

“The Cell Phone Poisoning Of America”

“Electromagnetic pollution may be the most significant form of pollution human activity has produced this century, all the more dangerous because it is invisible and insensible.”

That statement was made by Andrew Weil, MD, noted best-selling author of eight books, a Harvard Medical School graduate, and internationally recognized expert on medicinal herbs and integrative medicine. When you read the rest of this report you'll understand why his statement is completely on target.

Some facts behind cell phone use:

- Talking on a cell phone as little as 500 minutes a month can increase the probability of brain cancer by 300%
- Cell phone radiation has been shown to damage and break living DNA
- Cell phone radiation causes leakage of the blood-brain barrier allowing toxins to damage sensitive brain tissue
- Cell phones worn by men on a belt clip can reduce sperm count by 30%
- After using a cell phone for six years the risk of developing an acoustic neuroma (a tumor of the auditory nerve) increases by 50%
- Cell phone radiation increases estrogen and adrenaline levels in the body disrupting hormonal balance
- A two-minute call alters a child's brain function for an hour

Russians Knew About This A Long Time Ago

Between 1953 and 1976 the Russians directed electromagnetic radiation directly at the US embassy in Moscow. The radiation was a continual round-the-clock bombardment. Soon the embassy staff became ill. The US ambassador to Russia developed leukemia and was forced to return to the United States. His replacement also developed leukemia and he, too, had to be replaced. Staff members continually became ill and complained of memory loss, brain fog, loss of focus and insomnia during their stay in the embassy.

“Radio Frequency Sickness Syndrome” was a condition the Russians had earlier identified in experiments. So they knew what they were doing. They actually used electromagnetic radiation as a weapon against the United States embassy staff. Yet, today our government and the industries involved promote this same technology as safe and convenient. Convenient it is but safe it is not.

How Do Cell Phones Work?

Cell phones are really just radio transmitters emitting signals through radio waves. These waves are a form of electromagnetic radiation (EMR). When you turn your cell phone on it locates itself by broadcasting a series of signals to your cell phone carrier's closest cell phone tower. The carrier then relays that information to the nearest mobile telephone switching office, or MTSO, which then pings back a signal to tell your phone if its roaming. When making a call the phone sends its data to the carrier's nearest tower and then it is sent on to the switching office. From there the call is sent to the switching office in the area code of the number you are calling. Once the connection is made the cell phone's transmitter packages your voice or text data onto a second radio wave. This second wave is called the Information Carrying Radio Wave, or ICRW. When the call is received by the recipient's switching office a connection is made through the nearest tower that connects the call with your phone. Through a processor in the phone the digital information signal is converted into an analog signal so you can hear a voice. All this occurs in an average time of four to eight seconds.

Each cell phone contains its own transmitter. The purpose of the transmitter is to encode information onto a radio wave. This wave radiates out from the phone's antenna evenly through space. The information being encoded, for example, could be the sound of your voice or the data from your text message. The transmitter then will send the encoded wave, with your information or voice, to the antenna and the antenna will then send the signal. The function of the antenna is to propel these radio waves out into space so that a receiver in a nearby cell tower will pick them up.

Where The "Cell" In Cell Phone Comes From

Cell phone towers emit signals in a "flower petal" pattern around the tower. This 360-degree radius around the tower is called a "cell" and this is what the term "cell" in cell phone means. When your phone is in a "cell" you get good reception and when it isn't in a "cell" you get poor reception. So, for a cell phone company to provide complete coverage cell phone towers and antenna towers must be positioned all across the country so that the "cells" overlap. You can begin to see what a huge infrastructure needs to be created to provide complete cell phone coverage. That's why cell phone towers and antenna towers are so prevalent. Furthermore, that's why these antennas are installed in so many places like rooftops, firestations, schools and churches.

What Exactly Is Cell Phone Radiation?

Electromagnetic radiation is a form of energy consisting of a magnetic field and an electrical field. Cell phone radiation is a form of electromagnetic radiation. All electromagnetic radiation falls within a spectrum that can range from extremely low frequency radiation, or ELF's, all the way to microwaves, X-Rays and gamma rays. For

example, electrical power lines and wiring in our homes are found at the low end of the spectrum and operate at a 60 Hz frequency. AM radio operates at one megahertz, or 1 MHz. Cell phones operate in the range of 800 to 2200 MHz, with most operating at 1900 MHz. At the high end of the energy spectrum we find X-Rays that operate at more than 1,000,000 MHz. Radiation energy at the high end of the spectrum like X-Rays and gamma rays is also known as “ionizing” radiation since they are so powerful that they can break chemical bonds in the body and produce genetic damage. Radiation at the low end of the spectrum is known as “non-ionizing” radiation. Here we find such devices as cell phones, cell phone towers, wireless routers, etc. This form of radiation is too weak to break chemical bonds is why many are of the belief that cell phone radiation is harmless.

When the radio wave from a cell phone is oscillating at 1900 MHz, (or one thousand nine hundred million cycles per second) it is moving too fast for the body to detect. The body will not recognize it. Radiation moving this fast would only be recognized if it were driven by high power. 100 watts of power would be considered high power. Power of this magnitude would definitely be recognized and would cause biological damage through the heating of tissue. Since cell phones aren't strong enough to heat biological tissue the mechanism by which they cause harm occurs in a different manner. This mechanism will be explained in a different section of this report.

Helpful Terms To Understand

Electricity is simply the flow of electrons. This may occur over a high power transmission line or through wiring in our homes and offices. Whenever electricity passes through a wire two fields of force are created. One is an electrical field and the other is a magnetic field. In the U.S. electrical current reverses direction 60 times each second and thus is called alternating current, or AC. The cycles of current are measured in a unit called Hertz, or Hz, so named for the German physicist Heinrich Hertz. Hertz, (Hz) is simply defined as the number of cycles per second. Electrical current in the U.S. operates at 60 Hz while electricity in most other parts of the world operates at 50 Hz. Most electric power in the U.S. is of an extremely low frequency, i.e., under 3000 Hz. As frequencies increase, the distance between one wave and the next becomes shorter and shorter. As a consequence, there is a greater amount of energy generated in the field. Shorter wavelengths mean greater energy. Electrical fields can be shielded rather easily by using metallic barriers. However, magnetic fields, such as those in the 60 Hz range, will easily penetrate through most any barrier and they become very difficult if not impossible to shield. So it's important to understand the term Hertz (Hz) since it is used commonly to express the frequencies of appliances and devices like cell phones. As we said, cell phones operate in the frequency range of 800 to 2200 million hertz, or 800-2200 MHz. Megahertz, or MHz, is one million hertz and gigahertz, or GHz, is one billion hertz, or one billion cycles per second. To make a comparison the human heart, being dependent upon electrical function, beats in a frequency of 2 Hz, or two cycles per second.

Another important term is gauss, or milligauss (mG). This unit measures the intensity of the magnetic field. It was so named for the German astronomer and mathematician Karl Gauss. A milligauss is one one-thousandth of one gauss. As an example, the earth has a natural magnetic field that has been measured to be about 0.5 gauss. Since humans have been exposed to the earth's natural magnetic field from their beginning this natural magnetic field is not harmful. However, power lines, electrical appliances, electrical wiring, cell phones, etc. all give off magnetic fields that are not natural to mankind. The intensity of these fields is expressed through the term milligauss. Cancer cells are known to develop at a level of three milligauss. Epidemiological studies show that magnetic fields above 3-4 milligauss have led to a doubling of risk for childhood leukemia. A magnetic field of one milligauss has the potential to produce developmental abnormalities in growing embryos. Most scientists believe we should be exposed to no more than 1 mG. Small, handheld meters called gaussmeters can be purchased inexpensively to measure the electromagnetic field in working and living areas for "hotspots."

Hertz measures frequency and milligauss measures intensity. Keep those terms in mind as you read information on devices such as cell phones and common household appliances.

Fewer Signal Bars Mean More Danger

Always pay attention to the signal bars on the display panel of your cell phone. Fewer bars mean a weaker signal. A weaker signal means the cell phone will generate more power to maintain the connection. More power means greater exposure to the radiation from the phone. Ideally, always try to talk outdoors in an open space. This allows an easier connection from your cell phone to the nearest cell phone tower. The easier the connection the less power is needed to stay connected. Also, avoid making cell phone calls from cars, buses, trains or planes. These enclosures make the connection more difficult and also tend to concentrate the radiation within the enclosure.

Why Are Cell Phones Dangerous?

The cell phone generates a wireless signal that communicates with the nearest cell phone tower. This signal is a form of radiation, often called cell phone radiation. Cell phone radiation is one type of electromagnetic radiation, or EMR. Other types of EMR include radio frequencies (RF), microwaves (MW) and electromagnetic frequencies or EMFs. There are additional forms of radiation but these are the most common. It is important to note that this is not the same radiation as nuclear radiation or radiation from X-Rays. Those forms of radiation are referred to as ionizing radiation and they contain enough energy to break chemical bonds in the body. The form of radiation to which we are referring is found in the very low-frequency end of the electromagnetic spectrum and is generated from items such as television, AM and FM radio, radar, microwave communication devices, electrical wiring, power transmission lines and, of course, cell

phones. All electric and electronic devices produce some varying amounts of electromagnetic radiation. That is, they create both an electric and a magnetic field. There is overwhelming evidence of significant biological consequences from being exposed to these forms of radiation, including that of cell phones. One of the problems is that cell phone radiation can't be seen. It's invisible. And for most people, it can't be sensed or felt either. We can't see, feel or hear the thousands upon thousands of EMR frequencies that are continuously bombarding every cell in our body every minute of every day. With the explosion of wireless technology being used in our everyday lives we are drowning in a sea of microwaves and cell phone radiation.

This insidious and invisible toxin called electromagnetic radiation is polluting our world and wrecking havoc on our health. We think because we can't see it or feel it that it isn't there. But, frankly, there isn't a time during any day when we are not exposed to the damaging effect of cell phone radiation and EMR. In fact, never before in the history of civilization has this type of environment existed. The United States, Canada, Western Europe and China emit so much EMR that it is even detectable by satellites in outer space.

Here's How The Harm Happens

Damage from the cell phone comes from two sources. The first is from the near-field plume of radiation from the cell phone's antenna. This plume of radiation extends out a distance of six or seven inches from the phone in all directions. This near-field plume has been studied most extensively and contains the most intense energy. Therefore, it is able to penetrate deeper into biological tissue. This radiation is absorbed when the cell phone is held in close proximity to the body. This radiation is also given off by wireless laptop computers and similar devices and the near-field plume from these devices extends out a similar distance. Later in this report you will see a picture from a study showing the depth of this near-field plume of radiation into the head. So you don't want to have a cell phone, wireless laptop or any similar electronic device too close to your body due to this near-field plume. And never put the cell phone's antenna in your mouth.

The second form of damage comes from something called the Information Carrying Radio Wave, or ICRW. The cell phone signal is made up of two parts. The first part of the signal oscillates at 1900 megahertz. This wave is moving too fast for the body to recognize and is not causing harm as far as we can tell. However, when a person speaks or text messages the information is "piggy-backed" or packeted onto the first wave creating a second wave or signal. This is the information carrying radio wave, or ICRW. It oscillates at a frequency around 2 Hz. In this range the ICRW is recognized by the body and it is this wave that is causing the damage.

Receptors are located on the surface of each cell's membrane. These receptors are both chemical and vibrational. The vibrational receptors pick up signals which oscillate in the hertz range. As the information from the ICRW contacts the vibrational receptor the ICRW is recognized as a foreign invader.

Remember, we're all exposed in this cross-fire of ICRWs from our cell phones and the cell phones of all those people around us on a continual basis. When the body senses that a foreign invader is present it moves to protect itself. It does this by shutting down the active transport channels in the cell membrane. As a result, the cell membrane becomes hard because the nutrients that are in the space between the cells can't get inside the cell to nourish it. This happens in all cells such as brain cells, blood cells, skin cells, etc. The good nutrients we consume in the form of vitamins and supplements cannot get inside the cell where they are needed for nourishment. Therefore, the cell suffers from a lack of nutrients. Conversely, the toxins and free radicals that build up inside the cell as a part of our body's normal metabolic processes can't get out. This build up of toxins and free radicals inside the cell destroy and damage the mitochondria. The mitochondria are the organelles inside the cell that produce energy. When no energy is made the cell cannot detoxify nor does it have energy to communicate with surrounding cells. Consequently, our vital cell-to-cell communication is lost. When this communication is lost a basic physiological process is disrupted. Messages between cells can't get sent, needed hormones are not secreted and the immune system can't respond appropriately.

As waste material and free radicals build up inside the cell mitochondria is damaged and cellular dysfunction ensues. To illustrate, if a certain group of cells were functioning to keep the blood-brain barrier closed and these cells could no longer perform that task then leakage of the blood-brain barrier would occur. Indeed, this leakage of the blood-brain barrier was one of the findings in the research done by Dr. Carlo's team.

The free radicals that build up inside the cell also interfere with the repair of DNA. Many studies have shown the formation of something inside the cell called micronuclei following exposure to information carrying radio waves. Micronuclei are fragments of DNA that break off but still have the ability to form a cell membrane and replicate. They are precursors to cancer formation and present no problem as long as they remain inside the cell. But when the damaged cells undergo their normal programmed cell death, called apoptosis, the contents of the cell, including micronuclei, are released into the nutrient-rich space between the cells. Normally, the immune system, through the release of macrophages would rid the body of these improperly formed cells. But because the communication system has been disrupted the message to the immune system doesn't arrive. So now these micronuclei sit in a nutrient-rich environment and are free to clone. And this is the beginning of a tumor.

What Health Effects Are Being Linked To Cell Phone Radiation?

It is indeed naïve to think that all the radiation that moves invisibly through our body on a daily basis is not harmful. Quite the contrary. If these invisible EMR waves can move easily through the concrete walls of buildings, as we know they do, they will easily pass invisibly through the soft tissue of your body. Think about it. You can make a cell phone call from the basement of a building in New York City and easily connect to someone in

a building in Los Angeles, CA. That's a powerful signal. And as this microwave signal moves through us it wrecks havoc on our biochemistry on a continual basis as we have just described. Consequently, our society becomes sicker and sicker as the incidence of degenerative diseases continues to plague us. In fact, numerous studies have linked long-term EMR exposure to increased risks for such conditions as:

- Alzheimer's disease
- Autism
- Parkinson's disease
- Heart disease
- Brain tumors
- Leukemia
- Fatigue
- Depression
- Immune system disorders
- Learning disabilities
- Memory loss
- Sleep disorders and insomnia
- Headaches and migraines
- Loss of concentration
- Lowered sperm counts
- Increased blood pressure
- DNA damage
- Blood-brain barrier damage
- Hormonal imbalance

The list of symptoms and conditions being linked to cell phone radiation and wireless technology is long and this short list represents only a few of the conditions now linked to cell phone radiation and EMR.

Cell Phone Radiation Affects Hormone Levels

Charles Graham, PhD, physiologist at the Midwest Research Institute in Kansas City, MO., has conducted studies indicating that electromagnetic radiation alters hormone levels. When women were exposed to elevated levels of EMR overnight in the laboratory their levels of estrogen increased. It has long been known that elevated estrogen levels are a risk for cancer development. In men, testosterone levels were reduced following exposure to EMR. Reduced testosterone levels have been linked to prostate and testicular cancers.

We read a lot today about the harmful effects of "estrogen mimickers" produced from the multitude of many chemicals and pollutants in our environment. Indeed, these products that mimic the effects of estrogen have a damaging effect on the body in terms of their

disruption to proper hormonal balance. Dr. Graham believes that the electromagnetic radiation may fit the description of an endocrine disruptor better than many of the known environmental hormone mimickers. He feels this occurs because EMR appears to cause its effects by acting on and through hormones as opposed to acting as a hormone as mimickers do.

For many years women all over the world have been prescribed the drug tamoxifen as a means to prevent recurrence of breast cancer. In a study done by Harland, Lee, Levine, and Liburdy, and published in Electricity and Magnetism in Biology and Medicine, 1998, it was shown that tamoxifen lost its ability to halt the proliferation of cancer cells when exposed to EMR. The amount of electromagnetic radiation used to produce this effect was 12 milligauss. This amount of EMR is generated when commonly used appliances like hairdryers, vacuum cleaners, can openers, computers, microwave ovens desk lamps, and electric clocks are in use. Imagine the implications of this. Women who were taking a drug to help prevent them from getting breast cancer again may have had the drug rendered useless by the exposure to EMR from common household appliances! That's a powerful effect and certainly a serious one.

Cell Phone Radiation Inhibits Melatonin

Studies have also shown that electromagnetic radiation inhibits the production of a hormone called melatonin. Melatonin is secreted by the pineal gland in the brain and is produced about 90 minutes after falling asleep. Thus, melatonin levels rise at night and remain low during the day. Melatonin has many useful effects but the most common is that of regulating the sleep cycle. When cell phone radiation, or other EMR, inhibits this important hormone the sleep cycle is compromised. Could this be one reason why so many people today have insomnia? Is the multitude of sleep problems in America today a result of all the radiation in our environment? Perhaps so.

Why is this important? If you don't get into the deeper phases of sleep your body cannot repair itself. Cells don't rejuvenate. Sleep is necessary for this repair process to occur. 81% of young people 15 to 20 years of age sleep with their cell phone on. Considering the value of melatonin to our health the implications of this statistic are frightening.

A study published in the British Medical Journal The Lancet, December 2007, found that a woman's risk of breast cancer was increased 60% if she worked the night shift. Men's risk of prostate cancer was also increased. Why does this happen? Light raises cortisol levels. Cortisol is produced by the adrenal gland which is activated by light. Light furthermore inhibits production of melatonin by the pineal gland in the brain. So the combination of increased cortisol, which suppresses our immune system, and decreased melatonin, which suppresses tumor development leads to conditions favorable for the possible development of cancer. And, of course, melatonin regulates estrogen. So when melatonin isn't produced in adequate amounts estrogen suppression is removed. And as stated earlier, estrogen is a risk factor for breast cancer development.

Another important function of melatonin is that it is a powerful antioxidant and is very efficient in destroying free radicals. Destruction of free radicals and proper DNA synthesis allows our cells to function properly. One of the known effects of free radicals is premature aging. Free radicals are produced from environmental toxins including EMR.

Melatonin also enhances the immune system. It does this through its ability to increase the activity of the immune system's killer lymphocytes. Furthermore, melatonin also strengthens the ability of Vitamin D to stop tumor growth. In fact, this tumor-fighting ability of Vitamin D is strengthened by a whopping 20 to 100 times!

A recent study published in the Journal of Pineal Research, 2007, reported on the therapeutic effects of melatonin in treating cognitive impairment such as that found in Alzheimer's disease, dementia, etc. Results showed significantly better improvement in patients treated with melatonin. Melatonin is important for a number of reasons, not just sleep cycle regulation. Thus, anything, like electromagnetic radiation, that would suppress or limit the body's ability to produce melatonin could have serious health implications in this area.

Melatonin Inhibits Estrogen and Cancer

A 2001 study done at Japan's National Institute for Environmental Studies revealed that **breast cancer cells treated with melatonin would resume growing when exposed to electromagnetic radiation!** Findings showed that the cells' signaling system was disrupted, impeding or preventing cell-to-cell communication. Thus, cells were not able to communicate with each other effectively and this affected their ability to respond to environmental challenges and threats.

Perhaps one of the most important functions of melatonin is that it inhibits the release of estrogen and suppresses the development of breast cancer. 70% of breast cancers are estrogen sensitive. When EMR inhibits the release of melatonin one of the body's most protective hormones is suppressed. In addition, other studies have shown that reduced levels of melatonin from electromagnetic radiation suppression have caused a number of other malignancies including prostate cancer, melanoma, and ovarian cancer.

A link between breast cancer and EMR continues to be reported. Dr. Patricia Coogan at the Boston University of Public Health reported a 43 per cent increased risk for breast cancer for women who worked in occupations where exposure to magnetic fields occurred. Such occupations included electricians, power line workers, phone installation workers, electrical engineers and those working near mainframe computers. This increased risk has been directly linked to the suppression of melatonin by EMR.

What is also frightening is that this increased risk of breast cancer is not confined to women. As much as a sixfold increase in male breast cancer has been found among men who work in the utilities industries, telephone lineman and in switching stations.

Cell Phones Affect Men's Fertility

In a study released by the prestigious Cleveland Clinic results show a link between poor sperm production and the number of hours a day a man uses his cell phone. Men who use a cell phone more than four hours a day had the worst sperm counts and poorest quality of sperm. Doctors believe this damage may be caused by radiation emitted by the phone. Men who used a cell phone more than four hours a day had sperm counts that were 25 percent lower than men who never used a cell phone. Sperm quality was also affected. The swimming ability of the sperm was reduced significantly. Furthermore, a 50 percent drop in the number of properly formed sperm was noted. Sperm count, motility, viability and appearance all were significantly affected. Cells in testes have been shown to be susceptible to electromagnetic radiation in previous research on animals.

For this reason it is advisable for men not to carry a cell phone on a belt clip or in a pocket close to the body. Neither should they work on a laptop computer while it sits on the lap.

Cell Phones Disable The Blood-Brain Barrier In Just Two Minutes!

The blood-brain barrier is a delicate membrane that separates the brain from the rest of the body and filters the blood supply to the brain. This filtering membrane keeps toxins and damaging proteins that might be found in the blood from coming in contact with sensitive brain tissue. Research has shown that talking on a cell phone for as little as two minutes will disable the blood-brain barrier. In studies done by neurologist Dr. Leif Salford it was shown that toxins and harmful proteins can pass out of the blood and into the brain while the cell phone is switched on. It is noteworthy that diseases such as multiple sclerosis and Alzheimer's are linked to proteins being found in the brain.

It's Like Driving While Drunk

The U.S. Department of Energy found that using a cell phone while driving will severely impair memory and reaction time. The impairment is so severe that it is similar to driving while drunk. Additionally, University of Toronto investigators found that the impaired effects of a cell phone call made while driving will persist up to 15 minutes AFTER completing the call. Many countries are now moving to join England, Spain, Israel, Switzerland, and Brazil in restricting or banning cell phone use by drivers.

Cell Phones Radiation Is A Source Of Internal Stress

We all know what a nuisance cell phones can be when one just wants to relax or work on a project without interruption. That's a given stressor. But did you know that cell phones

can physically cause a stress response in the body? When the body experiences a stress event the “flight or fight” response is triggered. Certain stress hormones are released from the adrenal glands. The first chemical that is released in this response is adrenaline. We all know the effects of adrenaline: rapid heart rate, increased energy level, increased blood pressure, muscle contraction, rapid breathing, etc. These effects are not harmful if only occurring for a short period of time. But what about a continued stress response that continually releases adrenaline such as that occurring from constant exposure to cell phone radiation? Can that be healthy? Common sense tells us it would not. The second chemical released in the stress response is cortisol. Cortisol is the body’s natural form of cortisone. It’s necessary for the maintenance of life. When our systems are chronically stressed increased amounts of cortisol are released. When high amounts of cortisol are produced in the body the immune system is suppressed, blood sugar levels rise and insomnia occurs. After a long-term continual stress response the adrenal glands become tired and fatigued. The ability to respond to stress situations appropriately thereafter becomes compromised. Irritability, fatigue, anger, road rage, high blood pressure, poor blood sugar control, decreased thyroid function, decrease bone density, weight gain, etc. are a few of the many symptoms that can result from this condition.

EMR Raises Blood Sugar And Blood Pressure

Electromagnetic radiation has been linked to elevated blood glucose levels. Did you know that sitting in front of a computer monitor (another source of EMR) can increase blood sugar levels by 50 points within 15 minutes? Blood pressure is also affected. A German study, published in [The Lancet](#), reported that blood pressure was elevated in a group of volunteers when cell phones were randomly turned on and off without the participants knowledge.

You Can’t Escape The Radiation

Researchers have shown that you don’t even have to own a cell phone to be exposed to the radiation. There are so many people around you making calls on their cell phones plus there are so many wireless networks everywhere that no one today escapes the exposure. It’s worse than second-hand smoke because it’s invisible. You may not own a cell phone or use one very often. But the woman in the car next to you is talking on her phone, the man behind you in the restaurant is talking on a cell phone, people around you at a ball game or concert are talking on cell phones, people shopping in grocery stores and at the mall are all on cell phones. And their cell phones are emitting signals, or radiation, to connect to the nearest cell phone tower. So the signals are everywhere and you’re caught in the crossfire. There is no escaping it.

Cell Phones Were Never Safety-Tested Before Being Sold

When cell phones came onto the market in 1983 they did so without ANY pre-market testing. In fact, cell phones are the only radiation-emitting device ever sold without any pre-market safety testing. How did this happen? Normally, any consumer device that emits radiation would be required to go through some type of safety testing to determine if there would be any risk to the population. But based on information from the cell phone industry the cell phone was exempted from such testing. The information provided by the cell phone industry at that time stated that the only harm that could come from this type of radiation had to do with the heating effect that could be produced on biological tissues. Because cell phones operated at such a very low power it was not possible for them to heat biological tissue. Therefore, the government excluded cell phones from the requirement of doing any pre-market safety testing. The microwave oven was used as their example. The microwave oven produces microwaves, i.e. radiation, that oscillate at a very high frequency. These microwaves are also driven by a very high power. When a food item is placed in a microwave oven it causes the water molecules in the food to move faster and faster. This increased activity produces friction that produces heat. Do this for long enough and you cook food. Pretty simple. Obviously, placing your head in a microwave oven wouldn't be too wise since the heating effect would eventually fry your brain. So to make the microwave radiation used by cell phones safe the cell phone manufacturers simply lowered the power used to drive those frequencies. Since the power used by cell phones was so much lower the heating effect did not take place. Therefore, the cell phone was assumed to be safe. The rationale was that if only a small amount of power was used and it wasn't enough to heat human tissue then no damage occurred. No heat, no harm. And that was the assumption that was used by the federal government to allow cell phones to be sold and manufactured. Current standards for safe radiation exposure are based solely on this heating, or thermal effect. No testing was ever done to evaluate whether or not the frequencies themselves might be harmful. This was left to chance discovery. It is a giant experiment that we are all a part of today. We now know that the mechanism causing damage is not a thermal, or heating effect.

The Cell Phone Companies Know

In 1993, Larry King had a guest on his show named David Reynard of Tampa, FL. During the show he unleashed a bombshell that ignited one of the biggest controversies ever. He stated that he was filing a lawsuit against the cell phone companies and was alleging that his wife, Susan, had died from a brain tumor caused by repeated use of a cell phone. The allegation caused cellular stocks to immediately tumble. Congressional inquiries were triggered and the cell phone industry scrambled to save its image. In an effort to reassure the public and the government the cell phone industry agreed to do long-term research studies to prove that cell phones were safe. Following public hearings the Senate took issue with both the cell phone industry and with the Food and Drug Administration. The FDA was the agency of responsibility for granting approval of cell phones. The cell phone industry volunteered to conduct long-term research to

provide proof that cell phones were safe. However, they offered to do so only if the FDA agreed not to regulate them until the research was completed. And so the process began.

As a first step, the cell phone industry hired Dr. George Carlo, a medical professor of epidemiology, to oversee and conduct what was to become the largest study ever conducted on cell phone safety. The cell phone industry funded this research project with \$28.5 million of its own money. Dr. Carlo then hired the most prominent scientists in the world that he could find on the subject of electromagnetic radiation. Plans were developed, procedures written and equipment was purchased to begin the six-year project. Carlo also created a Peer Review Board at the Harvard Center for Risk Analysis to examine the findings of the studies that were to be done. Since all of money funding the study was coming from the cell phone industry Carlo wanted to make sure the study was credible in every way. Every study done was duplicated in at least two laboratories and protocols were peer reviewed before being initiated. Furthermore, preliminary data were peer reviewed before interpretation and final reports and data were peer reviewed at the conclusion of the process. Every effort was made to ensure the study was above reproach. Carlo put together the formal Interagency Working Group consisting of representatives from the FDA, the National Institutes of Health, the Environmental Protection Agency, the Occupational Safety and Health Administration, the Federal Communications Commission as well as a few other representatives. This committee participated in every step of the research process. This peer review process was to ensure that the results of the study were credible and not biased due to industry funding.

The Deadly Facts From The Cell Phone Industry's Own Study

In 1999, Dr. Carlo reported his research findings. Here is a summary quoted directly from his report:

- 1. The rate of death from brain cancer among handheld phone users was higher than the rate of brain cancer among those who used non-handheld phones that were away from their head**
- 2. The risk of acoustic neuroma, a benign tumor of the auditory nerve, was 50% higher in people who reported using cell phones for six years or more**
- 3. The risk of rare neuro-epithelial tumors on the outside of the brain was more than doubled in cell phone users as compared to non-users**
- 4. There is some correlation between tumors occurring on the right side of the head and use of the phone on the right side of the head**
- 5. Laboratory studies looking at the ability of radiation from a cell phone's antenna to cause functional genetic damage were definitely positive**

In other words, the research found genetic damage, leakage of the blood-brain barrier, cellular dysfunction and a tripling in the risk of rare neuroepithelial tumors and rare brain tumors in people using cell phones versus those who did not. In fact, the tumors even correlated to the side of the head where the subjects reported using the phone most often.

In all, over 56 studies were funded by the cell phone industry and over 200 scientists and doctors from around the world participated.

Once the research results were in Dr. Carlo reported his findings to the cell phone industry executives suggesting that the industry inform the public of these findings and allow users to begin to take precautionary steps until more research could be done. In fact, Carlo also wrote a letter to all the cell phone companies who had participated in the process outlining his recommendations. A detailed account of this whole story can be read in a book that Carlo published along with Martin Schram, syndicated columnist and television commentator. The title of the book is Cell Phones: Invisible Hazards in the Wireless Age. A copy of Dr. Carlo's letter written to the CEO and Chairman of AT&T is found at the end of this report (Addendum A).

The shocking part of this whole process is that in spite of the concrete peer-reviewed findings produced by this research the cell phone industry chose not to go public with the information. Thus, Carlo chose to make that information public through the book. Obviously, at that point the relationship between Carlo and the industry ended.

Soon after, Dr. Carlo set up the Safe Wireless Initiative (SWI), a non-profit organization which serves to continue research in this area as well as to educate the consumer on the hazards of cell phone radiation and wireless technology. The SWI also serves as a registry for gathering data from individuals who feel they have been adversely affected in some way by cell phone or wireless radiation.

And there's more.

Former Motorola Research Scientist Acknowledges Radiation Problem

Robert Kane, PhD., former Motorola Senior Research Scientist and Technical Staff Member, said this, **“Recent research has demonstrated that even short-term exposure to radiation power densities emanating from a nearby cellular telephone is sufficient to modify brainwave patterns, affect short-term memory, and modify an individual's ability to perform physical tasks such as driving an automobile.”** He goes on to say, **“The body of available research indicates that operation of a nearby portable cellular telephone will expose a non-user to radiation, some of which will be deposited into the brain of the non-user at levels higher than necessary to elicit undesirable biological effects even though the phone may be more than ten feet away from the non-user.”**

Translation: Cell phone radiation bombards you whether you are making calls yourself or not. You can be driving in your car, eating in a restaurant, watching a game or at a concert and you're getting irradiated from someone else's cell phone calls whether you like it or not. There is no escape. It's not just the caller's brain that gets irradiated; it's

everyone around the caller, too. That comes straight from one of Motorola's top former research scientists.

What Are SARs? Are They A Reliable Guide To Cell Phone Safety?

SAR stands for Specific Absorption Rate. It is a complex measurement of how much radiation passes through tissue during a specified time period. In other words, it measures the level of absorption of EMR by the body. When biological tissues absorb EMR it can lead to the distortion of cellular function. Up until 1993 no one had ever observed that there were any heating effects occurring at SAR levels below 40 watts per kilogram. Cell phones operate at a power of about 0.6 watts and yield a SAR value of less than 2 watts per kilogram. This was the rationale used when the government exempted cell phones from any pre-market testing and any form of regulation. As long as SARs were this low and no heating effect took place it was surmised that no harm could be done to biological tissue from cell phone radiation.

All phones today have a published SAR value. It varies slightly from phone model to phone model. However, knowing the SAR number of your phone is of minimal value since all phones manufactured today must meet the FCC established standard of 1.6 W/kg or below. That said, it's still a good idea to purchase a cell phone with a SAR value as low as possible to minimize the absorption of radiation when the cell phone is near the head. SAR only measures the intensity of the electromagnetic field. Keep in mind that SAR does not measure the pulsating or oscillatory action of the wave. For example, the wave frequency or pulse could be low enough to mimic the electrical activity of the brain itself and thereby cause damage but the cell phone could have a low SAR value. Knowing the SAR would be of little value in this instance. SARs may have a useful application for microwave ovens but not for cell phones, as the heating effect doesn't occur until SARs reach 20 to 25 watts per kilogram. The SAR value for your specific phone can be found by visiting the FCC website or by visiting www.sarvalues.com.

What About Cell Phone Towers? Are They Dangerous, Too?

There are an estimated 1.3 million base station antennas installed on towers and rooftops worldwide. As more and more of these are installed to increase coverage and to power new applications the sea of electropollution to which we are exposed will only continue to thicken. Cell towers and antennas are popping up everywhere. In the United States there are now more than 1,942,000 towers and antennas currently online. Towers are the structures on which antennas are placed and multiple antennas may be attached to a single tower. The antenna is the actual emitter of the radio signal. Antennas are placed not only on towers but also on fire stations, churches, schools, cemeteries, and even in our national parks. Did you know there's a cell tower near Old Faithful in Yellowstone Park? And to make them esthetically pleasing to the environment antenna towers are often disguised. It's not uncommon to see cell phone towers in the southwest that look like

palm trees, for example. These towers and antennas are often hidden, too, in places like church steeples or placed on rooftops where they can't be seen. Can't sleep well in a hotel? It might be that there's an antenna tower hidden on the roof.

As explained earlier, each cell phone tower emits its signal in a circular pattern that would look much like a flower petal if it were visible. In other words, the pattern spreads itself 360 degrees around the tower in a circle. This "circle" around the tower is called a "cell" and this is where the term "cell" in cell phone gets its name. When under the umbrella of the "cell" you will get good reception with your cell phone. When you're out of this cell area you won't. Cell phone towers, then, are positioned throughout the countryside in such a way that these "cells" overlap one another so that, ideally, you'll never be out of coverage anywhere you go.

Studies Show Adverse Health Effects From Cell Phone Towers

Below are listed six studies that have shown significant adverse health effects on people living near cell phone towers.

1. Santini et al. found significant health problems in people living within 300 meters of a cell phone base station or tower. The recommendation was made from the study that cell phone base stations should not be placed closer than 300 meters to populated areas. *Pathol Biol (Paris)* 2002; 50: 369-373.
2. A Netherlands Organization for Applied Scientific Research study entitled, "Effects of Global Communications System Radio-Frequency Fields On Well Being and Cognitive Function of Human Subjects With and Without Subjective Complaints" found significant effects on well being including headaches, muscle fatigue, pain, and dizziness from tower emissions well below the "safety" level.
3. Gerd, Enrique, Manuel, Ceferino and Claludio conducted a Spanish study called "The Microwave Syndrome" and found adverse health effects from those living near two cell phone base stations. The health effects included fatigue, a tendency toward depression, sleeping disorders, difficulty in concentration and cardiovascular problems.
4. From an Israeli study published in the *International Journal of Cancer Prevention*, Vol. 1, No. 2, April 2004, Wolf and Wolf reported a fourfold increase in the incidence of cancer in people living within 350 meters of a cell phone tower as compared to the Israeli general population. They also reported a tenfold increase specifically among women.
5. In the Naila Study from Germany, November 2004, five medical doctors collaborated to assess the risk to people living near a cell phone tower. The retrospective study was taken from patient case histories between 1994 and 2004 from those who had lived during the past ten years at a distance up to 400 meters from the tower site. The results showed that the proportion of newly developed cancer cases was significantly higher in those patients living within the 400 meter distance and that the patients became ill on average eight years earlier. In the years 1999 to 2004, after five years of operation of the transmitting tower, the

- relative risk of getting cancer had trebled for residents of the area in the proximity of the installation compared to the inhabitants of Naila outside the area.
6. An Austrian Study released in May, 2005, showed that radiation from a cell phone tower at a distance of 80 meters causes significant changes of the electrical currents in the brains of test subjects. All test subjects indicated they felt unwell during the radiation and some reported being seriously ill. According to the scientists doing the study, this is the first worldwide proof of significant changes of the electrical currents in the brain, as measured by EEG, by a cell phone base station at a distance of 80 meters. Subjects reported symptoms such as buzzing in the head, tinnitus, palpitations of the heart, lightheadedness, anxiety, shortness of breath, nervousness, agitation, headache, heat sensation and depression.

Cell Phone Towers Placed On Schools, Fire Stations, And On Church Steeples

Just why would a cell phone tower be placed on a church, school or fire station? Money. It's that simple. Cell phone companies pay these organizations handsomely to install their equipment on these properties. This eliminates the need for the cell phone company to lease or purchase land or buildings to erect their towers. They can simply rent existing structures from someone else. This "rent money" can range from a few hundred dollars a month to several thousand dollars a month. And what school district or church couldn't use a few extra dollars to benefit a tight budget? But does the income outweigh the potential risk? The studies say no.

Two-time Nobel Prize nominee, Dr. Gerald Hyland, a physicist, had this to say about cell phone towers. **"Existing safety guidelines for cell phone towers are completely inadequate. Quite justifiably, the public remains skeptical of attempts by government and industry to reassure them that all is well, particularly given the unethical way in which they often operate symbiotically so as to promote their own vested interests."**

Children Have Higher Rates Of Leukemia Near Broadcast Towers

Dr. Bruce Hocking did a study in Sydney, Australia, of children living near TV and FM broadcast towers that are very similar to cell phone towers. He found that these children had more than twice the rate of leukemia as children living more than seven miles away from these same towers.

Living Near Cell Phone Towers Increases Neurological Symptoms

Another study conducted on inhabitants living near or under a cell phone base station antenna produced the following prevalence of complaints: headache (23.5%), memory

changes (28.2%), dizziness (18.8%), tremors (9.4%), symptoms of depression (21.7%), and sleep disturbances (23.5%). [Reference: "Neurobehavioral effects among inhabitants around mobile phone base stations, Neurotoxicology, 2006, Aug. 1, Abdel-Rassoul, et.al.]

According to Mariana Alves-Pereira, a biomedical engineer, exposure to a cell phone tower can also lead to vibroacoustic disease. This may include symptoms like mood swings, indigestion, ulcers and joint pain.

Cell Phone Towers Affect Animals

Cell phone towers affect animals, too. A veterinary school in Hanover, Germany, reports that dairy cows kept in close proximity to a cell phone tower for two years had a reduction in milk production in addition to other health problems including abnormal behavior patterns.

So if cell phone companies install antennas on the rooftops of our schools do we really want our children sitting at their desk right beneath the source of this radiation? Do we fully know the potential effects on the developing brains of our children? How many children in school today already suffer from inability to focus, learning disorders and attention deficit problems? Might there a connection? Many studies say there is.

Your Community Can't Stop Cell Phone Tower Construction

What can communities do about the installation of cell phone towers? Unfortunately, very little. The Federal Communications Act of 1996 was a landmark bill that mandated rapid development of wireless infrastructure across the country. Section 704 of this act made it virtually impossible for communities to stop the construction of cell phone towers in their areas in spite of threats to public health and the environment. This law forbids local governments from stepping in and stopping the construction of cell phone towers based on health concerns or environmental concerns. It is unfortunate that our leaders have been pressured by cell phone lobbyists to pass legislation where communities and local governments no longer have control over what is best for their community. We have relegated complete control of this matter over to the cell phone companies.

Here's the quote from the Federal Communications Act of 1996 that prohibits states, neighborhoods and communities from installing cell phone towers: "**No State or local government or instrumentality thereof may regulate the placement, construction, and modification of personal wireless service facilities on the basis of the environmental effects of radio frequency emissions to the extent that such facilities comply with the Commission's regulations concerning such emissions.**"

Firefighters Vote To Suspend Cell Tower Construction On Fire Stations

In 2004, the International Association of Fire Fighters voiced its opinion on cell phone towers and antennas by opposing the installation of cell phone antennas on or near firestations until a credible study can be done to establish their safety. Hats off to our firefighters. Our emergency personnel are already exposed to enough risk without sleeping under another one right over their head.

Find Out How Many Towers And Antennas Are Near Your Home

The average person lives within one-half mile of a cell phone tower. Have you ever wondered if any cell phone towers or antennas are near your home or business? Would it bother you if you knew you lived near a cell phone tower or antenna tower? How many do you think there are? You can find out by visiting the website www.antennasearch.com. Type in your address and you'll get a listing and a map of all the towers and antennas within a short radius of your address. You'll be surprised to learn how prevalent these towers and antennas are and how many are sitting right in your back yard.

In one square mile of downtown Manhattan there are about 2500 antennas.

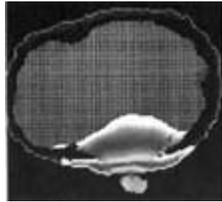
And let's don't forget the more than 2000 communications satellites floating around in outer space. They shower the planet all day long with radiation. Got a new GPS device? How do you think it works? It gets its information from a satellite that knows where you are and where you want to go. It then beams the instructions down to you and off you go without a second thought that you are being continually irradiated by this convenience. And, of course, there are all the military projects, too. You get the picture. The amount of electropollution we're subjected to on a daily basis is staggering and is only getting worse. At what point will our biological systems no longer be able to handle this burden? What happens then? Are the rising rates of cancer and disease indicators that we're reaching a point where we can't tolerate more?

Effects Of Cell Phone Radiation On Children Are Worse Than Adults

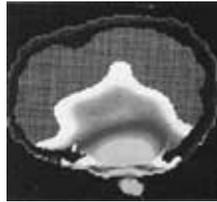
Does cell phone radiation affect children differently than it does adults? To answer this question we must first understand the body of a child. A child's head contains more fluid than that of an adult. This increased amount of water acts as a conductor of the radiation. Furthermore, the skull bones in the head of a child don't fully harden until about 22 years of age. So the skull bones of a child's head are softer and thinner. Softer bones mean greater penetration of radiation into the head. Greater penetration means more damage.

Radiation Penetrates The Head Of Children

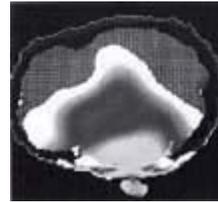
In 1997, Dr. Om Ghandi from the University of Utah conducted studies showing how radiation penetrates the head of a child much deeper than that of an adult. As seen from her pictures below the results are alarming.



Radiation Penetration in head of adult



Radiation Penetration in head of 10 year old child



Radiation Penetration in head of 5 year old child

Children also have smaller body masses, obviously. When exposed to the same amount of radiation as an adult the harmful effects of the radiation will be greater. So children have a smaller body mass, softer skull bones and more fluid in the head. All allow more damage to occur.

Studies at the Karolinska Institute in Stockholm, Sweden, found that children who were exposed to radiation as low as one milligauss (1mG) over long periods of time have twice the normal risk of developing leukemia.

Dr. George Carlo, noted scientist and researcher in the field of cell phone radiation, makes the following comment, **“The skulls of young children are the most vulnerable to the risks of radiation. The radiation plume that emanates from a cell phone antenna penetrates much deeper into the heads of children than adults, and these children are more susceptible to genetic damage.”** What is his advice? He says children under the age of ten should not use any type of wireless device.

Furthermore, the National Radiological Protection Board (NRPB) issued a report in May of 2000 that “children might be more vulnerable to any effects arising from the use of mobile phones because of their developing nervous system, the greater absorption of energy in the tissues of the head and the longer lifetime of exposure.”

Heavy Absorption Of Cell Phone Radiation Into The Head

According to a University of Washington scientist 70 to 80 percent of the radiation emitted from a cell phone antenna is absorbed in the head. This is especially concerning as we see our children and teenagers using cell phones on a continual basis today. Children today will be exposed to this type of radiation for a much longer period in their lifetime than their parents. Thus, the exposure risk is much greater.

British Board Recommends Against Cell Phone Use By Kids

The National Radiological Protection Board, based in Britain, has suggested that children younger than age 8 should not be given cell phones at all. Other scientists from around the world agree and many believe children under age 12 should not have access to a cell phone except in cases of emergency.

Disney and Sprint Market Cell Phones To Children

What is truly disturbing is that in light of the many published studies now available some of the major cell phone corporations are targeting and marketing to children. They see children as the next big cell phone “market.” For example, Disney and Sprint recently joined in a \$2 billion deal to market cell phones to kids between eight and 12 years of age. Other companies have followed suit promoting similar programs. Teddyfone Ltd. in the United Kingdom has launched a cell phone that looks like a teddy bear. Their target market is children six to eight years old. The American counterpart to this phone is called the Firefly. Of course, there’s a Barbie phone available, too.

Our Children Will Be Affected Most

“If there are risks, and we think that maybe there are, then the people most likely to be affected are children, and the younger the children, the greater the danger.” Sir William Stewart, Chairman of the UK Health Protection Agency, issued this statement at a press conference in 2005. He went on to say that no child under the age of nine should have a cell phone at all, and anyone under sixteen should use one only for emergency calls.

We don’t know what the long-term effects of cell phone radiation are to children. Tumors can take 15 to 20 years to develop. By then, it’s often too late to treat. We must ask ourselves if we want our children to participate in this giant experiment. Certainly, protection, prevention and limiting exposure is a must until science can confirm the danger or safety involved in the use of these products of convenience.

Evidence in medical science continues to mount that radiation from devices such as cell phones, cordless phones, and WiFi produces dangerous and damaging health effects. The time for action is now. The lives of our kids could depend on it.

Legal Action Against Cell Phone Companies

Currently, there are seven class action lawsuits that have been filed and are active against the cell phone manufacturers. In the fall of 2005, five of those cases were reviewed by the Supreme Court as the cell phone industry attempted to get the cases dismissed. The Supreme Court however ruled that there was enough evidence presented and that the cases should move forward. Those cases are currently in the active process of working their way through the legal system. In addition, there are numerous active individual cases that have been filed where brain cancer development has allegedly occurred due to cell phone use.

One workman's compensation case in California has already been ruled in favor of the plaintiff. The court ruled that there was substantial evidence that the plaintiff's brain tumor had been caused by excessive use of the cell phone in her line of work. She won her case. This will set an important precedent in cases to follow.

The Cell Phone Industry Has No Insurance

It is also interesting that the insurance industry now excludes health-risk claims in the product liability coverage of cell phone industry products. This has forced the cell phone industry to become self-insured. The implication here is that the cell phone industry does not have any insurance to cover losses incurred in any litigation processes. Once their money runs out no more money would be available to pay a judgment. When Lloyds of London refuses to insure they don't turn these hefty premiums down for no reason. Obviously, they felt the risk was too great.

Verizon's New Contracts

In Verizon's new contracts, buried in the fine print, the customer, by signing the contract, agrees not to sue the cell phone manufacturer for any bodily damages or harm. The customer also agrees not to participate in any class action lawsuit. Suggestion: take the time to read the fine print of your carrier's contract. Think twice before signing it.

Cell Phone Industry Is In A Predicament

The cell phone industry finds itself in a difficult situation. It has vehemently denied there are health problems created by cell phone radiation. Scientific studies continue to be

published that say otherwise. So why doesn't the cell phone industry just purchase some available technology that would make the cell phone safe to use? If that happened it would be an admission of guilt, or an admission that there may be a problem. Otherwise, why would they be placing such safeguard technology in the phone? The addition of such technology would underscore their guilt and they would immediately lose all lawsuits, past and present. So they have no choice right now but to deny any problems exist.

The Government's Position

You can visit the FDA website and read the government's position on this whole issue. However, it can be best summed up with this quote taken directly from the FDA website: **“The available scientific evidence does not show that any health problems are associated with using wireless phones. There is no proof, however, that wireless phones are absolutely safe.”** How's that for confidence? Does that statement make you feel absolutely safe?

Here is why the government won't say much about cell phone safety. First of all, cell phones are big business. Telecommunication technology stocks comprise a huge percentage of our financial markets. Any mention of a safety problem would cause a catastrophic plunge in the stock market. Secondly, cell phone minutes are the second largest consumer product revenue producer for the federal government, only outdone by gasoline. Imagine what would happen if the FDA or FCC issued a statement that there just might be a safety issue with cell phones. The sell-off of these stocks would be huge. The stock market would tumble. The government would lose an important source of revenue and our economy would be crippled. Such an announcement would be disastrous. So the government will be very reluctant to issue any statement of warning or suggestion that cell phones may pose a hazard.

Lessons From History

Remember that it took decades for the government to respond to the early warnings about tobacco, asbestos, and X-Rays. Cell phones haven't been around for very long so the technology is rather new. However, it may behoove us to take a quick look back at history and learn a lesson.

The tobacco time line:

- The health effects of tobacco were first debated in **1856** in the medical journal The Lancet
- Dr. Isaac Adler suggested lung cancer was related to smoking in **1912**
- A British medical journal publishes a study in **1950** that found that smokers were 50 times more likely to get lung cancer
- It wasn't until **1997** that tobacco companies agree to fund healthcare costs from smoking

The X-Ray time line:

- Thomas Edison notes injuries from X-Rays in **1896**
- Edison's assistant dies from X-Ray exposure in **1904**
- Fluoroscopes used in shoe stores to see through shoes to aid proper fitting in **1930**
- Reports published in **1934** on the death of over 200 radiologists from radiation-induced cancer
- Radiation levels of fluoroscopes questioned in **1949**
- **1990**-Risk of cancer from radiation found to be five times greater than previously thought

The Asbestos time line:

- British factory inspector warns of asbestos harm in **1898**
- Rat studies raise questions about harmful effects of asbestos dust in **1911**
- U.S. insurers refuse to cover asbestos worker's claims in **1918**
- **1935-1949** lung cancer reported in asbestos workers
- **2000-01** World Trade Organization upholds asbestos ban

There is no question that EMR and cell phone radiation is a potential carcinogen. The evidence to support the toxicity and carcinogenicity of cell phone radiation is overwhelming. Current safety standards are archaic and don't address the issues with current technology in use today. As seen from the timelines above it took many years and many casualties before those carcinogens were ever properly addressed. Cell phone radiation is a much bigger toxin due to the sheer numbers of people that use cell phones and wireless technology. Consequently, the numbers of people potentially affected could be enormous. We don't have time to wait for government or industry to come to the realization that a problem exists. We must take reasonable precautions now. The evidence is there. The studies tell us there is a potential problem. We can't wait for definitive proof or until the industry and government are forced to admit it. That course was taken with tobacco, X-Rays and asbestos.

The question is this. Are you willing to see this problem for what it is? If so, are you willing to take appropriate measures to do everything possible to protect yourself and your family?

Guidelines For Protection And Prevention

According to the Safe Wireless Initiative the approach should be two-pronged. First, take measures to maximize your body's resistance to damage from EMR. Second, minimize your exposure to EMR to decrease the risk.

Here are some things you can do right now.

Strengthen Your System To Increase Resistance To EMR Damage:

1. Good nutrition is essential to building a strong immune system that can resist the effects of electropollution. Eat a healthy diet. This includes eating fresh organic fruits and vegetables whenever possible. Five to nine servings daily of fresh fruits and vegetables are recommended.
2. Eat free-range hormone-free meat whenever possible. Avoid farm-fed fish. Free-range meat such as beef, chicken and turkey is best.
3. Hydrate yourself adequately. Drink good quality bottled or filtered water. Use glass and ceramic containers whenever possible. Good quality water is essential for energy and for proper detoxification. As a rule of thumb divide body weight by two. This is the number of ounces of water per day a normal healthy individual should consume.
4. Take a high-quality multi-vitamin and multi-mineral product daily.
5. Take extra antioxidants daily to neutralize free radicals.
6. Take adequate amounts of Omega-3 oils such as Fish Oil.
7. Do some type of exercise 5 days a week for at least 20 minutes.
8. Minimize your exposure to synthetic chemicals, solvents, cleaners and cosmetics. These products are loaded with harmful chemicals that are damaging to your system. Avoid the use of pesticides and insecticides whenever possible.

By eating healthy and exercising you will strengthen your immune system thus minimizing the damaging effects of EMR and cell phone radiation exposure. Healthy eating and proper hydration will also allow for quicker repair of damage already done.

Minimize Exposure To Reduce Your Risks

1. Whenever possible avoid using any type of wireless communication devices such as cell phones, cordless phones, and WiFi connections.
2. When purchasing a cell phone purchase one that has the 'speakerphone' feature. Use the speakerphone whenever talking and keep the cell phone away from your head and body.
3. Use an "air tube" hands-free headset if your cell phone does not have a speakerphone function. Not just any hands-free headset will work. It must be an "air tube" headset.
4. Turn your cell phones off when not in use and do not sleep with your cell phone on. The cell phone emits a signal when on, or stand-by mode, even though you aren't talking.
5. Keep the cell phone at least 6-7 inches away from your body. Don't carry the cell phone next to your body such as in a pocket or on a belt clip.
6. Don't talk on a cell phone or cordless phone when pregnant or while carrying a baby or small child.

7. Avoid digital enhanced cordless telecommunications, or DECT, technology that is often the strongest source of radiation in the home. DECT phones emit radiation continuously, not just while the phone is in use.
8. Don't talk on a cell phone while in a vehicle, on a train, plane, or subway. These enclosed metal areas trap radiation and consequently exposure becomes higher in these enclosed metal vehicles.
9. Use wired and corded telephones and eliminate cordless phones and WiFi equipment.
10. Use wired Internet connections instead of wireless routers.
11. Don't talk when the signal is weak. The weaker the signal the more power required to maintain that connection. Preferably, use the phone in open areas whenever possible and pay attention to the signal bars on your phone's display.
12. Keep laptops away from your body and don't operate a laptop while it is sitting on your lap. Sit back from computer monitors and screens as much as possible.
13. Keep all electronic devices like alarm clocks and cordless phones at least six feet away from your head during sleep.
14. Avoid waterbeds and electric blankets.
15. Encourage use of fiberoptic cable in place of wireless networks in your local municipalities.
16. Wear a personal protection device to strengthen your biofield and increase your resistance to all the radiation around you
17. Install EMR filters, intervention technologies and preventive technologies on all electrical and electronic devices, electrical circuits, appliances, cell phones and cordless phones in your home, office and business areas.

Your questions and comments are welcomed. Please feel free to contact me.

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Addendum A

Dr. George Carlo's Letter to AT&T Chairman & CEO

"7 October 1999

Mr. C. Michael Armstrong
Chairman and Chief Executive Officer
AT & T Corporation
32 Avenue of the Americas
New York, New York 100313-2412

Dear Mr Armstrong:

After much thought, I am writing this letter to you, personally, to ask your assistance in solving what I believe is an emerging and serious problem concerning wireless phones. I write this letter in the interest of the more than 80 million wireless phone users in the United States and the more than 200 million worldwide. But I also write this letter in the interest of your industry, a critical part of our social and economic infrastructure.

Since 1993, I have headed the WTR surveillance and research program funded by the wireless industry. The goal of WTR has always been to identify and solve any problems concerning consumers' health that could arise from the use of these phones. This past February, at the annual convention of the CTIA, I met with the full board of that organization to brief them on some surprising findings from our work. I do not recall if you were there personally, but my understanding is that all segments of the industry were represented.

At that briefing, I explained that the well-conducted scientific studies that WTR was overseeing indicated that the question of wireless phone safety had become confused.

Specifically, I reported to you that:

- The rate of death from brain cancer among handheld phone users was higher than the rate of brain cancer death among those who used non-handheld phones that were away from their head;
- The risk of acoustic neuroma, a benign tumour of the auditory nerve that is well in range of the radiation coming from a phone's antenna, was fifty percent higher in people who reported using cell phones for six years or more, moreover, that relationship between the amount of cell phone use and this tumour appeared to follow a dose-response curve:
- The risk of rare neuro epithelial tumours on the outside of the brain was more than doubled, a statistically significant risk increase, in cell phone users as compared to people who did not use cell phones;
- There appeared to be some correlation between brain tumours occurring on the right side of the head and the use of the phone on the right side of the head;
- Laboratory studies looking at the ability of radiation from a phone's antenna to cause functional genetic damage were definitively positive, and were following a dose-response relationship.

I also indicated that while our overall study of brain cancer occurrence did not show a correlation with cell phone use, the vast majority of the tumours that were studied, were well out of range of the radiation that one would expect from a cell phone's antenna. Because of that distance, the

finding of no effect was questionable. Such mis-classification of radiation exposure would tend to dilute any real effect that may have been present. In addition, I reported to you that the genetic damage studies we conducted to look at the ability of radiation from the phones to break DNA were negative, but that the positive finding of functional DNA damage could be more important, perhaps indicating a problem that is not dependent on DNA breakage, and that these inconsistencies needed to be clarified. I reported that while none of these findings alone were evidence of a definitive health hazard from wireless phones, the pattern of potential health effects evidenced by different types of studies, from different laboratories, and by different investigators raised serious questions.

Following my presentation, I heard by voice vote of those present, a pledge to "do the right thing in following up these findings" and a commitment of the necessary funds.

When I took on the responsibility of doing this work for you, I pledged five years. I was asked to continue on through the end of a sixth year, and agreed. My tenure is now completed. My presentation to you and the CTIA board in February was not an effort to lengthen my tenure at WTR, nor to lengthen the tenure of WTR itself. I was simply doing my job of letting you know what we found and what needed to be done following from our findings. I made this expressly clear during my presentation to you and in many subsequent conversation with members of your industry and the media.

Today, I sit here extremely frustrated and concerned that appropriate steps have not been taken by the wireless industry to protect consumers during this time of uncertainty about safety. The steps I am referring to specifically followed from the WTR program and have been recommended repeatedly in public and private for and by me and other experts from around the world. As I prepare to move away from the wireless phone issue and into a different public health direction. I am concerned that the wireless industry is missing a valuable opportunity by dealing with these public health concerns through politics, creating illusions that more research over the next several years helps consumers today, and false claims that regulatory compliance means safety. The better choice by the wireless industry would be to implement measured steps aimed at true consumer protection.

Alarming, indications are that some segments of the industry have ignored the scientific findings suggesting potential health effects, have repeatedly and falsely claimed that wireless phones are safe for all consumers including children, and have created an illusion of responsible follow up by calling for and supporting more research. The most important measures of consumer protection are missing: complete and honest factual information to allow informed judgement by consumers about assumption of risk; the direct tracking and monitoring of what happens to consumers who use wireless phones; and, the monitoring of changes in the technology that could impact health.

I am especially concerned about what appear to be actions by a segment of the industry to conscript the FCC, the FDA and The World Health Organization with them in following a non-effectual course that will likely result in a regulatory and consumer backlash.

As an industry, you will have to deal with the fallout from all of your choices, good and bad, in the long term. But short term, I would like your help in effectuating an important public health intervention today.

The question of wireless phone safety is unclear. Therefore, from a public health perspective, it is critical for consumers to have the information they need to make an informed judgement about how much of this unknown risk they wish to assume in their use of wireless phones. Informing consumers openly and honestly about what is known and not-known about health risks is not liability laden - it is evidence that your industry is being responsible, and doing all it can to assure safe use of its products. The current popular backlash we are witnessing in the United States

today against the tobacco industry is derived in large part from perceived dishonesty on the part of that industry in not being forthright about health effects. I urge you to help your industry not repeat that mistake.

As we close out the business of the WTR, I would like to openly ask for your help in distributing the summary findings we have compiled of our work. This last action is what always has been anticipated and forecast in the WTR's research agenda. I have asked another organization with which I am affiliated, The Health Risk Management Group (HRMG) , to help us with this public health intervention step, and to put together a consumer information package for widespread distribution. Because neither WTR nor HRMG have the means to effectuate this intervention, I am asking you to help us do the right thing.

I would be happy to talk to you personally about this.

Sincerely yours

George L. Carlo Ph.D, M.S., J.D
Chairman

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