

EMF CHECKLIST

Electric (v/M)

- Electrical wires & powercords
- Lamps and Alarm clocks
- Power bars and extension cords
- Ungrounded Laptop computers
- Heated blankets and pads
- Electric beds
- Electric Floor heating

Magnetic (mG)

- Electrical power lines
- Electrical service Drops
- Electrical conductors
- Electrical transformers
- CRT Computer monitors & TV screens
- Appliances
- Faulty wiring
- Plumbing
- Overall grounding problems

Dirty Electricity (GSU)

- Dimmer switches
- Fluorescent light bulbs/
Low voltage lighting
- Computer & Monitors
- Printer
- TV (plasma)
- Tread mills
- AC inverter
- Smart Meter
- Plasma TV

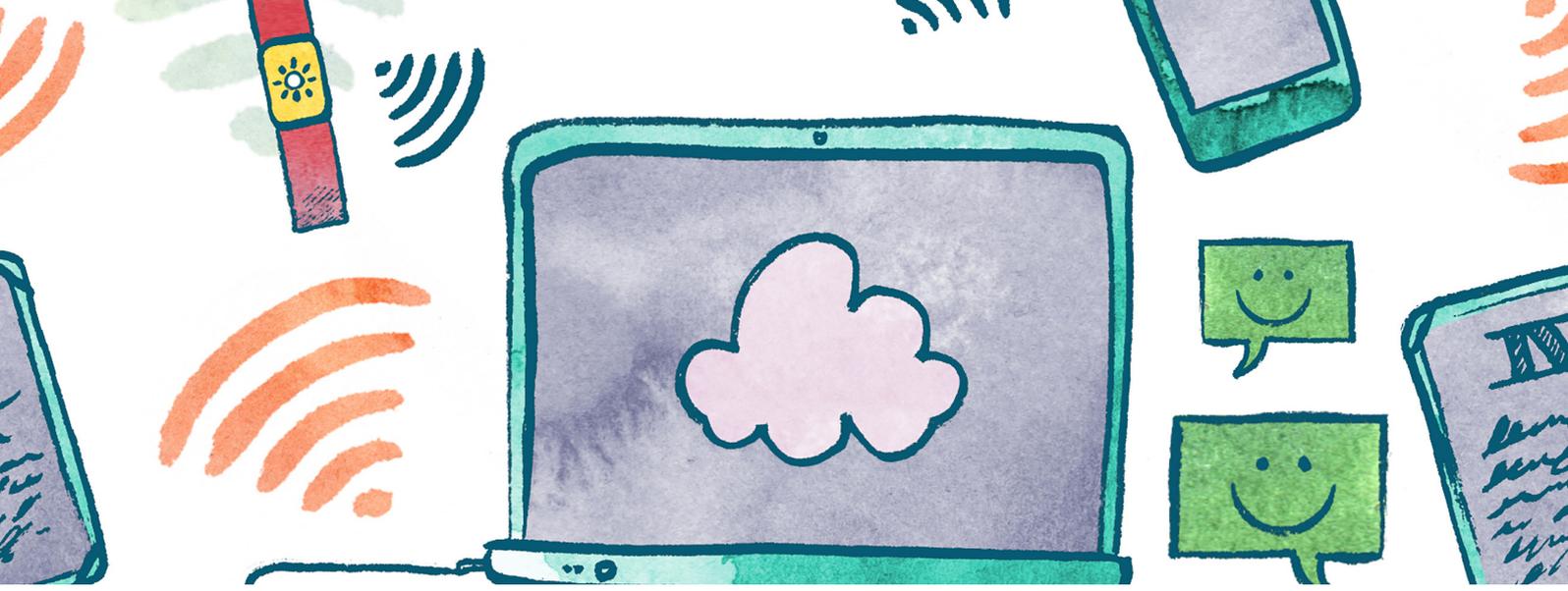
Radio Frequency (μ Watt/cm²)

- DECT cordless phones
- Wireless (wi-fi) router
- Digital baby monitors
- Blue tooth devices
- Wireless speakers
- Smart TV
- Security systems
- Smart Meters
- Cell phones and Tablets
- Cell towers
- Nearby neighbors' devices



5 Things You Can Do Right Now

1. Distance is key - the further away your wireless devices are the safer you are. Consider using speaker mode on your phone for example.
2. Laptops, despite the name, should not be kept on your lap. Not only do they emit wireless radiation but you are also being impacted by the electrical current if the power cord is plugged in and not grounded.
3. Unplug all electronics next to your bed, and remove wireless sources (eg. cordless phone)
4. Do not use cellular data on your mobile phone unless you absolutely have to. The emissions are as strong as when you are making a phone call.
5. Turn your wifi off at night: put it on a timer, unplug, or some accounts allow you to disable wifi through your computer.



Thank you for downloading this PDF!

If you are concerned about your EMF exposure or want to know more, click here to book a Free Discovery Session with me: **Book Now**

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www.chi-elements.com



*In love & health,
Agatha*