

# 389: Mitigate the Effects of EMF Radiation

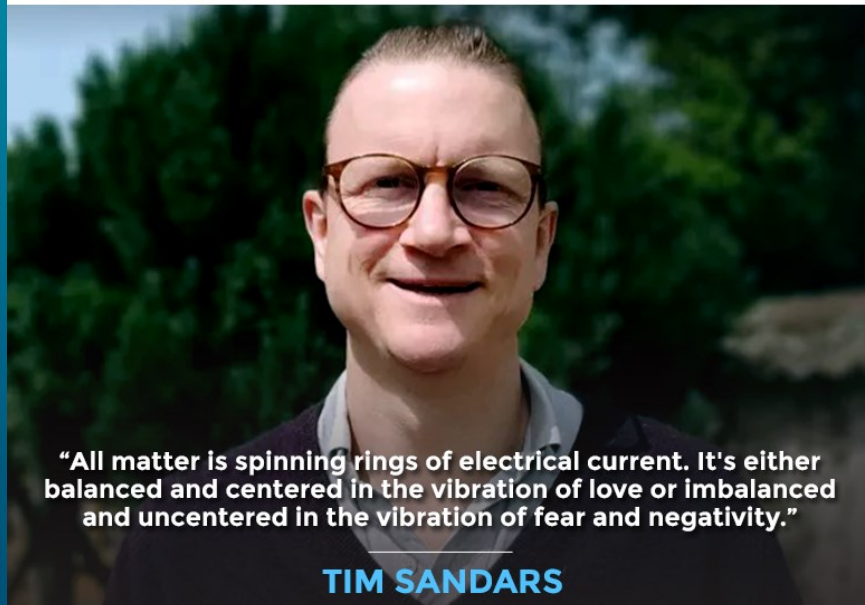
## 10 Point Checklist

**Tim Sandars**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"All matter is spinning rings of electrical current. It's either balanced and centered in the vibration of love or imbalanced and uncentered in the vibration of fear and negativity."**

**TIM SANDARS**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Keep my phone out of my pockets and avoid too much skin contact it. Most cell phone brands instruct users to keep phones more than half an inch away from the body. Use cell phone holders and straps or put them in bags or pouches to minimize contact.
- Use wired headphones with a ferrite bead or other radiation protection accessories rather than wireless headphones. Corded headsets are safer because [studies](#) have shown Bluetooth devices can cause cancer, sleep problems, DNA damage, and infertility as they emit higher levels of radiation.
- Turn off devices when not in use. Turning off devices stops the transmission and emission of radiation. If it's necessary to use a device, I ensure Bluetooth and WiFi functions are disabled when not needed.
- Avoid using smartphones when the reception is weak. Only use the device if it has many bars. Using a phone with weak reception emits more radiation.
- Refrain from placing the laptop on my lap when working for longer periods. Laptops should also be several inches away from the body; it's better to place them on a surface. If there are instances where I must put my laptop on my lap, I'll use a protective barrier, such as a blanket, between me and the laptop.
- Manage the usage of WiFi routers and smart technologies. Although smart technologies and connectivity make life easier, the downside of this is more exposure to EMF radiation. Consider turning off WiFi routers when not in use, especially at night. Instead, opt for the essential smart technologies only and weigh their risks.
- Keep cell phones and other wireless devices away from the bed when sleeping. Part of having a full rest is keeping away from phones. If possible, turn off my phone or switch it to Airplane mode – even if I use it as an alarm clock – so it stops emitting or receiving radiation.
- Consider avoiding wearable devices. Wearable techs such as smart watches also emit and receive radiation. Determine the pros and cons, and weigh the risks of having a device attached to the body at all times.
- Use radiation protection stickers to reduce imbalances in the body by wireless radiation. Attaching stickers with an invisible energetic layer to electronic devices regains balance in the electrical field and restores the wave field to its geometric center.
- Learn more about radiation protection and restoring your body's harmony and balance, and get the Omni Radiation Balancer (ORB) stickers and pendants at [omniradiationbalancer.com](https://www.omniradiationbalancer.com). To get a discount, use the code LOVEFROMOMNIA.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/mitigate-the-effects-of-emf-radiation-with-tim-sandars/>