

# Tips for Safe Technology Holiday Gifting

by Wendy Nadherny Fachon



Many scientific studies about the health risks of using wireless technology have prompted people to seek ways to reduce or eliminate electromagnetic frequency (EMF) and radio frequency (RF) exposures. According to Physicians for Safe Technology, approximately 2 million people in the U.S. are prevented from participating in society or work because they are unable to function in a wireless space. They experience headaches, dizziness, nausea, heart palpitations and/or poor concentration, and most of them have no idea why.

Those that determine the cause of their symptoms to be wireless radiation can eliminate their exposure to wireless and find relief within the first 24 hours. Creating distance between oneself and a transmitter is one way to do this; hard wiring devices via ethernet cable is another. Turning off cell phones at night and switching to “airplane mode” while carrying them in a pocket will also lessen exposure. Massachusetts for Safe Technology (MFST) ([Ma4SafeTech.org](http://Ma4SafeTech.org)) offers free educational webinars about wireless technology risk and safer solutions.

Jeromy Johnson, an electrically sensitive engineer, left a successful career in Silicon Valley and established a website [emfanalysis.com](http://emfanalysis.com), which provides comprehensive blueprints to help solve almost any EMF problem. He cautions people about personal protection products (stickers,

pendants, bracelets) that promise to harmonize, neutralize or otherwise clear the surrounding environment of EMF radiation. He attests that these products merely work as a placebo and give a false sense of protection that could actually prove harmful over time.

Safe technology products make great gifts to help loved ones create a healthier home environment. RF meters, which help make “the invisible become visible”, measure EMF levels in home, school, business and industrial settings to help identify areas where exposure should be reduced or



avoided. There also are EMF books with options available for all readings levels.

**The Safe and Sound Classic II** is the most accurate and easy to use RF meter at an entry-level price. This pocket-sized unit detects frequencies between 200 MHz and 8Ghz, covering 3G, Wi-Fi, 4G and low-band to mid-band 5G. Eight lights provide detection of RF levels from 1 to 1,000,000 milliwatts per square meter. Suggested retail: \$169.

**The Safe and Sound Pro II** is a professional quality RF meter that provides more information, yet is also easy to use. The organic light emitting diode (OLED) digital display simultaneously shows peak, max and average

readings. The meter has a headphone port and a micro-USB port to add power and measure continuously. Suggested retail: \$399.

Both models are marketed by Safe Living Technologies and include a carrying case, Building Biology Guidelines sheet, instruction manual and certificate of calibration. See ad on this page.

**The Wishing Tree**, by Chris McPhie and Scott Ricker, and illustrated by Ethan Roffler, is a young family's introduction to Building Biology and the science of healthy homes. When their mom becomes sick, Stephen and Paula seek out the mysterious Wishing Tree for help. A downloadable eBook version is available free through [hoopladigital.com](http://hoopladigital.com), a public library service.

**EMF Practical Guide** by Lloyd Burrell explains the simple science of protecting oneself, healing chronic inflammation and living a naturally healthy life in a toxic electromagnetic world. Suggested retail: \$19.99.

**The Invisible Rainbow** by Arthur Firstenberg is the groundbreaking story of electricity, which exposes its real impact on the biosphere and human health. Suggested retail: \$21.27.

Reviews of these and other EMF books are available at [SafeLivingTechnologies.com](http://SafeLivingTechnologies.com).

**The JRS Eco Wi-Fi Router** ([jrseco.com](http://jrseco.com)) is a top-of-the-line wired router for those that like to maintain a Wi-Fi option. It has a simple on/off button. When the Wi-Fi is on, the RF emissions are 90 percent lower than a typical

router. It only radiates when a device is connected to it, which can help reduce the overall radiation frequency levels. Suggested retail: \$239.24.

**The iBrain Airtube headset** ([Lessemf.com](http://Lessemf.com)) eliminates the EMF exposure emitted by a wired headphone or wireless earbuds while also creating distance between the head and a transmitting cell phone. The simple earbud style with soft rubber cushions fits easily and provides high-quality sound. With a 39-inch cord and built-in microphone, it provides more privacy than using speaker phone mode. Suggested retail: \$24.95. A headphone jack adapter may be required. Suggested retail: \$9.99.

**Wired low-EMF baby monitors** are preferable to wireless ones, which produce unnecessary EMF exposures for infants. Less EMF has a model that is simple to install. It has a camera and microphone to mount near the infant's crib and is attached to a screen via a 50-foot cable. This eliminates having a powerful microwave antenna right next to a sleeping child. Suggested retail: \$299.95.

Considering these tech products and publications will lead gift givers and receivers along a safer life journey of discovery.

Wendy Nadherny Fachon hosts the Story Walking Radio Hour and has produced a series of three podcasts on environmentally safe technology with Cecelia Doucette, executive director of MFST. Find the podcast links at [StoryWalking.com](http://StoryWalking.com). See ad on page 30.

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