

ESSENTIAL GUIDE: MAKE YOUR HOME SAFE FROM EMF RADIATION AND 5G



WELCOME

With the recent 5G rollouts, reducing our EMF (electromagnetic field) exposure is a crucial component in the greater process of restoring our health and power. It's imperative to take stock of our current environment and develop an awareness around the health risks of EMF exposure and the implications of 5G.

As a trained and certified EMF consultant, Geobiologist, and Holistic Nutritional Therapist who recognizes the health risks associated with EMF radiation, I've helped countless people revamp and safeguard their homes. With the support of the Academy for Radiation Protection and Environmental Medicine ([GEOVITAL](#)), who have over 35 years of experience in radiation protection, I created this guide based upon the latest EMF research that offers tips, solutions, and tools you can implement today.

You'll have the opportunity to not only protect your own home, but the homes of your friends and families as well. Transformation starts with one person taking one step. Let me help you begin!

Thank you,

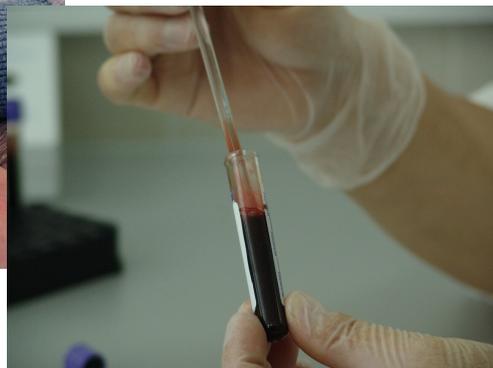
Stephanie Brening, [Geovital Radiation Consultant](#), [Geobiologist](#), [Founder of Nutrition Intuition LLC](#).

WHAT IS THE CURRENT 5G AND EMF SITUATION

Despite the wireless industry's assertions that wireless is safe or that any oppositional claims still require more data, the fact remains that the data DOES exist and has been proven through careful methodology. Thousands of studies (see appendix) now confirm the harmful biological effects of EMF radiation. Yet, regardless of the available data, the wireless industry has captured governing agencies and are fast-tracking 5G despite a lack of solid evidence confirming its safety. Why? Tom Wheeler, FCC Chairman and industry lobbyist, illuminated the true motive during his prepared remarks on the future of wireless/5G and said the push for 5G will "generate tens of billions of dollars in economic activity" (2016).

Under the guise of faster downloads and ultra connectivity, an Internet of Things (IoT) is being deployed, which essentially means that millions of utility poles near our homes and schools will convert to emitters of microwave and millimeter-wave radiation. Additionally, upwards of 20,000 new satellites are in the works to integrate 5G in a global wireless tracking and surveillance system.

While I know this is a loaded topic that presents many issues, the good news is that we have the power to solve them! The Achilles heel of the 5G agenda is twofold; awareness by reaching a critical mass and the liability involved. Insurance underwriters will not insure the wireless industry because the long-term risk-assessment of 5G is "very high", according to fortune 500 underwriter, Swiss Re (NEED YEAR). However, there are many things you can do right now in your home, schools, and community to protect both yourselves and your loved ones.



HOME, SCHOOL, AND OFFICE PROTECTION

FROM EMF RADIATION AND 5G



HOW CAN I START TODAY?

**WIFI EXPOSURE:
TURN OFF YOUR WIFI ROUTER AT NIGHT AS THIS IS THE MOST
IMPORTANT TIME TO REDUCE EMFS.**

Minimize Wifi Exposure

- 1) Before going to bed, physically unplug your router (this is an easy one to forget).
- 2) Use a **plug-in power timer** (\$9).
- 3) Login to your router and set a wireless time schedule. For tutorials, use this [PC tutorial](#), or this [Mac tutorial](#). For more "how-to" guides, check out YouTube.

Permanent solution for WIFI

You can permanently switch to wired internet via an ethernet cable.

Use shielded [ethernet cables \(with metal ends\)](#), together with grounded ethernet adapters ([USB-to-ethernet](#), [thunderbolt to ethernet](#), and [USB-C-to-ethernet](#)) to connect your computers to your ethernet router. Then manually shut off wifi and Bluetooth on your computers. Note this is very important to do because if you forget to do this and even if your computer is wired you are still getting a signal.

TURNING OFF THE WIFI

If it isn't easy to turn off your router's wifi, call your internet service provider and they can help guide you through the process. If you have cable internet, you can buy a "no-wifi" surfboard modem, along with your own router that includes a WiFi on/off button.

SWITCHES

Using a [switch](#) (\$16) can be very handy. You can think of this as a wired internet splicer; it includes one ethernet cable input and 4+ other outputs.

Ethernet cable: Two Options

OPTION 1: **Direct Ethernet Cables**

To do this, you will need to run long ethernet cables directly from your wired router to other rooms and through your attic, crawlspace and basement. If you have fiber optics in your home, this option may be extremely simple to implement.

OPTION 2: **Choose Multimedia Over Coaxial Alliance (MoCA) Adapters**

MoCA 2.0 adapters offer a whole-home wired solution. MoCA uses your home's built in coaxial cable TV network, so you can bring wired connectivity to each room with a cable TV jack (without conflicting your cable TV service)! Use these [MoCA 2 adapters by Actiontec](#) (\$170 for set of 2) with this POE filter to keep your network secure. Overall, MoCA is safer, faster and more secure than wireless. Not to mention, unlike Powerline adapters, MoCA does not produce dirty electricity. Put one adapter at your router and one in each room that you'd like to have internet.

Please note that most of the items listed above are available from your cable, internet provider, or local electronic store. You can either have your local internet provider assemble the option of your choice, or it can be done by yourself.

Wire Your Devices



Use a wired mouse!

Here are some examples. Once you have your wired mouse, disable Bluetooth on your computer, which would otherwise continue to transmit (even with a wired mouse plugged in).



Opt for a wired keyboard!

Here are some examples. As stated above, be sure to disable Bluetooth on your computer once you've plugged your wired keyboard in.



Connect your printer!

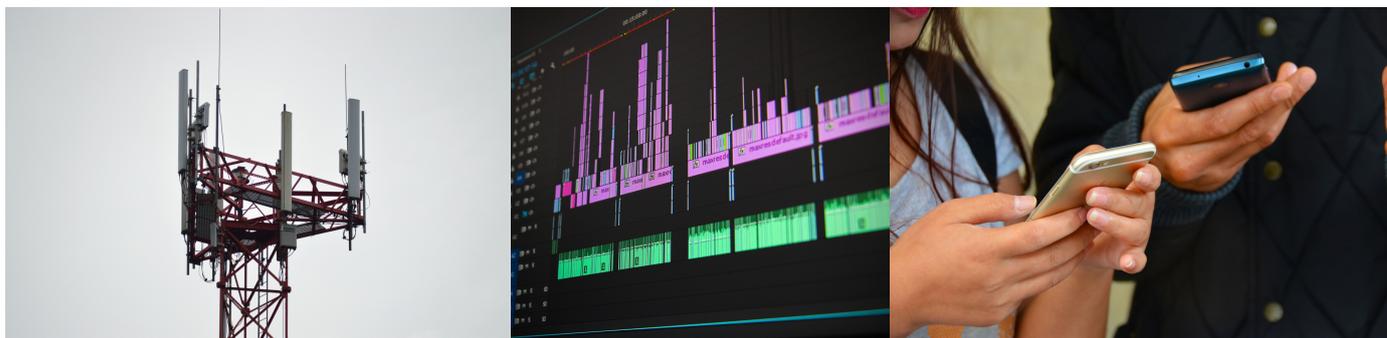
Connect your printer to your computer with a USB printer cable (use a USB extension cable if necessary) or use an ethernet cable. Afterwards, make sure you disable the wifi on your printer.

FYI:

- Check your printer's manual (look it up online) to determine what type of USB cable is needed. *Here's a standard printer **USB cable** as an example.*
- If you're using an HP printer, you may need to also disable the separate "HP Direct" wifi transmitter.

NOTE: These wiring options can be purchased at your local electronic store.

CELL PHONE HEALTH



Cell phones are likely the strongest source of EMF radiation in your life. Even if you don't use your cell phone, signals are sent out continuously and your cell phone is constantly trying to communicate with the tower. As the bystander, you absorb these close-range radiation pulses into your body (yes, even when you aren't using your cell phone).

Wherever possible, try and adhere to the following three principles: **reduce use**, **increase distance** and **favor hardwired connections**. To elaborate, this means landline corded telephones and hardwired ethernet connections to computers/older versions of cell phones (newer cell phones can't be hardwired to ethernet connections and major cell phone companies do not make a device for this).

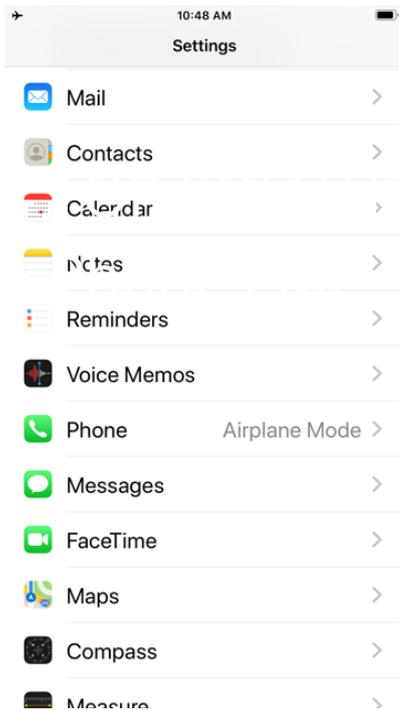
BEST SOLUTION FOR CELL PHONE EMFS



BUY A LANDLINE

- Make sure you purchase a corded phone as cordless phones essentially emit the same as a cell phone and create 24/7 radiation in your home or office.
- If you're concerned about missing calls, don't fret! You can simply set up a forward to your landline. See below for steps on how to set this up.

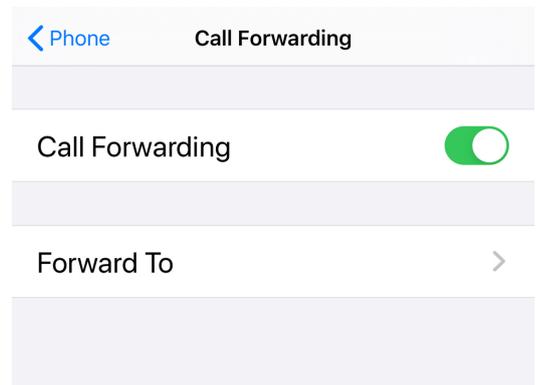
1) Go to "Settings" and then select "Phone"



2) Click "Call Forwarding"



3) Switch the call forwarding button on (to green) and enter your landline number. * NOTE: Your service will need to be on briefly to forward your calls.



TEXTING

iPhones have the option to receive iMessages on computers that are connected via ethernet. Simply install iMessage on your computer and you can still receive texts from iPhones while the computer is on.

Have an Android phone and want to forward your calls? [Here's a video to show you how!](#)

- After call forwarding is enabled, keep your phone on airplane mode as much as possible (even if you have it secured in a phone case).
- A phone case can dramatically reduce phone radiation if you need to make a call or use your cell phone. [Click here to learn more about phone cases.](#)
- Keeping a safe distance (the further you can go, the better) when using your cell phone is advised. If all you can manage is a few inches between you and your phone, that's perfectly fine since every bit helps! Most importantly, if you can avoid it, do not hold your phone next to your head during a call; opt for "hands free" or a wired earpiece. Keep the Bluetooth option in your settings off and do not use a Bluetooth earpiece.
- Even if you're using a [Geovital phone case pouch](#) (\$55-59) , airplane mode and call forwarding are the absolute best options. Please keep in mind that when service is on, you should use the outside pocket of your Geovital phone case to help cut down on radiation when in use.
- The enclosed pocket of a Geovital phone case, which essentially acts as airplane mode, combined with using the airplane mode setting will significantly cut down on radiation. You MAY NOT have service in the center enclosed pocket of a Geovital phone case.

Be sure and watch this video on how to properly use a Geovital phone case [Here](#).

ETHERNET FOR YOUR PHONE

Most phones can be plugged right into ethernet in your home. However, it's important to note that newer phones do not have ethernet capabilities. It's always a good idea to check with your phone provider before you buy a cell phone to ensure it's capabilities.

[The Lightning Network adaptor](#) is only compatible with iphone 5, 5c, 5s, SE, 6, 6plus, 6s, 7, 7 plus, 8, 8plus, Xs/xr and ipa pr/aor/mini

SHEILDING FROM 4G and 5G

If you live close to 4G cell towers or, if a new 4G/5G small cell antenna goes up near your house, shielding materials can play a vital role in protecting both your home and family.

There are also effective shielding options for reducing RF exposure from smart meters, broadcast towers, neighboring wifi, and other emissions. Incoming RF radiation can be shielded by various materials such as **paints**, mesh, or fabric. However, each home, school, office, or facility is unique, so it's best to hire an EMF consultant (using equipment that is only available to certified professionals) to test for different frequencies and guide you in implementing the proper shielding solutions.

I want to reiterate that I strongly suggest a professional due to the potential harm caused by DIY solutions not included in this guide.

To find an EMF professional in your area, contact **GEOVITAL**. If you do not see your area, please contact the closest EMF consultant to find one near you.

GRASSROOT RESOURCES

One of the best ways to eliminate exposure is to completely avoid towers and 5G altogether. If you know the location of a tower or wish to halt the installation of a new one, please contact a grassroots organization in your area or find your own. If possible, contact either your local municipality or county to see what steps are required in order to put regulation in place that will stop the installation or call for removal of a current tower.

There are hundreds of options for you to choose from so be sure to check them out! I've compiled a starter list for you here:

- SafeG Alliance (USA)
- 5G Space Appeal: An International Appeal to Stop 5G on Earth and In Space (sign it)
- 5GCrisis.net (USA)
- 5G Exposed (UK)
- 5GInformation.net (USA)
- Americans For Responsible Technology (USA)
- Center for Safer Wireless (USA)
- Children's Health Defense (USA)
- Corbett Report
- ECSFR (Australia)
- ElectricSense
- EMF Health Summit
- EMF Safety Network (California)
- EMF Warriors
- EMFoff!
- Environmental Health Trust
- KeepYourPower.org (Hawaii)
- Last Tree Laws (Mass., USA)
- My Street, My Choice (California)
- Our Town, Our Choice (USA)
- Parents For Safe Technology (USA)
- Physicians For Safe Technology
- SaferEMR (Dr. Joel Moskowitz)
- Scientists For Wired Technology (California)
- Stop5GGlobal.org (Australia)
- Take Back Your Power
- Technocracy.news
- Telecom Power Grab (USA)
- The Conscious Resistance (USA)
- WhatIs5G.info
- WirelessEducation.org
- Wireless Information Network (USA)
- Zero5G

IS EMF *REALLY* THAT DANGEROUS?

EMF science has been studied both frequently and extensively. The hollow response from the industry demanding more studies before any action can be taken is simply smoke and mirrors. Yet, their tactic is unfortunately nothing new; we've seen this same circular argument in the past with a plethora of harmful (even deadly) products such as cigarettes, asbestos, lead, DDT, etc.

The vast majority of independent studies on EMF radiation have proven the long list of negative biological effects. Various studies claiming otherwise are industry-funded (always check where the information is coming from) and skewed in their favor.

In May 2011, the International Agency for Research on Cancer (IARC) of the World Health Organization classified radio frequency radiation (i.e. wireless EMF) as a Group 2b Potential Carcinogen.

My journey began when I discovered the vast body of peer-reviewed scientific data available on the dangers of wireless EMF. As a result, I've devoted myself to helping individuals and families from all over prevent real harm from wireless EMF. There is no doubt in my mind that radio frequency should be recognized as a Group 1 Carcinogen and immediate action taken accordingly.

I've taken the time to compile a collection of reports and solutions (see below) for you to review and educate yourself with. It is by no means a comprehensive representation of the entirety of scientific studies available regarding the biological effects of radio frequency radiation (wireless EMF), but it's a great place to start. If you wish to research more, I encourage you to investigate the many independent studies available out there.

RESEARCH GUIDE

1) World Health Organization

https://www.who.int/peh-emf/publications/sci_journal/en/

2) Environmental Health Trust

<https://ehtrust.org/key-issues/cell-phoneswireless/wifi-in-schools/>

3) **1,659 studies (at last count) on EMF and bioeffects:**

<https://www.powerwatch.org.uk/science/studies.asp>

(Of these: 1,032 found effects (most effects being harmful)

a further 370 had other "important insights or findings"

only 257 did not find effects.)

4) Additional links with several thousand studies showing biological effect and/or harm:

- <https://www.bioinitiative.org>
- <http://www.justproveit.net/studies>
- <https://www.emf-portal.org/en>
- <https://stopsmartmeters.org.uk/resources/resources-scientific-studies-into-the-health-effects-of-emr/t-of-body-text>
- <https://www.greenmedinfo.com/antitherapeuticaction/electromagneticfields>

5) Harvard Ethics Department ebook, "Captured Agency: How the FCC Is Dominated by the Industries It Presumably Regulates":

- https://ethics.harvard.edu/files/center-forethics/files/capturedagency_alster.pdf

6) \$25 Million NTP Study Finds Increased Brain Cancer, DNA Breakage

• 2016 initial findings: <http://microwavenews.com/news-center/ntp-cancerresults>

- 2018 update: <https://ehtrust.org/cancer-researcher-states-25-nih-studyconfirms-cell-phone-radiation-can-cause-cancer/>

• Italian study confirms findings:

<http://microwavenews.com/newscenter/ramazzinis-belpoggi-interview>

7) Watch the ABC Catalyst episode "Wi-Fried", which got the journalist and entire staff fired due to industry "lobbying":

• **Video:** <https://vimeo.com/155864822>

• Firing: <https://www.theguardian.com/media/2016/oct/31/catalyst-staffto-be-sacked-and-weekly-tv-show-format-scraped>

8) FCC: intimidating press, suppressing science at "5G" announcement

<https://www.youtube.com/watch?v=OMxfffqyDtc>

9) Take Immediate Action on "5G":

<http://www.parentsforsafetechnology.org/stop-5g-spectrum-frontiers.html>

10) 34 Scientific Studies Showing Adverse Health Effects From wifi:

<http://wifiinschools.org.uk/30.html>

11) Radiofrequency science charts to visually compare studies, radiation intensities and biological effects:

<https://www.bioinitiative.org/rf-color-charts/>

12) Apple manual states to keep your iPhone away from your body at all times:

<https://www.newsweek.com/iphone-6-bendgate-apple-says-your-iphoneshouldnt-go-your-pocket-avoid-273313>

13) Study: Mobile phones are cooking men's sperm:

<https://www.telegraph.co.uk/news/health/news/12167957/Mobile-phones-are-cooking-mens-sperm.html>

14) Brain surgeon Dr Charlie Teo warns against mobiles, wireless home appliances:

<https://www.news.com.au/technology/brain-surgeon-dr-charlie-teo-warns-against-mobiles-home-appliances/story-e6frfo0-1225791947213>

15) American Academy of Pediatrics warns: Limit children's exposure to cellphones:

<https://www.today.com/video/pediatricians-warn-limit-childrens-exposure-to-cellphones-559871555807>

16) More than 60 international warnings on wifi and microwave radiation:

<http://www.safeinschool.org/2011/01/international-warnings-on-wi-fi.html>

17). A List of Teacher Unions and Parent Teacher Organizations Taking Action On Wifi (USA, Canada, UK, etc):

<https://safetechforschoolsmaryland.blogspot.com/2016/02/teacher-unions-and-parent-teacher.html>

18) Insurance giant Swiss RE has given electromagnetic frequencies the HIGHEST possible long term risk rating:

<https://takebackyourpower.net/major-insurance-firm-swiss-re-warns-of-large-losses-from-unforeseen-consequences-of-wireless-technologies/>