that all humans– and indeed all living things– are vulnerable to damage from exposure to EMF, children and babies are even more vulnerable.

This is because:

- Children's brains are smaller and their skulls are thinner, leaving them more vulnerable
- Children are growing fast, so any cellular damage will spread more rapidly
- Children are younger, so they have longer to live to realize the results of damage to their bodies

This is why it is even more important to protect children.

For more information, visit https://www.shieldyourbody.com/emf-children/

Regulations are Fundamentally Flawed

Many people will assume that they are protected from any negative health effects from EMF, because a lot of these devices are supposedly regulated. For example, cell phone radiation is regulated and they are not supposed to have a maximum SAR (specific absorption rate) level.

Unfortunately, this assumption is false.

- SAR regulations are designed around a dummy that approximates the size and weight of a 6'2" man who weighs 220 lbs– that's bigger than 97% of the population! So most people will absorb more radiation than the SAR value indicates.

- People think that the federal government tests phones for SAR. This is untrue. The wireless companies themselves test their own products and determine the published SAR value. In fact, in one study of hundreds of phones in France, it was found that 89% of them emitted more radiation than the manufacturer indicated.

- Companies can determine the placement and position of the phone during the official SAR test. That's why, for example, **according to the official iPhone manual, you are not supposed to carry your phone in your pocket–** because the companies can set the phones in specific positions to generate lower SAR values.

What's more– a huge and growing number of sources of EMF are not even regulated. This includes power lines as well as automobiles. So there are no regulations protecting us from these exposures.

For more information, visit https://www.shieldyourbody.com/regulations/

05 Topic Cheat Sheets

5G

Obviously, 5G is another form of EMF, so everything I've discussed in this guide still applies to 5G. At the same time, 5G is a whole new technology– and a controversial one, getting a lot of attention– so it can be useful to learn a few pointers about how to discuss 5G, specifically. And how to frame the issues in a way that's conducive to the discussions you are going to have.

5G is the 5th generation of cell phone networks (replacing 4G/LTE)– it is a completely new technology and infrastructure for cell networks. To best understand what 5G is, it's helpful to look at **two ways 5G is different** than prior technologies:

1) **Frequencies**: 5G will still use some of the 4G frequencies. But it can also go much higher. Up to 300 GHz. These are called millimeter waves, and **they have never before been used in consumer applications**.

2) **Sources**: With 5G, we're talking about an explosion in the number of sources. A lot of people think of 5G as being for cell phones. And that's true. But 5G is more than just cell phones. 5G was designed from the ground up to power the **Internet of Things**. That includes smart cars, smart homes, smart meters. So with 5G, we're talking about a multiple order of magnitude explosion in the number of sources of EMF in our environment.

One **similarity** between 5G and earlier forms of wireless tech, is that **5G is being deployed without any testing into its long-term health effects**.

For more information, visit
https://www.shieldyourbody.com/5g/

Section 06

Common Objections

06 Common Objections

When you have as many conversations about EMF as I have, you'll start to learn there are some objections that you'll hear repeated over and over again.

So on the next few pages, I will include some of the most common objections I've heard, and how I address them.

Remember: you don't want to get into a fight with the person you're talking with. Because that will make them shut down and reject everything you have to say.

Instead, you want to engage in a process of education, calmly explaining the facts as you see them.

06 Common Objections

I hear science says this stuff is safe.

This is based on some truth.

While there are many studies showing negative health effects from EMF radiation, it is also true that there are a large number of scientific studies that show, for example, cell phone radiation does not lead to an increased rate of brain tumors.

So how do I respond?

Well, generally, in two ways. First, I acknowledge that fact. Then, depending on the discussion, I would most usually reply with either:

a) The majority of studies that show cell phone radiation is ‘safe’ are funded by the wireless companies. They are designed, from the ground-up, to produce specific results. This type of science is so faulty that, as just one example, two separate courts in Italy threw out these industry-funded studies when they ruled that cell phones cause brain tumors. They concluded the scientific studies funded by the wireless industry were too biased and suspect to be included in their consideration of the verdict.

b) EMF science is complicated. When you have a bunch of studies that show cell phone radiation is dangerous to your health, and other studies showing that it is not– that does **NOT** mean science has concluded cell phone radiation is safe. Instead, it shows that this subject is complicated, and we do not yet fully understand how it interacts with our bodies.

06 Common Objections

There’s no 'definitive proof’

When you deal with EMF issues, you’ll hear this phrase all the time. There’s no ‘definitive proof’ that EMF is harmful. While it sounds cut-and-dry, the term ‘proof’ is actually a tricky one. And it has multiple meanings.

In logic and math, you can actually prove something. 1 + 1 = 2. That’s a provable statement. Definitively.

But when you actually think about it, you’d be surprised at how few things in life can be definitively proven.

For example, in a court of law, you don’t seek ‘definitive proof’. Instead, you seek proof ‘beyond a reasonable doubt’. And that’s why we sentence people to prison without definitive proof.

Just like there’s no concept of definitive proof in law, neither is there in science.

In science, proof means “I’ve performed an experiment; here are the results; you and others can attempt to repeat and verify the work; here’s my theory to explain the observations.”

What’s more, scientific proof is often overturned by subsequent generations of scientists. This is how science grows and evolves.

But just because certain information does not constitute definitive proof, that does not mean that the information is inaccurate, misleading, or unreliable.

06 Common Objections

There’s no 'definitive proof’

What’s more, governments and regulators have repeatedly taken action in the absence of definitive proof, based on a preponderance of the evidence.

In the face of potentially irreversible damage to an irreplaceable national treasure, the Germans decided to act before they had definitive proof by passing the ground-breaking Clean Air Act of 1974 to limit industrial emissions.

In the United States, the Endangered Species Act applies a standard of evidence that is less than scientific proof, in order for the Fish and Wildlife Service to designate a species as endangered; after all, once we have definitive proof that a species is extinct, it’s too late to prevent extinction.

While there is no ‘definitive proof’ that EMF causes, for example, brain tumors, there is ‘very serious, scientifically accepted, peer-reviewed evidence’ that cell phone radiation is carcinogenic.

And this is why people should take action. Even before we have definitive proof.

For more information, visit
https://www.shieldyourbody.com/the-precautionary-principle/

06 Common Objections

They wouldn't sell it if it weren't safe

People – all of us – want to believe that if something is available for sale, it's safe.

After all, if something isn't safe, they wouldn't be allowed to sell it to us, right?

Well, as we learn time and time again, this just isn't true.

1. In some cases, it's because the science hasn't caught up– we don't yet know something isn't safe. This was the case with the drug **Thalidomide**, which was permitted to be sold to treat morning sickness in pregnant women, before we knew it would cause so many tragic birth defects.

2. In some cases, it's because the regulations lag behind the science. Science has demonstrated negative effects of something, but the regulations haven't yet caught up to protect us from the effects. This was the case in the 1980s and 1990s with, for example, **tobacco**, when everyone knew smoking was dangerous but you could still do it everywhere.

3. And in other cases, it's because the regulations are not actually enforced. So science tells us something is dangerous, and regulations exist to protect us from those forces, but companies skirt or ignore the regulations. This was the case with the 2015 Volkswagen **Dieselgate** scandal where they rigged emissions tests.

When it comes to EMF, we know that this type of radiation is dangerous, but the regulations lag behind the science, and the limited regulations that do exist are not enforced.

06 Common Objections

They wouldn't allow it if it weren't safe

Another example that I like to cite to explain to people why this isn't true is problem of brain damage in the NFL.

CTE is a neurodegenerative disease that is estimated to affect 28% of professional football players and can lead to devastating outcomes like early-onset alzheimers and debilitating dementia. It is caused by repeated trauma to the head and brain caused by the act of playing professional football.

The NFL has more recently begun to recognize this and institute safety precautions, including more advanced helmets. But they didn't do this immediately. When Dr. Bennet Omalu discovered this condition, the NFL paid for their own science, performed by their own hand-picked 'experts'. These experts, unsurprisingly, found there was no link between football and brain injuries.

Now, keep in mind, Dr. Omalu's findings essentially boiled down to 'getting hit in the head, tens of thousands of times, with the force of a jackhammer, can damage the brain.' But the media covered it as a 'he said, she said'. The NFL told retired players who were suffering from the devastating effects of CTE that their condition did not exist.

The NFL successfully used the ***tobacco playbook*** to deny and delay implementation of basic safety precautions ***for years*** – to protect people against something that was ***obviously*** a serious health risk to anyone who cared to look and think.

For more information, visit
https://www.shieldyourbody.com/emf-brain-damage/

06 Common Objections

EMF is natural

Yes, some EMF is natural. Like sunlight. And lightning.

The fact is the amount of naturally occurring non-ionizing EMF radiation that humans evolved to cope with is **infinitesimally small** compared to what we're all exposed to from human-made sources in modern society, each and every day of our lives.

All the EMF-emitting technology that's been rolled out over the last 140 years (since the invention of the lightbulb) **completely dwarfs** the natural levels of EMF that our bodies learned to cope with over millennia of evolution.

By some estimates, background EMF radiation in cities today is over **1 trillion times greater** (that's 1,000,000,000,000) than those found in nature.

Today, we're swimming in a sea of electrosmog that our species did not evolve to live in. Our bodies are not built to cope with these forces.

Just because a little bit of something is safe, doesn't mean a whole lot of that same thing is safe. That's just not how life works.

For more information, visit
https://www.shieldyourbody.com/emf-natural-safe/

06 Common Objections

I don’t want to know that my cell phone will give me cancer, because I’m not going to give up my cell phone anyway

Ah! Now we get to the core challenge you will face.

The natural response of many people is to not want to hear any of this information. Because they have such a deep (and, in many cases, addictive) relationship with their EMF emitting technology.

And for these people, I have some good news! You don’t have to give up your phone to make a big difference to your health.

And that’s what the next chapter is about.

Section 07

Actionable Tips

07 Actionable Tips

You can make a difference

Remember: the whole reason you are reading this book, is that you want to help other people make a difference in their health.

So it's not enough to come to your conversation armed with facts about why they should take action– you also need to provide them with **solutions**!

Specific tips they can start using to live healthier.

So that's what this section is about.

At SYB, I've been writing what I call my 'SYB Healthy Living Tips' for awhile now. It's actually how a lot of you end up finding me and my website.

These Healthy Living Tips are all **free and easy ways** that people like you (and your friends, family and colleagues) can live healthier by making a big difference in your EMF exposure.

So I'm going to include a few of them– some of the most popular and important ones– here.

But before I do, I want to explain the two key rules on which all SYB Healthy Living Tips are based.

07 Actionable Tips

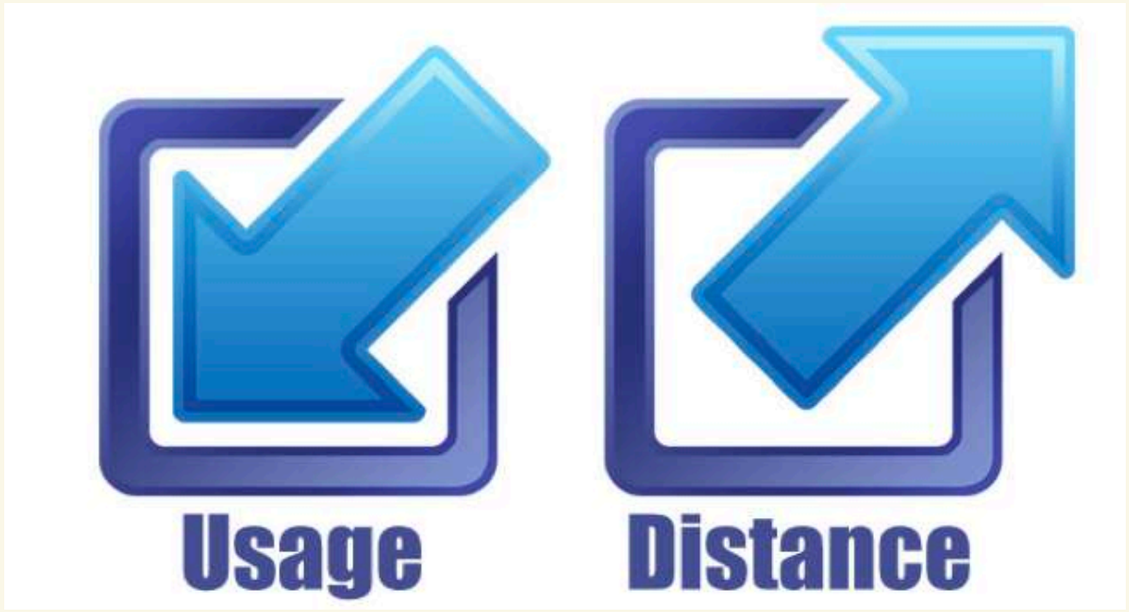
Two Key Rules

The two key rules for the best EMF protection are:

1) **Minimize Use**
   The best way to reduce your exposure to EMF radiation from wireless devices is to reduce your usage of wireless technology. This way, you're not exposed to the radiation in the first place.

2) **Maximize Distance**
   The other key rule is to maximize the distance between your body and the tech when it is in use. Because the power of EMF ***diminishes exponentially with distance***. Every millimeter makes a big difference.

And fortunately, once you start thinking about it, there are a lot of ways to achieve these two key rules without sacrificing your enjoyment of and benefit from modern technology.



07 Actionable Tips

Minimize Use

Here are a few specific tips that people can adopt to minimize their use of EMF emitting technology, without sacrificing their enjoyment of their tech and devices.

Turn Off Your WiFi Router at Night

WiFi routers are a relatively significant source of EMF radiation exposure in many homes. And most people keep their routers on 24 hours a day, leading to significant cumulative non-stop exposure. So one way to make a massive reduction in your EMF exposure is to turn off your WiFi router at night, when it's not in use.

Don't Buy Smart Stuff You Don't Need

Each and every device you buy is a new source of EMF. And with all the new "smart" tech being developed and released, a whole new class of products are now sources of EMF (for example, a door lock was never a source of EMF until they introduced 'smart' locks). As each new device is an additional source of EMF radiation, really consider whether the benefit of this new device outweighs the increased risk to your health.

Delay Getting Your Child a Smartphone

There are a lot of reasons – unrelated to EMF exposure – to delay getting your child a phone. Ownership and use of phones are linked to decreased grades and increased anxiety in children. This is the basis of the **Wait Until 8th** grade movement. But an added benefit of delaying getting your child a smart phone is that they'll be exposed to much less EMF. This is even more important because children are more vulnerable to damage from EMF radiation.

07 Actionable Tips

Maximize Distance

So each additional inch – even millimeter – of distance that you put between yourself and the source of the EMF will have a big impact on your exposure. So, to reduce your EMF exposure, you want to maximize the distance between your body and your tech when it's in use. Here are some ways to do that.

Don't Carry Your Phone in Your Pocket

When your phone is directly against your body, it is likely one of your biggest – if not the biggest – sources of your EMF exposure. Even many cell phone companies like Apple tell you not to carry your phone in your pocket, because if you do, your exposure can exceed safety standards. So don't carry your phone in your pocket, or turn it into airplane mode if you do.

Don't Sleep With Your Phone

Many studies show that sleeping with your phone can significantly disrupt your sleep. In addition to that, if you sleep with your phone, you're being exposed to cell phone radiation all night long – when you're not even using the phone. So don't bring it to bed, or turn it onto airplane mode if you do.

Don't Use Your Laptop in Your Lap

Just like phones shouldn't be held against your body, neither should laptops. Despite their name, laptops aren't for laps.

For more SYB Healthy Living Tips, visit
https://www.shieldyourbody.com/healthyliving/

07 Actionable Tips

Offer Alternatives

On these past couple of pages, I've offered a few specific bits of advice. You're obviously going to want to tailor your approach to the specific goal you have, and the specific person you are addressing.

What's important is to go into your discussion armed with some alternatives. For example, if your goal is to get your husband to stop using a Bluetooth headset, explain to him what else he can do instead. Like use speakerphone or a regular headset.

Or if your goal is to get your wife to stop sleeping with a phone on her nightstand, next to your bed, maybe suggest she start by at least turning the phone into airplane mode when she falls asleep.

Of if you are aiming to have your boss create an office environment with less EMF for you, then come prepared with, for example, a suggestion for an alternative office layout.

Or if you are hoping to get your neighbor to adjust his/her WiFi router, perhaps suggest ways that s/he could schedule the router to turn off and on at different times, using a timer.

These are just a few examples. The point is: offer alternatives. It will be much easier to get someone to modify their behavior if you offer a specific suggestion– or even better, a few specific suggestions from which they can choose.

Section 08

Conclusion

08 Conclusion

When you're aware of the serious health risks of EMF, I understand how overwhelming it can sometimes feel. After all, they keep making more and more wireless devices. Not just new phones, but smart cars and smart meters and smart thermostats. And so many cell towers are going up every single day.

But it's also important to remember that you aren't helpless.

It's true. You, alone, can't stop Apple from selling iPhones, or force Samsung to make safer phones.

But you, alone, can make a big difference in your **personal** exposure based on how you engage with technology.

And you can **help make other people safer** by educating them on these important issues.

And that, in turn, will contribute to the larger goals of slowing, for example, the 5G rollout.

Because the more people who think twice about upgrading their device, or getting a new form of smart tech, the slower that stuff will rollout.

The more people who tell realtors that they are worried about EMF levels in homes, the more the market will learn that this is a priority. And the more motivated people will be to make their homes safer, and oppose, for example, tower deployments in their neighborhoods.

The more people who are aware, the more people who start to take back control from EMF and the wireless companies. And the way to do that, is to learn how to communicate these issues – calmly and effectively. That's exactly what this ebook is for.

08 Conclusion

I Want to Hear From You – How Did it Go?

I really appreciate that you've taken the time to read this ebook. Because it means you want to start making a difference beyond those sources of EMF that are in your immediate control.

It's one thing, for example, to stop carrying your phone in your pocket. That's a big step– but it's one you can make for yourself.

So it's an entirely different accomplishment if you can get your child, or your sibling to stop carrying a phone in their pocket. Or convince your best friend not to upgrade to a 5G phone. Or if you can get your yoga studio to disable WiFi during class time. Of if you can convince your child's school to swap wired ethernet connections in place of school-wide WiFi.

And that's why I want to hear from you:

- How did it go?
- Were you able to succeed at the goal you set for yourself at the start of this book?
- Or maybe you didn't immediately succeed. In which case, what did you learn?
- What objections did you hear that I didn't cover? What information, tactics and/or tips would you suggest I include in the next version of this ebook?

Whatever results you have to share, I want to hear them. You can just email me at rblank@shieldyourbody.com to let me know how this process has gone for you. And, if you do, I'll email you right back with a coupon good for 15% off your next purchase at ShieldYourBody.com.

08 Conclusion

Exercise #4

How did it go? Did it go according to plan?

Did you succeed in your goal? Or, if not, do you think you made any progress? If so, what was it?

The point isn't to succeed each and every time. You're probably not going to.

But you should try and learn from each of these experiences. Because then you'll build up stronger skills.

Which, in turn, will lead you to be able to take on bigger challenges with EMF in your life, the lives of your friends and family, and in your community and workplaces.

So please complete exercise #4 in the program workbook.

Download the Workbook

09 Conclusion

Thank You

Thank you so much for taking the time to read this ebook.

Your support is what makes the SYB mission possible.

Sincerely,

R Blark

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