

EM Radiation and Fertility – 10 Steps to Protect Your Eggs and Sperm

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EM Radiation and Fertility

Fertility experts agree on the link between EM radiation and fertility and recommend in the four months preceding conception, to avoid even low levels of radiation. Once pregnant, women are advised to continue avoiding all forms of radiation.

Why and what does this mean?

The planet, lightning storms and even our body produce electromagnetic radiation. A bit of EM radiation is required for good health and reproduction. However, strong electromagnetic radiation can damage living tissue and cell structure. Radiation is drawn to the cells with the highest growth and division such as sperm and ova and the growing fetus. Computers, laptops, air travel, wifi, microwave ovens and cell phone towers are sources of electromagnetic radiation (EM), known to correlate between EM and fertility. Dr. Neil Cherry from Lincoln University wrote an extensive report in April 2000 on physical and psychological damages caused by long term exposure to EM. He presented this report to the European Parliament. Based on Dr. Cherry's findings some European governments have advised citizens to use hands-free phone attachments and not to carry cell phones close to the body. EM radiation contributes to the development of certain cancers as well as miscarriages, infertility, sleep disorders, depression and nearly 50% reduction in Melatonin at night. Melatonin is regarded as an anti-aging hormone that boosts the immune system and destroys cancer cells. As we produce and use most of the melatonin at night it is of utmost importance to make sure there is no EM radiation in your bedroom.

Cell phone use

The link between EM radiation and fertility does not only affect women. Cell phone use can affect male and female fertility. Researchers found an association between cell phone EM radiation and sperm quality. This is based on a study of 361 men at infertility clinics seeking fertility treatment. In the study, the more hours the men spent on the cell phone each day, the lower their sperm count and the greater their percentage of abnormal sperm. The scientists are suggesting that the long term exposure to the electromagnetic radiation could harm body tissue by damaging the DNA. Even air travel can be detrimental to your fertility. Cosmic rays we are exposed to on the planet are even stronger at the altitudes planes fly at as the atmosphere is thinner. This means they can penetrate the body much more easily than on the ground.

What to do?

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1. Increase your intake of superfoods such as wheatgrass, spirulina, reishi mushrooms (*Ganoderma lucidum*) and chlorella. 2. Unplug all household appliances when not in use. 3. Limit your time in front of computers and TV. 4. Distance yourself as far away from the appliances in your home when they are in use. 5. Remove cell phones and any other EM emitting devices from your bedroom. 6. Switch off your EC at night in your bedroom. Cool the room before you go to bed and then switch it off. 7. Stop using microwaves as they change the molecular structure of your food. 8. Work at arm's length in front of your computer. Additionally, move away from the computer when you are performing other tasks. 9. Do not carry a cell phone close to your body. 10. Stay away from cell phone towers (base stations). I hope this has raised your awareness of the connection between EM radiation and fertility as well as the potential dangers and some of the preventative steps you can take. If you have any thoughts on this I'd love to hear them.

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