Parents, Halloween 2018

Children are commonly exposed to hazardous radio frequency microwave radiation or electromagnetic fields (EMF) from the following sources:

Wifi at home Cell phones Baby monitors

Wifi at school Cell antennas and towers

Smart utility meters Automobile GPS systems

Here’s a Halloween trick to improve your child’s health: reduce their EMF exposure!

#1 Turn off wifi at night or remove it from the child’s bedroom

#2 Replace wifi with a hard wired internet connection such as an Ethernet cable

#3 Remove cell phones from the child’s room at night and limit cell phone use

#4 “Opt out” of your smart utility meters and get analog utility meters instead. (Call PG&E and SMUD for this.)

The California Department of Public Health recommends reducing your exposure to EMF.

See the CDPH press release Number: 17-086 dated December 13, 2017, “CDPH Issues Guidelines on How to Reduce Exposure to Radio Frequency Energy from Cell Phones”. Google it!

**Why? For your child’s health!**

Reducing your child’s EMF exposure will reduce his or her serious health impacts, which are cumulative and will otherwise affect your child’s development for the rest of his or her life.

According to thousands of scientific studies from many countries including the U.S., long term exposure to non-ionizing EMF causes many serious health impacts. These include:

Headaches Immune system impairment

Tinnitus DNA (genetic) damage

Insomnia Oxidative stress

Heart palpitations Mood disorders

Structural and functional changes of the reproductive system

If your child experiences any of these he or she may be suffering from EMF exposure. Sources:

 International EMF Scientist Appeal [www.EMFScientist.org](http://www.EMFScientist.org)

 BioInitiative 2012 [www.BioInitiative.org](http://www.BioInitiative.org)

 Baby Safe Project <https://www.babysafeproject.org>

Sacramento Smart Meter Awareness [www.SacSmartMeters.org](http://www.SacSmartMeters.org)

American Academy of Environmental Medicine <https://www.aaemonline.org/pdf/AAEMEMFmedicalconditions.pdf>