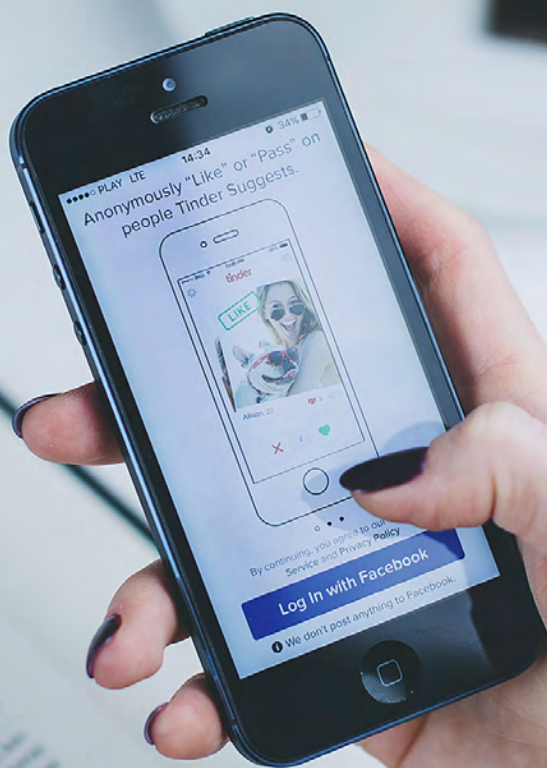


# *3 Ways To Use Your Phone*

## **WITHOUT ZAPPING YOUR HEALTH**



by

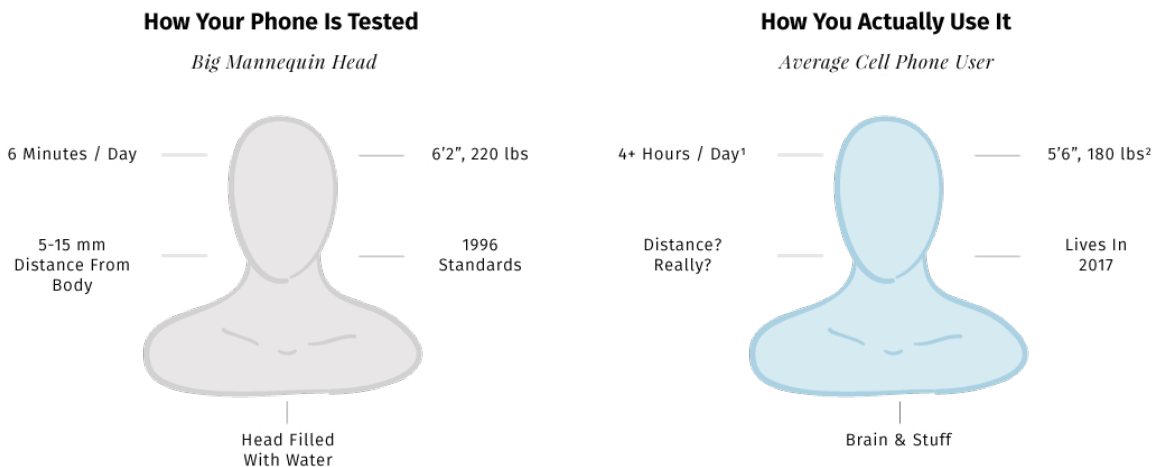
**NICOLAS PINEAULT**

## Cell Phone Radiation... The New Smoking?

It sure looks like it — if you read the latest independent studies about the concerning effects of cell phone radiation, that is.

I know this sounds like crazy talk — the kind of stuff only people wearing “tin foil hats” would say. I mean, can your cell phone really affect your health as much as cigarettes? I thought these devices were supposed to be *safe*?

Well folks, that’s the problem. Technology is evolving so fast that the standards which tell us which amount of Electro-Magnetic Field (EMF) radiation is considered ‘safe’ are old and deprecated, and literally have nothing to do with the way we actually use a cellphone.



In plain English, if you wanted to get exposed to what’s considered a “safe” amount of EMFs, **you’d have to use your phone for just 6 minutes per day, hold it 1 inch from your head while talking (and look like a weirdo), and be a 6’2”, 220-pound man.**

It’s safe to say — pun intended — that “safety” standards are completely useless, and protect you from exactly *nothing*.

It should really come as no surprise that 29 independent scientists (including 21 PhDs) of the Bioinitiative Report reported that 1800 new studies have been published in the last few years showing health effects from EMF exposure levels ten to hundreds or thousands of times lower than what is allowed under safety limits in most countries of the world.<sup>3</sup>

Yes, this means that without even knowing it, you’re currently exposing yourself and your family to levels of radiation that have been linked to increased cancer risks, autism, DNA damage, hormone disruption, sleep problems, and much, much more.

I realize this all sounds doom-and-gloom, but the good news is that there are simple ways to reduce these health risks by 95% — just by changing the way you currently use your phone.

### Low-Radiation Habit #1: Use A Wired Headset

“You should NEVER use a cell phone right next to your head — unless you couldn’t care less about getting brain cancer.”

That’s not me saying it. This is what *Consumer Reports* has been recommending to all of their readers since early 2016.<sup>4</sup>

On May 31st, 2011, the International Agency for Research on Cancer (IARC) declared that **cell phone radiation and other sources of electromagnetic fields — or “EMFs” — are a Class 2B “Possible” carcinogen.**<sup>5</sup> But that was more than 6 years ago. Since then, the link between brain tumors and cell phone use has become even stronger.

Now, many independent researchers — like Dr. Lennart Hardell from the Department of Oncology at the Orebro University Hospital in Sweden — are warning the public that **this radiation should be classified as a Class 1 “Known” carcinogen...** next to formaldehyde, mustard gas, plutonium, and other extremely toxic compounds.<sup>6</sup>

But wait, it gets worse (depressing, I know).

If cell phone radiation increases your risks of developing a brain tumor... what do you think it does to the rest of your head?

**According to the most recent studies, putting a cell phone next to your head can also trigger or worsen:**

- Headaches and migraines<sup>7</sup>
- Memory loss and a leaky blood-brain barrier<sup>8</sup>
- Anxiety<sup>9</sup>
- Depression<sup>10</sup>



- Hearing loss and tinnitus<sup>11</sup>
- Skin cancer<sup>12</sup> and premature aging<sup>13</sup>

## TAKE ACTION

Luckily, the amount of radiation you'll be exposed to from your cell phone drops exponentially when you create distance.

In plain English, using a wired headset and keeping your phone 1 foot away from your body will cut down the risks by a whopping 80%.

## Low-Radiation Habit #2: Hit "Airplane Mode" When You Carry It

Unless it's on "Airplane Mode" or completely powered off, your phone is constantly emitting radiation as it tries to connect to a 4G/LTE cellular network, to a wifi network, or to a Bluetooth device.

**So essentially, what you're doing when you keep your phone in your pocket all day is you're slowly but surely "frying" your reproductive organs.**

Science has confirmed how devastating this can be to men's fertility. Since 2009, a total of six meta-analyses looking at a total of 201 studies have each concluded that cell phone radiation is linked with a dramatic reduction in sperm count, motility and morphology.<sup>14</sup>

*What if you don't plan on having children anytime soon?* Well, maybe you'll want to hear how this same radiation can possibly dramatically reduce your testosterone production,<sup>15</sup> and quite possibly affect your libido as well.

*What if you're a woman?* While the studies on women's fertility and EMF radiation are limited, there are signs that they might damage the uterus,<sup>16</sup> and it would be crazy to think this doesn't disrupt your hormones — no matter your age.

There are also so many horrors stories to count about **women who developed breast cancer right where they used to carry their cell phones**<sup>17</sup> — so better err on the side of caution, right?

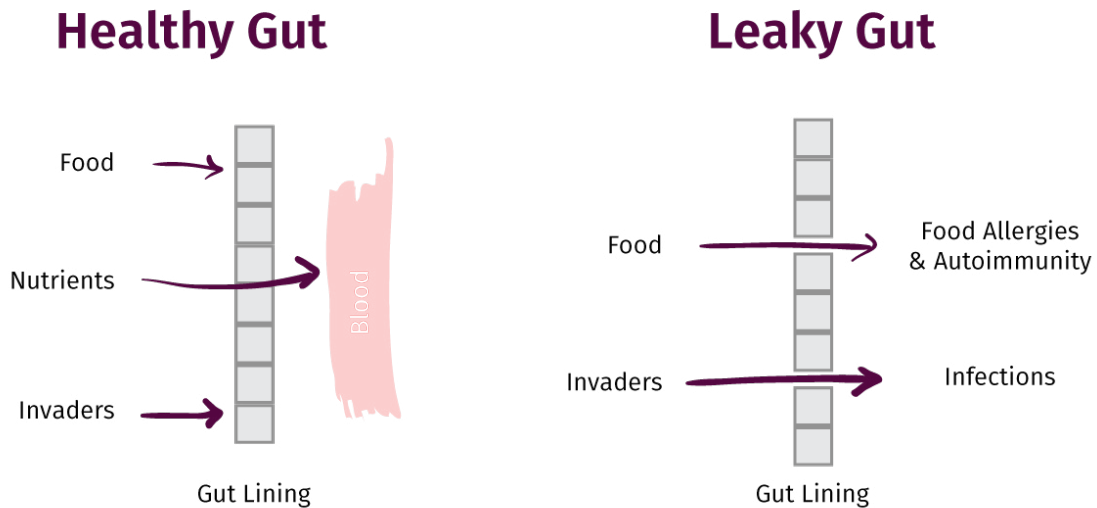
## TAKE ACTION

It's totally fine to carry your phone in your front or back pocket, shirt pocket or in your bra — but make sure you hit "Airplane Mode" and turn off the wifi and Bluetooth functions first.



## Low-Radiation Habit #3: Don't Use Your Phone Next To Your Gut

There are good reasons to think that using your cell phone next to your intestines and stomach — as you're texting or scrolling your Instagram or Facebook feed — might be making your gut leaky while disrupting your entire digestive and immune systems.



Putting a phone next to your head has been shown to weaken the very thin “blood-brain barrier” which protects invaders and toxins from getting into your brain,<sup>18</sup> so it's very plausible it can do the same to your delicate gut lining.

These foreign signals are also very disruptive to the delicate beneficial bacteria in your intestines (gut flora), slowing down their growth<sup>19</sup> — while possibly making the viruses, superbugs and harmful bacteria that are trying to take over even stronger.<sup>20</sup>

Let me stop for a second and ask you this:

Do you need to start taking an expensive probiotic supplement to heal your gut, or do you simply need to stop blasting yourself with all this gut-disrupting radiation? Just food for thought.

### TAKE ACTION

Always create as much distance as you can between your phone and your body when you text or scroll your social media. You can also invest in this EMF-shielding blanket which has been proven to block 99.9% of all cell phone or computer radiation: <http://nontinfoilemf.com/blanket>

**It's Your Obligation To Learn The Simple Ways YOU Can  
Protect Yourself & Your Family**  
*(no tinfoil required)*

What if you could learn how to avoid the health-zapping effects of EMF radiation in just seconds? You've already taken the first step and uncovered 3 ways you can start using your cell phone safely... but this is only the tip of the iceberg.

**What about your laptop computer? What about tablets? Is Bluetooth better? What about wifi, smart meters, cell phone towers, tablets, smart thermostats and the dozens of other sources of EMFs in your own home?**

As an expert in the field, I know that reducing your EMF exposure can be overwhelming... but this guide makes it look like child's play:



*The Non-Tinfoil Guide to EMFs* helps health-conscious people like you dramatically cut down their EMF exposure without going back to the Stone Age.

**Learn More: [nontinfoilemf.com](http://nontinfoilemf.com)**

## About The Author

My name is Nicolas Pineault and I'm a down-to-earth and passionate health journalist who has published more than 1,500 online articles through a daily newsletter called *Nick & Gen's Healthy Life*.

After spending more than 1,500 hours sifting through the contradictions, confusion and nonsense you find online about EMFs, I presented my findings in *The Non-Tinfoil Guide to EMFs*.

My work is based on more than 500 scientific references, and the latest work of dozens of PhDs, MDs and EMF experts including Dr. Martin Pall, Dr. Martin Blank, Dr. Magda Havas, Dr. Olle Johansson, Dr. Devra Davis, and many, many more.



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