

## How to reduce exposure to mobile phone radiation

<https://sg.news.yahoo.com/reduce-exposure-mobile-phone-radiation-121347112.html>

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Today I came across this article and I needed to comment it as: MB says:



Avoiding long calls in situations where reception is poor can reduce exposure to mobile phone radiation.

MB says: Absolutely correct

Is the electromagnetic radiation from our mobile phones harmful? From a scientific standpoint, the jury is still out. But for those who prefer to be on the safe side, there are a few ways to adapt one's mobile phone habits to limit exposure.

### Keep the phone away from your head

MB says: Absolutely correct

A Bluetooth headset is one of the best ways to reduce exposure, as it allows the user to keep the source of radiation at a distance. Although this advice is often heard, it is seldom followed. If you find it tedious to use a Bluetooth headset all the time, try at least to use it on longer calls as well as during dial-up and the first few seconds of a call, when the phone is emitting its highest level of radiation.

MB says: Absolutely correct for the fact that the phone emits highest level of radiation during dial -up and the first few seconds.

MB says: Absolutely incorrect for the Bluetooth advice.

A Bluetooth, like a mobile phone, works with microwave technology. Would you like to stick your head in a microwave???

So, by using a Bluetooth you have 2 microwaves one in your ear and the phone is usually in your pocket trousers and frying your balls if you are male or your ovaries if you are female.

It is also a good idea to avoid keeping the mobile phone turned on all night and sitting on the nightstand next to your pillow.

**MB says: Absolutely correct for not having your mobile phone next to your bed.**

**MB says: Absolutely Incorrect for sleeping with a Bluetooth in your ear or close to your head.**

### **Limit use in low-reception situations**

When the reception signal is poor, the phone compensates by turning up the strength of the signals it emits. Consequently, it is recommended to limit the length of calls in places where reception is limited: underground parking lots, in rural areas far away from phone towers, or in cars (even while stopped).

**MB says: Absolutely correct**

Also, avoid using a mobile phone on a rapidly moving train or bus, as the passage between different cell towers along the route similarly causes the phone to turn up its signal emission.

**MB says: Absolutely correct, it's a faraday cage. Well,,, here in Singapore I am using the bus and MRT and there is absolutely no-one! without a mobile phone, Smart phone or tablet, playing games, facebooking or speaking, smsing, and I am pretty sure that all are on "wifi mode" not plane mode...**

### **Practice extra caution with and around children**

Since children's bodies are still developing, they could be more susceptible than adults to any potential negative effects of electromagnetic radiation. Parents should delay giving children their own mobile phones until it is absolutely necessary and limit the time a child spends using the device.

**MB says: Absolutely correct: see above... no one in the bus or MRT without a mobile device... and children are the most vulnerable users as they do not know about the hidden dangers of radiation, which are already provenfacts, and they just try to mimic their elders in their behavior...**

### **Don't waste your money on anti-radiation devices**

Several shops and websites offer gadgets that claim to protect phone users from electromagnetic radiation. Unfortunately, the vast majority of these devices do not live up to their claims, according to a series of tests conducted by the French National Agency for Health Safety (ANSES). In particular, the anti-radiation stickers designed to be stuck on the back of a mobile phone have absolutely no impact.

**MB says: Absolutely correct for some of the products available and absolutely incorrect. Use a scientific tested sticker. And get yourself educated if you still think that you can block mobile phone radiation. Only if you wrap your phone in aluminium foil you could achieve a blocking. You simply cannot block radiation**

as the radiation is always there and around us, as it penetrates everything from walls to glass or bodies. It is true therefore that each product claiming to "block the radiation" is fake... But we are talking about another effect upon your autonomic nervous system.

The true science we are investigating here is that your body reacts on "stress" produced through radiation. The body also reacts with "stress", by exposure to electric devices in your household. "SaferCall" has been demonstrating its protective effects during a live testing in front of a running TV-camera. Observing the behaviour of live-blood under a dark field microscopy test from a mobile phone user during a call with the sticker and without. Clearly your body reacts with stress and your blood clogs and forms clusters without the sticker. By using the "SaferCall" sticker on the phone, all the negative effects were gone. Remember this test was "live" in front of a running camera. Get yourself educated and stop writing nonsense.

Check my website [www.sanatio.net](http://www.sanatio.net). I have personally tested many anti-radiation stickers and devices. With "SaferCall" and "RayGuard" there is a solution which everyone can afford for the price of a meal. By now we have seen more than 500s of patients in our clinics, and their symptoms got better in just a few days, after they used the sticker on their phones, tablets, wifi routers, computers.

On the other hand, some anti-radiation phone cases have been shown to limit the user's absorption of the phone's rays, but they make it nearly impossible to receive or make a call.

MB says: Absolutely correct and if you wrap your phone just a little bit or put it in a case, it will emit stronger radiation, which we tried to avoid in the first case ☺).

*These tips were provided to Relaxnews by French consumer magazine "60 millions de consommateurs."*