

# PROTECTING YOUR HOME FROM HARMFUL EMFS

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JUNE 2021

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## **DEDICATION:**

*IT IS MY MISSION TO MAKE THE INVISIBLE,  
VISIBLE. — ROB METZINGER*

*TO EVERYONE WHO USES A MOBILE PHONE,  
LAPTOP, SMART WATCH, WIRELESS ROUTER,  
AND MANY OTHER ELECTRONIC DEVICES—HERE  
IS THE EDUCATION I WISH I HAD 19 YEARS AGO.  
AWARENESS IS A GOOD PLACE TO START IN  
THE WORLD OF EMFS. — LLOYD BURRELL*



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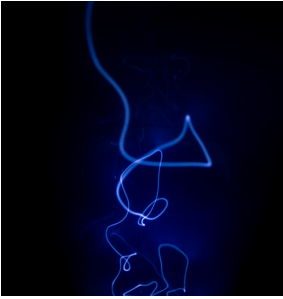
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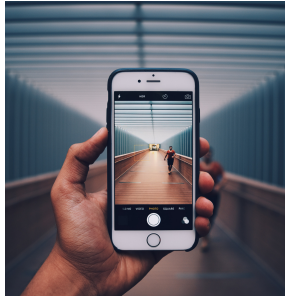
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## WHAT ARE EMFS?

Welcome to the world of EMFs, also known as Electromagnetic Fields—a form of energy that is invisible to the eye. They're often referred to as radiation. EMFs are typically categorized as non-ionizing and ionizing.

Non-ionizing EMFs are low-level radiation, which may seem harmless to humans. Examples include microwaves, cell phone towers, computers, wireless devices such as landline cordless phones or routers, smart meters, MRIs, Bluetooth devices, infrared devices, power lines, and visible light. We're plugged into these types of man made energy all day, which may not seem problematic, but they are. I'll explain why.



# WHAT ARE EMFS?

## (CONT)

On the other hand, ionizing EMFs are high-level radiation, which we know are harmful to humans with prolonged exposure. Examples include ultraviolet light, radioactive waste, x-rays, and actual sunlight. Ultraviolet light is found in doctor's and dental offices are used to fight off bacteria, as well as, tanning beds. Radioactive waste is found in nuclear power generation, nuclear research labs, and rare-earth mining. You've likely experienced x-rays, and the sun naturally sends off EMFs too.

EMFs are a physical field produced by moving electrically charged objects like the devices you use everyday: computers, smart watches, wireless headphones, and cellphone being the most common. They affect the behavior of charged objects in the vicinity of the field.

AC Electric Fields (E-Fields) are produced by the presence of electricity. Their strength is determined by voltage; the higher the voltage, the stronger the field. AC Electric Fields are generated by live electrical wires and generally travel 6-8 feet from the source, but in some cases further. The scary thing is an electric field will exist even when a device is not in use (turned off). There is a constant emission into the air and chances are, you're reading this on a mobile phone or tablet right now.





# WHAT ARE EMFS?

## (CONT)

AC Electric Fields have a natural attraction to ground and the human body. They are considered low frequency electromagnetic radiation. (5 Hz – 400,000 Hz). They can be measured with an AC Electric Field meter and the unit of measurement is Volt per meter V/m.

AC Magnetic Fields are living spaces containing dozens of electronic devices and electrical appliances. When this equipment is active or turned on, a flow of electrical current begins. This flow of electricity through the equipment and wiring is responsible for creating AC Magnetic Fields (B-Fields). The intensity or strength of the magnetic field is directly related to the power consumption of the device. A more powerful device will produce a higher magnetic field. These fields usually remain close to their source (2-3 feet), but can travel several hundred feet; an example is in the case of high voltage power lines. AC Magnetic Fields are considered low frequency electromagnetic radiation. (5 Hz – 400,000 Hz). They can be measured with a tesla meter in nanoTesla (nT) or with a gauss meter in milliGauss mG.

Even though EMFs and other electromagnetic pollution can't be seen with your eyes, they are living in your home. And your office. Basically wherever you bring your devices, EMFs are with you. Our mission is to make the invisible, visible, so you can protect yourself and your loved ones.



## WHICH GADGETS EMIT EMFS?

In our hyperconnected, modern world where Americans can talk to Australians as easily as the push of a button, many gadgets we use daily emit EMFs (even when they're turned off). Yes, when you shut down your cell phone every night, it's still emitting a frequency. Let's look at a partial list.





## WHICH GADGETS EMIT EMFS? (CONT)

**Which gadgets are to blame? So many including:**

- baby monitors
- computers
- tablets
- cordless phones
- bluetooth devices
- printers
- wireless routers
- smart-devices (watch, doorbell, thermostat, etc.)
- vcrs
- game consoles
- alarm clocks
- stereo systems
- heating pads
- saunas
- electric blankets
- water beds
- along with cell phone towers
- security devices
- smartwatches (Fitbit and Apple Watch)
- home assistants (Alexa and Google)
- and more

It may seem impossible to live without these gadgets, there are ways you can protect yourself from the negative effects of EMFs. I'll go over how to test for EMF levels soon. The alarming fact is these gadgets aren't the only things emitting this frequency. Yes, there's more.



## THE DANGERS OF DIRTY ELECTRICITY

Just because you can't see EMFs doesn't mean they aren't present in the air you breathe. Right now, they're coming at you from multiple sources, and when you tune into this truth, a few lifestyle shifts will help.

EMF pollution comes in many forms from mobile phones and smart devices, but when you take a birds eye view of your home and the planet, it goes much deeper than that. Dirty electricity is another form of EMF pollution, and unfortunately it lives in the grid of your home. This causes an interruption in the electrical supply (*and the precious energy of your body*).





# THE DANGERS OF DIRTY ELECTRICITY (CONT)

## **Common sources of dirty electricity include:**

- dimmer switches
- compact fluorescent lamps (CFLs), dimmable LED lights, and halogen lights
- switched mode power supplies (ex. AC-to-DC adapters for many devices)
- variable speed motors (ex. energy-efficient appliances, VitaMix, food processors, mixers, front load washing machines)
- solar and inverter charging systems

I was once like most people, I thought that electricity was essentially equal. I thought that you paid for your electricity supply (240 volts or 110 volt depending on what part of the world you live in) and you got electricity. End of story.

Well things are not quite as simple as that. Because you have to take note of the quality of electricity. That's to say two houses on the same street can have the same 110 volts (or 230 volts) running through their internal wiring system, from the same source, but the quality of electricity can vary by multiples of 10 or even 100. The variation occurs because of very brief irregular changes in the voltage, known as 'transients.' They can be caused by external sources such as cellphone masts, or by internal sources, like your own electrical equipment.



# THE DANGERS OF DIRTY ELECTRICITY (CONT)

The human body is an electrical being. You may not associate human flesh as having the voltage of a generator, yet it's true. We are made of life force energy, and we are very powerful, indeed. All the cells, tissues, and organs in your body communicate with each other via small electrical currents. Dirty electricity interrupts these communications which makes the body vulnerable to disease. Or even slight symptoms like fatigue or headaches.

Studies show that there is a biological impact to electromagnetic pollution. Cell phone towers and cell phones produce one form of this pollution, but dirty electricity produces another. Just as deadly.

With Stetzerizer Filters installed in my home for several years and having observed the readings over a period of time and in different locations, I've noted the following:

- Dirty electricity seems to be higher in urban areas than in rural areas.
- The more electrical appliances you have in your home, the more your exposure, especially these devices; flat screen TVs and dimmer switches.
- The level of dirty electricity fluctuates constantly.

This information is eye-opening and can feel a little daunting. However, we're here to guide you to the best tools out there to test for EMFs and shield your environment from this harmful energy. There is hope.



## HOW CAN EMFS HARM MY HEALTH?

Let's think about this. Are cell phones, Wi-Fi, and other common electronic devices poisoning your environment, harming your children, and causing a long list of serious diseases including cancer? Thousands of independent studies say *YES*.



# HOW CAN EMFS HARM MY HEALTH? (CONT)

## Did you know?

- Using your cell phone just 30 minutes a day can increase your risk of getting a brain tumor by 40%.
- An extensive 10-year \$30 million US federal study recently concluded “clear evidence of cancer” from cell phone radiation.
- Multiple studies link EMFs from cell phones and the like with chronic inflammation suffered by 60% of Americans.
- Radiation from your wireless devices can cause nearly identical damage to your DNA as radioactive radiation.
- Spanish, French, German, and Israeli Governments have issued recommendations to ban Wi-Fi from schools.
- Incidence of GBM (a deadly brain tumor linked to cell phone use) DOUBLED in the United Kingdom from 1995 to 2015.
- 5G means the cell phone industry is installing millions of small cell antennas on lamp posts, buildings, and power poles all over the world (+13 million in the US alone) GREATLY increasing radiation levels.

Although alarming, awareness is the first step. When you know better, you will be inspired to make small changes—one-room-at-a-time. Let’s look at symptoms of EMF sensitivity.





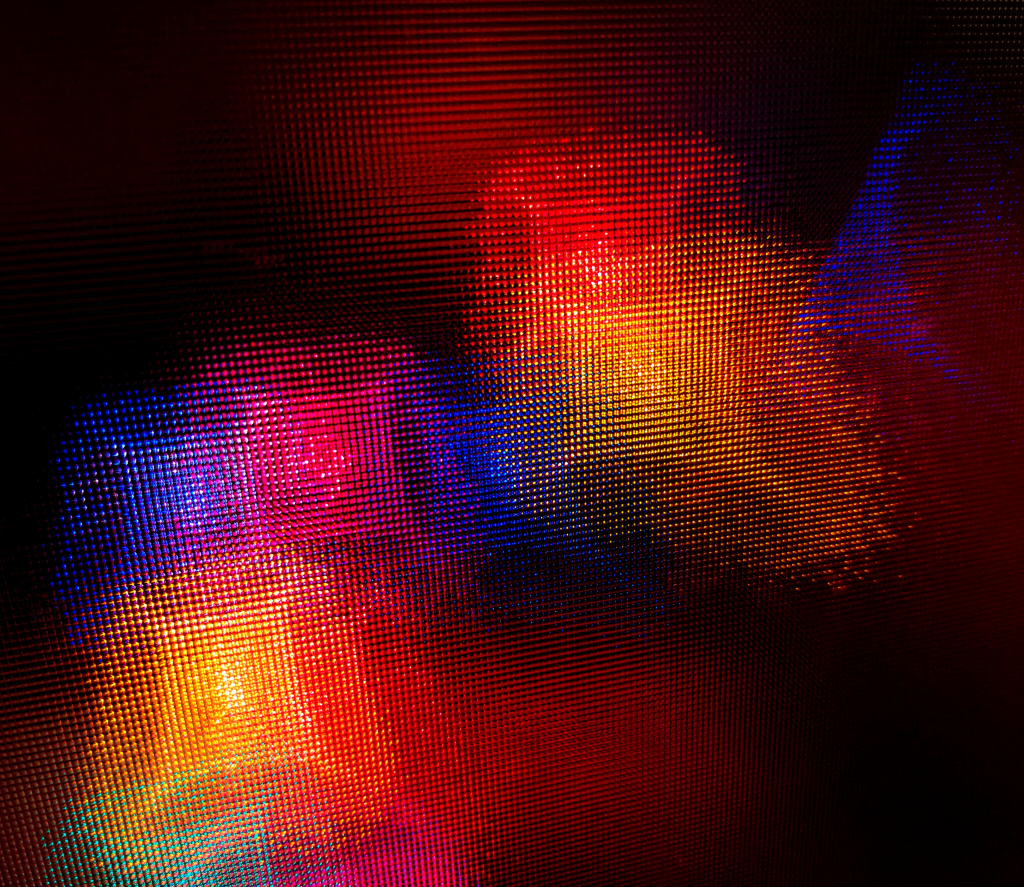
# HOW CAN EMFS HARM MY HEALTH? (CONT)

Humans dwell in a sea of EMF-activity. Electronic devices are a convenient way of life. Therefore, EVERYONE is affected.

**Do you think you're allergic to electricity? We are all bio-individual and will have various experiences with this type of frequency. Here are symptoms of EMF exposure:**

- tingling
- dizziness
- headaches
- fatigue
- sleep issues like trouble falling asleep, insomnia, or staying asleep
- trouble with concentration and memory
- feeling warm in the face
- skin issues
- weight gain
- and so much more

This is the fun part—there are lots of things you can do about it. Start with your bedroom first. This is your personal sanctuary for rejuvenation and detoxing while you sleep, and intimacy. By putting barriers in your home, car, and office, this invisible energy can't penetrate your being, as much. Testing EMF levels is where I started. I encourage you to do the same.



## HOW TO TEST FOR EMFS

If you want to measure the levels of radio frequency, microwave radiation, or EMFs in your home, your car, or your work space, Safe Living Technologies provides a great selection of professional meters. They carry a range of Radio Frequency (RF) meters with capabilities of measuring radio frequency and microwave radiation from 200 MHz up to 12 GHz. Whether you are an individual homeowner seeking to create a safer and healthier environment, or a professional EMF expert providing assessments and mitigation strategies to your clients, we have an RF meter to suit your needs.



# HOW TO TEST FOR EMFS (CONT)

## **When purchasing an RF Meter, consider the features:**

- sensitivity range (lower and upper limit)
- measurement levels (peak, peak hold, average)
- antenna axis (single axis, 3-axis, or interchangeable)
- readout type (numerical, lights, sound, digital)
- output power source
- accuracy
- ease of use

Measurement is the first step in EMF reduction. Safe Living Technologies is your source for radiofrequency assessment, detection, and protection. They also carry an array of other RF/EMF detectors, EMF meters, and RF accessories, as well as protection products like RF Shielding fabric, Shielded power cables, Bed canopies and more. RF meters and EMF products are available in Canada, the USA and throughout the world.

An RF meter is a good first step to a safer and healthier home environment. Safe Living Technologies offers a wide selection of EMF and RF products that help combat exposure to electromagnetic fields, radio frequencies, and microwave radiation. We offer detection items like the radio frequency meter, EMF meter, and body voltage kit. Here are a few meters to consider.



## HOW TO TEST FOR EMFS: GIGAHERTZ SOLUTIONS

Exceptional Entry Level EMF Meter:

- Easy to operate
- LCD digital display
- Audible tone similar to that of a Geiger counter
- Convenient conversion table on back of meter converting nT to mG
- Excellent sensitivity
- Readings are 98% accurate
- Powered by a 9V alkaline battery (included)
- 2-year manufacturer's warranty





## HOW TO TEST FOR EMFS: SAFE AND SOUND CLASSIC

Unlike any other detector in its price range, the Safe and Sound Classic RF Detector is a compact, simple to use detector for Radio Frequency and Microwave Radiation. It provides a quick and simple assessment of the RF present in your environment and requires no technical experience.

It uses color coded LED's which correlate to measurement ranges to assess the RF exposure in your environment. The Safe and Sound also has a sound signature analysis which helps identify which RF Sources you are being exposed to.



## HOW TO TEST FOR EMFS: SAFE AND SOUND CLASSIC

### Features:

- No technical experience required
- True response detection range: 200MHz - 8GHz
- Performance tested in 3rd party lab
- Measurement ranges based on current Building Biology guidelines for sleeping areas
- Battery operated (2 x AAA) - 8 to 12 hour battery life
- Durable and compact handheld design: 65mm X 90mm X 21mm (2.5" X 3.5" X 0.8")
- Manufactured in Canada and the USA
- 2-Year Warranty



## HOW TO TEST FOR EMFS: SAFE AND SOUND PRO II RF METER

5G Ready! 3rd Party Certified RF Detector with +/- 6dB accuracy from 400 MHz to 7.2 GHz, and effective from 200 MHz to 8 GHz! Also includes a premium 4 line OLED Display for digital readings up to 2,500,000  $\mu\text{W}/\text{m}^2$  and down to 0.005  $\mu\text{W}/\text{m}^2$ , Max Hold, Max Reset Button, USB Power Jack for Continuous Monitoring, Volume Control, Headphone Jack, Calibration Certificate and more! The meter has been tested and certified by The Nemko Canada Inc Testing Lab in Cambridge Ontario, Canada.

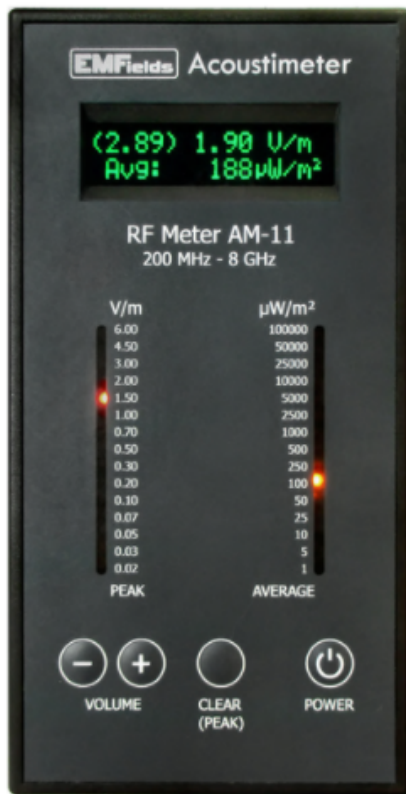


# HOW TO TEST FOR EMFS: SAFE AND SOUND PRO II RF METER (CONT)

## Features:

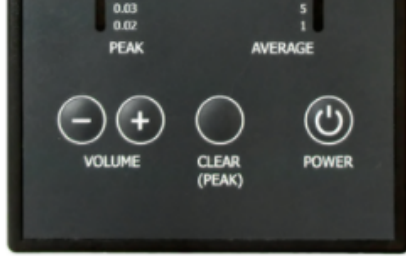
- Accurate reading
- 3 selectable volume levels + Sound On/Off option
- Low EMF emissions, designed for electrically sensitive folks
- Premium 4 line OLED Display for a real time display
- Meters are temperature compensated to measure accurately under any environmental conditions
- Power Response linearization completed in a 3rd party certified RF testing lab
- Will measure 5G cellular signals between (200 MHz - 8 GHz)
- Measures power densities up to 2,500,000  $\mu\text{W}/\text{m}^2$  and down to 0.005  $\mu\text{W}/\text{m}^2$  (Linear response between 0.1 $\mu\text{W}/\text{m}^2$  and 1,000,000 $\mu\text{W}/\text{m}^2$ )
- Battery operated (2 x AA Alkaline) - 12 - 15 hour battery life
- Durable and compact handheld design - 7" X 4.5" X 1.5" (17cm x 11cm x 4cm)
- Manufactured in Canada and the USA
- 2 Year Warranty





## HOW TO TEST FOR EMFS: ACOUSTIMETER AM-11

The Acoustimeter AM-11 is a reliable, user friendly RF meter which enables you to make quick and informed decisions regarding the level and source of Radio Frequency signals in your environment. It comes equipped with two series of graduated LED lights and an OLED display offering precise measurements with a lower update speed, giving you time to take note of the readings.



# HOW TO TEST FOR EMFS: ACOUSTIMETER AM-11 (CONT)

## Features:

- Displays peak, peak hold, and average levels of radio frequency electromagnetic fields, covering the spectrum from 200MHz all the way up to 8GHz (8000MHz) which covers the frequencies used by most modern communication systems
- Peak exposure levels in V/m
- Peak hold levels in V/m
- Average exposure levels in  $\mu\text{W}/\text{m}^2$
- A digital read out down to 0.02 V/m or 1uW/m<sup>2</sup>
- An audio output which aids with source identification
- Sound demodulation may be heard at RF levels below 0.02 V/m
- The 2 line OLED display offers high accuracy with a lower update speed, giving you time to take note of the readings.
- Typically 15 hours on two standard alkaline batteries

## Also Offers:

- A speaker which allows you to determine, with a small amount of practice, what type of device is creating the levels that are present. Sound samples are available to help you identify what type of signal your Acoustimeter is measuring. The sounds made by different transmitters can change with time, so these are meant as a rough guide only. If you are subject to a number of sources of RF, the sounds may intermingle and be less easily identified.



## HOW TO PROTECT YOURSELF FROM EMFS

Once you understand the EMF activity in your area, we recommend taking the following precautions:

- Use cell phones as little as possible. Studies have demonstrated that biological effects occur when holding the device against your ear 30 seconds into making or receiving a call. Use your cell phone to take messages and use a corded land line to make calls.



## HOW TO PROTECT YOURSELF FROM EMFS (CONT)

- Cell phones emit radiation even when you are not making a call. For this reason wireless communication devices should not be carried against your body. Cell phones kept in pockets should be turned off.
- Do not let young children use cell phones at all, or restrict their use to emergency situations only.
- All microwave ovens in use leak RF radiation. Replace them with safer appliances such as a toaster or a conventional electric or gas range and oven.
- Do not let a child use a cordless home phone. These can be replaced with a hard wired corded land line phone.
- Replace all DECT / digital cordless phones, which emit high levels of RF radiation even when idle, with corded land line telephones. Corded land line telephones have low EMF emissions and are a good alternative.
- Avoid cell phone use in a car unless you are using a roof mounted external antenna. Without this, the RF signals from your cell phone will intensify because of multiple reflections from the metal surfaces of the car. Remember that cell phones emit RF radiation even when they are not being used to make a call.





# HOW TO PROTECT YOURSELF FROM EMFS (CONT)

- Avoid cell phone use in a car unless you are using a roof mounted external antenna.
- Many children's games use wireless technology. Disable the wireless part if possible and replace it with a cable.
- When using a notebook/laptop or a computer, use a hard wired network connection. Settings to disable the wireless connection are found in Network Settings on a PC or AirPort on a Mac. Once disabled, verify that the device has ceased emitting RF by using a RF detector or RF Meter.
- Replace wireless internet routers with hard wired units.
- Do not use compact fluorescent or any low voltage lighting technologies. CFLs emit high levels of electric fields and magnetic fields. Do not use compact fluorescent lights (CFL) or any low voltage lighting technologies. CFLs emit high levels of electric and magnetic fields. Incandescent light bulbs or 120 volt halogen bulbs are a safer alternative.
- DVDs / VCRs, electric clock radios/alarm clocks, stereo systems, heating pads, electric blankets, and water beds must be unplugged to cease electric and magnetic field emissions. During sleeping hours, remove or unplug electronic devices located in the sleeping areas.



## TOP TIPS FOR EMF PROTECTION

- Educate yourself (you're in the right place at this *EMF Summit: Navigating EMFs, 5G, WiFi and Our Electromagnetic World*)
- Keep all electronics out of the bedroom
- Shut your router off each night before bed
- Before bedtime, turn your cell phone off, or put it on airplane mode, and switch off Wi-Fi
- Use a landline instead of a cell phone
- Replace the microwave with a toaster oven
- Replace wireless router with a wired router (*it's faster*)



## RESOURCES

If EMFs intrigue you, I encourage you to do your research. There is lots of great information available to go deeper on your path to EMF-awareness and protection. Here are a few sources we recommend highly:

- [Books](#)
- [Studies and Articles](#)
- [EMF Training](#)