

EMF Reduction Checklist:

25 realistic steps to reduce your over all burden



- Use your cell phone only if on speaker phone. Text instead of call.
- Carry cell phone in purse, book bag or briefcase instead of on person.
- Put cell phone on airplane mode at all times when not in active use, especially at night when sleeping. Better yet turn off completely every night.
- Use traditionally corded phones that do not have the cordless phone style base.
- Cover your router with shielding material around the clock, if possible also unplug it altogether every night.
- Make sure your router is installed in an area of the home that is as far away from all bedrooms as possible.
- If possible, use hardwired Ethernet connections over wireless internet connections.
- Decrease the quantity of other radiation exposures in your home: home entertainment systems, headsets, baby monitors, computers printers, home surveillance systems, etc... Examine the absolute necessity of each.
- Keep gaming and entertainments systems in the main living space instead of a bedrooms.
- Only install home surveillance systems outside of the home, or at least not near any bedrooms.
- Use incandescent light bulbs instead of fluorescent or LED lighting.
- Move your main seating and sleeping spots 2 ft away from wiring in the walls. For example, position your sofa in the middle of the room instead of against a wall.
- Use a headboard to create distance between the wall and your pillow. If this is not possible, paint your wall with shielding paint.
- Do not use an electric blanket or electric bed frame and use shielding bedding if at all possible.
- Reduce total body toxic burden by eating less processed and artificial foods, and more antioxidant rich organic and unprocessed foods.
- Reducing environmental toxins like artificial fragrances and toxic household cleaners, reduce use of toxic body, beauty and oral care products
- Do not use chemicals on your lawn or chemicals to wash your clothing and bedding.
- Wash your hands before eating so you don't get traces of chemicals and environmental toxins into your mouth with each meal.
- Supplement with antioxidants like: N-Acetyl Cysteine (NAC), Glutathione, Vit C, Vit D, CoQ10, Apha-Lipoic Acid (ALA), Curcumin, Omega 3 Fatty Acids, Resveratrol & Melatonin.
- Drink filtered water in large quantities daily.
- Get plenty of natural sunlight daily.
- Sauna for detox.
- Exercise daily to help deliver much needed fresh oxygen and nutrients to all organ systems as well as aid in the removal of toxins and waste by-products.
- Decrease blue light exposures in the evening, use blue screen filters or protective eyewear if screen time in the evenings is mandatory.
- Ground your body. Sleep grounded all night long if at all possible.

Visit [Intuition-Physician.com](https://www.intuition-physician.com) for the highest quality medical grade grounding & shielding healing tools!

