



WHAT EVERY WOMAN NEEDS TO KNOW ABOUT
CELL PHONES



Human-made EMF affects all humans and all living things. In many ways, we all share the same concerns and risks.

But women have three areas of specific concerns when it comes to EMF.

Fertility, Pregnancy, and Bras.

So, let's get started.



FERTILITY



**The
Economist**

Obama's paradoxical first year
Capital floods into India
Are functional foods the future?
Let prisoners vote
Van Gogh's luminous letters

OCTOBER 31ST–NOVEMBER 6TH 2009

Economist.com

Falling fertility

How the population problem is solving itself



There's a large, and growing, body of peer-reviewed science demonstrating the link between cell phone radiation and male infertility.

Especially when men carry their phones in their pockets.

But what about women?

£2.00



Female reproductive cells (**eggs**)
are **very different** from male
reproductive cells (**sperm**) in two
important ways.



1

Eggs are protected, deep inside each woman's body. And the body provides natural shielding against EMF.

Whereas sperm resides outside the body, in the testicles.

This means that sperm is **much** more vulnerable to EMF radiation exposure than are eggs.



2

Women are born with all their eggs, whereas men create new batches of sperm every single day.

This means that damage to eggs is permanent, whereas damage to sperm can frequently be repaired very quickly (within a day).



So, eggs are more protected from EMF radiation.

But once damaged, eggs are damaged permanently.

So in that sense, men's reproductive cells are more resilient.

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But that's not the whole story.



Women's eggs may be more resilient to radiation from cell phones in pockets than are male sperm.

But that doesn't mean cell phone radiation exposure is safe for women and their reproductive systems.





SOURCE

In 2014, researchers in one study demonstrated that increased stress can lead to a significant decline in a woman's fertility, and ability to become pregnant.

Women with the highest levels of **alpha-amylase** (an indicator of stress) had a **29% reduced chance of conceiving.**



Another study from 2009 revealed that people living within 100 meters of a cell phone tower had notably higher levels of ***alpha-amylase*** in their bodies.





A 2017 study found that “mobile phone exposure impairs female reproductive system” by increasing oxidative and nitrosative stress.

SOURCE



In other words, living near a cell tower increases your physical stress, in ways that reduces female fertility.

This suggests that increased exposure to cell phone radiation decreases female fertility— even though a woman's eggs are more protected than a man's sperm.



Once a man impregnates a woman, any further damage that the man experiences from EMF will not harm the child.

But that's not the same for the woman, since the woman will host the fetus for nine months.

Which brings us to...



PREGNANCY



For women, concerns about exposure to EMF aren't only about fertility, but also about the health and safety of the fetus.

And there's a large and growing body of research demonstrating that fetuses are quite vulnerable to damage from exposure to EMF radiation in utero.



A photograph of a person's hand holding a smartphone, with a blue overlay containing text. The background is a plain, light-colored wall.

A 2017 STUDY FROM KAISER PERMANENT FOUND

Pregnant women with a higher exposure to EMF magnetic fields had a **three times increased risk of miscarriage.**



A close-up photograph of a pregnant woman's bare midsection. She is holding a white smartphone in front of her belly. The phone's screen displays a blurry image of a fetus. The background is a solid blue color with white text overlaid.

A 2014 STUDY FROM DR. L. LLOYD MORGAN, DR. SANTOSH KESARI, & DR. DEVRA LEE DAVIS FOUND

“The fetus is in greater danger than children from exposure to” wireless radiation.



The damaging health effects from your fetus' EMF exposure in utero can take years to manifest.



A close-up photograph of a woman with dark hair tied back, kissing a young child with dark, curly hair on the cheek. The woman's eyes are closed, and the child's eyes are also closed. The background is a soft, out-of-focus light blue. A semi-transparent blue banner is overlaid across the middle of the image, containing white text.

A 2008 STUDY FROM UCLA FOUND

Prenatal EMF exposure **doubled** the incidence of behavioral problems by the age of 7.



A pregnant woman with curly dark hair is smiling and talking on a cell phone. She is wearing a white t-shirt, a dark blue cardigan, and a purple and green scarf. The background is a blurred outdoor setting with other people and buildings.

IN 2012, THE BIOINITIATIVE REPORT CONCLUDED

“Fetal and early childhood exposures to cell phone radiation and wireless technologies in general may be a risk factor for hyperactivity, learning disorders and behavioral problems in school.”



A pregnant woman in a white hospital gown is holding a smartphone. The image is split horizontally by a blue banner containing text. The top part shows her hand holding the phone, and the bottom part shows her belly and the lower part of her gown.

A 2011 STUDY FROM KAISER PERMANENTE FOUND

The more EMF a fetus was exposed to in utero, the greater the chance that baby developed asthma by age 13.





IN 2012, A STUDY FROM THE
UNIVERSITY OF SOUTHERN CALIFORNIA
FOUND

Children who had prenatal and postnatal exposure to cell phones were 50% more like to have behavioral problems by age 7.



A close-up photograph of a pregnant woman's bare belly. A white smartphone is held against the skin, with a hand visible on the left side. The phone is positioned vertically, and its camera lens and flash are visible. The background is a plain, light-colored wall.

A 2012 STUDY FROM KAISER PERMANENTE FOUND

The more EMF a fetus was exposed to in utero, the greater the chance that baby developed persistent obesity by age 13.



As I explained earlier, female eggs are more protected from damage from EMF than is sperm. So, carrying a cell phone in your pocket isn't as risky for fertility for women, as it is for men.

But, that doesn't mean it's safe for women to carry cell phones in their pockets.

In fact, some women have a different habit that is of concern.



BREASTS & BRAS



A 2017 study from Monash University in Australia revealed that a quarter of women surveyed had carried their smartphone tucked into their bra – with 15 percent doing so in the past week.



Even cell phone companies like Apple warn you not to carry your phone in your bra or pocket, because your radiation exposure can exceed FCC regulations.

YES REALLY, IT'S IN THE MANUAL



A woman wearing a pink athletic top is shown from the chest up. She is holding a white smartphone in her bra, which is visible through the top's mesh fabric. The background is plain white.

A 2013 STUDY FROM BREASTLINK CONCLUDED

That carrying a cell phone in your bra can ***significantly*** increase the risk of developing breast cancer before the age of 40.



THESE ARE THREE OF
THE MOST IMPORTANT
CONCERNS ABOUT CELL
PHONES FOR WOMEN



SO WHAT CAN YOU DO?



IT COMES DOWN TO
2 RULES

MINIMIZE USAGE
&
MAXIMIZE DISTANCE



#1

MINIMIZE YOUR USAGE

The best way to reduce your exposure to EMF radiation from wireless devices is to **reduce your usage of wireless technology.**

That may seem obvious and difficult, but there are many simple ways to do this without impacting your enjoyment of wireless technology.



ONE WAY TO MINIMIZE USAGE

**Put your cell phone
into airplane mode
when you're not using
it.**

For example, you're on
a walk with your spouse
or child. Does your
phone really need to be
on?



#2

MAXIMIZE DISTANCE

The power of EMF radiation diminishes **exponentially** with distance. This is why cell phone companies tell you not to keep your phone in your pocket.

Every inch matters.

So **create as much distance as possible** between your body and devices that emit EMF radiation.



ONE WAY TO MAXIMIZE DISTANCE

Don't keep your phone in your pocket or bra or hold it against your head.

Keep your phone further away from your body, and only use it with a headset or in speaker mode.



These are just a few ways to **minimize** your usage of EMF emitting devices, and **maximize** your distance from the EMF emitting devices when you do use them.

Once you start thinking in this way, you'll start to think of more ways you can live healthier and reduce your exposure.

If you think of any other ways, please let me know! I want to hear your ideas.

TELL ME YOUR IDEAS >

(That's a link to email me at my personal email address, rblank@shieldsyourbody.com.)



In addition to these basic tactics to reduce your exposure to EMF radiation, you can consider **EMF protection products** like the ones we sell at SYB.



Based in Las Vegas, NV and in business since 2012, SYB is one of the most trusted names in EMF protection.

Our products are based on well-established, laboratory tested science, designed to help you live healthier in balance with modern technology.

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