

# Resources for Low-EMF Living

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### To Find a certified EMF Specialist:

BuildingBiologyInstitute.org – Find an Expert – EMRS – look for your state/region

Or contact: [Erik@BuildingBiologyInstitute.org](mailto:Erik@BuildingBiologyInstitute.org) (since there are at least 75 people now in the process of certification)

### Sleeping Sanctuary Resources

- OutoPest LED reading light, clip on, rechargeable with 5 colors and 5 brightnesses
- Auvon night light / mini-flashlight; rechargeable
- Remote Cut-off switch: SLT.com
- EMF Sleep Switch.com

### Safer Cell Phone Use:

- Shielded Cases: Shield Your Body: SYB.com \$30 or TechWellness.com
- Head Sets & protective case: Shield Your Body: SYB.com \$39.00
- Low RF Phone soon available: Mudita.com

### Land Line Option: Voice-Over-Internet-Protocols (VIOP):

- Spectrum (also has traditional landline in some regions)
- OOMA; model: Telo (which has no wireless connections)
- Magic Jack (voice mail unreliable)

**Forwarding cell phones to landline:** \* (star) 72 then full number with area code; \* 73 to un-forward. You can also synch the iPhone to MacBook and answer calls on hardwired MacBook, or synch Android cell phone to PC using Google Voice.

**Internet / Office Set Up:** See [CreateHealthyHomes.com](http://CreateHealthyHomes.com): Oram Miller, EMRS, Los Angeles, CA: go to Store tab

### Modems without WiFi:

- [Netgear Modem CM600](#) has one ethernet port to connect to computer or router; compatible with Spectrum, Comcast
- [ARRIS SURFboard SB6190 DOCSIS 3.0 Cable Modem](#). Approved by Spectrum The download speed is 1.4 Gbps and the color is white.

### Routers without Wifi:

- [Ubiquiti EdgeRouter X Advanced Gigabit Ethernet Routers ER-X](#) \$170 This provides **speeds up to 1 Gigabit** (1,000 Mbps) and it is rated Amazon's Choice
- [Netgear Router AC 1750](#) has 5 ethernet ports. It also has a button that must be held for two seconds to turn off the 2.4 GHz and 5 GHz WiFi. If the WiFi LED is lit, the WiFi radios are on. If this LED is off, the WiFi radios are turned off.
- NETGEAR 5-Port Gigabit [Ethernet Switch \(GS105NA\)](#) serves as a splitter to have more hard-wired internet connections in your home.

**Low-RF Router:** JRS Eco 100 D2 on Asus Low-emission and automatic sleep-mode AC1900 Router (\$278) or mountable AC1750 Router (\$249) found at [ElectraHealth.com](http://ElectraHealth.com) Emits 90% less RF and WiFi can be shut off; has ethernet ports.

**Ethernet: Shielded and Grounded:** Tera Grand - 7FT - Premium CAT7 Double Shielded 10 Gigabit 600MHz Ethernet Patch Cable for Modem Router LAN Network, Gold Plated Shielded RJ45 Connectors, Faster Than CAT6a CAT6 CAT5e, Black Found on Amazon

**Ethernet Adapter for PCs and for Old Apple laptops: USB to Ethernet adaptor**

- UGREEN USB Ethernet Adapter USB 3.0 to 10 100 1000 Gigabit Ethernet LAN Network Adapter

**Ethernet Adapter for Macbooks (which are thinner and do not have the standard ethernet port)**

- Older MacBooks: Apple Thunderbolt to Gigabit Ethernet Adapter ; RJ45 connector
- Newest Macbook: USB-C to Ethernet Adapter), which is also known as "Thunderbolt2"
  - Belkin USB-C to Gigabit Ethernet Adapter
  - Belkin USB-IF Certified USB Type C (USB-C) to Gigabit Ethernet Adapter
  - UGreen USB-C to Gigabit Ethernet Adapter

These adapters are often temperamental. If the connectivity fails, shake it and unplug and replug from both the ends going into the ethernet and the end going into the PC/Mac. It is best to seek brands that are grounded. See CreateHealthyHomes.com and Store tab. TechWellness.com has vetted a number of these adapters and recommends those that work long-term

**Printer Cable:** [AmazonBasics USB 2.0 Printer Cable - A-Male to B-Male Cord - 10 Feet:](#)

**Wired Mac Mouse:** iHome with Scroll Wheel, 3-Buttons, 1600 DPI, Laptops and Computers, Slim and Compact, Right or Left Hand Use, White \$14

PC Wired Mouse: \$14.95 from LessEMF.com Cat. #A310 ..... \$14.95

**Wired Keyboard:** Macally Ultra-Slim USB Wired Keyboard with Number Keypad for Apple Mac Pro, MacBook Pro/Air, iMac, Mac Mini, Laptop Computers, Windows Desktop PC Laptops, Silver (SLIMKEYPROA)

**Hardwiring iPads and iPhones: Adapter** “Dongle” lets you browse, Use a Messaging App, Email and Scroll! Found at TechWellness.com From SaferTech Regular price \$22.99

**Infra-red Keyboard :** NativeEMF.com \$82.00 from U.K. takes 2 weeks+ to ship. Set-up is challenging

**Smart Meter Guard:** Iron Maiden by DEFilters.LLC

**Do-It-Yourself EMF Meters**

- RFR: Safe & Sound Classic \$149 or Safe & Sound Pro II \$385 from SLT.co
- Magnetic Fields: Trifield TF2
- Electric Fields: Body Voltage Meter from SLT.co
- Dirty Electricity: Graham Stetzer line meter
  - Or analog AM Radio turned below stations to about 530 AM

**C-PAP:** Philips Respironics: modem can be removed; turn off Blue Tooth and Wi-Fi

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*BlueRidgeEMFSolutions.com*

