



ELECTRO-MAGNETIC RADIATION

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COMPULSIVE COMMUNICATION

A New Age Disorder

by Helen Hansen

Homo sapiens of the modern era are warriors of technology. Three year olds can answer cell phones, five year olds have mastered the art of remote control, eight year olds are computer literate and by the time a child reaches ten years, most could qualify for a net surfing license.

'What you can't see CAN harm you' – Dr James P. Urban

Electrosmog is an environmental toxin of the 21st century. This invisible curse of pulsing electromagnetic frequencies tumble in and out of bodies, bashing against cells and poisoning rivers of blood.

Compulsive communication has become so much a part of our every waking (and nocturnal) moment that we do not question its side effects. We need these tools for our independence, our lifestyle and, in many cases, survival. Yet it is these very same contraptions, with all their shiny appeal, that may be the cause of your, and others, poor health.

While the earth has its own magnetic field, most of the electric fields that cloak us these days are not naturally occurring. Bob McCauley, a certified Nutritional Consultant, Master Herbalist explains how ions work in our bodies: 'The harmful positive ion is a particle that loses an electron. The healthy negative ion gains an electron. Negative ions increase the ability to absorb oxygen and reduce any excess of harmful serotonin.'

Electromagnetic frequencies (EMF) are filled with positive ions, sapping us of our energy, destroying the immune system and increasing risks of disturbing emotional behaviour.

McCauley further adds that, 'The negative ions contribute to the feeling of well being. They reduce the number of active harmful bacteria in the air; the severity of illness; in general they have a stimulating effect also on plant growth like rainwater, which has an abundant source of negative ions. They extensively use elements such as calcium, potassium and sodium ions for keeping our cellular structure in place and to transmit electrical signals between the brain and the nerves so that our bodies function well. EMFs create high levels of acidosis in the body which causes an extra drain on our calcium levels and other key mineral elements which are necessary for strong cell structure.'

'Increasing electropollution could set in motion irreversible changes leading to our extinction' – Dr. Robert Becker

Barrie Trower, a retired British military intelligence scientist, recently visited southern Africa. During the Cold War, Trower interrogated what he calls 'microwave spies', people who infiltrated into the West using pulsed microwaves to undermine the health and mental state of VIP's. Trower's work included a compilation of different frequencies and their effects. Three of his studies





show genetic damage to the ovarian follicles in women. Mitochondrial DNA that passes directly from mother to daughter, he says, is being permanently damaged. This will lead to genetic diseases such as Down's syndrome and cystic fibrosis. Trower confirmed that this genetic damage can never be repaired, and would remain for the entire future of the human race. He stressed that no pregnant woman should use a cell phone or be exposed to radiation from masts.

A press release from the Karolinska Institute, Department of Neuroscience, Stockholm, Sweden, issued on February 3, 2011 states: 'Scientists who study radiofrequency radiation from wireless technologies have issued a scientific statement warning that exposures may be harming the development of children at levels now commonly found in the environment. Pregnant women are cautioned to avoid using wireless devices themselves and distance themselves from other users.'

Dr Paul Rosch, clinical professor of medicine and psychology at the New York Medical College, says: 'It is generally not appreciated that there is a cumulative effect (on our bodies) and that talking on the cell phone for an hour a day for 10 years can add up to 10,000 watts of radiation. That's 10 times more that you get from putting your head in a microwave oven. A two-minute call can alter brain function in a child for an hour.'

According to the highly acclaimed documentary film 'Full Signal', cell phone users under the age of 20 years are five times more likely to develop brain cancer than users over 30 years. In recent worldwide studies, there has been a shocking increase in leukaemia amongst children. Similarly, in South Africa, the cancer most commonly found in children is also leukaemia.

'Let thy food be thy medicine' – Hippocrates

Unless you plan on becoming a hermit in a remote forest, you will not be able to completely remove yourself from daily radiation. As you read this, massive amounts of satellite, military and broadcast radiation are being dumped into the environment. Electrosmog is all around you! It's the price we pay for a technologically advanced world.

General Practitioner Dr Rachel Bouwer, says these healthy solutions will assist your body in combating radiation:

1. Chlorella contains fibre that binds with heavy metal toxins and radiation to effectively extract them from the body.
2. Kelp has high amounts of iodine to assist in protecting the thyroid from radiation damage.
3. Spirulina also has iodine as well as phycocyanin both assist in thyroid protection.
4. Wheat grass helps to neutralize radiation.
5. Vitamin C is necessary for boosting immunity.

Now that you have been informed, do you really want to play Russian roulette with your brain?





ELECTRO-SMOG

Electrosmog is electromagnetic radiation, invisible to the naked eye, resulting from the use of both wireless technology and main power electricity. Electrosmog occurs from:

- Cell phones
- Cordless baby alarms
- Cordless phones
- Cell phone towers / masts
- Wireless internet connections

The Symptoms

Electrosmog is responsible for a condition known as electrosensitivity (ES) or electrohypersensitivity (EHS). Symptoms include:

- Headaches
- Disruptive sleep patterns
- Behavioural patterns in children
- Skin complaints
- Hypersensitivity and erratic blood pressure
- Chronic fatigue





HOW CELL PHONES CAN CAUSE BRAIN DAMAGE

Dr. George Carlo, is the director of the 'Safe Wireless Initiative' based in Washington (www.safewireless.org). This is his theory of how cell phones cause brain damage. 'It begins with the wave. The signals use carrier waves of around 1,900 megahertz (MHz), which are so high in frequency that they pass right through us, and our houses, unnoticed. But harmful information-carrying waves are packed into the carrier waves. These information waves, which carry signals that can be decoded by our computers and mobile phones, are low frequency waves in the range of one hertz (Hz). That's slow. So slow that our cells can feel them as an aggravating, physical jolt at their surfaces. Within 30 seconds or so of bombardment, our cells temporarily shut down their surface transport and intercellular communication functions to resist further damage from threatening invaders. Normally small threats to cells cause them to send out chemical signals to neighbouring cells that tell them to protect themselves from invaders, and they signal for help from our immune system's T-cells. But bombardment from mobile phone waves causes whole areas of cells and tissues to shut down their surfaces, stopping active transport of good and bad stuff in and out of the cell, without time to signal a warning to other cells. Further, the shut down of gap junction communication pathways compromises tissues and organ functions, including the immune system.

Free radicals build up inside the cells so they eventually die and spill toxins and fragmented DNA into the space between cells. There, micronuclei form as a result of membranes becoming organised around broken bits of DNA. These micronuclei wreak havoc, disrupting cell function and allowing cancers to form. That is how, as Dr. Carlo explains, both benign and malignant tumours are caused by wireless signals. He suggests a similar process occurs at the blood-brain barrier that protects our delicate neurons and their tiny sophisticated chemical signals from contaminants in our blood. Once cells in the barrier are shut down by mobile phone waves, all kinds of big, toxic molecules enter our neural space where they can cause problems, among them 'autism spectrum disorders', which include some types of anxiety attacks, hyperactivity, ADD, problems with focusing, mild and severe autism, hyper-irritability and others' (Brown 2006).

