

Functional Medicine's Point of View: Your Wireless Router may be Putting you in Danger

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

The debate surrounding the relative dangers of electromagnetic radiation has raged on for years. As technology has become more and more advanced, and more electromagnetic fields, or EMFs, are created, the fact that electromagnetic radiation can be harmful cannot be ignored. Wireless routers, one of the most convenient products in homes across the world, can actually contribute high levels of EMF exposure to your home.

What Are EMFs?

When any kind of electronic device is used, it often creates its own EMF. The structure of the EMF varies, depending upon the frequency and intensity of the electricity; however, all EMFs have the power to become harmful if you are exposed to them too often or for long periods of time.

It is clear, then, why having so many technological gadgets in one's home can be dangerous. By living amongst a variety of EMFs, you can interfere with the delicate electricity that works within your own body.

The Dangers of EMF Exposure

When your body's electrical system is altered, there are several different health problems that can occur. These include brain tumors, exhaustion, heart problems, and a higher risk of cancer, including leukemia. Furthermore, people have reported other health conditions associated with EMF exposure, but research has not yet confirmed the long-term effects that electromagnetic radiation from household items can have on an individual.

Why Are Wireless Routers So Dangerous?

When it comes to the dangerous technological devices within your home, wireless routers contribute a great deal to EMF exposure. Wireless routers allow electronics to communicate without the inconvenience of wires, but in doing so they are spewing massive amounts of radiation throughout your home. In fact, an average wireless network can transmit radiation at the same frequency as a microwave.

But the intensity of the radiation is not the only danger. Whereas other electronic devices are turned off at some point during the day or night, wireless routers are on all

the time. This results in your home being covered in EMFs every hour of every day. Furthermore, the wireless networks of your neighbors may be infringing upon your space. If you can pick up a neighbor's wireless signal on your laptop, then their EMFs are infiltrating your home.

What Can You Do to Protect Your House?

The best thing you can do to avoid overexposure to EMFs is to cut down on the amount of electronic devices that you use. If you are not using a particular computer, printer, scanner, television, microwave, or other technological gadget, go ahead and turn it off and unplug it. Unplugging it is important, because even if these devices are off they can still emit radiation.

Furthermore, if possible, forgo a wireless router and stick with the traditional, non-wireless alternative. This may be a challenge if you have several laptops that you use to connect to the Internet, but if you primarily use a desktop you should be able to achieve this without any problem. Additionally, opt for a printer that plugs into your computer, rather than one that connects electronically. If you cannot go without a wireless router, try to limit EMFs in other areas of your home by unplugging anything you are not currently using.

Wireless routers can be a dangerous source of EMFs, and if you can do without them, you can greatly improve your family's health. If not, cutting back on the use of other electronics can help reduce the total radiation to which your family is exposed.

Dr. Badanek has been and currently is 38 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151