

Rewire Me eMagazine

version 1.0

Living with EHS in an
Electrified Wireless World.

Microwave Dangers

Cell Phone Safety Tips

Schools Ban Wireless Internet

EHS - Are you Electro-Hypersensitive?



EM RADIATION
RESEARCH TRUST This free issue is sponsored by the EM Radiation Research Trust.



About this eMagazine

Electricity, unlike air pollution, is invisible to the eye and now permeates the entire world around us. Broadcast TV news journalists can remotely radiate electromagnetic waves containing audio and video from a war zone into space, reflect them back to earth via satellite, retransmit the digital data via microwave to a cell phone tower, which allows us to view the newscast on a receiving device (such as the iPhone).

While most of us appreciate these miracles of science and communication technologies, it's important to understand that ALL life on earth is also sensitive to the electromagnetic field of artificial radiated frequencies.

Electrical engineers set the safety standards which we live by today, but there is a growing body of evidence provided by health care professionals which suggest that the current levels of electromagnetic radiation from our modern technology is making a large part of the earth's population ill.

A new disease called EHS is emerging and it targets individuals that are Electrically Hypersensitive. The symptoms can appear as a simple headache, but for some, the disease manifests into a serious brain tumor.

This magazine is dedicated to the "canaries in the coal mine" that can warn us all of the imminent danger.

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Are you E.lectro H.yper S.ensitive?



A New illness Emerges - EHS

The invention of electricity is only a few hundred years old and in the beginning it was not used to power our homes. The first industry to report electricity's unpleasant side effects were the telegraph crews who strung up the telegraph lines on poles that ran alongside the train tracks. These workers complained of headaches, fatigue, joint pain and other ailments that were not suffered by the crews who were setting the railroad ties. Later on, the next wave of unexplained illnesses manifested in the Bell telephone switchboard operators who placed the jacks manually into sockets to "connect" the electricity from one phone to the other. The symptoms were called "Neurasthenia". The Russians found similar symptoms in workers exposed to microwave or radiofrequency radiation and they decided to call it "Radio Wave Sickness."

Today, if you bring the following complaints to your doctor it's often diagnosed as stress or "anxiety" symptoms, psychological in origin, symptoms such as:

- sleep disturbance
- fatigue
- depression
- headaches
- restlessness
- irritability
- difficulty concentrating
- forgetfulness
- learning difficulties
- difficulty finding words
- frequent infections
- sinusitis
- lymph node swellings
- joint and limb pains
- nerve and soft tissue pains
- numbness or tingling
- allergies
- tinnitus
- impaired balance
- visual disturbances
- eye inflammation
- dry eyes
- episodic hypertension
- hormonal disturbances
- thyroid disease
- night sweats
- frequent urge to urinate
- weight increase
- nausea
- loss of appetite
- nose bleeds
- skin complaints

There are doctors and clinics that recognize these symptoms and specialize in their treatment, such as:

- [Dr. William Rae's Environmental Health Center in Dallas.](#)
- [Click here to read an ABC News article about EHS.](#)



Good Vibrations



Before the invention of modern electricity, man walked upon the earth bathed only in the natural electromagnetic fields that surround our planet.

The cells in our bodies are biomagnetic, living and multiplying in harmony with the earth's resonating frequencies, which vary from 11.79Hz at the poles to 7.83Hz in the ionosphere, and are known as the "Schumann Resonance". Scientists have discovered that there is only a very narrow range of frequencies (3-25Hz) to which brain cells respond to favorably.

Unfortunately for us, our modern technology such as wireless computing and cell phone towers create vast amounts of "electrosmog" which now overpowers the Earth's natural magnetic fields.



Unseen Essential Nutrient - Magnetism

In the early 1960s after the first space flights, the press reported on space sickness due to the astronauts' significant health problems upon returning to earth. Today it is widely acknowledged that one of the major causes of the astronauts' breakdown of health was the absence of the geomagnetic field, which is nonexistent outside the earth's atmosphere.

The returning astronauts were all suffering from rapid loss of bone density, called osteoporosis. Russian scientists speculated that the absence of earth's magnetic field was one cause of this problem and they devised electromagnetic medical devices that "pulsed" the earth's resonating frequencies into their body to heal them. The treatment is known as PEMF - Pulsating Electromagnetic Field Therapy.

The Adey Window

If you want to fully understand the information provided in this magazine, it is important to understand the basic principle of **frequency**. Frequencies are measured in **Hertz (Hz)**, which are the number of waves at cycles per second at which a frequency vibrates. (See top of this page) Lower frequencies generated by the earth are considered to be healthy for humans, while some higher frequencies are harmful, such as UV radiation which can cause skin cancer.

Frequencies are measured in watts (a measurement of power) and gauss (a magnetic field strength measurement for any frequency). In 1975 research was initiated by W.R. Adey and S.M.

Bawin to determine the effect of electromagnetic waves on brain tissue. They discovered that there is only a very narrow range of frequencies (3-25Hz) to which brain cells from human and animals respond to favorably. This range of beneficial frequencies was called the "Adey Window" or the "biological window".

Within the biological window, humans, plants and animals exhibit a positive reaction. Outside of this window, some frequencies appear to be neutral while others create a negative effect which manifests primarily as long term health problems. Three percent of the population is said to be electro-hypersensitive to non-biological "electrosmog" frequencies and feel great discomfort when near them. North American households run on electricity at 60Hz, while cell phones range from 800 Megahertz to 3 Gigahertz, far outside of the biological window. While most of us might not feel the immediate effects of electrosmog, there is a growing body of scientists that report we are all being harmed by man-made frequencies emitted from our modern inventions.

The Heating Effects of Electricity

The electrical engineers who have designed most of our cell phone technology were also responsible for providing the safety limits. Instead of consulting biologists, the governing bodies looked to their electrical experts and asked "How much is too much?" Not wanting to limit the progress of modern technology it was generally decided that if the electronic device in question did not heat the body - it had no biological effect on it. For example: if the output power of the cell phone towers that

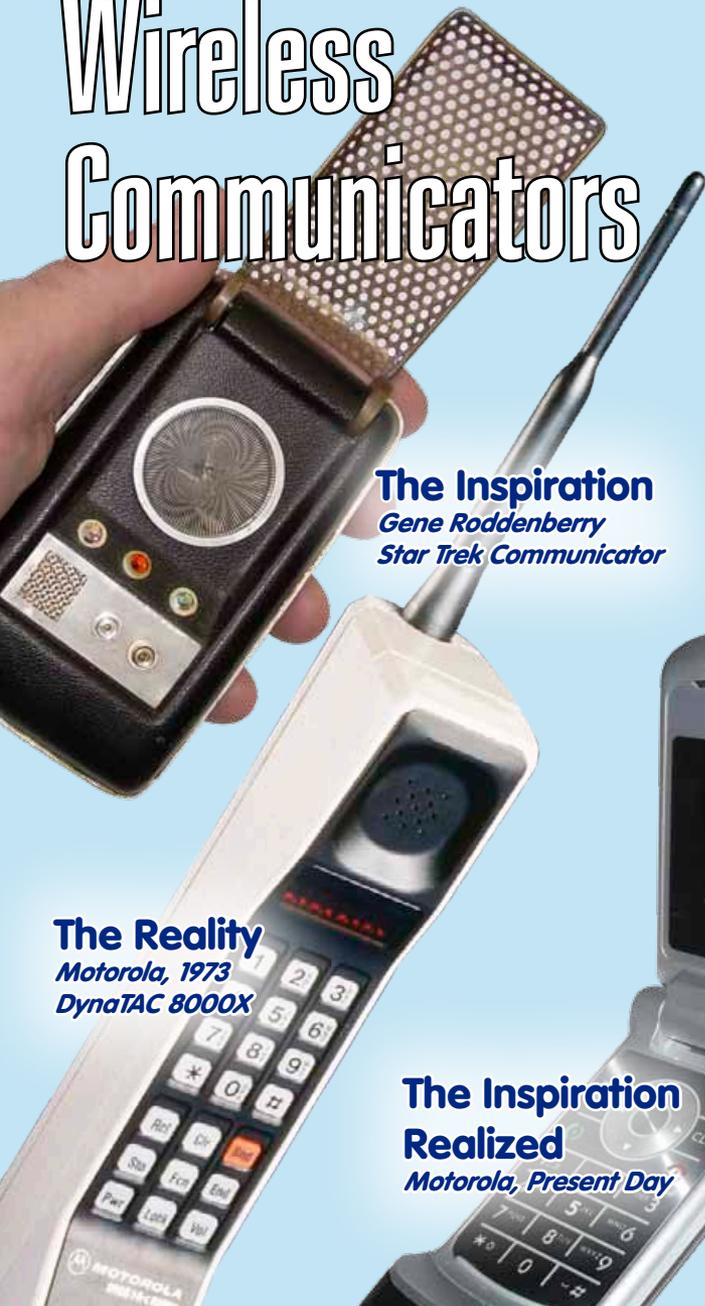
broadcast our cell phone data is not enough to heat our body, it is said to have no biological effect.

But, there are many FDA approved medical devices in hospitals that use pulsating electromagnetic fields to mend our bones. These devices do not raise our skin temperature but they do have a very dramatic biological effect on our cells. Broken bones and mental disorders can be cured by electromagnetic waves.

The biologists and electrical engineers are currently in "heated" disputes, and unfortunately the public is in the dark as to the research that proves we will soon suffer from electrosmog pollution. ☹️



Wireless Communicators



The Inspiration
Gene Roddenberry
Star Trek Communicator

The Reality
Motorola, 1973
DynaTAC 8000X

The Inspiration Realized
Motorola, Present Day

It was 30 years ago today, Motorola taught us how to play. They've been going in and out of style, but they're guaranteed to....

Over 30 years has passed since the invention of the first mobile "cell" phone.

In 1973, Motorola produced a working DynaTAC (DYNAMIC Adaptive Total Area Coverage) portable phone prototype and presented the DynaTAC prototype phone and system concept to the FCC, which soon announced that it would hold new hearings on allocating spectrum for cellular service.

On September 21, 1983, Motorola made history when the FCC approved the DynaTAC 8000X phone, the world's first commercial portable cell phone. After more than 10 years and a US\$100 million investment, Motorola's commitment produced an innovative portable technology that revolutionized the communications industry and drastically changed the lives of people around the world.

Although the first cell phone cost over \$4,000.00 and had many drawbacks such as size, weight and battery life, there was a big lag time to actually use it because the cell towers that were needed to service the phone were non-existent. People also complained of poor reception since the distances from the phone to the tower were so great, the wattage of the phone would need to be quite high to keep it from dropping the connection.

Now, cell phone towers are sprouting up everywhere. In some developing countries they don't even bother to install land lines and have opted for an all-wireless service. Cell phones save lives. Cell phones can be used to find lost persons, as they can be located using the hands-off switching system. With the invention of the iPhone, you also now have an extremely powerful hand held computer.

But this explosive growth does come with challenges in regards to their safe use. Recently, scientists studying

human biology have released findings that show these life saving devices could be life threatening because they are being used by young children for hours on end. It's no longer the replacement for the pager or the salesmans mobile car phone.

While most governing bodies that are responsible for public health have decided to take the "heating effect" safety protocol, Toronto's Department of Public Health has decided to break ranks and is advising teenagers and young children to limit their use of cell phones, in order to avoid potential health risks. This advisory is the first of its kind in Canada.

Toronto City officials have studied newly released research that points to possible side effects from radio frequency radiation. They feel that children under eight should only use a cell phone in emergencies. On the following page, we have provided the warning from the Toronto Board Of Health website.

Children and Safe Cell Phone Use

Toronto Public Health wants to make parents aware of how their children can take simple precautions to minimize exposure to radio frequency (RF) waves if they use a cell phone.

What are radio frequencies?

Radio frequencies (RFs) are energy waves that are part of the electromagnetic spectrum. RFs occur between FM radio waves and microwaves. People are exposed to many sources of RFs. Cell phone towers, cordless phones, pagers, remote control devices, wireless Internet services (also known as Wi-Fi) and cell phones all emit low levels of RFs.

How am I exposed to RFs from using a cell phone?

When you make a call with a cell phone, a radio signal travels to the closest base station antenna. The signal is eventually sent from the antenna to the phone you are calling. This radio signal is sent by way of RFs. The antenna inside the cell phone gives off RFs and some of these are transferred to and absorbed into the head when you are using the phone. The closer the antenna is to your head or body, the greater the exposure to RF energy. Exposure to RFs is greater if you use the cell phone for long calls or if the closest antenna is far away.

Do cell phones affect health?

Health Canada's guidelines for exposure to RFs (known as Safety Code 6) protect the public from short-term, high exposure effects of RFs. Studies of adults who have been using cell phones generally conclude that there are no effects on their health; however, ongoing research is exploring what impacts

there might be from using a cell phone for many years. Health Canada currently states however, that "there is no firm evidence to date that RF emissions from cell phones cause ill health".

Are children more likely to experience health effects from cell phone RFs than adults?

Research on the health effects from cell phone RFs on children is very limited since the use of cell phones by young people is a relatively new trend. Scientists are not yet sure what the health effects in children are from using a cell phone. While research continues in this area, some scientists feel that children may be more susceptible to harmful effects of RFs from cell phones for several reasons:

Pre-teen children have a smaller head and brain size, thinner skull bones, skin and ears.

Their nerve cells also conduct energy like RFs more readily than an adult's or teenager's nerve cells. Children's brains and nerves are also still developing so they are likely to be more sensitive to exposures of RFs.

Today's children have started to use cell phones at a younger age, therefore their lifetime exposure to cell phone RFs will likely be greater. As a result, the chances that a child could develop harmful health effects from using a cell phone for a long time may be greater.

Should children use cell phones?

While cell phones are important for communication and for safety reasons, parents should be aware of what they can do to reduce any risks from their child's use of a cell phone.

The World Health Organization (WHO) suggests that if parents have concerns they can encourage their children to limit the length of phone calls, or use "hands-free" devices like headsets or ear phones, to keep the cell phone away from the head and body. The amount of RF energy absorbed decreases quickly with increasing distance between the antenna and the user. People can also use the speakerphone mode if appropriate, or use text messaging instead.

Parents who buy cell phones for their children should look for ones with the lowest emissions of RF waves. According to the United States Food and Drug Administration (US FDA), the level of RF waves emitted can be obtained by using the FCC ID number usually printed on the case of the phone. For more information about each individual ID number and corresponding cell phone, visit www.fcc.gov

Are there certain times when children should avoid using cell phones?

When cell phone reception is low (this happens when the base station antenna is far away) and when a cell phone is being used during high-speed travel (i.e. driving in a car) power being emitted from the cell phone must be increased in order to maintain reception. Cell phone use by children should be limited during these times in order to reduce exposure to RFs.





Cancer Specialist Warns Staff Of Improper Cell Phone Use

Alarming rates of brain cancer are now showing up in children and there seems to be no explanation as to why this is happening. In the early 90s, a well known cell phone manufacturer was brought to court when a complainant sued the company with the claim that her use of a cell phone had caused her brain cancer. A congressional hearing ensued, which caused the cell phone industry to create a \$29 million study that would determine the safe limit for cell phone emissions. The study began in 1993, headed up by  **Dr. George Carlo** who found significant risks with cell phone use. Unfortunately it was ignored by the cell phone industry.

Up until now, most government health agencies were dismissive of any risk related to cell phone

use. But with the release of recent studies which we will address later, a pattern is now emerging that suggests people who have used their cell phones for ten years, are at greater risk of certain kinds of brain tumors. Cancer research centers are advising their staff not to allow their children to use a cell phone, except for emergencies. The developing organs of a fetus or child are the most likely to be sensitive to any possible effects of exposure to electromagnetic fields.

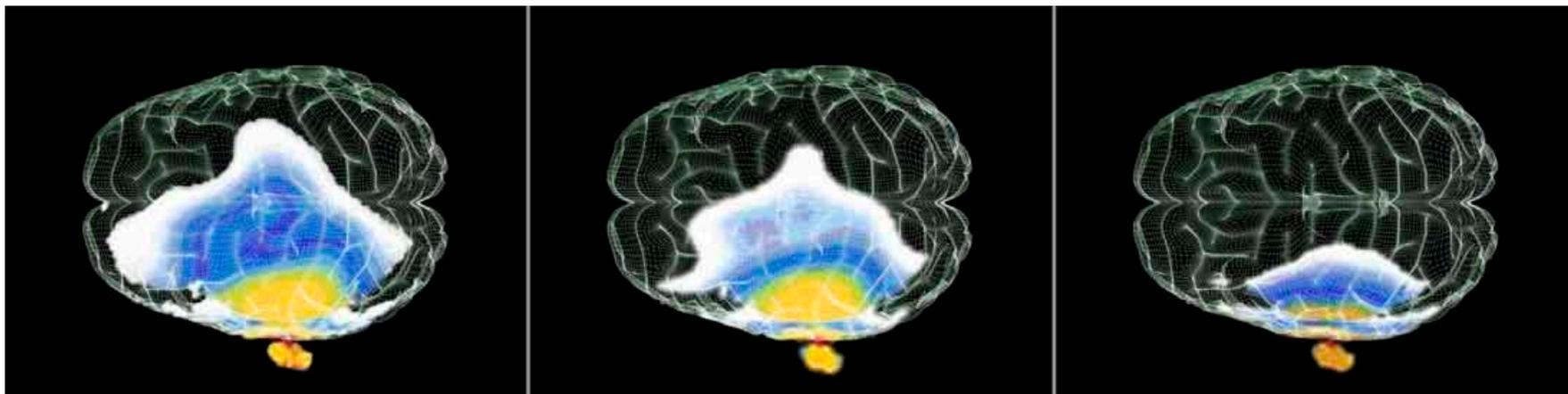
Ronald B. Herberman, MD, the first director of the University of Pittsburgh Cancer Institute, a National Cancer Institute (NCI)-designated Comprehensive Cancer Center, is an internationally recognized tumor immunologist who has made

major discoveries in his field and has fostered the application of this information to novel approaches to cancer therapy.

On the following page is his memorandum that was sent on July 23, 2008 to 3000 staff members to warn them about the health effects related to cell phone use.

 [Click to visit the University of Pittsburgh Cancer Centre website.](#)

 [Click to watch a MARKETPLACE report on dangers of children using cell phones.](#)



5 year old child

10 year old child

adult

Electromagnetic fields from cell phones are estimated to penetrate the brain, especially in children. Model estimate of the absorption of electromagnetic radiation from a cell phone based on age (Frequency GSM 900 Mhz).

Memorandum: Ronald B. Herberman, Memo on Cellphones

To: UPCI Faculty and Staff **From:** Ronald B. Herberman, MD **Subject:** Important Precautionary Advice Regarding Cell Phone Use

1. The Case for Precaution in the Use of Cell Phones Advice from University of Pittsburgh Cancer Institute.

Based on Advice from an International Expert Panel, available at www.preventingcancernow.org

Ronald B. Herberman, MD

Recently I have become aware of the growing body of literature linking long-term cell phone use to possible adverse health effects including cancer. Although the evidence is still controversial, I am convinced that there is sufficient data to warrant issuing an advisory to share some precautionary advice on cell phone use.

An international expert panel of pathologists, oncologists and public health specialists, recently declared that electromagnetic fields emitted by cell phones should be considered a potential human health risk. To date, a number of countries including France, Germany and India have issued recommendations that exposure to electromagnetic fields should be limited. In addition, Toronto's Department of Public Health is advising teenagers and young children to limit their use of cell phones, to avoid potential health risks.

More definitive data that covers the health effects from prolonged cell phone use has been compiled by the World Health Organization, International Agency for Research on Cancer. However, publication has been delayed for two years. In anticipation of release of the WHO report, the following prudent and simple precautions, intended to promote precautionary efforts to reduce exposures to cell phone electromagnetic radiation, have been reviewed by UPCI experts in neuro-oncology, epidemiology, neurosurgery and the Center for Environmental Oncology.

Practical Advice to Limit Exposure to Electromagnetic Radiation Emitted from Cell Phones

1. Do not allow children to use a cell phone, except for emergencies. The developing organs of a fetus or child are the most likely to be sensitive to any possible effects of exposure to electromagnetic fields
2. While communicating using your cell phone, try to keep the cell phone away from the body as much as possible. The amplitude of the electromagnetic field is one-fourth the strength at a distance of two inches and fifty times lower at three feet.

Whenever possible, use the speaker-phone mode, which may reduce radiation exposure.
3. Avoid using your cell phone in places, like a bus, where you can passively expose others to your phone's electromagnetic fields.
4. Avoid carrying your cell phone on your body at all times. Do not keep it near your body at night such as under the pillow or on a bedside table, particularly if pregnant. You can also put it on "flight" or "off-line" mode, which stops electromagnetic emissions.
5. If you must carry your cell phone on you, make sure that the keypad is positioned toward your body and the back is positioned toward the outside so that the transmitted electromagnetic fields move away from you rather than through you.
6. Only use your cell phone to establish contact or for conversations lasting a few minutes, as the biological effects are directly related to the duration of exposure. For longer conversations, use a landline with a corded phone, not a cordless phone, which uses electromagnetic emitting technology similar to that of cell phones.
7. Switch sides regularly while communicating on your cell phone to spread out your exposure. Before putting your cell phone to the ear, wait until your correspondent has picked up. This limits the power of the electromagnetic field emitted near your ear and the duration of your exposure.
8. Avoid using your cell phone when the signal is weak or when moving at high speed, such as in a car or train, as this automatically increases power to a maximum as the phone repeatedly attempts to connect to a new relay antenna.
9. When possible, communicate via text messaging rather than making a call, limiting the duration of exposure and the proximity to the body.
10. Choose a device with the lowest SAR possible (SAR = Specific Absorption Rate, which is a measure of the strength of the magnetic field absorbed by the body). SAR ratings of contemporary phones by different manufacturers are available by searching for "SAR ratings cell phones" on the internet.



The INTERPHONE Project

Dr. Herberman is citing works not yet officially published to the mainstream media, known as **The INTERPHONE Project**. This is a 13-country epidemiological study of tumors among users of mobile phones. The results of this study may be the most important documents ever released, as institutions such as the World Health Organization and the European Commission have cautioned that conclusions about possible cancer risks cannot be presented until the INTERPHONE Project is published. If wrong conclusions are presented, the resulting lack of warnings to the public could have disastrous consequences for generations to come.

The researchers that have supplied their findings to the project have grown frustrated because it is already lagging three years behind its scheduled completion date. Part of the delay in putting together the final report now appears to be internal disagreements, as scientists are joining opposing camps of “safe” vs. “unsafe.”

 [Read news article.](#)

The BioInitiative Report

The BioInitiative Report, published on August 31, 2007, was created by an international working group of scientists, researchers and public health policy professionals. They feel that the INTERPHONE Project was having serious challenges meeting their publishing deadlines and that the public needed to be aware of the risks of Electro Magnetic Fields (EMF) without further delay. They documented serious scientific concerns about the current limits regulating how much EMF

is allowable from power lines, cell phones, and many other sources of EMF exposure in daily life, concluding that the existing standards for public safety are completely inadequate to protect our health.

Their report also includes studies showing evidence for effects on genes and protein expression, genotoxic effects – RFR and ELF DNA damage, effects on immune function, neurology and behavior, brain tumors, childhood cancers (leukemia), magnetic field exposure, melatonin production, alzheimer’s disease, breast cancer and a variety of other illnesses.

One of their main contributors of the BioInitiative Report is Cindy Sage, head of Sage EMF Design, a division of Sage Associates, an environmental consulting firm located in Montecito, California.

 [Click to view a video of Cindy Sage describing the BioInitiative Report.](#)

 [Click here is read the public summation of the report.](#)

Mainstream Media Steps Up To Plate

All these warnings from government and health care providers seem to converge on the release of Senator Edward Kennedy’s diagnosis of brain cancer. Kennedy’s brain tumor, called a glioma, is the type critics have associated with the use of cell phones for over ten years.

 [CNN’s Larry King Live had a special one hour program](#) devoted to this particular subject.

On the program, world renowned neuro-surgeons stated they do not use cell phones held next to their ears. Dr. Vini Khurana, a prominent researcher

and associate professor of neurosurgery at the Australian National University said “I use it on the speaker-phone mode, I do not hold it to my ear.” Dr. Sanjay Gupta, CNN’s chief medical correspondent and a neurosurgeon at Emory University Hospital admitted that, he too, used an earpiece.

The opposing camp, the Wireless Association and the FDA both say that studies published many years ago, show cell phones are not a health risk. Dr. Vini Khurana points out that the research on long term use (over 10 years) was not included and the information must be updated and the public informed.

Findings from Israel and Sweden seem to indicate a link between long term cell phone use and three types of tumors: glioma (the type Senator Kennedy has); cancer of a salivary gland near the ear called the parotid; and acoustic neuroma, which is a tumor found near the ear.

Congressional Hearings: What the Science Says

While Europe seems to be very aware of the problems of cell phone radiation, here in the United States, the public is less informed. The internet seems to have brought this issue to the attention of government officials in Congress. On September 25, 2008, congressional hearings were held to discuss the dangers of cell phone use. Dr. Carpenter and Dr. Herbermann were present to provide expert testimony to the committee.

 [Click to view Congressional hearings video.](#)

Please be patient for the session to begin, as the first 40 seconds of the video contain no audio.



Cell Phone Use Creates Male Infertility

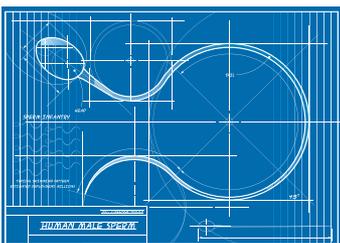
Recent laboratory studies are showing a direct connection between cell phone use and fertility, especially in men. Although this issue isn't as serious as brain cancer, which is a hotly debated subject, there is proof positive that cell phone radiation does have a biological effect on the human reproductive system.



Look out for bad vibes in your pocket...



A new study shows that carrying a cell phone in your pocket or clipped to your belt at the waist when in talk mode will affect male fertility (damaged sperm).



Dr. Agarwal, who is the Director of Reproductive Research at the Centre for Reproductive Medicine in Cleveland, Ohio, has found that sperm count and sperm quality decreased as cell phone use increased. He has conducted several studies on the subject.

The first study was released in January 2008. It found a correlation between the amount of cell phone use and the quality of semen, but at that time it was not known how the cell phone actually effected the sperm. Eight months later, another study was released by Dr. Agarwal, and this time, the question was asked: what happens when sperm outside of the human body is directly exposed to microwaves from a cell phone?

In this next study, a cell phone was used to directly radiate sperm inside of a test tube. One hour of cell phone exposure was used on the test samples to simulate the average daily use of a cell phone.

The results revealed a distinct effect on the mobility of the sperm to swim, which greatly effects the chances of the sperm reaching the egg and fertilizing it. In addition to this there was a significant increase in oxidative stress, which can lower the genetic quality of the sperm.

Men who are most likely to be affected in this way are those who talk on a Bluetooth headset while their phone is in their pants pocket, on a belt clip, or otherwise near their groin.

According to the **BlackBerry user manual**, if you wear a BlackBerry on your body, always put the phone in a holster approved by Research In Motion (RIM). When using any data feature of the BlackBerry, with or without an accessory cable, position the phone at least 0.98 inches (25 mm) from your body. Using accessories not supplied or approved by RIM might cause your BlackBerry device to exceed radio frequency (RF) exposure guidelines.

Take off the Bluetooth headset when you're not on a call. Remove your cell phone from your pocket and hold it in your hand, or place it on a table or desktop.

Generation X-Ray

According to a **Danish study**, children who were exposed to cell phones before and/or after birth were 80 percent more likely to have behavioral problems than other children who were not exposed to cell phones. Symptoms became severely evident after 7 years on average. Exposure to cell phones prenatally (and, to a lesser degree, postnatally) was associated with emotional difficulties, inattention, hyperactivity and problems with peers.





Are Wired Headsets Safe?

The ongoing research surrounding the risks of cell phone use will naturally prompt cell phone users to seek out a safe solution. If the cell phone is a source of radiation, removing it away from the body during conversation is a good idea. If Bluetooth is harmful, can it be assumed that no radiation is transferred to the head when using a wired headset? It turns out that a wired headset has essentially become an aerial, an extension of the radiation from the cell. This energy is carried all the way up the body and emits from the earbud directly into the ear canal. This information has been known for many years by cell phone manufacturers and is one reason why some do not include a headset.

On October 26, 2000 a patent was submitted by Orrin Klitzner and Samuel Geffen to develop a new headset that used the same principle as a doctor's stethoscope: a speaker on the bottom of a surgical tube filled with air, through which only sound passes. No radiation.

 [Click here to view the patent.](#)

It consisted of a hollow sound tube, which links the speaker to the earpiece. A transducer in the speaker produces a high sound pressure level, allowing the sound to be audible through the tube. The housing that holds the speaker also contains a microphone.

Such a device solves the radiation leakage of normal wired headsets and still maintains the functionality of the original.

But where is it?

It seems that the first design didn't actually make it to the market. A second patent was published in July 2002. Based on the initial patent, it offers a much better design and functionality.

 [Click here to view the patent.](#)

This product has been very slow to come to the market, and is not offered by mainstream cell phone communication and electronics retailers. They would have to explain that by using the traditional headphones for the iPod, the radiation will travel from the phone and along the wire and up your body to your ear canal.

Most doctors that understand the danger of cell phone radiated frequencies will use an "AirPhone". They don't have the high fidelity and clarity that is provided by a wired headset, but you can have a private conversation.

Several companies offer them online, including:

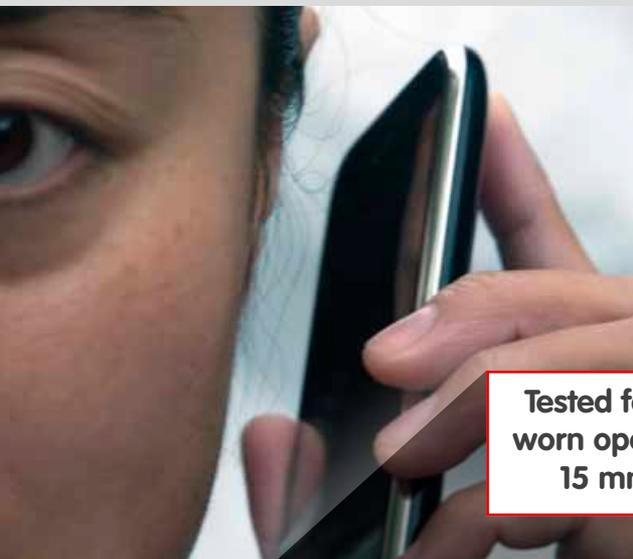
RF3NOW - rf3now.com

Mercola - mercola.com

EMF Review - emfreview.com

EMF Safety - lessemf.com





Tested for use at the ear and for body worn operation (with iPhone positioned 15 mm (5/8 inch) from the body).

or particles (such as grain, dust, or metal powders); and any other area where you would normally be advised to turn off your vehicle engine.

For Vehicles Equipped with an Air Bag
An air bag inflates with great force. Do not store iPhone or any of its accessories in the area over the air bag or in the air bag deployment area.

Exposure to Radio Frequency Energy
iPhone has been tested,² and meets the FCC, IC, and European Union RF exposure guidelines for cellular, Wi-Fi, and Bluetooth operation. When tested for use at the ear and for body-worn operation (with iPhone positioned 15 mm (5/8 inch) from the body), iPhone's maximum SAR value for each frequency band is outlined below:

Frequency	Ear	FCC & IC 1g SAR Limit (W/kg)
825	1.6	1.6
900	1.6	1.6
880	1.6	1.6
0.536	1.6	1.6
0.779	1.6	1.6



More Bars Are Better? Not Necessarily.

Dropped calls, poor reception, a skipping voice on the other line. These are the common complaints heard by mobile communication providers. Their solution? Increase the number and power output of cell phone masts **and** cell phones, so much so that reception is available in an underground concrete parking garage.

This high energy output brings with it a very high SAR. SAR stands for **Specific Absorption Rate**, a measure of the rate at which radio frequency (RF) energy is absorbed and heats the body when exposed to radio-frequency electromagnetic field.

Did you know that many cell phones recently tested exceeded the regulated SAR ratings? If you touch them to your body the radiation limits are higher than the safe levels. Its only when you keep them at least 5/8 inch away from your body (as with the iPhone) that they fall within the "considered safe" SAR rating. Does anyone read the user manual that comes with their phone?

LG 150 Phone Is Recalled, "Deregulated"

The cell phone cancer warnings are starting to have an effect on the governing bodies that are here to protect our safety. 129,000 cellphones made by Korean conglomerate LG have been recalled across Canada because they do not meet federal guidelines for radio frequency exposure.

LG issued a voluntary recall on January 27, 2009 after tests found the LG 150, a black flip phone, did not meet Industry Canada specifications for radio frequency emissions, resulting in the device being decertified. Scientists and doctors who see how cell phone manufacturers bend the rules are now voicing their complaints. Health boards and their **watchdogs** are starting to send a warning signal to the industry. It's a start, but the **safety limits** need to be **changed**.

The Smart Chatter

The best way to use your cell phone is to treat it like a Star Trek communicator. Hold it away from your head and talk into it. Or better yet, put it on your desk and talk in speaker phone mode. "Beam me up Scottie". ☺



CELL PHONE MASTS

Are they safe?



Small Town Revolutionary

In 2001, Eileen O'Connor was living in Wishaw, UK, a tiny quiet village of less than 200 residents and found her life to be growing more difficult each passing day. At the age of 38, she developed a painful rash over her entire body and a concerning lump in her breast.



The lump was removed and she was given a diagnosis of breast cancer. Following this was 6 months of chemotherapy, radiotherapy, reconstructive surgery and the usual mammograms, ultrasound scans, bone scans and MRI scans. Her doctor recommended that she take tamoxifen for five years, a common cancer drug for women.

While in hospital Eileen noticed many familiar faces from her village, many with serious health problems like herself. This, combined with her own experience, led Eileen to analyze her environment in a search for the cause of her ailment. This is what she discovered:

- Five ladies developed breast cancer
- One case of prostate cancer
- One case of bladder cancer
- One case of lung cancer
- Three cases of pre-cancer cervical cells
- One motor neuron disease, age 51, who also had a massive spinal tumor
- Numerous benign lumps in residents
- Electro-sensitivity

- Three cases of severe skin rashes
- Many residents suffering with sleep problems, headaches, dizziness and low immune system problems.
- Many residents with low white blood cell counts

After close examination, the common denominator they all shared was a very close proximity to the villages' central mobile phone mast, owned by T-Mobile. The mast was installed in 1994. Eileen had been living within 100m of the mast for 7 years before she exhibited her illness. The majority of the rest of the residents lived within 500m of the mast.

In 2003, Eileen co-founded an action group called S.C.R.A.M. (Seriously Concerned Residents Against Masts) to campaign for the safe and responsible use of EMF-producing technology. Her crusade brought the towns attention to the mast - and one night the mast disappeared. When T-Mobile went to put it back up, the townspeople revolted and staged a camp in, guarding the site from the technicians. She went on TV shows and promised if she was elected to government there would be a lot less cell phone masts.

-  [Watch a video about her campaign.](#)
-  [Presentation to the European Commission.](#)

This heroic woman became famous all over England and was asked to become the spokesperson for **EM Radiation Research Trust**. Her work has created a greater worldwide public awareness of EMFs that is now affecting officials, from city councils all the way to the advisors to the UK federal government. She brought the leaders in health industries together for a conference that was heard around the world.

-  [Click to learn more about the conference.](#)





Positive Change In Europe



Unlike governments in North America, the European Union is taking a big step to study the possible harmful consequences from wireless technology. On April 2, 2009, the **European Parliament voted on a resolution** which focuses on health concerns associated with

EMFs. The resolution was adopted with 559 “yes” votes to 22 “no” votes (and 8 absentees). The resolution acknowledges the wide use of wireless technologies and their benefit to society, but raises concerns over their “continuing uncertainties about possible health risks”; particularly, concerns about the exposure of children and teens to EMFs. Therefore, the Members of the European Parliament (MEPs) have called for stricter regulation and protection for residents and consumers. The resolution brings many important issues to the forefront of political awareness:

Optimal placement of devices: industry stakeholders influence a number of safety factors, including the direction of the transmitting antenna in relation to living spaces, and the distance between the site and the transmitter. Industry actors are being encouraged to use this power to give better protection to people living nearby, and to prevent a “proliferation of poorly positioned masts and transmitters.”

Placement of antennas, mobile phone masts and high-voltage power lines should be negotiated between industry actors, public authorities and residents’ associations to minimise health risks and legal action cases. This will ensure that EMF-transmitting devices are kept clear of schools, day care centers, retirement homes and health care centers. In addition to this, it is recommended that mobile phone providers negotiate agreements to share towers for their antennas (using one as opposed to each having their own tower).

Increased access to reliable information: A recently published Eurobarometer study suggests that “the majority of citizens do not feel that the public authorities inform them adequately on measures to protect them from EMFs.”

In light of this, the report makes a number of suggestions to improve EU citizen’s access to reliable information. These suggestions include making maps

available on the internet, which show areas of exposure to EMF transmitting devices. In conjunction with this, the Commission should produce a yearly report on the “level of electromagnetic radiation in the EU” and its sources.

MEPs also call for an improvement to consumer information, by amending the technical standards of the European Committee for Electrotechnical Standardisation to impose labelling requirements, which would show the transmitting power of every wireless-operated device.

The Commission is urged to review “the scientific basis and adequacy of the EMF limits as laid down in Recommendation 1999/519/EC” and to then report back to Parliament. This is in light of the fact that many member states have voluntarily introduced much stricter regulations than are required by the EU. The resolution also refers to the Interphone study, which began in 2000, a wide ranging scientific project to look into the links between mobile phones and certain types of cancer, including brain, auditory and parotid gland tumours. The results have been expected since 2006, but have been repeatedly postponed. The European Parliament is particularly concerned by the “appeal for caution” from Elisabeth Cardis, the coordinator of the World Health Organization INTERPHONE Study, stating that “as far as children are concerned, mobile phones should not be used beyond reasonable limits.”

The report therefore calls on the Commission, who has made significant financial contributions towards this study, to ask those who are in charge of the project “why no definitive findings have been published.” Parliament and Member States should be informed without delay if a response is given.

Children and young people aged 10 to 20 are amongst the highest users of mobile phones, which is of concern to the House as there are uncertainties remaining about the possible health risks, “particularly to young people whose brains are still developing.” The report suggests that in order to raise awareness of the dangers of mobile phones, and to encourage good mobile phone techniques, such as using hands-free kits, keeping calls short and switching off phones, that “the Community funding earmarked for studies on EMFs be partly switched to finance” an awareness raising campaign.

Aggressive marketing campaigns by telephone operators, including “the sale of mobile phones designed solely for children or free call time packages aimed at teenagers” are also condemned by MEPs.



The Brave Make Waves, Too

People like Eileen O'Connor are making a difference by putting the "heating effect" on the cell phone service providers who are in the midst of a revolution that is shaking the foundations of their towers.

In France, lawsuits against the towers are brought to court and the cell providers



must now prove that the radiation they emit is safe. No longer is the word of an electrical engineer accepted as the "official" testimony in court. Some judges now listen to and side with the scientists that have been warning of the dangers from the microwave radiation that is broadcast 24 hours a day down onto schools and hospitals.

Knowing that there is now a growing international resistance to any new tower erections, the providers have become professionals in disguising them to blend into the landscape.

They erect them in the middle of the night while the population is sleeping. They offer huge sums of money to landlords to place them on the rooftops of their buildings. This practice of placing them so close to other properties in dense urban populations is practically criminal.

Cell Tower Studies

One study in Egypt identified the neurobehavioral deficits among inhabitants living nearby mobile phone base stations. A cross-sectional study was conducted on 85 inhabitants living nearby the first mobile phone station antenna in Menoufiya governorate, Egypt. 37 people live in a building under the station antenna while 48 live opposite the station.

The results show a prevalence of neuropsychiatric complaints: headache (23.5%), memory changes (28.2%), dizziness (18.8%), tremors (9.4%), depressive symptoms (21.7%), and sleep disturbance (23.5%) were significantly higher among exposed inhabitants living in the building next to the towers.

The subjects living under the cell phone towers experienced less effects (10%), (5%), (5%), (0%), (8.8%) and (10%), respectively ($P < 0.05$). The conclusion of this study was that inhabitants living nearby mobile phone base stations are at risk for developing neuropsychiatric problems.

Other studies show much more dire consequences - even cancer.



PORTABLE PHONE DANGERS



This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body.

Cordless Phones

The convenience of mobile cell phones has introduced the consumer to a whole new experience by enjoying a good conversation while relaxing in the bath or in the backyard patio where telephone jacks are rarely installed. This luxury has caused many to purchase portable cordless phones to save on their mobile phone bills. In some households, they have decided to eliminate their wired telephones altogether.

Researchers have shown that insects such as bees will not return to their hive when exposed to radiation from DECT phones. Some researchers say that Colony Collapse Disorder (CCD) is caused by cell phone tower radiation. These popular DECT phones have base stations that **constantly broadcast out high levels of radiation** - even when they are not in use.

Digital Enhanced Cordless Technology (DECT) phones work from a base station, usually with a single handset. Some DECT phone models allow additional handsets to be added to the base station.

These popular phones constantly broadcast out high levels of radiation - even when they are not in use.



You can also have additional cordless handsets in different areas of the house.

If this is one scenario you recognize, you now have cell phone-like towers all over the inside of your house or apartment broadcasting 24 hours a day. And they are so powerful, they will even penetrate through concrete walls into your neighbor's apartment or transmit (radiate) for several city blocks.

If you are serious about getting a good nights sleep, don't keep a base station in your bedroom (or your house at all). ☹️

D.igital E.nhanced C.ordless T.echnology

 [Learn more at Wikipedia.org](https://www.wikipedia.org)

Wi-Fi

Wireless Fidelity?

Wireless Free Internet?

Wireless Frequencies?

What does it mean?



Cell phone hazards seem to carry the most attention grabbing headlines in the media, but there are other wireless devices that are now becoming a standard and are exposing us to massive amounts of microwave radiation. Most major office buildings, libraries, schools and homes now have Wi-Fi devices to connect computers to the Internet without the need of wires - Wireless computing.

In cities like San Francisco, Minneapolis and Toronto, Wi-Fi is broadcast from hydro poles and blankets the downtown core so subscribers can surf the Internet on city streets and in public parks for a small fee or free in some cases. In many urban areas, the combined cell phone and WiFi radiation levels are so high, they do not meet regulated safety limits imposed by governing bodies.

In your home, the Wi-Fi base stations are always on, even when you are not using your computer. It's microwave radiation travels through concrete walls into your neighbors home. And remember, you need two to tango - your Wi-Fi equipped laptop computer is also radiating your lap (and your reproductive organs).

Oh, and just in case you lose your wireless internet connection once and a while, check to see if someone is using the microwave oven. The oven and WiFi basestation often broadcast on the same frequency.

[Read WiFi BBC TV News article.](#)





Canadian Lakehead University Bans WiFi, Favors Fiber Optic

WiFi has been a hot issue on the Thunder Bay Lakehead campus throughout the past few years. They have decided to go fiber optic like many institutions in Japan.

The policy has been that there will be no use of WiFi in those areas of the University that are already served adequately by hard-wire. Until such time that the potential health effects have been scientifically rebutted, or there are adequate protective measures that can be taken, the policy will remain in effect.

The concern about WiFi health hazards is not isolated to Lakehead University. The concern is now global. One of the elements of that concern has been expressed in the Benevento resolution, which was signed by 31 international scientists.

North American standards are based on the amount of heating it takes to raise the temperature in a portion of tissue, the human body in this case. The no WiFi issue for Lakehead is really about the non-thermal effects, which are not part-and-parcel of any of these standards, except for some of the low standards like the Russian standards and the Salzburg standards.

[Click here to read the university policy on the dangers of Wi-Fi.](#)

Salzburg Bans Wi-Fi and DECT

The following letter is written by Dr. Gerd Oberfeld and addressed to the Salzburg Public Health Department.

December, 5th 2005

Dear Governor/Head Teacher/Concerned Parent

I was kindly asked by some parents to inform you about health effects from WLAN Networks in schools. I will do this in a very short summary.

WLAN antennas are emitting microwave radiation in the frequency range 2400-2485 MHz - it is the same as used by microwave ovens. The pulses change their amplitude 10 times per second in stand by (10 Hz) with a very sharp rise. The exposure depends on the distance to the antenna which could be very small in the case of antennas built in the notebook. Despite the widespread use of WLAN there are no studies available on short or long-term effects from WLAN exposures. Based on first empirical evidence from sensitive people the signal seems to be very "biologically active". The symptoms seen so far are the same seen in base station studies: headaches, concentration difficulty, restlessness, memory problems etc.

The official advice of the Public Health Department of the Salzburg Region is not to use WLAN and DECT in Schools or Kindergartens.

Best regards,

v, M.D.
Salzburg Region
Public Health Department

The Science Behind Wi-Fi Radio Waves & Your Health

The greatest biological danger from Wi-Fi routers, cell phones and land-based portable phones comes from the modulated digital signals that are carried on the carrier microwave. Downloading large files can be dangerous to your health if you are in close proximity to wireless WiFi devices.

These waves resonate in biological frequencies ranging from a few cycles to several million cycles per second, and can stimulate your vibrational cellular receptors, causing a whole cascade of pathological consequences that can culminate in headaches, fatigue, anxiety, nausea and depression. Many people 'burnout' and become Electro-Hypersensitive (EHS) from the constant effects of Wi-Fi exposure at their place of work, home or school.

How Do Radio Waves Hurt You?

Studies have shown that microwaves do effect your hormone levels and can break down the blood brain barrier. Increased deposits of heavy metals such as mercury and aluminum begin to accumulate in your brain. This opens up the doors to a whole host of symptoms, the most dangerous being cancer .

Electro-hypersensitive people are like canaries in a coal mine who immediately feel the effects of the micro radio waves. Others feel nothing - in the beginning. Many school teachers are starting to complain of headaches after Wi-Fi was installed in their classroom and have decided to remove all of their Wi-Fi "hot" spots and install ethernet connections.

Some hotels and health spas that once promoted Wi-Fi connections throughout the building have now returned to the previous method and offer ethernet wired connections instead. "It's a form of smog" sites one hotel manager. "We want to offer a safe and sound sleep or healing experience for anyone who wants to escape the electrical pollution. We are sensitive to Electro-hypersensitive vacationers."

As more people become unwell and suspect that they have symptoms of EHS, the dangers of city wide WiFi and cell phone radiation will weigh in. There will be a similar trend to escape both the air pollution and the electrical pollution that blanket our cities. ☹️



Look for these warning signs!





Microwaves and The War Effort

Microwave oven technology has existed for decades. The roots of the invention is hotly debated but there are records that show the Nazi's utilized it in their mobile support operations to feed the troops during the invasion of Russia. Captured German medical research and working ovens were studied by the Allies and the Russians after the war. The information became "classified" in the United States, while thorough research in Russia revealed a negative effect upon the biological welfare of humans.

The research showed that when food or blood was heated in a microwave, the cellular information was altered and the vitamin content was depleted. In 1976, Russia enacted legislation to ban all microwave ovens in Russia and they also decided to adapt a policy of limiting all microwave radiation from broadcast towers. Today, Russia has one of the best safety limits for microwave radiation, but with the downfall of communism in favour of capitalism - the modern convenience of microwave ovens has returned to Russia.

Bad Vibrations

In addition to the damage that microwaves are causing to our food, the vast majority of microwave ovens do leak some radiation. According to the FDA, 5 milliwatts/cm² of leakage is "permitted". Microwaves operate on a frequency of 2.45GHz. The same frequency is used by cordless phones



and Wi-Fi. These devices compete for function when they are operating near to each other. Many people have experienced dropped calls and poor internet connections when the microwave oven is turned on. You can try this experiment for yourself. Just take your microwave oven and plug it in a few feet away from your WiFi and see if you can get an internet connection when you turn the oven on. Better yet, purchase an inexpensive RF smog detector. Turn the oven on, walk away, and see how much leakage your oven has. You might be surprised.

Why does the public not know this?

Microwave ovens have been around for so long, they have become ingrained into our society. Only recently has the public been able to purchase inexpensive meters to measure the radiation that leaks from them to prove it's not the seal. Brand new ovens leak hazardous levels. Thankfully, microwave oven cooking

have been getting a bad rap in most health magazines and the consumer is getting the message that the oven and the food is not healthy for us. No need for mass panic or recalls we are told.

A Swiss doctor, Dr. Hans Hertel, tried to bring the real details and hazards of microwave cooking to the attention of the public. He was quickly silenced by the consumer appliance industry. He worked as a food scientist for several years with one of the many major Swiss food companies that do business on a global scale. In the early 90's, he was fired from his job for questioning procedures in processing food.

Working with Bernard H. Blanc of the Swiss Federal Institute of Technology and the University Institute for Biochemistry, Hertel not only conceived of a study of microwave oven safety, he was one of the eight participants.

Nevertheless, for all this time, Hertel has been effectively gagged by the manufacturers of microwave ovens who have effectively used trade laws and the Swiss court to muzzle him - even to threaten him with personal ruin. ☹

[Click here to read a detailed report on microwaves and their biological effects.](#)

"There is extensive scientific literature concerning the hazardous effects of direct microwave radiation on living systems."

Dr. Hans Hertel



The Body Electric

Electromagnetism and the Foundation of Life

By Robert O Becker

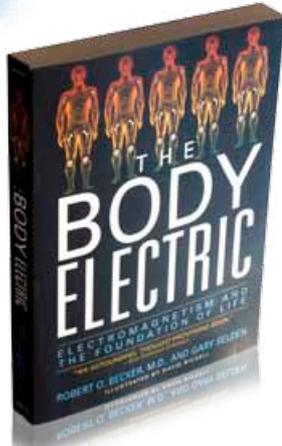
It's the bible for everyone that studies the body from an electrical perspective. Published over 20 years ago, it's still a best seller today.

It's a wonderful life story about Bob Becker, a caring medical doctor stationed at a veterans hospital who was determined to find a way to regrow the limbs of soldiers that were injured in wars. He was fascinated with the ways salamanders could regrow their limbs and set out using his own money, and discovered by trial and error, that it was an electrical process that could also be applied to the human body.

Although he never was able to regrow an entire limb, he did regrow bones and skin using tiny voltages of direct current electricity. He found that bones were crystal and piezoelectric, and produced electricity when bent. His later research proved that weak electromagnetic fields could also regrow bones and promote tumors within the body.

It reads like a novel, with a good balance between science and cloak and dagger conflict between his benefactors and government officials that tried to bury his conclusions.

[The Body Electric at amazon.com](#)



Cross Currents

The Perils of Electropollution, The Promise of Electromedicine.

By Robert O Becker.

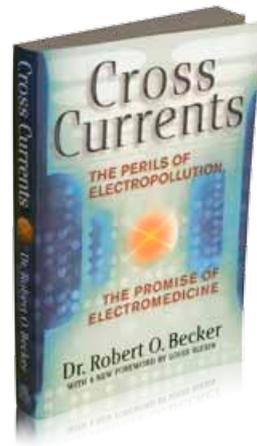
Now armed with thousands of hours of EMF research under his belt, Becker sets his sights on the power utility companies to prove that the electrified world we live in is hazardous to our health.

While this book was written before the mass adoption of the cell phone, it goes into great detail about the electromagnetic effects that emanate from electrical distribution power lines, radio transmission towers, military radar installations electric blankets, electric heaters and other devices that produce a magnetic field.

Becker was often hired as an expert witness by people who wanted to stop power lines from being erected in their neighborhood. He would discredit the "Heating Effect" safety limits set by electrical engineers and government bodies. As a doctor working in a veterans hospital, he learned that the safety standards we all live with now are based upon the wireless communication systems used by the military during times of war.

Becker was one of the first doctors to fight for the rights of electro-hypersensitives.

[Cross Currents at amazon.com](#)



Bioelectromagnetic Medicine

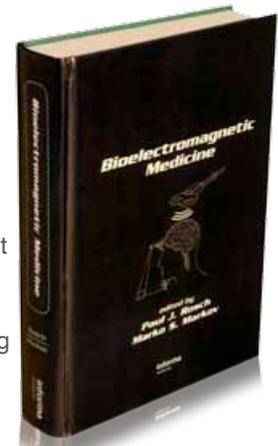
Paul J. Rosch and Marki S. Markov

If you are a serious student or doctor that would like to have a printed record of the latest research showing the healthful effects of electromagnetism and their frequencies, this book is a must have. You can find a lot of this type of information on pay medical websites such as PubMed, but researchers Paul J. Rosch and Marki S. Markov have gathered up the best white papers on the subject and have added some related pictures to accompany the research.

Eight hundred and fifty one pages of clinical studies that detail how the correct frequencies of pulsating magnetic fields and electricity can be used to cure depression, alleviate headaches, heal broken bones, and treat various other neurological diseases. If you want to speak the science or you need to show someone proof that magnetic fields do effect your body in a good or bad way - this book will get their attention.

It's not for the layperson and comes with a hefty price tag but it does offer a wonderful insight to the next world of healthcare that uses energy medicine to cure us. 🌀

[Bioelectromagnetic at amazon.com](#)





Electricity in your water?

If you live in an urban area and your home wiring is grounded to your plumbing, you are likely being exposed to a very high level of magnetic fields emanating from the metal pipes under your floor. When the city's power grid can't keep up with the demand for electricity, it's distribution system often becomes overloaded.

When excess current returns to a distribution transformer via the grounding circuit - instead of the neutral conductor of the line, net current develops. It contains 60Hz and unwanted harmonics as 90, 180, 300, 420 Hz and even variable oscillating crescendos of extremely low frequencies. The currents also can include digital cablevision, telephone, radiofrequency/microwave, as grounding return "noise". The radiofrequency and microwaves infiltrate water main currents through electric power transmission/distribution systems, Broadband over power line systems, including Wi-Fi .

The magnetic field produced by this net current is not canceled and is usually a major

source of magnetic fields nearby. Surveys of the electromagnetic fields of industrial, commercial, institutional, and residential buildings across North America have revealed an enormous amount of **electrical current being channelled into the ground.**

Stray current is a problem with farmers whose properties share the electrical distribution towers. The electricity can travel into the ground and can cause significant problems to the livestock. The farmers "ground" their homes and barns into grounding rods that are placed into the earth. The stray current can travel into the ground and into the machines that feed and milk the animals.

In the city we are 'grounded' to our water intake. Many houses are built with these "electrified pipes" running directly under the floor of the main level of the house, as opposed to running through the basement floor. This brings the magnetic fields which are being emitted from these pipes much closer to the common living areas of the house, such as the bedroom, increasing the biomagnetic effects on the occupants of the residence.

To bring this into simple terms, imagine living under high tension power transmission towers. You would not want to do that would you? Well, there is a good possibility that you are living right above one if you live in the city and your electricity is grounded to your water pipes. The only way to really know if you are safe is to buy a gauss meter or hire a specialist and measure the magnetic radiation from your water intake. If it is high, you can rewire your ground to a stake in the earth. [View video.](#)

RF radiation from your power lines?

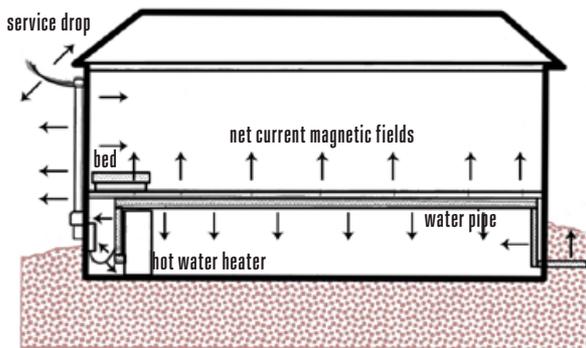
Electricity that originates from the power plants in North America are 60 Hz. Along the way, radio frequencies from cell phone towers and other forms of microwave devices become captured in the transmission lines. By the time it reaches your house, the 60 Hz signal becomes corrupted with radio frequencies, and your homes wiring system becomes a microwave aerial.

Your electronic computers and the new low energy fluorescent light bulbs also add unwanted frequencies into your house wiring resulting in all sorts of problems. Some external computer hard drives are getting corrupted and are failing from the radio frequencies that travel up the cables into your external drives. A few years ago - everything in our home, such as electric lighting was running on 60 hertz and mostly feeding that 60 hertz frequency back into the power system.

Today, our electricity is very corrupted with many harmful frequencies and our bodies are absorbing this just by siting next to it. We are bio-electromagnetic, our bodies attract this energy and it is absorbed into our cells. Electrosensitive people, can feel these added radio frequencies.

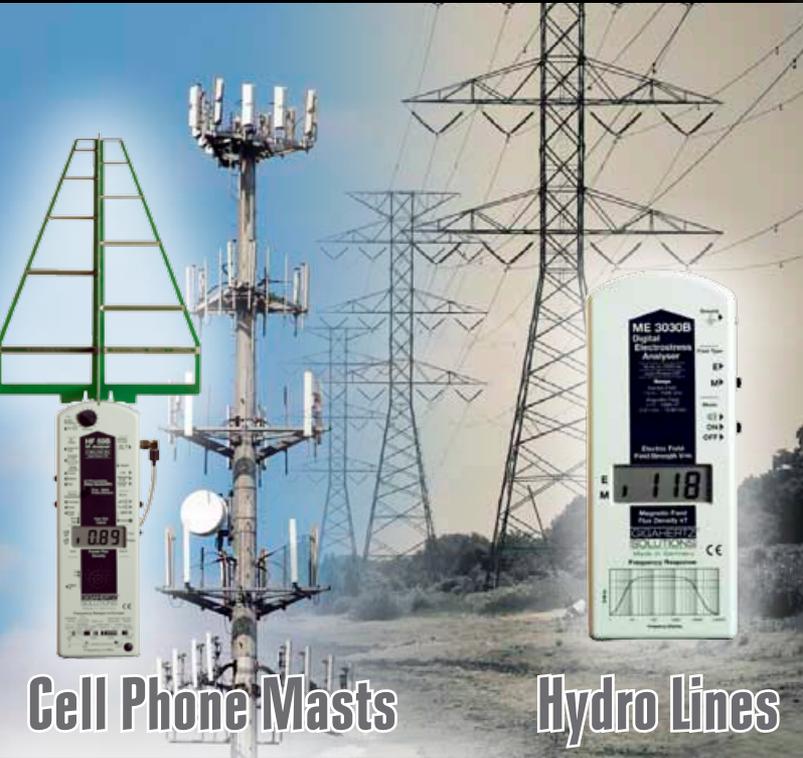
There are **filters** that you can place in the electrical outlets that will eliminate the unwanted frequencies so that only the 60 Hertz will remain. People that are electrosensitive report major improvements in their health once they have been installed.

[Click here to read a study by Magda Havas on dirty electricity and electro-hypersensitivity.](#)



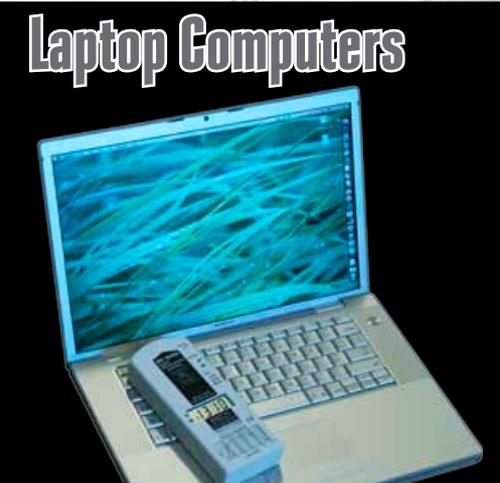


Detecting & Measuring Radiation



Cell Phone Masts

Hydro Lines



Laptop Computers



Wireless Fidelity (Wi-Fi)



Microwave Ovens

If we could all see the electrosmog that surrounds our cities we would most likely not be in the predicament that we are faced with. Seeing is believing for most people. Smokestacks produce smog, but the fields that are emitted from cell towers, cell phones and the wiring in your home are invisible to humans.

We are now entering an age where EMF **Superstores** have arrived. They carry hundreds of items that will protect you from hidden & unwanted radiation. There is EMF shielding paint that you can put on your walls. **EMF gels** that you can put on your windows. EMF clothes that you can wear.

Beware of the "shielding" devices that clip to your phone to offer you protection. There are

many fraudulent companies that offer products that just don't work. If they did, the cell phone companies would probably use similar technologies instead of placing warnings in printed safety manuals suggesting that the user keeps their phone at least 1 inch away from their body.

Until recently, inexpensive meters that could measure radiation levels of computers, microwaves, cell phones & cell phone masts were hard to find. The internet has opened up a whole new avenue for the public to locate information about EMF - and ways to locate it in your home and community.

You can hire a professional - or you can become one.





Electromog Detector (RF)

sensoryperspective

If you're a Star Trek fan, you will enjoy this inexpensive (\$99 USD) hand-held RF detector that provides an audible warning when you are within range of devices that produce microwave frequencies, such as microwave ovens, cell towers, DECT phones, Wi-Fi, and cell phones. The device, which

resembles and sounds like a Star Trek phaser, can detect frequencies from 5 MHz to 3 GHz, and is sensitive down to 0.01 Volts/meter.

It provides a different sound for different frequencies of radiation, allowing you to determine the difference between a Wi-Fi device, microwave oven, cell tower, etc. It's small, lightweight and fits in your pocket. Great at parties.

This device does not aim to tell you what level is safe for you. It is not an emergency warning device. Nor is it an alarm. It is a healthcare aid and an educational tool. It provides you with an impression of your personal exposure to microwave signals, encouraging you to go find out where they are coming from so that you can reduce your exposure.

[Click here to launch virtual 360 view.](#)

[Click here to listen to audible alarms.](#)

[Click here to purchase this device online.](#)



HF-Analyser (RF)

Gigahertz Solutions

If you are looking for something that will show you the amount of radiation as a quantifiable number and the unique sound of the type of radiation, the HF-Analyser by Gigahertz Solutions is a good bet. It is a relatively expensive unit for the home user (over \$1000 USD), but if you are a professional EMF consultant or serious about reducing your exposure, this is a quality product because of its' accuracy.

With the ultra broad bandwidth antenna (pictured above) its' measurable frequency response is from 27 MHz to beyond 3.3 GHz. Perfect for cell phone towers and WiFi. See what is a safe level for your sleeping areas. The numerical display screen provides a visual display up to 1999 microwatts/m².

The sad part of this devise is that it will only display up to 1999 microwatts. Assuming that the manufacturers thought that 2000 microwatts would be outrageously high - if you purchase this model and test it in a large urban downtown setting - you will see that some citizens are living in a situation that is extremely hazards to their health.

[Click here to launch virtual 360 view.](#)

[Click here to purchase this device online.](#)



Digital Electrostress Analyzer (EMF)

Gigahertz Solutions

This is a dual function gauss/tesla meter for AC electric and magnetic field EMF meter. It allows you measure EMF radiation ranging from 16 Hz to 2 KHz. For about \$100 USD, you can get an accurate digital readout of the magnetic fields that emanate from your portable computer keyboard, water pipes, electrical panel, hair dryer, electric

stove, electric baseboard heater, high power distribution lines, transformers - and even your new electric car or scooter.

There is a setting for sound that warns you with clicking tone that gets faster as you get closer to higher fields. It's not a 3 dimensional meter so you need to rotate it to get an average reading. Its 9 volt battery provides you with a fair amount of use but it would be nice to have a built in rechargeable battery just so you don't need to keep buying and changing batteries. For the price its a good starter unit for the user that wants to locate problem areas in their home or work and save the cost of hiring a professional.

[Click here to launch virtual 360 view.](#)

[Click here to purchase this device online.](#)



Vapour From Your Mouth To Your Brain

Many people living in the world today have dental mercury amalgam fillings. When dentists started using them over 100 years ago they insisted the mercury was harmless, and the American Dental Association (ADA) still says they are safe once it is blended into an amalgam. Others in the medical profession believe that the mercury leaches out of the filling and is a neuro toxin. Several studies done in the US on children and university students confirm that mercury vapour from amalgams does leak into the body even when it is inside the amalgam.

[Click to read the scientific study on urinary mercury in children.](#)

Another study reveals a darker side of mercury that few people are aware of: dental amalgams exposed to electromagnetic fields of any kind, such as MRIs, microwave towers, WiFi, and especially cell phones because of their close proximity to the mouth leak even more mercury than normal. The magnetic fields vaporize the mercury from the tooth, which is then inhaled through the mouth, into the

lungs, and then travels into the brain. Because cell phones can break down the blood-brain barrier, the mercury vapour can travel directly to the brain.

[Click to read the PubMed report: cell phones cause mercury leakage in amalgams.](#)

The mercury vapour causes an electrical interference in your nervous system and throughout your entire body. Once this vapour enters the cells of the brain the person becomes more sensitive to electromagnetic fields. Here the symptoms of EHS can be amplified many times over.

People with mercury amalgams would benefit from seeing a **holistic dentist** who practices the safe removal of amalgam mercury fillings. You can't just drill it out, because the mercury vapour will be released into your system.

It would also be a good idea to evaluate your diet to remove foods which bring with them high levels of mercury, such as tuna fish. The mercury from burning coal in the hydro power plants rises from the smoke stacks, condenses in the clouds, rains down into our lakes, and settles on the bottom. This is where mercury enters the food chain.

The consumer is now aware of the toxins originating from the smoke stacks, and the green generation is calling for their replacement. Unfortunately, there is a new form of pollution. The smoke stacks that once produced visible smog are gradually giving way to cell phone towers. Instead of visible pollution, we are poisoning the air with unseen electrosmog. One viscous circle is replaced by another, and most people can't see the change.

We were told that mercury is safe, and it took hundreds of years to prove them wrong. Many people suffered and died along the way. Are we going to trust the cell phone industry, like we trusted the dental industry - or the tobacco industry?

[Click to read more about oral mercury.](#)

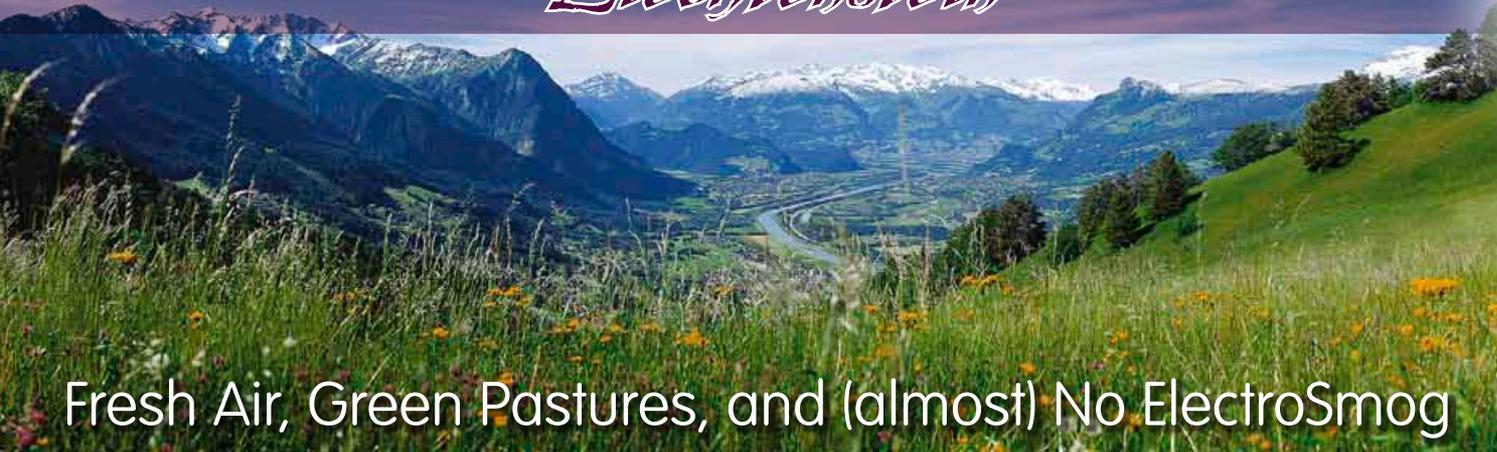
Toxic Light Bulbs

While we are on the subject of mercury (and the conservation of energy), compact fluorescent bulbs contain mercury vapor. If they are dropped the vapour can cause serious health problems. It is for this reason that they can't be thrown away in the garbage to go to land fills. They must be returned for recycling at places like Home Depot.

In addition to the toxic hazards of CFLs, they also produce ultraviolet radiation, and some people have suffered rashes on their body when they are near the bulb. They also produce radio frequencies from a tiny transformer that is used to excite the gas inside the tube, which provides light.

It may save on your energy bill, but it could increase your medical bills. ☹️





Fresh Air, Green Pastures, and (almost) No ElectroSmog



ECO-FRIENDLY VACATIONS

A European Sanctuary

You're stressed out. What has your doctor, hairstylist, and best friend all told you? Take a vacation and leave the cell phone and portable computer behind! Where do you go to heal your body, away from the dangers of radiation from cell phone towers, city-wide WiFi, hydro tower EMF?

Our featured destination for this issue is the Principality of Liechtenstein. Run by the benevolent monarch Prince Hans-Adam II, this tiny country on the border of Switzerland is taking steps to cut the power output of cell phone masts by 90%.

The **proposed changes** are based on the **BiolInitiative Report**. By 2013, the cell tower radiation must be 0.6 V/m, 10 times lower than the limit in Switzerland of 6 V/m. This limit will have the effect of making it commercially challenging for companies that own cell phone masts to do big business in Liechtenstein. By severely limiting the legal broadcast power of cell phone masts, the cost of providing sufficient coverage would only be profitable to one cell phone provider.

The tourist board of Liechtenstein has expressed some concern about this change, because they believe that tourists

will not want to give up their wireless connection to the outside world while on holiday. They have not yet realized the tourism potential for creating an environmentally free electrosmog destination for persons that want to escape the hazards of magnetic radiation to heal. They also don't realize that the suggested safe levels are sufficient to cover their country. The signal might not make it to the top of a mountain, but at least it's a safe refuge for people desiring to escape electrosmog and view the beautiful mountain-top vistas.

Liechtenstein has a flourishing economy, a combination of their superb banking system, very low taxes, and the excellent tourist accommodations & leisure activities. If you're on a budget it might seem expensive if you plan to stay in the hotels.

Living accommodations are wonderfully varied, from romantic four-star hotels surrounded by park land, to rustic cottages and chalets in the mountains. Visitors can stay for a weekend, or rent their own cottage to really get a feel of 'home' with an extended stay. For the adventurous, there is even a **camping ground** where you can pitch a tent, park a mobile home or rent a bungalow, then set off on a tour of the mountains by foot or bicycle. Let's hope that one day soon the rest of the world will follow their footsteps...

Austria
Switzerland

Liechtenstein Tourism
Liechtenstein Online

Images provided by Liechtenstein Tourism©

Important Links & Resources

Electro Hyper-Sensitive Associations

- × [Swedish Association for the ElectroSensitive](#)
- × [H.E.S.E. Project](#)
- × [WEEP Initiative](#)

EMF News

- × [Microwave News](#)
- × [Omega News](#)
- × [Power Watch](#)
- × [Next Up Organization](#)

EMF Organizations - General

- × [EM Radiation Research Trust](#)
- × [Bioelectromagnetic Society](#)
- × [BioInitiative Report](#)

Cell Tower Activism

- × [Mast-Victims.org](#)
- × [Mast Sanity](#)
- × [TETRAWATCH](#)

EMF Schools & Institutions

- × [Bau-Biologie](#)
- × [Institute For Health & The Environment](#)
- × [Trent University](#)

EMF Information

- × [Dirty Electricity.ca](#)
- × [National Institute of Environmental Health](#)
- × [Cell Phone SARs](#)

EMF Health Services

- × [Radiowave Therapy Clinic](#)
- × [John Kanzius Cancer Research Foundation](#)
- × [Environmental Health Centre](#)

EMF Articles

- × [Beekeeper gear blocks EMFs](#)
- × [Children & teens, stay away from cell phones](#)
- × [Study links cell phone use to male infertility](#)
- × [Mobile phones 'cause skin rash'](#)
- × [Cell phone contact dermatitis, nickel allergy](#)
- × [Microwave sickness](#)
- × [Electrical Sensitivity: Emerging illness](#)
- × [EMF protection and remediation](#)
- × [Cell phones change brain currents](#)
- × [Residents talk back](#)

Scientific & Medical Studies

- × [Neurobehavioral effects from mobile phones](#)
- × [Nerve cell damage after microwave exposure](#)
- × [Effect of cell phone on semen in vitro](#)
- × [Effect of cell phones on men, infertility clinic](#)
- × [Male infertility and sex ratio of offspring](#)
- × [Nickel release from cell phones, dermatitis](#)
- × [GSM short term health effects](#)
- × [Cell phones: are they detrimental?](#)
- × [Symptoms of ill health ascribed to EMF](#)
- × [Cancer incidence in Ontario police officers](#)
- × [Safe distance of cell phone base stations](#)
- × [Centre for Addiction & Mental Health research](#)
- × [Effects of pulsed electromagnetic fields](#)

EMF Mitigation Specialists

- × [EMF Solutions](#)
- × [Safe Living Technologies](#)
- × [Essentia](#)
- × [Sage EMF Design](#)

EMF Mitigation Products

- × [EMFields.org](#)
- × [Less EMF Safety SuperStore](#)
- × [Cled Optoelectronic Technology](#)
- × [Eco LEDs](#)
- × [FerriShield](#)
- × [Stetzer Electric](#)
- × [Sensory Perspective](#)
- × [Pure Power Solutions](#)
- × [AegisGuard](#)

Audio Reports

- × [Dr. George Carlo: Dynamic Health](#)
- × [Sounds Like Canada: Cell Towers](#)
- × [Mass-Victims.org: audio interviews](#)

EMF Videos

- × [Panorama: WiFi Warning](#)
- × [Laptop RF Radiation Test](#)
- × [Mobile Phone Radiation Test](#)
- × [Australian TV: Mobile Phone Dangers](#)
- × [Invisible dangers of cell phone radiation](#)
- × [Cell phones and brain cancer](#)
- × [Global TV: Dirty Energy](#)
- × [Dr. George Carlos Interview](#)



This free issue is sponsored by the EM Radiation Research Trust.

