

Step 1:

Yep, you guessed it.

Turn off the WiFi At Home



First take a deep breath. We aren't delivering a baby, we're just turning off WiFi.

If you subscribe to your internet via cable, DSL, or the like, most likely it comes into your home via a wire, and then runs to a box called a modem.

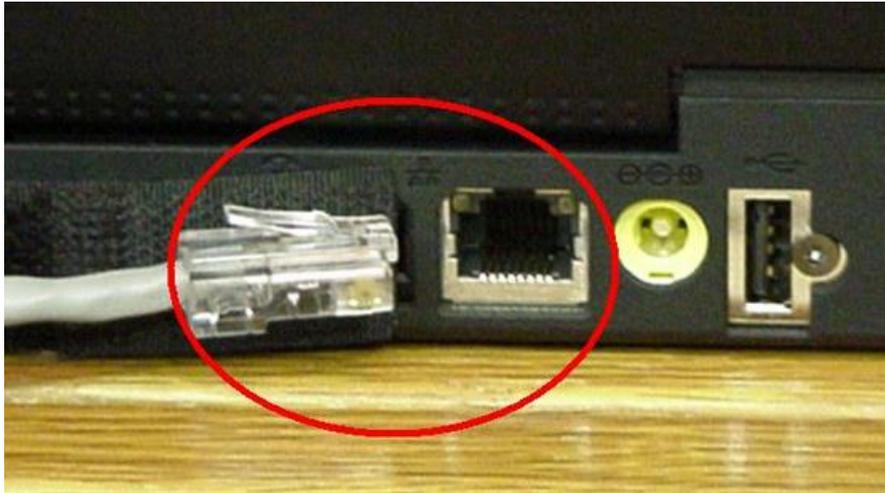
The modem then sends information to your computer(s) via either WiFi, or an Ethernet cable. You want to use the Ethernet cable, because then instead of spraying radiation all over the house, you can keep it in the cord.



The first baby step may be to **turn off the WiFi at night**, or when you aren't using it. We only recommend this as a short-term solution. There are studies that show serious health effects in just a matter of hours.

If this were a harmful chemical, would you keep it around during the day? No. You would remove it from the house. The same applies to wireless radiation. It is a toxin, we just can't see it.

The next step is to figure out if you can get a wire from the modem to your computer. If you have a laptop or desktop computer, they almost always have a port ready to go.



iPads- no such luck. They don't have an Ethernet port. They only work with WiFi.

If you don't have a computer with an Ethernet port, just get one. You can find used ones for \$100-200 on Ebay that will do all basic tasks just fine. This is better than radiating yourself and your family.

Think of this as really cheap health insurance.

Or if you are experiencing adverse health effects from EMR radiation, think of this as a life-saving necessity.

If you do have a computer with an Ethernet port, then figure out how long of a cord you need to get from the modem to a desk or table.

You don't want that laptop on your lap anyway. Even without WiFi, it's not safe, as they emit other types of EMF's – very strong ones- for about a foot or two (0.5 meters) in all directions. More on this in an advanced step, but for now, place the computer on a table or desk.

If your modem is located in your home office, then that is pretty easy. Get an Ethernet cord long enough to go from the modem to the computer.

If your modem is in the living room and you have been using the computer in bed, on the couch, at the table, in the bathroom, well – you're going to have to pick one spot, or a few spots, and run wires to those locations.

This is typically where people get stuck.

Don't make this mistake. Just pick one place for now, and run a wire to it. You can figure the rest out later.

Get an Ethernet Cable

You can get a 25 foot (8 meter) Ethernet cable online for \$10-\$15.

You can get pretty much any length you want.

It's best to opt for "shielded" cables.

<http://www.newegg.com/Product/Product.aspx?Item=N82E16812119332>

Multiple Computers

Your modem should have more than one port at the back so that you can run cords to more than one computer. Have a look. If not, you can use what is called a networking "switch", which is basically a small box that adds extra ports.

Here is a 5 port switch for \$10:

<http://www.newegg.com/Product/Product.aspx?Item=N82E16833704026>

Messy Wires

You can run the wires around the edge of the room temporarily. Tape them to the baseboard. Eventually you may be able to do this more cleanly, but for now, you have taken care of your health. That's a much bigger priority.

It is possible also that you can have the modem moved to a more desirable location near the place(s) where you wish to use your computer.

Turn off the WiFi

Once you have the Ethernet cable(s), run them from the back of the modem to the computer(s). Then call your internet provider, and talk with technical support. Ask them to walk you through turning off the WiFi in the modem. While you are on the phone with technical support, ask them to help you turn off the WiFi in your computer

Turn off the WiFi in the Computer(s)

For laptops, it's usually very straightforward - there is usually a switch or button that disables the WiFi. For desktop computers, you may need to turn it off within the operating system.

Great Job!

Congratulations. That was a very important step toward protecting your family. Give yourself a pat on the back and celebrate being pro-active. Someday your family may appreciate you for this, but in the meantime you did the right thing.