

## PROTECTING YOURSELF FROM HARMFUL ELECTROMAGNETIC FIELDS

An often overlooked toxin for us to avoid if we are intent on age reversal is the electromagnetic pollution that permeates our modern environment. Electromagnetic fields (EMF) are energy waves with frequencies below 300 hertz or cycles per second that radiate from power lines, microwave, cellular and radar towers. However, more common sources of electromagnetic radiation (EMR) include cell phones, bluetooth headsets, any wireless or WiFi device, computer CPUs, microwave ovens, fluorescent lights, electric blankets, electric motors (even hand held hairdryers), as well as home electrical wiring.

The radio frequencies and microwaves from cell phones (and more dramatically, cell phone tower transmitters) cause micronuclei damage in blood cells. Researchers at the University of Washington identified DNA damage and were able to demonstrate in animal studies that mobile phone radiation quickly causes DNA single and double strand breaks at levels well below the current federal "safe" exposure standards.<sup>1</sup>

A six year study program mandated by the U.S. Congress and completed in 1999 investigated wireless technology apparently in the interest of public health (WTR study). The study involved over 200 doctors, scientists and experts in the field. The research showed that human blood exposed to cell phone radiation had a 300 percent increase in genetic damage in the form of micronuclei. Dr. George Carlo, a member of the study and now head of the only post-market health surveillance registry on the nation where people can report radiation illness ([www.safewireless.org](http://www.safewireless.org)) stated that exposure to communications radiation from wireless technology is "potentially the biggest health insult" the U.S. has ever encountered.

Since the carcinogenic and geotoxic effects on cells from gamma waves and radio frequency/microwave radiation are identical, the safe dose of either type of radiation is zero. Dr. Carlo confirms that cell damage is not dose dependent and that no matter how small the exposure, it can trigger damage response by cell mechanisms.<sup>2</sup>

More research from the WTR study also revealed microwave damage to the blood brain barrier. Sadly, the findings were downplayed and denied as the fed collected billions of dollars selling communications licenses to the telecom industry. This has unleashed dangerous technology that despite safety concerns has seduced the population to

purchase and use wireless devices in both our personal and professional lives.

Radiation mechanisms are continual, ongoing, progressive and cumulative. People who were exposed to nuclear radiation died painfully several years following exposure. The EMR from radio frequencies and microwaves is a slow-burn process. Human DNA hears the energy of EMRs and struggles to protect itself against this destructive dissonance by hardening its membranes. The hardened membranes no longer are able to receive nourishment or release toxins and they die prematurely, spilling micronuclei fragments into the surrounding spaces. This is how living tissues age prematurely following exposure to microwave radiation.

The Telecommunications Act of 1996 bought the telecom industry protection from state and local governments considering health effects in connection to emissions from personal wireless service facilities (i.e. transmitters, towers, etc.) so long as "... such facilities comply with the Federal Communication Commission's (FCC) regulation concerning such emissions." The problem is that the FCC has exclusive authority to set standards for public exposure to EMRs, and according to experts, the guidelines are based on the obsolete and unfounded theory that only power density hot enough to flash-cook tissues is harmful. This places the FCC at odds with the current knowledge base. It seems that Federal exposure limits have been deliberately set so high that no matter how much additional wireless radiation is added to the national burden, it will be "within standards."

At this time the public has no vote, no voice, no choice. Chronic exposure to EMRs that destroy DNA is now compulsory for everyone in America. Everyone is condemned to protect himself from EMFs the best he can.

The toxic air of EMFs is growing even more concentrated since the industry knows it is not going to be policed. New transmitters are being constructed by the thousands everywhere, while adding more powerful antennas at older sites. Indoor and outdoor WiFi systems serve wireless laptops, PDAs, WiFi enabled telephones, video cameras and even parking meters. Hundreds of municipalities are funding WiFi networks, each consisting of small microwave transmitters bolted to buildings, street lamps and bus stops. Some are underground sidewalks and emit harmful EMR without warning signs. WiFi is unregulated by the FCC. Moreover, new WiFi called WiMAX is much more powerful, with a single tower providing internet coverage for an

area of 3,000 square miles (6-25 sq. miles is the norm currently). Promoters say this will one day replace cable and DSL broadband services emitting EMR into almost every rural area of the country. If this comes to pass, there will be no escape from EMFs.

So what can be done? Choose to learn more about the wireless radiation that threatens future generations. Become politically active and insist that federal EMR exposure standards reflect reality based on current knowledge. We can also demand that the FCC become active in transmitter site compliance and monitor EMR emission levels.

We may take personal responsibility and begin to limit our use of wireless devices. While few are willing to part with their cell phone, we can choose to avoid wireless internet usage and cease trivial wireless gaming. If we choose to boycott the next generation of WiMAX-enabled devices and services, there will be no commercial incentive to propagate this dangerous network. We can return to using corded phones as opposed to cordless phones that emit microwave radiation in the gigahertz that has been found to damage the tissues responsible for hearing, eyesight and brain function.

Protection is the key. Locating electromagnetic fields in your home or office will help you in making choices about protection. Avoiding close proximity to sources of EMFs is important. The Trifield Meter (\$145), produced by Alpha Lab, is used mainly to measure the milligauss of electromagnetic fields coming from 60 hertz sources. Use this digital meter to locate sources of EMF emissions and measure them to make sure your living and working spaces are under 2 milligauss. Check emissions from fluorescent lighting, home wiring, appliances, electronic equipment, video screens, computers, wireless devices (even cordless home phones). Visit [www.trifield.com](http://www.trifield.com).

For personal protection, Ener-G-Polari-T has been offering a device they call an "Elemental Diode" which employs a mineral based formula that addresses fifty different energy frequencies. It is molded into different strengths and forms to be worn on the body for personal protection or placed on devices that emit electromagnetic radiation. The natural elemental Diode acts as a rectifier, correcting and filtering the energies flowing in and through the human body to bring balance to the body's electrical system. The Diode is worn on the left side or center of the body stabilizing and balancing the human energy field. By emitting neutralizing and balancing frequencies, the Diode also helps to block the effects of harmful and stray EMFs which we are routinely exposed to every day. EMFs have an opposite polarity than

the human energy field. A typical milligauss meter will not show a reduction in the EMRs after introduction of the Diode, because the EMR emission remains the same, only at the opposite polarity. (The most sensitive meters are able to confirm this). The Diode has been sold since 1964 and has been tested by independent laboratories to be effective in protecting the body from EMR stress. Visit [www.solutionstoaging.com](http://www.solutionstoaging.com).

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<sup>1</sup> "Neurological Effects of Radiofrequency Electromagnetic Radiation," a paper presented by Dr. Lai to the Mobil Phones and Health Symposium, October 25-28, 1998, University of Vienna.

<sup>2</sup> "Health Social Services and Houseing Sub-Panel Telephone Mast Review," a public discussion by Dr. George Carlo, 2-26-07. Dissertation available at [www.safewireless.org](http://www.safewireless.org).