

Healthy Cell Phone Hygiene

- ✓ Whenever you have your cell phone turned on, keep it in a satchel or purse (ie, don't wear a phone on your belt). The farther away from your head the better. Radiofrequency (RF) radiation is diminished by the square of the distance. (eg, 2 inches away means it is diminished by $\frac{1}{4}$, 4 inches away by $\frac{1}{16}$).
- ✓ Switch ears regularly, distributing radiation more evenly.
- ✓ Use the speaker phone, or use a hands-free headset. An air tube headset is best, however, a Bluetooth headset uses an infrared signal, generating only
- ✓ $\frac{1}{100}$ th the electromagnetic field of a typical cell phone. Take off headsets when not in use. Bluetooth does emit a constant signal.
- ✓ Research your phone to discover its specific absorption rate and purchase one that emits a lower radiation. (The Environmental Working Group, www.erg.org, rates more than 1000 cell phones.)
- ✓ Listen more or use text—talking requires your cell phone to emit the most electromagnetic radiation. Texting occurs away from your head.
- ✓ Use cell phones only with good signals. Cell phones generate more RF when you are moving great distances such as in a car and when you are farther away from cell phone towers. Using a cell phone with good connections generates less RF.
- ✓ Have the key pad face your body so that the antennae, on the back of the phone, is away from it. In a flip phone, the antennae is on the back of the earpiece part of the phone and should be facing away from the body.
- ✓ Don't sleep near your cell phone – RFs can disrupt healthy sleep patterns in the brain.
- ✓ Limit children's use of cell phones, and teach good cell phone hygiene.

Source: Joel Kreisberg, DC, MA. Cell Phones and Electromagnetic Radiation: What We Do Not Know. Integrative Medicine. Vol. 9, No. 3, Jun/Jul 2010