

EMF: GLOBAL HEALTH HAZARD & SAFETY TIPS

FACT: Wi-Fi networks/devices and mobile phones emit microwave radio-frequency radiation and this radiation has the ability to penetrate our bodies.

FACT: The World Health Organization (WHO) and the National Institute of Environmental Health Sciences (NIEHS) EMF Working Group have classified EMF exposures as possible human carcinogens (cancer-causing) based on the scientific literature related to EMF and childhood leukemias

FACT: In 2011 the 47-member Council of Europe unanimously voted to ban *Wi-Fi networks/devices* and *mobile phone usage* in schools as these technologies have "potentially harmful" effects on humans, and immediate action is required to protect our children from the dangers.

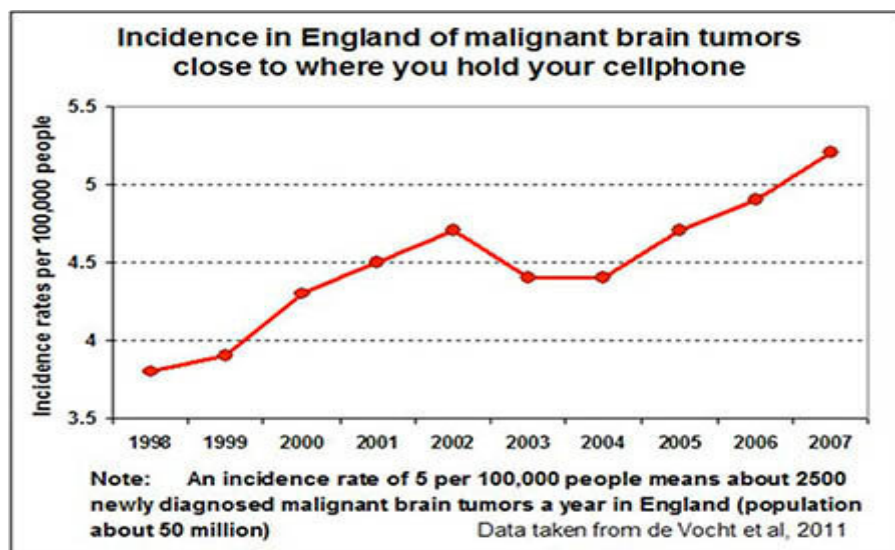
FACT: Scientists, doctors, government officials across the globe have warned about the effects of widespread exposure to EMF radiation

FACT: *Actions are being taken to protect children. France & Israel have banned wi-fi networks in all nurseries, kindergartens and childcare centres. In Europe and Canada schools there is a growing list of schools that are replacing Wi-Fi connections with safer wired ones.*

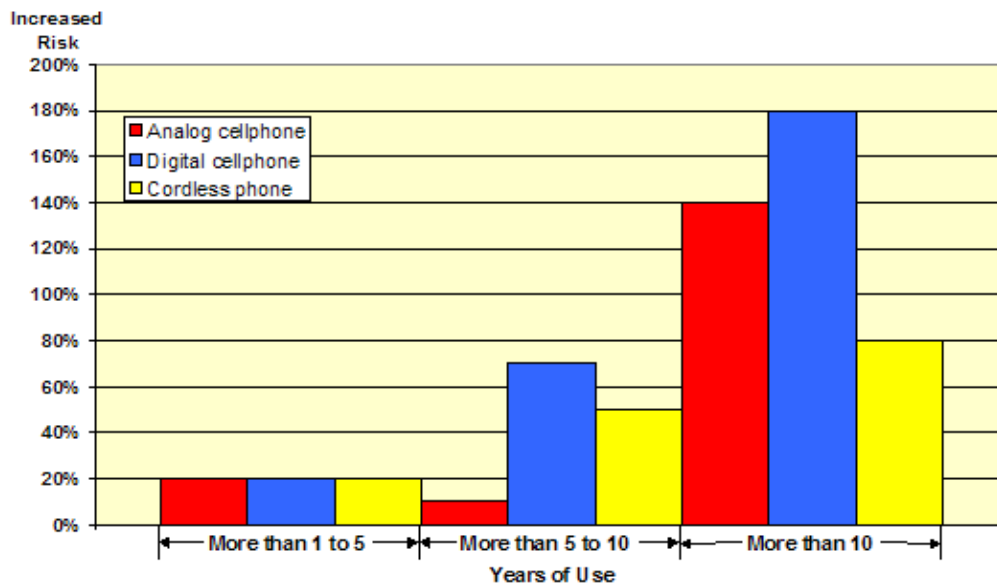
EMF-RF radiation (from Wi-Fi & wireless devices including mobile phones) are potentially more dangerous to us than cigarettes/tobacco because:

1. *The extent of 'second-hand' exposure from sources around us is far more widespread and continual*
2. *Smoking areas are limited and restricted but EMF-RF radiation is everywhere and unrestricted*
3. *The 'invisible' nature of radiation means that people do not sense its presence and so tend to underestimate (or fail to consider) this threat*
4. *The general population is unaware of the potentially serious risks of exposure particularly for more vulnerable segments (e.g. children, fetuses)*

OUR CHILDREN ARE PARTICULARLY AT RISK due to their thinner skulls, smaller brains, softer brain tissue and more rapidly dividing cells.



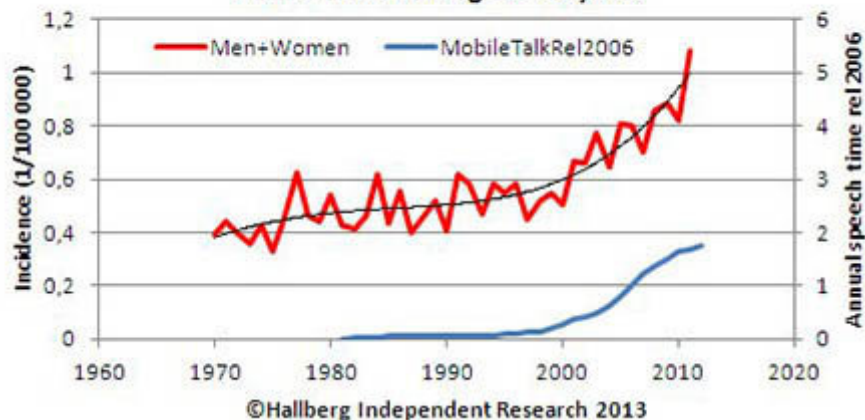
Risk of Brain Cancer by Years of Wireless Phone Use



Hardell et al, 2006

Head melanoma incidence in Sweden

Men and women aged < 60 years



FACT: Over 2000 independent studies/research have linked EMF radiation to the following disorders:

VARIOUS CANCERS

- Leukemia and childhood cancers
- Brain Cancer/Tumour - glioma, acoustic neuroma, temporal lobe tumour
- Breast Cancer
- Pituitary Gland Cancer
- Thyroid Cancer
- Skin Cancer (melanoma)
- Lymph node Cancer/Lymphoma
- Stem Cell Cancer

Oral Cancer
Parotid (cheek area) cancer
Lung Cancer
Testicular Cancer
Uterine Cancer

Heart disease – cardiac arrhythmia

Immune disorders and dysfunctions including asthma and allergies

Behavioural and neurological damage

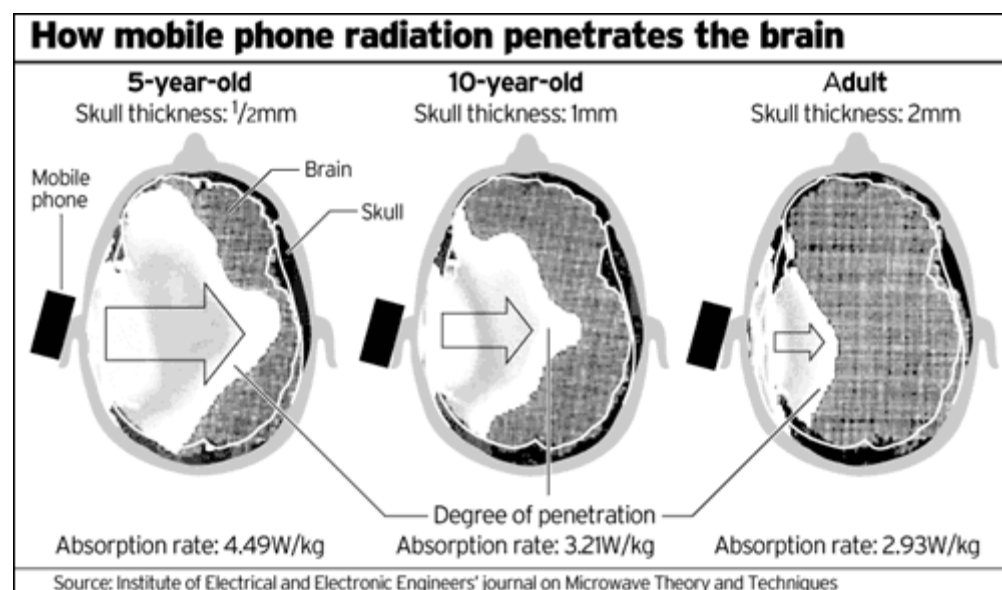
- ADHD
- Hyperactivity
- Epilepsy
- Depression, lethargy
- Autism

Alzheimer's & Dementia

Reproductive and fetal damage

- Ovarian damage
- Sperm damage
- Stem cell damage
- DNA and genetic damage

Radiation penetration – children are most at risk



GENERAL PRINCIPLES

DO NOT LET CHILDREN USE MOBILE OR WIRELESS DEVICES unless absolutely necessary. Limit their use to the minimum possible and turn off your phone or switch to flight/airplane (non-radiating) mode whenever possible around children. The same dangers apply to adults of course, but the risks are multiplied for children.

GET WIRED. Opt for hard-wired (ethernet/cabled options) over wireless ones, wherever and whenever possible. Powerline Ethernet adaptors (aka Home Plugs) that use your electrical wiring

as 'cables' are another option are another wired option in places without Ethernet points. If you feel you *must* use wi-fi at times, minimize use and keep it off (manually or through setting it on timer) as much as possible – *always, always* keep it off at night when our bodies are recovering!

DISTANCE IS YOUR FRIEND. Maintain as much distance as possible between yourself/your family (especially children) and various sources of radiation (mobile phones/smart devices, wi-fi hotspots and routers and phone masts/towers) to minimize the intensity of the radiation from these sources. Also limit the time you spend in wi-fi 'hotspots' and minimize the use of phones in vehicles (which can magnify the radiation).

THINK LONG TERM. Convenience/expediency always comes at a price. Choose wisely or you and your loved ones will end up paying far more than you could ever imagine. Think about this: how 'convenient' is ill health and chronic disease?

BE AWARE & EDUCATE OTHERS. Help create a safer environment by learning, teaching and spreading the word. Educate others (teachers, parents, your friends) about the health hazard that EMF radiation poses (for themselves and particularly for young children) AND what they can do to mitigate its effects. Advise your child's school to go opt for wired (not wireless connectivity and ensure there are no phone masts/mobile phone towers on or near children's schools, play areas and your home - make your voice heard.

PICK SAFER OPTIONS. Turn your phone to airplane/flight mode whenever possible. Use safer methods/technology that do not involve EMF radiation for activities that really do not require it e.g. cameras for photography, portable alarm clocks for wake-up calls. If you must use your mobile phone for such things, then turn the phone setting to safer modes (i.e. 'flight' or 'airplane' mode) so that it is not radiating! Reduce your exposure by turning OFF the wi-fi function (another source of radiation) on your phone unless you are travelling as the phone (3G/4G) network is already a source of radiation.

FOLLOW WARNINGS. At minimum, read and follow the Fine Print Warnings on your wireless devices. Most of these advocate a minimum distance between devices such as phones/smart devices, Wi-Fi routers, smart devices antennae and your body. For starts, stop carrying your mobile phone in your pocket.

RESOURCES FOR MORE INFORMATION

<http://maximumwellbeing.weebly.com>

<http://wiredchild.org>

<http://www.bioinitiative.org/conclusions/>

<http://articles.mercola.com/sites/articles/archive/2013/09/21/cell-phone-wifi-radiation.aspx>

Useful Videos:

<https://www.youtube.com/watch?v=My5leLBbNqI> (*Global Scientists Urgent Warning/Appeal on EMF*)

<https://www.youtube.com/watch?v=K4uz2TUcwnI> (*Cell phones are the Cigarettes of the 21st Century*)

<https://www.youtube.com/watch?v=6v75sKAUFdc> (*Why WiFi in Schools is Unsafe*)

Questions? Ask/write in on this page :

<http://maximumwellbeing.weebly.com/about-us--contact-info.html>