

# INSTRUCTIONS FOR TURNING OFF THE WIRELESS INTERNET CONNECTION IN YOUR HOME

## WHY WOULD I WANT TO?

Well, did you know that your wireless connection in your laptop, cell phone, iphone etc. is actually microwave radiation . . . . .

And, not only does the modem send out a wireless (microwave) signal, *so does your laptop*. It's constantly sending out a 'seek signal', looking for a wireless signal it can connect with. So, if you have your laptop on your lap this gives you and your ovaries (or testes) a real good whack of microwave radiation every time it does that.

So, if you don't absolutely have to use a wireless (wifi) connection to connect you to the internet or to other computers at home (or in your office for that matter) and want to protect your health from the adverse effects of this microwave radiation, always choose when possible to use a wired LAN connection, or DLan plugs and switch off the wireless connection. If you choose to keep it, at least switch it off at night whilst sleeping.

These days many house are built, or have been modified, to have LAN cabling (and outlets) built into the walls, like the electrical wiring. If yours isn't and you still want to connect to the internet from all over the house invest in some DLAN PLUGS. (Amazon have many brands as do many other web sites. Funny no-one talks about them much!)

## CHILDREN AND MOBILE PHONES

Research has shown that after a ten minute cellphone conversation children's brain waves are de-regulated for approximately two hours, leading to problems with cognitive function, concentration etc. And the younger they are, the softer their skulls and the much more vulnerable they are to this kind of radiation

## PACEMAKERS AND WIFI

There is quite a bit of anecdotal evidence that public wifi connections in libraries and WII game systems can cause uncomfortable symptoms in people with pace makers. If you wear a pace maker, always make sure you ask if there is wifi in public buildings.

### ***For more information:***

go to [www.why-wi-fi.co.uk](http://www.why-wi-fi.co.uk) and order the DVD of the talk on the dangers of mobile phones and wifi given by Barry Trower, a leading researcher into the effects of microwave radiation. (see the '**New DVD available**' section about halfway down in the right hand column)

## TO SWITCH OFF YOUR HOME WIRELESS CONNECTION

First check that your modem/router has a socket in the back for a LAN cable - it looks like the one on the side or back of your computer. If so, go ahead and switch off the wireless function using the instruction below. If not, you'll need to get a new modem/router with a wired LAN connection/socket on it. Many internet providers only supply ones that are just wireless these days, but you can buy a wired modem/router very easily in the usual stores (they're not that expensive) and use that instead. If you get a new wired modem/router, ***still make sure that the wireless function is turned off using these instructions. They are usually supplied with it set to on as default.***

### HOW DO I DO IT?

1 Access the configuration control panel of your modem/router: Open your web browser on your computer (Internet Explorer, Firefox, Netscape or whatever you use to browse the web) and enter these numbers 192.168.1.254 where you would normally write in a web URL at the top of the window (do NOT use www). Sometimes this number can be 192.168.0.0, 192.168.0.1 or 192.168.1.1. If none of these work and you can't find it, or don't know it, just ask your internet service provider for it (i.e. the people who supplied the modem/router, or the company you bought it from).

2 This opens the login page for the management of your modem/ router.

3 You may need a user name and password to log in to the modem/router control panel. The default username is usually 'admin' and there is often no password (blank). If this doesn't work or you don't know the password, again ask your ISP (internet service provider).

It usually opens at a network summary page.

4 You'll need to hunt around in the control panel to find the wireless connection on/off button. In my router (AT&T) it's under the section 'View Home Network' for example. Sometimes it's called 'wireless settings.' Just hunt around until you find it

5 Click the button to turn the wireless function on and off. Usually termed enable or disable wireless router or something like that.

**6 Next, make sure the wireless button on your own laptop is turned off. Remember :** it is constantly sending out a 'seek signal', looking for a wireless signal it can connect with. And if you have your laptop on your lap this gives you and your ovaries or testes a real good whack of microwave radiation every time it does that! They never tell you about that, of course! :(

### IPHONES:

I also put my Iphone on **airplane** mode (under general settings) most of the day and at night, so I can still use the alarm function and keep it in the bedroom, but am not getting zapped all night by more microwave radiation. And I only go online to pick up messages, or if I really have to use it. Other cellphone brands now also have this function. Sony certainly do, and I'm sure others too.