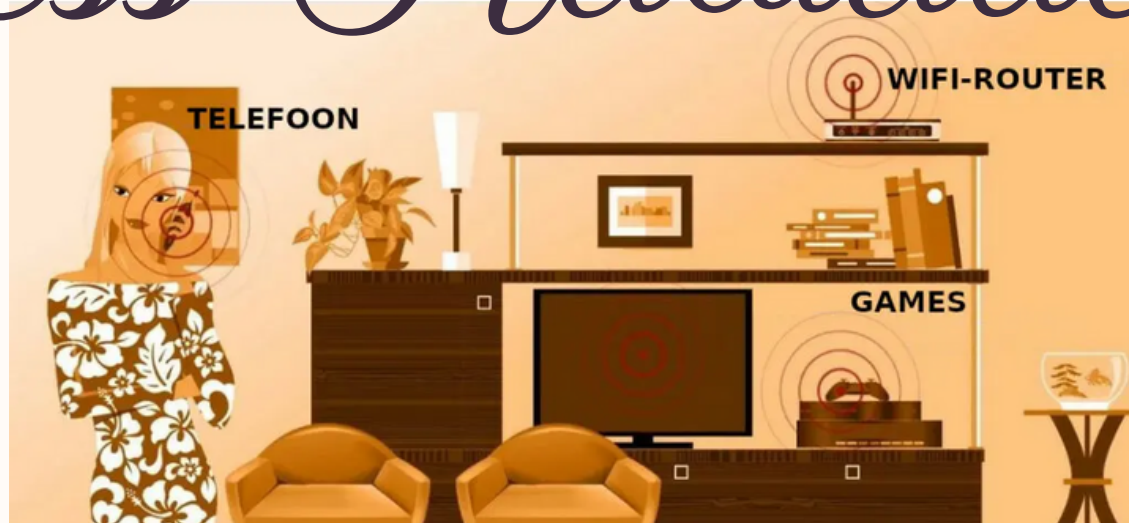




# TIPS TO REDUCE EMFS IN YOUR HOME



# TIPS FOR Less Radiation



WHAT KIND OF EMFS DO YOU HAVE IN YOUR HOME?



We cannot see electromagnetic radiation, but it can be measured and made audible with measuring equipment. We distinguish between radiofrequency (RF) radiation, e.g. from wifi, bluetooth, cell towers or from cell phones, and low-frequency fields, e.g. from high-voltage power lines or from electric cabling in your house.

## Cabling

Preferably work wired as much as possible using an Internet connection via a network cable. Internet via ethernet cable is completely radiation-free.



Wifi is bi-directional. For every piece of data sent from the wifi router, your device sends an acknowledgement back. Wifi radiation coming from your device is strong and the device is close to your body. If you want to work on your iPad or iPhone, purchase an iPad/iPhone adapter which allows you to connect your device to the router even with a cable. You can then put the iPhone or iPad in airplane mode (with wifi turned off) and still surf the Internet and use all apps.



You can wire a modern cell phone with a USB-C Ethernet adapter.



# TIPS FOR *Less radiation*

## Distance is your friend

The general rule with electromagnetic radiation is: distance is your friend. The closer to the device or router, the more radiation.

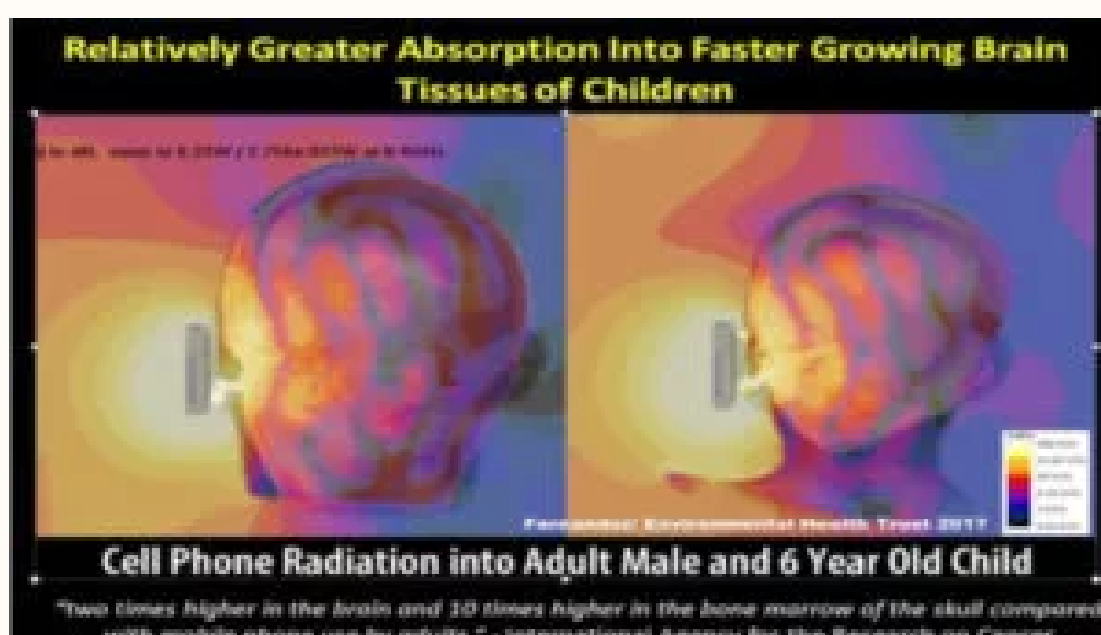
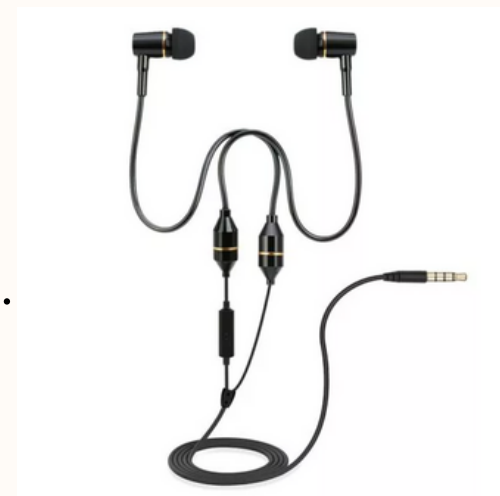
Don't use a tablet on your lap but place it on the table. In addition to wifi radiation, the tablet also produces a low-frequency magnetic field up to about half a meter around the device.

Don't carry your cell phone on your body, but instead put it in a bag or lay it down somewhere when you can. If you are connected on your smartphone via wifi, there is much more radiation than if you would use cellular data (provided the cellular range is good).

You can put your phone in airplane mode or turn it off completely. Or turn off wifi, bluetooth, mobile data and NFC. Then you are still reachable by phone.



If you make calls with your cell phone, put it on the speaker or use a low-radiation airtube headset. Those are headsets with an air tube, so radiation isn't conducted through the metal cords to the head. Have calls automatically transferred from your mobile phone to the landline.





## Wifi radiation

Turn off the wifi router at night, as well as wifi extenders. This makes a huge difference in wifi radiation because even if you are not using them, these stealth transmitters just keep on radiating.



Consider purchasing a low radiation JRS Eco router. This router only emits radiation when you actually use the wifi and automatically turns off when no devices are connected. Then when you turn on the wifi on your wireless device, the router immediately turns the wireless signal back on. The JRS Eco router is 100% radiation-free in standby and also offers the option to turn off the wifi at programmed times.

Even when the wifi is active, the JRS Eco router has a 90% lower pulse rate than a regular router. Also, the Eco router has a manual on/off button, and the transmission power is adjustable. Get 10 euros off a JRS Eco Router now with coupon code EBSNYZU3.



Turn off the bluetooth of devices when you are not using them, for phones, wireless headphones, or the music system.



## Bedroom

Remove cell phones from your bedroom. Designate a place for charging your devices far away from your bedroom.

Electric fields: Keep 1 meter distance between the bed and anything electrical. So within 1 meter next to the bed, or below it, no (extension) cords, power strips, lamps, etc. Turn appliances off when not in use and pull the plug out of the socket. There is an electric field around things that are plugged in and around their cords, depending on how they are plugged in.

Don't feel like unplugging all the time? Then you can use a double-pole plug switch. You can then be sure that the electric field around the cord and the appliance is reduced to zero, no matter how the plug is around.

Need an alarm clock? Buy a simple battery-powered alarm clock and ditch your clock radio because it continuously emits a small magnetic and electric field.

Minimize screen use before going to sleep. The blue light emitted by electronic devices can interfere with your melatonin production and sleep quality.



# TIPS FOR Less Radiation

## Other points of interest

Do not use a microwave in your home. A microwave leaks 2.4 Gigahertz radiation, the same frequency as wifi.



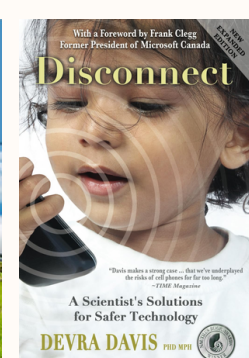
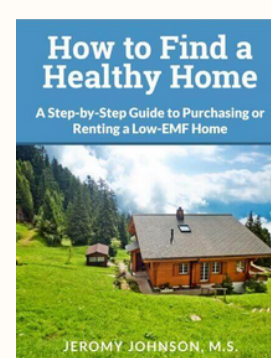
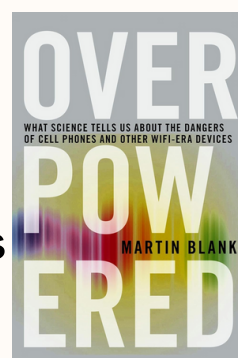
Children's skulls are thinner than those of adults and their brains are still still developing. Electromagnetic radiation penetrates deeper into their heads. Therefore, let children use the mobile phone and iPad as little as possible. Devices are not toys.



To measure is to know. If you really want to know everything about the elektromagnetic fields in your home, you can have them measured by an EMF measurement specialist. Or you might consider buying a simple EMF meter. For example the Cornet All-in-one meter, which measures radiofrequency (RF) radiation as well as low-frequency magnetic and electric fields.

Avoid using your cell phone in metal areas, such as the car or an elevator. The metal bounces the radiation back wich makes your exposure higher.

Interesting books on this topic include "Overpowered" by M. Blank, "How to Find a Healthy Home" by J. Johnson and "Disconnect: A scientist's solutions for safer technology" by D. Davis.





# MY PLAN FOR *Reducing Radiation*

## My plan for reducing radiation



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*Live healthier with measurably less electromagnetic radiation!*

*Jan-Rutger Schrader, PhD, founder of JRS Eco Wireless and inventor of the JRS Eco router.*



Get 10 euro discount now on a JRS Eco Router with the coupon code

**EBSNYZU3**

[jrseco.com/wifi](http://jrseco.com/wifi)



Richard Beaumont ★★★★★

*I am so GRATEFUL to you for creating something that works so well. I used my EMF meter to measure the difference and there is a considerable drop in the electromagnetic pollution. I measured it out of curiosity. My body had already told me by its relief that the burden had been lifted. We need more pioneers like you. Thank you so much.*

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