



12 BASIC PRECAUTIONS to minimise exposure to radiation when using a mobile phone

- 1 - Limit phone calls to those that are absolutely necessary, and restrict these to 6 minutes maximum, which is the time the body needs to adjust. Use a hands-free kit and hold the phone more than 20/30cm away from your body in order to limit the impact of radiation on yourself.
- 2 - Do not carry your phone directly on your body, even on stand-by, and do not use it less than one metre away from another person, in order to reduce the effect of 'passive' radiation.
- 3 - Those under 15 should not use a mobile phone at all because they are still growing. With their lighter body weight the radiation is more damaging, especially to the brain, weakening the Blood-Brain Barrier (BBB), and to the reproductive organs/ovaries, etc.
- 4 - Any elderly person should be discouraged from using a mobile phone, as well as anyone in a weakened state (the radiation will weaken their organism further), and any pregnant woman. Microwave radiation is readily absorbed by the amniotic fluid in which the embryo and then the fetus develops.
- 5 - Use the phone only in conditions of optimum reception: do not use it in a confined space such as an elevator, basement, underground station, caravan, etc. In these situations the strength of the signal both sending and receiving is much greater thus the radiation is much more intense.
- 6 - Do not use the phone while you are in a moving vehicle, including the train, bus, etc, since its antenna will be constantly scanning for contact using the maximum signal strength, and the radiation from both incoming and outgoing signal will be intensified.
- 7 - Do not use the phone while in any vehicle, even when stationary. An enclosed metal container produces the "Faraday cage" effect, which maximizes the damaging impact of radiation, reflecting not only on the person phoning but also on other passengers, especially children. Thus it is essential to step out of the vehicle before making a call.
- 8 - Do not keep a mobile phone beside the bed at night switched on, because even when on stand-by it is in contact with the nearest phone mast and emits radiation at regular intervals.
- 9 - Equip yourself preferably with:
 - a mobile phone with the lowest possible SAR rating (= Specific Absorption Rate of microwave radiation by human body tissues). The regulation limit is 1.1W/kg for eye-sockets and cheeks.
 - a phone with an external antenna, because even if it is less trendy, the omni-directional antenna broadcasts with maximum efficiency and therefore uses a weaker signal than one with an inbuilt antenna. The fashion factor matters less than the health factor.
- 10 - Use of a mobile phone should be avoided by anyone who has any metallic object in or on their head, whether magnetic or not, such as amalgam fillings and dental bridges, metal plates, screws, clips, body ornaments, earrings or metal framed glasses. The same is true for those with walking frames, wheelchairs or metal crutches, so as to avoid increasing radiation by the phenomena of reflection, amplification, resonance, passive re-emission, etc...
- 11 - Make use of protective items to shield yourself from radiation, such as a metal phone carrying case, protective anti-radiation fabric and veils, metallic foil wallpaper, anti-radiation paint, etc, all which have been proved to be effective.
- 12 - Make as many phone calls as possible using landlines which emit no radiation, and which can often be used for free and for unlimited time via the Internet, even for phone calls abroad.