

**Medical Alert:
Cell Phones, Cordless & WiFi
Wireless Communication Produces Dangerous Electromagnetic Radiation
(EMR)**

EMR SAFETY RECOMMENDATIONS - SAFE WIRELESS INITIATIVE

There can be no greater gift any time of the year than to make significant progress toward helping to stop the rapid progression of countless symptoms and diseases that appear to be "preventable!!!"

I am almost speechless -- (not normally one of my problems -- smiles) -- thanks to Dr. Gary Kohls who forwarded the Safe Wireless Initiative recommendations to me via "Preventative Psychiatry E-Newsletter # 317 today, December 7, 2007.

The recommendations are on Dr. George Carlo's website:

Please download the [Intervention Recommendations document!](#)

<http://www.safewireless.org/>

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I believe that 2008 is to be "a year of hope and promise!!!" Best wishes and take care -
Joanne

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**Medical Alert:
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Wireless Communication Produces Dangerous Electromagnetic**

Radiation (EMR)

Interventions to Maximize Health and Minimize EMR Risks Recommendations from the Safe Wireless Initiative

If you don't do anything else based on your visit to our website, please read this for your own sake and the sake of your children.

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Interventions to Maximize Health and Minimize EMR Risks Recommendations from the Safe Wireless Initiative.

Independent, medical science continues to provide mounting evidence that radiation from wireless communication devices, including cell phones, cordless, and the WiFi now deployed across schools, hospitals and offices, produces dangerous health effects.

These devices were **never pre-market tested for your safety.**

It is important for you to take protective steps as a consumer.

Maximize your health – to increase your body's resistance to EMR damage.

1. Increase your intake of natural oxidative stress fighters, such as antioxidants, melatonin, vitamins B, C, E and folic acid.
2. Eat a diet of fresh, chemical-free, organic fruits and vegetables. Eat less fish to limit heavy metal buildup. Main sources of heavy metal ingestion are fish, poultry, meats and tap water. When consuming grains, seek high-quality whole grains in their most natural, nutritious form (not white and not instant).
3. Eliminate/minimize caffeine and alcoholic beverages, especially hard liquor. Perhaps low-sulfite wine occasionally.
4. Drink carbon filtered water. Primarily use glass or ceramic containers. When necessary, drink bottled water and use recycled paper products for drinking and eating; not plastic or Styrofoam.
5. Take walks, ride bikes, practice yoga, tai-chi, qigong, and/or stretch daily. Exercise to move your metabolism, not to train or work out. Do not strain your system. Breathe slow and deep. Surround yourself with nature as often as possible.
6. Minimize exposure to chemicals. Try chemical-free, natural products (bland soaps, beauty, skin, toiletry, cleaning, etc.) as they are often more gentle on your body. Avoid harsh, hazardous chemicals and cleaners. Take cool or lukewarm showers/baths, instead of hot.
7. Avoid/minimize exposure to bright and fluorescent lit areas. Use subdued full-spectrum/natural incandescent bulbs or candle light as much as possible. Increase melatonin naturally by sleeping in the darkest room possible.
8. Minimize sun exposure. When exposed, wear a hat, light-colored clothing and/or carry a small umbrella to cover skin.

<http://www.safewireless.org/>
