

Academy of Environmental Medicine, the International Society of Doctors for the Environment (ISDE) and the Irish Doctors Environmental Association (IDEA) are all calling for improved standards.

Practice safe use of wireless phones

In the absence of sufficiently protective standards and legislation, individuals need to act now. This means:

- Limiting calls to those that are absolutely necessary on wireless devices
- Using a speaker phone or air tube headset whenever possible
- Keeping cell phones away from the body
- Turning your cell phone off when not in use
- Texting instead of talking
- Alternating from one side of the head to the other when phoning
- Avoiding using a cell phone when reception is poor
- Using a corded land line whenever possible
- Removing cordless phones from bedrooms

Minimizing the effects of these wireless exposures now instead of later is timely and crucial.

Sources for this article include:

<http://www.saferemr.com>

<http://www.prlog.org>

<http://www.spandidos-publications.com>

About the author:

Lloyd Burrell is the author of a new ebook entitled "How To Beat Electrical Sensitivity" which offers a solution to the growing number of people whose health is being compromised by exposure to wireless and similar technologies, see www.electricsense.com/3-free-chapters.html

Since falling prey to a violent reaction to his cell phone in 2002 he has spent the last 10 years researching the effects of electromagnetic fields (EMFs) on health. He now offers a complete solution on how to live a healthy life in our increasingly electromagnetic world.

You can download his free EMF Health Report and subscribe to his newsletter by visiting his website <http://www.electricsense.com/>. You can also follow him on Facebook , Twitter, Youtube and Google+.

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