



Testing EMF's from Wifi, Cell Phones Etc

Testing Microwave fields in your home with an EMF (Electromagnetic Field) meter is a straightforward process, but it's important to have a basic understanding of what you're measuring. WiFi networks emit RF (Radio Frequency) radiation, which is a type of EMF. Most EMF meters capable of measuring RF radiation can give you a reading of the WiFi signal strength and help you understand how it varies across different areas in your home. Here's how to do it:

Choosing the Right EMF Meter

Ensure Compatibility: Make sure the EMF meter you choose is capable of measuring RF radiation. Not all EMF meters are designed to measure the frequency range used by WiFi, which is typically 2.4 GHz and 5 GHz.

Frequency Range: Look for an EMF meter that covers the 2.4 GHz and 5 GHz bands, as these are the common frequencies used by WiFi routers.

Sensitivity and Accuracy: Choose a device that offers high sensitivity and accuracy. This will help you detect even low levels of RF radiation.

Here are the EMF Meters I use



This measures Electricity/Fans/Surge Protectors (mG). Fans are the worst on your body. Don't forget to measure your Air conditioner and Furnace. Though not as strong as the one below, this also measures Microwaves-mW/m²



This measures Stronger Microwave signals than the one above. This measures only Microwaves-mW/m²

Preparing for Measurement

Turn Off Other Devices: For more accurate measurements, turn off other devices that emit RF radiation, such as cell phones, tablets, and Bluetooth devices, or put them in airplane mode.

WiFi Router Location: Know the location of your WiFi router, as this is the primary source of WiFi fields in your home.

Measure at Different Times: RF radiation levels can vary throughout the day based on how the WiFi is being used. Consider taking measurements at different times for a comprehensive assessment.

Conducting the Test

Start Close to the Router: Begin your measurements close to the WiFi router, as this is where RF radiation will be strongest. Turn on your EMF meter and select the setting for measuring RF radiation (if applicable).

Take Readings in Multiple Rooms: Move through your home, taking readings in various rooms. Pay special attention to areas where you spend a lot of time, such as bedrooms and living rooms.

Note the Measurements: Record the readings in each location. Some EMF meters will display the strength of RF radiation in microwatts per square meter ($\mu\text{W}/\text{m}^2$) or other units. Note down these values along with the corresponding locations.

Evaluate the Results: Compare the readings across different areas in your home. Higher readings indicate stronger WiFi fields, which diminish with distance from the router or if physical barriers (like walls) are present.

Interpreting the Results

Understanding the health implications of your readings can be complex. There are guidelines and recommendations from various health and safety organizations, but opinions on safe levels of RF

radiation exposure vary. As a general rule, lower RF radiation levels are preferred, especially in areas where people spend a lot of time.

Mitigating High RF Radiation Levels

If you find areas in your home with unexpectedly high RF radiation levels, consider the following steps to reduce exposure:

- **Move the Router:** Placing the router in a central location can help distribute the WiFi signal more evenly and reduce intensity in certain areas.
- **Limit Usage:** Turn off the WiFi router at night or when not in use.
- **Use Wired Connections:** Whenever possible, opt for wired internet connections to reduce reliance on WiFi.
- **Increase Distance:** Simply increasing the distance from the router can significantly reduce exposure to RF radiation.
- **Get evaluated by an expert**

Remember, measuring and interpreting EMF from WiFi routers is just one aspect of understanding and managing your exposure to electromagnetic fields in the home.

How to test mG fields with a meter in your home

Testing magnetic fields (mG, or milligauss) in your home involves using a device known as an EMF (Electromagnetic Field) meter or gaussmeter. These devices are designed to detect and measure electromagnetic fields, which can originate from various sources, including electrical appliances, wiring, and external power lines. Here's a step-by-step guide to testing magnetic fields in your home:

1. Choose the Right Meter

- **EMF Meter/Gaussmeter:** Ensure the device is capable of measuring magnetic fields in milligauss (mG). Some meters are specifically designed for electric or radio/microwave measurements, so you'll need one that measures magnetic fields.
- **Sensitivity and Range:** Check that the device's sensitivity and range are appropriate for home use. A good range for home testing is 0.1 to 100 mG.

2. Prepare for Measurement

- **Read the Manual:** Understand how your meter works by reading the manual. Learn how to turn it on, read measurements, and interpret results.
- **Initial Calibration:** If your device requires calibration, follow the manufacturer's instructions to ensure accurate readings.

3. Baseline Measurement

- **Find a Baseline:** Start with a baseline measurement in an area you expect to be free of significant magnetic fields, like the middle of a room, away from appliances and wiring.
- **Record the Baseline:** Note the baseline level. This will help you identify significant variations as you move around your home.

4. Conducting Measurements

- **Turn Off Unnecessary Electrical Devices:** To avoid interference, turn off electrical devices that are not being tested.
- **Measure Room by Room:** Slowly move around each room, holding the meter at a consistent height (about 3 feet from the ground is common). Pay close attention to areas near electrical appliances, outlets, and electrical panels.
- **Note High Readings:** Record the readings, especially in areas where the meter shows elevated levels of magnetic fields.
- **Appliance Test:** For specific appliances, measure both at a distance and close to the appliance. Compare these readings to your baseline.

5. Interpreting Results

- **Understand Safe Levels:** The International Commission on Non-Ionizing Radiation Protection (ICNIRP) suggests a general public exposure limit of 2,000 mG for short-term exposure. However, some health advocates recommend much lower levels (1-2 mG) for long-term exposure, especially in sleeping areas.
- **Compare Against Baseline:** Identify areas with significantly higher readings than your baseline. These are areas of concern.

6. Mitigation

- **Distance Is Key:** Increasing distance from sources can dramatically reduce exposure levels.
- **Limit Use:** Limit the use of devices with high magnetic fields, especially in areas where you spend a lot of time.
- **Professional Assessment:** For high readings or complex situations, consider hiring a professional for a more detailed assessment and mitigation advice.

7. Safety First

- Handle Devices Carefully: Follow safety guidelines for your meter and household electricity.
- Consult Experts: If unsure about your findings or how to proceed, consult with health and safety professionals.

Remember, while EMF exposure is a concern for some, the scientific community is still researching its health implications. Using an EMF meter to test mG fields in your home can be part of a broader approach to reducing your exposure to potential environmental stresses. Go here for more info:

<https://drkwik.com/blog/how-emfs-harm-and-how-to-fix-it>