



Cell Phone Radiation

Cell phone radiation recently landed a spot on the World Health Organization's list of possible carcinogens. Many factors such as distances from cell phone towers, battery life and how close the phone is to one's body increases the risk of cell phone radiation.

My suggestions are:

- Use land-line phones at home that have cords from the base to the ear-piece.
- When you are home forward your calls to a phone as described above.
- Keep your cell phone at a distance from you wherever possible.
- When possible, use the speaker on your cell phone while you hold it at a distance from your head. Do not use blue-tooth near your head area, particularly if you have brain, ear or thyroid problems.
- Most cars have speakers, so check to see if your car has them and use them.
- Keep your cell phone 100% off when you are sleeping.
- Do not charge your cell phone in the bedroom, near your food and/or supplements
- The simpler the cell phone, the less radiation required to run it.
- Try to avoid cell phone use around children, especially babies.
- Turn off cell phones when in a hospital or medical treatment area, as they can interfere with proper operation of ventilators and pacemakers.
- The main gadget I have found to reduce the physical stress of radiation is called the Wave Shield Radiation Free Headset. If you're interested in purchasing one we carry them here in our office for \$9.95

Yours for health naturally,

Dr B

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