

Top Tips to reduce Environmental Stress

- ◆ Avoid digital technology which emits radiation 24/7 - use corded or analogue phones
- ◆ Mobile Phones - use hands free if you can. Keep calls short. Hold phone away from you when dialing or turning on and off, as these are moments of maximum emission.
- ◆ Don't keep mobiles in pockets or baby's pushchairs. Use a bag or a briefcase.
- ◆ Don't charge mobiles near you at night, when they emit most radiation. Don't use them as an alarm - you're bathing your head in EMFs
- ◆ Don't use mobiles to play music
- ◆ Avoid magnetic induction hobs - gas cookers are best
- ◆ Avoid deep fat frying
- ◆ Avoid microwave ovens where possible. Don't stand near them when in use and put food on a plate if you must microwave it.
- ◆ Avoid dimmer switches, fluorescent lighting and halogen lights. Ordinary bulbs are best.
- ◆ Avoid wireless technology - you get radiation 24/7
- ◆ Don't sit to the back or side of a TV or computer at work.
- ◆ Look for 2005 DELL Inspiron range of laptops which don't emit EMFs
- ◆ Avoid electric blankets. Switch them off at the wall before getting into bed.
- ◆ Remember: plasma screens emit radiation 6ft away which travels through walls - what's behind your bedroom wall when you lay your head down at night?

Summarised from an extract of *The Powerwatch Handbook* by Alasdair and Jean Philips.

For more information visit www.detect-protect.com

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