

Is This Device You Use Daily Harming Your Pet's Health?

Be warned — everyday devices in your home could emit high levels of this invisible but pervasive threat, which may trigger physical and behavioral effects. Are you and your pet at risk?

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STORY AT-A-GLANCE

- Modern gadgets like smartphones, Wi-Fi routers, and appliances emit electromagnetic fields (EMFs), creating an invisible, continuous exposure that may affect humans and pets
- Unlike humans, pets spend most of their time indoors, often near EMF sources, making them more susceptible to potential health risks and behavioral changes
- Research suggests EMFs can influence biological functions in animals, with studies showing behavioral disturbances, stress responses, and even disruptions in bee colonies
- Signs of EMF-related stress include unusual anxiety, avoidance of certain areas, restlessness, pacing, and possible immune system weakening over prolonged exposure
- Reduce your and your pet's EMF exposure by relocating electronic devices, using EMF shielding materials, creating EMF-free zones, switching to wired connections, and monitoring EMF levels with specialized meters

With the rise of modern gadgets like smartphones, laptops, tablets, smart technologies, and other wireless devices, it's no surprise that our living spaces are now overly saturated with electromagnetic fields (EMFs). These invisible yet widespread signals surround us, exposing most of us to EMFs 24/7.

The negative effects of EMFs on humans are now coming to light; however, did you ever consider that your pet could be affected by them, too? Because they are smaller and more sensitive to environmental changes. Hence, understanding the risks of EMFs and taking simple steps to protect yourself and your furry friends is essential to creating a healthier home.

What Are EMFs?

EMFs are energy waves emitted by cell phones, TVs, Wi-Fi routers, and everyday home appliances like microwaves. These devices generate low levels of radiation that spread throughout your home. Because technology is everywhere, avoiding exposure to EMFs is nearly impossible to avoid.

EMFs can influence cellular activity, nervous system function, and stress responses in humans and animals. While the effects may not be immediate, prolonged exposure could contribute to health concerns.

While it may not be visible, pets are likely in greater danger of the effects of EMFs. Unlike humans, pets spend most of their time indoors, in close contact with electronic devices. Many dogs and cats sleep near power strips, lie next to Wi-Fi routers, or spend time in rooms filled with smart home gadgets. Their small bodies and constant exposure to these energy fields may increase their risk of negative effects over time.

These Invisible Threats Are Harming Animals

Scientists are still studying the long-term impact of EMFs on animals, but some research suggests that these fields may interfere with biological functions. Epidemiology studies show that exposing animals to EMFs causes behavioral responses. For example, a study found that when exposed to high levels of EMFs, rats demonstrated behavior changes and struggled to escape the area they were being kept in.¹

The 2021 documentary "Something Is in the Air" also showed how EMFs are affecting the bee population.² As summarized by a blog post on Wave Block:

"An experiment was done by placing microphones in beehives to assess behavior based on how much noise they were making at different levels of cellular output from 2G to 5G.

*After just 30 minutes at the 2G level (significantly less powerful than the 5G networks we have today), several bees left the hive leaving the colony in chaos. At a 5G level, the insects absorption of EMFs went from 3% to an astonishing 370%, which led to deviations in physiology and behavior."*³

Recognizing EMF-Related Symptoms in Pets

If your pet constantly experiences high levels of EMFs, they may exhibit behavioral or physical changes that are difficult to explain. Since they can't tell you what's wrong, it's important to notice signs that might indicate discomfort.

One of the most common signs is behavioral changes. If your pet suddenly avoids certain areas of your home, becomes restless at night, or seems more anxious than usual, EMFs could be a factor.⁴ Pets exposed to excessive EMF levels may develop unusual habits, such as pacing, whining, or hiding for no apparent reason.

There is also a potential connection between EMFs and weakened immune function. Long-term exposure to high EMF levels may contribute to oxidative stress,⁵ which can make pets more vulnerable to illness.

Five Steps to Reduce EMF Exposure for Your Pet

Even though EMFs are invisible, pet owners should not ignore their effects on pets. While the science is still developing, evidence suggests that prolonged exposure to radiation from everyday electronics may impact animals' health and behavior. The good news is that you can take easy steps to protect your pets and create a more balanced home environment.⁶

1. **Relocate electronic devices away from your pet's favorite spaces** — Many pet parents keep Wi-Fi routers or modems in areas where their pets sleep, not realizing that these devices emit a constant stream of electromagnetic waves. Move these items to a different location or place them on higher surfaces to lower your pet's exposure.

2. **Invest in EMF shielding materials** — EMF-blocking fabrics, router covers, and grounding mats can reduce the intensity of radiation in key areas of your home. These specialized products block or absorb electromagnetic waves, providing a protective barrier for you and your pets.
3. **Create EMF-free zones in your home** — This can give your pet a break from constant exposure. Designate certain rooms as technology-free areas or turn off your Wi-Fi at night when it's not in use. Pets often benefit from having a quiet, low-EMF space where they can rest and recharge without interference from electronic signals.
4. **Whenever possible, choose hardwired connections over wireless technology** — Use ethernet cables instead of Wi-Fi, or opt for corded phones rather than cordless models to significantly reduce EMF levels in your home. While wireless devices are convenient, they add to the radiation load in your pet's environment.
5. **Use an EMF meter to monitor EMF levels in your home** — These devices measure the strength of electromagnetic fields in different areas, helping you identify and adjust high-exposure zones. By rearranging furniture, relocating electronics, or adding protective measures, you can minimize your and your pet's exposure to harmful radiation.

Sources and References

¹ [National Research Council \(US\) Committee on Assessment of the Possible Health Effects of Ground Wave Emergency Network \(GWEN\), 1993](#)

² [Youtube, Flipped Media, Something Is In The Air - The cell phone radiation documentary, October 1, 2021](#)

³ [Waveblock, Can EMFs Affect Pets? Protect Your Family with WaveBlock™](#)

^{4,5,6} [Kuel Life, Why EMF Safety Is Crucial Protection for Your Pets and Home](#)
