

*Tips from Sue Singleton, Medical Intuitive*

## **Smart Use of Technology:**

### **Limit Your Exposure to Electro-Magnetic Radiation (EMR)**

Like many people, I appreciate the usefulness of electronic technology. However, as a medical intuitive who has witnessed the myriad of health problems that clients experience due to man-made electro-magnetic radiation (EMR), also known as electro-magnetic frequencies or fields (EMF), I feel compelled to offer some insights and action steps that you can take to help lower your risk of exposure and be a more informed consumer of technology.

In my article, [\*Electro-Magnetic Fields: Unseen Cause of Illness\*](#) (originally published in Health Notes and in the former NESHA Journal), I share substantial information about the subject.

True confession: I love the functionality and freedom that my Android “smart” phone provides, as it makes communication and travel much easier, more convenient, and more fun! (*Sometimes I feel as though the phone is smarter than I am, ha!*)

My intention is not to criticize or recommend specific brand names, but rather to simply share my experience and success in reducing exposure to EMR with my “smart” (*informed*) choice of phone.

The Android concept refers to the phone’s operating system, and many manufacturers now refer to these types of phones as “Droids.” In my research, I found two online sources in particular (see below) to be helpful in providing information that helped me decide which new Droid to purchase to replace my older/outdated one.

The websites listed below provide precise electro-magnetic radiation (EMR) levels for each phone listed, as well as “Top 20” lists that outline the phones with the highest and lowest radiation. They also provide extensive user reviews for each phone, which helped me to narrow down my options to the point that I was able to walk into the store and confidently make an informed purchase. ***Most importantly, the EMR emission on my new phone is one-third of my former phone!*** Margaret Mathews, our Office Manager fared even better in terms of lower radiation in the model that she chose to meet her needs.

**These are two websites that list the radiation level of cell phones:**

[http://reviews.cnet.com/2719-6602\\_7-291-3.html](http://reviews.cnet.com/2719-6602_7-291-3.html)

<http://cellphones.procon.org/view.resource.php?resourceID=003054>

**Other tips for reducing your exposure to cell phone radiation:**

1. Using a cell phone by your head increases your brain tumor risk by 70% (115% for children) over the course of a year, and by 290% over ten years (unknown to date for children).
2. Whenever possible, use your phone on speaker phone to keep it as far away from your head as possible
3. Do not wear your cell phone in your pocket or against your body. Male fertility issues are proven, female fertility issues are equally a concern, but science does not yet consider the female fertility issue to be proven.
4. NEVER place your phone at your ear or head. If you must speak on the phone, use a corded head set (not a wireless one).
5. NEVER leave your cell phone on at night in the room where you are sleeping.

**NOTE:** *We always encourage you to be an empowered and educated consumer, client or patient. Nothing contained herein is intended to diagnose or treat any illness or medical condition, and should never replace a consultation with a qualified healthcare practitioner.*