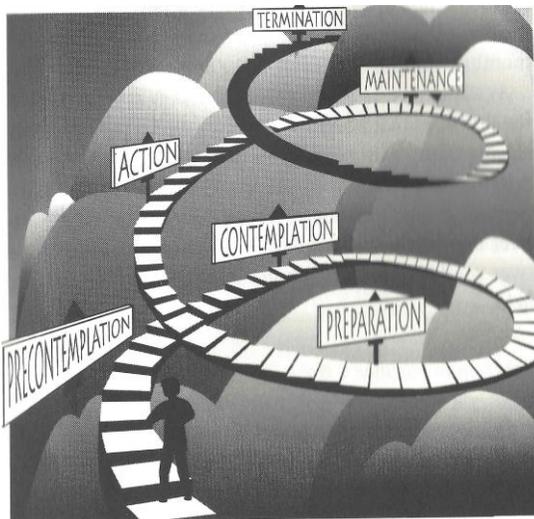


# Overcoming Real & Perceived Barriers to Reducing EMF Exposure: Moving beyond Knowledge and Attitudes to Low-EMF Practices

For EMF Medical Conference 2021

**How do we help our patients both to (1) become willing to listen to the science behind how our wireless devices can cause health problems, and (2) express openness to change their behavior about how they use their devices?**

The six Stages of Change, also known as the Trans-theoretical Model, was developed in the developed in 1980s by psychologists Drs. James Prochaska, John Norcross, and Carlo DiClemente with grant funding from the National Institutes of Health. It was developed to guide health professionals in how to help patients quit smoking and overcome alcoholism. Considered a classic framework in behavioral health for how to we approach changing addictive behaviors, these stages can help us understand our patients' readiness to change their use of wireless technology. Here is a brief overview of these stages:



**Pre-contemplation:** I CAN'T; no intention of changing behavior  
**Contemplation:** I MAY; aware of problem, no commitment to action  
**Preparation:** I WILL; intent on taking action  
**Action:** I AM; active modification of behavior  
**Maintenance:** I want to HELP others; sustained change  
**Relapse:** I SLIPPED; can quickly return to Preparation and Action

**Supportive coaching from health care professionals – multiple times and without guilt or pressure – is crucial to moving through these stages.** To help you know how to do this related to EMF exposure, a team of health care professionals and Building Biologists have provided these “**Helpful Responses**” below, following many years of listening to patients/clients real and perceived barriers to reducing their EMF exposures, and then finding ways to help them overcome these barriers.

**Motivational Interviewing (MI) is the framework** for our Helpful Responses below. MI is a counseling approach developed by clinical psychologists Drs. William Miller and Stephen Rollnick. It is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. Considered more focused and goal-directed compared with traditional non-directive counseling, MI is commonly used in treating patients suffering from the disease of addiction.

- **MI's Principles** include: collaboration, autonomy, and evocation (evoking internal motivation to be well)
- **MI's Practices:** express empathy, develop discrepancy, roll with resistance, support self-efficacy, ask permission, and use affirmations and open-ended questions, which help the client feel more in control.
- **Developing discrepancy** (perhaps the most challenging of these practices) is a crucial opportunity to point out when the client's goal of improved health is in conflict with what s/he is saying or doing. It can sound like this: “On one hand you said you are really motivated to feel well. And on the other hand, you are \_\_\_\_\_(using your cell phone all day).”

***We can open this conversation with patients using an open-ended question like:  
“What have you heard about the adverse health effects of wireless devices?”***

***On the following pages, see how the Stages of Change can be evident in these commonly asked questions, and our Helpful Responses, in which we suggest healthy tech behaviors and encourage action in small steps.***

Perceived / Real Barriers	Helpful Responses to Motivate Change
<b>Pre-contemplation “I can’t”</b>	<b>Prompt some consideration, yet don’t push. Ask permission.</b>
<b>If there was a problem, I would know about it.</b>	<ul style="list-style-type: none"> <li>• I get it. I felt that way too for a long time.</li> <li>• I read some reliable studies – not influenced by the industry – and realized that there are thousands of studies showing biological effects. Sadly, there are many conflicts of interest with science/government making the truth hard to discern.</li> <li>• I was shocked to learn that dozens of countries have laws to reduce children’s wireless exposures. Some have banned the sale of cell phones to kids, removed Wi-Fi from schools, and have public education campaigns. We need those here in the U.S.</li> <li>• Or: I did an experiment of my own: I turned off the Wi-Fi at night for a couple weeks and I slept so much better!</li> <li>• Or: One of my family members/patients was affected, and then I started doing my own research.</li> <li>• A cell phone is literally a hand-held radiation-emitting device.</li> <li>• Would it surprise you that there are legal notices in the fine print of your phone, telling you to keep it away from your body?</li> <li>• Would you be willing to read some reliable information I have?</li> </ul>
<b>We all have to die some way.</b>	<ul style="list-style-type: none"> <li>• Yes we do. And we don’t have to suffer with a poor quality of life.</li> <li>• This is not just about the quantity of years you live, but the quality of those years: making them happier and healthier. You can do that by understanding <i>how</i> exposure affects health, and learning the easy ways you can minimize <i>your</i> exposure.</li> <li>• There are more than 15,000 peer reviewed studies that show serious biological effects, which can cause terrible suffering, including cancer and Alzheimer’s.</li> <li>• We would have regrets if we or our children suffer or die from something we could have prevented.</li> <li>• Would you be willing to read the <u>abstracts of some studies</u> on how your (condition) might be affected by EMFs?</li> </ul>
<b>The FCC says it’s safe.</b>	<ul style="list-style-type: none"> <li>• They sure do, but they never tested it for biological safety.</li> <li>• Their standards are 25 years old and only account for heating skin on a <u>large mannequin</u>. The FCC refuses to consider all the health effects we have seen in <u>thousands of peer-reviewed studies</u>– that show clear biological effects – and multiple organizations are in the midst of <u>suing them</u>.</li> <li>• The FCC has no health or safety experts or doctors on staff.</li> <li>• I’m afraid the Harvard’s Center for Ethics was right in when they called the FCC a “captured agency” in an investigative report they published, because the FCC’s leadership is made up of former execs of the wireless industry – which has enormous lobbying power – in fact, more than any other industry in history. Their money is extremely powerful and influential.</li> <li>• Are you interested in reading about this? I can share with you the links to <u>Captured Agency and more recent investigative reports</u>.</li> <li>• You may have heard that it took decades for the official warnings on cigarettes to happen after the science was in. You’re fortunate to be warned about the effects of this radiation now.</li> </ul>
<b>This is weird! We can’t even see it!</b>	<ul style="list-style-type: none"> <li>• Right, just like we can’t see bacteria or viruses. Yet we know they can make us very sick, very quickly.</li> <li>• I thought it was weird too until I (had a patient/someone in my family who was affected/was affected personally).</li> <li>• Even though we can’t see this radiation, we can measure it with special meters that are designed for each type of EMF.</li> <li>• You will be amazed at how much we are exposed to 24/7, <i>and how EASY</i> it is to reduce exposures.</li> <li>• Would you like for me to pull out my meter so you can see the amount of wireless radiation coming off your phone?</li> </ul>

<p><b>I have to stay connected all day to my (kids/family member) from work, so I can't turn off my cell phone.</b></p>	<ul style="list-style-type: none"> <li>• Do you have a work number that your kids can call?</li> <li>• You can forward your cell phone to any landline by dialing *72 before the full number, then *73 to unforward. If it doesn't work on your phone, your service provider can set it up for you.</li> <li>• Do your kids' friends or their parents have a phone number that your kids can call from if they have an emergency?</li> <li>• You and your kids can also keep the phone further from your body – in a purse or backpack - and turn off the Wi-Fi and Blue Tooth, which can massively reduce the radiation it is putting off.</li> <li>• You can also keep your phone in a shielding pouch, like the ones sold by Shield Your Body. With the phone on, you keep the shielded side of the case closer to your body, so you can still receive calls. Then you can talk on the phone with a wired, airtube headset while the phone is still in the pouch.</li> <li>• Try leaving the phone as far away from you as you can - maybe the other side of the room or desk.</li> </ul>
<p><b>What's the point?</b> There are lots of cell towers and Wi-Fi networks all over.</p>	<ul style="list-style-type: none"> <li>• That's exactly right, so the more we can reduce our immediate exposure, the better. It's more important than ever.</li> <li>• States are beginning to address this, like New Hampshire, which issued a <a href="#">groundbreaking report</a> in 2020.</li> <li>• The most dangerous sources of wireless radiation are those closest to you, like your own Wi-Fi, cell phone and smart watch.</li> <li>• You can reduce your exposure by hard-wiring your internet connection and having distance from your devices.</li> <li>• Would you be willing to read some reliable information?</li> </ul>
<p><b>Contemplation: "I may"</b>      <b>Ask questions to help client feel in control. Coaching here is crucial!</b></p>	
<p><b>I've heard about this before, especially 5G.</b></p>	<ul style="list-style-type: none"> <li>• I'm glad you are familiar with this.</li> <li>• What information sparked your interest?</li> <li>• What's most important is to reduce the radiation sources closest to your body – like your phone, Wi-Fi, and smart watch.</li> <li>• Are you willing to keep your phone away from your body?</li> <li>• Would you like a list of other suggestions for how to reduce your exposures?</li> </ul>
<p>I could talk less and text more. But <b><i>I could never give up texting!</i></b></p>	<ul style="list-style-type: none"> <li>• Texting is a lot better than talking, because the radiation is so much further from your brain.</li> <li>• I wouldn't be able to give up texting either. Thankfully, you can actually receive text messages on your computer.</li> <li>• Can I share some information with you on how to do that?</li> </ul>
<p>I might do this if I lived alone, but <b>my (spouse/partner) will never go for it.</b> S/he works from home and needs the Wi-Fi.</p>	<ul style="list-style-type: none"> <li>• You are not alone. This is a common challenge in many families.</li> <li>• How about shutting down devices during sleep? This can dramatically improve the quality of sleep for both of you.</li> <li>• The best solution is to hard-wire your modem with ethernet cable. It has the added bonus of a connection that is faster, more reliable, more energy efficient and more private.</li> <li>• Do you think s/he would be willing to do this for you as a (birthday/anniversary/holiday) gift?</li> <li>• How about asking for a 2 week trial? And just see how you feel?</li> <li>• Does your (spouse/partner) like it when you are pleasant to live with and well rested for Intimacy?</li> </ul>
<p>I should cut back on how much I use my phone. But I <b>need to carry my phone all the time for work.</b></p>	<ul style="list-style-type: none"> <li>• Do you have a few minutes so I can help you with some ideas about reducing exposure? If so:</li> <li>• Distance from your body is important, so you can use a corded headset and keep it in an outside pocket of your purse/backpack/briefcase</li> <li>• Turn off the Wi-Fi and Bluetooth when you don't need them.</li> <li>• Also, deleting the apps you don't really need can help.</li> <li>• Do you think you could put it on airplane mode and check messages about once an hour?</li> </ul>

<p><b>You're asking too much. I don't think I can do it.</b></p>	<ul style="list-style-type: none"> <li>• It does seem overwhelming....We can break this down into some practical, easy steps. (Offer triaged steps: Phone, Wifi off at night)</li> </ul> <p><b>Or Develop Discrepancy: Pause and connect without using guilt:</b></p> <ul style="list-style-type: none"> <li>• So on one hand, you said you are motivated to feel better.</li> <li>• And on the other hand, it sounds like you don't want to deal with something so new to you. Is that right?</li> </ul>
<p><b>What's left to try?</b> I feel like I've tried everything already.</p>	<ul style="list-style-type: none"> <li>• I applaud you for being willing to try something new.</li> <li>• There is actually quite a bit that you can do. I know it takes a shift in mindset. It felt really overwhelming for me in the beginning too. Let's try one small step at a time.</li> <li>• We recommend an EMF Sleep Sanctuary as the most important way to begin healing. Can I share with you the Building Biology Institute's handout for this?</li> <li>• Would you be willing to turn off your cell phone &amp; Wi-Fi at night?</li> </ul>
<p>I always <b>sleep better when I visit my (family member),</b> and s/he doesn't have Wifi. I thought it was in my mind.</p>	<ul style="list-style-type: none"> <li>• That sounds like your body's wisdom – relieved to sleep in a low-radiation environment – where it's easier for your nervous system to relax.</li> <li>• You're not the only one. We hear this from our clients/patients all the time. That's a very common reaction.</li> <li>• Would you be willing to turn off the Wi-Fi at night as a 2-wk trial?</li> </ul>
<p>If my phone is off at night, <b>how will I know what time it is</b> when I wake up?</p>	<ul style="list-style-type: none"> <li>• You can get an inexpensive, battery-operated alarm clock at a local store or on-line.</li> <li>• You can also begin by putting your phone on airplane mode, yet it can also be tempting to keep checking it. Be sure to also disable WiFi and Bluetooth.</li> </ul>
<p><b>What if my (family member) has an emergency when my phone is off?</b></p>	<ul style="list-style-type: none"> <li>• You can start with placing your phone way down the hall from your bedroom and turning up the volume so you can hear in case there's an emergency.</li> <li>• Can you forward your cell phone to your landline? (If no landline:)</li> <li>• There are cheap options for creating a land line for about \$5/month with technology called VOIP – Voice Over Internet Protocols - plugging a hard-wired landline into a modem.</li> <li>• When you are home, you can then forward your cell phone to that land line. Just make sure to get a set-up isn't a DECT system – a cordless set up that uses wireless radiation.</li> </ul>
<p><b>Preparation: "I will"</b></p>	<p><b>Encourage incremental change. Affirm willingness to change.</b></p>
<p>I've been <b>turning off our router at night.</b></p>	<ul style="list-style-type: none"> <li>• This is great! That's about 8 hours! This is the best first step to creating a low-EMF Sleep Sanctuary.</li> <li>• Do you keep your phone next to your bed? Do you charge it next to your bed?</li> <li>• Would you like the Building Biology Institute's fact sheet on the other steps to create a low-EMF Sleep Sanctuary?</li> </ul>
<p><b>I'll think about it.....Well, What do I need to do?</b></p>	<ul style="list-style-type: none"> <li>• Good for you for being open to taking this important step forward.</li> <li>• We recommend creating a low-EMF Sleep Sanctuary. To begin, it's most important to turn off your WiFi, your cell phone, and removed a smart watch at night. You can try this for two weeks.</li> <li>• Would you be willing to read information about how to create a Sleep Sanctuary?</li> <li>• If you need any help, I've included the contact info for some EMF specialists who can assure that you have a low-radiation environment for healing.</li> <li>• It may also help your (spouse/partner) – seeing a neutral third party's evaluation with their professional equipment.</li> <li>• What questions do you have now?</li> </ul>
<p><b>I never talk on the phone without a headset.</b></p>	<ul style="list-style-type: none"> <li>• Excellent! This shows a great commitment to your health!</li> <li>• Have you thought about using an Internet service so you can talk as long as you'd like without any radiation? Google Voice and Skype are two that I use.</li> <li>• Have you considered hard-wiring your internet connections?</li> </ul>

<b>We got rid of the “smart” meter at our house.</b>	<ul style="list-style-type: none"> <li>• That will really reduce your radiation exposure at home!</li> <li>• Are you turning off any of your wireless devices when you sleep?</li> <li>• Have you considered hard-wiring your connection to the internet?</li> </ul>
<b>Action: “I am”</b>	<b>Affirming Positive Change! Encourage more with Maintenance</b>
<b>We have our whole house hard-wired!</b>	<ul style="list-style-type: none"> <li>• This is impressive! Your decision shows a lot of courage – to be open to a new path even when it’s not convenient or popular.</li> <li>• That is a major accomplishment.</li> <li>• How is it going?</li> <li>• And what are your challenges? And what are your next steps?</li> <li>• How often are you using a cell phone?</li> <li>• Do you already have a low-EMF Sleep Sanctuary?</li> <li>• Have you had an assessment done by a professional? They can uncover a lot of the more complicated things that may really improve your health.</li> </ul>
<b>We have a land line!</b>	<ul style="list-style-type: none"> <li>• Excellent! This sets a great example for your kids!</li> <li>• Is it a corded phone? Remember that cordless phones are extremely high in wireless radiation.</li> <li>• Do you charge your phone in your bedroom? It’s best to create a charging station away from the sleeping spaces.</li> <li>• Did you know you can forward your cell phone to your land line?</li> <li>• What are your next steps to reduce your radiation exposures?</li> </ul>

**References:**

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