

10 Simple Ways to Reduce Your Family's EMF Exposure

First do the biggies...

Like I mention in [my EMF exposure post](#), you want to:

- Turn off your Wi-Fi router while you sleep
- Talk on cell phone using the speaker function or text instead
- Be sure your Smart Meter isn't close to bedrooms or main living areas. Switch to manual if need be.
- Protect your devices. Use cell phone, iPad, and laptop EMF-reducing carrying cases or blockers like [these](#).

10 Additional Tips to Reduce EMF Exposure

1. Ground yourself every day. Spend 20 minutes outside barefoot on the ground. If it's too cold outside, you can wear [grounding shoes](#). Artificial EMFs rob us of electrons while the earth is a fantastic source of free electrons. Spending just 20 minutes a day outside with your bare skin touching the ground can do amazing things to rebalance your electrical charge!
2. If you have a baby and use a baby monitor, do not put a wireless monitor near their head! You can use [a wired baby monitor](#). Or, at least set the wireless baby monitor outside his/her door (you can still hear baby cry this way).
3. Unplug any kitchen appliances when not in use like blenders, toasters, and coffee makers. They give off EMFs even when not in use.
4. Try not to have things plugged in, like alarm clocks, lots of lamps, and plug in fans, near your sleeping near your bed. Use battery-operated versions instead.
5. Ditch your cordless phone. Cordless phones can emit similar radiation to cell phones so use a landline instead. If this isn't an option, use the speakerphone option whenever possible and keep calls short.
6. Turn off and unplug your wireless home printer when not in use as this emits needless EMFs.
7. Limit cell phone use in the car. Your cell phone pings the closest tower periodically to update it's location. When you're in a moving vehicle the phone updates more often, sending out more radiation. For long car trips, you can download movies onto devices like the iPad to avoid using wifi signal. You can also use GPS on iPhones without a wifi signal. Pull up your destination first with your home wifi signal and once your phone has data, you can put it into airplane mode. For those who are super sensitive, you can use [grounding mats in the car](#).
8. Have your kids play tablet games that don't need Wi-Fi. Try Daniel Tiger's World, Elmo's ABCs, Shapes, Windosill, Stack the States, Little Things, and Tales2go.
9. Wear EMF-protecting jewelry. [Q-Link® products](#) are an excellent choice because they use Sympathetic Resonance Technology™, which helps to optimize our frequencies. Q-Link makes EMF-protecting accessories for both men and women.
10. Don't use a wireless security system if possible. Opt for wired instead. Same with any other wireless systems like home theaters, intercom systems, and so forth.

I hope these 10 tips are helpful for you and family! Remember: small steps like these can make a big difference. We always have options to offset our EMF exposure while living in a digital world.

