



20 Expert Tips

for a radiation-free home
and a healthy family



Sebastian Krueger

Why This Report?

We live in times in which technological development is increasing exponentially. And with it the stress caused by this technology.

This short report is not intended to explain in detail why technical fields - and also geopathic interference zones, i.e. earth radiation - are harmful to us, but I assume that this is now common knowledge.

If you want to learn more about this in detail, you can find numerous articles and videos on my blog:

www.radiation-free-living.com

The aim here is to highlight the most important sources of interference within your own four walls and provide brief instructions on how to minimize them effectively.

And without having to be an expert.



My name is
Sebastian Krueger
I am a building biologist,
radiesthesist, alternative
practitioner and founder
of BIOGETA®.

BIOGETA® products are the first choice when it comes to deleting the harmful frequencies of geopathic interference zones, strengthening and stabilizing the body's energy field and harmonizing electrosmog pollution.

From a building biology perspective, however, the best results are achieved if as many sources of interference as possible are reduced first, so that the BIOGETA® products can then balance out the residual pollution, stabilize the body and supply it with energy.

For this reason, this report gives you the most important tips in a nutshell from over 1500 personally conducted sleeping area analyses.



The basic principle for optimal protection:

Educate

Education about the potential hazards of technical radiation and geopathy

Switching off

Switching off as many sources of interference as possible within your own home

Shielding

Shielding off strong external sources of radiation

Harmonizing

Balancing out loads that cannot be switched off and shielded

Build up

Building up the energy system through energetically positive water and strengthening the body's bioenergetics

Possible symptoms caused by radiation

- Sleep disorders
- Headaches
- migraine
- heart disorders
- Hormone fluctuations
- intolerances
- autoimmune relapses
- cancer
- childlessness
- bedwetting
- Tension
- depression
- psychoses
- ADHS / ADD
- Lack of energy
- often infections
- allergies
- muscle cramps
- Nervous disorders
- Night sweats
- Urinary urgency at night
- Confused dreams
- Leaky gut syndrome
- Sleep apnea
- Brain haemorrhage
- Irritable bowel syndrome
- Restless legs syndrome
- Cry babies
- CFS (permanent fatigue)
- Fibromyalgia

and much more ...

Why are technical fields and earth radiation harmful?

The 5 most important damages, in short sentences:

1. opening of the calcium channels of the cells

Technical radiation influences the opening of the so-called voltage-controlled calcium channels of the cells, causing oxidative stress in the form of free radicals, which cause damage throughout the body and even attack the DNA.

2. disruption of melatonin production

Technical radiation and geopathic interference zones disrupt the production of the hormone melatonin, which influences the entire hormone balance, is responsible for fertility and cell regeneration.

3. disturbance of the autonomic nervous system

Electrosmog and exposure to geopathic interference zones cause stress and activate the sympathetic nervous system. The attack and flight mode. This disrupts important regulatory processes.

4. hyperacidity due to stress

Due to the continuous production of toxic stress hormones such as cortisol and adrenaline, the body quickly begins to over-acidify, creating an optimal environment for viruses, bacteria and cancer.

5. energy drain due to interference zones

Spending time in so-called left-turning geopathic interference zones draws massive amounts of energy from the body, weakening it energetically every night and making it more susceptible to illness.

Plus many other disorders, not least as a result of the disturbed sleep rhythm caused by radiation.

... but now to the tips:

Tip 1

Be careful when choosing a house / apartment

Before you rent a new apartment or house or buy a house or building plot, pay attention to the surrounding area.

Are there any mobile phone masts nearby?

And if so, is your bedroom in the "direction of radiation"?

Are there high-voltage power lines in the immediate vicinity or is the property located directly on a railroad line?

In all of these cases, I would advise against the property - or consult a building biologist to carry out a few measurements in advance.

Please feel free to contact us:

[» Arrange a consultation \(click!\)](#)



Tip 2

Updating DECT cordless phones

DECT cordless phones emit highly aggressive pulse-modulated microwave radiation. Usually at 2.4GHz, exactly within the human biological window.

Newer devices have the so-called ECO mode, in which "radiation" is only emitted during phone calls. Most older devices, on the other hand, are continuous radiators.

So make sure you update your DECT phone to the latest version. In other words, dispose of the old phone and buy a newer one that works in ECO Plus mode.

These "low-radiation" phones only emit radiation when a call is actually being made, but not otherwise.

Important:

When buying, make sure that the base station also switches off when no calls are being made.

Tip 3

Switch off WiFi at night

Another permanent emitter in most homes is WLAN. Just like DECT cordless phones, WLAN consists of pulse-modulated microwave radiation, which is very harmful to us.

The radio frequency is usually 2.4 GHz, which is exactly within the human biological window. A microwave oven also "radiates" at the same frequency.

I always recommend deactivating the WLAN on the router and all repeaters in the house at night! The easiest way to do this is to use a socket with a timer function.

You immediately feel a calming effect in the room when you switch it off, and it is particularly important not to disturb the body at night, as important regulatory processes take place in the body during the nightly rest phase.

Tip 4

No active cell phones in the bedroom

In this case, an active cell phone means a device that is set to receive and continuously logs into existing networks.

If you use your phone as an alarm clock, activate flight mode. In flight mode, everything still works except for sending and receiving data.

Activating flight mode disables all connections.

The alarm clock will still work, but it won't do any harm. Always make sure that Bluetooth is also deactivated in flight mode!

If the cell phone is active at night, high and harmful fields are sometimes generated as the smartphone tries to connect to any available network every few minutes or searches for available networks.

Tip 5

No baby monitors in the bedroom

Most baby monitors also transmit at a very high pulse-modulated frequency (usually 2.4 GHz) or use the WLAN network.

The same applies to surveillance cameras and blankets for small children, as well as many motion detectors.

If you cannot or do not want to do without a baby monitor, we recommend a baby monitor from AngelCare.

These devices only activate when there is movement and switch the transmission off again immediately afterwards.

Many of the other devices are more likely to cause your child to sleep restlessly and thus encourage cry babies.

Tip 6

Caution with smart meters

Smart meters are "intelligent" electricity, gas and water meters that are in regular communication with the suppliers and are usually read externally using a special receiver.

This often only happens once a year, but the smart meters usually transmit non-stop.

Smart meters usually communicate via pulse-modulated radio frequency - i.e. microwaves.

If the smart meter is installed in the basement or outdoors, it is usually not a major problem, but if it is active in the living area, it can be wrapped with some aluminium foil or shielding material to minimize the radiation exposure.

It is usually only read once a year anyway.

Tip 7

Use less Bluetooth

We now find Bluetooth virtually everywhere. Headsets usually communicate via Bluetooth, just like smartphones, many loudspeaker systems and MP3 players.

In most cars, the cell phone connects to the vehicle system via Bluetooth, and calls are made and often music is listened to via Bluetooth.

At home, more and more people are streaming videos and music from their iPad, tablet or smartphone. This generates strong electromagnetic fields that are very harmful to health, especially in the Faraday cage of a car.

That's why I recommend not listening to music or watching movies via Bluetooth in the car or at home - instead, use a wired connection.

Limit Bluetooth in the car to short phone calls, if at all.

Tip 8

No cell phone directly on the head

When using your cell phone, you should either use a headset whenever possible or use the device's hands-free function. This is nowhere near as harmful and stressful as using your smartphone directly on your head.

Some Samsung models even state in the safety instructions that the device should not be used close to the body.

Pay particular attention if you have a baby or small child in your arms or lap. The blood-brain barrier is not yet developed in children, so that the exposure is much higher for them and can have far-reaching consequences.

Therefore, do not use a cell phone or cordless phone when a small child is in the immediate vicinity. Similarly, please do not give small children an active smartphone to look at photos or play with.

Tip 9

Shielded desk & bedside lamps

Due to the fact that most common bedside and desk lamps are not earthed and have a single-pole circuit, these lamps often generate very high alternating electric fields even when switched off.

The direction in which the plug is plugged in is crucial, as standard switches only switch single-phase.

It is therefore important that the live phase is switched (check this best with a measuring device).

Such fields couple to the body in a so-called capacitive coupling and thus generate an excessive body voltage.

Shielded lamps, on the other hand, are earthed and so well shielded that there is no exposure, even if the lamp is close to the head or on a bedside table when working.

Tip 10

Shielding materials / canopy / shielding color

There is a whole range of products available to effectively shield high-frequency radiation (WLAN, mobile telephony).

For example, it makes sense to paint the inside of an exterior wall with a shielding paint if there is a transmitting antenna nearby or if strong WLAN radiation is coming in from the neighborhood.

Low-frequency radiation (domestic electricity) can also be shielded, but requires earthing.

There are also special fabrics that can be used as curtains or canopies to shield the radiation from a mobile phone transmitter or the neighbor's WLAN.

However, you should make sure that there are no consumers (electrical appliances) inside the canopy, as the radiation can no longer escape through the shielding.

Tip 11

Single-phase switches for lamps

Most switches on desk and bedside lamps switch single-phase and have no earthing (flat plug).
no earthing (flat plug).

This means that only one of the two lines is switched. Either the live phase or the neutral conductor, which means that the current flow is only switched off on the "return path" from the appliance.

In the latter case, the entire line is still live - even when the lamp is switched off - and the field is often emitted into the environment through the lampshade, as if through a transmitting antenna, and couples to us.

Whether the live phase or the neutral conductor is switched depends on how the plug is inserted.

You can use a simple, inexpensive AF meter to test whether the switch switches the live phase. If not, simply reverse the plug in the socket!

Tip 12

Electric blanket / waterbed

Do you have a waterbed or use an electric blanket in your bed? Then make sure that these are disconnected from the power supply at night.

An electric blanket often generates body voltages of many volts.

The electric heating of a waterbed can also build up very high electric and magnetic fields that couple to the body and/or stress and strain it.

I recommend heating up the bed in the evening or warming up with an electric blanket, but disconnecting everything from the power supply before going to bed.

Newer beds have built-in cut-off relays that switch off the power above a certain temperature.

Ideally, however, this should be measured with a measuring device.

Tip 13

Electrostatic / electrical DC fields

Synthetic fabrics often generate a high electrostatic charge. You often experience this when you touch someone and get a "wipe" after walking over a carpet with rubber soles.

Cuddly toys in baby beds in particular can cause high static charges and even small sparks. But fleece blankets, synthetic bed linen, pyjamas or curtains also contribute to this.

To counteract static electricity, cuddly toys, fleece blankets or curtains can be sprayed with a light soap solution. Plush toys should ideally be washed once before use.

If possible, use organic materials instead of synthetic ones. These are negatively ionized and counteract static electricity. The room humidity should be at least 50%. The higher the humidity, the lower the static charge.

Tip 14

Microwave oven / induction oven

The induced voltage of an induction oven can generate very high alternating magnetic fields, which can put considerable strain on the body in the immediate vicinity of the abdomen.

If you are pregnant or planning a pregnancy, you should never cook in an induction oven!

There is a risk of ectopic pregnancies, deformities and miscarriages.

You should also refrain from using a microwave oven.

In addition to the danger posed by the unshieldable microwaves emitted by the appliance, important nutrients, vitamins and antioxidants can be killed off in the irradiated food.

Tip 15

No printer near the body

Many of the common inkjet and small laser printers are not earthed. This can be seen directly from the fact that they have these small, flat two-pin plugs.

As a result, they sometimes build up very high alternating electrical fields that connect to you unearthed and put a strain on you.

In addition, many newer devices actively search for available WLAN networks and transmit continuously.

Make sure that the printer is not in your immediate vicinity. There should be at least two meters between you and the printer. And switch off the printer's Wi-Fi if necessary.

A separate room is even recommended for larger or frequently used laser jet printers, as the printing process also generates a very high level of fine dust pollution.

Tip 16

Grounding laptop cables

When I checked a MacBook with my measuring device for the first time, I was shocked at first. I had plugged the MacBook in directly with the mains plug and was able to measure a very high load with my measuring device.

However, when I then connected the three-pole cable from the accessories, the load was zero. The MacBook is earthed by the three-pole cable, so that my measuring device no longer showed any increased values.

The same applies to other laptops. If you are not sure whether a laptop is earthed or not, check whether the plug is small and flat or round and slightly thicker.

If it is flat, it is not earthed. In this case, I recommend working primarily on battery power and not placing the laptop on your lap, for example, when using the mains.

Tip 17

No electrics in the bed

Any type of technical device that is operated via the mains and plugged into a socket produces technical fields and therefore electrosmog.

If your bed is electrically adjustable, you should make the power supply switchable so that you are not exposed to any pollution at night. It is best to use a measuring device to check whether the line remains voltage-free after the on/off switch.

Many beds today already have an integrated music system or lighting. This often results in very high loads, which is why I recommend installing a switch here too and/or disconnecting the bed from the power supply at night.

Also make sure that you don't have any charging cables from cell phones plugged into your bed, as they can carry a very high voltage.

Tip 18

No cables under the bed

Under many sleeping areas there are often various power cables and often multiple sockets. And mostly under the head area.

This creates a permanent low-frequency electrosmog and the body is permanently disturbed and stressed.

A switchable - preferably 2-pole switching - socket outlet can be used to switch off the circuit under the bed at night.

There are also remote-controlled sockets. I prefer this option because you can then switch off the entire circuit under, next to and behind you from the comfort of your bed using the remote control.

If you have a single-phase / single-pole switch in the remote-controlled socket, you should use a simple measuring device to check whether the active phase is being switched or the neutral conductor.

Tip 19

Do not use earthed bed sheets

There are a number of earthing and anti-electrosmog bed covers or mats on the market that can be slid under the bed or stretched out as sheets and connected to the house earth with an earthing cable.

The purpose behind this is to minimize exposure to low-frequency electrosmog - i.e. house current.

The problem with this is that although the load coming from below is shielded, the earthing provokes fields from other devices or lamps that are active in the room.

With an earthed bed sheet, there is a risk that you will draw the field lines - and thus the load - directly into the bed and that these will flow through you on the quickest route to earth and into the bed sheet. In this case, you will be very stressed.

Earthing must always be measured!

Tip 20

BIOGETA® HOME Harmonizer einsetzen

Due to the enormous number of radiation sources to which we are constantly exposed, it is virtually impossible to protect ourselves effectively simply by shielding or switching off our own devices.

There will always be a good amount of external radiation that we pick up from our neighbors, from the transmission tower around the corner, or from satellite radio, radar, etc.

A BIOGETA® HOME Harmonizer creates a balancing oscillation field and harmonizes the harmful effects of technical fields.

In addition, all types of geopathic interference (e.g. from a water vein) are effectively and measurably balanced.

More information: www.biogeta.com

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HOME Harmonizer



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