

# Reduce your brain exposure to cell phone radiation 30 000 times!



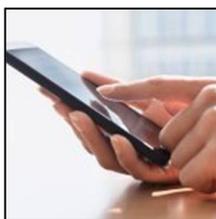
Buy a cell phone with a minimal SAR. Find model with SAR 0.2-0.4 W/kg while "safety" limits for the USA is 1.6 W/kg and for Europe 2 W/kg. Just google "low SAR cell phones". Keep your smartphone with SAR 1.19 W/kg as a second phone for prestige, but make calls from a low SAR one. This will reduce your brain exposure 3-5 times.



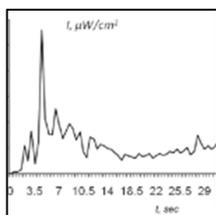
**Use wired earpieces or speaker mode every time you make a call. The intensity of radiation decreases proportionally to square of the distance from a phone. If you keep a phone 10 cm from your head instead of 1 cm, intensity of radiation on a surface of your head drops  $10^2 = 100$  times!**



Use a cell phone only as an urgent communication device. Use landline phones instead as much as possible. If you reduce your cell phone talks, let's say, from 1 h to 15 min per day, or a duration of each call from 5 min to 1 min, this will reduce your brain exposure 4-5 times.



Now try to reduce time of cell phone talks even more using texting instead of talking. Let's say you will succeed to reduce number of cell phone calls 2-3 times more, replacing them with SMS.



Don't keep a smartphone near your ear during a connection. At the beginning of a call a phone emits maximum intensity of microwaves, much more than during a talk mode. This simple step can cut back your brain exposure 2 times.



If you activate Wi-Fi, keep a smartphone as far as possible from your head and don't keep WiFi active all the time. The smart option is to download videos or apps first, keeping a phone far from your body, and then watch/use them in airplane mode. This will reduce your microwave exposure at least twice.