

# Protect Yourself,

## CELL PHONES EXPOSE YOUR BODY TO RADIATION

# Research links this microwave radiation to:

- Damaged sperm
- Reduced sperm count
- Erectile dysfunction
- Memory problems
- Cancer

All cell phones and wireless devices have fine print warnings hidden deep in manuals advising the device not be in contact with the body.

### More at **EHTrust.org**



# DOCTORS' RECOMMENDATIONS

#### **1. PROTECT YOUR BODY**

Do not carry cell phones in your pockets or bra. No laptops or tablets on your lap.

#### **2. PROTECT YOUR BRAIN**

Prefer a corded landline phone. Hold cell phones away from the head and body by using speakerphone.

#### **3. PROTECT YOUR FERTILITY**

No wireless devices near reproductive organs or near a pregnant woman's abdomen.

#### **4. REDUCE WIRELESS**

Turn off Wi-Fi and use cords to connect routers, phones, computers and other devices. Airplane Mode ON with Wi-Fi OFF turns off wireless.

#### 5. DO NOT SLEEP WITH YOUR CELL PHONE

Cell phones and Wi-Fi devices are radiating even when not in use. Power off all devices at night, and keep them out of the bedroom.