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The Detrimental Effects of Cell Phones & EMFs

25 Ways to Protect Your Brain, Health, Kids & Family

Cell phones and Computers have become an everyday necessity for most of us or at the very least an everyday convenience in the way we communicate and gather information. We are attached to these devices for most of the day and that is not changing. Look around you. Groups of people sit at dinner tables in restaurants, each using their cell phones versus talking to one another. In business meetings or in the classroom cell phones or laptops are being used while a business professional or a teacher are talking. Kids, teenagers and adults sleep with cell phones, using them as an alarm clock. Many use them for music. Instead of sitting around the table, playing a "family" game, people now play games solo on their cell phones and laptops. Paper maps have been replaced by map finder applications on cell phones. And the list goes on. Technology is replacing human interaction more and more. This is serious. We use these devices excessively and anything used in excess poses a problem. In this case the problem is on a much bigger magnitude than we can imagine.



Microwaves, Wireless Routers and almost all other electronic devices emit electromagnetic frequencies that are harmful to living organisms. However, we are not attached to these other electronic devices as much as we are to cell phones and computers. What should we know about cell phones, computers and the Electro Magnetic Frequencies (EMFs) they emit? What harm do they cause? How can we protect ourselves from this inevitable human phenomenon? Read On.

We will educate you on the health problems of EMFs, share with you safety tips you can implement in your home and show you test results on products that minimize the damaging effect of EMFs.



What are Electro Magnetic Frequencies (EMFs)?

Electromagnetic Fields are an invisible form of electromagnetic radiation. EMFs can't be seen by humans, but are present everywhere.

One of the main characteristics that define an EMF is its frequency or its corresponding wavelength; fields of different frequencies interact with the body in different ways and generate radiation.

Electromagnetic waves are visualized as a series of waves that travel at the speed of light, while their frequency refers to the number of oscillations or cycles per second. And the term "wavelength" is the distance between one wave and the next. Therefore, wavelength and frequency always work together – the higher the frequency, the shorter the wavelength.

Man-made electromagnetic fields (EMFs) are a type of low-frequency electromagnetic radiation emitted from virtually everything electrical and electronic in our modern world — power lines, transformers, electrical panels, building wiring, computers, lights, clocks, appliances, televisions, hairdryers, cell phones, cordless phones, microwave ovens, Wi-Fi, wireless routers and other devices, TV/radio/cell towers, etc. In general, the term "EMF" is used to refer to the wide range of electromagnetic frequencies slower than visible light, called "non-ionizing" radiation.

According to Dr. Rashid Buttar (author of *The 9 Steps to Keep the Doctor Away*), one of the fastest growing toxicities to living organisms is energetic toxicity.

The ominous affliction consists of electromagnetic radiation from cell phones, microwaves, computers and more.



What is the difference between EMFs that occur naturally in our environment and man-made EMF's?

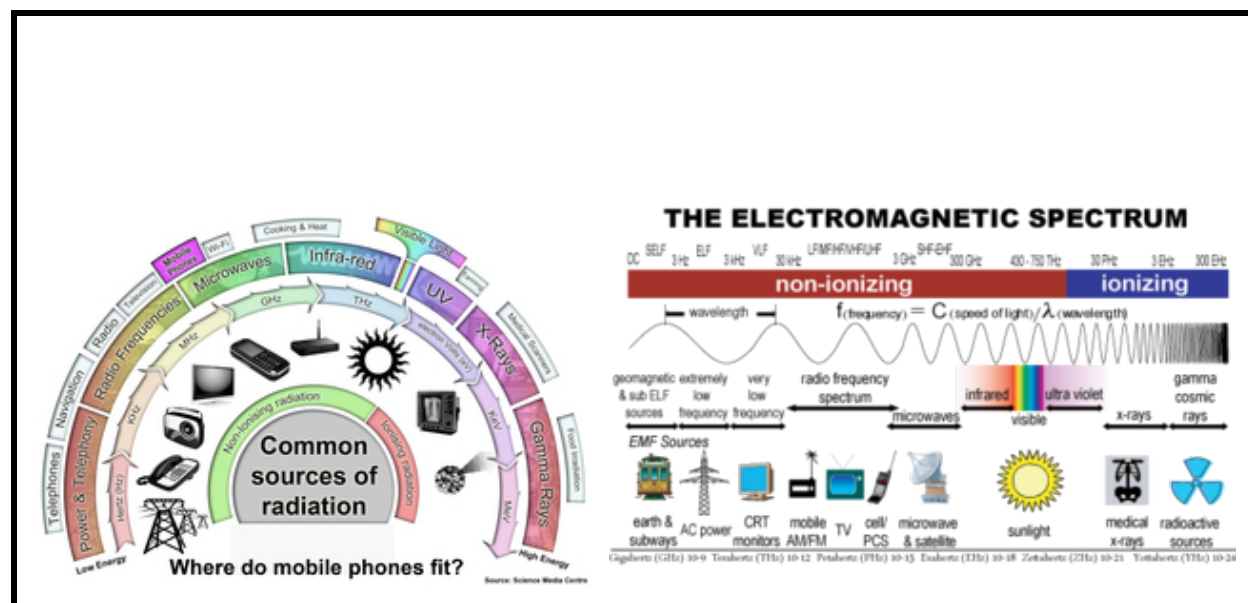
The man-made electromagnetic fields are structurally different from the electromagnetic fields found in nature, including the subtle low electromagnetic fields that our body's cells use to communicate with each other. The natural fields are RANDOM (or "noisy") in their frequency, amplitude and waveform, whereas the artificial EMFs are REGULAR and constant. For example, EMFs from cell phones appear as regular bursts of microwave radiation, EMFs from computer monitors are saw-tooth shapes, and EMFs from AC-powered devices are sinusoidal. Our cells respond negatively to such regular fields, become stressed, and try to protect themselves from the harmful effects. Unfortunately damage is inevitable.

Are there different kinds of EMFs?

Yes, there are three basic kinds of EMFs. **Magnetic fields** are one of the EMF components and are often linked to serious health effects in scientific research literature (e.g., between power lines and childhood leukemia). They are emitted from power lines, building wiring, lights, appliances, and virtually everything that runs on regular electricity.

Electric fields make up the other half of the "electro"magnetic fields emitted from power lines, wiring, lights and appliances. They are also related to certain biological effects, and anecdotally, electric fields are often involved when people knowingly feel discomfort or "symptoms" from electrical sources.

Finally, **Radio frequency** or "RF" includes the higher frequency fields and microwaves emitted by cell towers, cell phones, cordless phones, TV/radio broadcast towers, Wi-Fi and other wireless computer devices, microwave ovens, and various electronics. **There are numerous research studies linking cell phones, W-Fi systems and other wireless devices to most modern day health issues.**



Is there a safe level of exposure to "man-made" EMF's?

According to Dr. Neil Cherry, Associate Professor of Environmental Health, Lincoln University, New Zealand, "Electromagnetic fields and radiation damage DNA and enhance cell death rates and therefore are a Ubiquitous Universal Genotoxic Carcinogen that enhances the rates of Cancer, Cardiac,

Reproductive and Neurological disease and mortality in human populations."

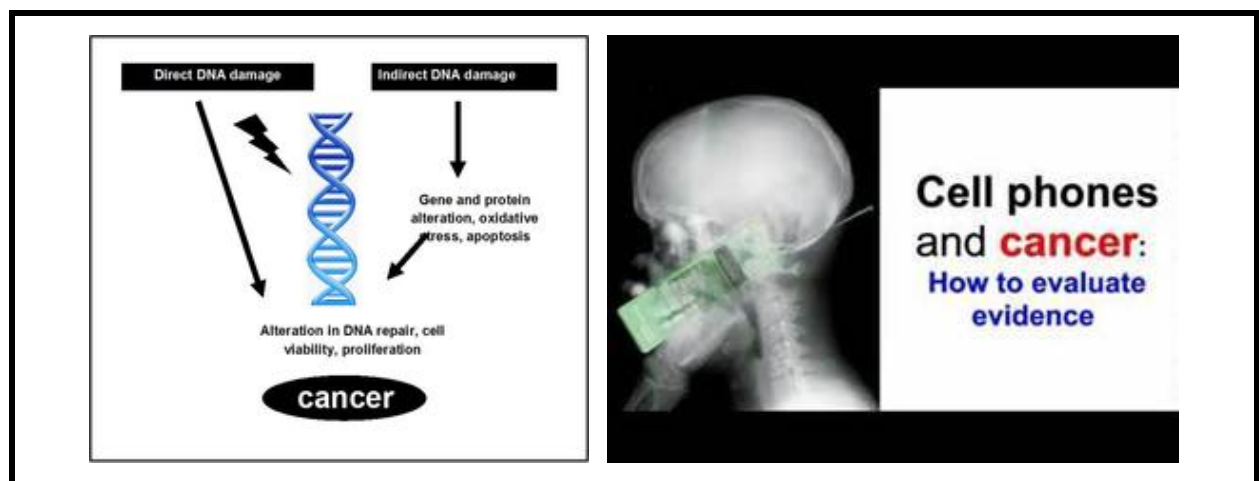
"Therefore there is no safe threshold level. The only safe exposure level is zero, a position confirmed by dose-response trends in epidemiological studies."

What happens to human cells when exposed to EMF's?

- A sensor in the membrane of the biological cell (the brain of the cell) is triggered by the invading radio wave. The cell membrane receptors recognize the EMFs at very low levels of exposure.
- Once the membrane recognition occurs, a stress response, similar to that produced by exposure to heavy metals or toxic chemicals occurs, whereby a series of protective biochemical reactions are initiated inside the cell as a means of cellular protection.
- Among these protective reactions are stress protein responses that serve to effectively "harden" the cell membrane and disrupt active transport. This can cause the cell membrane to go from an "active" or permeable state to an "inactive" state.
- The "membrane hardening" effect then causes an intracellular build-up of waste products and toxins, including highly reactive free radicals. For your understanding, in an active or permeable state the cells allow the nutrients in and the toxins out. In fact, during a normal day, your cells will change states thousands of times. When under constant environmental stress (like EMF exposure), the membranes can be locked in the inactive state. This is often referred to as "oxidative stress" as nutrients are able to enter into the cell, while toxins (free radicals) are not allowed to leave.

These free radicals have been shown in studies to result in both cellular dysfunction (evidenced by studies showing leakage in the blood-brain barrier following EMR exposure), and in interference with normal DNA repair processes (evidenced by studies showing the presence of micronuclei in cells following EMR exposure).

There is real evidence that this inactive state has a geno-toxic effect on humans, meaning EMFs and electro smog are toxic by both damaging DNA and preventing your body from repairing DNA, which can be the first step to cancer.



Since our DNA and cells are harmed by EMF's, what health risks or problems may occur from EMF exposure?

New scientific evidence is continually emerging that nearly all twentieth century human afflictions and

illness can be tied to some aspect of our use of electricity and EMFs. Biological effects include:

- Acute lymphoblastic leukemia in children, cancers of many types
- Brain tumors, Nervous system/brain issues, Blood brain barrier permeability
- Malignant melanoma
- Asthma
- Cardiovascular disease
- Immune System Dysfuncton, Metabolic dysfunction, Autoimmune Diseases
- Hormone disturbance, Infertility impairment, Genetic effects
- Brittle diabetes, Cellular/Molecular problems
- Sleep disorders, headaches, Alzheimer's disease, ADHD, impaired learning, skin conditions

And this is just a partial list. Cells, tissues, organs and all of our physiological systems are effected.

Are some individuals at more risk than others?

Yes, children are particularly vulnerable due to thinner skulls and softer brain tissue. In fact, **a 4-decade**

research study published by The Journal of National Cancer Institute showed a 274% increased risk of brain cancer in children ages 7 to 19 years old when using cell phones, due to the EMR emissions.

Further information on risks for children is detailed below.



Are there ways to protect oneself against EMFs?

Yes. There are things you can do in your home to minimize EMFs and technology you can utilize, such as patented cell phone chips, that help protect you against the harmful effects of EMFs. We will share this information with you soon.

Where are "man-made" EMFs found?

"For the first time in our evolutionary history, we have generated an entire secondary, virtual, densely complex environment — an electromagnetic soup — that essentially overlaps the human nervous system," says Michael Persinger, PhD, a neuroscientist at Laurentian University who has studied the effects of EMFs on cancer cells. And it appears that, more than a century after Thomas Edison switched on his first light bulb, the health consequences of that continual overlap are just now

beginning to be documented."

Since the invention of the light bulb, "man-made" EMFs have increased in frequency and the degree of harm that occurs continues to grow. Electrical wiring and outlets, portable phones, cell phones, computers and laptops, i-pads, Wi-Fi systems and cell towers produce harmful EMFs.



What research studies have been conducted regarding EMF's?

The Cefalo Study, **a 4-decade study** on "Mobile Phone Use and Brain Tumors in Children and

Adolescents – A Multi-Center Case and Control Study", commissioned by the cell phone industry and published by The Journal of National Cancer Institute **showed a 274% increased risk of brain cancer in children ages 7 to 19 years old when using cell phones**, due to the EMR emissions. Further, it showed that **children have nearly four times the risk of adults** (due to thinner skulls and softer brain tissue), that younger children have greater risks than older children and that girls have greater risks of brain cancer than boys.

The conclusions drawn by the phone industry were exactly opposite of the studies results.

Unfortunately the unsuspecting public did not read the actual results of the study and instead relied on the false conclusions drawn by the phone industry, whose interest it to have you buy cell phones regardless of whether they cause harm or not.

If this has not gotten your attention, PAY ATTENTION NOW.

Since that study, many others have followed demonstrating the link of Wi-Fi technologies and EMR/EMFs to many types of cancer, brain tumors, leukemia, birth defects, miscarriages, chronic fatigue, headaches, cataracts, heart problems and more.

Dr. David Carpenter, Dean at the School of Public Health, State University of New York believes it is likely that up to 30% of all childhood cancers come from exposure to EMFs.

Even the Environmental Protection Agency (EPA) warns, "There is reason for concern" and advised "prudent avoidance."

Devra Davis, PhD, MPH, President of the Environmental Health Trust sums up one of the most alarming EMF issues to date.

According to Davis, "The fact is, we know that exposure to this "unnatural bath of radiation' damages DNA and impairs natural cellular processes, a phenomenon that may lead to cancer. Yet we are proceeding with this large-scale, uncontrolled experiment anyway."

And why would we continue to allow this to happen? Could it be money?

The fact is the cell phone industry is one of the fastest growing and strongest GLOBAL industries in the

world today. It is even stronger than the pharmaceutical industry we often report to you about. **As a multi-trillion (yes trillion, not billion) industry, it funds media around the world and makes sizable political donations and persistent lobbying efforts that dictate governmental policies.** It also influences science carried out at universities and prominent cancer institutes by providing large donations to these entities and providing members to their boards.

We are in a vulnerable place right now as Wi-Fi systems are in our homes, our work places, our schools, churches, airports, shopping malls and other public places. Children are especially vulnerable to cell phone radiation and from our viewpoint should not use them at all (or at the very least for limited timeframes and with special precautions taken).

If you are not yet aware of the increased risks to children from cell phones, in addition to the 4-decade Cefalo Study review the research conducted by Oh Ghandi, PhD at the University of Utah. It shows quite clearly electromagnetic fields are likely to penetrate the brain far more deeply for children than adults. In fact, due to their thinner skulls, smaller brains and softer brain tissue, children are FAR more susceptible to damage from cell phone use than adults. Click on [Oh Ghandi](#), for information on his research and graphs.

Dr. Martin Bland, PhD of Victoria, Canada and author of "Overpowered: What Science Tells Us About the Dangers of Cell Phones & Other WiFi-Age Devices", spoke at the Cancer Control Society Conference we attended on September 2, 2014. Dr. Bland stated "You don't feel it as it happens, but the body feels it and is detrimentally effected." He confirmed and highlighted the dangers of EMFs sited in this paper, including the increased dangers to children.

Despite the increased dangers to children, according to Dr. Mercola, some schools in the United States allowed the installation of cell phone towers directly on school grounds. They are accepting large amounts of money from cell phone companies to do this, helping their budgets, but unfortunately locking them into long-term contracts they will not be able to break once they realize there are serious health hazards.

Other countries are banning WiFi from schools altogether. The European Council took the exemplary step of recommending that mobile phones and wireless networks be banned in classrooms and schools. Many schools in Europe eliminated WiFi networks from their premises. Multiple schools in Canada removed WiFi networks from schools and libraries, replacing them with hardwires. In 2006, Germany banned WiFi from schools altogether. The momentum, around the world, to protect our children continues.

So What Can We Do? What is Available to Us?



If EMFs are reduced or eliminated do health risks decline?

The effects of EMFs have been shown to lead to formation of disease. Several experiments have shown these effects were eliminated or decreased when EMR/EMF exposure is reduced or removed.

What the U.S. Army did to mitigate the EMF problem.

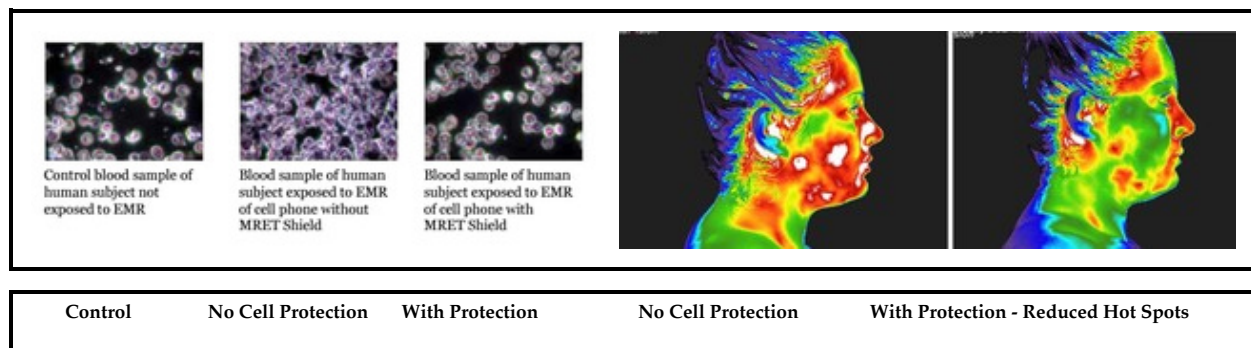
The US Army was concerned about the effects of radiation from communication equipment on key personnel. In 1986 the US Army funded research that resulted in the development of a noise-field technology to protect people from the detrimental effects of EMFs. The research uncovered the connection between the constancy in EMF wave and the cell's trigger response. They then discovered that by superimposing a random field on the EMF wave, the EMF-induced biological effects are eliminated.

What can we do to reduce or eliminate the effects of EMFs from cell phones and WiFi networks?

Dr. Igor Smirnov developed and patented a version of the US Army's technology whereby the noise-field is activated by the electromagnetic field itself. In other words, it is generated only in the presence of an EMF wave. This 'passive' noise-field technology is a unique innovation and is the MRET technology used in a Cell Chip that can be adhered to cell phones, computers, laptops and more. It requires no outside power source. (The Army version is 'active,' where the noise-field is generated using a power source.) The patented cell chip by GIA includes both the MRET technology and the MRT technology (bio-friendly energy that helps protect your biofield). The MRT component is important too as our individual biofields are impacted by chemical stressors (to include toxic foods), environmental stressors (like EMFs), physical stressors and emotional stressors. The MRT technology can increase your biofield, hence protecting you from EMFs. The GIA products are the only products on the market using both technologies. The retail cost is \$39.95 for a cell phone chip and can be purchased in the Abundant Living Family Church Health Center, by emailing Lisa at lisa@energyquixotica.com or by going to our website, lifestylequixotica.com, and clicking on the "Shop Quixotica" tab. Other products, including a car harmonizer, home harmonizer and mobile air tube headsets are also available to help mitigate the effects of EMFs. Call Lisa at (805) 551-5136 or Lorraine Medeiros at (909) 204-4558 for more information.

How do we know this technology works?

Great Question. We tested the GIA cell chip using our dark field microscope. We looked at a drop of blood under the dark field microscope, for several individuals, before and after using the chip when exposed to EMFs from a cell phone. The results are dramatic. Without the chip the red blood cells lose "charge" and begin to stick or clump together in a rouleau formation, making it more difficult for cells to transfer oxygen to tissues and to circulate freely. With the chip, the cells disperse again. Others have used thermography to demonstrate the effectiveness of the chips. Without the chip there are many more dangerous hot spots that appear, with the chip they are reduced dramatically. Other studies have demonstrated a reduction in excitation of brain waves when the chip is used.



Are there other things we can do to help offset the damaging effects of EMFs?

Yes, there are many things you can do to help mitigate the problems associated with EMFs. Here are a few ideas:

1. First, you should **arrange beds, couches and chairs to stay as far away as possible from obvious EMF sources** such as electrical panels, refrigerators, televisions, fluorescent lights, etc.
2. **Electrical appliances should be connected to outside facing walls in the home, not inside facing walls.**
3. **Place TVs, computers and other electrical appliances in rooms not used for sleeping.**
4. **Unplug appliances when not in use**, your refrigerator is the only exception. **Use an EMF protective device in your outlets.**
5. **Use a battery powered alarm clock** instead of a plug-in type near your bed, and unplug electrical cords near beds, desks, couches and chairs.
6. **Don't sleep with cell phones.** Don't use cell phones as an alarm clock. Especially critical with children.
7. Regarding cell phones, here are options in descending order of effectiveness: (1) **Best option -no cell phones.** (2) **Keep cell phones off unless in use. Purchase an EMF protective cell chip for each phone.** (3) **Limit your family's use** as much as possible, especially for children. Keep calls very short or for emergencies only. (4) **Use the speaker phone option when talking on a cell phone.** Don't hold it, put it down on something and back away. (5) **If you don't use the speaker phone option, use an "air tube" (stethoscope) type of ear bud with protective EMF technology.** Other ear buds allow the radiation to conduct up the metal wire to the ear causing damage. Blue tooth is worse.
8. **If you use cell phones, don't hold the cell phone next to your head or put it in your pants pockets near your organs.** Research is emerging showing that cell phones should **NOT** be held next to your head **(for instance, the iPhone manual states the phone must be at least 5/8 inch away from your body or ear for "safe operation")** or near your genital areas.
9. **Do not place "laptops" on your lap and place a protective EMF guard on your laptop and other appliances.** Research published in the archive of Environmental and Occupational Health evaluated five commonly used laptops of different brands. They concluded:

"When close to the body, the laptop induces currents that are within 34.2% to 49.8% of the International Commission on Non-Ionizing Radiation Protection (ICNIRP) recommendations, but not negligible, to the adult's body and to the fetus (in pregnant women)."

"Further, the power supply of the laptop induces strong intracorporal electric current densities in the fetus and in the adult subject which are respectively 182-263% and 71-483% higher than ICNIRP 98 basic retriCTION recommended to prevent adverse health effects."

10. **If possible, replace your wireless network with hardwires.** This means for your computer, use only wired components. If you elect to use Wi-Fi at least turn it off at night and when not in use.

11. Similar to computers, TVs also emit a complex mixture of EMFs. Probably the biggest concern is for children who play video games. **Staying a minimum of eight feet away from the television will usually be enough to avoid the strongest fields.** Verify with a meter if possible.

12. **Choose LCD flat screen monitors** as they generally emit much lower EMF levels than the old CRT (big TV tube type) monitors. **Purchase an EMF guard for you TV.**

13. **Shield strong sources of magnetic fields with special alloy type shields and/or grounding pads.** This includes electrical meter panels, breaker panels, transformers, refrigerators, pump motors, appliances and other common sources.

14. **In existing homes, repair improper wiring connections that contribute to high magnetic fields.** Most of these wiring problems can be repaired without opening up any walls as they are usually located in electrical boxes.

15. **To reduce the EMFs during sleep turn off the electrical circuits near the bedrooms at night.**

16. **If you share walls with other homes, use specialized shielding paint on the shared walls.**

17. **If near a cell phone tower, use special shielding for your outer walls and windows.**

18. **For new construction have wiring installed that it is very, very low in the emission of both magnetic and electric fields!** With proper design your "EMF-Free" or "Low-EMF" wiring system can be installed for a minimal added cost when compared to other wiring systems.

19. **We strongly recommend you measure your home with a test meter to determine what the actual exposure levels and sources are.** Consult an expert, since different meters measure different EMF types and cover different frequencies.

20. **Use foods that mitigate or help reduce the impact of EMF exposure.** A good rule of thumb is to eat foods with a high Oxygen Radical Absorbance Capacity (ORAC). Aim for 5000 ORAC or more per day, recognizing the numbers will vary depending on growing conditions and how foods were grown. High ORAC foods include artichokes (6552), blueberries (6552/cup), red beans (8459), cinnamon (2675/per teaspoon and helps stabilize blood sugar which may be raised by EMFs) and our **Green Synergy Juice (2700/one scoop)**. Other foods to eat are foods high in vitamin C, vitamin E, glutathione, superoxide dismutase and probiotics. Medicinal mushrooms such as Reishi, Shiitake, Maitake and Chaga are beneficial. Propolis also has shown promise in fighting EMFs. Bee propolis is a substance made by the honeybee providing protection against bacteria, viruses and fungi and now possibly EMFs. Plant propolis is a plant resin collected by bees from certain trees and plants for use in the beehive. In plants it is usually the sticky coating around buds that protect it from weather and from the attack by bacteria, viruses, fungi and possibly EMFs.

21. **Supplement with a strong probiotic, like our FloraBiotica Plus Enhanced or FloraBiotica Synergy.** EMFs impact our highly sensitive intestinal lining, contribute to the loss of our beneficial bacteria or

healthy flora and contribute to a loss of melatonin, Vitamin C and E, glutathione, etc. which in turn promotes free radical damage in our cells. It also changes calcium flow in our cells. The change in calcium flow contributes to the suppression of our immune system and in keeping our bodies in stress mode, which triggers runaway inflammation and modern day disease processes.

22. Walk barefoot on the Earth for periods of time to experience the benefits grounding. Throughout evolution, humans walked barefoot and slept on the ground and received from the Earth a natural, nurturing, and gentle electric energy. Maybe while on vacation and walking barefoot on a sandy beach, you felt some tingling or some warmth in your feet. A sense of well-being. That sensation is the ground's electric energy rising up into your body, the result of the skin of your conductive body making contact with the "skin" of the conductive Earth.

Research is now revealing that this energy creates a distinct and uplifting shift in the physiology of humans. It promotes health, vitality, and better sleep; harmonizes and stabilizes the body's basic biological rhythms; knocks down (and even knocks out) chronic inflammation; and reduces and eliminates pain. The disconnect from this natural resource right under our feet may likely be a totally overlooked and major factor behind the alarming rise of chronic disease in recent decades, and inflammatory-related conditions in particular.

Be careful in major cities or when near a lot of sources of EMFs and smart meters, as the ground currents will be higher.

23. Request your schools and churches to remove WiFi for the safety of children, replacing with hardwire solutions.

24. Lobby the governmental agencies to ban WiFi in public areas and in schools and sporting arenas used by children.

25. Remember, health is a family and community affair. **We must come together as a global community to solve the health and environmental problems of EMFs**, which not only harm humans, but also harm plants, animals, birds, fish, butterflies, bees and all life on our planet EARTH.

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