

Everyday wireless risks – in a nutshell

Everyday wireless transmitters and devices, including smart meters, transmit pulsed-microwave radiation (also called “radiofrequency” or RF). Although these microwaves are not powerful enough to heat us, many biological effects have been recorded in well over 2,000 peer-reviewed scientific studies. Though risks from this type of output have been known for decades in military research, corporate profit continues to be put ruthlessly before our health. Evidence of creeping risks to our fertility, nervous systems, wellbeing, and our chances of remaining free of chronic diseases, continues to be sidelined. While nearly 250 international scientists are appealing for our sky-high wireless exposure limits to be greatly reduced (emfscientist.org), big vested interests are racing to fill our world with 5G – with no health safety testing – at potential risk to all.



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In effect, Big Wireless is ‘**FRACKING THE AIR**’ with aggressively-pulsed radiation: notably coming **5G** (on top of 4G, 3G), smart-meters’ output, and increasingly strong WiFi, all of which have been sold to us without any transparency about emerging risks – risks underpinned by mounting research. Wonderful safe options are being neglected. Our **homes, bodies, children, and the places we love** are being ‘drilled’ to drive up lucrative addiction to devices, mine our personal data, and increase surveillance/automation. Like the land under our feet, the air is our heritage: why should we consent to this pollution? And what about our human right to health?

EVIDENCE TO SHARE including peer-reviewed research (examples)

‘**SMART**’ METERS • Dr Federica Lamech, a GP, found harsh symptoms from smart meters in 92 patients (peer-reviewed). Many became electro-sensitive, with headaches etc. from other wireless technologies. She was affected personally with insomnia, dizziness, nausea, and a racing heartbeat.

- Similar patterns have swept the USA and beyond; many people report fatigue. British people may not realise their smart meter or a neighbour’s may be affecting them, particularly at close range.

- The American Academy of Environmental Medicine urged protection of everyone with cancer, dementia, or heart conditions. Dr Liz Evans (stopsmartmeters.org.uk) found common smart meters emitted a house-piercing microwave “spike” every 2 seconds; pilot tests suggest these may affect our heartbeat or blood-cells at close range. Calling for an outright ban, Professor Martin Pall flagged risks to our nervous systems and mental health. Smart meters can also create “dirty electricity.”

Solutions 1, Refuse a smart-meter or press for its removal – they are NOT compulsory for home owners or many landlords 2, Consider sending a “Notice of Liability” to your energy company (see In Power movement) 3, Share the film “Take Back Your Power” 4, If needed, move your bed or consider shielding (PTO) 5, Help friends to realise smart meter pollution is **NOT GREEN** (green = non-toxic): share safer creative ways to be energy-aware. Globally, data from smart meters is increasingly sold for marketing, violating privacy and turning us into cash-cows. Smart meters and devices can potentially spy/eavesdrop.

‘**SMART**’ PHONES • Transmit pulsed microwaves from their hidden antennas, unless in Airplane Mode. If left in standby, they emit a piercing microwave spike every few seconds.

- The radiation can break DNA indirectly (found by many research teams: Reflex Study/NTP 2018)

- And poses a risk to the tissue that protects our brains from toxins: Salford 2009 (found from the same levels as **passive exposure**), Sirav 2016, Tang 2015. New research shows harm to this tissue (BBbarrier) is central to **Alzheimer’s**: Zlokovic 2019 • The vast NTP study found heart-cancer cells, over time, in irradiated animals • Some scientists have found a thyroid cancer link (Zhang 2018)

Solutions 1, Cautioning scientists & doctors advise: Disable all extra functions (transmitting antennas) such as WiFi; use landlines when you can. Keep ‘phones switched off or in Airplane mode when possible; if you have to leave one in standby to await a call, keep it off your body: the radiation has also been

linked with infertility, ADHD, and autism (large reviews/ Aldad 2012/ Herbert 2012). 2, Enjoy some easy cabled options for browsing. 3, Help teens to realise they are being sucked into needless high exposure: share the film 'Generation Zapped' and Silicon Valley's 'Center for Humane Technology' (online).

PHONE MASTS ● schoolboys 200m from masts had memory problems: Meo 2018

- stealthy harm to trees has been found: Walmann-Selsam 2016 (DAMAGE WILL RISE WITH 5G)
- also harm to sparrows, tadpoles, & liver changes in small animals: Balmori 2010, Adebayo 2018
- people living near masts had more immune-cell damage: Zothansiana 2017

Solutions 1, *Fight to preserve landlines, an endangered healthy resource. 2, mast microwave radiation output varies, moment by moment, with mobile usage: protect other people by enjoying heavy data traffic, such as videos, using cabled internet instead of 'phones 3, If you live near to/ line-of-sight from a mast, check pollution levels. Better still, hire an Acoustimeter for your community – club together to help the worst affected, if poorly, with shielding, such as microwave-blocking netting in a bedroom.*

WIFI, CORDLESS PHONES, BLUETOOTH ● even Bluetooth can harm life (Margiritis 2013)

- cordless-phone stands transmit shuddering microwaves 24/7, drilling your home; so do baby monitors. Mice kept in the same room developed over 60 brain-protein imbalances: a headache, depression & memory risk (Fragapoulou 2012). Cordless phones can risk brain cancer (Hardell 2010).
- WiFi can trigger free-radical damage in animals' brains, hearts, kidneys, eyes, and other organs (see wifiinschools.org.uk for the research papers). Its strong pulse (**watch** tinyurl.com/wifi-pulse) may contribute to the harsh discomfort many report (see health charity ES-UK.info); the pulse frequency was found in military research to trigger tension and depression (Barrie Trower). WiFi can increase antibiotic resistance and mercury release from our dental fillings (Taheri 2017, Paknahad 2016). Schools can use safe wired options: France and Cyrus are leading the way.
- WiFi tablets transmit continual microwaves unless in Airplane Mode: **watch** "safeinschool.org". Similar output levels accelerated existing lung tumours in mice (Powerwatch.org.uk - Lerchl 2015)
- Unless you withdraw consent, WiFi suppliers often turn home routers into "public hotspots" by activating a second **stealth** transmitter that increases your microwave exposure night and day.

Solutions *Consider ditching cordless phones and WiFi! Use corded phones and run easy Ethernet cable to desktop computers, laptops, and kids' tablets, using the new cable adapters – check that WLAN is disabled in "settings" (recheck weekly). Alternatively, route internet over your house wiring ("dLAN").*

THE THREAT OF 5G Many scientists are horrified that on top of all this pollution, Big Wireless is pushing greedily for inescapable big-data 5G from lamp-posts, street furniture, etc. 5G includes "millimetre waves" (high-frequency microwaves) which will concentrate in surface tissue at veiled risk, for example, to trees, bees, eyes and skin (including precancerous skin cells). If unopposed, 5G will be blasted into every conceivable space, including trains: many people may feel ill or fatigued without knowing why. Distinguished professor Martin Pall warns 5G will be "particularly dangerous" with countless transmitters and "high pulsation rates." Phased arrays, a military technology, will add new risks. In all, we are being plunged into an unethical experiment on health and on ecology.

Solutions *As in America, we can each spread awareness like wildfire, exposing this crime – just like the backlash against fracking, plastic, diesel. We can reject 5G, including the ludicrous "Internet of Things" (microwave chips in nappies, hairbrushes, and billions of other objects) and defend health, wholesome environments, and community values. Share these major warning appeals by **scientists & doctors**: 5gappeal.eu / 5gspaceappeal.org / EMFcall.org. Also "5G: great risk for...international health" by brave Professor Pall: hear him on YouTube! For wide-ranging news see: ehtrust.org / 5gexposed.com*

CHOOSE HEALTH & EMPOWERMENT, PROTECT YOUR LOVED ONES: RESIST – REWIRE – REBEL

NB: ARE YOU ELECTROSENSITIVE? Dr Andrew Tresidder GP uncovered electro-sensitivity (ES) in many patients: he suspects very large numbers are going undiagnosed. Research on affected workers (Bevington 2019) suggests many more of us may soon struggle in pulsing wireless output [bad heads/fatigue/insomnia/mind wiped blank/dizzy spells etc.] **Belpomme** 2015 found signs of harm in nearly 700 ES patients. **5G** will leave no refuge – for anyone. **It's time for a big healthy backlash!**