



Power Pack

ShieldYourBody.com

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Save 15% on Your Order

As a special thank you for downloading my ebooks, here's a coupon for you to use on your next SYB order.

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Introduction

Inspired by the life's work of my father, **Dr. Martin Blank**, I started SYB in 2012 with the mission of making technology safer for you and your loved ones, by reducing **your** exposure to harmful EMF radiation.

Since you're reading this, you already know there are a **ton** of sources of EMF radiation. And it just keeps growing. It's no longer just cell phones and WiFi. These days, we also have Bluetooth, wireless thermostats, smart speakers, wireless chargers, smart refrigerators— EMF is everywhere.

I know that the growing levels of EMF in our environment can make you feel helpless. That there's nothing you can do to protect yourself. I speak with people everyday who feel the same way.

But, I have some good news for you.

Because even if you live in an area that's extremely polluted by EMFs, what you do with your own devices and at home matters a lot.

In my decade of experience with EMF protection, I've assembled a ton of great information to help you live healthier, with less exposure to EMF radiation. So in this guide, I'm giving you a collection of some of my top guides. This is the first time I've created a package like this, and it's chock full of very useful information.

Because, as you'll see, you don't need to give up technology, or invest tons of money in EMF protection to make a big difference— in your lives, and in the lives of your friends, family and colleagues.

Best wishes for your health and safety,



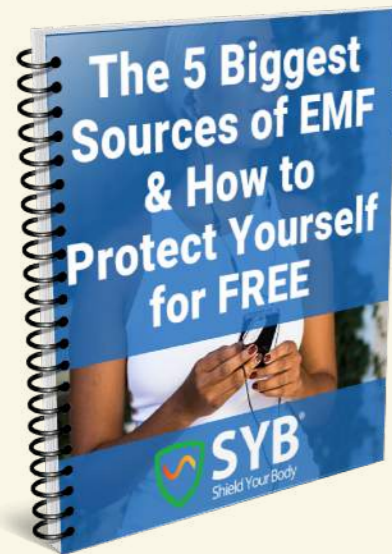
R Blank

CEO, SYB

rblank@shieldyourbody.com

Free Ebook Downloads

The 5 Biggest Sources of EMF– And How to Protect Yourself for FREE



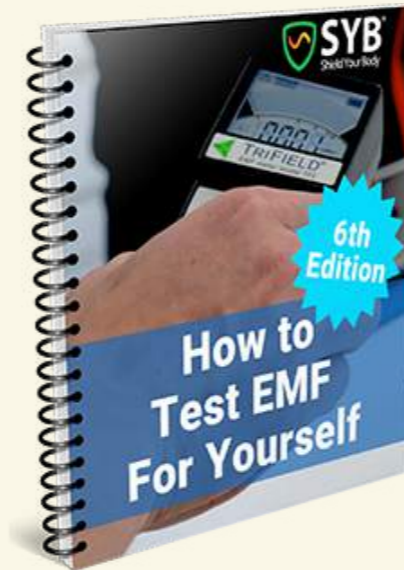
At SYB, we make some of the best EMF protection products available in the world. And so, sometimes it surprises people when I tell them that **the best EMF protection is free** – completely free.

But it's true. And you can start right now.

It all comes down to **two key rules**. Learn what they are.

[Get Your Copy](#)

How to Test EMF For Yourself



EMF is invisible & odorless. So how can you know how much you're being exposed to?

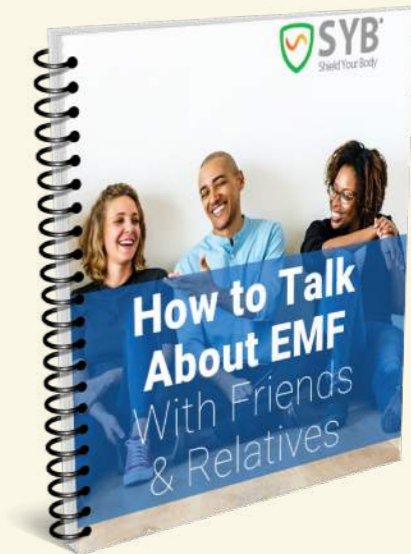
And how can you know if your EMF protection is actually working?

By testing for yourself!

Featuring meter recommendations and convenient instructions, this ebook is the best guide to get started testing EMF for yourself.

[Get Your Copy](#)

How to Talk About EMF with Friends & Relatives



You know EMF is an important topic. And you want others in your life to start caring about it, too!

But talking about EMF isn't always the easiest thing to do!

That's why I created this guide to– to help you learn the best ways to communicate about EMF & health with your friends, relatives and colleagues.

[Get Your Copy](#)

5G Safety & Protection Guide



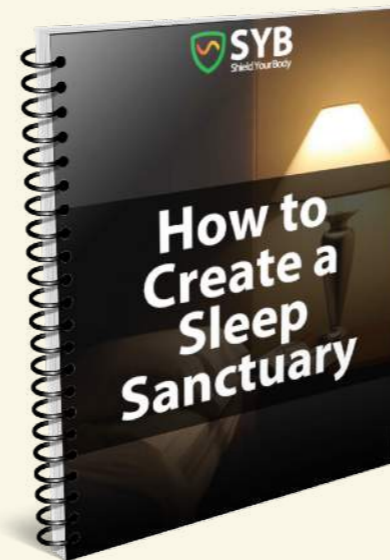
We've all heard about 5G. But what can you do to protect yourself?

In this guide, I cover:

- What 5G actually is
- How it is different from 4G, WiFi and other forms of EMF
- And– most importantly– what you can do to protect yourself!

[Get Your Copy](#)

How to Create a Sleep Sanctuary



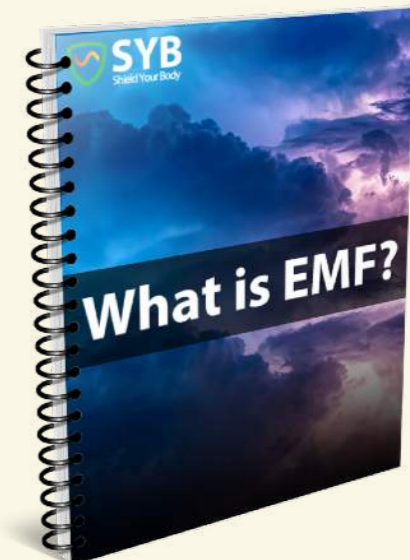
A sleep sanctuary is a place designed to respect the importance of sleep and foster more, higher quality sleep.

Reducing EMF in your bedroom is one important step you can take. And there are many others, too.

And that's what this ebook is about: an introductory guide to the steps you can take to turn your bedroom into a sleep sanctuary.

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What is EMF?



You care about EMF. But what actually *is* EMF?

How is it formed? And how is it measured?

What is the EM spectrum, and radio frequency?

What's the difference between 'energy' and 'power'?

Those answers and more in this super informative guide.

[Get Your Copy](#)

Real Science on EMF Health Effects



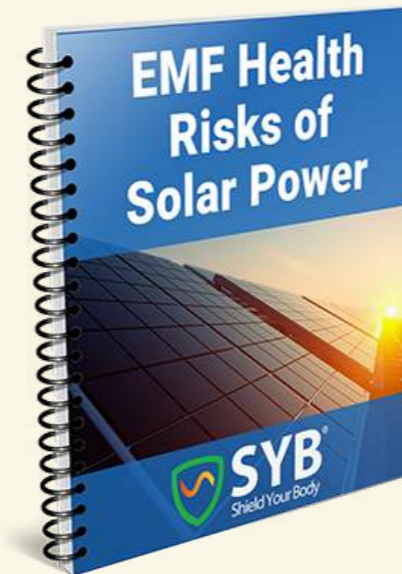
We've all heard that there are "thousands of studies" demonstrating negative health effects from EMF exposure.

But what do these studies actually say?

Here's a summary of some of the most significant scientific findings about your health risk from EMF— for men, women and children.

[Get Your Copy](#)

EMF Health Risks of Solar Power



Solar power and green energy are incredibly important technologies for the future of humanity.

But a lot of people don't realize the EMF health risks that accompany most solar power installations.

Learn where these risks come from— and what you can do about it!

[Get Your Copy](#)

What's Your Health Risk?

EMF meters are a really great tool. And I spend a lot of time advocating their use.

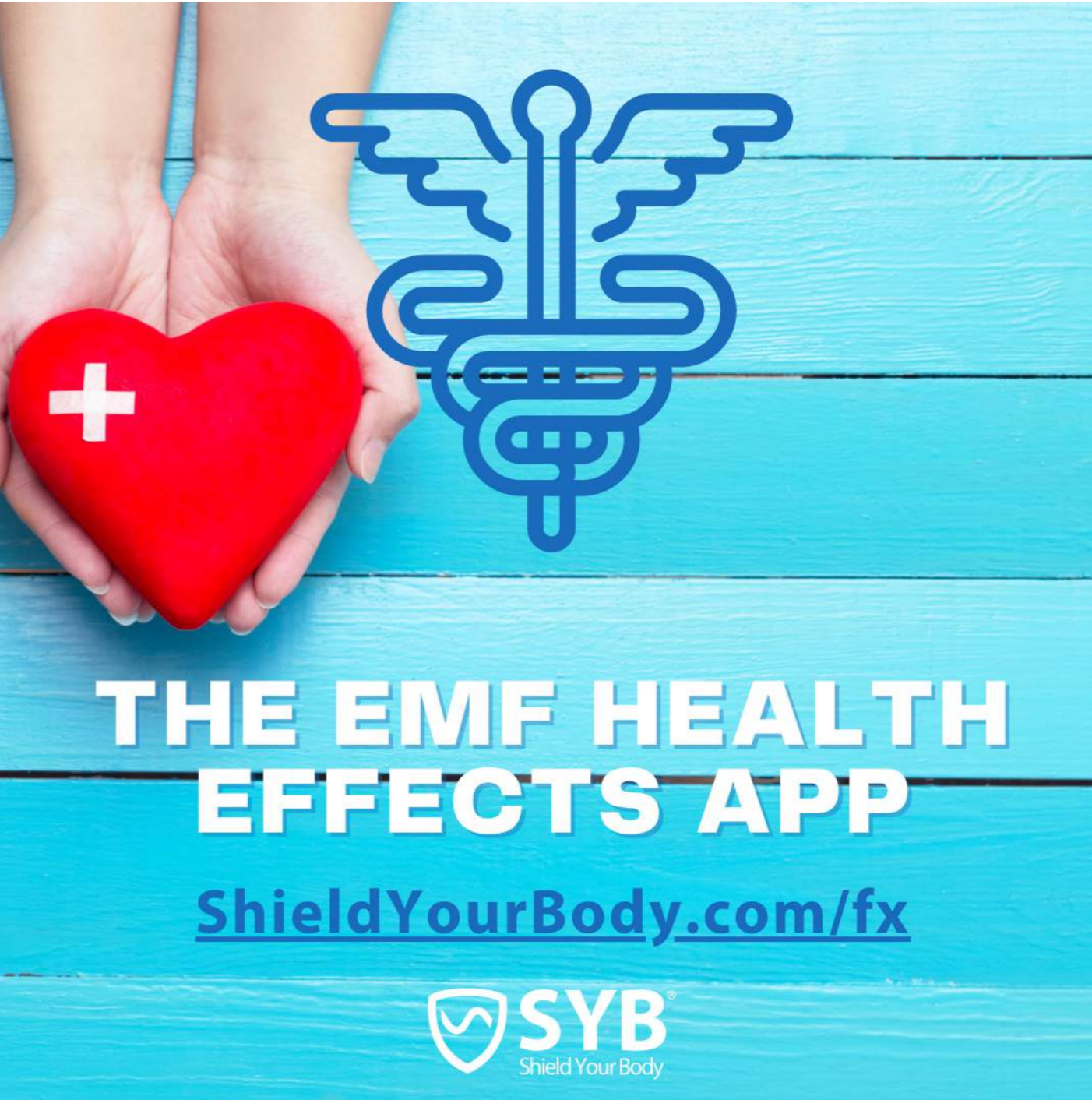
But the units are meaningless to almost everyone!

Sure, you can look at a reading, and compare it to a chart you find online, and see if your readings are high or low. And that's useful. But that's really all the information that a regular person can get out of a meter reading.

So, how can you make these readings more useful and more meaningful?


That's why we've created the **SYB EMF Health Effects App**.

Just enter the value you see on your meter, and click 'Get Results'. Then you can see a set of studies showing what health effects have been reported, at or below that reading.



THE EMF HEALTH EFFECTS APP

ShieldYourBody.com/fx

 **SYB**
Shield Your Body

[Use it Now](#)

The Healthier Tech Podcast

The Healthier Tech Podcast is the show bringing you a practical solutions-based approach to understanding how best to live in balance with our increasing reliance on tech.

The show from **Shield Your Body** brings you expert voices that clearly explain the science that matters to you, and the usable tips that you can use to live healthier, while defending against the health risks of modern day technologies.

The **Healthier Tech Podcast** is a hub for the legitimate voices on the subject of electromagnetic radiation and technology health and safety.

The **Healthier Tech Podcast** is about making the most of the tech and gadgets that we all love and rely on, but also understanding the simple ways to mitigate health risks associated with our essential devices.

Season 1 guests include **Lloyd Burrell, Dr. Devra Davis, Cathy Cooke**— and more.

So [listen and subscribe now!](#)



[Listen & Subscribe](#)

Shareable Knowledge

Here at SYB we make a lot of infographics.

And here's your chance to download 16 of them all at once.

They're great for sharing with your friends or loved ones, to help them learn more about EMF and how to live healthier lives with less exposure.

Informational Topics, like:

- EMF Health Effects
- EMF Effects on Children
- What is SAR?
- & More!

Handy Tips, like:

- Don't Carry Your Phone in Your Pocket
- Turn Off Your WiFi at Night
- Use Airplane Mode
- & More!

The image displays three infographics from SYB (Shield Your Body) on a blue background. Each infographic has a QR code at the bottom right and a link to learn more.

- Infographic 1: WHY TURN OFF YOUR WIFI WHEN NOT IN USE**
 - SAVE MONEY:** According to the National Resources Defense Council, WiFi routers – now in nearly 90 million American homes – use about \$1 billion worth of electricity annually. Turning off WiFi when not in use could save \$300M annually.
 - SAVE ENERGY:** According to the National Resources Defense Council, there are approximately 145 million WiFi modems in people's homes. Per household, they consume about 100 kilowatts per year – more than a new energy efficient 32-inch TV, twice as much as a new 14-inch ENERGY STAR laptop computer, and 30 times as much as a cell phone charger. In 2012, small network equipment consumed more than three dirty coal power plants' worth of electricity. Taken together, WiFi modems consume enough electricity each year to power all 1.2 million homes in the Silicon Valley area.
 - PROTECT YOUR DATA:** According to Risk Based Security, more than 822 million records were exposed worldwide in 2013, including credit card numbers, birth dates, medical information, phone numbers, social security numbers, addresses, user names, emails, names, and passwords. **Your WiFi can't be hacked, if it's off.**
 - PROTECT YOUR HEALTH:** WiFi uses the same type of radiation that your microwave oven uses to cook food. The World Health Organization designates this type of radiation as a Class 2B Carcinogen. Tens of thousands of scientific studies link this type of radiation with numerous negative health effects, including cancer, kidney damage, dysfunctional sperm, impaired brain function, and chronic sleep problems.
- Infographic 2: HEALTH EFFECTS OF EMF**
 - There are literally THOUSANDS of scientific studies demonstrating negative health effects and biological damage from exposure to EMF radiation. Here are a few examples.
 - 1 WORLD HEALTH ORGANIZATION WARNING:** The World Health Organization (WHO) lists EMF radiation as a Class 2B Carcinogen.
 - 2 CLEAR HEALTH EFFECTS:** A wide range of negative health effects occur in a matter of minutes, from exposure to EMF from cell towers, cell phones, WiFi and smart meters. - The BioInitiative Report
 - 3 CANCER:** "The 11 studies that investigated cell phone use for 10 or more years found a significant harmful association with tumor risk, especially for brain tumors, giving us ample reason for concern about long term use." - Dr. Joel M. Moskowitz, UC Berkeley
 - 4 BRAIN TUMORS:** Two separate courts in Italy have ruled that cell phones cause brain tumors, and ordered that Telecom Italia pay restitution to a man who developed brain tumors as the result of his cell phone use. "There are solid elements to affirm a causal role between the exposure of the person to radio frequencies from mobile phones and the disease that arose," the judges said in their ruling.
 - 5 CHILDHOOD LEUKEMIA:** EMF from power lines has led to the incidence of childhood leukemia in children between 3 and 4 years old. - Dr. Sam Milham, Mount Sinai School of Medicine
 - 6 MALE INFERTILITY:** Use of cell phones decrease the sperm quality in men by decreasing the sperm count, motility, viability, and normal morphology. - Dr. Ashok Agarwal, Cleveland Clinic
 - 7 MISCARRIAGE:** Women who were exposed to higher levels of EMF radiation had a 2.72 greater risk of miscarriage. - Dr. DeKun Li, Kaiser Permanente
 - 8 IMMUNE SYSTEM DEFICIENCY:** EMF exposure has similar results as taking immunosuppressive drugs, which weaken the immune system. - Dr. Ole Johansson, The Karolinska Institute
- Infographic 3: DON'T SLEEP WITH YOUR PHONE**
 - According to a Pew Research study, a LOT of us sleep with our phones.
 - 70% of all Americans sleep with their phones.
 - 90% of young Americans (18-29) sleep with their phones.
 - WHY IS THIS A PROBLEM?**
 - Cell phones emit EMF radiation. The World Health Organization designates this type of radiation as a Class 2B Carcinogen.
 - Your cell phone isn't a source of EMF – it's actually many sources of EMF.
 - Voice calls
 - Mobile data
 - Mobile WiFi
 - Bluetooth
 - GPS
 - NFC (like for Apple Pay)
 - Wireless charging
 - Each connection is a separate source of EMF and adds to your total exposure.
 - Tens of thousands of scientific studies link exposure to this radiation to negative health effects including cancer, DNA damage & infertility, and can contribute to the development of depression, diabetes and heart irregularities.
 - A growing body of science also shows that the presence of a phone in bed contributes to insomnia and sleep disruption.
 - Phones in bed are actually a fire hazard. There are multiple accounts of phone batteries exploding in bed.
 - An increasing number of authorities, including the California Department of Public Health, warn against sleeping with your phone.
 - SO DON'T SLEEP WITH YOUR PHONE!**
 - Here's what you can do instead.**
 - Stop using your phone two hours before bed.
 - Sleep with your phone in another room.
 - If you use your phone for an alarm clock, go out and buy a simple, battery-powered alarm clock.
 - Stop using sleep tracking apps. All of that fancy sleep tracking technology actually harms your sleep – and your health!
 - If you must sleep with your phone, put it into airplane mode before you fall asleep. That will cut almost all the EMF radiation.

[Download Now](#)

Shareable Graphics

Infographics are great. I mean learning is pretty fantastic.

But sometimes people want to chuckle too. It helps people digest the information more easily, with fewer obstacles.

And that's why we have a series of memes, all about EMF.

Here are **28 of our most popular memes** all in one download.



[Download Now](#)

The Real Truth Behind EMF Protection Product Claims

We all know EMF radiation is harmful. And EMF protection products are one way to reduce the risk. But which ones actually work? And really, what do they do?

You've all read the claims. "Blocks up to 99% of EMF". "Neutralizes harmful radiation." "Harmonizes EMF."

There are so many different claims out there, it can be overwhelming to know which ones work— sometimes it can be hard to know even what the product is claiming to do!

Watch as the CEO of Shield Your Body breaks down EMF protection product claims. In this video, you'll learn:

- **which EMF protection products are based on science, and which aren't.**
- **what different types of EMF protection products do, and claim to do.**
- **how to understand laboratory test results.**
- **AND, what to look for to support product claims.**

Don't get scammed. Learn the truth about EMF protection product claims.

That's why you need to [watch this video now.](#)



[Before Buying Anything, Watch This Video!](#)

[Watch More SYB Videos on YouTube](#)

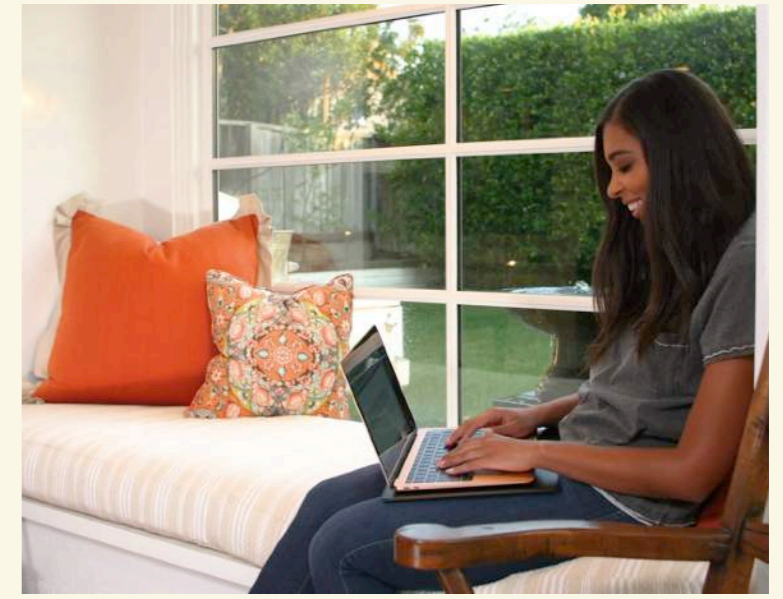
Lab-Tested EMF & 5G Protection from SYB



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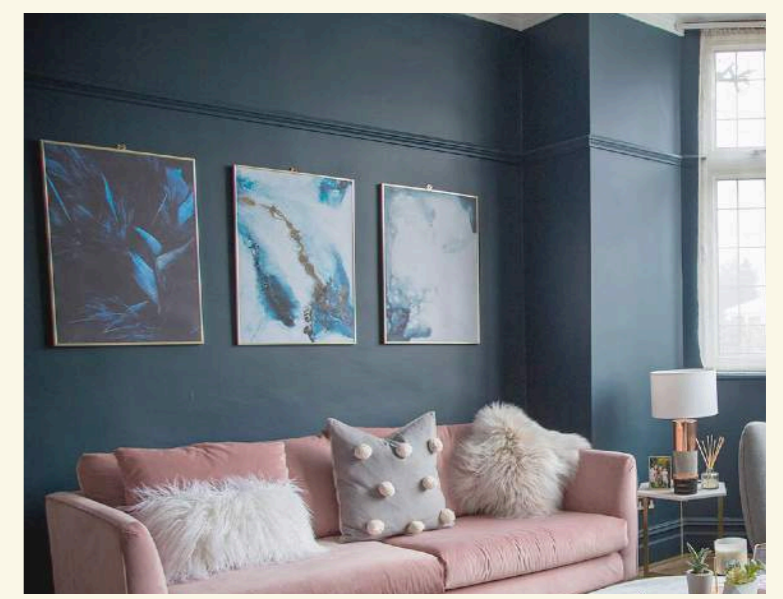
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Why Choose SYB

There are a lot of options for EMF protection out there.

So the big question is: why choose SYB?

That's a great question. I'm glad you asked.

And I appreciate you giving me the opportunity to tell you a bit more about why you should choose SYB.



Why Choose SYB

Independent Lab Testing

Did you notice the little 'Lab Tested on 5G' icon on my products?

I can say that because I've had my entire shielding catalog tested by independent laboratories for **5G frequencies**.

And I post all the results on my website for you to see.

SYB is the only EMF protection company that does this.

Believe it or not, some companies don't test at all. Other companies will just test one product and then imply those results apply to their entire catalog.

I spent a lot of money on independent testing so you can rest assured that your SYB product really works!

[Check Out the Test Results](#)

[Watch Our Testing Videos](#)



Why Choose SYB

Free Shipping Over \$100



That's right. Free. As in \$0.

And not just in the United States. But throughout North America and Europe.

No one ships as affordably, to as many countries, as we do.

Lifetime Warranty



I invest a lot into product quality.

So I know that your investment in SYB is one that will endure.

In fact, I'm so confident, that I offer a lifetime warranty on each and every product!

That's right. You can rest easy knowing that your SYB product is protected for life with the strongest warranty in the industry.

30 Day Returns



I want to make it as easy as possible for you to protect yourself with SYB.

And that's why I offer 30-day returns, no questions asked, on each and every order.

If you aren't 100% satisfied with your order, for any reason, just contact us and we'll take care of it for you right away!

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Save 15% on Your Order

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Thank You!

Inspired by the life's work of my father, Dr. Martin Blank, I started SYB in 2012 with the goal of making technology safer for you and your loved ones.

And so I want to thank you so much for taking the time to read my ebooks.

Your support is what makes the SYB mission possible.

Sincerely,

R Blank



R Blank
CEO, SYB
rblank@shieldyourbody.com

