

Explanatory: Problem-Solution

5 Ways to Prevent Cellphone Radiation

Similar to behavior such as compulsive shopping, cellphone use can become addictive too. This leads to a dangerous radiation that can cause a serious disease, for instance cancer. There are five ways that we can do to protect us from cellphone radiation and keep ourselves healthy.

Let me begin by contrasting calling and texting. You might not realize that sending text is safer than calling. I suggest you to text more and call less. This is **because** texting requires less signal power than calling or receiving calls on your phone. When your ear receives too much signals, this can lead to brain damage. It seems like a conservative option, but if you really want to avoid unnecessary radiation exposure, texting or instant messaging is the best option.

The next aspect is the use of headset. Wearing a headset, such as EMF proof headset also reduces the chances to get phone radiation **because** it works like a stethoscope and filters potential harms of cellphone transmission into our ears. When you put your cellphone close to your ears for too long, for example, one hour in a day, of course, this leads to brain damage. If you don't really like wearing headset, then at least switch to speaker mode in your phone and keep your phone at 5 feet away from you, as far as you can hear clearly.

The next aspect is what kind of phone mode suitable when you are driving car or motorcycle. Many of you usually have selected driving mode available in your smart phones. This is actually not a good choice **because** you can still receive phone calls or texts. Most likely, the phone calls or the texts distract you. When you are distracted or lose concentration, a car accident can happen. This can cause death. I think it would be best if you select offline or airplane mode. This way you can focus on your driving and stay away from any accidents.

The fourth aspect is where you keep your phone, especially when you go out. Putting your phone on your pockets is not a good option, especially for males. This is **because** the phone can send radiation when it rings or vibrates. Remember, cell phones are miniature antennas that constantly send and receive information. In the long term, this can cause your male organ's impotence. To avoid this, you can always put your cellphone in your bag or bagback. Or if you feel more comfortable putting it inside your pocket, don't forget to select offline or airplane mode.

The last aspect is the perfect position of your cellphone when you're asleep. Many of us often fall asleep with our cellphone laying next to us. This is dangerous **because** the phone mode is on. Remember, phones are miniature antennas that constantly send and receive information. Even when you sleep, our brain is still active. Thus, when the phone mode is on and it is near our head, it endangers our brain. You can get headache, easily forget things, and often lose concentration. Just make sure, before you fall asleep, put your cellphone a little bit far away, about 5 feet from your head. You can put it on your bed table or in your bed drawer. This way you can sleep peacefully.

Now you know that cellphone radiation is dangerous to our health. However, you can protect your health by following these suggestions.