

10 tips to prevent computer radiation, laptops help protect health

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To protect your 'more precious' health when approaching a lot of computers, the following 10 anti-radiation tips are really effective if you do it right, the radiation will be somewhat difficult. can enter your body.



1. Plant or leave some narcissus pots next to the computer, because daffodils are extremely good anti-electromagnetic radiation plants.
2. For those who are often busy and stressed in life, the simplest way to 'deal with' radiation is to drink 2-3 cups of green tea every day in the morning and eat an orange. Tea is rich in vitamin A precursors, after being absorbed by the body, it quickly converts into vitamin A, helping to improve eyesight. If you do not have the habit of drinking green tea, you can drink chamomile tea instead. Chamomile tea also works against radiation and regulates body function.
3. Before going on the Internet, 'wear a mask' to protect the skin. For example, women can use pearl masks or pearl creams, both work to nourish the skin and work effectively to prevent the harmful effects of radiation and environmental pollution. After turning off the computer, the face will be infected with electromagnetic radiation, so you should use cold water to wash your face to eliminate 70% of radiation on the face.
4. When using a computer, it is better to install protective screen panels to mitigate the harmful effects of radiation, in the room should not put metal objects, to avoid forming electromagnetic waves Play back and forth.

When using a computer, it is necessary to adjust the screen brightness properly because the greater the brightness of the screen, the stronger the electromagnetic radiation. But also, it is not recommended to adjust the screen too dark, causing nearsightedness and eye fatigue.

5. Should try your best to buy a new computer, do not use the old computer because the radiation of the old computer is usually higher, 1-2 times more than the new computer.

6. Computer placement is very important. The drawback is not to let the back of the computer point at others, because the strongest radiation is behind the computer, then the two sides of the computer, the front of the screen is the weakest. Such distance from the computer is 50-70cm, which can reduce damage caused by electromagnetic radiation.

7. Notice ventilation in the room. When you turn on the computer for a long time, you will see the computer smell. Smelling many of these smells is definitely not good. So the computer room should install an additional ventilation fan. If your home does not have a ventilation fan, open windows regularly to circulate air.

8. Note that eating foods rich in vitamins A and C such as carrots, tomatoes, bean sprouts, lean meat and animal liver.

9. People who regularly work with computers often feel eye pain and redness. So, put some bananas on the computer desk. Working while eating this fruit will help the body eliminate excess salt, balance K absorption, enhance vision.

10. Avoid sitting in front of the computer for many hours, but take a break, relax in time from 45 minutes to 1 hour to reduce fatigue when working on the computer.

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