

Radiation Protection at Home What Can I do ??

Microwave Radiation as used today in our mobile phones is **Biologically Active**, it effects all living cells. This is today unquestioned by most scientists. What is in doubt is the consequence of these effects on us, but there is no doubt that this Pulsed Polarised Microwave Radiation is Biologically Active for all life forms, for example:

- We know that in a test tube that Microwave Radiation (MR) at Mobile Phone Levels will make living cells give off reactive oxidative species. (which can damage DNA)
- MR (although a non-ionising radiation) damages DNA even though many people think this is scientifically impossible.
- MR opens up the Blood Brain Barrier (puts little holes in brain barrier)
- MR disrupts the Voltage Gated Calcium Channels (VGCC) disrupting normal cell chemistry causing Neurological damage to cells
- MR causes Sperm damage within hours

Perhaps you have just found out that people in authority, and those people in the know, have been disingenuous with you and your family's safety (in particular children and pregnant women). They all knew that mobile phone radiation effects our Human Biology, but they ALL decided not to tell you.?

In is a situation akin to the Climate Change Deniers these people for some obscure reason continue to deny that there are any Biological Effects or if there are any Biological Effects that have any health consequence.!

Starting in 2007 the big Re-Insurance companies worldwide realised that Microwave Radiation damages Health, (are Insurance companies ever wrong!) so they told the phone manufacturers that they were not covering them for liability related to phone Radiation related health claims. What then did the Phone Makers do, they didn't come out and tell everybody directly, they decided to put some new legal text into their T+C's which everybody signs (otherwise the phone won't work) and very few people read.

As this advice was not good publicity for the Phone Makers, they buried it under Settings / General / About / Legal / RF. There was no general publicity about this, none at all. They just slipped in a few draconian conditions into the T+C's and in one swift move they drastically reduced customers' ability to seek compensation in the event that they suffered medical consequences related to this microwave radiation.

In fact, all the wireless companies warn their shareholders, in mandatory annual stock market filings, where they state that they may incur financial lawsuits related to electromagnetic radiation emissions of their products. Reinforcing again that they do know that Phone Microwave Radiation is bad for our health.

The Internet Service Providers (ISP's) in Ireland, the Telecom Companies all staffed by Irish people many of whom have kids, decided not to say anything either.

Then we have our Irish Government with elected officials who were told in 2011 by the Council of Europe in Resolution 1815 - Children and Women were listed as 'high-risk groups'

when it comes to microwave exposure. **Advice was given that children should not be exposed to Wi-Fi in schools.**

We also have the UN Convention on the Rights of the Child, and last but not least we have Irish legislation - Children First Act 2015 which talks about the Best interests of children.

What did the Irish Government do about all this? absolutely nothing, zero.

So basically, the message from this is, you are on your own. You have to do your own research and find the truth that works for you.

As if that wasn't enough to get your head around, now the roll out of the 5th generation of mobile telephony known as 5G is just starting.

Today with 3G /4G, Comreg tells us we have approx 10,000 mobile phone masts in Ireland. With 5G it could be closer to who knows, perhaps a hundred thousand Masts in Ireland. They will be on lamp posts, on traffic lights, on corners of buildings etc because the millimetre wave doesn't travel around corners and are blocked by buildings and trees, so they will need Antennae everywhere. We know 5G's answer to the tree problem is to cut them down!

5G with its phased array antennae, beam-forming and the millimetre wave lengths has been described as Weaponised Military Grade Radar Technology.

5G presents society with three big problems

- Unknown health consequences (no safety testing has been done)
- Environmental devastation with far higher carbon footprint. How much more in EU fines will we have to pay for this madness.
- Huge privacy issues with a "Skynet" type system allowing big brother to track and listen to us all 24/7

Please please do take the time to tell your TD that Ireland does not need or want 5G.

In the following checklists there are some things that you can do, you don't have to do everything immediately but anything you do will help reduce you and your family's exposure to the Biologically Active Microwave Radiation.

Some of these actions are easy to do but some may take some extra time.

You can complete this Yes or No checklist and see how you progress on this voyage.

How to Reduce Wireless Radiation in my House	More Detail	Y	N
Do your own research don't listen to anyone	https://es-ireland.com https://ehtrust.org/take-action/educate-yourself/ten-steps-to-safe-tech/		
Use Wired Internet all the time if you can	If your router doesn't have enough ports use an Ethernet hub or ethernet switch		
Turn Off Wi-Fi on your Router when it's not in use, or stop using Wi-Fi	Depends on router, could be simple switch or may require a log on to router		
Disable Wireless Function on ALL Your Devices	Look around house, TV, laptops, keyboards, and printers etc (only use wires)		
Put router on a timer to go off at night	Buy A JRS Eco-Wi-Fi Router https://youtu.be/1C3m_mcwHeI		
Turn Down the strength of Wi-Fi signal	Log on to your router to do this		
Login to router and find out what Wi-Fi Frequency is switched on	Check which channel is being used, Change Router from 5 Giga Hertz to 2.4 Giga Hertz		
Move Router away from Children, Living Areas and Bedrooms	Remember the ALARA Principal when dealing with radiation set at "As Little As Reasonably Achievable"		
Charge all phones on charging bar fitted with a timer, far away from bedrooms	Good discipline to move phones away from sleeping areas and also you don't overcharge your phones battery.		
Make sure all your devices are fitted with blue light filters on day night time timers	Blue light stops the arrival of Melatonin the sleep hormone. In general, also try to reduce light pollution in sleeping areas		
Eliminate all compact fluorescent lights (CFL) and certain LEDs and only go for incandescent or halogen bulbs	Sources of "Dirty Electricity" https://www.dirtyelectricity.org		
Eliminate Dimmer Switches on Light Fixtures, replace with simple on / off switch	Sources of "Dirty Electricity" https://www.dirtyelectricity.org		
Keep away from wired electric battery chargers when in use. Keep switched off when not in use	Never work with your Mobile Phone / iPad when they are charging		

Get Rid of all Cordless Phones in house replace with wired phone	These can be bigger Wi-Fi emitters than mobile phones. Wired phones are very cheap, buy a few!		
Only use a Wired baby monitor.	Never ever put a smart phone in a child's bedroom		
Keep all under 10-year old's away from iPhone / iPads etc	Difficult but if you start young and they will accept		
Kids only use devices that are wired or on airplane mode	Simple work around		
Never use your phone on your Ear always use speaker mode or use an Air Tube Headphones	Advice from Apple and Samsung etc		
Switch off Bluetooth on your phone unless you really need it	Only use when needed		
Do not carry a cell phone in your pocket or bra unless it is on "Airplane" mode or in a radiation blocking case.			
Avoid Wireless Fitbits, Wireless-Head Phones, Ear buds, Watches, Glasses with transmitters, and any other wireless device next to or near your body.	No comment needed		
Use iPads with wired connections to either cable or router	https://www.jrseco.com/pcat/low-radiation-network-and-device-accessories/		
If you are pregnant be very careful where, and how you use your phone. Never Ever use a mobile phone on or close to your unborn baby.	Protective radiation blocking clothing exists		
For your pregnancy consider not carrying mobile phone.	https://www.babysafeproject.org		
Opt out of ESB Smart Meters	https://es-ireland.com/refuse-a-smart-meter/		

We are all electro sensitive beings which makes sense because we run on both Chemistry and Electricity. We would not be alive without all the natural electricity running through our bodies. Some of us however are extra sensitive to electricity. This condition is known as Electro Hyper Sensitivity (EHS). The numbers of people globally that have this condition is estimated at 3% to 5% of the population with some experts saying that it is 10%. Symptoms

vary from mild to severe with some people effectively having to stay living in the country far away possible from all EMF's coming from electrical wires and microwave radiation.

“Electromagnetic-Sensitivity is a condition in which adults and children develop intolerance to radiation from wireless technology devices and infrastructure such as cell phones, Wi-Fi, wireless utility “smart”-meters and cell towers and antennas. Once they develop the condition, they experience various symptoms from tingling in the hands and pain in the head when using a cell phone to severe and disabling illness. The most common symptoms are headaches, sleep disturbances, nausea, dizziness, cognitive and memory problems, a racing heart and heart palpitations, burning sensations, nose bleeds and noise or light sensitivities.”
[ES-Ireland](#)

If you have any concerns about this condition then you may want to reduce the loading of all Electrosmog in your environment by doing some of these things.

How to Reduce Wireless Radiation in my House	More Detail	Y	N
In your Bedrooms move all electrical stuff such as Radio's, Lights with Transformers at least 50 cm away from your head	Electrosmog come off most electrical devices particularly those with transformers		
Get rid of all electrical stuff from bedroom	Take all screens out of bedrooms		
Never sleep in a bed with electric blanket turned on. Pre heat bed then switch off	Make sure your electric blanked is grounded		
Option to switch off power to bedroom. Fitting a demand switch for the bedroom is good practice and may be necessary to achieve low electrical fields in the bed space at night.	May sound a bit extreme but yet some people do this		
Check for electrical pollution coming from walls behind you bed or under your bed	Buy a radiation meter for approx. 100 / 200 euro for a Tri Meter which measures: RF field strength; LF Gauss meter; and LF Electric Field meter.		
When using a cell phone, do so primarily for text messages and emergencies. Save high data activities and voice calls for a wired internet connection at Home or Office.	Distance is your friend when it comes to radiation		
Avoid using your cell phone when the signal is weak or when you are surrounded by metal, for example in an elevator and car.	Best not use the phone while in a car, radiation levels are increased.		
Keep Your Laptop Off Your Lap	On your PC go wired for Keyboard + Mouse + Printer + Scanner		

Don't use an iPad or other tablets on your lap but place them on the table.	That's where Apple tells you to use it		
Stay at least 2 to 3 meters away from a Microwave Oven when it is in use.	Household microwave ovens work with 2.4 GHz microwaves, they are not pulsed like Wi-Fi, Bluetooth or cordless phones. However, they can still be harmful, especially for sensitive persons.		
Be careful with Electric Induction Hobs.	These use 20-100kHz. Some have exceeded heating limits at 1 foot. Sensitive people, especially pregnant women and children, should try to keep out of the kitchen while an induction hob is in use. It is best to replace this type of cooker.		
Learn about Earthing or Grounding.	Watch the 15 min video: https://youtu.be/CSNnIg2cVjc		
Ground your Bed so you sleep with no Electrosmog.	Read the book: https://www.amazon.co.uk/Earthing-Most-Important-Health-Discovery/dp/1591203740		

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