

Brain surgeon Dr Charlie Teo warns against mobiles, home appliances

- By Cheryl Critchley
- From: [Herald Sun](#)
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- Surgeon warns of electromagnetic radiation
- Takes 'prevention better than cure' approach
- [Global study: Mobile cancer link](#)
- [Mobiles: How much radiation is there?](#)

BRAIN cancer surgeon Charlie Teo has urged people to put mobile phones on loudspeaker, move clock radios to the foot of the bed and wait until microwaves have finished beeping before opening them.

The controversial Sydney specialist told a Melbourne fundraiser that although the jury was still out on mobile phones and other forms of electromagnetic radiation, we should not take risks.

"Even though the jury's not in, just to err on the side of safety I would try and limit the amount of electromagnetic radiation that you're exposed to," he said.

"The American government, for example, recommend that all electrical appliances should be put at the foot of the bed and not the head of the bed.

"Electric blankets should be turned off before you get in bed and definitely wait for those five beeps before you open the microwave.

"With the mobile phone I encourage you to put it on loudspeaker and step outside rather than sticking it up to your brain."

Dr Teo, who tackles tumours other surgeons deem inoperable, said some hair dyes, particularly red, could also cause brain cancer in people with a predisposition.

"The body needs some genetic predisposition. The hair dye, the mobile phone, they're just catalysts but you probably need some sort of genetic aberration to get the cancer in the first place," he said.

Fast cancers

Dr Teo, who stars in Channel Seven's *Last Chance Surgery*, was in Melbourne last week for the Blackwood8 fundraiser at Croydon golf club.

The group was founded by family and friends of Sally White, a patient of Dr Teo's whose outlook has improved dramatically.

Dr Teo said while breast cancer doubled its cell numbers in weeks or months, the quickest brain cancers took just 16 hours.

No age group was immune and the incidence of brain tumours was growing.

"It's increasing in frequency both in this country and developing countries and it used to be ranked out of the top 10 but it's just joined the top 10 most common cancers," he said.

Recent studies have raised alarm bells about mobile phones.

An unreleased World Health Organisation study reportedly found "a significantly increased risk" of some brain tumours related to use of mobile phones for 10 years or more.

A Suleyman Demirel University study in Turkey also found wearing a mobile phone on your belt may lead to decreased bone density in an area of the pelvis commonly used for bone grafts.

Dr Teo said there had been some advancements in treating tumours, like microwave therapy and putting chemotherapy directly into a tumour. A healthy diet, meditation and positive thought could also be beneficial.

"We believe that they probably boost the immune system," he said.

Dr Teo's tips to reduce brain tumour risks

- Get eight hours sleep a night and eat well to boost your immune system
- Keep electrical appliances like clock radios at the foot of the bed

- Turn electric blankets off before retiring
- Put mobile phones on hands-free
- Wait until the microwave finishes beeping before opening it

Read more: <http://www.news.com.au/technology/brain-surgeon-dr-charlie-teo-warns-against-mobiles-home-appliances/story-e6frfro0-1225791947213#ixzz11dTe6dSL>

Read more: <http://www.news.com.au/technology/brain-surgeon-dr-charlie-teo-warns-against-mobiles-home-appliances/story-e6frfro0-1225791947213#ixzz11dTQW82J>

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What's More Important -- Your Cell Phone Or Your Brain?

Posted By [Dr. Mercola](#) | May 20 2008 | 86,986 views

<http://articles.mercola.com/sites/articles/archive/2008/05/20/what-s-more-important-your-cell-phone-or-your-brain.aspx>

By Enrico Grani (with Paul Doyon)

“All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being self-evident.” -- Arthur Schopenhauer

My name is Enrico Grani and I presently live in Australia. I used cell phones for ten-plus years extensively on-and-off, and because of this I developed a brain tumor!

In 2007, about one week before my birthday, I was diagnosed with a 3 cm by 4 cm brain tumor. I had a stroke (my first one) the previous year in late November 2006. An MRI examination revealed a brain tumor in the area of my brain next to my ear where I always used my cell phone -- in the exact position where the cell phone's antenna was located.

My goal here is to try to make you and your loved ones aware of the extreme dangers posed by these microwave-emitting devices. Please read about my

experience carefully and thoroughly, and please do not make the same mistakes that I have made.

Rationalizations Won't Save You

My father told me constantly that cell phones were very dangerous and that I would get a brain tumor. We actually had many big arguments because of my cell phone use. I would say "Yeah, Yeah, Papa, what do you know about cell phones anyway?" It went in one ear and out the other.

I rationalized that I needed this cell phone for my business. What I didn't understand was the terrible price I would pay. I thought that if I exercised and ate healthy food, that I would be able to reverse the negative effects -- if there were any at all! After all, we were ALL told that cell phones posed no risk to our health. Remember?

I was very wrong. Cell phones are much more dangerous than anyone can possibly imagine. By just owning one of these devices, you are paying the cell-phone industry -- you are giving them the power to destroy your life -- and to make an increasing number of people sick. To think that I have paid the cell-phone industry thousands of dollars over the years to get a brain tumor (which has completely destroyed my life) sickens me.

I would gladly trade in all my money (which isn't much now) and every single material possession I have for the chance to have my brain function restored. I was foolish!

Please don't make the same mistake. Your brain is much more precious than the device called a cell phone. If you don't believe this after reading this completely then there is no hope for you, and you will find out the hard way just like I have.

There's No Customer Service When You're Dying

Remember one thing, when you get a brain tumor from cell-phone use and you nearly die as a result, ring up the cell-phone shop and you will see how quickly they hang up on you.

All the smiles you remember in the shop -- going through all the models with the sales people -- are gone, and now you are totally alone in a world of pain, torment, and humiliation.

"Brain Tumor Day"

After I had my first stroke, my left arm became paralyzed and I now have severe cognitive difficulties, and problems with fine-motor movement in my hand. The brain tumor was situated in the right parietal lobe -- exactly in the position where I used the cell phone.

I was diagnosed one week before my 40th birthday with a meningioma brain tumor. I was so shocked my legs went weak. This was a birthday present that I will never forget -- ever! My birthday will always be remembered as "Brain Tumor Day." I can no longer work as I am disabled, but this does not mean that I cannot make you aware, so that you or your loved ones never endure my fate.

All I can do now with my life is to try and increase awareness of this serious problem.

Nothing Left to Do But Spread the Word

Thanks to the help of some good friends, scientists, epidemiologists, and a few doctors, I have been able to learn so much about the severe dangers posed by cell phones, cell-phone base stations, and the increasing levels of ambient electromagnetic radiation (EMR) permeating our living environments.

If we don't do something about this now, I believe firmly, as do many renowned scientists, that this is posing a severe threat to all life on this planet.

There is growing evidence that the drastic disappearance of frogs, insects, and birds -- and now food production -- is connected to the growing microwave radiation permeating our environment. What I am trying to say here is that we are seriously looking at extinction as a species if something isn't done soon -- if people continue to remain complacent and in denial about this problem because of another related problem -- the selfishness, greed, and stupidity infecting our way of life.

If we remain ignorant and uneducated about the seriousness of this situation, then many people, children, animals, and all life forms will gradually become sick and die. It has already started to happen!

Who Do You Trust?

I now sincerely wish that I had seriously listened to my father -- but I was really stupid. Now that I know what I know, I know that I have made a big mistake in trusting the cell-phone industry and my government to protect me against this danger.

After all, everyone was using them and they seemed OK. If I had had a better understanding of two things -- (1) the effects of electromagnetic radiation, and (2) the blatant irresponsibility of a government bought and paid for by an industry blinded by senseless greed -- I would never have encountered this sad fate.

Being disabled is very hard for me to deal with, as it complicates every aspect of what is left of my life. However, knowing now that my disability could have been prevented, knowing now that numerous scientific studies years ago had already shown cell-phone radiation causes DNA damage and brain tumor development, knowing now that these scientific studies were completely ignored because of

industry greed many years ago prior to my tumor, and knowing now that it could have been prevented, is even harder for me to deal with emotionally.

Now I want to tell you all that I firmly believe that cell-phone use was the cause of my brain tumor. And I pray you don't think that you are the lucky, untouchable one!

I pray that you don't think you are immune to this either! Electromagnetic Radiation (EMR) does not discriminate. If you use a cell phone, the chances of you also getting a brain tumor, not to mention all kinds of other serious health problems, are extremely high.

My goal here is not to scare you, but rather to give you the cold hard facts -- facts that you may not know about and facts that you need to be aware of.

Brain Tumors are On the Rise

In the past few years there has been a drastic increase in the number of people getting brain tumors (not to mention other cancers and disease states like Autism, ADHD, CFIDS and so on). Brain tumors are now the number-one cause of death in children in Australia and the United States (and I imagine many other countries also).

It is now being predicted by epidemiologists that within the next ten years we will see at least a 1,000 percent increase in this disease state. A major brain-tumor epidemic is just around the corner. It saddens my heart to watch all the children with their cell phones glued to their ears; they have no idea what they are in for in years to come. This should not be happening, but it is and it is a serious crime against humanity being committed by humanity itself. I seriously believe this now!

My life has been completely destroyed. I have seizures nearly all the time now and it is extremely painful to experience these; it feels as if I am being electrocuted over and over again, with the flesh peeling off my bones. It took me over two months to learn how to walk again. However, I am a fighter and I always will be!

I have always tried to take good care of my health and I was always very conscious of the importance of my body and mental strength, as I am quite a fitness buff. I just wasn't aware how seriously dangerous cell phones actually were. I really just wanted to quickly recover after having the tumor removed from my brain and I was exercising, lifting weights, and leg pressing twice my body weight, as soon as I could walk again. I just wanted my health back, and to be able to work again and regain the lifestyle I once had!

However, having said that, I am still suffering drastically because of this. What the phone companies did to me with their lies and their greed is a crime that should never have been allowed to happen.

What will happen to an increasing number of people can only be considered as "Systematic Genocide Against Humanity."

I know it and many other people know it too. Unfortunately, not enough people want to believe it -- until of course something like this happens to them. It is as if they are drug-addict zombies in a trance -- addicted to their cell phones. The only difference here being is that the cell phone is the new "Electromagnetic Drug." This is what the cell-phone industry wants and has seemingly planned and now totally achieved.

The First Hit is Free

Why would a cell-phone company make you sign a contract and then give you "free" minutes? Sounds to me like what a "drug pusher" would do.

As the saying goes "nothing is for nothing." Free minutes "equals" more time on the cell phone, "equals" addiction, "equals" a brain tumor, cancer, disability, allergies, feeling unwell, plus once you are addicted your "free minutes" are quickly all used up and then you will pay even more to your cell-phone company.

The cell-phone companies are killing us and no one seems to have a clue about what is really going on -- or they are so addicted to their cell phones that most don't seem to care.

No one can deny that cell phones caused my brain tumor, except perhaps the unethical liars bought and paid for by the cell-phone industry. No matter how much proof you submit, they will deny it to no end, backed by their highly paid unethical lawyers, who have no soul! It's totally disgusting. These people have sold their souls for money and gold, at the expense of the health of people worldwide!

It is time for me to go public with this and I suggest that if you (or someone that you know) are in the same or a similar situation that you go public as well. I am not scared of the cell-phone industry because I have a soul filled with love for humanity. They have no soul at all, or they would not be doing this to us!

Placing cell-phone towers next to people's homes and nearby children's schools, and selling cell phones to young children when it is a known fact that a child's skull is thinner than an adult's, and a child's brain is not fully developed and is damaged greatly by cell phone use, is completely unethical and irresponsible.

The cell-phone industry, while completely aware of these facts, still -- blinded by greed, it seems -- engage in this ironically legal "Crime Against Humanity." I really don't care if they try to kill me, harass me, or whatever else they may try to do to me. Sure, they have so much money, and I have none. So what? At least I am a human being with dignity and a conscience -- and that is much more than I can say about them.

I was in a coma for three days, I had three strokes, and I had a good portion of my brain cut out of my head. What more needs to be said? How could I possibly be scared of them?

My life is garbage and I know many other people that have been seriously affected from all walks of life. Once a person has cheated death as many times as I have, then one no longer holds any fear of anyone or anything. I just want to get this story out to the public and hopefully from reading about my experience some people's lives can be spared from fates similar to mine. My only goal in life right now is to save life through educating people about my experience.

Mass Media Avoids the Truth Like the Plague

I have approached many TV stations here in Australia and none of them have wanted to touch my story. It seems to me that they are also bought and paid for by the cell-phone industry. This is not hard to believe either.

How many people must die before this situation with the electromagnetic radiation (EMR) is taken seriously in my country and given the worldwide coverage that it deserves? I suppose many people are fearful of losing their jobs by speaking out. All I can say to these people is that when they are in a wheel chair and can no longer work it's "You had the chance to speak out but chose to remain silent."

It really makes me extremely angry because it is the children, with their lives still ahead of them, who are going to suffer the most because of this. The children's brains and immune systems are still in a process of development. The cell-phone industry, fully ignoring this fact, manipulates children into purchasing a cell phone by using Mickey Mouse designs on the phones to get the child's attention.

All I can say is that this is "premeditated murder." What else can it be called when they are fully aware from all the data, facts, and studies (except the ones they have manipulated) by an army of ethical scientists and researchers out there saying that these things are dangerous!

You May be Affected But Attribute it to Other Things

This microwave radiation is destroying people's lives and most people do not even realize this because it seems that they are attributing their symptoms to other things.

It is difficult for people to realize that something they can't sense with their senses -- see, touch, taste, smell, or hear -- is harmful, and most don't even imagine that this is indeed the cause of their symptoms.

Not even the doctors are aware of the problem it seems, and if they are, most are keeping their mouths shut (for fear of losing their jobs). The cell phone companies are making staggering amounts of money, the pharmaceutical

companies are making money, and doctors and hospitals are making money. And as long as they are all making money, it seems as if everyone is happy -- until of course they also get sick!

I spent approximately \$4,000 AUS dollars on my cell-phone bills in 1996. I still can't believe that I gave those Criminals all that money and I don't expect that they will ever pay me back any of it either.

In the initial stages of having a cell phone I started to notice a burning sensation above the ear (where the tumor was diagnosed), but at the time I didn't give it much thought, like many of you out there I presume.

However, come to think of it, there were a few times when I had to end the phone call because the pain was unbearable and I would have to call the person back later after the pain had subsided. I would also get these chronic headaches and pain in my eyes, but then again, I just attributed this to the pressures of the work. I even started to lose my memory and get lost while driving, which is strange since before that I always had a decent sense of direction.

All these symptoms started with the business and the cell phone usage. I finally left that business after 17 months on the job.

I went to see about five doctors over a period of years because of the headaches. Not one of them told me to stop using my cell phone. They all just diagnosed me with having tension headaches and prescribed Panadol or Aspirin or some other drug, which I usually did not take since I never trusted pharmaceuticals. Had just one of these doctors ordered a MRI brain scan, or a CT brain scan, I probably would not be so disabled today. If my brain tumor had been diagnosed earlier, I most likely would be working now and enjoying life.

Conventional Medicine is Still Clueless About the Dangers of EMR

The brain rehabilitation team was utterly astounded with my progress after my brain tumor was removed. However, they seemed to be completely clueless about the dangers of EMR and often would take their cell phone calls directly in the immediate vicinity of my head. They really should be aware that one should not put one of these microwave-emitting devices next to one's head and especially not close to the head of someone who has just had a brain tumor removed.

However, like most people out there they are completely and utterly clueless regarding the dangers posed by this EMR weapon. It's a complete irony and utter contradiction, but the people in the medical profession -- the people who are supposed to be helping us -- do not have any clue about the harmful effects of EMR on living organisms.

Hopefully, in the future -- if we have one -- this will change! At this point, people really have to do the research on EMR themselves. I have personally had to do

my own research regarding EMR and my condition. Doctors are just too happy to prescribe drugs without really thinking too deeply about the underlying causes.

Now, my only mission in life is to make people aware of the dangers posed by this wireless technology. What else can I do? I just hope people are smart enough to listen. My only desire is for people to have life -- not death!

To my father: *I am sorry Papa that I failed you by not listening to you. Papa you were right just as usual, and I paid the price for not listening to your words of wisdom as usual. The only thing is, this time I cannot correct my mistake. I am disabled for life. Sorry Papa, please forgive me for my stupidity.*

To read more about my experience, please visit the website below, where my experience since being diagnosed with a brain tumor has been documented.

"The Truth Shall Set You Free"

Sources:

» [Fitness Saved My Life](#)

Dr. Mercola's Comments

First, I want to thank Mr. Grani for sharing his personal story. I believe the dangers of cell phone usage are the 21st Century version of smoking. Remember how medical doctors used to say smoking was harmless? Heck they were even used in advertising, stating that smoking was GOOD for you!

Only decades later, after vehement denials, was the undisputable truth finally accepted -- that smoking does cause lung cancer.

History is now repeating itself. There is ever growing evidence that the information-carrying radio waves transmitted by cell phones and other wireless devices can:

- [Cause brain tumors](#)
- [Harm blood cells](#) and cause [cellular changes](#)
- [Damage your DNA](#)
- [Cause nerve-cell damage](#)
- [Accelerate and contribute to onset of autism](#) , and [trigger Alzheimer's disease](#)
- [Damage your eyes](#)
- [Cause sleep disruptions](#), fatigue and headaches

And that's the short list.

Radio Waves Have Reached Critical Mass -- Health Problems Bound to Erupt

Information-carrying radio waves have increased dramatically and exponentially over the last few years. Just think: it took 20 years for the first 1 billion cell phones to be sold -- a milestone reached in 2004. The next billion took just 18 months. The third billion was sold even faster -- just nine months, and we will reach the fourth billion by the end of this year.

Add to that all the wireless networks that are now becoming standard, exposing you to massive amounts of radio waves whether you actually use wireless or not. Most major office buildings now have WiFi, as do Starbuck's, Panera Bread, and most libraries.

The biological danger from WiFi routers, cell phones and land-based portable phones comes from two sources:

1. The modulated signals that are carried ON the carrier microwave, and
2. The carrier wave itself

The modulated information-carrying radio waves resonate in biological frequencies of a few to a few hundred cycles per second, and can stimulate your vibrational cellular receptors, causing a whole cascade of pathological consequences that can culminate in fatigue, anxiety and ultimately cancers.

And the carrier wave has been found to create damage NOT related to thermal heat damage, which the industry has long argued is the only possible cause of biological harm (i.e. "radio waves do not create enough thermal heat to pose a risk to biological tissue.") Therefore, simply lowering the SAR rating on cell phones -- which determines how much radiation your body absorbs -- or making sure your phone is within legal SAR limits, will not guarantee your safety by any means.

Your cells will interpret even a minute amount of cell phone radiation as a threat, and shut down. This is a response intended to protect them, but when you talk on a cell phone, it lasts for far longer than your body can handle. A lot of the damage is caused by the disruption microtubular connections that allow biophotons to communicate between cells, which decreases intracellular communication. Increased deposits of heavy metals also begin to accumulate in your cells, which increases intracellular production of free radicals, and can radically decrease cellular production of energy, thus making you incredibly fatigued.

Once your body's communication system is damaged, it is very easy to develop all sorts of pathologies related to disrupted intracellular antioxidant systems and heavy metal toxicities.

Recent studies have found that cell phone users are [240 percent more prone to brain tumors](#), and a study back in 2004 found that your risk of acoustic neuroma

(a tumor on your auditory nerve) was [nearly four times greater](#) on the side of your head where your phone was most frequently held.

Listen, there is VERY solid evidence that the number of brain tumors will increase to 500,000 per YEAR in 2010 -- and will double to 1 million every year by 2015 if the causes are not addressed.

Folks, this is the real deal and represents an impending health care crisis.

The Truth No One Wants to Face

There should be no doubt that you are being deceived about the safety of cell phones and WiFi, the same way the public was deceived for decades about tobacco. Back then, large corporate interests were very effective at manipulating the media and legislation to perpetuate the myth that smoking was safe, and nothing has changed in that regard.

The United States protects corporate interests above public health more than ever.

Therefore, your first mistake would be to [be fooled by the mainstream media](#) silence.

Remember, the media outlets in the United States are owned by a minuscule SIX corporations. Today, [your mind is controlled](#) by Time Warner, Disney, Murdoch's News Corporation, Bertelsmann of Germany, Viacom (formerly CBS) and General Electric's NBC. These are the top owners of the entire media industry, which includes everything you read and hear in newspapers, magazines, TV and radio stations, books, records, movies, videos, wire services and photo agencies.

Can you believe what they say?

Not a chance. Because the telecommunication industry, which is even BIGGER than the drug cartel, Big Pharma, have far more influence than the drug companies -- and you already know what heavy-weights they are when it comes to spreading misinformation.

Protect Yourself from the Invisible Danger of EMR

Some individuals believe that relatively expensive fixes like nano polymers (like those used by BioPro) can help, but my initial investigation strongly suggests that this technology protection is only minimally effective, and dissipates rapidly.

Of course, the only real solution is to move our culture away from wireless back to more wired. As for myself, I completely renovated my new home prior to moving in, earlier this year, and part of the project was to put in wired CAT-5 cables so I have no wireless connections at all. We will also be moving into a

brand new 25,000 square foot office building in June and we will have absolutely no wireless in the entire building.

I've also learned that most portable home phones are a major source of these information carrying radio waves. The only exception would be the much older, essentially antiquated 900 MHz portable phones. Fortunately they are still readily available online. One of the major differences is that they are only on when in use. The other higher MHz phones are on continuously, bombarding your cells with tissue damaging radiation even when you're not using them.

If you do choose to use a cell phone, use the speakerphone function whenever possible -- and keep the phone about two feet away from any body part. Do not keep the phone on your belt or in your pocket even when you're not using it, as the radiation WILL penetrate your body wherever the phone is attached. Instead, stow it away in a purse, backpack, or your car's glove compartment.

For times when a speakerphone isn't practical, use an air-tube headset, rather than Bluetooth.

Related Links:

- » [How Cellphone Radiation Affects Your Cells](#)
- » [Great Example Why You Simply Can't Believe That Cell Phones Are Safe](#)

Your Cell Phone and Brain Tumors

Posted By [Dr. Mercola](#) | August 06 2009 | 44,715 views

GO TO THIS LINK TO WATCH VIDEOS BY DR CHARLIE TEO FROM AUSTRALIA

<http://articles.mercola.com/sites/articles/archive/2009/08/06/Your-Cell-Phone-and-Brain-Tumors.aspx>

Cell phones could double the risk of malignant brain tumors, one of the deadliest types of cancer. Learn about the explosion of brain tumors and the truth about the wireless society.

Dr. Mercola's Comments

In the last 20 years, cell phones have dramatically changed the way people communicate. Now you can stay in contact with your friends, family and colleagues 24/7, from virtually anywhere in the world.

But this convenience comes at a heavy cost, and one that could potentially end your life prematurely.

Few people realize this, but brain cancer has now surpassed leukemia as the number one cancer killer in children.

Australia has seen an increase in pediatric brain cancers of 21 percent in just one decade. This is consistent with studies showing a 40 percent brain tumor increase across the board in Europe and the U.K. over the last 20 years.

And around this time last year, the head of the prominent University of Pittsburgh Cancer Institute -- Dr. Ronald B. Herberman -- issued an unprecedented warning to his faculty and staff: [Limit cell phone use because of the possible risk of cancer](#).

As it stands, cell phone use is only increasing, and it seems most people are reluctant to limit their cell phone use at all. But I suspect this is only because most people are not aware of the risks ... or don't believe them to be true.

If Cell Phones are Dangerous, Why Haven't You Heard of the Risks?

This is a common argument by cell phone proponents. If cell phones were so bad, [how could they possibly still be legal](#)? Well, let me remind you that during the first half of the 20th century tobacco companies became the largest advertiser in the *Journal of the American Medical Association* (JAMA).

The "scientific" claims that were approved to run in these medical journal ads included such catchy phrases as:

- "Just what the doctor ordered" (L&M cigarettes)
- "For digestion's sake, smoke Camels" (it was said that Camel cigarettes would "stimulate the flow of digestive fluids")
- "More doctors smoke Camels than any other cigarette"
- "Not a cough in a carload" (for Old Gold cigarettes)

It's hard to believe, knowing what we do now about smoking, that ads like these ever existed. Yet they did, and no one gave a second thought to smoking cigarettes. It was simply accepted as safe and even healthy.

Sound familiar?

Right now you are likely one of the 3 billion people in the world who owns and uses a cell phone. Never before in history have people used this technology so frequently, and on an ongoing basis, nor have they been exposed to the EMR that come from all types of wireless technologies like we are, on a daily basis.

Yet, most everyone assumes cell phones are safe, largely because they have been reassured by scientists heavily influenced by the telecommunication industry. Why shouldn't they, after all, as no big warnings have come out touting cell phone dangers.

Cell phones have been called the biggest public health issue since tobacco, and just as big tobacco did all they could to keep you convinced that cigarettes were healthy, the cell phone industry will do what's necessary to [make you believe cell phones are safe](#).

Not only are there companies making lots and lots of money off of cell phones -- who will do their best to spread misdirection, spin, and outright lies -- but the government agencies, which are in theory there to protect you, have also entered into mutually profitable "partnerships" with the very businesses they are supposed to regulate, meaning there is very little real regulation going on.

What Types of Risks Have Already Been Uncovered?

Ever growing scientific research corroborates the suspicion that radiation transmitted by cell phones and other wireless devices can:

- [Cause brain tumors](#)
- [Harm blood cells](#) and cause [cellular changes](#)
- [Damage your DNA](#)
- Cause nerve-cell damage
- Accelerate and contribute to [onset of autism](#) and [trigger Alzheimer's disease](#)
- [Damage your eyes](#)
- [Cause sleep disruptions](#)

Further, Herberman and Dr. David Carpenter, director of the Institute for Health and the Environment at the University of Albany, told the U.S. House Subcommittee on Domestic Policy that use of cell phones may raise the risk of brain cancer.

The two scientists cited a major study presented by Dr. Lennart Hardell of Örebro University in Sweden, which stated that people using cell phones doubled their risk of developing brain cancer and acoustic neuromas, a tumor that damages the hearing nerve.

The study also showed that people who started using cell phones before the age of 20 years old were more than five times as likely to develop brain cancer.

Dr. David Carpenter, a physician who has researched and published more than 300 articles in peer-reviewed journals on the environmental causes of human disease, also testified about the scientific foundation for cautionary measures before the U.S. House Subcommittee.

The BioInitiative Report, to which Dr. Carpenter was co-editor, documents serious scientific concerns about the current limits regulating how much radiation is allowable from power lines, cell phones, and many other sources of exposure to radiofrequencies and electromagnetic fields in daily life.

It concludes that the existing standards for public safety are completely inadequate to protect your health. The report also includes studies showing evidence for:

- Effects on gene and protein expression (Transcriptomic and Proteomic Research)
- Genotoxic effects – RFR and ELF DNA damage
- Stress response (stress proteins)
- Effects on immune function
- Effects on neurology and behavior
- Brain tumors and acoustic neuromas
- Childhood cancers (leukemia)
- Magnetic field exposure: Melatonin production, Alzheimer's disease, breast cancer
- Breast cancer promotion (melatonin links in laboratory and cell studies)
- Disruption by the modulating signal

Keep in mind that you are not only exposed to these dangers from cell phone use but also from other technologies including wireless Internet and cordless phones.

Children and Babies are Most at Risk

I hope that many of you reading this will take this warning to heart. The density of children's skulls is far less than adults', and their brains are more susceptible to damage from cell phone and wireless radiation. And a child in utero may be near defenseless against this damage.

Studies have already linked mothers' cell phone use to their [childrens' behavioral problems](#), and I believe the increase in cell phone usage may be one of the [primary causes of the autism epidemic](#).

So it's very important that you keep cell phones away from infants, babies, children and pregnant women now, as the damage may not start showing up for 10 years or more, and by then it will be too late.

How Can You Protect Yourself?

The only real solution is to move our culture away from wireless technology. As for myself, I completely renovated my new home prior to moving in last year, and part of the project was to put in wired CAT-5 cables so I have no wireless connections at all. [The Natural Health Center](#) also has absolutely no wireless in the entire building.

Of course, I doubt all of society is going to abandon wireless technologies, so what you can do is follow these crucial tips to protect your brain and your health from cell phones:

- **Children Should Never Use Cell Phones:** Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults, because of their thinner skull bones.
- **Reduce Your Cell Phone Use:** Turn your cell phone off more often. Reserve it for emergencies or important matters.
- **Use A Land Line At Home And At Work:** Although more and more people are switching to using cell phones as their exclusive phone contact, it is a dangerous trend and you can choose to opt out of the madness.
- **Reduce or Eliminate Your Use of Other Wireless Devices:** You would be wise to cut down your use of these devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time. If you must use a portable home phone, use the older kind that operates at 900 MHz. They are no safer during calls, but at least they do not broadcast constantly even when no call is being made.
- **Use Your Cell Phone Only Where Reception Is Good:** The weaker the reception, the more power your phone must use to transmit, and the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body. Ideally, you should only use your phone with full bars and good reception.
- **Turn Your Cell Phone Off When Not In Use:** As long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call.
- **Keep Your Cell Phone Away From Your Body When It Is On:** The most dangerous place to be, in terms of radiation exposure, is within about six inches of the emitting antenna. You do not want any part of your body within that area.
- **Use Safer Headset Technology:** Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded -- and most of them are not -- the wire itself acts as an antenna attracting ambient radiation and transmitting radiation directly to your brain. Make sure the wire used to transmit the signal to your ear is shielded.

The best kind of headset to use is a combination shielded wire and air-tube headset. These operate like a stethoscope, transmitting the information to your head as an actual sound wave; although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

Related Links:

- » [Interview with Expert on Dangers of Cell Phones](#)
- » [Why Children and Teens Should Stay Away From Cell Phones](#)
- » [What's More Important -- Your Cell Phone Or Your Brain?](#)

San Francisco Becomes Ground Zero in Gadget Radiation Battle

Posted by: [Dr. Mercola](#) | July 13 2010 | 15,536 views



The city of San Francisco will soon require cell phone makers to disclose their products' radiation emissions, amid a growing concern about cell phone dangers -- a concern that might soon spread to other wireless products.

The city's board of supervisors recently voted to require cell phone retailers to show how much radiation their phones emit. In response, the wireless industry's trade association, the CTIA, has cancelled its annual, SF-based trade show.

Greenbiz reports:

"... this notion of the hidden impacts of technology seems to be one that is steadily moving to the forefront. Fears about cell phone radiation are enduring and widespread ...

And there are signs that these kinds of concerns could expand beyond cell phones: There is currently a movement afoot that is questioning the safety of smart meters for their radiation emissions, and other gadgets in our increasingly wireless world could certainly come under scrutiny."

Sources:

- » [Greenbiz June 24, 2010](#)

» [Springfield News-Sun June 29, 2010](#)

Dr. Mercola's Comments:

I recently wrote about San Francisco's bold move to become the first city in the US to require [SAR values to be displayed by retailers](#) of cell phones. Unfortunately for San Francisco, the wireless industry swiftly struck back by announcing that this will be the last year the city will host the [CTIA's](#) annual trade show.

Greenbiz quotes CTIA Vice President of Public Affairs, John Walls, as saying:

"Rather than inform, the ordinance will potentially mislead consumers with point of sale requirements suggesting that some phones are 'safer' than others based on radiofrequency (RF) emissions.

We are disappointed to announce that the 2010 CTIA Enterprise and Applications show in October will be the last one we have in San Francisco for the foreseeable future."

A Reminder Regarding the Limited Safety Factor of Your Phone's SAR Value

I want to take this opportunity to remind you that although knowing your phone's SAR value is a good first step, it is by no means an absolute measure of safety.

[The SAR value](#) is simply a measure of the power of your cell phone and its potential for heating your tissues. Values vary from one model to the next, starting around 0.2 watts, but the maximum allowable SAR rate is 1.6 watts per kilogram for phones sold in the US. This guideline is based on the exposure from a *six minute* phone call.

However, as Camilla Rees, founder of [ElectromagneticHealth.org](#) explains:

"The cell phone SAR value does not accurately reflect the potential for biological harm from the frequencies of the communication, and, very importantly, there are also some biological effects that have been shown to be worse at lower SAR values compared to higher SAR values, such as blood brain barrier permeability."

It's important to realize that you simply cannot rely on the SAR value alone, but rather that safety is dependent on **how you use** your cell phone. That is why the [San Francisco legislation](#) ALSO requires education about cell phone risks at the point-of-sale.

Educational materials must "inform customers of actions that can be taken by cell phone users to minimize exposure to radiation, such as turning off cell phones

when not in use, using a headset or speaker phone and texting.” (Lines 15-17 of the final legislation)

The most dangerous manner of use is to place the phone against your head.

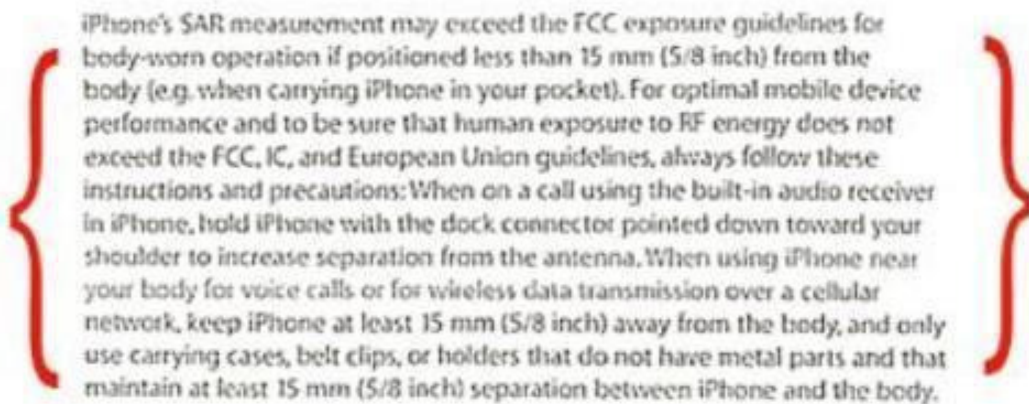
The best way to decrease your exposure to radiation is to use either the speaker phone or a safe headset when speaking on the phone, and to keep your phone as far away from your body as possible whenever it is on. You should never carry your phone in your shirt pocket or on your belt, for example.

“Many people do not realize that cell phone manuals themselves, in the small print, say you should not place the phone against your head, but keep it approximately ½” to 1” away from your head,” Rees says.

“This important message is still not getting across to people with all the focus on the SAR value.”

Several cell phone manuals are posted at [the Environmental Health Trust](#) where you can read the fine print.

The Motorola manual listed there, for example, says, “Keep the mobile device and its antenna at least 2.5 centimeters (1 inch) from your body when transmitting.”The iPhone manual is calling for a distance of at least 15mm (5/8”). See excerpt below:



iPhone's SAR measurement may exceed the FCC exposure guidelines for body-worn operation if positioned less than 15 mm (5/8 inch) from the body (e.g. when carrying iPhone in your pocket). For optimal mobile device performance and to be sure that human exposure to RF energy does not exceed the FCC, IC, and European Union guidelines, always follow these instructions and precautions: When on a call using the built-in audio receiver in iPhone, hold iPhone with the dock connector pointed down toward your shoulder to increase separation from the antenna. When using iPhone near your body for voice calls or for wireless data transmission over a cellular network, keep iPhone at least 15 mm (5/8 inch) away from the body, and only use carrying cases, belt clips, or holders that do not have metal parts and that maintain at least 15 mm (5/8 inch) separation between iPhone and the body.

Source: EnvironmentalHealthTrust.org

In addition, the amount of time you spend talking on your cell phone will influence your level of “safety,” far more so than the SAR value of your phone.

Green IT is Becoming a Necessity

But perhaps what the wireless industry is really worried about is that they, too, see the trend toward increased concern about the safety of wireless gadgets in general. Even more worrisome, I'm sure, is the future potential for stringent safety regulations across the board on all transmitting technologies.

That would surely impact their bottom line far more than one brand of phone being perceived as safer over another due to the phones being labeled with SAR ratings.

And that day may be coming. On June 30, 2010, weeks after the San Francisco cell phone legislation, Congressman Dennis [Kucinich \(D-OH\)](#) [announced a new bill](#) calling for a national research program on cell phones and health.

He is also calling for radiation warnings on cell phones, similar to San Francisco, and an update of decades old safety guidelines for microwave radiation, the form of radiation emitted by cell phones.

The United States once had the finest bioelectromagnetics lab in the world in its Environmental Protection Agency, but its research and monitoring activities were shuttered prior to the Telecommunications Act of 1996 and many studies conducted there have still not seen the light of day.

A major national research program would seem in order, given there are 285 million cell phone users in the United States today and wireless technologies are proliferating in our homes, offices and schools.

I also recently commented on the moratorium on the installation of wireless utility SmartMeters, and Greenbiz confirmed that “there’s a movement afoot that is questioning the safety of smart meters for their radiation emissions.”

While the San Francisco moratorium was intended to address faulty utility meters and resulting higher utility costs for consumers, there is no question health concerns about the new radiation-emitting meters are on the minds of many, with health advocates actively fighting Smart Meter installations in Marin and Sonoma counties.

And in Boulder, CO, intended to become the first “Smart Grid City”, real questions are being asked by citizens about the city’s energy future. In a recent [interview on KGNU \(88.5 FM, 1390 AM\)](#), Camilla Rees of ElectromagneticHealth.org, along with B. Blake Levitt and Duncan Campbell, Esq., addressed the need for more economical, health-promoting and socially responsible alternatives to Smart Grids.

I believe we’ll start seeing and hearing more about these issues as time goes on. Because just as the tobacco industry was able to keep consumers in the dark for decades after medical science had determined cigarettes caused cancer, the wireless and utility industries are playing the same deceptive game, ignoring the science showing that radiofrequencies do cause serious harm.

Greenbiz writes:

“It’s certainly a conceptual stretch at this point, if concerns about radiation from electronics takes root, I could envision a concerned citizen measuring the levels

in your average data center and raising red flags about impacts on IT workers and employees in tech-heavy buildings.”

In my opinion this is not a conceptual stretch at all. And indeed, we *must* raise red flags about the health impacts on IT workers and employees in tech-heavy buildings. We must also start paying attention to the health impact this technology has on private citizens living in radiation-soaked environments and children going to school near cell phone towers, for example.

I believe “green IT” is something we need to strive towards, not fight against, if we are to save ourselves from needless pain and suffering and potentially premature death.

Of note is a very important study by epidemiologist Sam Milham, MD, *“Historical evidence that electrification caused the 20th century epidemic of ‘diseases of civilization’*”, published in *Medical Hypotheses* last August.

Analyzing health demographic data going back to the early part of the 20th century, Dr. Milham shows that populations without electrification experienced less disease than in urban areas with electrification, and that rural death rates correlated with levels of electrical service for most causes examined. Conditions linked to electrification included cardiovascular disease, cancer, diabetes and suicide.

Camilla Rees of ElectromagneticHealth.org says,

“Dr. Milham’s work suggests society may have overlooked one of the most important underlying root causes of illness.

The health sector’s focus on lifestyle, chemical pollutants, genetics and the like, may have missed the role of every day electromagnetic fields from electrification.

It is now clear we must assess all sources of electromagnetic radiation in our midst, not just wireless communication technologies, but also electric and magnetic fields, and high frequency transients on electrical wiring, known as “dirty electricity”.

Milham says,

“The explosive recent increase in radio-frequency radiation and high frequency transients sources, from cell phones and towers, terrestrial antennas, Wi-Fi and Wi-Max telecommunication systems, broadband internet over power lines, and personal electronic equipment may be leading to a new 21st Century epidemic much like the 20th Century electromagnetic field epidemic.”

Dr. Milham will be coming out soon with a major contribution to our understanding of this subject in a book, “Dirty Electricity”.

According to Rees,

"High electronics environments, and electrical circuits connected to Compact Fluorescent Bulbs, all contribute to increasing levels of dirty electricity in our midst, and [dirty electricity has been linked to cancer](#).

It is important we learn about ways to minimize dirty electricity by using capacitors or filters that neutralize this phenomenon.

Even solar panels create dirty electricity, but most people in the green building industry are focused on energy efficiency for the consumer, not on ways to address the health impacts of these new technologies."

Yes, the green building movement has made wonderful strides toward creating more energy efficient environments, but we also need green buildings, green electronics, green IT and new energy technologies to focus on the health consequences of these technologies, not just on energy efficiency.

Rees says,

"Health consciousness in the green sectors is not happening fast enough. I believe the answer will be found in people learning for themselves how to use meters and figuring out what electromagnetic fields are in their environment, and then educating others.

Unfortunately, knowledgeable local resources are scarce, doctors are not trained in EMF assessment and there is no Big Brother helping at this point. Shortly Stan Hartman and I will commence the '[EMF Help Blog](#)' at the [Campaign for Radiation Free Schools Facebook group](#), () teaching people how to work with meters to assess electromagnetic fields, such as electric, magnetic, radiofrequency, microwave and dirty electricity.

It's urgent we bring EMF assessment know-how into homes, schools, communities and most certainly into places of employment, as from my own assessments the exposures people are receiving now are of extreme concern."

People living in most cities and suburbs are literally bathed in a variety of electromagnetic fields, microwave radiation and dirty electricity 24/7. If we refuse to address the potential hazards of this way of life, we may end up with a currently inconceivable health catastrophe on a worldwide scale.

For information on how to protect yourself and your family from excessive exposures to microwave radiation from wireless technologies, please [review this previous article](#).

You can also find microwave, dirty electricity and electric and magnetic field remediation resources at www.emfsafetystore.com.

Related Links:

- » [City Passes First Cell Phone Radiation Law](#)
- » [Red Alert: Insider Study on Cell Phone Safety Seriously Flawed...](#)
- » [New EMF Dangers -- Type 3 Diabetes and Heart Disease](#)

Red Alert: Insider Study on Cell Phone Safety Seriously Flawed...

Posted by: [Dr. Mercola](#) | June 10 2010 | 25,513 views

The Interphone Study Group did finally acknowledge the increased risk of brain cancer among long-term, heavy users of cell phones. However, the International EMF Collaborative argues that the study still seriously underestimated the brain cancer risk.

They found 11 key design flaws -- for example, individuals using cordless phones but not cell phones were considered 'unexposed' for purposes of the Interphone analysis, though exposed to the same radiation.

According to Electromagnetic Health, other issues with the Interphone study include:

Results were only provided for brain cancers (gliomas) and meningiomas, but not tumors within the 20 percent of the brain's volume irradiated by cell phones

Risk was not broken down by gender, which may have obfuscated even higher risk of meningiomas in women

The 5-year old results are woefully inadequate as a gauge of risk today, as adults and children now speak on cell phones many hours a day compared to only 2 to 2 ½ hours a month at that time

Eileen O'Connor, Director of the Radiation Research Trust and member of the International EMF Collaborative, says:

"Four billion people own mobile phones worldwide, many of those users are children. Responsible governments must advocate for public transparency of risks so that an informed public may have more options to exercise precaution".

[Interphone Study Design Flaws](#) from [ElectromagneticHealth.Org](#) on [Vimeo](#).

Sources:

» [Electromagnetic Health](#)

Dr. Mercola's Comments:

Last month, the long awaited results of the Interphone study were finally released -- years too late to mean much to anybody and with more holes in the study design than Swiss cheese.

Nevertheless, the results ignited a lightening storm of media headlines, many claiming, falsely, that the study found no link, or unclear evidence, linking cell phones to brain cancer.

In reality, the Interphone study, which cost more than \$30 million (part of which was funded by the mobile phone industry) to carry out and was intended to be the final word about cell phone risks or safety, has [turned out to be an expensive failure](#), with researchers saying no clear link was found between cell phones and cancer ... then admitting they're really not sure that's actually the case.

Christopher Wild, director of the World Health Organization's International Agency for Research on Cancer (IARC), told [Reuters](#):

"The results really don't allow us to conclude that there is any risk associated with mobile phone use, but... it is also premature to say that there is no risk associated with it."

Ah. Now there's \$30 million well spent.

What is most disturbing about the report, though, is that when you look at Interphone's results in light of its design flaws, they paint a very dreary, and dangerous, picture for the future of cell phone users.

What Did Interphone Prove About Cell Phone Use?

While certain media outlets continue to claim that regular cell phone use is unlikely to cause brain cancer, you should know that Interphone found "heavy users" of cell phones were found to have an approximately *doubled* risk of glioma, a life threatening and often-fatal brain tumor, after 10 years of cell phone use.

What was the definition of a heavy user?

About two hours ... a month!

When this study was conducted (1999-2004), cell phone use had not yet exploded to the extent it has today. Now, the results are clearly outdated, because in the decade that's passed since the study was begun, cell phone use has grown exponentially and it is not at all unusual for people to use a cell phone for two hours or more a day!

What this means is that if you use your cell phone for two hours a month or more, you may be doubling your risk of a potentially fatal brain tumor. Use your cell phone significantly more than that, and your risk is likely much, much higher.

As Camilla Rees, founder of ElectromagneticHealth.org, wrote:

"An extremely light user today might use the cell phone for two hours a month (a 'heavy user' at the time of the Interphone study), while many others use the cell phone for much of the day, making risk of brain tumor potentially far, far greater, and also of enormous unknown risk to children."

The Interphone Study is VERY Seriously Flawed

A team of international EMF activists -- the International EMF Collaborative -- released a report detailing 11 serious design flaws of the Interphone study, highlighting what they call a 'systemic-skew' that greatly underestimated brain tumor risk. Among them:

1. Categorizing subjects who used portable phones (which emit the same microwave radiation as cell phones) as 'unexposed'
2. Excluding many types of brain tumors
3. Excluding people who had died, or were too ill to be interviewed as a consequence of their brain tumor
4. Excluding children and young adults, who are more vulnerable to the effects of radiation and who now use cell phones heavily

The Interphone study also has data on two other tumor types, acoustic neuromas and salivary gland tumors, which have been associated with cell phone use in the past. But the information was not included in the recently published results.

You can read the full report, "[Cellphones and Brain Tumors: 15 Reasons for Concern, Science, Spin and the Truth Behind Interphone](#)," [here](#). After closely reviewing the facts and the flaws of Interphone, the report concluded:

There is a risk of brain tumors from cell phone use
Telecom-funded studies underestimate the risk of brain tumors
Children have larger risks than adults for brain tumors

As Lloyd Morgan, lead author of the report and member of the Bioelectromagnetics Society says:

"Exposure to cell phone radiation is the largest human health experiment ever undertaken, without informed consent, and has some 4 billion participants enrolled.

Science has shown increased risk of brain tumors from use of cell phones, as well as increased risk of eye cancer, salivary gland tumors, testicular cancer, non-Hodgkin's lymphoma and leukemia.

The public must be informed."

The President's Cancer Panel is Also Concerned about Cell Phones

In a 240-page report devoted to [how to reduce environmental cancer risks](#), the President's Cancer Panel clearly notes wireless technology as a formidable force in the fight against environmental cancers.

The report states:

"The use of cell phones and other wireless technology is of great concern, particularly since these devices are being used regularly by ever larger and younger segments of the population..

... the research on cancer and other disease risk among long-term and heavy users of contemporary wireless devices is extremely limited. Similarly, current and potential harms from extremely low frequency radiation are unclear and require further study."

The panel members consulted with close to 50 medical experts in writing this report, and clearly they have recognized that one of the main challenges in proving the link between cell phones and cancer is that they have only recently infiltrated the market.

The panel writes:

"It is not known exactly what percentage of all cancers either are initiated or promoted by an environmental trigger ... Some exposures to an environmental hazard occur as a single acute episode, but most often, individual or multiple harmful exposures take place over a period of weeks, months, years, or a lifetime."

And that's exactly what's happening with cell phones and brain cancer.

It's Still Too Soon for Most Cell Phone-Induced Brain Tumors to Show Up

The induction period for brain tumors can be at least 30 years. Cell phones have only been widely used for a decade or so, and usage is only increasing. What this means is that the real effects of regular cell phone usage will not begin to show up for another 10 or more years, but by then it will be too late.

The President's Cancer Panel, realizing this, has urged the usage of the precautionary principle, stating that "when an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically."

In the case of cell phones and wireless technologies, there is more than credible evidence that a hazard exists, and immediate steps should be taken to prevent further exposure. Without them, we will almost certainly be headed for a [brain cancer epidemic](#) the likes of which the world has never seen.

Please Protect Yourself, and Your Family, Starting Today

Remember, just like smoking and lung cancer, there are rarely any initial symptoms from using a cell phone, but by the time the symptoms show up, it could be too late. Are you really willing to risk the chance of developing brain cancer just for the convenience of using a cell phone?

We've survived for generations without them before, and we can do it again now. At the very least, you can minimize your exposure and your risk level by:

Children Should Never Use Cell Phones: Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults, because of their thinner skull bones and other factors.

Reduce Your Cell Phone Use: Turn your cell phone off more often. Reserve it for emergencies or important matters.

Use a Land Line at Home and at Work: Although more and more people are switching to using cell phones as their exclusive phone contact, it is a dangerous trend and you can choose to opt out of the madness.

Reduce or Eliminate Your Use of Other Wireless Devices: You would be wise to cut down your use of these devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time. Even portable home phones, including the older kind that operate at 900 MHz, can be a problem.

The lesson from the field is that all DECT portable phones are a problem. If you do not know if you have a DECT phone (as many are not labeled as such), the **ONLY** way to know for sure is to measure. You can learn about measuring instrumentation at www.emfsafetystore.com.

For "hands free" calls at home, I recommend getting the old-fashioned speakerphone (either attached to the phone or separate) or using SKYPE on your computer on speaker mode, which is terrific.

Use Your Cell Phone Only Where Reception is Good: The weaker the reception, the more power your phone must use to transmit, and the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body.

Ideally, you should only use your phone with full bars and good reception. Also seek to avoid carrying your phone on your body as that merely maximizes any potential exposure. Ideally put it in your purse or carrying bag.

Turn Your Cell Phone Off When Not in Use: As long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call.

Keep Your Cell Phone Away From Your Body When it is On: The most dangerous place to be, in terms of radiation exposure, is near the emitting antenna. You do not want any part of your body near this area and proximity is everything. The closer the phone is to your body, the worse the exposure -- with the exposure falling off dramatically with distance. Thus, using the speaker mode, the farther you can keep the phone away from your body and still hear the call, the better.

Use Safer Headset Technology: Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded -- and most of them are not -- the wire itself acts as an antenna attracting ambient radio waves and transmitting radiation directly to your brain and your body, for example over your heart.

Make sure that the wire used to transmit the signal to your ear is shielded.

The best kind of headset to use is a combination shielded wire and air-tube headset. These operate like a stethoscope, transmitting the information to your head as an actual sound wave; although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

As always, you can stay abreast of the latest cell phone and electromagnetic field news and research at EMF.Mercola.com.

<http://www.emfsolutions.ca/tips.php>

Related Links:

- » [Breaking News! What Did This 10-Year, 13-Nation Study Discover About Brain Cancer and Cell Phones?](#)
- » [Shocking U.S. Senate Hearing Confirms Dangers of Cell Phones](#)
- » [What is the Real Cancer Threat from Cell Phones?](#)

Shocking U.S. Senate Hearing Confirms Dangers of Cell Phones

Posted by: [Dr. Mercola](#) | January 21 2010 | 95,919 views

Witnesses before a Senate Committee testified about research into cell phone use and its potential impact on human health, as well as the potential side effects such as brain and salivary gland tumors.

In 2008, cell phones were identified as a contributor to salivary gland tumors. Dr. Siegal Sadetzki, who testified in September 2009 at the U.S. Senate Hearing, is the principle investigator of the study that made this finding.

The report states that your risk of getting a parotid tumor on the same side of your head that you use for listening to the mobile phone increases by:

34 percent if you are a regular cell phone user and have used a mobile phone for 5 years.

58 percent if you had more than about 5,500 calls in your lifetime.

49 percent if you have spoken on the phone for more than 266.3 hours during your lifetime.

The second video above by Electromagnetichealth.org, filmed at Columbia University Law School at a presentation on Wireless Hazards, explains how wireless radiation creates cognitive problems, damages DNA, diminishes fertility, causes disorientation and navigation difficulties for birds, bees and other wildlife, and may contribute to Bee Colony Collapse, which, if not reversed, will jeopardize the future of life on earth.

Sources:

» [Dr. Magda Havas, PhD December 30, 2009](#)

Dr. Mercola's Comments:

About 4 billion people are now using cell phones around the world, despite the fact that their safety is being increasingly called into question. In fact, there are no safety standards for testing cell phones before they are released to the market.

Meanwhile, government agencies, similar to their stance on tobacco before the evidence became overwhelming, have essentially ignored all the danger warnings.

Just like smoking tobacco, they fail to realize that it can take anywhere from 10 to 30 years for brain tumors to develop from cell phone exposure, so we are just now beginning to see some of the tragic effects of heavy cell phone use. The truth is, we are on the verge of a [brain cancer epidemic](#). It could grow to 500,000

cases worldwide in 2010, and there may be over a million cases in the U.S. alone by 2015.

Sadly, children and teens are at an even higher risk, as their thinner skull bones allow for greater penetration of cell phone radiation. The radiation can enter all the way into their midbrain, where tumors are more deadly. In addition, children's cells reproduce more quickly, so they're more susceptible to aggressive cell growth. Their immune systems are also not as well developed as adults. Lastly, children face a far greater lifetime exposure.

Professor Lennart Hardell of Sweden has found that those who begin using cell phones heavily as teenagers have [4 to 5 times more brain cancer as young adults!](#)

Increasing evidence is pouring in that cell phones are not only a risk factor for brain tumors, but also salivary gland tumors, [eye damage](#), [Alzheimer's disease](#) and more.

Your Safety is Now Riding on a Severely Flawed \$30-Million Cell Phone Study

You may be wondering why, if there is so much data showing the risks of cell phone use, no warnings are being made. First, the telecommunication industry is even BIGGER than drug industry, and they have far more influence in Washington.

This is compounded by the fact that a large percentage of retirement funds from several powerful lobbying organizations are invested in telecommunications.

Second, institutions like the World Health Organization (WHO) and the European Commission have cautioned that conclusions about possible cancer risks from cell phones cannot be drawn until the INTERPHONE study is published.

The INTERPHONE Project -- a massive 13-country epidemiological study of tumors among users of mobile phones -- is already lagging years behind its scheduled completion date.

Part of the delay in putting together the final report now appears to be internal strife, as scientists are reported to differ in their interpretation of the results.

The GSM Association, a global trade organization of mobile operators, and the forum, which includes Nokia and about a dozen other manufacturers, contributed more than \$3.5 million to the \$30-plus million project. The European Commission also helped fund it with contributions passed through the International Union Against Cancer in an effort to create a barrier between the mobile phone industry and the scientists.

Further, a team of international EMF activists -- the International EMF Collaborative -- has released a report detailing 11 serious design flaws of the INTERPHONE study. They say a 'systemic-skew' in the study is greatly underestimating brain tumor risk, and they pointed out the following flaws, among others:

- Categorizing subjects who used portable phones (which emit the same microwave radiation as cell phones) as 'unexposed'
- Excluding many types of brain tumors
- Excluding people who had died, or were too ill to be interviewed as a consequence of their brain tumor
- Excluding children and young adults, who are more vulnerable

You can read the full report [Cellphones and Brain Tumors: 15 Reasons for Concern, Science, Spin and the Truth Behind Interphone](#) here.

If the wrong conclusions are drawn from the Interphone studies, the resulting lack of public warnings could have disastrous consequences for the generations to come. And this is why I urge you to take action NOW. Do not wait for the results of more studies to come in or for the final conclusions of this meta-analysis, and please do not be swayed by [cell phone safety spin](#).

As Lloyd Morgan, lead author of the report and member of the Bioelectromagnetics Society says:

"Exposure to cell phone radiation is the largest human health experiment ever undertaken, without informed consent, and has some 4 billion participants enrolled.

Science has shown increased risk of brain tumors from use of cell phones, as well as increased risk of eye cancer, salivary gland tumors, testicular cancer, non-Hodgkin's lymphoma and leukemia.

The public must be informed."

Are There "Safe" Cell Phones on the Market?

As the dangers of cell phones slowly trickle out to the mainstream media, there have been some reports of "[safer" cell phones](#), and the Environmental Working Group (EWG) even released a new database for consumers ranking over 1,000 cell phones by the Specific Absorption Rate, known as the SAR value.

The SAR value is a measure of the power of the cell phone and its potential for heating tissues.

Within days of the EWG launching the new SAR value database, almost 500,000 people had accessed the database, indicating very encouraging new interest by consumers in cell phone safety.

But simply choosing a phone with a lower SAR value does not at all mean the phone is safe. Camilla Rees, founder of www.Electromagnetichealth.org and co-author with Magda Havas, PhD of “Public Health SOS: The Shadow Side of the Wireless Revolution,” explains:

“It is important consumers realize that the SAR value, while providing information for comparison purposes between phones, is very limited in its usefulness as a measure of ‘safety.’ We are greatly concerned that people may be turning to the EWG database in droves not understanding just how limited a measure the SAR value is.”

Why is the SAR value not an accurate measure of safety?

1. The SAR value is only comparing the isolated heating effect of different phones and does not give an indication that a cell phone is ‘safe.’
2. The power, or heating effect, of the phone is only one of many possible factors impacting cell phone ‘safety.’ Exposures to the radiation from the cell phone at non-heating levels have been linked to many serious biological effects, and the SAR value is not capturing anything about these harmful non-thermal exposures.
3. SAR values are reported to the FCC by the manufacturer and have been known to vary from the reported number by a factor of two across models of the same phone.
4. The SAR value varies with the source of exposure and the person using the phone. For example, if you are in a rural area or in an elevator or a car, where the cell phone uses more power, your brain will get a greater exposure from the higher power required in these instances. Under certain conditions, the SAR value can be 10-100 times higher than reported.
5. Holding the phone in a slightly different way can actually render the worst SAR value phone better than the best SAR value phone.
6. SAR values have been created based on simulations of exposure in a plexiglass head filled with fluid, not a human head, and many scientists consider them to be inaccurate and irrelevant at determining actual biological effects.

One of the worst deficiencies of the SAR value is that it only considers the thermal impact of cell phone usage, and it is very likely that the [non-thermal effects of chronic cell phone exposure are more biologically damaging](#).

As Rees points out, and I wholeheartedly agree:

“Physical distance of the phone from your brain, and less usage of the cell phone overall, more so than simply choosing a phone with a lower SAR value, is probably a far better insurance policy.”

I would also add to Rees’ statement -- do not use a cell phone within an enclosed area, such as a car, train or plane, or within three feet of small children.

Remember, the damage from cell phone exposure can take many years to surface. There are rarely any initial symptoms, just like smoking and lung cancer. Are you really willing to risk the chance of developing brain cancer because you don't want to sacrifice the minor inconvenience of using your cell's speaker phone, or using a safe headset?

This should be of particular concern if you have children, since, just like smoking, WI-FI does not discriminate between user and bystander.

I have written more in-depth about how to reduce your cell phone risks before, and as a refresher, I strongly urge you to [review some of that information now](#).

As Cell Phone Use Increases, So do Cell Phone Towers

The good news is that you can [take steps immediately to reduce your radiation exposure](#) from your own cell phone use.

Unfortunately, WI-FI is all around us, including in the form of cell phone towers that are now being [placed on churches and even schools](#).

Municipalities can receive upwards of \$1 million a year for allowing these antennas to be placed on water towers or near schools, often at the expense of residents' health.

In Bayville, Long Island, for instance, it's estimated that as many as 30 percent of teachers, staff and employees at a local school that is across the street from a water tower covered with cell phone antennas are [suffering from illnesses such as cancer and leukemia](#).

Overall, it's been estimated that living near a cell phone tower may lead to cancer rates that are up to [10 times higher than the national average](#)!

These structures have also been found to [interfere with bees' ability to return to their hives](#), leading to a concerning disappearance of honeybees throughout the world, and [causing the death of migratory birds](#).

So if the research alone isn't enough to motivate you to think twice before holding your cell phone up to your ear, then perhaps these "canaries in the coalmine" will be. The increasing rates of brain tumors and cell-phone-linked diseases, along with the not-so-subtle interferences with nature that these cell phone antennas are already causing, are signs that the very fragile ecosystem we all depend on to survive is not quite balanced.

If you want to learn more about the major deceptions going on right now in regard to your cell phone's real impact on your health, check out [Cellular Telephone Russian Roulette](#), by Robert Kane. It's a great resource for those of you who are interested in learning the truth.

And, please stay tuned to the newsletter as we cover the latest developments in the cell phone saga. Later this spring, for instance, a report will be issued laying out scientists' understanding of biological disruption from cell phones in great detail for world governments to review.

I hope the U.S. government will study this and the Bioinitiative Report carefully, appreciate the known links to many diseases, and modify the wireless components of the National Broadband Plan so Internet connections are hard-wired for our safety.

Related Links:

- » [Scientists Believe Your Cell Phone Is a Death Trap](#)
- » [Warning! This Cell Phone Safety 'Spin' Could Make You Dizzy](#)
- » [Top 'Safe' Cell Phones That Aren't Safe](#)
<http://www.emfsolutions.ca/tips.php>

Do You Know the Real Reason Cell Phone Use is Banned on Airlines?

Posted by: [Dr. Mercola](#) | January 12 2010 | 107,599 views

<http://emf.mercola.com/sites/emf/archive/2010/01/12/real-reason-cell-phone-use-is-banned-on-airlines.aspx>

Airline passengers who sneak in cell phone calls, play with gaming devices or listen to their mp3 players during takeoff or landing probably won't cause a plane crash, but they may risk a confrontation with flight attendants.

Researchers and aircraft companies have found almost no direct evidence of cell phones or other electronic devices interfering with aircraft systems.

The ban on wireless devices has a lot more to do with possible interference for ground networks, rather than any danger posed to aircraft systems.

The Federal Communications Commission (FCC) banned in-flight use of most cell phones and wireless devices in 1991, citing the reason of ground network interference. Some airlines allow passengers to use cell phones in "airplane mode," which shuts off phone transmissions.

Sources:

- » [Live Science December 21, 2009](#)

Dr. Mercola's Comments:

While, in theory, using a cell phone or other wireless device *could* interfere with the functions of an airliner, it's not likely. Communication systems onboard planes have been shielded from electromagnetic interference since the 1960s.

The real reason why you can't use your cell phone on a plane has much more to do with their impact on cell phone towers. If you're flying at 35,000 feet, your cell phone's signals could reach hundreds of towers at once, and cell phone companies are not set up to handle this type of roaming agreement.

That said, if you're a frequent flyer you should be counting your lucky stars that cell phone use is currently prohibited on flights -- and not because you don't have to suffer through other passengers' loud personal calls, either!

A Flying Microwave Oven

An airplane is essentially a metal cylinder and is nearly an ideal structure to bounce around dangerous EMF radiation from any device that emits those signals inside the plane. Microwave exposure from cell phones and even Wi-Fi inside a plane is magnified by reflections from the metal body of the aircraft.

Airliners are worse than cars in this sense because there's much less glass area relative to reflective metal. When you use a cordless phone or cell phone while standing near a metal door or refrigerator you also increase your exposure because of this reflective effect.

This holds true not only for planes and cars, but also buses, trains, elevators and any other moving vehicles, with the worst being perhaps a windowless van.

For the same reason, cell phone use should be banned at all times on commercial aircraft. Ideally, no one should be allowed to use their cell phones or laptop Wi-Fi inside a plane, even before takeoff, after landing or while sitting on the tarmac.

What Makes Cell Phones So Dangerous?

Cell phones, like all wireless communication devices, use radio (high frequency microwave) waves to transmit digital data, and the dangers of exposure were known as early as the 1950s in military applications. The hazards of radar, used in WWII, have been widely known in professional circles since the 1960s. Yet few have been willing to focus on the evidence, and the cellular industry has followed in the footsteps of the tobacco industry, vehemently denying any risks.

It's worth remembering that the telecommunication industry is even BIGGER than Big Pharma, and they have far more influence than the drug companies.

My belief is that this exponential increase in this type of radiation exposure is far more serious a threat than tobacco ever was.

To get a better understanding of the physics and biological impact of information-carrying radio waves and the electromagnetic fields emitted from your cell phone, please review the article, "[If Mobile Phones Were a Type of Food, They Simply Would Not be Licensed.](#)"

The first major indication that cell phones might be a health hazard came out of a massive, \$25-million research project funded by the Cellular Telephone Industry Association (CTIA). To the industry's surprise and dismay, the results of the study came to the opposite conclusion from the one they were hoping for.

The study's results included findings of:

- A nearly 300 percent increase in the incidence of genetic damage when human blood cells were exposed to radiation in the cellular frequency band
- A significant increase in cell phone users' risk of brain tumors at the brain's outer edge, on whichever side the cell phone was held most often
- A 60 percent greater chance of acoustic neuromas, a tumor affecting the nerve that controls hearing, among people who had used cell phones for six years or more
- A higher rate of brain cancer deaths among handheld mobile phone users than among car phone users (car phones are mounted on the dashboard rather than held next to your head and the antenna was typically outside of the car)

In addition to the widespread concern about brain cancer, scientists have found that digital radio waves transmitted by cell phones and other wireless devices can:

- Harm your blood cells and cause cellular changes
- [Damage your DNA](#)
- Possibly accelerate and contribute to onset of autism, and there are theories that it may be a trigger for Alzheimer's disease because of the cellular decalcification effect.
- Damage your eyes
- Cause sleep disruptions, fatigue and headaches
- Change the exchange of nutrients and toxins across the cell membrane

And in all cases, the young are much more vulnerable to these risks than adults because of their thinner skulls, smaller heads, and still-developing brains and nervous systems. Their thinner skull bones allow for greater penetration of radiation. The radiation can enter all the way into the midbrain, where tumors are more deadly.

In addition, children's cells reproduce more quickly, so they're more susceptible

to aggressive cell growth. Their immune systems are also not as well developed as adults. Lastly, children face a far greater lifetime exposure. Not only should children not use cell phones, but adults should not use them (or Wi-Fi) around children -- especially in light of the fact that brain cancer has now overtaken leukemia as the number one cancer killer of children.

The Top Cell Phone Safety Tips You Should Know

Cell phones have become an integral part of life and business for many of you reading this. So if you are not yet at the point where you want to give up your cell phone entirely, then please at least take note of the precautions you can take to help reduce the serious risks to you and your family.

- **Children Should Never Use Cell Phones:** Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults for reasons stated above.
- **Reduce Your Cell Phone Use:** Turn your cell phone off more often. Reserve it for emergencies or important matters.
- **Use A Land Line At Home And At Work:** Although more and more people are switching to using cell phones as their exclusive phone contact, it is a dangerous trend and you can choose to opt out of the madness.
- **Reduce or Eliminate Your Use of Other Wireless Devices:** You would be wise to cut down your use of these devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time.

It's important to realize that portable phones are also highly problematic. Recent research has linked portable house phones to an increased heart rate in people who are [electromagnetically sensitive](#).

In some individuals, portable phone exposure almost doubled their heart rate in double-blind tests. This groundbreaking research has been accepted for publication and is expected to come out this spring, along with a large number of other studies focusing on the mechanisms of action to explain the biological damage we see from this type of radiation.

If you must use a portable home phone, consider using very early non-DECT version. Unfortunately, due to the lack of labeling, the only way to know for sure whether the type of phone you have is safe is to measure the amount of radiation emitted. The Web site www.emfsafetystore.com offers a helpful summary of the [various meters recommended](#).

- **Use Your Cell Phone Only Where Reception is Good:** The weaker the reception, the more power your phone must use to transmit. And the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body. Ideally, you should only use your phone with full bars and good reception.

- **Turn Your Cell Phone Off When Not in Use:** As long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call.
- **Keep Your Cell Phone Away From Your Body When it is On:** The most dangerous place to be, in terms of radiation exposure, is within about six inches of the emitting antenna. You do not want any part of your body within that area.

It's worth noting that your cell phone manual will actually tell you the minimum safety range of operation for your phone, even when not in use. For example, the iPhone states the phone must be at least 5/8 inch away from your body or ear for "safe operation." Almost all of them state that the cell phone "should NOT be worn or carried on the body."

- **Use Safer Headset Technology:** Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded -- and most of them are not -- the wire itself acts as an antenna attracting ambient radiation and transmitting radiation, not only directly to your brain, but also all along your torso.

The best kind of headset to use is a combination shielded wire and air-tube headset. Although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

- **Use a Shielded Case:** There are [several anti-radiation cases on the market](#), but you could also purchase a certain kind of EMF-shielding fabric, available at www.emfsafetystore.com. Making a pouch from this fabric to put inside your regular case can help shield over 99 percent of the radiation emitted if you cover the entire phone and antenna. Another thing some people do is sew a lining in their pockets with this fabric.

If you wrap most of the phone but leave the antenna out, you'd still achieve some reduction in radiation, but it would not be nearly as effective as wrapping up the entire phone. This is one approach to reduce unnecessary radiation exposure if you simply must carry the phone turned 'on' on your body.

Note, however, many phones today do not have an external antenna and it is not always obvious where the antenna is located in the phone. In this case, you would want to put the whole phone in a pouch made of the shielding fabric unless you are comfortable using an RF meter and can figure out where the antenna is located by experimentation.

Best advice, as I said before, is to keep the phone away from your body. Get in the habit of carrying your phone in a purse, bag or backpack instead.

Related Links:

- » [Why Can't You Use Your Cell Phone on a Plane?](#)
- » [A Cell Phone on Your Hip Weakens Your Bones](#)
- » [Scientists Believe Your Cell Phone Is a Death Trap](#)

A Cell Phone on Your Hip Weakens Your Bones



Posted By [Dr. Mercola](#) | November 19 2009 | 61,199 views

Research suggests that wearing a cell phone on your hip may weaken an area of your pelvis. Using an X-ray technique used in the diagnosis and monitoring of patients with osteoporosis, researchers measured pelvic bone density in 150 men who regularly carried their cell phones attached to their belts.

The men carried their phones for an average of 15 hours each day; they had used cell phones for an average of six years.

The researchers found that bone mineral density was lowered on the side of the pelvis where the mobile phones were carried. The findings raise the possibility that bone density could be adversely affected by electromagnetic fields emitted by cell phones.

Sources:

- » [WebMD October 27, 2009](#)
- » [Journal of Craniofacial Surgery September 2009;20\(5\):1556-60](#)

Dr. Mercola's Comments

When you clip a cell phone to your belt, keeping it conveniently close by, it likely never crosses your mind that this could be harming your bones. Or, worse yet, affect your fertility -- particularly if you're a man.

Previous studies have found that cell phone radiation affects men's sperm count, and the quality and motility of their sperm, and this may be a far greater issue than its effect on bone density. Men in particular tend to carry their cell phones on their belts, in close proximity of their reproductive organs. One such study, published in [PLoS ONE](#), found that:

"RF-EMR in both the power density and frequency range of mobile phones enhances mitochondrial reactive oxygen species generation by human spermatozoa, decreasing the motility and vitality of these cells while stimulating DNA base adduct formation and, ultimately DNA fragmentation. These findings have clear implications for the safety of extensive mobile phone use by males of reproductive age, potentially affecting both their fertility and the health and wellbeing of their offspring."

In addition, you have a number of other sensitive organs in that general area, including liver, kidneys, colon and bladder -- all of which are susceptible to radiation.

This latest [study](#) published in the Journal of Craniofacial Surgery, found that after carrying a cell phone on their hip for an average of 15 hours a day over the course of about six years, male subjects' bone mineral density was slightly lower on the side of the pelvis where they carried their phones.

The researchers found the reduction in bone density was not yet statistically significant, but I say "not yet" because the men in the study were young -- their average age was 32. And this is only for bone density! There was no measurement of the important intercellular disruptions that are impaired by wearing a cell phone on your belt.

So what would happen if they carried their cell phone on their hip for another 10, 20 or 30 years?

I certainly wouldn't want to be the guinea pig who finds out.

It's important to realize that as long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call. So wearing a cell phone on your hip for 15 hours a day is giving your body nearly continuous radiation exposure.

That electromagnetic fields emitted by cell phones can cause deterioration in your bone density is a major warning sign of just how dangerous this new technology can be. And although it may seem like cell phones have been around "forever," keep in mind that cell phones have only been used heavily for about 15 years.

And given that many chronic diseases, such as osteoporosis and cancer, can take 30 or 40 years to show up, it's too soon to know what health effects lie in wait for heavy cell phone users.

Have You Seen the Science on Cell Phone Dangers?

Cell phones are used by an estimated 275 million people in the United States and 4 billion worldwide.

Cell phones use a subset of radio frequency radiation that fall in the microwave range to transmit voice data, and the dangers of consistent exposure to these microwaves have been known since at least 1998. Yet few have been willing to accept the evidence, and the FCC and the cellular industry has followed in the footsteps of the tobacco industry, ignoring the risks.

It's worth remembering that the telecommunication industry is even BIGGER than drug cartels, and they have far more influence.

My belief is that this exponential increase in this type of radiation exposure is far more serious a threat than even tobacco ever was.

The first major indication that cell phones might be a health hazard came out of a massive, \$28-million research project funded by the Cellular Telephone Industry Association (CTIA). To the industry's surprise and dismay, the results of the study came to the opposite conclusion from the one they were hoping for.

The study's results included findings of:

- A nearly 300 percent increase in the incidence of genetic damage when human blood cells were exposed to radiation in the cellular frequency band
- A significant increase in cell phone users' risk of brain tumors at the brain's outer edge, on whichever side the cell phone was held most often
- A 60 percent greater chance of acoustic neuromas, a tumor affecting the nerve that controls hearing, among people who had used cell phones for six years or more
- A higher rate of brain cancer deaths among handheld mobile phone users than among car phone users (car phones are mounted on the dashboard rather than held next to your head)

Brain Tumors, DNA Damage and More

Earlier this year, meanwhile, a [recent review of studies, published in the journal Surgical Neurology](#), assessed whether there was evidence for an association between long-term cell phone usage and the risk of developing a brain tumor.

In order to be included in the analysis, studies were required to have been published in a peer-reviewed journal, included participants who had used cell phone for 10 or more years, and analyzed the side of the brain tumor relative to the side of the head preferred for cell phone usage.

In all 11 long-term epidemiologic studies were reviewed and the results showed that using a cell phone for 10 or more years approximately *doubles* the risk of being diagnosed with a brain tumor on the same side of the head where the cell phone is typically held.

Few people realize this, but brain cancer has now surpassed leukemia as the number one cancer killer in children.

Australia has seen an increase in pediatric brain cancers of 21 percent in just one decade. This is consistent with studies showing a 40 percent brain tumor increase across the board in Europe and the U.K. over the last 20 years.

And around this time last year, the head of the prominent University of Pittsburgh Cancer Institute -- Dr. Ronald B. Herberman -- issued an [unprecedented warning](#) to his faculty and staff: Limit cell phone use because of the possible risk of cancer.

In addition to the widespread concern about brain cancer, scientists have found that radio waves transmitted by cell phones and other wireless devices can:

- [Harm your blood cells](#) and cause [cellular changes](#)
- [Damage your DNA](#)
- Cause nerve-cell damage
- Accelerate and contribute to [onset of autism](#) and [trigger Alzheimer's disease](#)
- [Damage your eyes](#)
- Cause [sleep disruptions](#), fatigue and headaches

As it stands, cell phone use is only increasing, and it seems most people are reluctant to limit their cell phone use at all. But I suspect this is only because most people are not aware of the risks ... or don't believe them to be true.

Are Some Cell Phones Safer Than Others?

The Environmental Working Group (EWG) recently released a new database for consumers ranking over 1,000 cell phones by the Specific Absorption Rate, known as the SAR value.

The SAR value is a measure of the power of the cell phone and its potential for heating tissues.

Within days of the EWG launching the new SAR value database, almost 500,000 people had accessed the database, indicating very encouraging new interest by consumers in cell phone safety.

But simply choosing a phone with a lower SAR value does not guarantee the phone is safe. Camilla Rees, founder of www.Electromagnetichealth.org, explains:

“It is important consumers realize that the SAR value, while providing information for comparison purposes between phones, is very limited in its usefulness as a measure of ‘safety.’ We are greatly concerned that people may be turning to the EWG database in droves not understanding just how limited a measure the SAR value is.”

Why is the [SAR value not an accurate measure of safety?](#)

1. The SAR value is only comparing the heating effect of different phones and does not give an indication that a cell phone is ‘safe.’
2. The power, or heating effect, of the phone is only one of many possible factors impacting cell phone ‘safety.’ Exposures to the radiation from the cell phone at non-heating levels have been linked to many serious biological effects, and the SAR value is not capturing anything about these harmful non-thermal exposures.
3. SAR values are reported to the FCC by the manufacturer and have been known to vary from the reported number by a factor of two across models of the same phone.
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6. SAR values have been created based on simulations of exposure in a plexiglass head filled with fluid, not a human head, and many scientists consider them to be inaccurate and irrelevant at determining actual biological effects.

As Rees points out, and I wholeheartedly agree:

“Physical distance of the phone from your brain, and less usage of the cell phone overall, more so than simply choosing a phone with a lower SAR value, is probably a far better insurance policy.”

Cell Phone Safety Tips for You and Your Family

Remember, the damage from cell phone exposure will take many years to surface, and there are rarely any initial symptoms, just like smoking and lung cancer.

At this point, you cannot completely avoid wireless radiation from all sources, such as WI-FI, since they're so pervasive. Getting rid of your cell phone altogether can help protect you. But even if you don't want to take that step, you can still minimize your exposure and reduce your risks by following these common sense guidelines:

- **Children Should Never Use Cell Phones:** Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults for a number of reasons.

First, their thinner skull bones allow for greater penetration of radiation. The radiation can enter all the way into the midbrain, where tumors are more deadly. In addition, children's cells reproduce more quickly, so they're more susceptible to aggressive cell growth. Their immune systems are also not as well developed as adults. Lastly, children face a far greater lifetime exposure.

The following image, used with permission from the book [Public Health SOS: The Shadow Side of the Wireless Revolution](#), clearly shows the differences in depth of penetration between adults and young children.

Cell Phone Radiation Penetrating Skull



ADULT Head

CHILD - 10 Years Old

CHILD - 5 Years Old

Study by Gandhi et al. University of Utah, 1996.

1. Children **absorb** more **energy** than adults from the same phone.
2. Tumors in **mid brain** are more deadly than those in **temporal lobe**.
3. Children's **cells** are **reproducing** more quickly than adults.
4. Children's **immune system** is not as well developed as adults.
5. Longer potential for **life-time exposure** for children than adults.

- **Reduce Your Cell Phone Use:** Turn your cell phone off more often. Reserve it for emergencies or important matters.
- **Use A Land Line At Home And At Work:** Although more and more people are switching to using cell phones as their exclusive phone contact, it is a dangerous trend and you can choose to opt out of the madness.
- **Reduce or Eliminate Your Use of Other Wireless Devices:** You would be wise to cut down your use of these devices. Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time.

It's important to realize that portable phones are also highly problematic. [Recent research](#) has linked portable house phones to an increased heart rate in people who are electromagnetically sensitive. In some individuals, portable phone exposure as much as *doubled* their heart rate in double-blind tests. This groundbreaking research has been accepted for publication and is expected to come out around February or March of next year, along with a large number of other studies focusing on the mechanisms of action to explain the biological damage we see from this type of radiation.

If you must use a portable home phone, consider using very early non-DECT versions of portable phones. Unfortunately, due to the lack of labeling, the only way to know for sure whether the type of phone you have is safe, is to measure the amount of radiation emitted. [Www.emfsafetystore.com](http://www.emfsafetystore.com) offers a helpful summary of the various [meters](#) recommended.

- **Use Your Cell Phone Only Where Reception is Good:** The weaker the reception, the more power your phone must use to transmit. And the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body. Ideally, you should only use your phone with full bars and good reception.
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It's worth noting that your cell phone manual will actually tell you the minimum safety range of operation for your phone, even when not in use. For example, the iPhone states the phone must be at least 5/8 inch away from your body or ear for "safe operation." Almost all of them state that the cell phone "should NOT be worn or carried on the body." You can find more information about this in the white paper [Cellphones and Brain Tumors -- 15 Reasons for Concern.](#), page 16.

- **Use Safer Headset Technology:** Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded -- and most of them are not -- the wire itself acts as an antenna attracting ambient radiation and transmitting radiation, not only directly to your brain, but also all along your torso.

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If you wrap most of the phone but leave the antenna out, you'd still achieve a significant reduction in radiation, but it would not be nearly as effective as wrapping up the entire phone. This is a particularly useful solution to significantly reduce unnecessary radiation exposure if you simply must carry the phone on your body.

Related Links:

- » [Your Cell Phone and Brain Tumors](#)
- » [Top 'Safe' Cell Phones That Aren't Safe](#)
- » [Secret Link Between Cigarettes and Cell Phones?](#)