

WHAT CAN YOU DO RIGHT NOW?



- **Support policy changes + spread awareness**
 - **Scan the QR code below or go to www.GHC4SafeTech.com/petition to SIGN OUR PETITION (and ask others to do so, too!)**
 - we're calling on officials to prohibit cell towers/antennas within 1,500-3,000 ft of residential areas, schools, senior centers, etc.



- **Protect children, pregnant women, & small pets**
 - **Minimize time near cell towers/antennas, routers, wifi/bluetooth-enabled devices**
 - put devices on airplane mode or hard-wire them via ethernet cables (yes, it IS possible and relatively easy!)
 - On Apple, toggling wifi/bluetooth to "standby" doesn't turn it "off"
 - turn off devices (or use airplane mode) while in car (the metal makes phones "work harder" + contains the radiation within the vehicle)



- **Make a safe sleep environment for your body to "reset"**
 - **unplug wifi routers** while you sleep!
 - **keep cell phone away** from you (get a battery-operated alarm)
 - **turn off wireless-enabled devices**
 - Hardwire devices you need connected
 - Beware many "blocking" and "shielding" devices--the best practice is usually *minimizing* radiation (not just deflecting it)



- **Embrace a few practices that help your body mitigate oxidative stress (the main way wireless radiation causes harm)**
 - **get morning sun** in your eyes (no glasses, contacts, or sunglasses)
 - **get outside**, especially while eating (without devices + away from towers)
 - **boost antioxidants**
 - eat local, nutrient-rich, non-processed foods that are free of GMOs, pesticides (like glyphosate) and antibiotics (fruits and veggies are especially rich in antioxidants)
 - non-toxic, food-based (not synthetic) supplements (e.g., liposomal vitamin C, glutathione, molecular hydrogen)
 - **minimize exposure to toxins in air, water, and on skin + support detoxification**
 - clothing, cleaning supplies, linens, makeup/skincare, toiletries
 - exercise (sweating), intermittent fasting, natural "binders" (e.g., activated charcoal, bentonite, zeolite, humic/fulvic acid, etc.)
 - **embrace practices and routines that reduce stress**
 - try not to let the toxicity of our current world get you down!

