

# Non-ionising Radiation (EMF) Self Assessment Guide

How to determine if the sources of radiation around you may be impacting your health.

**Take stock of how you feel** - Be aware of what is around you.

The questionnaire below will help you recognise how you feel in your world. Whether you are at work, at home, in a shopping centre or in nature.

The idea is for you to become aware of patterns in how you feel. Whether you are always tired when you are at work, even if you only just arrived, when you were fine before that.

The differences may be difficult for you to notice because you are used to how you feel so you will need to pay attention and complete this questionnaire over a period of time.

## **This questionnaire is not a diagnosis!**

This questionnaire is a tool to help you recognise things you have become accustomed to. Sometimes changes are subtle and creep up on you slowly so that you don't really notice the changes.

Start to be aware of how you feel and make a note of where you are and what you are doing then you can start to make changes to improve how you feel.

It is possible that there are many reasons for some of your answers and there is a combination of factors affecting your health, non-ionising radiation could be one of them. So it is important to be aware of other possible factors as well.

If anything comes up that concerns you then you should visit your doctor or health professional.

This questionnaire is for your personal use only. It is not necessary to share it with anyone.







**Indicate to what extent you have experienced the following in the last 3 weeks**

Trouble concentrating and thinking clearly

Loss of memory

Bouts of unusual irritability, rage, violence, destructiveness, feeling hostile.

Stressed out, anxious or panicky

Inability to cope, feeling out of control or overwhelmed

Difficulty in concentrating for longer periods (30 minutes plus)

Avoided normal work activities and interaction with colleagues.

Avoided normal social activities.

Difficulty completing my work or other activities (it requires a lot of effort)

	Constantly	Most of the Time	Often	Sometimes	Seldom	Never

**Indicate that which best describes how you were feeling during the last 3 weeks**

Happy

Calm or peaceful

Nervous and or anxious

Depressed or gloomy

Sad or empty

Mentally or emotionally drained

	Constantly	Most of the Time	Often	Sometimes	Seldom	Never

## Making some sense of your answers

If you have answered 'Often', 'Most of the Time' or 'Constantly' for more than about 5 or 6 of the questions you need to consider that your exposure to non-ionising radiation may be affecting your sleep, health and way of life.

If this is a new idea for you, one of the easiest ways to test this is to turn off your modem before you go to bed at night and switch your mobile phone into 'flight' mode if you are going to have it as your alarm. Better still, leave your mobile and cordless phone out of your bedroom altogether.

See how you sleep and how you feel the next morning. If you slept better and feel better then start making this a new habit.

## What you can do

Simple tips to reduce your exposure to non-ionising radiation

Just because you might have a new realisation about what is making you feel the way you do, you are probably not going to be able to change everything all at once.

You will, however, be able to make some small changes which can have a big impact.

Look at the sources of non-ionising radiation in your home and workplace and turn them off when you are not using them or, if that is not possible, then make sure you are as far away as possible from the source.

## The Floww solution

Floww recognise that you do not want to give up all your technology which is why they developed the range of Floww products to suit different aspects of your life.

Floww is also aware that in our busy world with sources of radiation almost everywhere it is not practical, or often even possible, to block radiation from the source.

The Floww products are designed to reduce the impact of non-ionising radiation on your body without interfering with your use of your technology.

The personalFloww to keep with you when you are out and about.

The mobileFloww to use with your phone.

The screenFloww for computers and televisions.

The homeFloww and officeFloww for the larges spaces you live in.

To learn more or to order your Floww now go to:

<https://biocircuitry.com.au>