

# Radiofrequency Protection for You and Your Family

This article is separated into 6 sections, each of which can be individually downloaded. It is a 'work in progress' incorporating new information whenever time permits.

## Section 5

### Personal Screening

1. Introduction; health effects associated with RF radiation; TV and radio; mobile phone masts or base stations; graphs showing change of symptoms experienced according to RF exposure levels; other sources of RF radiation
2. Sources outside the home; mobile phone masts (base stations); Televisions and TV transmitters; WiFi; interactive whiteboards in classrooms; kindergartens; hospitals; wLANs in offices; railway stations; rubbish tagging; transport; internet cafés; WiMAX; street lighting; bus stops; radar; amateur radio enthusiasts; local radio communication services; local broadband services; military equipment; police surveillance
3. Sources inside the home; mobile phones; digital cordless (DECT) phones; wired telephones; television; lighting; computer monitors; wireless mice; computer broadband connections; laptop computers; computer wireless LAN (local area network) broadband connections; dLANs/Homeplug devices; microwave ovens; baby monitors; alarm buttons; children's games; burglar alarms; 'smart' utility meters; hearing aids; dental work; de-humidifiers
4. Measuring exposure, screening and protection; How does microwave radiation get in from outside? Windows; the glass; windowfilm; curtains; bed canopies; shielding sleeping bag; earthed grounding sheets; walls; paint; skirting boards and curtain battens; ceilings; doors; Why, when I screen out the fields, does my phone still work? insulation; phones; mains filters; dirty electricity; lighting; Litovitz equipment; (electromagnetic noise)
5. Personal Screening; shielding clothing; phone pouches and headsets
6. 56 references

## Personal Screening

When you have made your home less polluted by RF, you still have to cope with going out in the electrosmog-polluted outside world.

Clothing can be made from a variety of screening 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](#). 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. The headnets are available from EMFields.



Chromax clothing, such as the hooded jacket in the picture, which, like all Chromax garments can be hired by agreement with Eddie, can be placed by completing the [contact form](#).

Orders for clothing including underwear, hats, and shirts and blouses made of many different types of material are available from [Dyane's Stitch in Time](#).



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

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 and Phone Pouches. You can carry the phone, protecting your body whilst it is on standby and dramatically reducing the radiation to your head when in use.

Many organisations and governments recommend the use of a hands-free kit for a mobile phone as a precautionary measure against RF radiation. EMFields offers a [hands-free kit](#). It is an airtube system as this stops RF travelling up wires to the ear, as happens in a hands-free wired headset. It has earpieces for both ears. 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. The EMFields website has a list of phones which are compatible with the headsets that EMFields sells.