

132: Hacking Your EMF Exposure for Improved Health and Longevity

10 Point Checklist

Brian Hoyer

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"People are waking up to the fact that we need to get back to some of our ancestral ways."

BRIAN HOYER

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Be more aware of how EMF can affect my health. Take time to learn about what its long-term effects are and what I can do to prevent them.
- Limit my time spent on and near my phone to avoid absorbing radiation waves.
- Keep my phone at least 5 centimeters from my ear when I'm talking to someone. Use earphones when I'm on a call.
- Turn my phone off or on airplane mode when the signal is very low. The further phones are away from towers, the more radiation they emit.
- Unplug the WiFi router, TV, microwave and anything that emits EMF before I go to sleep.
- Get my house assessed by experts such as [Geovital](#) to measure the radiofrequency, micro voltage, microwave radiation and other electronic waves surrounding me.
- Avoid using baby monitors to reduce the risk of exposing children to EMFs at a very young age.
- Use [OpenSignal](#), an app that locates the nearest tower, to get a clearer phone signal.
- Take KappArest, an antioxidant, to remediate the damaging effects of EMFs.
- Turn off my data when my phone is not in use. My phone uses data to search for signal and telecommunication activity even when I'm not using it.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/hacking-emf-exposure-improved-health-longevity-brian-hoyer/>