

Protect Your Hearing and Lower Your EMF Exposure

Study: Over 1 Billion People Are at Risk for This • Analysis by Dr. Joseph Mercola • February 17, 2023

NOISE POLLUTION

Unsafe listening practices in young people using personal listening devices (earbuds) and attending loud venues increase their risk of hearing loss, which one study estimates will affect 1 billion 12- to 34-year-olds worldwide. Research has revealed many who wear earbuds or headphones listen to music at levels as high as 105 decibels, which is roughly the sound level at entertainment venues. This is well above the safe upper range of 80 decibels for adults and 75 decibels for children.

ElectroMagnetic Fields (EMF) or Nonionizing Radiation Exposure

In 2015—and updated in 2022—250 scientists worldwide signed a petition to the United Nations as an international appeal, with peer-reviewed, published research causing serious concerns regarding the ubiquitous and increasing exposure to EMF generated by electric and wireless devices. These include—but are not limited to—radiofrequency radiation (RFR) emitting devices, such as cellular phones, (and old cordless phones and their base stations), Wi-Fi, broadcast antennas, smart meters and baby monitors as well as electric devices and infrastructures used in the delivery of electricity that generate extremely low frequency electromagnetic field (ELF EMF). By failing to act, the petition states, the World Health Organization is "failing to fulfill its role as the preeminent international public health agency," adding that damage from EMF "goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life."

It is crucial to protect your hearing and lower your exposure to EMF.

Just one example: Wireless earbuds "communicate with one another using a magnetic induction field sent through your brain to communicate with the other." Using wireless earbuds, even at lower decibels to protect your hearing, can negatively affect your brain. IN FACT,... Constant exposure AND too-high levels—of noise pollution, and EMF, increases:

- negative impacts on general well-being
- cellular stress
- genetic damages
- structural and functional changes in the reproductive system
- harmful free radicals
- loss of cognitive function
- learning deficits
- memory deficits
- stress
- depression
- dementia

heart attack
stroke
cancer
early death

Here are some ways to help reduce your EMF exposure and mitigate damage from unavoidable exposure.

1. Identify major sources of EMF, such as cellphones, cordless phones, Wi-Fi routers, Bluetooth headsets and other Bluetooth-equipped items, wireless mice, wireless keyboards, smart thermostats, baby monitors, smart meters and the microwave in your kitchen. Ideally, address each source and determine how you can best limit their use.
2. Barring a life-threatening emergency, children should not use a cellphone or a wireless device of any type. Children are far more vulnerable to cellphone radiation than adults because of their developing immune systems and brains and thinner skull bones.
3. Connect your desktop computer to the internet via a wired Ethernet connection and be sure to put your desktop in airplane mode. Also avoid wireless keyboards, trackballs, mice, game systems, printers and portable house phones. Opt for the wired versions. If you must use Wi-Fi, shut it off when not in use, especially at night when you are sleeping. Ideally, work toward hardwiring your house so you can eliminate Wi-Fi altogether. If you have a notebook without any Ethernet ports, a USB Ethernet adapter will allow you to connect to the internet with a wired connection. Avoid using wireless chargers for your cellphone, as they also increase EMFs throughout your home.
4. Shut off the electricity to your bedroom at night. This typically works to reduce electrical fields from the wires in your wall unless there is an adjoining room next to your bedroom. If that is the case you will need to use a meter to determine if you also need to turn off power in the adjacent room.
5. Use a battery-powered alarm clock, ideally one without any light. I use a talking clock for the visually impaired.
6. If you still use a microwave oven, consider replacing it with a steam convection oven, which will heat your food as quickly and far more safely.
7. Avoid using "smart" appliances and thermostats that depend on wireless signaling. This would include "smart" TVs. They are called smart because they emit a Wi-Fi signal and, unlike your computer, you cannot shut the Wi-Fi signal off. Consider using a large computer monitor as your TV instead, as they don't emit Wi-Fi.

8. Refuse a smart meter on your home as long as you can, or add a shield to an existing smart meter, some of which have been shown to reduce radiation by 98% to 99%.
9. Consider moving your baby's bed into your room instead of using a wireless baby monitor. Alternatively, use a hard-wired monitor.
10. Replace CFL bulbs with incandescent bulbs. Ideally, remove all florescent lights from your house. Not only do they emit unhealthy light, but more importantly, they will transfer current to your body just by being close to the bulbs.
11. Avoid carrying your cellphone on your body unless in airplane mode and never sleep with it in your bedroom unless it is in airplane mode. Even in airplane mode, it can emit signals, which is why I put my phone in a Faraday bag.
12. When using your cellphone, use the speakerphone and hold the phone at least 3 feet away from you. Seek to radically decrease your time on the cellphone. Instead, use VoIP software phones that you can use while connected to the internet via a wired connection.
13. Avoid using your cellphone and other electronic devices at least an hour (preferably several) before bed, as the blue light from the screen inhibits melatonin production.
14. The effects of EMFs are reduced by calcium-channel blockers, so make sure you're getting enough magnesium. Most people are deficient in magnesium, which will worsen the impact of EMFs.
15. Martin Pall, Ph.D., published a paper suggesting that raising your level of Nrf2 may help ameliorate EMF damage. One simple way to activate Nrf2 is to consume Nrf2-boosting food compounds such as sulforaphane-containing cruciferous vegetables. Other foods that boost Nrf2 include those high in phenolic antioxidants, long- chained omega-3 fats DHA and EPA, carotenoids (especially lycopene), sulfur compounds from allium vegetables, isothiocyanates from the cabbage group and terpenoid-rich foods. Exercise and calorie restriction (such as intermittent fasting) will also raise Nrf2.
16. Molecular hydrogen has been shown to target free radicals produced in response to radiation, such as peroxy nitrates. Studies have shown molecular hydrogen can mitigate about 80% of this damage. Certain spices may help prevent or repair damage from peroxy nitrates that are produced with exposure to EMF. Spices rich in phenolics, specifically cinnamon, cloves, ginger root, rosemary and turmeric, have exhibited some protective effects against peroxy nitrite-induced damage.