

*"Clearly this book is one of the most practical ways to protect yourself from this pervasive and insidious toxic exposure. This book can literally help save your life!"*

**DR. MERCELA FOUNDER OF  
MERCOLACOM, THE #1 MOST VISITED  
NATURAL HEALTH SITE**

THE  
**NON-TINFOIL**  
GUIDE TO  
**EMFs**



*How to Fix Our  
Rapid Use of Technology*

**NICOLAS PINEAULT**

*Nicolas Pineault*

**The Non-Tinfoil Guide to EMFs: How to Fix Our Stupid  
Use of Technology**



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(page 155) The #1 worst source of EMF radiation in the home (page 160) Why baby monitors are worse than smartphones, and better alternatives (page 208) It's accurate. Investigative Wellness Journalist Nicolas Pineault utilized to think this all sounded like something only crazy people putting on tinfoil hats would say. But the overwhelming quantity of independent scientific proof linking electromagnetic fields (EMFs) from wireless technologies with increased risks of cancers, infertility, insomnia, and melancholy sure gets the uncanny capability to change a guy's mind. The Non-Tinfoil Guidebook to EMFs is normally a straightforward and unconventional publication which will teach you exactly how to reduce your contact with this brand new 21st-hundred years pollution without heading back to the Rock Age. Become familiar with: What your smartphone, your wifi router and your microwave oven have as a common factor (page 9) Why policy makers and scientists all world-wide don't agree about whether EMFs are dangerous or not (page 21) Is Electro-Hypersensitivity as popularized in it show "Better Contact Saul" real? (page 62) Why carrying a cell phone in your pocket could harm your fertility (201 studies prove it) (page 72) The 1-click repair to lessen cellphone EMFs by 84% (page 142) What is safer? Or could it be all emotional? Speakerphone, earbuds or a Bluetooth ear piece? Can someone really feel years younger & make unexplained symptoms vanish with the click of a button – the "Airplane Setting" on your cell phone? The jury is still out about whether cellphone radiation may be the new smoking or simply a temporary scare. Instead, read The Non-Tinfoil Guidebook to EMFs – the technological seat belt you might simply need to use your new gadgets safely. But why take possibilities?



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NOT your normal EMFs book This book isn't what I expected. I've read hundreds of articles and many books on EMFs, and virtually everything I've go through has one (or more) of several problems: 1. This book is crucial read for everybody! e. just takes the studies that support one's views and leaves out the rest) 2. It really is infused with dread mongering and conspiracy-type stuff 3. This book is the best rounded book on EMF pollution This book gave me plenty of what I was searching for. I highly recommend! Practical & Making adjustments to a way of life centered around electronics is really hard for most people to accept. It is possible to eliminate the risks through a few easy and simple steps. Done well, Nick, about producing the best little bit of scientific writing in EMFs that I've ever seen! I discover comfort in the data that I have gained from this book because I not only have an improved understanding now, but also have actionable options that I could implement in my own EMF situation. mostly of the books which will both ruin and save your valuable life This book is way ahead of it's time. Whether you curenly have an understanding of a few of the things that our WIFI, cellular, and bluetooth devices are doing to your health and energy or you're a skeptic, this reserve truly has it all. I tried implementing some of the simple methods like switching off wifi when not in use, devoid of an ungrounded lamp a feet from our sleeping baby, etc. Worth it and then some. And that means you don't possess to be in fear all the time wearing a tinfoil hat and EMF-blocking clothes, or move to a place in the middle of nowhere to flee EMFs. Everything in this reserve is correct, not what people need to hear right now. useful guide to minimizing these effects while even now having the ability to enjoy the great things about technology I'm an osteopathic physician and expert in solving complex medical mysteries. The majority of my patients have already been suffering for years without a clear reason behind their illness. I'm not probably the most science-minded reader and, simply as Nick predicted, I jumped to the "What to Do" solutions section first. Probably the most insidious causes of swelling are EMFs. Nick offers traveled the globe and distilled thousands of hours of scientific analysis, lectures and presentations to create this easy to read gem filled with tips, techniques, and TTTs ( three things to know. There's also an incredible "cheat sheet" you can download once you get the book. !Happy to discover that Nick's big goal would be to educate natural health practitioners about EMFs. Ideal for anyone new to this toxin but also very updated for those of us who've been studying it a while I already owned about 20 books on EMF health effects, since it is an important topic for me. It takes a technical subject matter and makes it clear. Having the ability to visit a lot of the publication via Amazon also helped me decide to buy 3 copies. Someone to gift, one to maintain and one to talk about with the countless people desperate to learn more concerning this huge issue that is engulfing our world. Perfect for anyone not used to this toxin but also very updated for those of us

who've been studying it a while. Easy read for lay people as written by lay person who did his homework and is a great communicator. And Nick has a sense of humor. Plenty of great tips. Wow! Please purchase this book, join groupings discussing the topic, and share everything you find out with those you care about (and wider) before it really is too late for everybody. Following Nick's simple suggestions can make a major difference in your wellbeing immediately. Somehow this crucial issue has "gone beneath the radar" for the majority i. This book is eyes opening and one that users of the FCC ought to be reading. it is very hard to find a low EMF practice. It is not a topic included in natural health insurance and especially not medical training, despite the fact that EMF illness may very well be the biggest (emerging) synthetic epidemic the globe has ever known. EMF explained Very informative Action items with explanations, and it's really all footnoted! This publication is an OUTSTANDING resource to help enlightened doctors and their patients not only identify the origin of their symptoms, but provide solutions and hacks to reduce the effects of EMFs in lots of varied environments. I've been talking to my patients about the hidden dangers of EMFs for years, but have had to piece together assets for them. 2) intermediate; It will be recommended reading for my sufferers and colleagues alike. Excellent, highly referenced details and worth every one of the 5 star rating. For believers and skeptics alike. The negative health ramifications of nonnative Electromagnetic Areas are just now becoming apparent to a small minority of people, and it's really so essential that the word gets out to more and more people..superb research and an entertaining read! This book -- and the research behind it -- is actually life-changing.. Totally accessible to the uninitiated to want to deal with themselves as well. The primary reason I got this book is basically because I was hoping it may be used to reveal the issue for a few of my relatives and buddies members who are much less aware, and I got exactly what I needed. WARNING: have your partner go through it before or you will have serious conflicts. Excellent study and an interesting read! EMFs AREN'T For the Faint of Heart I've been a person who doesn't like to carry my cell phone in my pocket for a long time now, Nicholas managed to get simple to realize why. There's a great deal going around us that appears to be invisible and only a hoax, but when it is possible to remove the cloak and look behind what this actually does to the human body, it's crazy.e. Exceptional resource and solution guide, reports this Physician reviewer As a practicing functional Medication physician and wellness professional, I am constantly looking for the root cause of illness. I've been reducing my EMF exposures for over 5 years already. I really like this book since it is certainly that ideal mix of teaching for understanding and actions items, so you can quickly do something, but also read up on the why of it to remain motivated. A good book all doctors should have readily available. I purchased this book currently being a believer in the harmful effects of EMFs, but the book broke down

all of the background, hazards, and easy solutions within an clear to see way. It's predicated on anecdotes and speculation, with very little real science. This may be the first truly scientific, evidence-based comprehensive guide to understanding medical risks of EMFs. It supplied useful information to help you identify dangers, describe why and how they're dangerous, ways to overcome most of those hazards, and provided a rounded solution to general improved physical wellbeing. Thanks to the author for contributing so very much information. A MUST READ FOR EVERYBODY! In The Non-Tinfoil Guideline to EMFs, Nick shares the surprising truth about the potential negative effects of EMFs and has created a clear, practical instruction to minimizing these results while still having the ability to enjoy the great things about technology.!. Very informative! This book can be an amazing resource about EMF's. and I am NOT easily impressed! It really is well curved in its content material and is an excellent and applicable help to live by. Most of us have to educate ourselves more on this very real and catastrophic issue given that the implications are so devastating to our health. And to everyone reading, in case you are interested in being healthy, do yourself a favor and buy this book right now. It cherry picks the research (i. And most importantly, it teaches you the simple methods you need to take in your life to minimize or get rid of the dangers. ? Very Practical I'm so happy I purchased this book. Swelling is invariably a major section of the picture. I quite definitely appreciated that he organized the mitigation actions into 1) inexpensive and easy; 2) His quirky love of life acquired me giggling as I read the entire publication in a weekend. and 3) EMF expert. I implemented as much as I could afford to at this time. The publication made me realize how pervasive the issue of nEMFs is, yet i want to know that all is not lost if I remain an informed consumer--which this publication helps me to do. Love this publication! There is a lot we can perform for ourselves and specifically the children and babies who are so much more vulnerable. I was blown away by the quantity of details in this book and the quantity of analysis you did from SO many sources! Nick, you really "did your homework" when you researched the info for this book! I am impressed...! It provides a wealth of information that's supported by science, research and health professionals, not just hear say. Keep up the good work! I am using what I learned from your book to make my family and friends "awaken" about the dangers of EMF's! The great part is, these exact things are really very easy to do. Clear I love this book. I knew that one will be different after hearing Nick's interview on EMF Warriors. Moreover, it tells you exactly what you can perform to protect yourself and improve your wellbeing. And everything suggested is quite doable. Now I could refer them to The Non-Tinfoil Information to EMFs knowing they're getting well-researched, scientifically audio information with clear actions steps to minimize their health risks from EMF exposure. Right now my wife thinks I am batsh\*t crazy.



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