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Mobile Phones are an integral part of modern telecommunications and essentially ruling our daily lives, at work, rest and lifestyle through better connectivity and intelligent services.

-  Keep your phone from directly touching your head during phone conversations.
-  Use speaker phone whilst talking on the phone.
-  Texting, SMSing or using an air tube piece increase distance between your head and mobile phone.
-  If possible, limit the amount of talk time to 10 minutes.
-  Use airplane mode or switch mobile off between calls.
-  Avoid carrying phone near waist and chest limiting direct contact between your body and mobile.
-  Avoid using mobile phone that require WiFi connection to internet, watching films, playing games or listening to music.
-  Charge phone away from your bedroom so that you are not affected by the magnetic field.
-  Try to only use your mobile phone when the signal reception is strong (at least three bars) – the weaker the signal reception the stronger the mobile phone antenna has to work to maintain connectivity.
-  Do not use mobile phone as an alarm clock, instead use a battery-operated clock.
-  Choose a phone with a low Specific Absorption Rate (SAR) when next upgrading.
-  Unplug appliances and technology for 3 nights and be mindful of sleep, energy levels, clarity, short term memory, headaches and peacefulness. You will notice the difference!
-  Distance is the key!
-  Avoid lap tops on your lap.
-  Replace wireless router with hard wire.
-  Observe the Precautionary Principle. Note: there is no proof of safety.

Minimising EMF exposure is recommended by major International and Australian EMF scientific leaders, and Building Biologists to provide significant relief from adverse health triggers.

