Options to Reduce EMF Exposure from “Smart” Utility Meters

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Electromagnetic Radiation Spectrum
Four Types of Electromagnetic Fields/Radiation

1. Electric Fields: Voltage in Air
   - Effects: neurological, sleep disturbances
   - Overhead Power Lines
   - Wiring in Walls
   - All Electronics
   - Lower if grounded
   - Lamps: no ground wire
   - Grounding mats

(Akerstedt, Balassa, Belyaev)
2. Magnetic Fields: Current in Air

- Affects: DNA damage, cancer, miscarriage
- Overhead Power Lines
- Wiring Errors
- Laptops
- Stove Tops: Induction
- Cars: alternators, battery, steel in tires
- Motors in motion: refrigerators

(IARC, 2002; Li, D, 2017)
3. Dirty Electricity: higher-frequencies voltage transients – above 60 Hz

- Case Studies: MS, CA, ASD, DM
- Wiring Errors
- Solar Energy Inverters
- Energy-Saving Bulbs: CFL, some LED
- Dimmer switches
- Variable Speed Motors in HVAC, pool/well pumps
- Switch Mode Power Supplies (laptops)
- Filtering with wiring errors increases magnetic fields

(Havas, Milham, Sakurai)
4. Radio Frequency Radiation (RF) from all Wireless Devices

- Cell Phones
- Cell Towers / 5G
- Wi-Fi
- Wi-Fi enabled Printers
- Air pods
- Cordless phones
- Cordless mouse, keyboard
- Baby Monitors
- Gaming Stations
- Smart Utility Meters
- Smart Speakers: Alexa, Echo
- Smart Fitness Watches
- C-Pap: turn blue tooth off
Typical Smart Meter
Analog Meter

some now have RF built into bottom
Low Budget, Effective Shield!

- 2 layers: Heavy-duty foil about 30 inches long
- Wrap & secure with HVAC (foil) tape
- Leave small hole out front or side
- Make 2 tiny holes in bottom for drainage
- Optional: create metal “roof”
Inside Home: About 4-6 ft behind meter

Line with 2 layers of Laminated MW Absorber from LessEMF.com

Place 1 layer of foil in between
Or: Iron Maiden by DEFiltersLLC.com: $550-570
If No Signal: Place Foil over pet cone/ collar
Measure Wireless Radiation

Safe & Sound Classic II: $149: Simple & sensitive

Safe & Sound Pro II $385 Specific & sensitive
Coupon Code for 20% off ends today!

Spring2023 at SLT.co
Great Resources at their FAQ
Interested? Help Needed!

EMF S敏感s’ Summer Camp: A Celebration of Wellbeing & Belonging

in Western NC
Summer 2024
Thank you!
Please visit SafeTechNC.org and Support our Work!