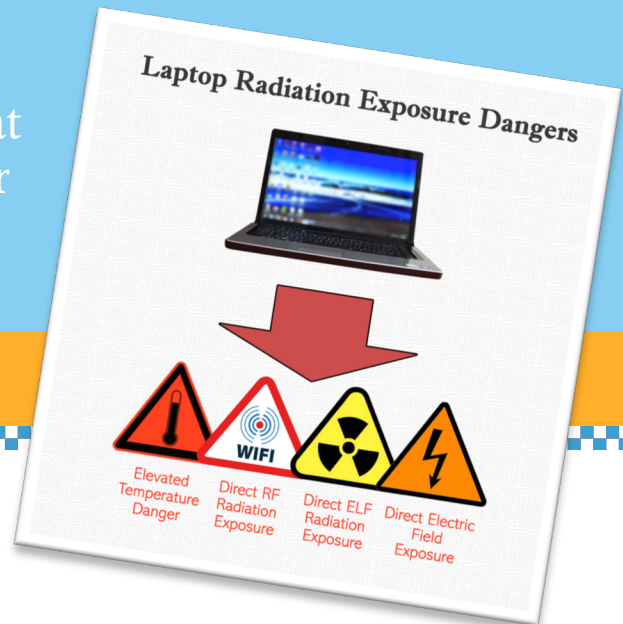


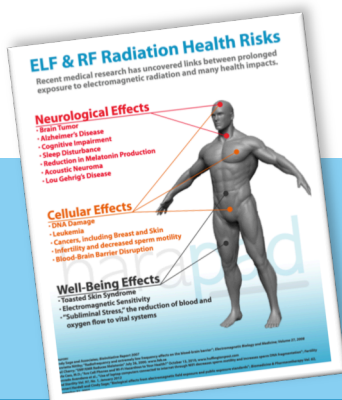
4 Steps to Reduce Your Exposure

Radiation dangers surround us everyday. There are some steps that you can take to protect yourself for free.



Top 4 Steps to Reducing your Exposure

- 1 Use an Ethernet Cable:
A wired connection allows you to turn off Wi-Fi in your home.
- 2 Turn off your Wi-Fi at Night:
Try this for a few nights and you will feel better when you wake up.
- 3 Keep electronics at a distance:
Some exposure can be reduced by keeping electronics at a distance.
- 4 Only use your laptop for necessary work:
Limiting your time on electronics and turning them off when done is a great habit for reducing exposure.



More Information

So what can we do to protect ourselves?

For starters, and as mentioned in the 2012 BioInitiative Report, (<http://www.bioinitiative.org/report/wp-content/uploads/pdfs/BioInitiativeReport2012.pdf>) switching to a wired connection is the most effective solution. Likewise, keeping devices at a significant distance from the body is quite effective. That means no cell phones in the pocket, no laptops on the lap, no iPads in bed. Unfortunately, many of us became reliant upon the conveniences of wireless technology, and the "mobile office," where our lap is sometimes our best desktop.

In this event, specially designed products like the HARApad line of products are key when aforementioned solutions are not an option. Shielding designed specifically for attenuating electromagnetic signals is incorporated into the body of the product, serving as a physical barrier between delicate biological cells and damaging electromagnetic radiation.

Be smart. Be safe. Know the risks.

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