

Cell Phone Radiation

What you need to know

- Originally developed for the Department of Defense, cell phone devices were never tested for safety. They entered the marketplace due to a regulatory loophole.
- Questions about cell phone safety arose in the early 1990s, when a businessman filed a lawsuit alleging that cell phones caused his wife's death due to brain cancer.
- To address the questions surrounding cell phone safety, the cell phone industry set up a non-profit organization, Wireless Technology Research (WTR). Dr. George Carlo was appointed to head WTR's research efforts.
- Under Dr. Carlo's direction, scientists found that cell phone radiation caused DNA damage, impaired DNA repair, and interfered with cardiac pacemakers
- European research confirmed Dr. Carlo's findings. Studies suggest that cell phone radiation contributes to brain dysfunction, tumors, and potentially to conditions such as autism, attention deficit disorder, neurodegenerative disease, and behavioral and psychological problems
- Dr. Carlo brought safety information about cell phones to the public through his book, *Cell Phones: Invisible Hazards in the Wireless age*, and by creating the Safe Wireless Initiative and the Mobile telephone Health Concerns Registry.
- The best protection against cell phone radiation is keeping a safe distance
- Always use a headset to minimize exposure to harmful cell phone radiation.

Why cell phones are dangerous

A cellular phone is basically a radio that sends signals on waves to a base station. The carrier signal generates two types of radiation fields: a near-field plume and a far-field plume. Living organisms, too, generate electromagnetic fields at the cellular, tissue, organ and organism level; this is called the biofield. Both the near-field and the far-field plumes from cell phones and in the environment can wreak havoc with the human biofield, and when the biofield is compromised in any way, so is metabolism and physiology. The near-field plume is the one we're most concerned with. This plume that is generated within five or six inches of the center of a cell phone's antenna is determined by the amount of power necessary to carry the signal to base station. The more power there is, the farther the plume radiates the dangerous information-carrying radio waves. Our bodies recognize these waves as "invaders", setting in place protective biochemical reactions that alter physiology and cause biological problems that include intra-cellular free-radical buildup, leakage in the blood-brain barrier, genetic damage, disruption of intercellular communication, and an increase in the risk of tumors.

Protecting Yourself

The most effective technique for protecting yourself against the dangers of cell phone radiation, is keeping the phone at a distance from the body. Simply using a hands-free headset is a big step. If possible, avoid wearing the phone at your waist, which exposes the hipbones to radiation. Eighty percent of red blood cells are formed in the hip bones. If you are able to conduct most of your conversation using a speaker phone, this could enable you to use a cell phone without encountering the intense radiation exposure that occurs when holding it to your ear.