

PRODUCT RECOMMENDATIONS FROM LOCAL CHICAGO AREA EMF EXPERT MIEKE JACOBS

ROUTER GUARD (brings down levels from your router, also great for when you travel!)

<https://lessemf.com/product/signal-tamer/?affid=9Measure> Make sure you get the correct size. Get extra strength if someone is sitting close to the router and regular if people in other rooms need to use the router.

AIR TUBE HEADSET (while all air tubes are equally low EMF, many other brands have poor sound quality or break easily) <https://www.defendershield.com/headphones?ref=miekejacobs1>

OVER THE EAR AIR TUBE HEADPHONES FOR KIDS <https://www.defendershield.com/headphones-overear-kids?ref=miekejacobs1>

Please note that for newer iPhones and androids, you will need the appropriate adapter for cell phones without audio ports but these are compatible with most 3.5 mm audio devices. If you don't already have one, you can google for a "Lightning to 3.5 mm Headphone Jack Adapter" or purchase from apple directly.

<https://www.apple.com/shop/product/MMX62AM/A/lightning-to-35-mm-headphone-jack-adapter>

WIRED BABY MONITOR

<https://lessemf.com/product/wired-baby-monitor/?affid=9>

LOWEST EMF INFRARED SAUNA (many IR saunas claim to be low EMF but all of the other brands that I have tested have been high)

<https://radianthealthsaunas.com/>

Coupon code: Jacobs500

LOW EMF MEDICAL GRADE AIR PURIFIER

<https://austinair.com/>

Contact me for a discount off the website price.

EMF METERS (I do not recommend using any phone apps or meters that cost less than \$100).

TRIFIELD METER (measures magnetic fields and some radio frequency, but electric function isn't sensitive enough).

<https://lessemf.com/product/trifield-meter-model-tf2/?affid=9>

SAFE AND SOUND PRO II radio frequency meter

<https://lessemf.com/product/safe-and-sound-pro-ii/?affid=9>

Great for testing schools and workplaces (since I can't test there), much better than the radio frequency setting on the Trifield TF2). Can detect cell towers and wifi but not smart meters.

The above is only a small sample of the products that I recommend but different ones are recommended for different homes (based on what I find in my testing) although those listed above can be used by anyone. All of the websites that I recommend also sell products that I don't recommend, so my endorsement of a particular product doesn't mean that I endorse all of the products on that website.

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PRODUCTS I DO NOT RECOMMEND:

GROUNDING MATS

While they decrease body voltage, they increase contact current which is much more harmful to human health. The problem is that while it is relatively easy to measure body voltage (the grounding mat companies often include a body voltage meter with the mat or you can use a simple multimeter from the hardware store), you need an expensive professional level meter to measure contact current. Grounding is great, but only when done while barefoot on the grass/dirt/sand/water outside, not sitting inside your home attached to a grounding mat.

PLUG-IN DIRTY ELECTRICITY FILTERS

These use capacitors which shunt current from the hot wire to the neutral wire. The plug in dirty electricity meters only measure what is on the hot, so the number will always go down when you plug in a filter but more current will get onto the grounding system. In addition, most homes in the Chicago area have metal conduit wiring which blocks dirty electricity anyway.

WHOLE HOUSE DIRTY ELECTRICITY FILTERS

Some of these have the same problems as the plug-in filters, that they use capacitors which shunt the current from the hot to the neutral. There are a few that don't but

because most people's budgets are limited, I try to first recommend products that give you the most "bang for your buck"

#### EMF BLOCKING PAINT

This only blocks radio frequency so it can't be used to block magnetic fields coming from power lines. And while it does block radio frequency well, it can cause increases in other types of EMFs so I only recommend non-conductive materials for radio frequency shielding of places that people spend a lot of time (sleeping areas or office areas).

#### SILVER CANOPIES, COPPER NETTING, ALUMINUM FOIL, METAL FARADAY CAGES

These have the same problems as the EMF paint above.

#### REGULAR USE OF EMF BLOCKING CLOTHING

It can cause problems if used long term, so I only recommend the clothing for people with severe symptoms and even then only for when they are leaving their home to go somewhere high EMF, it is not to be worn 24/7. The clothing also works best if it creates a full enclosure so if someone wants to buy clothing, I would recommend a full suit or at least a lab coat to cover most of their body

<https://lessemf.com/product-category/emf-shielding/clothing-emf-shielding/?affid=9>

<https://lessemf.com/product/coverall-w-hood/?affid=9>

<https://lessemf.com/product/lab-coat/?affid=9>

<https://lessemf.com/product/headnet/?affid=9>

#### SOLAR PANELS (unless they are portable and not connected to your home electrical)

While some solar systems are better than others, even the lowest EMF solar system fitted with the best dirty electricity filters still will not be as good as having none at all. I have helped clients pick out the lowest EMF solar but I do not recommend this for anyone who already has existing health problems.

#### SOLAR BATTERY STORAGE SYSTEMS (i.e. Tesla Roof or Powerwall)

These are even worse than solar panels in that they are constantly discharging and recharging, so the only safe way to have this on your property it to have it fully charged up and then unplugged and wait for a power outage. However there will be better systems coming in the future so check back with me at a later date.

#### INFRARED HEATING MATS OR SAUNA BLANKETS OR ANY KIND OF ELECTRIC BLANKET

The electric fields on these are sky high. While some of them claim to be low EMF, they are referring to the magnetic field NOT the electric field.

#### COOLING PADS

These have the same problem as the heating pad, sky high electric fields.

#### HARMONIZERS, PENDANTS, CELL PHONE STICKERS

These do not change the readings on any of my meters.

There are other products that I would not recommend either, but the ones I listed above are the ones I am most often asked about and that I or my colleagues have either tested and/or seen the worst health effects from.

Mieke Jacobs 847-769-5135

<https://miekejacobs.com/>