

11 Tips for Safer Mobile Phone Use

- ✦ Keep your calls short and use speaker or text wherever possible.
- ✦ If you have to speak on your phone, wait for your call to connect before placing your phone next to your head. Radiation is stronger while your call connects.
- ✦ Don't make calls when the signal strength is low – radiation is higher in this case.
- ✦ Avoid using headphones. Wireless and bluetooth headphones emit the same radiation as your phone. Wired headsets can intensify radiation to the ear canal. The wire transmits the radiation from the mobile phone and serves as an EMF antenna. Air tube headsets or the speaker setting are a safer option.
- ✦ Cordless (DECT) phones emit the same radiation as mobile phones, so try to avoid using them.
- ✦ Don't use mobile phones in enclosed metal spaces such as cars or lifts. Your phone uses more power to connect and the metal enclosure traps the radiation and reflects it back onto the occupants.
- ✦ Keep your phone out of your bedroom at night. If you use your phone as an alarm, switch your phone into 'aeroplane' mode. Radiation from your phone interferes with melatonin production which results in poor sleep.
- ✦ Remember a child's brain absorbs twice as much radiation as an adult's brain so be aware of how your child uses their phone.
- ✦ Don't hold your phone next to your head or reproductive organs when it is turned on.
- ✦ Never keep your phone in a shirt pocket or bra and especially not near your heart. Your heart is an electronic organ and radiation from your phone can affect it. If you need to keep your phone on your body, choose an area which is bony or has harder tissue. The more fluid in tissue, the more radiation it will absorb.
- ✦ Get a mobileFloww for your phone. It acts to create a bio-friendly 'Floww Field' around your phone which helps to reduce the effect of non-ionising radiation on your body.

