

10 STEPS: KEEP YOUR FAMILY SAFE FROM ELECTROMAGNETIC FREQUENCIES

1. Put wifi power source on a wall outlet timer, or only plug in when absolutely necessary.

2. Plug in outlet filters at home and work to reduce dirty electricity. The average home requires 20 filters. (See Flutterbusters.com to purchase).

3. Eliminate "smart" devices, including your smart watch.



4. Keep your cell phone in airplane mode when possible, with bluetooth turned off.

5. Turn bluetooth off on your computer.

6. If you own a car with wifi capability, call your dealer and ask them to "disable the wifi transmission," not just turn off your ability to access wifi.



7. Try epsom salt baths to recharge your body and release excess energy (this step SAVED me)!

8. Replace all CFLs (compact fluorescent light bulbs) with incandescent light bulbs, or minimally LEDs.

9. If able, refuse or opt-out of Smart Meter installation in your home, or get a Smart Meter Guard.

10. Avoid using laptops while they are plugged into their power source.



For our Australian friends, visit www.site.stetzerizeraustralasia.com or contact Steve Hall at stevestetzer@gmail.com for resources near you!

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www.revivedliving.com



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