



SWISS HARMONY
In Tune With Nature

Preventive Measures



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- **Corded Phones** - get rid of cordless phones... you'll get used to it again. A speakerphone will reduce your exposure even more.
- **Wireless Internet and Bluetooth systems** - hard wire it. (Bluetooth applications include all close range wireless communication devices such as wireless keyboards, mouse, printers, hands-free headsets, gaming consoles, bar code scanners.)
- **Wired baby monitors** - use corded, plug in, sound activated type and keep the wireless ones well away from your baby.
- **Cell phones** - Use a landline. Some people keep one in their glove compartment in case of emergencies. Not using a cell phone regularly not only protects you and those near you but it also reduces the number of signals transmitting from cell phone towers and improves the environment for everyone
- **Replace fluorescent lights and bulbs with incandescent bulbs.** Although the government is encouraging everyone to use fluorescent bulbs, they only have power savings in mind. They are toxic in more ways than one: they emit strong EMFs and contain mercury.
- **Live as far away as possible from power lines,** distribution lines, electrical substations, electrical bus cables and cell phone towers.
- **Only submit yourself to X-rays, MRI's or CT scans in emergency situations.** Although exceptional diagnostic tools, these procedures are extremely dangerous and will only make your symptoms worse. Unless your situation is dire, it would be unwise to submit to them.
- **Unplug all electrical equipment when not in use.** Even when something is turned off it will still conduct 'dirty electricity' from power surges and bring that into the room and closer to you.
- **Remove or unplug lamps and other electrical equipment** from occasional and end tables, if they are near to where you will be sitting. This includes telephones. Use overhead lighting or place lamps at a distance from where you will be sitting.
- **Do not use a microwave oven.** These not only emit high levels of EMF's but they also irradiate your food, causing it to be less nutritious. (Some research suggests that microwaves kill of cancer retardant substances)
- **All metal can act as an attracting agent to EMFs, Bathtubs, jewelry, metal studs, etc.**