

The grave dangers of radiation of mobile phones, tablets and wireless technology. Protect your children!

Recommendations of the Consumers Protection Association of Romania

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[To see eight graphics that accompany this article: <http://bit.ly/2ne36RM>]

The Association for Consumer Protection in Romania launches a national campaign of information and awareness of consumers entitled "SOS electromagnetic pollution", while the international studies relate the use of mobile phones and wireless technology to cancer and infertility, among others. Children are most at risk. According to a US study that exact reference is made below the radiation emitted by mobile phones affects children's brains in a double from that of adults. Learn the scientific material below how you can protect minimal.

This information campaign is addressed both to users of gadgets, how and Non because no one today can escape the omnipresence of artificial electromagnetic waves.

As in all his actions, APC Romania assumes the mission to inform consumers information needed to use knowingly technology that works with artificial electromagnetic waves. We will also answer questions from consumers, but we will present and means of protection available today.

The United States government agency that deals with these issues. Although the Federal Communications Commission (FCC) does not support the existence of scientific evidence on health is directly affected, it forms a series of clear recommendations for the prevention or mitigation of disease. [You can find HERE](#)

Around the 1990s, when transmission technologies GSM communications system came available to the public, they were made simultaneously and health studies in laboratories and the universities, non-toxicity to validate the use of mobile phone user. The results were at the outset contradictory each study obtained disturbing biological effects, corresponds to a study refute those results.

To be honest, conflicting results remain even today, in 2015, although diagnostic methods of electrohypersensibilitatii (EHS) today undoubtedly prove disruptive CEM role in numerous pathologies. It also maintained at scientific uncertainty makes the sanitary standards of emission antennas GSM / UMTS / LTE to be a hundred times more permissible in a state.

In addition, over the last decade entered the equation and technologies for wireless data connection Wi-Fi, Bluetooth, etc.

In terms of the PCA, once in scientific evidence exists about the adverse health effects due to use / consumption of a product, properly applying the precautionary principle. As a school canteen will be withdrawn immediately if a product causes a certain disease a few students, and if electromagnetic pollution should inform users that prolonged use, and in certain specific conditions, may affect their health.

Unfortunately, nowadays artificial electromagnetic fields invaded the residential environment and continue to gain. Romania does not have a well-defined legal framework as well as in other European countries, at least to regulate the location and use Wi-Fi antennas in hospitals and schools. The long term consequences of such negligence could be serious.

As such, users of these technologies must be informed, as we urged and French philosopher Jean Rostand: **"Duty-support gives us the right to know"**.

To give the user a complete view of the situation, this information campaign will focus on exposure issues neglected by formal health standards. Contrary to what is said officially, artificial electromagnetic waves are totally different from natural electromagnetic waves (solar, cosmic, etc).

The main differences are:

1) The character "pulse" of frequencies GSM / UMTS / LTE / Wi-Fi.

Due to the desire to compress as much information on the same wavelength, the current technology "compressed" information and transmits it in a "jerky" in which "breaks" are actually used for simultaneous, interleaved, the other information. Hence the name "Pulse Wave".

This technique called TDMA / CDMA allows managing a huge data traffic on a beach low frequencies in order to allow pay the maximum price paid per license that state authorities.

2) modulation frequency base (carrier)

These techniques create in parallel a low frequency (ELF), which contains information transmitted. These frequencies "parallel" system come into interference with the functioning of the cell, disrupting the operation.

3) The presence of continuous pulse wave.

Natural electromagnetic waves (sunlight) comply cyclicity day / night, allowing the synthesis of melatonin at night hormone "conductor of numerous other hormone synthesis. GSM antennas and Wi-Fi networks but continuously emit disturbing overnight so vital metabolic processes.

4) An enormous intensity compared to the natural spectrum microwave.

For example, the range between 890 à 910 MHz (GSM frequency) is the natural microwave 0.00002 V / m. Today, a person who lives in the block with a mobile phone, a DECT phone and WI-Fi-enabled site (him and the neighbors) are permanently in an electric field approx. 10V / m. That would be 400,000 times multiplier intensity.

"Modern society is in the middle of a huge global experiment conducted through a new form of energy pollution, or pollution power called electrosmog" wrote researcher B. Blake Levitt in his book *Electromagnetic Fields* . "It actually keep biophysics - is where all our wireless devices created by physical and engineering disciplines meet in their path to living systems. Electrosmog today affects the DNA of all living beings and may even have an adverse

effect on the Earth's atmosphere. Most likely, electronic smog will prove to be the greatest challenge of the century environment. " [1]

Also, many enthusiasts technical progress have immediately embraced the idea of open access and free WiFi in response to the question "division of digitally" people in communities rich and poor - without understanding the possible adverse consequences on the health of communities coming both of the wireless hardware, and the infrastructure. "It is clear - Blake Levitt concludes - that there are large gaps in public education here.

We just need to open our eyes a little, and - when we buy something - to make decisions taking more account of our safety, our families and the planet. The adage "If it sounds too good to be true, it probably is not" seems to have returned to haunt us. You may need to rethink all these technologies "miraculous". If something is wireless, we should put a question mark. " [2]

Drowned in a sea of electromagnetic radiation

Never in history the human race has not been exposed to such electromagnetic fields continuously, as nowadays, and there are serious concerns that continue to grow in relation to their effects not only on individuals, but on our entire ecosystem.

Researchers have observed a continuous growth of many types of cancer (independent of cancers due to tobacco or population growth), which many of them consider that it is directly proportional to the increase nivelelelor electromagnetic fields, which include those in the fields of microwave and Radiofrequency (RF / MW). Some scientists believe that this relationship is most pronounced in relation to cancers of glandular and central nervous system.

"There have been observed correlations between exposure to electromagnetic radiation and disorders of the immune system, such as for example chronic fatigue syndrome, and what is today known as PCOS susceptibility to electromagnetic (or electro-hypersensitivity) - a constellation of symptoms include inability to concentrate, mild state of panic, disorientation, visual disturbances, skin rashes, muscle weakness and even fainting. Not surprisingly, most of those who accuse these symptoms are those professions such as PC operators, electronics engineers, pilots, surgeons and staff in the operating theater - ie those who work in environments that emit continuous electromagnetic radiation - sometimes in several sources, and the equipment was put out of reach of people without having investigated if it has negative effects on health.
" lecturer / lecturer doctor engineer Andrei Drăgulescu, Bucharest Polytechnic University

In the last 10-15 years, the share of population that was probably the most exposed to such environments with high electromagnetic fields permanent values are young people who work in urban areas. They are usually the ones who spend more time at the computer, preparing their food in kitchens high-tech, speaking more to the mobile phone or the fixed wireless, which are connected to wireless Internet and using other devices ultimp generation, however issuing various forms of electromagnetic fields. [3]

A typical day of beginning of XXI century

In her book "Electromagnetic Fields" B. Blake Levitt describes very suggestive as it unfolds now an ordinary day of our lives:

"In all likelihood, you were awakened by a morning alarm clock electric clock or clock radio [or mobile phone], sitting a few feet from the bed. Last night you slept head against a wall which undoubtedly pass cables. After getting up, you made coffee on a hot plate or a coffee machine plugged. Breakfast jumped toaster or perhaps was heated in a microwave oven, he poured in a blender or extracted from an electric juicer. You can cast a look at the morning news on TV or did you go out jogging on the street is crossed by high-tension cables. After the shower, you probably used an electric shaver, perhaps even an electric toothbrush or an electric hair dryer, and eventually you made a call from a wireless telephone (cordless).

Maybe you went to work with the electric train [-this is common especially in America - Ed]. But if you drove, you opened and closed perhaps using a garage door remote. Probably all highway or road you have traveled parallel to a major electric utility corridor, or have passed many drivers talking on cell phone, even if your not you used one. Even before arriving at the office, you stopped for a moment at a shop to take a newspaper or something to nibble on which you have paid at a house using those scanners that read automatically barcodes on packaging. When you reach it, you've probably got more doors that open automatically when you approach them.

Once you have entered the office, the first thing you did was to turn on the lights, which are likely fluorescence; then you opened your computer and turned on the fax, copier and printer. If you have researched more, you can be found and some radio antennas or transmitters that operate above the building where you work or where you live. Or if such communication equipment is not on your building, it is possible to find under the "umbrella" of radiation emitted by the antennas of equipment located on any neighboring building. Probably there are in the neighborhood and an electrical substation, either above ground level - and it is visible or is out of sight of any wall without windows or any metal structure - either below ground level - something common in metropolitan areas, where who are not aware of their presence.

After the service, you repeated probably the same activities, or most of them in reverse order, with the only difference that you've added more time spent in front of a microwave or oven, and a few hours of watching television before bedtime.

Congratulations. Like millions of other people, you're exposed to electromagnetic fields of different frequencies and intensities, all day, every day, and probably all night. And, just like millions of other people probably do not have the requisite knowledge or government regulated guidelines that warn you about bioefectele that can be serious and can affect you and your family. In reality, even the mere fact of living in a large metropolitan region increase your level of exposure to electromagnetic fields at least three times, by some estimates, to exposing those who live in the suburbs or in rural areas; Of course, any exposure level depends on proximity to any source that could create this radiation. " [4]

To counteract our ignorance and to raise awareness of this impending disaster medical authorities on health, scientists altruistic launched in 2015 two calls to Humanity :

1. Call solemnly addressed the UN and WHO

On 11 May 2015 a group of 190 scientists and researchers from 39 countries have signed an appeal to the United Nations (UN) and the World Health Organization (WHO), by drawing attention to the negative effects of electromagnetic fields on human health protection rules and calls for a review in this area.

The signatories of this appeal published a total of more than 2,000 scientific papers on the health effects of non-ionizing radiation, electromagnetic fields of very low frequency (Extremely Low Frequency fields - ELF) used in electricity or radiation radio frequency (RFR) used wireless communications (GSM, wireless). [5]

Martin Blank, Columbia University professor at the US Department of Cell Physiology and Biophysics, forward on behalf of all the signatories call the following message:

"I'm here with disturbing news about our favorite gadgets: mobile phones, tablets, Wi-Fi, etc. Saying things names, they are harmful to living cells in our bodies and kill us prematurely on many of us. I'm Dr. Martin Blank, Department of Physiology and Cellular Biophysics at Columbia University. It is painful for me, and for more than 160 colleagues, that today we address the United Nations, calling for action to address this problem. We are scientists and engineers, and I am here to tell you - we created something that affects us and we went out of control! Before the invention of the light bulb by Edison, electromagnetic radiation in the environment were few. Levels today are many times higher than natural background levels and are growing rapidly, because all new devices that emit this radiation. An example that many of us have in our pockets right now is the mobile phone. A study shows that widespread use of mobile phones has led to a tripling of the incidence of brain cancer, fatal especially in younger people. But we put antennas on residential buildings mobile, as well as hospitals where people go hoping to do well. Utilities wireless and mobile pillars we cover with a blanket of radiation.

It is particularly *îngrijorător* factul that the radiation emitted in the telecommunications alters the DNA of our cells. It is clear to many biologists that this may explain the increasing incidence of cancer.

Future generations - **our children - are exposed to significant risk** . (italics. aut. MB). These biologists and scientists are ignored by committees established safety standards. Acts **biological** ignored, and as a result, safety margins are too high. They **do not protect** ! (italics. aut. MB)

More protection will have probably only after full disclosure of potential conflicts of interest between regulators and industry.

Increasing exposure to electromagnetic radiation is a problem **overall** . The World Health Organization and international standardization bodies efficientpentru not act to protect public health and wellbeing of the population.

International guidelines for exposure to electromagnetic fields should be modified to reflect the reality of their impact on our body, and in particular on our DNA.

Although we are still in full technological transformation, protect against adverse health effects is long overdue. We belong, indeed, a huge biological experiment without being asked us prior consent.

To protect our children, ourselves and our ecosystem, we need to reduce exposure by establishing guidelines to provide more protection.

And so, today, scientists around the world signed an appeal to the United Nations, Member States and the World Health Organisation, to address this global public health crisis. " [6]

2. Statement by the participants at the Congress "Appel de Paris" on electromagnetic hypersensitivity

... Just three days after this first alarm signal sent to the UN and WHO, on 18 May 2015 held international congress "Appel de Paris", fifth edition, with the theme "Intolerance idiopathic [7] Ambient role fields electromagnetic and chemical products. "

Congress held in Brussels at the *Académie Royale Belge de Médecine* , brought together over 180 physicians, researchers, jurists, journalists, probably the most important scientific event ever organized on this topic.

Researchers and experts gathered in order to better understand the mechanisms of both diseases - hypersensitivity to electromagnetic (*ElectroHyperSensitivity* - EHS) and multiple sensitivity to chemicals (*Multiple Chemical Sensitivity* - MCS) - and establish their connection with the environment.

Many speakers stressed that, since 1960, thousands of studies have demonstrated the harm of long-term exposure to electromagnetic fields. However, decision makers from industry and governments still deny the existence of any risk.

Participants in this international congress unanimously decided to issue a joint declaration to seek official recognition from institutions and competent international bodies, in particular the WHO, the consequences of these diseases and health worldwide. [8]

How to protect ourselves from radiation emitted by mobile phones? Solutions and recommendations proposed by scientists

Scientists warn that the following persons are the most vulnerable to adverse health effects caused by radiation from mobile phones:

- children
- Pregnant women
- Elderly
- People suffering from immunosuppressive diseases
- Persons with hypersensitivity to electromagnetic radiation (Electro).

Protection of these categories of people should thus be a major concern, without neglecting the fact that the effects of radiation emitted by mobile phones is not limited to, but can affect us in a more or less everyone.

"The extent to which we are affected by the radiation depends very much on us and the protective measures that we take. Many of these measures are easy to apply but does not use them simply be because we have never thought of them, either because nobody told us what we can do concretely to protect us. " *Adrian Vornicu*

Bioelectronist, Vincent - France

In the following we present a series of recommendations proposed by numerous doctors, researchers, epidemiologists and other scientists [9] to minimize the effects of exposure to UV radiation:

1. Do not allow children younger than 12 years how to use a cell phone, except for emergencies . Developing bodies are more susceptible to negative influences from exposure to electromagnetic fields.

2. **Limit cell phone use calls the most important and limit the length of calls.** The biological effects are directly related to the duration of exposure; research results have shown that only a two-minute conversation modifies the natural electrical activity of the brain for up to an hour after that call. Communicate via SMS rather than by telephone (it limits the duration of exposure and the proximity of the body).

3. **During the call, hold the phone a body as large .** Regularly change the head of the supported phone or, better yet, switch to speakerphone that allows the user to hold the phone away from the head (amplitude field drops 4 times at a distance of 10 cm and 50 times a 1 m distance).

4. **Do not hold the phone in your pocket close to any vital organ (eg heart) or trouser belt.** The bottom body tissues exhibits good conductivity and absorbs radiation more quickly than the brain absorbs. The results of some studies show that men who keep their phones close genitals are at risk of a decrease in sperm count by up to 30%.

5. **When you call, expect your listener to respond and then put the phone to your ear .** Radiation intensity is highest when dialing, the phone trying to contact the base station. This is a very important tip and too often neglected and can keep us from a significant amount of radiation that would otherwise have entered the body. We usually when you dial the number to call we immediately phone to your ear, and so we get exactly the most intense radiation that the phone emits to call set - and often happens even as callee does not respond, and we taking unnecessary radiation for half a minute phone to your ear when we could hold the phone in hand, looking at his screen when the callee answers, and then put the phone to your ear and speak. How simple!

6. **Do not make a call when the signal is weak ,** for example when driving fast, such as those by car or train, as radiation exposure increases accordingly, the phone needing more power to connect. The same is true for areas with lower coverage (such as subway stations, some rural areas etc.).

7. **Avoid mobile phone in places where there are flammable products ,** such as gasoline, alcohol, ether, etc. (petrol stations, hospitals). In the presence of such substances, a cell phone can even cause a fire.

8. **Do not use mobile phones in enclosed walls of which contain metal, such as cars and elevators.** They work like a Faraday cage that traps the radiation and reflects it back to their occupants.

9. **Stay away at a distance of more than 1 m from a person speaking on the mobile phone and avoid using your cell phone in places like subway, train or bus ,** where they subdue those around you from a passive exposure to radiation emitted by mobile phone.

10. During the night, holding the cell phone closed (in which case no longer emits electromagnetic radiation), or even two meters away from the body.

11. Although some researchers recommend **the use of hands-free kit ,** others believe that hands-free site, on the contrary, amplifies the radiation emitted by mobile phone, directing electromagnetic radiation more directly in the ear and head towards (more than 300% over the If the phone is used without headphones).

12. **Use a protective device scientifically validated against electromagnetic radiation.**

13. **Do not buy a mobile phone with a Specific Absorption Rate (SAR) high.** Many mobile phones contain their use manual indication SAR. This is a way to measure the amount of power RF (radio frequency) is absorbed into the body. Obviously, the SAR should be as small as possible. (Remember, however, that the studies were conducted using radiation located even hundreds of times below the current SAR proved that these biological effects, radiation present). Of course, this list is not exhaustive, but it has several levels of early intervention to protect yourself and your children.

Based on the frequency and duration of calls that produce these health problems, researchers recommended **limiting the duration of each call 4 minutes, limiting the number of calls to 6 per day and breaching duration of 22 minutes of daily exposure to radiation from mobile phone [10] .**

«Based technology generates radio waves and electromagnetic pollution is the most insidious form of pollution known so far. It can not be detected through the sense organs, but by special methods of determining the power density and other parameters of the electromagnetic field, while being costly.

It is true that all those who use such technologies are very attractive in terms of costs, but the savings today will be found a few years in disorders of the cardiovascular and nervous system, for which improvement will be spent very large sums .

So be careful to offers, evaluated only in terms of financial benefits, but try to see and disadvantages. Scientific inventions in this area can have adverse consequences for consumers.

Do not expect those working with this technology to recognize the harmfulness of radio waves, will always deny this and will use all possible means to hide the truth. »- **Conf. Univ. Dr. Costel Stanciu, president of the Association for Consumer Protection in Romania**
Online journalists also recommend:

Consumers Reports.org discussed the newly-released study conducted by the National Toxicology Program calling it “the largest and most expensive study of its kind.”

Based upon the results of this study and the prior research on humans, CR made the following recommendations to consumers to reduce the risks from cell phone radiation:

- **Keep the phone away from your head and body especially when the signal is weak.**
- **Text or video call when possible.**
- **Use the speakerphone or a hands-free headset.**
- **Don’t keep your phone in your pants or shirt pocket.**

Also, CR made the following policy recommendations:

- **The NIH should fund another animal study to determine whether the latest cell phone technology also increases cancer risk.**
- **The FCC should update its testing requirements for cell phone radiation exposure to account for the thinner skulls in children’s heads.**

- The FCC and FDA should determine whether the current cell phone radiation limit (1.6 W/kg over 1 gram of tissue) provides adequate protection to consumers.
- The CDC should reinstate the cautionary advice about cell phone radiation that it removed from its website in August, 2014.
- Cell phone manufacturers should prominently display advice about how to reduce cell phone radiation exposure.

<http://www.consumerreports.org/cell-phones/what-the-cell-phone-brain-cancer-study-means-for-you/>

Consumer Reports (CR) published an article online entitled, “[Does Cell Phone Use Cause Brain Cancer? What the New Study Means For You](#),” on May 27, 2016.

View and conference:

New Studies Show Health Risks from Wireless Tech: Warnings from the BioInitiative Working Group/ University at Albany, Rensselaer, New York /April 16, 2014

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Joel Moskowitz. “Most Significant Government Health Report on Mobile Phone Radiation Ever Published.” <http://www.prlog.org/12125230>

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Joel Moskowitz. Brain Tumor Rates are Increasing in the U.S.: The Role of Cell Phone and Cordless Phone Use. <http://bit.ly/risingtumors>

Joel Moskowitz. Some Tips to Reduce Your Exposure to Wireless Radiation (one page handout). Undated. <http://bit.ly/saferemrtips3>

Do your own research. Useful websites to start from are wirelesstechsafety.com and healthfrequency.co.uk
Note:

- [1] B. Blake Levitt, *Electromagnetic Fields. A Consumer's Guide to the Issues and How to Protect Ourselves*, Ed. iUniverse, Inc., 2007, p. xviii.
- [2] B. Blake Levitt, *op.cit.*, pp. xxiii-xxiv.
- [3] Cf. B. Blake Levitt, *op.cit.*, pp. 5-6.
- [4] B. Blake Levitt, *op.cit.*, pp. 3-4.
- [5] Cf. *International Scientists Appeal to U.N. to Protect Humans and Wildlife from Electromagnetic Fields and Wireless Technology*, 11 mai 2015, https://www.emfscientist.org/images/docs/EMF_Scientist_Press_Release.pdf.
- [6] *Introduction to the United Nations EMF Appeal Delivered by Martin Blank, PhD, Department of Physiology and Cellular Biophysics, Columbia University*, [https://www.emfscientist.org/images/docs/Script-Introduction to the United Nations EMF Appeal Delivered by Martin Blank.pdf](https://www.emfscientist.org/images/docs/Script-Introduction_to_the_United_Nations_EMF_Appeal_Delivered_by_Martin_Blank.pdf).
- [7] *Idiopathic* : disease independent of other diseases that we still have the body, which has its own causes (by wt .: *idios* - own; *pathos* - suffering).
- [8] Cf. *5th conference of the Paris Appeal, 18 May 2015, Brussels* , <http://appel-de-paris.com/wp-content/uploads/2015/06/Synth%C3%A8se-colloque-FR.pdf>.
- [9] David Servan-Schreiber and other cancerologi 19, brochure *call physicians* ; Taraka Serrano specialist; Jean Pilette doctor etc. See J. Pilette, *ANTENNES of téléphonie mobile technologies sans fil et santé* , 6 November 2008 <http://www.robindestoits.org/attachment/112892/>; *Dangers du portable: l'appel des Médecins* , JDD, 15 June 2008, http://www.robindestoits.org/Dangers-du-portable-l-appel-des-medecins-le-JDD-15-06-2008_a383.html; Taraka Serrano, *10 Cell Phone Radiation Protection Tips* , <http://www.emf-health.com/articles-10tips.htm>, 30 July 2006.
- [10] Salama OE, Abou El Naga RM, *Cellular phones: are they detrimental?*, J Egypt Public Health Assoc., vol. 79, nr. 3-4, pp. 197-223, 2004.
- [11] Andrei Drăgulinescu, *Idols wireless: mobile and electromagnetic pollution* , Christiana Publishing, Bucharest, 2010