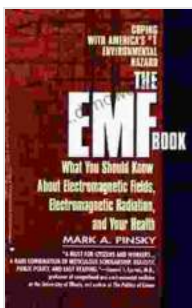


What You Should Know About Electromagnetic Fields and Electromagnetic Radiation

Electromagnetic fields (EMFs) and electromagnetic radiation (EMR) are all around us. They are emitted by electrical devices, wireless networks, and even the human body. While EMFs and EMR are essential for many modern technologies, there is growing concern about their potential health effects.



EMF Book: What You Should Know About Electromagnetic Fields, Electromagnetic Radiation & Your Health by Mark A. Pinsky

★★★★☆ 4.8 out of 5

Language : English

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Dimensions : 6.1 x 0.34 x 9.25 inches

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What are EMFs and EMR?

EMFs are invisible areas of energy that surround electrical devices. EMR is a type of energy that is emitted by EMFs. EMR can be either ionizing or non-ionizing. Ionizing EMR, such as X-rays and gamma rays, can damage

DNA and cause cancer. Non-ionizing EMR, such as radio waves and microwaves, does not have enough energy to damage DNA, but it can still cause health problems.

Health effects of EMFs and EMR

There is a growing body of evidence suggesting that EMFs and EMR can have a variety of health effects, including:

- Cancer
- Leukemia
- Brain tumors
- Reproductive problems
- Neurological problems
- Immune system problems

How to protect yourself from EMFs and EMR

There are a number of things you can do to protect yourself from EMFs and EMR, including:

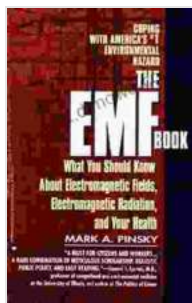
- Limit your exposure to electrical devices.
- Use wired connections instead of wireless connections whenever possible.
- Keep your distance from electrical devices.
- Use EMF shielding products.
- Take supplements that protect against EMF radiation.

EMFs and EMR are a growing concern for public health. While more research is needed to fully understand the health effects of EMFs and EMR, there are a number of things you can do to protect yourself from these potential hazards.

If you are concerned about the health effects of EMFs and EMR, talk to your doctor. They can help you assess your risk and develop a plan to protect yourself.

Free Download your copy of *What You Should Know About Electromagnetic Fields and Electromagnetic Radiation* today!

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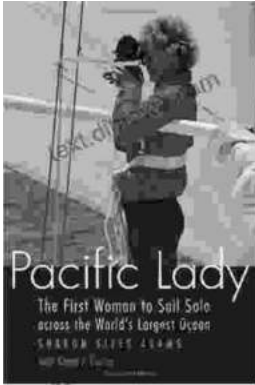


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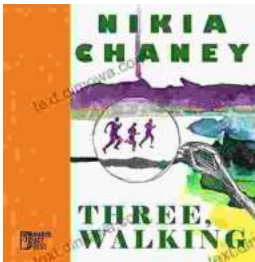
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