

# **Health Risks And Other Dangers Of Microwave Radiation Including 5G Radiation**

## **In Cell Phones, Cordless Phones, Wireless Routers, Wifi Devices, Bluetooth Devices, Smart Meters, etc.**

**Are 5G phones safe? Are ANY microwave devices safe?**

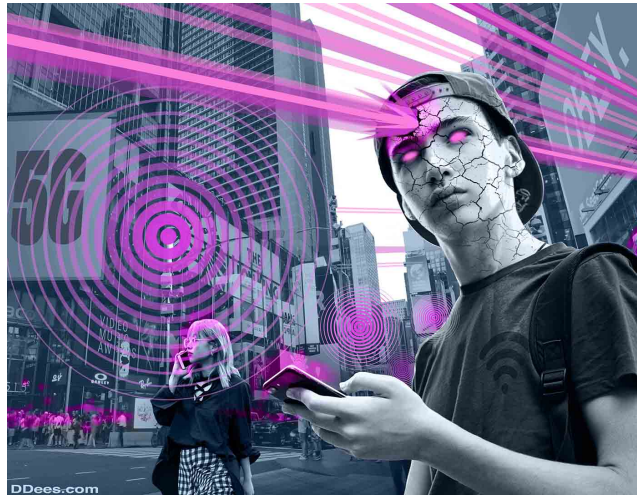


Did you ever stop to think about ALL the devices in your home and on you and all around you (in stores, offices, outdoors too) - that are emitting MICROWAVES, that is radio waves in the microwave frequency range, a potentially very dangerous range of radiation for the cells in your body.

### **Possible negative health effects of microwave radiation from electronic devices:**

- brain tumors
- heart tumors
- cardiac abnormalities
- neurodegenerative diseases
- eye damage
- rapid aging
- insomnia
- lowered immunity
- chronic pain
- anxiety
- ringing in ears (tinnitus)

heart arrhythmia/palpitations  
irritability  
decreased cognitive function  
fatigue  
increased risk of various cancers



## **What kinds of things you need to be concerned about regarding microwave radiation?**

The issues that many reports and studies of this subject that don't usually take into account would include:

How close to my body are the devices?

How often do I use these various devices?

Which devices emit the highest levels of microwave radiation?

Which devices operate at the most harmful microwave frequencies?

## **What devices in your home or office use Wifi microwave radio frequencies?**

cell phones

laptop computers

desktop computers

tablet computers

remote controlled drones

wifi routers

wifi surveillance cameras

wifi webcams

## **What devices in your home or office use Bluetooth microwave radio frequencies?**

cell phones

laptop computers

desktop computers

tablet computers

bluetooth headsets

bluetooth speakers

bluetooth keyboards

bluetooth mice

bluetooth webcams  
bluetooth surveillance cameras

## **What devices in your home or office use Cell Phone microwave radio frequencies?**

cell phones (obviously)  
cell phone hotspot devices  
power company smart meters

### **Some simple, practical safeguards:**

Here is a list of some simple safeguards to consider when using any type of microwave emitting electronic device:

Don't stand near your microwave oven when it is operating. Microwave radiation "leakage" from such a microwave oven can exceed the radiation level from a cell phone.

If you use a cellular wifi hot-spot in your home or office, keep it as far away from YOU as possible.

If you must use a cordless phone, don't keep in anywhere near your bed and ideally, turn off the power to it at night when you are sleeping. They give off a LOT of RF radiation even when sitting in their charging cradle.

If you can live without a bluetooth device, use a **corded earpiece** and corded microphone.

Do not use your cell phone next to your head, but rather use a **corded earpiece** and microphone unit or at least use the speakerphone.

If possible, turn off your cell phone at night and also put it in an **EMF pouch**. Keep your **wifi routers** turned off at night or whenever you don't need to use the internet. Routers give off RF radiation even when you have their wifi programmed to "off"

Go "old school" with computers and routers by using **ethernet cables** and ethernet "switches" INSTEAD OF wifi routers.

If you want to be ULTRA "old school" you can switch to a landline at home and use a cell phone ONLY for emergency road use. And then trade in your microwave oven for a good old fashioned convection toaster oven (or air fryer) and an electric hot water pitcher. You can also use a **corded** mouse and keyboard for your computer instead of the wireless kind.

Even if you use a laptop or a tablet, you can turn off their wifi (assuming you also turned off your wifi router) and use ethernet cables instead. For your tablet, you can get an ethernet to USB-C adapter such as this one [HERE](#).

### **Devices, products and safety practices that can protect you from 5G radiation:**

How To Protect Yourself From 5G Radiation

Finding 5G Towers Near Me (3 Quick Ways)

10 Best EMF Blocking Cell Phone Cases [2023]