

What is a safe limit of electromagnetic field (EMF) exposure? Many experts in this field agree that keeping one's chronic exposure under 3 milliGauss (mG) represents a prudent course. Others think it is much safer to keep chronic exposures to less than 1 milliGauss. We agree with this lower limit.

Most AC-powered (plug-in) equipment emits electromagnetic fields. This includes:

- Computers (flat-screen monitors emit less EMF than the old-fashioned CRTs)
- Office equipment (printers, faxes, etc.)
- Televisions (flat-screen TVs emit less EMF than standard units)
- Stereos
- Kitchen appliances
- Electric blankets

In addition to AC devices, there are other types of equipment that give off EMFs. Among them:

- Cell phones
- Microwave ovens
- Power lines
- Cell-phone towers
- Electrical service boxes/panels
- Fluorescent lights without electronic ballasts