

Personal Screening

When your home has become an RF-free environment, you still have to cope with going out in the electrosmog-polluted outside world.

Clothing can be made from Wear, Naturelle, Chromax and Electrocloth materials. The range of clothing that has been made includes jackets, trousers, shirts and blouses, tunics, hats, aprons especially for mums-to be, mittens and 'socks'. These are made to order and contact can be made with the two people who make them using our website <http://emfields.org/clothing/overview.asp> or by phoning EMFields direct on 01353 778814. These items are available zero-rated for VAT for those who sign the form saying they are electrically sensitive. No doctor's signature is necessary.

EMFields will have a range of ready-made clothing, including vests, blouses and shirts and a maternity top available in 2012.

We believe that microwave radiation affects the way the brain maintains the wellbeing of our biological systems. Protecting the brain from the disruption created by RF signals helps many people with ES to cope better when outside. The headnet is made in a similar way to a beekeepers head cover, manufactured using bobbinet material. One size fits all. Washing the headnet will reduce its screening potential, as will the use of shampoo, or other chemical, on your hair which contains sulphur e.g. Lauryl sulphate. The effectiveness of this product does deteriorate over time, depending on the environment it is exposed to.

Phones

For low EMF cordless phones in the house, see section 4.

Many people have to use mobile phones, either for work, or they have no available alternative.

To protect yourself from the RF from a mobile phone, EMFields has a range of BlocSocks. You can carry the phone, protecting your body whilst it is on standby and dramatically reducing the radiation to your head when in use. See <http://emfields.org/phones/blocsocks.asp>

Many organisations and governments recommend the use of a hands-free kit for a mobile phone as a precautionary measure. EMFields has 2 types of hands-free kit. Both are airtube systems as this stops RF travelling up wires to the ear, as happens in a hands-free wired headset. One type has an earpiece for one ear; the other type has earpieces for both ears. Whichever you choose is a matter of preference not performance as they both work just as well in protecting your head from EMFs. The two-ear system comes in 3 colours. It is important to remember to keep the phone away from your body whilst you are using the hands-free kit, as the phone will still be giving off high levels of RF.

Because there are so many different plug types for different phone models, a wired headset can only be compatible with a small number of phone makes/models - whereas Bluetooth is available on all modern phones. The EMFields website has a list of phones which are compatible with the headsets that EMFields sells. If your phone is not on the list, but it is Bluetooth compatible, this is the system to go for.

Whilst Bluetooth does produce Radio Frequency EMFs, the overall exposure from using this headset is still vastly lower than if you were to hold the phone to your head. The Bluetooth headset transmits at extremely low power, and includes a small screening pad to minimise your body's exposure. This headset can reduce exposure to EMFs from your phone by up to 98%.

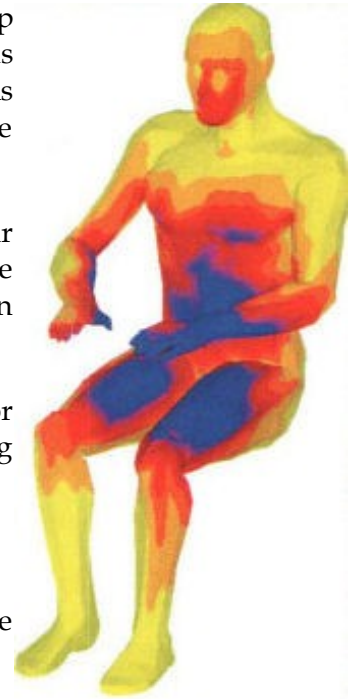
Laptop earthing trays

Many people like to have a tray to put their laptop computer on when they want to use it. Many laptops give off high levels of RF, which can be disabled, but updates to the laptop can result in WiFi being re-enabled without your being aware of it. Laptop computers can also give off high levels of powerfrequency electric fields from the keyboard. EMFields sells earthed laptop trays, which means that you are protected from both RF and PF electric fields all the time that your laptop is in use.

Rf radiation has been associated with infertility in males, as their genitals which are very sensitive to RF, are radiated highly when the computer is positioned on the lap. The picture on the right shows in blue the areas which are most highly exposed to RF radiation.

If the male in you life uses his lap for a computer for homework or internet access, watching films, etc. it may be the best way of protecting their ability to have healthy children.

The laptop trays are available with a range of pictures, or just a single colour.



Supplements

When you have managed to reduce your exposure to RF radiation, thus reducing the stress experienced by your body, you may decide to help your immune system become stronger.

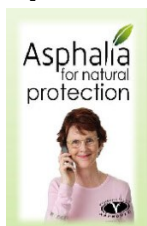


Melatonin has been linked to a wide range of health benefits, not only repairing pre-cancerous cell changes, but also helping ward off depression with more active mood controls. Other benefits include better sleep which impacts on so many health conditions. For more information, see the free article on Melatonin in the EMFields library.

EMFields now stocks pure melatonin in easy to take capsule form.

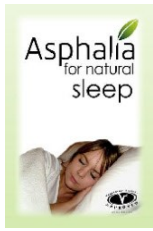
Also available is Asphalia, which is made from special grass grown in South Wales, which is rich in melatonin. The capsules also contain other herbal supplements which have been linked to health benefits.

Asphalia EMF Protection remedy



Asphalia is a natural source of melatonin. Asphalia is specially formulated to mop up free radicals and protect the body from within. People living near cellphone masts had been suffering disturbed sleep until they started taking Asphalia.

Asphalia sleep remedy



Many people who are electrically sensitive experience problems with either getting to sleep or maintaining sleep. Asphalia contains melatonin, which helps re-stabilise the circadian rhythm and improve sleep patterns.

See also our article on [melatonin, EMFs and health](#).

These products, though not subject to the same stringent testing as the screening products tested in our own laboratories, have been recommended by electrically sensitive users as helping them feel better. This may not apply to everybody, but you may find they help you.

This article is available to download, free of charge, from www.emfields.org