

# Boulder Holistic

## Functional Medicine

Reducing your total Electromagnetic Field (EMF) exposure is critical to safeguarding your health. Use the chart below to identify EMF sources and for tips on how to protect yourself and your family.

### ELECTROMAGNETIC FIELDS

### EMF PROTECTION



### EMF SOURCES AT HOME



TELEVISION



MOBILE PHONE



COMPUTER



REMOTE CONTROL



RADIO



WI-FI



BABY MONITOR



MICROWAVE



LIGHTING



POWER LINE



SMART METER



ELECTRICAL WIRING



### HEALTH RISKS



- ANXIETY
- DEPRESSION
- STRESS/FATIGUE



- HEART PROBLEMS



- LEUKEMIA
- CANCER

### HOW TO REDUCE EXPOSURE



### COMPUTER AND MOBILE PHONES



USE A BARRIER FOR THE LAPTOP ON THE LAPS



AVOID BLUETOOTH HEADSETS



KEEP MOBILE PHONES AWAY FROM YOUR BODY



LIMIT PHONE CALLS



### HOME PROTECTION



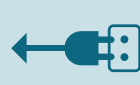
KEEP THE BEDROOM CLEAR FROM DEVICES



AVOID/TURN OFF WIRELESS TECHNOLOGY



AVOID CFL AND HALOGEN LIGHTING



UNPLUG APPLIANCES



### NATURAL DETOX



WALK BAREFOOT IN NATURE



EAT DETOX FOOD



KEEP PLANTS THAT ABSORB RADIATION



CHECK POLLUTION IN THE NEIGHBORHOOD