

Q &amp; A

# How to Block EMF Exposure

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**Q:** What I can do to counteract electromagnetic field exposure to protect my health?

**A:** There are several good EMF and electrosensitivity brochures which may be helpful to understand the health effects of electromagnetic field exposure.

Electrosensitivity Brochure by Kato Yasuko

<http://mcs-america.org/KatoYasukoElectrosensitivityBrochure.doc>

Bees, Birds, and Mankind - Destroying Nature by ‘Electrosmog’ by Ulrich Warnke

<http://www.mcs-america.org/>

[BeesBirdsandMankindDestroyingNaturebyElectrosmog.pdf](http://www.mcs-america.org/BeesBirdsandMankindDestroyingNaturebyElectrosmog.pdf)

Electrosensitivity? What's that?

[http://www.es-uk.info/docs/20080829\\_es-uk\\_leaflet.pdf](http://www.es-uk.info/docs/20080829_es-uk_leaflet.pdf)

EM Facts Consultancy: Wireless Networks (Wi-Fi)

<http://mcs-america.org/EMFactsConsultancyBrochureonWiFi.pdf>

The Sunflower Project Electromagnetic Sensitivity Brochure

<http://www.mcs-america.org/TheSunflowerProjectEMSBrochure.doc>

Others may be found at [http://www.mcs-america.org/index\\_files/MCSBrochuresPostersSigns.htm](http://www.mcs-america.org/index_files/MCSBrochuresPostersSigns.htm).

There are various clothing garments, wall covers, and other devices which may help counteract the exposure. In essence, a person can create a Faraday cage within the confines of a room in their home.

A Faraday cage, sometimes called a Faraday shield, is an enclosure invented by Michael Faraday, which is made of mesh conducting that blocks out external electrical fields. Various EMF shields can be purchased from stores like this one (nfi):

<http://www.lessemf.com/>.

In addition, cleaning up your own home can help to reduce overall exposure. Here are some general tips from EI WellSpring:

Introduction to Electromagnetic Hypersensitivity

<http://www.eiwellspring.org/IntroductionToEHS.pdf>



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How to Measure EMF

<http://www.iwellspring.org/HowToMeasureEMF.pdf>

Electromagnetic Survey of a Home

<http://www.iwellspring.org/ElectromagneticSurveyOfAHome.pdf>

Resources for Electrically Sensitive People

<http://www.iwellspring.org/ResourcesForEHSPeople.pdf>

Resources for DC Living

<http://www.iwellspring.org/ResourcesForDCLiving.pdf>

Using Power Strips to Lower EMF Exposures

<http://www.iwellspring.org/UsingPowerStrips.pdf>

Choosing Household Wiring for Low EMF

<http://www.iwellspring.org/ChoosingHouseholdWiring.pdf>

Solar Energy Can Be a Health Hazard

<http://www.iwellspring.org/SolarEMFHazard.pdf>

Low-EMF Computer Set-Ups

<http://www.asilo.com/aztap1>

EMF from GFCI-Protected Outlets

<http://www.iwellspring.org/EMFFromGFCIProtectedOutlets.pdf>

Cooking Without Getting Zapped

<http://www.iwellspring.org/CookingWithoutGettingZapped.pdf>

Introduction to Low-EMF Cars

<http://www.iwellspring.org/IntroductionToLowEMFCars.pdf>

Advanced Low-EMF Cars

<http://www.iwellspring.org/Advanced%20Low-EMF%20Cars.pdf>

EMF Measurements of Cars and Trucks

<http://www.iwellspring.org/EMFMeasurementsOfCarsAndTrucks.pdf>

How to Build Your Own Low-EMF Telephone

<http://www.iwellspring.org/HowToBuildYourOwnTelephone.pdf>

Simple Telephone Filters

<http://www.iwellspring.org/SimpleTelephoneFilters.pdf>

Can a Cell Phone Be Used Safely with a Docking Station?

<http://www.iwellspring.org/SimpleTelephoneFilters.pdf>

