

## Introduction

Thank you for taking the time to learn about this important subject. Whether you have already experienced health effects or you are part of the leading wave of people waking up to the importance of EMF pollution on your health, my intention is to give you a resource that will quickly help you understand what can be done to reduce your exposure to man-made electromagnetic fields.

My journey into this field began five years ago when multiple wireless smart meters were installed directly below my bedroom. Like so many people, I was injured by these devices. Since that time, I have devoted myself to learning as much as I could about this topic. It has been a crash course filled with lessons learned and (many, many) mistakes made. I have written this book so that you can learn in one afternoon what has taken me five years to understand. Hopefully this will greatly accelerate your learning curve so that you can improve the health of you and your family.

The primary purpose of this book is to help you find and create a healthy home in your community. I realize that many people who are affected by EMF pollution now live off-grid in more natural settings. For individuals who have been seriously injured, this is often the only option. However, most moderately affected people need to find ways to be healthy near their families, careers and social networks. In short, they need to be able to have a healthy home in our modern society.

This book will also greatly help families that are not necessarily experiencing effects from EMF pollution, but that want to have a living environment that is as healthy as possible. Just like organic food and chemical-free products were once fringe ideas that are now mainstream, low-EMF homes will someday be commonplace for health conscious people. Many helpful suggestions are provided within this guide to make your current home healthier and low-EMF practices should you be building or remodeling a home. I have also included the fundamentals about electromagnetic fields that will give you a good foundation and the skills you need to measure the various forms of EMF pollution.

The four sections are arranged in the following order. It is best to start from the beginning, but there is nothing wrong in going straight to the section that is most pertinent for you today.

- Section 1: The EMF Basics (To help you build a foundation in electromagnetic fields)
- Section 2: Finding a Low-EMF Home (A step-by-step process to find a healthy home)
- Section 3: Measuring Electromagnetic Fields (The best meters and how to use them)
- Section 4: Creating a Low-EMF Home (Ideas for your current home or a new construction)

If you can use what I have learned to protect your health, and that of your family, then this experience will have been well worth it. I appreciate any feedback you have. Please contact me to share what works best for you or if you have any questions after reading the book. I will be updating this book over the years as our technological society and electromagnetic environment inevitably evolves. Hopefully more and more solutions will become available as awareness grows and EMF pollution gets the attention it deserves.

Jeromy Johnson, October 2016