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CHECKLIST

Effective Measures To Protect Against Electrosmog, 5G, EMF And Cell Phone Radiation

1. Keep your calls on your mobile phone as short as possible.
2. When setting up a call or sending messages, keep your cell phone away from your body.
3. Go offline in vehicles (car, train, bus) (flight mode).
4. Switch off Cell Phone completely at night or at least switch to flight mode.
5. Do not use cordless phones. Many shine constantly, even if there is no telephone call. If possible ECO-Activate Mode or ECO Plus Mode.
6. Internet connection via cable instead of WLAN.
7. Do not work directly on the body with notebooks / tablets (e.g. on the thigh) and use an external keyboard.
8. Do not use a wireless mouse or wireless keyboard.
9. Always switch off WiFi overnight (preferably time switch install or program shutdown).
10. Buy devices without WLAN equipment (e.g. printer).
11. Use Radio-free game consoles (the smaller body of the children is even more at risk.)
12. Avoid Babies and children travelling with digital media devices.
13. Avoid electrically operated toys.
14. Remove phone and radio alarm clock from the bedroom.
15. Avoid low quality bulbs and lamps. Use good LED lights.
16. Device connection should be with a cable.
17. Use metal-free bed and table frames (because of Antenna effect).
18. Residential buildings should be at a sufficient distance from high-voltage overhead lines / railway power systems / mobile radio transmission systems.
19. Do not use of microwave ovens and induction cookers
20. Avoid plastic or synthetic clothing and bed linen (due to electrostatic charge).

Need Protection? Ask for our catalog or contact Dr. Lori Puskar for solutions and products that work.