



EMF Protection Shopping List

Curated products for a lower-EMF lifestyle

Note: Links below are affiliate links. Purchases support our work at no extra cost to you. We only recommend products we've tested or thoroughly researched.

Phone & Mobile Protection

- Air Tube Headphones** Essential \$25-40
Hollow tube delivers sound without metal wires near your brain. A must-have replacement for regular earbuds.
[Get Best Price](#)
- Faraday Phone Pouch** Recommended \$15-30
Blocks all signals when phone is inside. Perfect for car storage and sleep time.
[Get Best Price](#)
- Phone Stand/Holder** \$10-20
Keeps phone at arm's length during use. Creates distance from RF emissions.
[Get Best Price](#)

WiFi & Networking

- Ethernet Cable (Cat6)** Essential \$8-15
Replace WiFi with wired connection. Get 25-50ft length for flexibility.
[Get Best Price](#)
- USB-C to Ethernet Adapter** Essential \$15-25
Connect laptop or phone to wired internet. Essential for mobile devices.
[Get Best Price](#)
- Mechanical Outlet Timer** Recommended \$8-12
Auto-shut off WiFi router at night. No smart home or app required.
[Get Best Price](#)
- Router Guard (Faraday Cage)** Advanced \$60-100
Reduces router RF by 90%+ while maintaining connectivity. For whole-house reduction.
[Get Best Price](#)

Bedroom & Sleep

- Battery Alarm Clock** Essential \$8-15
Replace phone alarm. No EMF, no temptation to check notifications.
[Get Best Price](#)
- Blue Light Blocking Glasses** \$15-30
Wear 1-2 hours before bed. Look for amber/orange lenses that block 450-500nm.
[Get Best Price](#)
- Grounding/Earthing Sheet** Advanced \$30-80
Connects to ground. May help with sleep quality and inflammation.
[Get Best Price](#)

EMF Measurement

Trifield TF2 EMF Meter Recommended \$170-200

Gold standard home meter. Measures all three types: RF, magnetic, electric fields.

[Get Best Price](#)

Acoustimeter RF Meter Advanced \$350-450

Professional-grade RF measurement. Detects WiFi, cell, 5G. For serious optimization.

[Get Best Price](#)

Budget Planning

Essential Items (~6 products)	\$75-135
+ Recommended Items (~4 products)	\$260-415
+ Advanced Items (~4 products)	\$700-1,050
Your Selected Total:	\$_____



Prices subject to change. Get the complete 100 EMF Tips guide at frequencyblockers.com/guide

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Disclaimer: This information is for educational purposes only and is not intended as medical advice. Consult a qualified healthcare provider regarding health concerns. EMF science continues to evolve; recommendations are based on precautionary principles.
Last reviewed: January 2026