



9 Ways To Protect Your Home From Smart Meter Radiation

by Daniel

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One thing I own that I didn't even realize could be emitting **radiation** was **my smart meter**. In this article, I share what I have learned about it and **how you can protect your home from smart meter radiation**.

As technology becomes more and more prevalent in our everyday lives, the world gets a little smaller, and everything becomes a little bit more convenient.

Smartphones, laptops, iPads, and wireless connectivity keep us busier than ever. Some of us spend several hours a day looking at our phones and not even realizing that we are doing so. The same can be said for our computers and our **television sets**.

The reality is that we are surrounded by electronic and digital devices, and there isn't much we can do to get away short of living out in the woods.

I personally recognize that technology is an integral part of my life and that I need it to work and to communicate with friends and family. However, I am increasingly concerned with the level of radiation that is emitted by our electronic devices, so I take every measure I can to ensure that my family is safe from these harmful electromagnetic waves.

Also read: [Minimum Safe Distance from a Smart Meter](#)

How to Protect Your Home From Smart Meter Radiation

A smart meter is a device that monitors the level of electric energy consumption in your home. It transmits this information to your electricity supplier to set you up with a more efficient system and more accurate energy bills.

You can use a smart meter to monitor your own personal consumption, so it can be a useful device in cutting down on electricity and minimizing the amount of radiation that you are exposed to.

The problem with a smart meter is that it also uses quite a bit of electricity itself and

waves.

You'll notice that there are antennas on the meter and around your neighborhood; all of them constantly emitting radio frequencies throughout the day.

Electric companies claim this is nothing to worry about because the radiation is non-ionizing, but we know better than to trust them.

There are many well-known **dangers of non-ionizing radiation** that can negatively affect your health.

You may be using it to monitor your home's consumption levels without realizing that it could be part of the problem.

This was the case for my home until I read up on smart meters and realized that they also could be harmful.

Before I proceed further, I **highly recommend** you take a minute and **check out these eBooks by LLOYD Burrell**. They've made a **significant impact on my understanding of EMFs**, and I believe they'll do the same for you.

Fortunately, there are several measures you can take to **protect your family** from the waves that are given off by these smart meters.

You don't have to get rid of your meter, just follow some or all of these steps, and you will be well on your way to having an extremely safe home that is well-protected from the dangers of radiation.

1. Install a Smart Meter Shield



A smart meter shield is a simple mesh cover that fits over your smart meter and is easy to install. These are quite effective at blocking the EMF radiation that comes from smart meters and are a welcome addition to any home that is trying to stay safe from radiation.

You can pick up a smart meter shield [here](#).

I know that this was the first thing I did when I realized my smart meter was becoming a nuisance. These are generally made of stainless-steel meshing which helps to absorb the radioactive waves that are emitted by it.

Other technologies use reflection to disperse radioactivity, but that can still be harmful as waves can be reflected back into your home.

Stainless-steel is probably the best way to go here, but there are other materials for smart meter shields that also work quite well.

The beauty of these is that they block both EMF and RF radiation, so you are protecting your home from both types.

Just make sure that you secure your smart shield tightly, as any broken seal will allow radiation to seep out.

It is less radiation than before, but if you are going to pay the money for a smart shield, you should make sure that it is installed properly so that you receive 100% of the benefits that they can offer.

2. Install a Faraday Bed Canopy



Your bed is where you will spend the most time of your day, so you should protect your bedroom just as much if not more than the other areas of your home.

One way to do this is to install a Faraday Bed Canopy ([see it on Amazon](#)) around your bed. This is a mesh canopy that not only looks nice but also blocks out and absorbs harmful EMF rays while you are sleeping. This is highly important because nighttime is when your body is regenerating cells and revitalizing your health.

Do they really work? Watch the video below to find out.

EMF Bed Faraday Canopy Shields - Do They Work?

[Watch this video on YouTube.](#)

Radiation can throw a wrench in that plan, leading to fatigue and more serious health problems.

Faraday Canopies are great for protecting you from the waves emitted by your smart meter. Even if it is the other end of the home, those waves can still travel a long distance to your bedroom.

In addition to this, the canopy will also protect you from other microwave frequencies and radiation in the home such as a wireless router or **cellular phone**. It will be killing two birds with one stone if you install this.

3. Shield the Wall Behind the Smart Meter

Wherever your smart meter is located, you should strongly consider shielding the wall behind it to block the radiation from entering your home. There are many ways to do this.

One way is to install a layer of mesh stainless steel that can block EMF waves. You can also **use shielding paint** (see on Amazon), which is relatively easy and generally pretty cheap. It is water resistant and environmentally friendly and be applied quickly.

Whatever you do, make sure to **check the structural integrity of the building behind your wall before performing any sort of construction.**

It is important that you don't harm your house or place any holes in the wall, as radiation can sneak in through them, negating the positive effect that you are creating by putting up a shield.

4. Make Your Own Smart Meter Shield

If buying a smart meter shield is out of the question due to budget constraints, you can easily make your own smart meter shield with some double-sided bubble insulation and **aluminum foil** tape.

You can put the two together in just a few minutes and choose your preference of securing the shield to your smart meter.

Cover your Smart Meter from Dangerous Radiation for
only \$6

[Watch this video on YouTube.](#)

Just be sure to use an RF reader to make sure that you've positioned it correctly to prevent radiation from getting into your home. This was the first step I took in protecting against radiation while my mesh smart meter was on its way, and it certainly worked quite well for the few days that I need to use it.

The smart meter shield is also nice because it is portable and can be brought with you on vacation for use in areas that may not have much protection from EMF waves.

5. Get EMF Shielding Bedding



In addition to your canopy, you can buy protective bedding that will keep out EMF rays from where you sleep.

This type of bedding can deflect more than 90% of wireless radiation, so you'll be perfectly safe when you are sleeping, even as your smart meter is running all night long.

There are materials available for all sizes of bed, so you should have no problem finding this convenient and safe bedding. When combined with a [Faraday canopy](#), you will be virtually free of any form of radiation while you sleep soundly.

To save on costs, [get these](#) from Amazon.

6. Buy some Protective Clothing

You can protect yourself even further by purchasing some **EMF protective clothing**. Check out [this page](#).

There are shirts, scarves, headbands, and hats all available that have RF shielding capabilities and actually don't look as bad as you may think. Some of them are a bit over-the-top, but others just look like standard baseball caps or t-shirts.

Since they block out the radiation, you can walk around your house at all times, use your electronic devices, and sleep knowing that you are being protected from harmful rays.

There are even certain types of underwear available as well as tummy shields for pregnant women, so you can be sure to be protected everywhere at all times!

I personally have some t-shirts, hoodies, hats, and pants, and they are all perfectly comfortable and just look like any other kind of casual clothes. I'd even say they're more comfortable than many of more expensive, regular clothing that I own!

7. Window EMF/RF Shielding Film



enters your home through the windows. This makes sense as they can be opened and closed and may not be perfectly sealed from the outside world.

Fortunately, there are **protective shielding films** that can be applied to your windows easily.

There are even clear window films if you don't want to have any sort of tint whatsoever on your windows. However, you can also get stronger shields that are tinted.

They aren't really that dark, and you are perfectly able to see outside and experience sunlight coming into your home.

8. Use Protective Baby Blankets



Children are far more susceptible to the effects of radiation exposure than adults, and babies are even more at risk.

If you have a baby in a home with a smart meter, you should definitely invest in a **protective blanket** for him or her.

Radiation can have terrible negative effects on this, so the blanket will be a big help in protecting against it. They have absorption and reflection blankets, so choose based on your preference and where the smart meter is located in your home.

9. Request a Standard Meter

If the city or electric company installed your smart meter for you, you may be able to request that they change it out for a standard meter.

Just let them know that you are concerned about radiation and there is a good chance that they will bring out a new meter.

The only thing that will change is that the utility company will have to send someone out to get readings on a regular basis. This isn't really much of an inconvenience when you consider that you are keeping your family safe.

If they refuse to switch out your meter, you can always buy a new standard unit and install it yourself. Just make sure to follow the instructions and let your electric company know what you are doing.

Why Protect Your Home from Radiation?

You may be aware that smart meters give off radiation, but maybe you aren't sure why you need to protect yourself from this.

After all, many electronic companies and utility providers have gone on record as saying that the radiation isn't all that harmful.

So why should you worry about it?

To put it simply, they aren't entirely truthful, and it is in your best interest to take the preventative measures to guard against the negative effects of radiation.

See below for some of the health problems that can occur as a result of overexposure to radiation.

Increased Risk of Cancer

Studies have shown that **long-term exposure to even very low levels of radiation can greatly increase your risk of developing cancer.**

As the exposure gets higher, so does your chance of getting cancer.

The EPA has standards to keep radiation levels from commercial devices below a certain threshold to keep us safe, but you never know what new studies may come out that show even these lowered levels of radiation are unsafe.

Allergies

If you don't currently have allergies, exposure to radiation can actually cause you to develop them over the course of time. If you already have allergies, it can make them far worse.

As you consume higher levels of radiation, your body will try to reject it because it knows it is not good for you. **This will eventually cause you to become allergic to the things that are associated with the radioactive material**, so your body will reject them even in cases when they are radioactive.

This is how radiation can lead to the development of new allergies that you never had

Fatigue

Radiation can have long-term effects on your body that will lead you to feel tired and unable to think as clearly as you normally could.

Even if you don't develop cancer or more serious problems, radiation can lead to chronic fatigue as it slowly hurts your insides.

Your body will try to fight it off, thus using up valuable energy while you are both sleeping and awake. This means that you will be more tired due to depleted energy resources.

Lowered Immunity

Even mild exposure to radiation causes your body to try to fight off the harmful effects.

As we mentioned, this can lead to fatigue. In addition to this, you may experience lowered immunity due to your body constantly working overtime to keep you free from radiation.

Unfortunately, as this continues to happen, you can become more susceptible to illness and disease. This is why it is so important to stay away from radiation.

Chronic Illness

Lowered immunity can lead to chronic illness, and many people who have lived in highly radioactive areas have reported that they had a sore throat throughout the whole ordeal.

The sicker you get, the worse your body becomes, and this can lead to more severe conditions and diseases. You need to keep yourself healthy in order to fight off infections and the negative problems that radiation can cause.

Conclusion

A smart meter may be advantageous in your home, as it will help you monitor your electricity consumption and even lower your utility bills.

It also makes it more convenient for the electricity company to see how much to charge you. However, the radiation that it emits can be quite harmful to you and your family, so it is important for you to do your due diligence in taking the steps to protect your family from these EMF and RF waves.

Above we have highlighted some of the ways in which you can protect yourself and your family from radiation.

If you still want to take more steps, there is plenty of research that can be done on the internet. You may not immediately notice the effects of radiation on your health, but if you ignore it, you might be paying for it in the long run.

You should always do what you can to keep yourself and your family safe, and that includes protecting yourself from the waves that are being emitted by your smart meter.

Thanks for reading! If you liked this article, please share it. **You may also like to check out my [recommended products for EMF radiation protection](#).**

 Education

> 10 Ways to Protect Yourself from Cell Phone Radiation

HI, I'M DANIEL



Welcome to EMF Advice, my blog. Over the past two years, I have put a lot of time and effort into researching the unseen harmful force known as EMF radiation. I have a wife and two kids and protecting them was the driving force behind my hard work. Through EMF Advice, I want to share with the world what I have learned. I hope you find the information useful.

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