



Easy & Budget Friendly
LOW EMF STRATEGIES

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Easy & Budget Friendly Low-EMF Strategies

The electro-pollution emitted by various electric or electronic gadgets in your home is a Class 2B carcinogen [1] which has been linked with symptoms of “headaches, concentration difficulties, sleep problems, depression, a lack of energy, fatigue, and flu-like symptoms” [2].

In the long term, these chaotic frequencies also represent “a risk factor for diseases such as certain cancers, Alzheimer’s disease, and male infertility [2].

The good news is that by using just a few of the strategies in this report, you’ll be able to start reducing the amount of electro-pollution in your home, and minimize these health hazards for you and your family.

Strategy #1: Hit “Airplane Mode” at Night

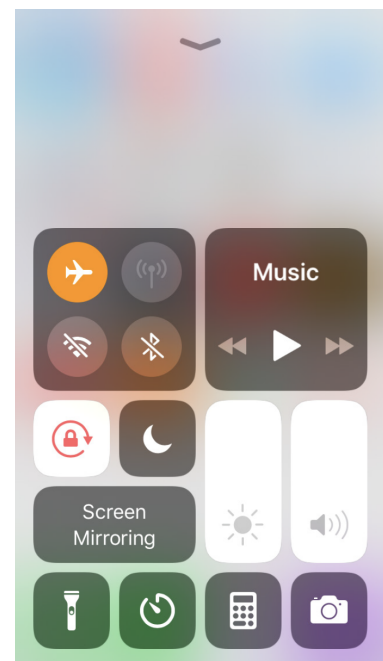
Most kids, teenagers and adults sleep with their phone, and sometimes even place it under the pillow. Not only is this habit highly distracting... The electro-pollution emitted by the phone can also directly interfere with your ability to sleep soundly [3].

Starting tonight, make sure you hit the “Airplane Mode” button when you go to sleep. This will greatly reduce your exposure, and many people report sleeping way deeper after just a few nights.

Strategy #2: Turn Off That Wi-Fi Router!

When was the last time you turned off your Wi-Fi router? Years ago... or maybe *never*? The sad reality is that your Wi-Fi router is a major source of 24/7 electro-pollution inside your home.

This is true regardless of how many *other* Wi-Fi routers might be polluting your neighborhood. The closer a source of electro-pollution is to your body, generally the more dangerous it is.



When you click on “Airplane Mode” on an iPhone or iPad, this is what it should look like.

To greatly reduce the impacts that Wi-Fi radiation has on your sleep quality and overall wellness, simply turn off the router before you go to sleep. Even better, automate that process by plugging your router into a simple ["Christmas lights" outlet timer](#).

If you want to go a step further, the ultimate solution is to get rid of Wi-Fi and connect to the Internet using an Ethernet cable. A good [Ethernet cable](#) is very budget friendly (\$10-\$30), and will last for years.

Strategy #3: Tame Your "Smart" Meter

If your utility meter has been replaced with one with a digital display in the last few years, chances are that you now have a so-called "smart" meter installed. The problem is that this new meter likely fills your home with needless and stressful electro-pollution, 24/7.

The best way to tame your smart meter is to opt-out the smart meter program and have your smart meter replaced with a good old analog meter. Try to contact your utility company to know if this is an option (keep in mind that some companies will charge you a penalty to get your meter replaced!).

If you cannot replace your smart meter with an analog meter, your next best option is to install an EMF-blocking smart meter cover on it. You can easily [build your own cover](#) for about \$20, or you can invest a bit more (\$50+) and buy a [premade cover](#).

What Now?

As you start reducing the levels of electro-pollution inside your home, you should start sleeping more soundly, and might notice that your energy levels are getting better.

There are always additional ways you can minimize electro-pollution and make your home a healthier place to live in. In the next few days, we'll be in touch with more ways you can tame your tech gadgets, minimize your exposure, and protect yourself & your family.

We hope you liked this short report. Remember to take baby steps and aim for progress, not perfection.

Your teachers,

Nick Pineault & Brian Hoyer

Sources

1. https://www.iarc.who.int/wp-content/uploads/2018/07/pr208_E.pdf
2. <https://www.degruyter.com/document/doi/10.1515/reveh-2016-0011/html>
3. <https://s3.amazonaws.com/media.electrosmogrx.com/austrian-medical-association-emf.pdf>

About The Authors



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Brian might be recognized by top health authorities, like Dr. Mercola, as one of the most cutting-edge EMF mitigation specialists in North America, but he's also a Functional Nutritional Therapy Practitioner with a deep understanding of holistic health.

Brian and his team have helped the top functional medicine doctors and health influencers in America shield their homes and clinics, including Dr. Ben Lynch, Dr. Klinghardt, Ben Greenfield, Luke Storey and many more.



NICK PINEAULT — THE EMF GUY

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Nick is the author of one of the best-rated EMF books worldwide — *The Non-Tinfoil Guide to EMFs* — and is a sought-after voice on safe technologies who was featured on more than 100 online and offline media outlets in the last 3 years alone.

In the last years, Nick's efforts to spread EMF awareness through a common sense and humorous approach has received accolades from top functional medicine doctors, engineers, and top EMF scientists like Professor Olle Johansson from Sweden.