# *How to Protect Yourself From Electromagnetic Radiation?*

Electromagnetic radiation (EMR) can be very harmful to human beings and animals. Research conducted by the World Health Organization and various other research institutes around the world has indicated that such radiation can create a lot of problems for humans. They are also regarded as harmful to the environment. Most of the electronic devices that we use in the 21st century emit such radiation. This is why, people need to be very careful while using such devices. Given the fact that we are highly dependent on these devices, we cannot avoid using them. Hence, we need to take other precautions for protecting ourselves.

Here are a few tips that will help you in protecting yourself against electromagnetic radiation:

***1. Purchase an EMF meter*** - an EMF meter will help you to determine if your place of residence or office is under the risk of extreme exposure to EMR. These devices are readily available in the market. They can be purchased from various online stores as well. You can easily use an EMF meter to find out if the radiation level in your house or office is within acceptable limits or not. Based on the reading derived from an EMF meter, you will be able to take necessary steps that will help in reducing the EMR level.

***2. Upgrade electronic equipment*** - the electronic equipment that are outdated consume a lot of electricity and in the process they also emit a lot of radiation. Hence, it is advisable that you upgrade the electronic equipment in your house. For example, instead of CRT tube monitors, opt for LCD or LED monitors for computers. Also, replace your old TVs with LCD or LED TVs if possible. These steps will help in ensuring that the radiation emitted in your house is very low.

***3. Opt for solar power*** - instead of depending on traditional means of energy, you can opt for solar power to meet the energy needs of your house. When you do so, you will be able to reduce the EMR level in your house. It is a fact that solar energy does not emit as much EMR as regular sources of energy such as alternate current (AC).

***4. Minimize usage of microwave*** - microwave ovens are one of the biggest sources of radiation emission. Hence, you should reduce their usage as much as possible. For example, when you need to defrost any item, you can keep it in a bowl of hot water for a few minutes, instead of defrosting it in the microwave.

If you are looking for information about [EMF meters in Australia](http://www.yshield.com.au/emr-testing.html), please visit our [site](http://www.yshield.com.au/emr-testing.html).

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