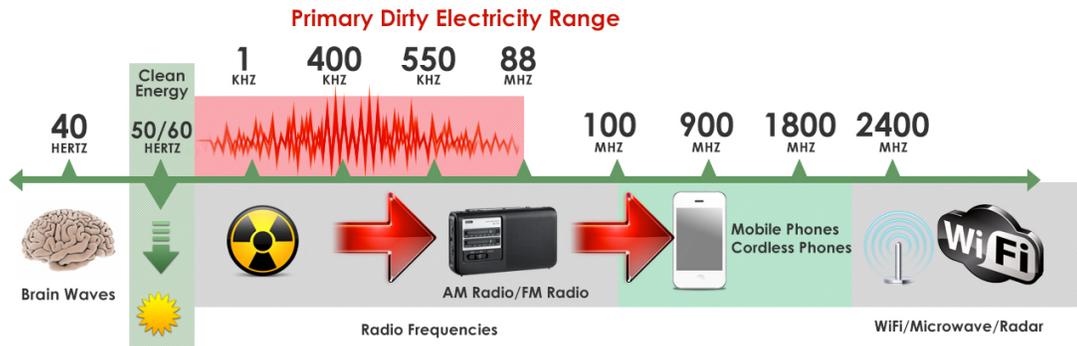


# Reduce EMF's Guide



## 1. Avoid proximity to cell phone towers (more than 1000ft)

- To see where the cell towers are near you visit: <http://www.cellreception.com/towers/>

## 2. Avoid proximity to electrical substations

## 3. WiFi (consider a hard line router)

- <http://www.dummies.com/how-to/content/how-to-install-a-wired-network-in-windows-7.html>

## 4. Replace old cathode-ray monitors with modern flat screen

## 5. Consider an EMF Detection Meter

- search "EMF Detector" on [amazon.com](http://amazon.com); the Cell Sensor version is most affordable

## 6. Consider Greenwave Filters for wall sockets in bedroom

- learn more at <http://www.greenwavefilters.com>

## 7. Consider an Earthing Blanket for bed

- learn more at <https://www.earthing.com>

## 8. Avoid plugging appliances in near your bed

- Choose a battery powered alarm clock

## 9. Never use a microwave

- Consider an Infrared countertop oven as they are safe and fast (ex. NuWave Oven)

## 10. Look at getting a Defender Shield for your cell phone

- Learn how you can block all forms of cell phone radiation [https://  
www.defendershield.com](https://www.defendershield.com)

## Now What?

Choose at least 2 of these to investigate or take action on. I suggest starting by getting the EMF meter and seeing what you are being exposed to in your home on a regular basis.

**For additional support and to chat about your health goals, call Danny Maresca at (919) 561-0767 or email [danny@livingwellsense.com](mailto:danny@livingwellsense.com).**

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