

# Hacking Your EMF Exposure for Improved Health and Longevity

## 10 Point Checklist

### Brian Hoyer

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*The* **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



**“People are waking up to the fact that we need to  
get back to some of our ancestral ways”**

**BRIAN HOYER**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Be more aware of how EMF can affect my health. Take time to learn about what its long-term effects are and what I can do to prevent them.
- Limit my time spent on and near my phone to avoid absorbing radiation waves.
- Keep my phone at least 5 centimeters from my ear when I'm talking to someone. Use earphones when I'm on a call.
- Turn my phone off or on airplane mode when the signal is very low. The further phones are away from towers, the more radiation they emit.
- Unplug the WiFi router, TV, microwave and anything that emits EMF before I go to sleep.
- Get my house assessed by experts such as [Geovital](#) to measure the radiofrequency, micro voltage, microwave radiation and other electronic waves surrounding me.
- Avoid using baby monitors to reduce the risk of exposing children to EMFs at a very young age.
- Use [OpenSignal](#), an app that locates the nearest tower, to get a clearer phone signal.
- Take KappArest, an antioxidant, to remediate the damaging effects of EMFs.
- Turn off my data when my phone is not in use. My phone uses data to search for signal and telecommunication activity even when I'm not using it.