

5 QUICK WAYS

TO REDUCE EMF EXPOSURE & BOOST YOUR VITALITY



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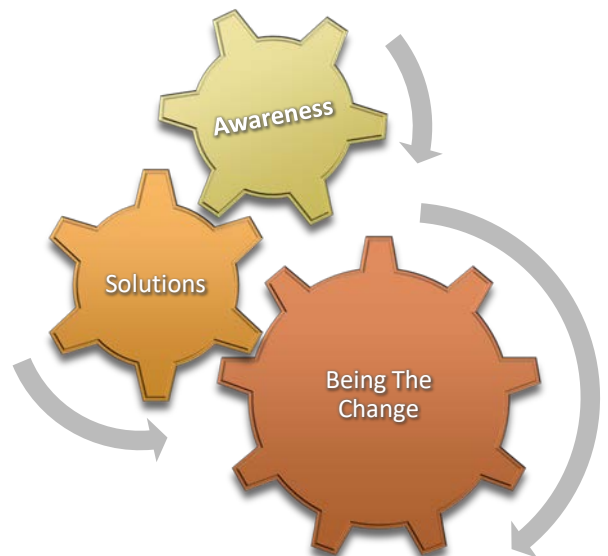
WELCOME!

I'm so glad you are here! If you're like me, you may have been shocked once you found out that everyday technology can be harmful, even though it is officially deemed as "safe". When I began creating the **Take Back Your Power** film, I was on a journey of exploration, not knowing the full story about "smart" meters. I found that similarly to smoking, asbestos and lead, wireless technologies can be likewise biologically harmful according to a vast body of science. But, since our governments are not protecting us, and corporations are putting profits before life, the responsibility for navigating safely is with us.



Fortunately, armed with solutions, **protecting ourselves and our loved-ones can be straightforward.** In this guide, I have compiled the best research and solutions I've learned during my 7-year deep dive into matters relating to electromagnetic frequencies (EMF).

I see this topic as playing a vital role in the greater process of *taking back our power*. Humanity is learning to step into our inherent power and responsibility. Taking back our immediate environment, in a positive and life-centric way, is a significant step. And, I have also come to see that as longer-term solutions come into being, it is imperative that our bodies and minds are kept health and vital during this unfolding.



So, for addressing the problems of environmental toxins, **the short-term solution is reducing our exposures.** I believe the medium-term solution is accountability (such as the “Notice of Liability” process from InPower Movement), a main prerequisite for change. And the long-term solution is humanity awakening to our inherent power – and responsibility – that is, *being the change*.

I hope you and others around you find this initial resource of benefit. I’d love to hear what you think! And I sincerely welcome you on this journey.



Josh del Sol Beaulieu

Creator, [Take Back Your Power](#)

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GETTING STARTED

Here are the primary sources of EMF exposure for most people – the order varies depending on your personal situation:

- [Wi-fi router](#) – home, work, school
- [Computer, tablet & wireless mouse/keyboard](#) emitting wireless
- [Cell phone](#) – especially if wi-fi is used, or if less than 3 bars cell connectivity
- [Smart utility meter\(s\)](#) – especially if near sleeping location
- [Cell tower or small cell site\(s\)](#) – especially if near home, or if “5G” frequencies

AN EMPOWERED PERSPECTIVE FOR SUCCESS

First, know that **these simple tricks will produce beneficial effects** – first on a cellular level and then, very likely, on a level that is consciously felt. In light of the science, these beneficial effects are not surprising. So, stick with it, and let go of perfection (i.e. zero EMF exposure).






Second, I have come to see the very real process – backed by quantum physics – that our thoughts do influence what we experience. Because of the Creative presence within us, we are creating all the time, and our thoughts are the foundation. So, let's **make a conscious decision to not get into fear about EMF** or other aspects of our world that are not ideal. Let's address this topic methodically and with a comprehension of the science, which clearly says that *by default there is a biological effect*. Intention followed with action will help us to thrive.

With that, let's get started with reducing your EMF exposure.

Note: For going deeper into the body of published science showing biological effects, some research links are included in the **EMF Science & Research** section at the end of this document.

1. HOME WI-FI & COMPUTER

Thanks to excellent films like [Generation Zapped](#) and people speaking out, there is fast-increasing awareness of the negative effects from wi-fi radiation. Here's some tricks to minimize your wi-fi exposure.

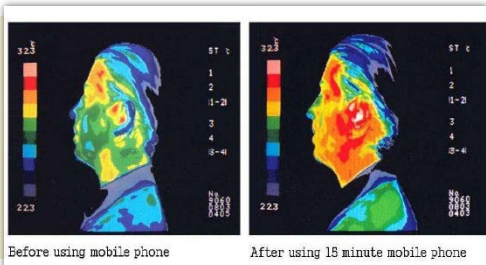
MCM-N-MCM	<ol style="list-style-type: none">1. Ensure your wi-fi router is not near your computer, bedroom or anywhere else that you or family members spend a lot of time.2. Replace any wireless mouse or keyboard with a wired mouse and keyboard. This makes a surprisingly big difference!	
MCM-N-MCM	<p>Start with the 1 WEEK CHALLENGE: Turn off your wi-fi router at night. This is the most important time to reduce EMF. And keep track of how you and your family are feeling as a result! Here are 4 simple options:</p> <ol style="list-style-type: none">1. Physically unplug it before bed. This can be simple, but also easy to forget.2. Use a plug-in power timer (\$9).3. Login to your router via your computer and set a wireless time schedule. Check out this PC tutorial, or this Mac tutorial. Other guides are on YouTube.	
BEST	<p>Disable wireless permanently & use ethernet (i.e. internet) cables instead. New MoCA 2.0 adaptors make a whole-home wired solution simple and cost-effective. MoCA uses your home's built-in TV cable outlets, so you can bring wired connectivity to each room with a TV cable outlet – without conflict to your cable service! I use these MOCA 2 adaptors by Actiontec (\$170 for set of 2) with this POE filter to keep your network secure. MoCA is safer, faster and more secure than wireless. And unlike Powerline adaptors, MoCA does not produce voltage transients (“dirty electricity”). One adaptor at your router & one in each room you want internet. Here's a usage video. I'll soon be sharing more with you more about this. To implement, you can either DIY or contact a building biologist near you.</p>	

2. USING YOUR PHONE SAFELY

True story. In March 2018, I moved to a new home without a cell signal, but with wi-Fi in the house (adjacent suite). So, because I do use my cell phone for text & occasional calling, I turned on its wi-fi setting. After one week of using phone wi-fi, I started to develop nerve pain on my hands, up to the ends of both middle fingers. Out of necessity, I learned which adaptors I could use to “wire” my iPhone for use in my home office.

My hands started to get better within a week of turning off my phone’s wi-fi and going full airplane mode (with it wired). **And after 3 weeks, the pain was totally gone!** I had been involved with the “EMF” conversation for 7 years, but until then I had never experienced symptoms first-hand. (Bad pun, sorry. 😊)

The “**inverse-square**” law for radiation intensity means that it is highly beneficial to be any amount of distance away from your phone. Even an inch or two helps greatly.



So, here are some tips for safer cell phone use:

MINIMUM	Instead of holding your phone next to your head during a call, always use either “hands free” or a good earpiece.	
MINIMUM	Use the Wi-fi feature as little as possible: turn it off when not using. And, turn on Airplane Mode at night & as much as possible.	
MINIMUM	For landlines, replace all wireless phones & base stations with corded phones. Most base stations emit 24/7.	
BETTER	Blue-tube earpieces (\$20-37) reduce cell phone radiation, as they remove any possibility that the wire could function as an antenna up to your ear.	

For reducing your body's exposure from your cell phone's EMF, the best product I have come across is this stylish [EMF-blocking phone sleeve](#) (\$24), with single-sided protection. Why is single-sided preferred? Three points here:



1. It maintains your cell signal & connectivity, while protecting your body when, for example, it is in your pocket.
2. Cell phones are designed to increase their power output when the signal is lower. This means that when you have 0 or 1 bars of connectivity, your phone is emitting up to *thousands* of times more EMF, as it tries to look for a signal. So in this case, *not blocking* the signal ironically is safer for exposure, while the "body-side" of the sleeve protects you.
3. With a better cell signal, your phone will save battery life significantly.

You can now "wire" (plug in) your phone, using adaptors. I did this using both of these adaptors for my iPhone:

1. [Apple Lightning to USB Camera Adaptor](#) (\$32)
2. [Apple USB Ethernet Adaptor](#) (\$29)

Two adaptors are required because there is only one port on an iPhone, and the phone itself requires power for the *USB-Ethernet* adaptor to function. The *Lightning-USB* adaptor serves as a "2-in-1 splicer" so the phone can connect to the ethernet and be powered up.

Once connected, go into "Settings", and the "Ethernet" item will appear. Ensure Airplane Mode is on, and Wi-Fi is of course off. Use this solution combined with MOCA 2 technology (a fully "wired" home), for max benefit!



Notes:



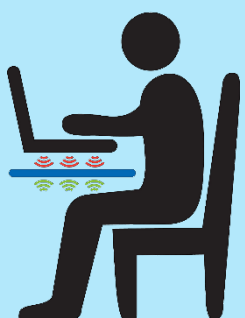

- 1) I tried a cheaper brand of a USB-ethernet adaptor. It didn't work - it drew too much power.
- 2) I have not yet researched how to do this for phone types other than iPhone. If you have a good solution, let me know!
- 3) With this solution, your phone will have high-speed internet connectivity, but not cell service. So you may not receive incoming calls and texts. To solve this, I have migrated to using apps like Telegram and Voxer, and asked my closest colleagues and friends if they would do the same. These type of apps may also increase your productivity, collaboration and reduce emails.

3. PROTECT YOUR REPRODUCTIVE ORGANS (AND OFFSPRING)

Men: Science shows that sperm counts are dropping rapidly, and that one of the primary causes is EMF. So, protect not only “your boys”, but the women and kids in your life. Man up and let’s do it. Also, watch this [Message to Dads About Wireless Safety](#). You are protector of life.

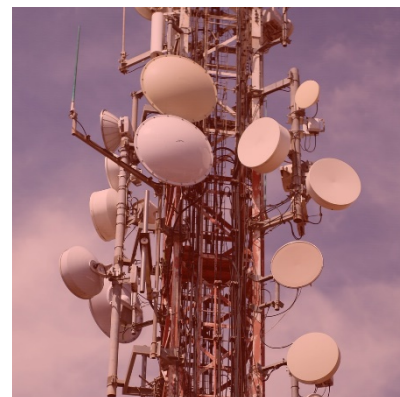
[**Women:** sometimes us guys need some straight-talk. You “get it” more than we do, and don’t need extra encouragement to follow these tips...]



MINIMUM	First, do not use wireless baby monitors. I can’t say it plainer than that. These transmit high amounts of EMF, and their risk of harm far outweighs any benefit.	
MINIMUM	Unplug clocks & other powered devices, and move them away from sleeping locations. These emit a subtle magnetic field shown to effect biology. (And to review, phones in Airplane Mode at night!)	
BETTER	Use protection with laptops. Wire your home if you can, but if you must use wi-fi (and if you wire your laptop), consider a laptop pad to shield from wireless <u>and</u> magnetic fields. The necessity is even greater for pregnant (or future) moms, since in utero exposures to EMF have been shown to be particularly harmful to developing babies, eggs and sperm. While the pricing varies, here is a solid Laptop Shielding Pad (\$90).	
BEST	I have experienced an improvement in sleep by using an EMF Blanket (\$250+) on top of my comforter. There are Child-sized EMF Blankets (\$260), and even entire Bed Canopies (\$360+) sufficient to meet a greater need.	

4. GET AN EMF-TESTING DEVICE

Awareness about the real EMF science is growing rapidly. But corporations continue to fast-track wireless technologies – *causing harm and ignoring the science*. As the situation unfolds, having a handy EMF tester is going to be a tremendous asset. EMFs are invisible, but once you **visibly see and hear the emissions**, you will know where you most need to implement the tips and tricks outlined in this guide.



Not only that, but **even skeptics will begin to see** the reality of EMF around us – that wi-fi isn't just “magic” but is actually low-level microwave radiation which passes through walls and our electromagnetic bodies.

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I've just recently tried and now recommend the [Safe and Sound RF Detector](#) (\$142 with coupon code [TBYP-5](#)), produced by Safe Living Technologies in Canada. If you don't need the exact numbers, but instead just want to know if the wireless levels are “slight, moderate, high, or extreme” according to published science, then this is the product for you.



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The highest-value tester I have come across is the Cornet line. In particular, the new [Cornet ED88TPlus](#) (\$180 w/ free shipping, linked from our shop) is a “tri-field” device, give you an accurate read on **wireless** (high frequency), **magnetic** (low frequency) and **ELF** (extremely low frequency) field strength. This has a “peak hold” feature which allows you to see the maximum levels – very useful for testing a pulsing ‘smart’ meter. And, the Cornet devices can output sound in real-time, so you can see and hear the intensity of the radiation.



5. 'SMART' METER: OPT-OUT & ENGAGE YOUR RIGHTS

As of the time of this writing, most electric, gas and water utilities are pushing “advanced metering infrastructure” (AMI), or so-called “smart” meters. Many offer a paid “opt-out” – which means that if you pay them, they will *apparently* offer you a type of meter with reduced risk and harm to you and your family. Another word for this: **extortion**.



Their legal loophole is how utilities technically obtain our consent:

- 1) [We are deemed to have legally consented to surveillance & harm when we accept a “smart” meter on our home.](#)
- 2) We are deemed to have legally consented to the legitimacy of their extorted “opt-out” methods when we agree to pay them for this service.

But **there is a way to opt-out properly** - see the next page. Secondly, while opting-out properly is a good place to start, by limiting our engagement with the utility to *just* opting out, we offer no real motivation for them to change their harmful policy.

The ‘smart’ meter insanity begins to make sense when you realize that **it’s just business – or commerce**. Offers and contracts. Tacit acceptance – if you don’t properly say “no”, you’ve said “yes.”

We are being treated as merchants, but we don’t know the rules of the game... so it’s been their game, until now. There are new ways we can turn this around onto the harm-doers.



See the next page for a list of the best-recommended actions you can take, from my past 7 years of experience and research into the ‘smart’ meter situation.

First, if you haven't already, watch my film **Take Back Your Power** to see the truth about 'smart' meters. It is now [freely available on YouTube](#).

**TAKE BACK YOUR
POWER**

Assuming you do not want a 'smart' meter:

1) **Write your electric utility (and/or gas or water utility).** I recommend everything in writing, to the CEO. Document everything.

- **state the harm and risk** to your home and family (surveillance, fires, hacking, billing inaccuracy, and health) that a 'smart' meter is doing (or *would do*, if you do not yet have one). Make sure it is clear that the harm & risk is not limited to health/wireless.
- **demand** that any 'smart' meter(s) at or near where you live (or work) be **replaced** with a non-transmitting electromechanical meter (or *not installed*, if you do not yet have one)
- **state** that any paid "opt-out" contract offers are **extortive in nature** and would continue to **cause you harm**.
- **words to avoid:** "resident", "citizen", "person", "concern"
- **good words to use:** "man" or "woman", "private", "dwelling", "harm", "matter", "risk", "unlawful", "liability"



2) **If they come back with an extortive opt-out offer**, write the CEO and:

- In a brief note, decline their contact offer, as it would cause you harm.
- You can continue to respond and decline each offer of contract (it is **best to respond within 10 days** according to Uniform Commercial Code), stating that it would cause you harm.
- You can also *escalate* in your responses, to state that you recognize their actions as **harassment, extortive, unlawful** and **subjecting themselves as individuals to considerable liability**. (At this point, I recommend you team up with at least two others & do InPower Movement's Liability Action – *see below*.)

3) **If you feel you must accept their opt-out offer**, write the CEO and:

- **state you do so "under duress."** This means that you are being coerced and harmed by the acceptance of their contract offer. And it also leaves the situation open to be recompensed at a later date.
- **reaffirm your requirement** for only a non-transmitting analog meter. Especially since it has been demonstrated numerous times that "radio-off" / "opt-out" meters are still actually transmitting. (e.g.: see [here](#) and [here](#).) If you feel you must accept such a meter, again do so in writing and include "under duress."

For temporary measures while a 'smart' meter is forcibly on your home (or workplace), here are some options for EMF mitigation:

- 1) **Smart Meter Guard** (\$130). This **reduces wireless exposure**, but does not reduce voltage transients (dirty electricity), nor diminish the risk of fire, hacking, overbilling, or surveillance.
- 2) **Creative wall shielding**. Hanging some EMF shielding on the inside wall where a 'smart' meter is installed. Examples include this **picture frame** (\$24) and this **poster liner** (\$20+).
- 3) **Stetzerizer Filters** (\$30). Plugging in perhaps 2 to 5 of these throughout your home can **reduce the voltage transients** (dirty electricity). Plug them in at least a couple feet away from sleeping locations and office seating, as they do emit a minor magnetic field.



Watch **InPower Movement's Episode #1**, which I directed. This outlines a powerful new strategy in which we can play the correct game of commerce to hold accountable the individuals who are causing harm.

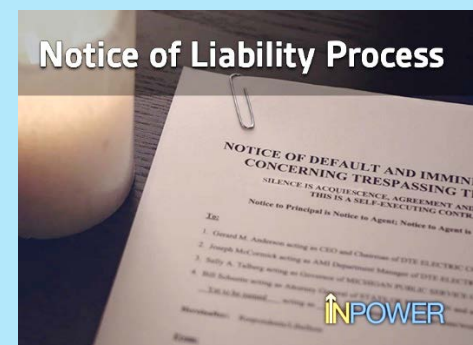


Then **sign up for email updates** from the InPower Movement (at the same link). There are very strong indicators that their Liability Action will be game-changing.

Send the **InPower Liability Action documents**, with at least two others.

At the time of this writing, InPower's next phase is in development, in which it is being made simple for anyone to do the process with full support and in community – intended to stop the harm that is being done with 'smart' meters, 5G, wi-fi in schools, and mandatory vaccination.

However, the starting document templates and guides are available now, for those who want the DIY document templates & guides.



APPENDIX: EMF RESEARCH & SUMMARY

The area of EMF science has been studied exhaustively. The industry's standard claim of "we need more studies," – a tactic employed with smoking, asbestos, lead, DDT, etc – no longer has any validity whatsoever. The vast majority of independent studies show a negative biological effect. And most studies that do not show effect are industry-funded.



In May 2011, the International Agency for Research on Cancer (IARC) of the World Health Organization classified radiofrequency radiation (i.e. wireless EMF) as a **Group 2b Potential Carcinogen**. (This was done even being its being subject to *huge* industry influence and lobbying.)

In my view, after being exposed to the body of peer-reviewed science and receiving literally thousands of emails of men, women and children suffering very real harm, wireless EMF needs to now be recognized as a **Group 1 Carcinogen**, with immediate action taken and enforced accordingly.

Below is an array of 30+ useful links which comprise research, reports and solutions. It is by no means exhaustive.



1. 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.)

2. Additional links with several thousand studies showing biological effect and/or harm:
 - <https://www.bioinitiative.org>
 - <https://www.greenmedinfo.com/anti-therapeutic-action/electromagnetic-fields>
 - <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/>
3. Harvard Ethics Department ebook, "Captured Agency: How the FCC Is Dominated by the Industries It Presumably Regulates":
https://ethics.harvard.edu/files/center-for-ethics/files/capturedagency_alster.pdf
4. \$25 Million NTP Study Finds Increased Brain Cancer, DNA Breakage
 - 2016 initial findings: <http://microwavenews.com/news-center/ntp-cancer-results>
 - 2018 update: <https://ehtrust.org/cancer-researcher-states-25-nih-study-confirms-cell-phone-radiation-can-cause-cancer/>
 - Italian study confirms findings: <http://microwavenews.com/news-center/ramazzinis-belpoggi-interview>
5. 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-staff-to-be-sacked-and-weekly-tv-show-format-scrapped>
6. FCC: intimidating press, suppressing science at "5G" announcement
<https://www.youtube.com/watch?v=OMxfffqyDtc>
7. Take Immediate Action on "5G":
<http://www.parentsfor safetechnology.org/stop-5g-spectrum-frontiers.html>

8. 34 Scientific Studies Showing Adverse Health Effects From Wi-Fi:
<http://wifiinschools.org.uk/30.html>
9. Radiofrequency science charts to visually compare studies, radiation intensities and biological effects:
<https://www.bioinitiative.org/rf-color-charts/>
10. Apple manual states to keep your iPhone away from your body at all times:
<https://www.newsweek.com/iphone-6-bendgate-apple-says-your-iphone-shouldnt-go-your-pocket-avoid-273313>
11. Study: Mobile phones are cooking men's sperm:
<https://www.telegraph.co.uk/news/health/news/12167957/Mobile-phones-are-cooking-mens-sperm.html>
12. 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>
13. American Academy of Pediatrics warns: Limit children's exposure to cellphones:
<https://www.today.com/video/pediatricians-warn-limit-childrens-exposure-to-cellphones-559871555807>
14. More than 60 international warnings on Wi-Fi and microwave radiation:
<http://www.safeinschool.org/2011/01/international-warnings-on-wi-fi.html>
15. A List of Teacher Unions and Parent Teacher Organizations Taking Action On Wi-Fi (USA, Canada, UK, etc):
<https://safetechforschoolsmaryland.blogspot.com/2016/02/teacher-unions-and-parent-teacher.html>

16. TED Talk from a former Environmental Engineer in Silicon Valley:
<https://www.youtube.com/watch?v=F0NEaPTu9oI>
17. 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/>
18. Another insurance giant, Lloyd's of London, will not insure anything wireless:
<https://www.naturalhealth365.com/wi-fi-radiation-electromagnetic-fields-lloyds-of-london-1356.html>
19. Risk Management Magazine - The Invisible Threat: Radiofrequency Radiation Risk
<http://www.rmmagazine.com/2010/08/01/the-invisible-threat-radiofrequency-radiation-risk/>
20. Newsweek - "Cellphone Radiation Warning Sign Sparks First Amendment Battle"
<https://www.newsweek.com/2016/11/11/cellphone-warnings-first-amendment-berkeley-516357.html>
21. US CDC retracts cellphone radiation warning following pressure from industry lobbyists:
<http://microwavenews.com/news-center/caution-vs-precaution>
22. WHO involved in suppression of additional science showing harm, since 2011:
<https://takebackyourpower.net/tag/who/>
23. Study Uncovers How Electromagnetic Fields Amplify Pain in Amputees
https://www.utdallas.edu/news/2016/2/3-31891_Study-Uncovers-How-Electromagnetic-Fields-Amplify-story-wide.html

24. CEO of 1 Billion-dollar U.K. company speaks out on microwave sickness:
<https://www.youtube.com/watch?v=g4DKNs0G2kU>
25. Dozens of specific scientific abstracts that all show harm:
<http://emfsafetynetwork.org/shortcut-to-science/>
26. Generation Zapped (documentary feature film)
<https://generationzapped.com>
27. Resonance: Beings of Frequency (documentary feature film)
<https://vimeo.com/54189727>
28. A Father Speaks About Wifi in Schools and His Children's Health
<https://www.youtube.com/watch?v=Fv6kikjBzug>
29. Solutions: Reducing Wireless Radiation and EMF
<https://www.youtube.com/watch?v=YWck7RYGGS4>
30. Solutions: Reducing Your EMF Exposure
<https://www.emfanalysis.com/solutions-interview/>
31. 400+ scientific studies since Oct 2016 which show a biological effect from EMF
<http://bit.ly/EMF180925>