

The EMR-safe home and classroom

by Lyn McLean

Do your children use a mobile phone, spend time on the computer or sleep on an electric blanket? Does their school have wireless internet? Do you use a microwave oven or live near a power line or base station?

If you answered 'yes' to any of these questions, it's likely that your children are being exposed to electromagnetic pollution at home or school.

Electromagnetic radiation (EMR) is the invisible, inaudible energy that comes from all things electrical and electronic. It's been convincingly linked to a range of behavioural and health problems and many scientists consider children to be more vulnerable than adults.

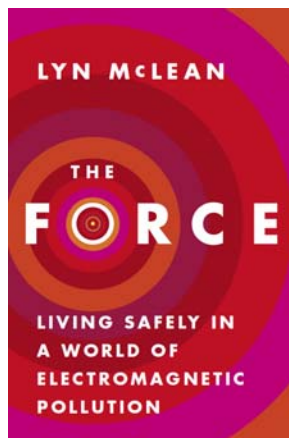
Because they have a potential life time of exposure, it makes good sense to protect our children by reducing their exposure as much as possible.

Tips for reducing your child's exposure to EMR

- Keep electric equipment away from your child's bed.
- Be aware that many leading scientists and world authorities recommend that children under 16 should not use mobile phones except in emergencies.
- If your child *must* have a mobile phone, make sure it has as few features as possible to discourage unnecessary use.
- Teach your child to use a mobile on speaker mode or with a handsfree kit.
- Keep mobiles out of your child's bedroom at night.
- Have a corded landline phone in the house and use wired connections for the internet.
- Be aware that some baby monitors emit radiation all the time, exposing the baby while it sleeps.
- Set a good example by reducing your use of a mobile phone.
- Measure the EMR levels in your home to see just what your exposure is.

Problems linked to EMR

childhood leukemia
neurodegenerative diseases
infertility
cancer
brain tumours
reduced immunity
DNA damage
hormonal changes
depression
sleep problems
behaviour problems
memory problems
concentration problems
irritability
stress
reduced libido
anxiety



Be careful about using a mobile phone during pregnancy. Scientists have shown that mothers who did so were more likely to have children with behavioural problems by the age of seven, and the risk was even greater if the child used a mobile phone as well.

Lyn McLean is author of 'The Force',
published by Scribe in February.

She is Managing Director of EMR Australia which provides
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