



EMF

resources



THE URBAN MONK

EMFs

EMFs are emitted from every device that plugs into an electrical outlet as well as from airplanes and power lines or transformers. Your laptop, iPod, cell phone or other small handheld electronic devices all emit EMFs when they're in use, and these frequencies interfere with the flow of energy (Qi) in our bodies. Over time, disruption of Qi can create imbalance and disease.

EMF Gadgets

Gadgets like resonators and harmonizers are generally not a good route to go down. There's virtually no way of knowing for sure if they work. Trying to measure with an EMF meter or similar will tell you nothing. All you've got is the company that's selling you assurance that it works.

Compare this with taking measurable action. You buy an EMF meter, it gives a reading. Whatever you do to reduce these exposures you are able to measure in a very concrete way by using your EMF meter to measure again. If necessary you shield some more and then you measure again. And so on and so forth. You can find a few tips on cleaning up your living space EMF radiation below:

1. Get rid of wi-fi and go back to corded networks.

COMPROMISE: shut down the wi-fi router every night when you go to bed.

2. Purge electronics from your bedroom.

Use battery operated alarm clocks, Move the bed away from 'charged' wall or shut off the electricity to your room at bed time.

3. Use your smart phone wisely.

COMPROMISE: use the speaker phone option when you can.

4. Replace old box style televisions with flat screen LCD versions

Newer style LCD televisions have much lower emitting frequencies than the old-school tubes. An LCD screen emits 2mG radiation from a 6 inch distance, but an old CRT television has 4-5mG radiation when tested from 2 feet away.

5. Move furniture away from EMF hot spots.

Considering that walls won't protect you from dirty electricity frequencies, use a meter to measure and find EMF hot spots. Move your furniture accordingly, especially your bed.

6. Get rid of cordless phones and digital baby monitors.

Cordless phones emit EMFs even when not in use. It may also be smart to replace digital baby monitors with older corded versions.



If you want to know more about EMFs...

GENERAL: <http://www.who.int/peh-emf/about/WhatisEMF/en/>

RESEARCH: <http://www.who.int/peh-emf/research/en/>

STANDARDS & GUIDELINES: <http://www.who.int/peh-emf/standards/en/>

OTHER RESOURCES: <http://www.who.int/peh-emf/publications/en/>

MOBILE PHONES: <http://www.who.int/mediacentre/factsheets/fs193/en/>

If you want to know if you live near high EMFs...

You can search your area with a website called Antenna Search: www.antennasearch.com

If you're looking to buy an EMF meter...

http://www.createhealthyhomes.com/emf_meters.php

<http://www.lessemf.com/>



**THE
URBAN
MONK
.COM**

VISIT US