

EMF Quick Start Guide

The electromagnetic topic can be a bit confusing, scary and overwhelming at first. If you are experiencing this, don't worry. It gets easier!

In this quick start guide, I share with you the 12 most common questions I have received from thousands of readers the past five years. This will hopefully give you the answers you need and help you more easily navigate my website.

Just find the questions that are most important to you today and the associated articles will assist you to implement practical solutions. May this help you quickly reduce your exposure to electromagnetic fields so that you have excellent health for years to come!

1.) Do you have a spouse or family member who doesn't believe wireless technology is harmful? This can put a lot of strain on relationships and your health. Share my TEDx talk and the article I wrote for the National Engineering Honor Society. This may help your family member see that the EMF issue is real.

<https://www.emfanalysis.com/tedx-wireless-wake-up-call/>
<https://www.emfanalysis.com/new-paradigm-emf-science/>

2.) How do you use a cell phone more safely? This article will give you the best practices:

<https://www.emfanalysis.com/headsets/>

3.) Do you know expecting parents? Have them consider this wired baby monitor option:

<https://www.emfanalysis.com/safe-baby-monitor/>

4.) Do pendants/crystals/shungite/orgonite/devices that supposedly "absorb," "neutralize" or "harmonize" EMFs really work? Learn the truth about these products here:

<https://www.emfanalysis.com/products/>

5.) Would you like wired internet in your home? I highly recommend that you eliminate WiFi and this article will help you set up a wired system.

<https://www.emfanalysis.com/how-to-install-wired-internet-in-your-home/>

6.) What are the basic steps that every family should take to reduce the EMF pollution in their home? This article gives your family the first eight steps to take:

<https://www.emfanalysis.com/the-basics/>

7.) How do you determine if you have a smart meter on your home? And, if you do, what can you do about it? Read these articles:

<https://www.emfanalysis.com/do-you-have-a-smart-meter/>
<https://www.emfanalysis.com/how-to-raise-awareness-in-your-community/>

8.) Are you experiencing electrical sensitivity? These articles will help you get the care you need and make the changes necessary to regain your health.

<https://www.emfanalysis.com/ehs-guide/>
<https://www.emfanalysis.com/how-to-find-a-medical-doctor/>
<https://www.emfanalysis.com/brain-health/>
<https://www.emfanalysis.com/low-emf-computing/>
<https://www.emfanalysis.com/analog-phone-system/>

9.) Are bed canopies a good solution to reduce RF pollution? The answer is yes, and they can be a great investment under some circumstances. Read more about bed canopies here:

<https://www.emfanalysis.com/bed-canopies/>

10.) How do you measure your home? Which meters should you purchase? The following articles will help you navigate this process:

<https://www.emfanalysis.com/how-to-create-a-healthy-home/>
<https://www.emfanalysis.com/meter-packages/>

11.) Are you planning to move? Would you like your next home to be low-EMF? My book is the best guide I could write on this question and the EMF topic in general. The book will make this process much easier for you and speed up your learning curve about EMF pollution.

<https://www.emfanalysis.com/healthy-home/>

12.) How do you find an experienced EMF consultant to measure your home? Read this page and then send me a message. I will connect you to a professional in your area that I trust. I can also work with you directly to answer any questions you have via Skype/phone/email.

<https://www.emfanalysis.com/work-with-me/>