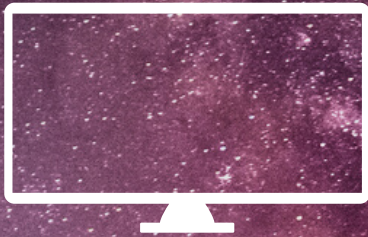


EMF Radiation Sources in Your Home

Cellphones - Not only does a cellphone emit significant amounts of EMF radiation, but that radiation is close to a person's body most the day.

TIP: Keep your phone as far away from your body as possible. Don't put it in your pocket. Use speaker phone or wired headphones when using. Avoid sleeping near your phone or turn it to airplane mode.



Televisions - Smart TVs produce more EMF radiation than "dumb" TVs due to them being connected to the internet.

TIP: Disconnect your smart TV from the internet or limit the time it is connected to the network. Put the TV as far from the seating area as possible.

Microwave Ovens - Microwaves leak radiation that is the same type of radiation as your cellphone, only they emit a lot more power. Enough to cook food!

TIP: Service microwaves frequently to check the seal on oven door. Use toaster oven or stove instead. Stay away from microwave when it is running.



Computers - Like cellphones, computers are used almost daily and for extended periods of time, and they produce extensive amounts of EMF.



TIP: Whatever you do, DO NOT put your laptop on your lap which puts that radiation in contact to your body. Turn off your computer when not using it. Turn off wi-fi and Bluetooth when its not needed. Use a computer pad to help block EMF radiation.

Wi-Fi Devices - Routers and other "smart" devices connected to the wi-fi network are flooding your home and office with EMF radiation.

TIP: Turn off wi-fi routers when its not in use and place them as far away from bedrooms and active areas of your home. Reduce wireless smart devices in home. Eliminate wi-fi and go back to "wired" internet systems

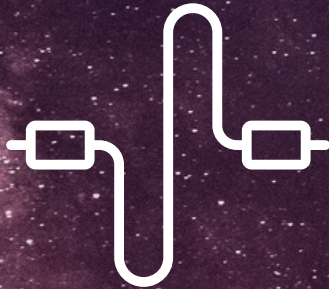


Smart Meters - Water, gas, and electric utilities utilize smart meters to constantly transmit your usage every few seconds. They are also the biggest culprits of EMF radiation around your home.



TIP: Don't spend much time in the room or near where the smart meters are located. You can request the utility company to remove smart meters.

Electrical wiring - If the wiring is poorly designed, it is a source of dirty electricity and produce higher levels of radiation than normal.



TIP: Use an EMF meter to check for extremely low frequency EMF. Have an electrician check wiring and high EMF levels. Avoid areas with fuse boxes and power supplies. Turn off lights, electronics, and appliances when not in use.

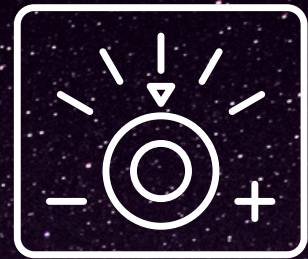
Cars - Electronic controls including Bluetooth, wi-fi, batteries, alarms, and dashboard controls emit extremely low EMF. Metal frames can trap and magnify radiation inside car.



TIP: Reduce electronic device usage and even turn cellphones to airplane mode. Use audio cables to play downloaded music on phone rather than stream and use Bluetooth.

Dimmer Switch - The electrical current not being used when the switch is dimmed is transmitted as EMF radiation.

TIP: Avoid using the dimmer feature. Switch out for regular on/off switches:



Your Neighbor - Depending on where you live and how close your neighbors are to you, their smart devices, wi-fi, and smart meters could be exposing you to EMF radiation. Apartment buildings are the worst at creating a "digital soup" with tenants living, quite literally, on top of each other.

TIP: Use an EMF meter to determine if there is radiation in your home. Limit time spent in the high EMF areas. Discuss your concerns with your neighbors, as they may not be aware of the dangers. Take an EMF meter when house hunting or look for neighborhoods where the homes are far apart. Move out of an apartment, if possible.

Protect your body, family, pets, home, and wellness from damaging EMF radiation with the latest personal and home EMF converters, the **Centropix COCOON and BUBBLE**. Activate the natural bio-resonance of the body with **Centropix KLOUD**.

