

CELLPHONE SHIELDING

Cellphone radiation is a serious issue.

Cellphones emit intense bursts of microwave radiation, even when not on a call. The radiation pattern varies from phone to phone, and depends on which network you are connected to, the quality of the connection, and the type of connection (voice vs. data for example). This microwave radiation can cause changes in the cell membrane, breaks in DNA, and release of chemical “stress” messengers in the body. It has been linked to brain, salivary gland, and breast tumors, decreased sperm count, headaches, and rapid heart beat. In fact, the manufacturers recognize this danger and recommend that you *never* hold the phone up against your body (see your owner’s manual!).



Limiting your exposure is always best. If you must use a cell phone:

- reduce the time spent on calls
- limit calls made when signal is weak
- charge, store, and use the phone away from your body
- remove the phone from the bedroom completely
- use shielding and/or headsets when using or carrying a phone



There are many styles of phone shields on the following pages. Look for one that fits your model of phone and your style of phone use.

We test all of our products for performance. You can test cell phone shields at home if you have a near field meter (see page 79). For an excellent article that shows the proper way to test cell phone shielding, visit <https://lessemf.com/cellphon.html#cellphone>