



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

Table of Contents

- [1. Links to Compendia of Research Articles on the Health Effects of Exposure to Radio Frequencies](#)
- [2. Links to Government Agencies and Reports from University and Non-Profit Collaborative Research Groups on the Health Effects of Human Exposure to Radio Frequencies](#)
- [3. Additional Links on the Health Effects of Human Exposure to Radio Frequencies and Other EMF News](#)
- [4. Purchase Cell Phone Radiation Shielding and Reduction Devices from the Following Retailers \(some websites also contain research citations\):](#)

To view the **Latest News and Research** on cell phones and health, click [here](#).

To see how your cell phone compares to other phones on a **list measuring radiation output for all cell phones** on the market, click [here](#).

To view a PDF version of the slides presented at Oram's lecture on **Cell Phones, Wi-Fi and the Wiring in Your Home: EMF Hazards and Solutions**, click [here](#).

To learn **steps you can take to safeguard yourself against EMF exposure**, click on [Tips for a Healthy Home](#), [Articles on EMFs](#), [Safer Use of Computers](#), and [Steps to Protect Yourself from Cell Phone Frequencies](#).

To learn about **Smart electric meters**, click [here](#).

To learn about the **dangers of cell phone use in cars** and solutions involving **car rooftop**



cell phone antennas, click [here](#).

To link to an archived version of an important **medical alert** from [Dr. George Carlo](#) about the **dangers of EMF-reduction chips** that some folks stick on their cell phone, click [here](#). To read a **Position Paper on Cell Phone Chips, Pendants and Home Harmonizers** written by Oram Miller, BBEC, click [here](#).

To see a **list of retailers** who sell cell phone radiation shielding and reduction devices, click [here](#).

This page last updated October 7, 2014.

We begin with a quick list of links to websites containing a compendium of research articles on EMFs. This is followed by important links to reports from governments and academia around the world on the health effects of radio frequencies.

Following that are **numerous links to newspaper articles, scientific research papers and non-profit organizations** dedicated to educating the public about the dangers of human exposure to radio frequencies from wireless devices. Check back to that section periodically for new links by clicking [here](#).

Links to Compendia of Research Articles on the Health Effects of Exposure to Radio Frequencies

Note: The following list is by no means complete. It is intended to give you quick access to websites, each of which gives access to dozens of research studies, articles and links on the health effects of EMFs. Many of these sites are discussed in detail elsewhere on this page.

I also compiled this list to allow those of you who are concerned about the health effects of cell phones and Smart electric meters to counter the prevailing view among industry, and more sadly, our governmental regulatory agencies, that say, "There is no evidence to link cell phone use and ill health." There is, and here you have more than a dozen sites, each with numerous studies and research articles to prove it. And now you have the World Health Organization in Europe saying that cell phones are "possibly" carcinogenic (see below)

[BioInitiative Report](#)

[The International Commission for Electromagnetic Safety](#)

[EMF Safety Network \(Global EMF Websites\)](#)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

[EMF Facts Consultancy](#)

[The International Coalition for an Electromagnetic Safe Planet](#)

[The Canadian Initiative to Stop Wireless, Electric and Electromagnetic Pollution](#)

[Microwave News](#)

[Electromagnetic Health.org](#)

[Safe Schools 2012](#)

[Dr. Magda Havas, PhD.](#)

[EM Radiation Research Trust](#)

[EMF Radiation News](#)

[The EMR \(Electromagnetic Radiation\) Network](#)

[EMR Policy Institute](#)

[Environmental Options EMF Network](#)

[Environmental Health Trust](#)

[Citizens for Safe Technology](#)

[Center for Safer Wireless](#)

[Bio Electromagnetic Research Initiative](#)

[Cellular Phone Task Force](#)

[The Swedish Association for the ElectroSensitive](#)

[Powerwatch](#)

[EM Watch](#)

[ElectroSensitivity UK](#)

[ElectroSensitivity.Org](#)

[EMR Australia](#)

[Burgerwelle](#)

[Mast-Victims.org](#)

[Chronic Exposure.org](#)

*Also, to read an excellent review of the health effects of exposure to wireless devices entitled, **“The Biological Effects of Weak Electromagnetic Fields,”** click [here](#). The review is dated March 2012 and was written by Andrew Goldsworthy.*

*To read an article entitled, **“Electromagnetic Hypersensitivity: Evidence for a Novel Neurological Syndrome,”** click [here](#). This study was conducted by [Andrew Marino, PhD](#) and his team at the Department of Neurology, LSU Health Sciences Center, Louisiana State University, Shreveport, Louisiana.*



Links to Government Agencies and Reports from University and Non-Profit Collaborative Research Groups on the Health Effects of Human Exposure to Radio Frequencies

New [Governments and Organizations That Ban or Warn Against Wireless Technology](#)

Published by [Cellular Phone Task Force](#)

A worldwide review.

[American Academy of Environmental Medicine; Electromagnetic and Radiofrequency Fields Effect on Human Health](#)

“For over 50 years, the [American Academy of Environmental Medicine](#) (AAEM) has been studying and treating the effects of the environment on human health. In the last 20 years, our physicians began seeing patients who reported that electric power lines, televisions and other electrical devices caused a wide variety of symptoms. By the mid 1990’s, it became clear that patients were adversely affected by electromagnetic fields and becoming more electrically sensitive. In the last five years with the advent of wireless devices, there has been a massive increase in radiofrequency (RF) exposure from wireless devices as well as reports of hypersensitivity and diseases related to electromagnetic field and RF exposure. Multiple studies correlate RF exposure with diseases such as cancer, neurological disease, reproductive disorders, immune dysfunction, and electromagnetic hypersensitivity.”

To view the entire position paper, click [here](#).

[Parliamentary Assembly of the Council of Europe Committee Resolution 1815,](#)

“The potential dangers of electromagnetic fields and their effect on the environment.”

Adopted in plenary session, Strasbourg, May 27, 2011

The Council of Europe, representing 47 member countries, adopted a resolution recommending sweeping changes to the way cell phones are used, how they are marketed, and how safe exposure limits are determined.

The resolution advocates significantly reduced safe exposure limits that are “as low as reasonably achieved” (ALARA) and are determined by adopting the precautionary principle. Recognizing that member countries have not heeded the warnings by the scientific community sufficiently to date, the Council advocates sweeping reforms in such areas as how the effects of EMFs are studied, increasing the education of the public, replacing wireless networks with wired ones in schools, and changing the way cell phones and other devices are



marketed, particularly to vulnerable populations such as children, teenagers and those of reproductive age.

Click [here](#) to read the entire resolution.

Click [here](#) to read a more **expanded summary of the resolution as well as commentary by Oram.**

[World Health Organization's International Agency for Research on Cancer \(IARC\)](#)

["IARC Classifies Radiofrequency Electromagnetic Fields as Possibly Carcinogenic to Humans"](#)
Adopted May 31, 2011

The International Agency for Research on Cancer (IARC) has reversed its long-held position that cell phones do not contribute to cancer by adopting a resolution recognizing that wireless devices can be "possible" causes of cancer. This includes cell phones, cell towers, cordless telephones, Wi-Fi routers and even baby monitors. This is a small concession in the face of overwhelming evidence that cell phones are more than "possible" causes of cancer, but a *huge* step for an agency that until now has sided with the industry position that cell phones are safe as currently deployed.

From websites covering this issue: "The decision 'brings it to a new level,' said Kurt Straif, the head of the agency's monograph program, who helped organize the meeting -the first ever on RF and microwave cancer risks. Many members of the panel agreed."

"'Before this, the view that there might be a cancer risk from cell phones was widely argued as being implausible,' said Ron Melnick, who led one of the subgroups at the IARC meeting. 'Now the World Health Organization has put its official stamp on this possibility...'"

"'The possible risk cannot be dismissed anymore, at least until we get credible new evidence to the contrary,' said Dariusz Leszczynski of the Finnish Radiation and Nuclear Safety Authority (STUK) in Helsinki, a member of the IARC subgroup on mechanisms."

"Cindy Sage, co-editor of the Bioinitiative Report writes, 'The WHO International Agency for Research on Cancer has just issued its decision that non-ionizing radiofrequency radiation is classified as a 2B (Possible) Carcinogen. This is the same category as DDT, lead, and engine exhaust. This mirrors the 2001 IARC finding that extremely low frequency (ELF-EMF) that classified as a 2B (Possible) Carcinogen. This pertained to power frequency (power line and appliance) non-ionizing radiation. These two findings confirm that non-ionizing radiation should be considered as a possible risk factor for cancers; and that new, biologically-based public safety standards are urgently needed.'"

Here are links to articles from EMF watchdog websites on the IARC resolution:

[EMF Facts](#)

[Perspective on the IARC findings by Cindy Sage, Sage Associates](#)

[EMF Safety Network](#)

[Radiation and Nuclear Safety Authority, Finland](#)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

[Microwave News](#)

[Citizens for Safe Technology](#)

Click [here](#) to read the official press release.

[European Parliament](#)

“European Parliament Recommends Stricter Safety Limits for Cell Phones”

This article appeared on [Marketwire](#) on September 18, 2008.

The European Parliament, voting 522 to 16, passed a landmark resolution on September 4, 2008 to recommend tighter safety standards for cell phone and cordless telephone use. From the article: “In light of the growing body of scientific evidence implicating cell phone use with brain tumors, the Parliament says, ‘The limits on exposure to electromagnetic fields [EMFs] which have been set for the general public are obsolete.’”

“Noting the already lowered exposure limits of some European countries the EU Parliament is now calling on the EU Council to amend Recommendation 1999/519/EC for all equipment producing emissions in the 0.1 MHz to 300 GHz frequency range. This would include cell phones as well as other wireless devices. **Wireless technologies that rely on microwave radiation to send emails and voice communication are thousands of times stronger than levels reported to cause some health impacts.**” (emphasis added)

Click [here](#) to read the entire article.

Click [here](#) to read the full text of the resolution adopted by the European Parliament on the mid-term review of the European Environment Health Action Plan 2004-2010.

[BioInitiative 2012 Report](#) from the **University of Albany**, New York

“A Rationale for a Biologically-based Exposure Standards for Low-Intensity Electromagnetic Radiation”

Last updated January 7, 2013

Twenty scientists and researchers from around the world originally reviewed over 2,000 studies on EMFs in 2006-2007. They found a link between EMFs, cancer and other health problems.

From their August 31, 2007 press release:

“An international working group of scientists, researchers and public health policy professionals (The BioInitiative Working Group) has released its report on electromagnetic fields (EMF) and health. They document serious scientific concerns about current limits regulating how much EMF is allowable from power lines, cell phones, and many other sources of EMF exposure in daily life.

“The report concludes the existing standards for public safety are inadequate to protect public health.”

Edited by David Carpenter, Ph.D., Director of the [Institute for Health and the Environment](#) at



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

the [University at Albany of the State University of New York \(SUNY\)](#) in Albany, New York and Cindy Sage of [Sage Consulting](#) in Santa Barbara, California.

On January 7, 2013, the BioInitiative Working Group released an updated report, summarizing five additional years of research since their first report in 2007. Over 1,800 studies are reviewed showing further harm from short- and long-term exposure to wireless devices and cell towers. Health effects are found in the fields of genetics and DNA damage, cellular dysfunction, carcinogenicity, impact on sperm function, and effects on offspring behavior and cranium development.

New conclusions are drawn, including the following: “Many of these bioeffects can reasonably be presumed to result in adverse health effects if the exposures are prolonged or chronic. This is because they interfere with normal body processes (disrupt homeostasis), prevent the body from healing damaged DNA, produce immune system imbalances, metabolic disruption and lower resilience to disease across multiple pathways. Essential body processes can eventually be disabled by incessant external stresses (from system-wide electrophysiological interference) and lead to pervasive impairment of metabolic and reproductive functions.” To view the entire updated BioInitiative 2012 report, click [here](#).

([Interview with Cindy Sage](#), co-editor of the [BioInitiative Report](#), on **Environmental Options Network**.)

In this free 38-minute interview, EMF expert Cindy Sage of [Sage Consulting](#) discusses the findings and concerns raised in the report. This is a comprehensive overview of the health challenges we all face from everyday exposure to EMFs produced by powerlines and wireless devices.

To begin the Environmental Options Network interview, click [here](#) to bring up the page with the video embedded in it. On the right, click on the title words, “BioInitiative Report Interview” and the free video clip should appear in the player. Click on the image to begin the video.

You can also purchase a DVD of the interview for \$15 plus shipping.)

([Interview with Cindy Sage](#), co-editor of the [BioInitiative Report](#), at the **Commonwealth Club** in San Francisco.)

On March 19, 2008, a panel of scientists presented at San Francisco’s Commonwealth Club at an event called: “Microwave Radiation: The Shadow Side of the Wireless Revolution”. Scientists on the panel included leading public health expert David Carpenter, MD, Cindy Sage, Co-Facilitator of the Collaborative for Health & the Environment’s EMF Working Group and Prof. Magda Havas, PhD.

To begin the Commonwealth Club interview, click [here](#) to go to the Commonwealth Club website’s Speaker Archives page. Then on the line labelled, “Recording Date,” enter “March”



into the box for “Any month,” and “2008” in “All available years.” Then scroll down to “Microwave Radiation: The Shadow Side of the Wireless Revolution” recorded on March 19, 2008. Then click on “Listen” to listen for free.

You can also purchase a recording of the presentation.)

[The International Commission for Electromagnetic Safety](#)

From the website: “The **International Commission for Electromagnetic Safety** (ICEMS) is a non-profit organization that promotes research to protect public health from electromagnetic fields and develops the scientific basis and strategies for assessment, prevention, management and communication of risk, based on the precautionary principle.”

[Canadian Human Rights Commission](#)

“Medical Perspective on Environmental Sensitivities,” written by Margaret E. Sears (M.Eng., Ph.D.)

A review of the medical effects of environmental sensitivities by the **Canadian Human Rights Commission** as well as recommendations to protect occupants from electromagnetic field exposure in building codes.

Margaret writes, “‘Electromagnetic radiation’ covers a broad range of frequencies (over 20 orders of magnitude), from low frequencies in electricity supplies, radiowaves and microwaves, infrared and visible light, to x-rays and cosmic rays. Our limited understanding of the biological effects of the vast majority of frequencies gives reason for concern...”

“Given the seriousness of the adverse effects and the availability of alternative technologies, a precautionary approach is warranted.”

To read the entire report, click [here](#).

[French health agency recommends reducing exposure to mobiles](#)

Noted on a post dated October 15, 2009 on the web log, [EMFacts Consultancy](#)

From the post: “The French Agency for Environmental and Occupational Health and Safety (Afsset) has recommended a reducing people’s exposure to electromagnetic emissions from base stations and handsets because questions remain about their possible health effects, writes AFP.”

Click [here](#) to read the entire post.

Additional Links on the Health Effects of Human Exposure to Radio Frequencies



and Other EMF News

NewThe deck is clearly stacked against us, both domestically and overseas. Read Dariusz Leszczynski's sad but true blog piece, "WHO draft of EHC (Environmental Health Criteria) for RF (Radio Frequencies) is late and incomplete — consultation is futile, at this time," by clicking [here](#). (Note from Oram): Don't let anyone tell you that governmental regulatory agencies and industry are on our side. Industry's sole interest is to maximize profit, as stated in their corporate charter. They have done this time and again, with asbestos, lead in gasoline, tobacco and now wireless devices. Look to what researchers in Europe and the rest of the world are doing and saying to know the truth about these technologies and decide what your own exposure risk should be.

"Li-Fi" is here. A Russian company, Stins Coman, has developed a wireless Internet networking system using visible light. Called BeamCaster, it is four times faster than Wi-Fi, more stable, and cannot be hacked. And of course, there are no radio waves. This is already in use in offices in the US, Israel, China and other countries and will soon be on the market for under \$100. To read more, click [here](#).

[Children's Health Expert Panel — Audio and Summary: "Cell Phones & Wi-Fi — Are Children, Fetuses and Fertility at Risk?"](#)

An audio recording is now available for The Children's Health Expert Panel, held June 28, 2013 at the La Grua Center in Stonington, Connecticut.

From the website: "The panel presented a wide range of scientific evidence that electromagnetic radiation of the kind emitted by portable phones, Wi-Fi routers, baby monitors, Bluetooth earpieces, towers, antennas, smart boards, smart meters, and other devices is adversely affecting people across the globe, and especially children. This radiation may be 'non-thermal', but has clear and indisputable biological and health effects."

Note: Many of the presenters at the Children's Health Expert Panel were also presenters at the [Building Biology Conference](#) in Washington, DC on October 2012. DVDs of their presentations are available for purchase. Featured speakers included Devra Davis, Camilla Rees, Tim Schoechle, Duncan Campbell, Dr. Martin Blank, Dr. Lisa Nagy, and Dr. William Rea. To order the five-DVD set, click [here](#).

[Have Cell-Phone Companies Become the Tobacco Industry of the Twenty-First Century?](#)

by Susan Lippman

Published by [OpEdNews.com](#)

[Deaths from Brain Disease Skyrocket by 92% in 31 Years](#)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

Published by [The Alternative Daily](#)

From the article: "A recent study published in the journal Public Health shows that brain diseases and dementia are hitting people - especially Americans - at younger ages now than 30 years ago, and in increasing numbers. Professor Colin Pritchard, leader of the study performed at Bournemouth University, links this phenomenon to our modern lifestyle as a whole, including our eating habits, environmental pollution and relationship to radiation-emitting devices."

To read the entire article, click [here](#).

[The FCC Reevaluates its Radiofrequency \(RF\) Radiation exposure policy.](#)

90-day Comment deadline closed September 3, 2013. 150-day Reply deadline is November 1, 2013. To view the official FCC document, click [here](#).

[Nein! Germany ministry rejects smart meters](#)

From [The Microwave Factor](#)

From the article: "Ernst & Young has authored a study on behalf of the German Federal Ministry of Economics analyzing the costs and benefits of a full smart meter rollout. It concludes that smart meters are not in the interest German consumers."

[UK delays all Smart meter installations by a year. Italy bans them entirely.](#)

From [Before It's News](#)

On May 10, 2013, the UK government ordered a country-wide one year moratorium on smart meter deployment due to health concerns. What is most troubling, though not surprising, is that this was not covered at all by American media. Italy has also decided to ban wireless smart meters, however, I understand they use hardwired telephone lines to collect data. To read the article and watch a video of citizen testimony before an April 23, 2013 Commons Select Committee enquiry into the UK smart meter roll-out, click [here](#).

[Andre Fauteux](#) of Montreal published an email on August 24, 2013 in which he **listed those countries that recognize electro hypersensitivity (EHS)**, besides Sweden:

"**Germany** recognized EHS in 2012 under WHO's ICD 10 GM, under classification Z58 4 Elektrosensibilitat, according to this French [website](#)."

"Guideline of the **Austrian** Medical Association for the diagnosis and treatment of EMF related health problems and illnesses (EMF Syndrome)," consensus paper of the Austrian Medical Association's EMF Working Group, found [here](#), [here](#), and [here](#).

"The **Australian** Federal Appeals Court just recognized EHS triggered by a case of occupational overexposure to EMFs." Click [here](#).

"The **Isareali** Supreme Court just ordered the government to investigate the number of children with EHS." Click [here](#).



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

“The **Canadian** Human Rights Commission adopted a policy forbidding discrimination against people with environmental sensitivities (ES) and published two reports, on the medical and the legal perspectives of ES which include chemical and electromagnetic sensitivities.” Click [here](#).

“The largest teachers union in Canada, the Elementary Teacher’s Federation of Ontario, just voted to ban cellphone use in classrooms.” Click [here](#).

“The vote was part of a series of motions requesting that radiation from cell phones and WiFi be recognized as a potential workplace hazard for teachers.” Click [here](#).

“**USA** 2002: The American Architectural and Transportation Barriers Compliance Board with respect to the Americans with Disabilities Act (ADA). Click [here](#). The Board recognizes that multiple chemical sensitivities and electromagnetic sensitivities may be considered disabilities under the ADA if they so severely impair the neurological, respiratory or other functions of an individual that it substantially limits one or more of the individual’s major life activities. The Board plans to closely examine the needs of this population, and undertake activities that address accessibility issues for these individuals...”

(**Sweden** has long recognized that electro hypersensitivity (EHS) is a compensable disability.)

[Governments and Organizations That Ban or Warn Against Wireless Technology](#)

Published by [Cellular Phone Task Force](#)

A worldwide review.

Link to [photos](#) and a [video](#) showing magnetic fields around laptops, air purifiers, and a cellphone.

[Noida \(India\) to relocate 300 mobile towers](#)

From India’s Daily Pioneer, posted June 14, 2013

From the article: “In the wake of health risk posed by mobile phone towers, the Noida Authority (outside Delhi) has decided to relocate all such antennas from residential areas of the city. The authority will identify locations in isolated places — far from residential colonies — where they will be relocated.”

To read the entire article, click [here](#).

[Turkey takes on cell phones](#)

Posted July 2, 2013 on [The Microwave Factor](#)

From the article by Devra Davis: “While civil protests last week against Turkish Prime Minister Recep Tayyip Erdogan captured much of the world’s attention, climactic discoveries of brain damage tied with cell phone radiation galvanized the attention of scientists at the Black Sea Province of Samsun, Turkey. At the Samsun conference on June 17, Turkish, American, New



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

Zealand, and Saudi Arabian scientists detailed serious health risks from cell phone and other wireless radiation to human development. In response, the popular governor of this Province, the charismatic Aksoy Huseyin, on June 19 launched a major public campaign to raise awareness about cell phone radiation safety specifically geared towards pregnant women and young men interested in fathering healthy children. The new campaign made headlines around the country.”

To read the entire article, click [here](#).

[New report: Brain diseases such as dementia affecting more people under 55 than ever before](#)

Posted May 14, 2013 on [EMFacts Consultancy](#)

From the article: “Professor Colin Pritchard’s latest research published in Public Health Journal has found that the sharp rise of dementia and other neurological deaths in people under 74 cannot be put down to the fact that we are living longer — the rise is because a higher proportion of old people are being affected by such conditions, and what is really alarming, it is starting earlier and affecting people under 55 years.”

To read the entire article, click [here](#).

[France: Electromagnetic Waves: The Precautionary Principle Soon to be Applied in Schools](#)

From Le Parisien, posted March 19, 2013 (translated from French)

From the article: “Voted 19 March 2013 at the French National Assembly (Lower House), an amendment of the law stipulates that the establishment of the digital educational program foreseen by the text favors ‘wired’ connections, that is, Ethernet, rather than Wi-Fi, in order to protect children.”

To read the entire article, click [here](#).

[My View: Nothing fake about EMF sensitivity](#)

Opinion piece posted by Victoria Jewett in the [Santa Fe New Mexican](#) newspaper on February 23, 2013, in response to another reader’s earlier post.

Ms. Jewett works for a national organization that provides assistance to people with electromagnetically-sensitivity. She brings to light the perils and misunderstandings they encounter on a daily basis.

To read the entire article, click [here](#).

[Health Canada admits Safety Code 6 microwave radiation guideline is based ONLY on heating effects](#)

(What you are about to read unfortunately also applies to the radio frequency safety limits set by the FCC in the USA.)

[Dr. Magda Havas](#), a leading EMF researcher and health safety advocate in Canada, reports in



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

a February 13, 2013 article, that, “Health Canada scientist, James McNamee, admitted (in a Superior Court of Quebec hearing) that the Safety Code 6 guideline for microwave radiation (which includes radiation from most of the devices we are concerned about like mobile phones, cell phone antennas, Wi-Fi, wireless toys and baby monitors, smart meters etc.) is based ONLY on preventing a heating effect!”

While Health Canada, which sets health and safety standards for radio frequency exposure for Canada’s public, just as our FCC does for citizens here in the USA, claims that they consider non-thermal effects in determining their radio frequency exposure safety limits, Dr. Havas stated, “What Health Canada failed to mention is that the ‘non-thermal’ effects are considered ONLY for frequencies between 3 and 100 kHz (3 and 100 thousand Hertz).” She goes on to say that, “For frequencies between 100 kHz and 300 GHz ONLY thermal effects are considered and cell towers fall within this ‘thermal range.’” Actually, so do all the wireless devices used routinely by people today, including cell phones, Wi-Fi, wireless tablets, cordless phones, and baby monitors.

Dr. Havas continues, “I have two points to make here. The first is that Health Canada is cherry picking the studies they include for the Safety Code 6 decisions. They include ONLY studies that support their own conclusions...”

“The second point is that Dr. McNamee is demonstrating bias when he states that better studies are the ones that show ‘no effect.’”

Dr. Havas concludes, “Since the guidelines have not changed and with Dr. McNamee finally admitting that the guidelines in question regarding cell towers are based ONLY on preventing a thermal effect, it is accurate to say that Canada does not have a guideline to protect Canadians from long-term exposure to ‘non-thermal’ levels of microwave radiation!”

Sadly, it is my understanding that the FCC in the USA also bases its safety guidelines for RF exposure based solely upon thermal, or heating, effects, and therefore, we in the United States are also not protected from the health effects of long term, low-level, non-heating exposure to radio waves. There is ample evidence now that such health effects are well established by research from around the world (not conducted in the US), summarized in the updated [BioInitiative 2012](#) report.

To read Dr. Havas’ entire article, click [here](#).

[RESONANCE-Beings of Frequency](#)

A new eye-opening film by James Russell about cell phones and other wireless devices documents the adverse health effects of this ubiquitous technology, used by almost 100% of the human population today.

“The documentary is told through 60 years of science and tells the full story of how life on earth is threatened by the man made wireless frequencies that we live submerged in...”

“Over the last 25 years the (natural) harmony has been disturbed, and disturbed



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

dramatically. Mankind has submerged itself in an ocean of artificial frequencies. They are all around us, filling the air and drowning out the earth's natural resonance. To the naked eye the planet appears to be the same. But at a cellular level it is the biggest change that life on earth has endured; the affects of which we are just starting to see and feel."

To view the film, click [here](#).

[Can You Be Allergic to Wireless Radiation?](#)

Article in [USA Today](#) about the growing number of people who suffer from this affliction.

To view the article, click [here](#).

Updated [BioInitiative 2012 Report](#) from the **University of Albany**, New York

"A Rationale for a Biologically-based Exposure Standards for Low-Intensity Electromagnetic Radiation"

Last updated January 7, 2013

Twenty scientists and researchers from around the world originally reviewed over 2,000 studies on EMFs in 2006-2007. They found a link between EMFs, cancer and other health problems.

On January 7, 2013, the BioInitiative Working Group released an updated report, summarizing five additional years of research since their first report in 2007. Over 1,800 studies are reviewed showing further harm from short- and long-term exposure to wireless devices and cell towers. Health effects are found in the fields of genetics and DNA damage, cellular dysfunction, carcinogenicity, impact on sperm function, and effects on offspring behavior and cranium development.

New conclusions are drawn, including the following: "Many of these bioeffects can reasonably be presumed to result in adverse health effects if the exposures are prolonged or chronic. This is because they interfere with normal body processes (disrupt homeostasis), prevent the body from healing damaged DNA, produce immune system imbalances, metabolic disruption and lower resilience to disease across multiple pathways. Essential body processes can eventually be disabled by incessant external stresses (from system-wide electrophysiological interference) and lead to pervasive impairment of metabolic and reproductive functions."

To view the entire updated BioInitiative 2012 report, click [here](#).

[Getting Smarter About the Smart Grid](#)

"An energy and electricity policy white paper" published by the National Institute for Science, Law & Public Policy

Co-authored by Timothy Schoechle, PhD; Camilla Rees, MBA; and Duncan Campbell, Esq. (all of whom presented at our Conference of the Institute for Bau-biologie and Ecology, October 2012, in Washington, DC — click [here](#) to purchase a copy of the five DVD set of presentations at that conference, including by these three experts)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

Published November 2012

“Getting Smarter About the Smart Meter offers a roadmap to a truly ‘smart’ decentralized electricity grid capable of integrating ‘distributed’ power generation and renewable energy sources without the privacy, security, reliability, economic, or potential health impacts of our present 20th century centralized and wasteful utility infrastructure investment approach.” The white paper asks the question, “Why are federal government stimulus programs underwriting billions of dollars of ‘dumb’ smart meters for utility companies — with taxpayer dollars — meters that will soon be obsolete and not integrate with, or enable, the ‘smart grid’ of the future on which U.S. energy sustainability depends?”

To link to the website and to download the press release and the white paper, click [here](#).

Congressman [Dennis Kucinich](#) introduces the [Cell Phone Right to Know Act](#).

Ohio Representative Dennis Kucinich, who held the first Congressional hearings on the health effects of cell phones in fifteen years when he chaired the House Health Subcommittee in October 2008, has introduced new, proposed legislation, which is designed, as quoted from the bill, “To examine, label, and communicate adverse human biological effects associated with exposure to electromagnetic fields from cell phones and other wireless devices, and for other purposes.”

Representative Kucinich has been a champion on cellphone issues, a lone voice in a wilderness of silence on this issue. He belongs to a governmental body whose members do, in fact, hear a lot of information on this topic, but it comes from the cell phone industry, all of it ignoring the long-term, cumulative health impact of daily exposure to wireless technologies.

[The two-perspective risk assessment system in Europe - World health change possibly linked to electromagnetic fields](#)

From the congress of the [International EMF Alliance](#) (IEMFA) held in Madrid May 17, 2011.

A veritable who’s who of international experts on EMFs, including names familiar to those of us in North America such as Cindy Sage, Devra Davis, Henry Lai, Magda Havas, Sam Milham and many others, the International EMF Alliance brings together experts from all over the world to address the health impact of wireless technologies. They pose the important rhetorical question, “World health changes possibly linked to electromagnetic fields.”

This excellent power point presentation discusses where we are today with the contrasting paradigms in EMF science, public policy, technology and health. They are, the “Exact Physics” paradigm of the traditional EMF-Safety community, versus the “Complex Biology” paradigm of the recent EMF-Health community.

From the presentation: “A ‘Physics’ paradigm is fundamentally inadequate for the complex dynamic domain of ‘Living organisms.’ *Biological* pathways of EMF action are downplayed.



Only 'Exact Physics' EMF mechanisms are recognized (tissue heating, electrical currents, electrical potentials).

"The established system thus produces fundamentally misleading EMF-risk information for worldwide policies, regulations, research and communication on EMF protection, in a paradigm-controlled way."

To view the entire presentation, click [here](#).

[Non-Thermal Effects and Mechanisms of Interaction Between Electromagnetic Fields and Living Matter](#)

The first Monograph published by [The International Commission for Electromagnetic Safety](#) (ICEMS) is entitled, "Non-Thermal Effects and Mechanisms of Interaction Between Electromagnetic Fields and Living Matter." It is edited by Livio Giuliani and Morando Soffritti for the "European Journal of Oncology" - Library Vol. 5 of the National Institute for the Study and Control of Cancer and Environmental Diseases, "Bernardo Ramazzini," Bologna, Italy, 2010.

From the summary: "This Monograph by the International Commission for Electromagnetic Safety (ICEMS) ... includes 25 scientific papers in 400 pages and summarises evidence on the non thermal biological effects of EMF.

"Non thermal effects defined therein are biological mechanisms that are not able to induce a temperature increase higher than 0.01degrees C (living organism), 0.001(cells) or 0.0005 (sub-cellular).

"By comparison, ANSI, WHO, IEEE & ICNIRP consider that exposures below 0.05 degrees C (0.4W/kg) are safe for workers, and exposures below 0.01 C (0.08 W/kg) are negligible for the public.

"Any biological effects below these levels are considered by these organisations to have no biological significance and to be reversible."

The research considers "Low dose effects and 'windows of sensitivity'" as well as "The importance of timing for some biological effects and policy actions," factors *not* considered by industry and governmental regulatory organizations, which only consider thermal (heating) effects.

A 17 page Executive Summary is available for download, as well as the full text, Part I and Part II, by going to the ICEMS website [here](#).

[Medical Associations, medical doctors and leading scientists call for safe technologies in schools](#)

A new document is available as a PDF from [Safe Schools 2012](#)

From the report: "More Medical Associations, medical doctors and scientists, many of whom work on the biological effects of wireless technologies, have expressed their concerns about



the safety of wireless devices for schools. They are asking for wired information and communication technologies to be used in order to safeguard children and young people, protect and promote healthy development and maximise learning and achievement. These experts do not agree with the health protection agencies which currently support or allow the use of microwave, radiofrequency-emitting technologies by children and young people in schools.

“Other authorities have also called for the protection of children from wireless technologies.

- Council of Europe: Mobile phone use by pupils in schools to be strictly regulated and wired internet connections to be preferred (Resolution 1815, 2011).
- World Health Organization’s International Agency for Research on Cancer (IARC) classified radiofrequency radiation as a possible human carcinogen, class 2B (2011).
- UK Trades Union Congress (TUC): Caution should be taken to prevent exposure to Class 2B carcinogens in the workplace.
- European Environment Agency: All reasonable measures to be taken to reduce exposures to electromagnetic fields, especially radiofrequencies from mobile phones and particularly – the exposures to children and young adults. Current exposure limits to be reconsidered.
- International Commission for Electromagnetic Safety (ICEMS): Strongly advise limited use of cell phones, and other similar devices, by young children and teenagers.
- Russian National Committee on Non-Ionizing Radiation Protection have recommended the use of wired networks in schools and educational institutions, rather than wireless broadband systems, including Wi-Fi “It is our professional obligation not to damage the children’s health by inactivity”.
- German Government and Israeli Parliament recommended wired computer networks for schools or workplaces
- Several countries have advised children and young people to limit their use of mobile/smart/cell phones”

To download the Safe Schools 2012 PDF document, click [here](#).

[Wi Fi recommendations from the Russian National Committee on Non-Ionizing Radiation Protection \(RNCNIRP\)](#)

Appeared June 19, 2012 in [EMFacts Consultancy](#)

The Russian National Committee on Non-Ionizing Radiation Protection issued their “Recommendations of the necessity to regulate strictly the use of Wi-Fi in kindergartens and schools,” available [here](#).

[Toronto Hospital is First to Recognize Symptoms from Wireless Radiation](#)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

Appeared June 18, 2012 on [Canada Newswire](#)

“Women’s College Hospital says family doctors must learn to detect the symptoms of exposure to wireless radiation. The hospital released a statement saying the symptoms include disrupted sleep, headaches, nausea, dizziness, heart palpitations, memory problems, and skin rashes. These symptoms are now labelled Electro-magnetic Hyper-sensitivity, or ‘EMS’.”

To view the entire article, click [here](#).

[A call to act on the IARC ruling on cell phone radiation](#)

by [Devra Davis](#)

Appeared May 31, 2012 on [EMFacts Consultancy](#)

A review by EMF author and activist Devra Davis on the one year anniversary of the WHO’s reversal of their stance on cell phones and cancer, bringing us up to date on what has, and has not, happened since.

“U.S. inaction on cellphones is no accident, but the result of well-funded media efforts that have overwhelmed understaffed regulatory agencies...”

“In fact, brain cancer is hardly the only health issue of concern linked to cellphone radiation. Controlled studies in rabbits, mice and rats find that pulsed digital signals from today’s smartphones damage sperm, brain, liver, eyes and skin of exposed offspring, and impair memory and behavior...”

“IARC’s evaluation of cellphone radiation should allow us to prevent harm rather than wait for it to happen. The global effort to control tobacco only started after massive epidemics of lung cancer became undeniable. If we await such evidence with cellphones, our grandchildren may face an entirely avoidable public health crisis.”

To view the entire article, click [here](#).

[A close call: Why the jury is still out on mobile phones](#)

Written by Nina Lakhani on April 24, 2012 for London’s newspaper, [The Independent](#)

From the article: “Scientists at the Children with Cancer conference in London this week will advocate that governments adopt the ‘precautionary principle’ – advising phone users to take simple steps to protect themselves and their children from potential, not proven, long term health risks of electromagnetic fields – especially head cancers.

“They will call for urgent research into new Office of National Statistics figures that suggest a 50 per cent increase in frontal and temporal lobe tumours – the areas of the brain most susceptible to the electromagnetic radiation emitted by mobile phones – between 1999 and 2009.

“Caroline Lucas, MP for Brighton Pavilion and Green Party leader, will next week table an Early Day Motion calling for mandatory safety information at the point of sale, and for widely



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

publicized advice, for young people in particular, to text, use headsets or corded landlines for long calls...

"...France has banned phones from primary schools and advertising targeted at children, and (cell phone) companies must provide headsets with every phone.

"Israel recently became the latest of a very small, but growing number of governments to introduce legislation requiring all mobile phones and adverts to come with a health alert: 'Warning - the Health Ministry cautions that heavy use and carrying the device next to the body may increase the risk of cancer, especially among children.'

"The law, which last month passed its first reading, also seeks to ban, like with tobacco, companies from marketing to children...

"Professor Darius Leszczynski, from the Radiation and Nuclear Safety Authority in Finland, has warned about possible health hazards of mobile phones for more than a decade. He was one of 30 experts at the International Agency for Research on Cancer [IRAC], the global authority on cancer risks, who last year concluded mobile phones radiation is 'possibly carcinogenic'. (Other scientists disagree entirely.)

"Leszczynski will tell conference delegates that there is enough laboratory evidence to support an even stronger classification of 'probably carcinogenic'. He said: 'Since 2001 I have continuously spoken about the need for precautionary measures, especially for children. We have had enough evidence to call for that for a long time.'

"Dr Annie Sasco from the Epidemiology for Cancer Prevention unit at Bordeaux Segalen University is at the conference discussing the 1 to 2 per cent annual increase in childhood brain cancers.

"'It's not age, it's too fast to be genetic, and it isn't all down to lifestyle, so what in the environment can it be? We now live in an electro-smog and people are exposed to wireless devices that we have shown in the lab to have a biological impact. It makes sense that kids are more sensitive - they have smaller heads and thinner skulls, so EMFs get into deeper, more important structures...

"The research is split almost 50:50, on whether mobile phones pose a health hazard or not. But the balance changes if funding sources are considered, with around three quarters of the 'negative' studies - no health risks - funded by industry, according to analysis by Joel Moskowitz, director of the Center for Family and Community Health at the University of California, Berkley...

"Professor Franz Adlkofer, coordinator of Reflex... said: 'The poor state of knowledge is due to selective funding of research through governments and telecommunication industry combined with the willingness of hired scientists to adjust their findings to the needs of the awarding authorities, while the governmental blindness is the result of lobbyism in the antechambers of political power. National governments and international industries have in common that they only trust the false messages of scientists they co-operate with, and not



the contradicting data of researchers like me.”

Click [here](#) to read the entire article.

[The American Academy of Environmental Medicine Calls for Immediate Caution regarding Smart Meter Installation](#)

April 12, 2012, Wichita, KS: “The American Academy of Environmental Medicine today released its position paper on electromagnetic field (EMF) and radiofrequency (RF) health effects calling for immediate caution regarding smart meter installations. Citing several peer-reviewed scientific studies, the AAEM concludes that ‘significant harmful biological effects occur from non-thermal RF exposure’ showing causality. The AAEM also expresses concern regarding significant, but poorly understood quantum field effects of EMF and RF fields on human health.

“More independent research is needed to assess the safety of “Smart Meter” technology,” said Dr. Amy Dean, board certified internist and President-Elect of the AAEM. ‘Patients are reporting to physicians the development of symptoms and adverse health effects after “Smart Meters” are installed on their homes. Immediate action is necessary to protect the public’s health.’”

To view the entire press release, click [here](#). The press release includes the seven-page position paper.

A group of **physicians in Switzerland** calling themselves, “Physicians for the Environment” (MfE), passed a resolution on March 22, 2012, entitled, **“Mobile Telephony : MfE requests stricter limit values.”**

The resolution states, “The International Agency for Research on Cancer (IARC) considers the waves emitted by wireless communication ‘possibly carcinogenic’. According to the IARC, the risk of cancer for this type of radiation is thus similar to that of the insecticide DDT, rightly banned. Physicians for the Environment (MfE) is concerned that the limit values expected to protect the Swiss population, notably vulnerable groups such as children and pregnant women, constitute insufficient protection. In a communication sent to the Federal Assembly, MfE thus requests strict application of the principle of precaution and – in view of the risk of cancer – lower limit values.”

The press release is presented in English [here](#) and [here](#).

To read an article entitled, **“Electromagnetic Hypersensitivity: Evidence for a Novel Neurological Syndrome,”** click [here](#). This study was conducted by [Andrew Marino, PhD](#) and his team at the Department of Neurology, LSU Health Sciences Center, Louisiana State University, Shreveport, Louisiana.

To read an excellent review of the health effects of exposure to wireless devices entitled,



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

“The Biological Effects of Weak Electromagnetic Fields,” click [here](#). The review is dated March 2012 and was written by Andrew Goldsworthy.

Comprehensive summaries of research studies conducted on the adverse health effects from exposure to wireless communication devices have been created by Elizabeth Barris of the [American Association For Cell Phone Safety](#) and the [The People’s Initiative](#) in Santa Monica, California. Liz can be reached at (310) 828-6808 or (310) 281-9639. These documents can be downloaded directly from Liz’s websites above, and they can also be downloaded through the links listed below.

These research summaries include:

[Scientific papers that show reason for concern regarding cell-phone use](#)

[Ten examples of cell-phone studies showing effects at levels below 1.6 W/kg, or current US SAR cell phone safety standards](#)

[The Legislator’s Guide to Warning Labels on Cell Phones and the Layman’s Guide to the Science Behind Non-thermal Effects from Wireless Devices and Infrastructure.](#)

[GAO recommendation on RF exposures in the US](#)

In regards to the last reference, read the June 1, 2011 [Letter to The Comptroller General of the United States, U.S. Government Accountability Office \(GAO\)](#), sent from U.S. Representatives Edward Markey, Henry Waxman, and Anna Eshoo.

[Researchers Say New Studies Confirm Cell Phone Hazards](#)

“‘Stunning proof’ ignored in North America, scientists say”

Written by Mark Huffman on May 23, 2011 on the website [ConsumerAffairs.com](#)

From the article: “Now, a group of international researchers meeting in Istanbul, Turkey has released what they call “stunning proof” that confirms findings from the [Council of Europe](#) — pulsed digital signals from cell phones disrupt DNA, impair brain function and lower sperm count.

A meeting convened by [Environmental Health Trust](#), with the Turkish cancer society, and Gazi University, revealed the new research that the scientists say shows damage to DNA, brain and sperm...

The meeting was also sponsored by [The International Commission for Electromagnetic Safety](#).

To read the entire ConsumerAffairs.com article, click [here](#).

To read the entire Council on Europe Committee Resolution, click [here](#).

[Council of Europe calls for dramatic reduction in EMF exposure](#)

From the British EMF watchdog organization’s website [Powerwatch](#)

From the article: “A new [Council of Europe](#) Committee Resolution calls for a dramatic



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

reduction in human exposure to EMFs and microwave radiation from mobile phones and other wireless devices. This Resolution makes a strong call for properly applying the precautionary principle / approach to EMFs - both from electric power and from wireless communications technologies, something that all governments have so far completely failed to do. The Council of Europe represents all 47 Member Countries ensuring respect for its fundamental values: human rights, democracy and the rule of law.”

To read the entire Powerwatch article, click [here](#).

To read the entire Council on Europe Committee Resolution, click [here](#).

[WEEP Initiative: The Canadian and International Initiative to Stop Wireless, Electric and Electromagnetic Pollution](#)

Canadian Martin Weatherall’s website with extensive information on how “electromagnetic pollution touches all of us.” He says, “Injury, illness and loss of productivity are resulting from increased levels of electromagnetic activity.”

Be sure to sign on to his blog to receive up to the minute emails on what is happening in the effort to spread the news about EMFs and health. Go to [WEEP News](#). From the blog site: “As a Canadian independent foundation, WEEP acts as an umbrella organization and focuses on progressive initiatives that bring increased awareness, policy change, and entrepreneurial activity around the issues of safe Electro Magnetic emissions.”

[Commonwealth Club Program on Health Effects of Cell Phones, Wireless Technologies & Electromagnetic Fields With Leading Experts](#)

The full video coverage of a landmark day-long seminar at San Francisco’s prestigious [Commonwealth Club](#) held on November 18, 2010.

Scientists, researchers and activists came together from around the world, including the UK, Canada, Norway, Sweden, and the USA to present information on the Health Effects of EMFs. Speakers included such EMF experts as Camilla Rees, Olle Johansson, Magda Havas, and Elizabeth Kelley, as well as a number of other scientists and researchers.

Topics included:

History of Electromagnetic Pollution in Our Midst

Perspectives on the Science: Impacts on DNA, Cells, Organs and the Body’s Regulatory Systems

DNA, Fertility & Developmental Impacts

Cell Phones & Brain Tumors-What Does the Science Show?

Underappreciated Risks: Schools, Cell Towers & Dirty Electricity

“Smart Meters” – The Shortsightedness of New, Radiation-Emitting Utility Technologies

Toward the Future: New Recommended Exposure Guidelines-The Rationale?

Public Health Policy on Wireless Radiation



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

You can view an archived version of the entire seminar at the Commonwealth Club by clicking [here](#).

[EM \(Electromagnetic\) Radiation Reserach Trust](#)

A British-based organization dedicated to “Researching Electromagnetic Radiation and Health Effects.” Filled with useful information and links.

You can download a copy of the e-Magazine, “Rewire.Me”.

From the website: “Welcome to the EM Radiation Research Trust. Do electromagnetic fields pose a risk to health? This is an important but repeatedly misunderstood and misreported issue. The purpose of this RRT is to to uncover and communicate the facts concerning electromagnetic radiation and our health.”

[International EMF Alliance](#)

From the website: “IEMFA is the International Electro-Magnetic Fields Alliance, supported by an independent and growing global body of empirically-based scientific experts on living processes, with a multilevel, multidisciplinary health focus. The Members cover a diversity of Biological, -Physics, -Medical and Epidemiologic disciplines, ranging from atomic and molecular level to the level of living cells, tissues and the functioning of different organ systems. They cooperate worldwide to supply a coherent, multilevel insight into the multitude of observed biological disruptions when exposed to non-ionizing radiation, addressing the important issues of plausible long-term degradation threats for public health. IEMFA collaborates with several international organizations.”

“Mission — Principal aim of IEMFA is to disseminate coherent, health-oriented information and advice on the rapidly growing body of knowledge on deeper biological disruptions observed in living tissues after exposure to relatively low environmental levels of non-ionizing electromagnetic fields, including the assessment of possibly related long-term health risks when chronically exposed.”

[Should You Be Snuggling With Your Cellphone?](#)

Written by Randall Stross on November 13, 2010 for [The New York Times](#)

From the article: “WARNING: Holding a cellphone against your ear may be hazardous to your health. So may stuffing it in a pocket against your body.”

To view the article, click [here](#).

[Zapped](#)

A new book written by [Dr. Ann Louise Gittleman](#)

Ann is an award-winning author on various topics of nutrition. She is EMF-sensitive and recently wrote [Zapped](#) to chronical how she protected herself from EMFs in her own life. Ann Louise was a guest on November 3, 2010 on the nationwide radio program, [Coast to](#)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

[Coast AM](#). To hear the archive of her show, click [here](#). You will need to either be an existing subscriber to the show's "Coast Insider" archive service, or sign up for \$6.95 per month (a bargain for some of the most amazing information you will learn anywhere — Oram has been a subscriber and listener for years).

[EMF and RF World Concerns Summary](#)

From Sandi Mauer's [EMF Safety Network](#) website:

"The following is a compilation of what government, public health and environment organizations and officials, independent scientists, health advocacy groups and activists are advocating around the world in response to the proliferation of electromagnetic fields, and especially 2.4 GHZ microwave radiation."

To view the summary, click [here](#).

[Global EMF Websites](#)

From Sandi Mauer's [EMF Safety Network](#):

A thorough list of websites for organizations and resources around the globe detailing the health risks of human exposure to EMFs.

Sandi Mauer is an EMF activist in Sebastopol, California.

[Updated Environmental Working Group \(EWG\) Cellphone Radiation Guide now available](#)

From [EMFacts Consultancy](#), posted on March 5, 2010

From Ken Cook, President, Environmental Working Group: "Now, with EWG's new Cell Phone Radiation Guide you can check your cell phone's radiation ranking and learn how to use it wisely.

"Our Cell Phone Radiation Guide has been extremely popular since we released it in October, because it gives consumers exactly the information needed to choose and use cell phones wisely. You can:

- 1 See how the hottest new phones of 2010 rank
- 2 Look up your phone's radiation level
- 3 Find a low-radiation phone
- 4 Find a headset
- 5 Get practical, convenient tips on how to reduce your radiation
- 6 Take action and tell the government that it's time to modernize their radiation standards"

Note from Oram: Radiation in the microwave range from the carrier radio frequency, mentioned as item # 2 in the list above, is only *one* of the two radio frequencies emitted by cell phones and fixed cell towers when they transmit to each other. The other radio frequency is the so-called "low-power information-carrying radio wave," normally around 219-230 Hz (Hertz), or cycles per second. This low-frequency radio wave carries the voice data but does

not extend very far. Hence it needs to be piggy-backed onto the microwave carrier wave, which carries it for miles between the tower and the phone and back again. The problem is, the microwave carrier wave, mentioned above, has a safe exposure level, called the “specific absorption rate,” or SAR, below which there is generally little health impact. The low-frequency information-carrying radio wave, on the other hand, has no safe exposure level, meaning there are health effects down to almost zero exposure levels, and the effects are cumulative. These include damage to the blood-brain barrier, formation of micronuclei, which are precursors for cancer, and damage to the calcium metabolism of cells, which is the way they communicate with one another. Bear this in mind when researching your cell phone on the EWG list and realize that the greatest harm comes from the low-frequency, information-carrying radio wave, for which there is no list. The solution is to limit your use of cell phones altogether. See [Steps to Protect Yourself from Cell Phone Frequencies](#) on my website.

[Interphone Points to Long-Term Brain Tumor Risks; Interpretation Under Dispute](#)

From [Microwave News](#), May 17, 2010 edition:

From Louis Slesin, Founder of Microwave News: “The good news is that the Interphone paper has finally been made public after a four-year stalemate within the 13-country research team. But it comes at a price. A series of compromises over how to interpret the results of the largest and most expensive study of cell phones and brain tumors ever attempted has left the paper with no clear conclusions other than more research is needed...

“At the very least, the risks are greater than many believed only a few years ago. In a series of interviews, a number of the members of the Interphone project told Microwave News that **they now see the risk among long-term users as being larger than when the study began**. Some think the risk warrants serious attention...

“‘To me, there’s certainly smoke there,’ said [Elisabeth Cardis](#), who leads the Interphone project. ‘Overall, my opinion is that the results show a real effect.’ Cardis is with the [Center for Research in Environmental Epidemiology \(CREAL\)](#) in Barcelona. She moved there two years ago after working on Interphone at IARC for close to a decade.” (emphasis added)

To read the entire article, click [here](#).

[Interphone’s Provocative Analysis of the Brain Tumor Risks](#)

From [Microwave News](#), May 17, 2010 edition:

From Louis Slesin, Founder of Microwave News: “An essential part of the Interphone story is Appendix 2. Although not included in the paper, it offers a way to look at the risks free of some of the bias that so muddled the published results. It also provides a window on the controversy that deadlocked the Interphone group for four years.

“There is a general consensus that the large number of abnormally low risks observed in



Interphone is a sign of a systematic problem — selection bias — in the way that the study was carried out...

“When the Interphone team analyzed the data in a way to compensate for selection bias, they saw a much more provocative picture of the risks associated with long-term use of cell phones.

“Those who used a mobile phone for ten or more years were found to be twice as likely to develop a brain tumor. This increased risk is statistically significant. Indeed, the risk is higher for all three indices of exposure — years of use, total talk time and total number of calls. **There even appears to be a dose-response relationship, with the highest risk among the heaviest users.** This is all clearly shown in the table below taken from Appendix 2.” (emphasis added)

To read the entire article, click [here](#).

[Interphone Resources](#)

From [Microwave News](#), May 17, 2010 edition (updated May 18):

A comprehensive list of links to media reports, blogs and videos, pro and con, on the Interphone Study.

To view the entire list, click [here](#).

[International EMF Collaborative Advisory on Forthcoming Interphone Brain Tumor Study](#)

Media Advisory from [Electromagnetic Health.org](#), May 13, 2010

“The Interphone Study Group will publish partial results of its long-awaited cell phone and brain tumor study on Tuesday, May 18, 2010, in the International Journal of Epidemiology. Results from the 13-country, \$30M study are 5 years overdue, without any justification for the delay. It has been reported that there are deep divides over interpretation of the Interphone results among the 21 investigators.

“The expected announcement, under embargo now, will be the first time Interphone results for all participating countries will be released for any tumor type. According to Microwave News and other sources, the results will still only be partial results, publishing the data on gliomas and meningiomas **but not the other tumor types studied**. Data collected on the 1,100 acoustic neuromas and 400 parotid gland tumors, or tumors that are closest to the ear, **will not be included in the results**, to the dismay of many independent scientists and brain tumor patients and their families...” (emphasis added)

Note This article contains numerous links to websites exposing the truth about the dangers of cell phone use in advance of the release of the Interphone study. Scroll down to “Resources for Journalists Covering the Subject of Cellphones and Brain Tumors” in the article to see the links.

To read the entire article, click [here](#).



Cellphones Cause Brain Tumors

From the [EM Radiation Research Trust](#), August 25, 2009

“A new report was released today by the [International EMF Collaborative](#) entitled ‘Cellphones and Brain Tumors: 15 Reasons for Concern, Science, Spin and the Truth Behind Interphone’...

“The report concluded:

- 1) There is a risk of brain tumors from cellphone use;
- 2) Telecom funded studies underestimate the risk of brain tumors, and;
- 3) Children have larger risks than adults for brain tumors.”

To download the report, click [here](#).

Warning: Your Cell Phone May Be Hazardous to Your Health

From [GQ Magazine](#), February 2010 issue:

From Christopher Ketcham, GC author: “Ever worry that that gadget you spend hours holding next to your head might be damaging your brain? Well, the evidence is starting to pour in, and it’s not pretty. So why isn’t anyone in America doing anything about it?

“Hey all — I spent almost a year working on this piece about cell-phone radiation — find it online at

<http://www.gq.com/cars-gear/gear-and-gadgets/201002/warning-cell-phone-radiation>, or in the February hard copy of the magazine interviewing dozens of sources, reading scores of reports, and the bad news is in: Cell-phone radiation, now being pumped directly into the brains of 4.5 billion handset users worldwide, is likely causing havoc in the electrical systems by which our brains and bodies operate. All biology is electric, as one of my sources tells me in the article. If you add massive levels of electropollution such as cell-phone microwaves into the environment, you’re going to disturb the functioning of living systems, with possibly huge ramifications over the long term: brain tumors, cancers, weird neurological disorders, sperm die-offs, genetic damage, behavioral changes, sleep changes, changes in learning and memory and mental acuity. Similar data is being gathered about the dangers of wifi radiation, which operates at microwave frequencies not very different and often exactly the same as those frequencies used in cell-phone technology. Anyway, read about it, weep, smash your cell-phone, or don’t. To quote one of the scientists in the piece: ‘The public should know if they are taking a risk with cell phones. What we’re doing is a grand world experiment without informed consent.’”

From Don Maisch, of the [EMFacts Consultancy](#), January 23, 2010: “Even though the article is primarily aimed at the American audience the problem is universal: the involvement of political and corporate entities in suppressing and controlling science to protect their interests to the detriment of public health. Highly recommended reading.”

Children and Cell Phones: Time To Start Talking Sense



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

From [Microwave News](#), May 3, 2010 edition:

From Louis Slesin, Founder of Microwave News: "Children do have higher radiation exposures and if cell phones are indeed doing us harm, then children are at greater risk than their parents..."

"There is nothing complicated about why children absorb more radiation than adults,' Gandhi told Microwave News from his office at the University of Utah not long ago. Children have thinner skulls and smaller ears than adults, he explained, and so the radiation has a shorter distance to travel from the phone to the brain. (Every millimeter of separation makes a big difference.) Because more radiation gets to the brain, the specific absorption rate (SAR), the preferred way to measure the radiation dose, increases..."

"Today, Gandhi has many supporters. Research groups in Brazil, France, Japan, Spain and Switzerland have all published papers showing that children have higher SARs..."

"And there's more: Children also have a greater sensitivity to cell-phone radiation...The SAR in the bone marrow of children is more than ten times higher than that in adults. Or, to put it bluntly, the same amount of radiation packs ten times the punch inside a child's bone marrow as in his mother or father's bone marrow..."

"The entire cell phone health controversy is so riddled with industry money that only a few dare to address the implications for public health."

To read the entire article, click [here](#).

[Industry Rules RF: Controlling Research, Setting Standards and Spinning History](#)

From [Microwave News](#), July 2004 edition:

From Louis Slesin, Founder of Microwave News: "In RF (Radio Frequency) land, industry is the boss. It has long decided much of what research gets funded and what gets published. It also sets the safety standards. And now it dictates what part of the story you get to hear."

To read the entire article, click [here](#).

[Interview with Christopher Ketcham, author of Warning: Your Cell Phone May Be Hazardous to Your Health](#)

From [EMFacts Consultancy](#), posted on January 23, 2010

From Camilla Rees: "Read review and listen to interview with the article's author, Christopher Ketcham, conducted by Camilla Rees of [ElectromagneticHealth](#)."

[Youtube interview](#) with Dr. Alvaro de Salles on cell phone risks

From Don Maisch, editor of [EMFacts Consultancy](#), posted on April 19, 2010

"I have just viewed Dr. Alvaro Almeida de Salles' 38 minute video interview (September 2009) on Youtube and it is a must-see for clearly explaining the risks of cell phone and WiFi technology. Dr. de Salles explains how the cell phone industry has suppressed the dangers while secretly taking out patents on directional antennas that could significantly reduce cell



phone radiation exposure for the user. There's also advice on how you can reduce the risks/children's use of cell phones/WiFi dangers, and much more!"

[Top 'Safe' Cell Phones That Aren't Safe](#)

Article from Dr.Mercola's [website](#)

Excellent review by Camilla Reese, founder of [Electromagnetichealth.org](#) on the value and shortcomings of the SAR, or "Specific Absorption Rate," a flawed measurement of cell phone exposure used by many to try to find a "safe" phone. As this article shows, the SAR measurement is fraught with inconsistencies and doesn't take into account the seriously harmful biological effects from exposure to low-frequency, information-carrying radio waves in the 219-230 Hz range (see my comments on this topic in the post immediately preceding this one).

[Finnish paper publishes article on mobile phone risks \(in English\)](#)

From [EMFacts Consultancy](#), posted on April 8, 2010

From Dariusz Leszczynski, PhD, DSc, Adjunct Professor, University of Helsinki, Finland: "On April 3, 2010, the major Finnish newspaper, Helsingin sanomat, has published a long story on health risks of mobile phones. Today, on April 7th, 2010, the same story has been re-published in the English version of the Helsingin sanomat. This publication is freely available on the internet and you can find the link to it on my blog."

[Youtube video: DECT \(cordless phone\) signals affect the heart](#)

From [EMFacts Consultancy](#), posted on March 24, 2010

From Magda Havas: "Please watch this 7-minute video on youtube that I made yesterday. "It provides unequivocal evidence that the radiation from a cordless (DECT) phone interferes with the heart. This video provides evidence that electrohypersensitivity is real, is physical, and may be life threatening.

"It also shows that non-thermal exposure, at levels well below federal guidelines in most countries (0.3% of the 1000 microW/cm²), has biological and health effects."

[Listen to an interview with Dr. David Carpenter on KMJ's Morning News about EMFs](#)

From [EMFacts Consultancy](#), posted on February 18, 2010

[Conference on chemical mechanisms leading to EMF sensitivity](#)

From [EMFacts Consultancy](#), posted on January 31, 2010

From Don Maisch: "In reference to the below conference an excellent book to read is Gunni Nordstrom's 'The Invisible Disease: The dangers of Environmental Illness caused by Electromagnetic Fields and Chemical Emissions.'

"As far as a chemical link with EMF sensitivity, people working in electrical environments are



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

also usually posed to a wide range of chemical emissions that out-gas from the equipment. The Swedish Union of Clerical and Technical Employees in Industry (SiF) commissioned quite a bit of excellent research, and funding researchers into these issues, up to the late 1990's. What apparently was the case with workplace EMF sensitivity in Sweden was that exposure to chemicals may have been a factor in sensitizing some workers to EMF as well.

"In other words, in some cases where chemical exposure existed (such as working in a room with new computers with inadequate ventilation) the resultant chemical sensitivity may have led to EMF sensitivity. This is not to suggest that chemical exposure is a requirement for one to be electrosensitive, just that there may be a link in some cases."

[Evidence still fuzzy on cell phones, cancer](#)

Written by Elizabeth Landau on November 10, 2009 for [CNN](#)

One of the first articles in recent times in a mainstream publication that highlights the research now emerging from Europe and around the world.

Click [here](#) to read the entire article.

["Microwaving Our Planet": The Environmental Impact of the Wireless Revolution](#)

Written by Arthur Firstenberg in June 1997 and reprinted on the website [mindfully.org](#)

From the article: "This is an urgent plea to environmentalists and to those within the telecommunications industry, to doctors and businesspeople and government officials, that microwave radiation is an imminent danger to all of us more or less equally, and that for our common survival we must immediately halt the expansion of wireless communications upon this earth. There is no greater threat to our common future."

Click [here](#) to read the excerpts from the original article that are posted on the [mindfully.org](#) website.

[Department of Health under pressure to increase precautions over children's mobile phone use](#)

Written by Martin Beckford on October 24, 2009 for London's newspaper, [The Telegraph](#)

From the Telegraph website: "Pressure is increasing on the Government to increase public health warnings over mobile phones as more fears emerge over their possible risks."

Click [here](#) to read the entire article.

[Safety advocates in US gain ground in cell phone debate; Doubts are emerging about the devices' long-term effects on health.](#)

Written by Suzanne Bohan on September 27, 2009 for [Contra Costa Times](#) in California

From the article": "This month marked a turning point in the quest by U.S. health advocates to gain credibility for their conviction that cell phones pose an underappreciated health risk."

Click [here](#) to read the entire article.



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

[Electromagnetic Health](#)

This website by Camilla Rees of Boulder, Colorado is a great resource for articles and audio and video clips of interviews with experts on the health effects of using cell phone and other wireless technologies.

Includes the book, "Public Health SOS: The Shadow Side of the Wireless Revolution," by Camilla Reese and Magda Havas. This book is subtitled, "101 Questions on Electromagnetic Pollution from a Forum at the Commonwealth Club of California."

From the website, "We represent citizens concerned about the proliferation of wireless technologies and their impact on health.

"We represent citizens who want our government to set exposure standards for electromagnetic radiation that are biologically based, instead of being based on long since invalidated thermal standards.

"We represent the growing percentage of the population that has become electrically sensitive-people who are finding it increasingly difficult to cope in wireless environments. The benefits of modern life, including the ability to participate in society, and hold jobs in traditional office buildings, are increasingly not available to an estimated 3-8% of Americans today.

"And, we represent the people who want rights of state and local governments to establish healthy environments in their communities returned-rights that were taken away in the Telecommunications Act of 1996, which tied the hands of local governments, preventing them from resisting towers and antennas in their communities on health or environmental grounds-even when harm became clear."

You can also purchase their eBook, "Public Health SOS: The Shadow Side of the Wireless Revolution."

[Options to Minimize EMF/RF/Static Field Exposures in Office Environments](#)

A landmark report by Canadian building biologist, Katharina Gustavs, giving actual exposure guidelines for safe EMF exposure and what you can do about them. This is a very practical guide.

From her website: "Offices are abuzz with electromagnetic hazards. Do health regulations protect us? From acute, thermal effects: yes. From long-term effects of low-level exposures: no. In this 150-page paper, find out what the natural background levels are, how much energy the electronic devices you are using emit, and what you can do to lower your exposure (pages 39-66). After taking a closer look at documented health effects and electromagnetic hypersensitivity, it becomes clear why it is so important to follow the precautionary approach."

[Australian Broadcasting Company \(ABC\) video: Scientists speak out on mobile phone, cancer](#)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

[link](#)

A 19 minute video clip from the ABC program, “Lateline,” aired in Australia on April 2, 2009. This groundbreaking news segment on a major worldwide network presents the mounting evidence that long term cell phone use, ten years and more in duration, has been shown to cause a higher risk of brain cancer, particularly among children.

This is a major expose pitting statements from admittedly industry-related researchers with statements from those who are independent and “outside” the support of industry.

You can watch the full video clip in Windows Media Player or Real Player from a link on the Lateline website by clicking [here](#). You can also read a transcript of the show on the same page.

[Shows on cell phone radiation are all over the TV news](#)

April 10, 2009

Written by Louis Slesin, Editor of [Microwave News](#):

From Louis’ email alert: “Shows on cell phone radiation are all over the TV news (overseas). We have assembled seven that have appeared over the last few weeks in Australia and Europe.”

Click [here](#) to read the April 10, 2009 article under “News and Comments” and to link to these TV news reports.

[EMF Radiation News](#)

From the website: “This information contained within this text, audio and video blog is to educate, inform, and provide solutions about the dangers of ElectroMagnetic Pollution from cell phones, cell towers, computers, home radiation and much more.”

[Children & Cell Phones: Where’s ICNIRP?](#)

January 23, 2009

Written by Louis Slesin, Editor of [Microwave News](#):

From Louis’ email alert: “The new year brought two fresh initiatives to protect children from cell phone radiation. On January 7, the Finnish Radiation and Nuclear Safety Authority (STUK) recommended that parents limit their children’s use of mobile phones and, on the same day, the French government announced a series of environmental health proposals which includes a ban on cell phones designed specifically for children younger than six and of advertising that promotes the use of cell phones among those under 12.

“In contrast to these actions — and those of Belgium, France, Russia, Sweden and the U.K. — the lackadaisical approach of the International Commission on Non-Ionizing Radiation Protection (ICNIRP) is striking. Some 40 countries, many of which have only limited expertise in RF radiation health effects, look to the Commission for advice. Yet, ICNIRP has been silent for ten long years....”



To read the entire article, click [here](#).

[Electric sensitivity land; Ecology House's hopes to unplug antenna proposal turns light on EMF debate](#)

Written by Peter Seidman on December 19, 2008 for [The Pacific Sun](#) of San Rafael, California
From the article: "Residents of a San Rafael apartment complex who say the installation of cell phone antennas nearby would compromise their health are waiting to learn if Verizon and the city can find an alternate site."

Click [here](#) to read the entire article.

[Breakthrough on Power Lines & Childhood Leukemia](#)

December 15, 2008

Written by Louis Slesin, Editor of [Microwave News](#):

From Louis' email alert: "A Chinese team has made a breakthrough in explaining how power-line EMFs promote childhood leukemia. We don't often talk about breakthroughs when we write about EMFs, but this time it's justified."

Click [here](#) to read the entire article.

[Cell Phone Radiation Can Cause DNA Breaks](#)

November 28, 2008

Written by Louis Slesin, Editor of [Microwave News](#):

From Louis' email alert: "In this week's issue, Science magazine has conceded the error. More than one lab has in fact shown that cell phone radiation can cause DNA breaks."

Click [here](#) and scroll down to "November 27" to read the entire article.

[Two U.S. Scientists Raise Concern In Congress Over Cell Phone Brain Tumor Link](#)

Reported in the [Word Press](#) on October 20, 2008

A good synopsis by a blogger about the state of the debate on wireless technologies in this country today.

[Misleading Press Reports on Cell Phone Cancer Risks](#)

Written by Louis Slesin, Editor of [Microwave News](#):

From Louis' email alert: "A spate of spurious stories that were in the news last week needs to be aired and corrected. They also provide yet another reason to get the Interphone study out as soon as possible."

To read the entire article, go to the [Microwave News](#) home page and search on articles from "October 20 and November 27 (2008)."

[Are Brain Cancer Rates Rising Among Young Adults?](#)



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

Written by Louis Slesin, Editor of [Microwave News](#):

From Louis' email alert: "At last week's Congressional hearing on cell phone cancer risks, Dr. Ronald Herberman testified that the incidence of brain cancer has been increasing over the last ten years, particularly among 20-29 year-olds. This could have major implications for the cell phone health controversy."

Click [here](#) to read the entire article.

[Mobile phone use 'raises children's risk of brain cancer fivefold'](#)

Written by Geoffrey Lean on September 21, 2008 for London's newspaper, [The Independent](#)
From the article: "Alarming new research from Sweden on the effects of radiation raises fears that today's youngsters face an epidemic of the disease in later life. Children and teenagers are five times more likely to get brain cancer if they use mobile phones, startling new research indicates.

"The (Swedish) study, experts say, raises fears that today's young people may suffer an 'epidemic' of the disease in later life. At least nine out of 10 British 16-year-olds have their own handset, as do more than 40 per cent of primary schoolchildren.

"It (the Swedish study) sprung from a further analysis of data from one of the biggest studies carried out into the risk that the radiation causes cancer, headed by Professor Lennart Hardell of the University Hospital in Orebro, Sweden. Professor Hardell told the conference, held at the Royal Society by the Radiation Research Trust, that 'people who started mobile phone use before the age of 20' had more than a five-fold increase in glioma', a cancer of the glial cells that support the central nervous system. The extra risk to young people of contracting the disease from using the cordless phone found in many homes was almost as great, at more than four times higher."

Click [here](#) to read the entire article.

[Mobile phones may raise cancer risk in children, study finds](#)

Written by Sarah Knapton on September 21, 2008 for London's newspaper, [The Telegraph](#)
From the article: "Children and teenagers are five times more likely to get brain cancer if they use mobile phones, a new study suggests."

Click [here](#) to read the entire article.

[Growing Concern about Electromagnetic Pollution and Cell Phones](#)

by Linda Mouton Howe. This article appeared in the blog [Cultural Change](#) in August 2008. This article alerts us to a public comment deadline with the FCC of September 29, 2008 regarding pending legislation sponsored by the telecom industry to take power away from citizen groups to block the locating of cell towers in schools and other public places. The author cites the [BioInitiative Report](#) and she interviews Libby Kelley, Managing Secretariat of the [The International Commission for Electromagnetic Safety](#).



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

From the article: “The telecommunications industry is trying to stop all citizen influence on restricting cell tower sites. On July 11, 2008, the Cellular Telephone Industries Association (CTIA), petitioned the FCC to declare new limitations on local zoning authority as it affects cell tower siting. A deadline for public comments was set as September 15, 2008 (deadline extended to September 29, 2008), by the FCC and click [here](#) for Public Notice for Comments. Specifically, CTIA requests the Federal Communications Commission to:

1. Force municipalities to act on wireless antenna or tower zoning applications within 45 or 75 days.
2. Rule that applications are automatically ‘deemed granted’ if a local government misses the FCC’s deadline.
3. Prevent municipalities from considering the presence of service by other carriers in evaluating an additional carrier’s application for an antenna site.
4. Pre-empt any local ordinance that would automatically require a variance for cell tower applications.”

Click [here](#) to read the entire article.

[The First Congressional Hearings on Cell Phones in 15 Years](#)

Written by Louis Slesin, Editor of [Microwave News](#):

“Congressman Dennis Kucinich will hold a hearing on cell phones and health in Washington on Thursday, September 25th (2008). Among the witnesses will be Dr. Ronald Herberman of the University of Pittsburgh Cancer Institute and Dr. David Carpenter of the Institute for Health and Environment in Albany.”

To read more, go to the [Microwave News](#) page for September/October 2008 and scroll down to “September 30” and earlier articles.

[Cellphone use potentially risky for kids, teens: health agency](#)

This article appeared in [Canadian Broadcasting Company News](#) on July 12, 2008.

From the article: “Toronto’s department of public health is advising teenagers and young children to limit their use of cellphones to avoid potential health risks.”

Click [here](#) to read the entire article.

[This is Your Brain on Cell Phones](#)

Written by Kiera Butler, Associate Editor of [Mother Jones Magazine](#), on July 1, 2008

A concise overview of the effects of thermal and non-thermal effects of radio waves on human health.

[Cell Phone Cover-Up, Is Your Brain at Risk?](#)

“Brain expert warns of huge rise in tumours and calls on industry to take immediate steps to reduce radiation”

Written by Byron J. Richards, CCN on April 16, 2008 for [News With Views](#)

From the article: "The latest stone thrown at the 200-billion-dollar-a-year cell phone industry came from a study by neurosurgeon Vini G. Khurana entitled [Mobile Phone-Brain Tumour: Public Health Advisory](#). His meta-analysis of existing cell phone studies may not contain a lot of new information, but his rather alarming message was carried by media around the world: 'there is a growing body of statistically significant evidence for a relationship between the overall length of use of a mobile phone and the delayed occurrence of a brain tumor on the same side of the head as the "preferred side" for mobile phone usage.' **He claimed a 2-4 fold increased risk following 10 years of regular use.** (*emphasis added*) The study, by Dr Vini Khurana, is the most devastating indictment yet published of the health risks."

Read the entire article by clicking [here](#).

[Mobile phones 'more dangerous than smoking'](#)

"Brain expert warns of huge rise in tumours and calls on industry to take immediate steps to reduce radiation"

Written by Geoffrey Lean on March 30, 2008 for London's newspaper, [The Independent](#)

From the article: "Mobile phones could kill far more people than smoking or asbestos, a study by an award-winning cancer expert has concluded. He says people should avoid using them wherever possible and that governments and the mobile phone industry must take 'immediate steps' to reduce exposure to their radiation."

The study, by Dr Vini Khurana, is the most devastating indictment yet published of the health risks."

Read the entire article by clicking [here](#).

[Cell Phone Radiation Triggers Measurable Brain Cell Changes in Mere Minutes](#)

"Brain expert warns of huge rise in tumours and calls on industry to take immediate steps to reduce radiation"

Written by David Gutierrez on December 29, 2007

From the article: "As little as 10 minutes on a cell phone can trigger changes in brain cells linked to cell division and cancer, suggests a new study conducted by researchers from the Weizmann Institute of Science in Israel and published in the [Biochemical Journal](#)."

"Previously, advocates of cell-phone safety have maintained that the phones cannot cause brain damage because the microwave radiation that they emit is at a level too low to heat the body's cells. But in the new study, changes in biological processes began at an energy level even lower than that used by a typical phone, even without heating occurring..."

"There was no direct evidence of cancer inducement in the current study. However, the researchers point out that the changes occurring at the low radiation level were non-thermal in nature, something previously said to be impossible. Thus, the study challenges the entire



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

basis on which cell phones' presumption of safety has been based.

"The significance lies in showing cells do react to cell-phone radiation in a non-thermal way," said co-author Rony Seger. "We used radiation power levels that were around one tenth of those produced by a normal mobile. The changes we observed were clearly not caused by heating."

"This helps explain why mobile phone radiation has been linked to increases in cancer tumors," said consumer health advocate Mike Adams. "Until now, skeptics have said the radiation wasn't intense enough to cause cells to overheat, but now we're learning there can be significant cellular changes taking place at far lower levels of exposure."

Read the entire article by clicking [here](#).

[The WiFi Blues](#)

Written by Jeffrey Fawcett on July 26, 2007 for [The Townsend Letter](#), a journal on alternative medicine.

This is an excellent article on the health effects of wireless Internet technology, particularly city-wide Wi-Fi service now being deployed in cities around the country, including Minneapolis. This is very important information.

Read the entire article by clicking [here](#).

[Cloud of worry gathers over wireless health risks](#)

Written by Doreen Carvajal on September 23, 2007 for [The International Herald Tribune](#) Business Section.

From the article: "The exposure to electromagnetic fields is rising, and it's widespread," said Jacqueline McGlade, executive director of the European Environmental Agency, a European Union institution. "So, come what may, we should be anticipating that even with a low dose, but with wide exposure, this will require much more inspection."

"...school officials are looking for reassurance. Teacher associations in Britain are demanding further analysis before schools introduce wireless computer networks, and the city of Frankfurt is being even more cautious - school officials there decided last year not to install wireless systems until there was more health research.

"This month, the French Health Ministry ordered the country's Agency for Environmental and Occupational Health Safety to prepare a review of available scientific information about the effects of exposure to electromagnetic fields from cellphones and Wi-Fi.

"Members of the Green Party in the German Parliament have also pressed the government with similar questions this summer. In response, the Federal Office for Radiation Protection advised limiting use of mobile phones and wireless networks as a precaution until more is known.

"Our main concern is to keep the total exposure of electric magnetic fields as low as

possible, especially in schools and kindergartens,' said Sylvia Kotting-Uhl, a member of the German Bundestag and spokesman for the Green Party on the issue. 'We will force the government to take their own warnings seriously and to favor cable-based technology.'" Read the entire article by clicking [here](#).

[EU calls for urgent action on wi-fi radiation](#)

Written by Geoffrey Lean on September 16, 2007 for [The New Zealand Herald](#).

From the article: "Europe's top environmental watchdog is calling for immediate action to reduce exposure to radiation from Wi-Fi, mobile phones and their masts (towers). It suggests that delay could lead to a health crisis similar to those caused by asbestos, smoking and lead in petrol.

"The warning, from the EU's European Environment Agency (EEA) follows an international scientific review which concluded that safety limits set for the radiation are 'thousands of times too lenient', and an official British report last week which concluded that it could not rule out the development of cancers from using mobile phones...

"The scientific review, produced by the international [BioInitiative Working Group](#) of leading scientists and public health and policy experts, says the 'explosion of new sources has created unprecedented levels of artificial electromagnetic fields that now cover all but remote areas of the habitable space on Earth', causing 'long-term and cumulative exposure' to 'massively increased' radiation that 'has no precedent in human history'. It says 'corrections are needed in the way we accept, test and deploy' the technologies 'in order to avert public health problems of a global nature'."

Read the entire article by clicking [here](#).

[Germany warns citizens to avoid using Wi-Fi](#)

Published on September 9, 2007 in London's newspaper, [The Independent](#)

From the article: "People should avoid using Wi-Fi wherever possible because of the risks it may pose to health, the German government has said.

"Its surprise ruling — the most damning made by any government on the fast-growing technology — will shake the industry...

"And Germany's official radiation protection body also advises its citizens to use landlines instead of mobile phones, and warns of 'electrosmog' from a wide range of other everyday products, from baby monitors to electric blankets.

"The Environment Ministry recommended that people should keep their exposure to radiation from Wi-Fi 'as low as possible' by choosing 'conventional wired connections'. It added that it is 'actively informing people about possibilities for reducing personal exposure'.

"Florian Emrich, for (the German Federal Office for Radiation Protection), says Wi-Fi should be avoided 'because people receive exposures from many sources and because it is a new



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

technology and all the research into its health effects has not yet been carried out’.”
Read the entire article by clicking [here](#).

[BBC Documentary on Wireless Internet \(Wi-Fi\)](#)

This is a 30 minute clip from the BBC program, “Panorama.”

The episode focuses on wireless Internet (Wi-Fi) in England and shows how Wi-Fi is being removed from schools in Europe. They also cover electro-magnetic sensitivity in general and how the Swedish government is helping their EMF-sensitive citizens, who make up 3% of that country’s population.

The video clip is no longer available, but you can read the transcript by clicking [here](#).

[“The Largest Biological Experiment Ever”](#)

Arthur Firstenberg’s excellent review of the medical dangers of cell phone use and exposure to radio frequencies in general. First appeared in the January 2006 issue of the El Dorado Sun Monthly Magazine (archive no longer available). Now available at the website [mindfully.org](#).

[The Radiation Poisoning of America](#)

By Amy Worthington, published by the [Centre for Research on Globalization](#) in Montreal on October 9, 2007.

A thorough and startling review of the march towards saturation of the inhabitable space on earth with man-made wireless transmissions and their effects on human health. Many case studies are presented documenting these effects. The author also covers the behind-the-scenes politics worldwide, particularly in this country, that has allowed this technology to spread. The article is long but well worth the read.

[Safe Wireless Initiative](#)

Former website for Dr. George L. Carlo, Former Chairman and Founder of the Science and Public Policy Institute in Washington, DC.

Dr. Carlo is one of the leading researchers on the health risks of exposure to wireless technologies and information-carrying radio frequencies.

His website is no longer active but when it was, it contained several intervention steps to help protect against the harmful influence of wireless devices. We have obtained a copy of his former website through [archive.org](#).

Click [here](#) and scroll down the page to see Dr. Carlo’s “Interventions to Maximize Health and Minimize EMR Risks Recommendations.”

To link to an archived version of an important **medical alert** from Dr. Carlo about the dangers of EMF-reduction chips that some folks stick on their cell phone, click [here](#).

Two articles appeared in April 2007 in London’s [The Independent](#) on the dangers of wi-fi:

1. ["DANGER ON THE AIRWAVES: IS THE WI-FI REVOLUTION A HEALTH TIME BOMB?"](#) By Geoffrey Lean (published: April 22, 2007)
2. ["WI-FI: CHILDREN AT RISK FROM 'ELECTRONIC SMOG'"](#) By Geoffrey Lean (Also published: April 22, 2007)

From the articles: "Sir William Stewart, the man who has issued the most authoritative British warnings about the hazards of mobiles, is becoming worried about the spread of Wi-Fi. The chairman of the Health Protection Agency — and a former chief scientific adviser to the Government — is privately pressing for an official investigation of the risks it may pose."
"...we are all now living in a soup of electromagnetic radiation one billion times stronger than the natural fields in which living cells have developed over the last 3.8 billion years."

["Scientists demand inquiry over Wi-Fi"](#)

News article from the British Newspaper, [The Independent](#)
By Jonathan Owen (published: April 29, 2007)

"The health risks posed by Wi-Fi technology should be investigated by eminent scientists to ensure that a generation will not be damaged by growing levels of 'electronic smog'."
"The research hasn't been done. Therefore we cannot assume that there are no effects,' said Dennis Henshaw, professor of human radiation at Bristol University. "I would be in favour of an inquiry into the dangers of Wi-Fi. This technology is being wheeled out without any checks and balances.'

Read the entire article by clicking [here](#).

["Wi-fi: should we be worried?"](#)

News article from the British Newspaper, [The Times of London](#)
By Nicki Daniels (published: December 11, 2006)

"Concern about the safety of wireless networks is mounting, with people blaming everything from headaches to cancer on the technology"

Read the entire article by clicking [here](#).

["Health concerns over mobile phone masts \(towers\) prompt review"](#)

News article from the British Newspaper, [The Independent](#)
By Marie Woolf and Geoffrey Lean (published: May 13, 2007)

"Ministers are to investigate arrangements for erecting mobile phone masts (towers) in the light of growing fears that they may cause cancer and other diseases because of 'electronic smog'."

"They will review the exceptionally favourable rules that allow mobile phone companies to escape normal planning regulations and stop councils from considering the effects of the masts on health, even when they are sited near homes and schools."

Read the entire article by clicking [here](#).



Research Citations on the Health Hazards of Cell Phones, Cordless Telephones and Wireless Internet (Wi-Fi)

[“Cell Phone Users 240 Percent More Prone to Brain Tumors”](#)

A posting on the website [EMF Radiation News](#).

[Dr. Joseph Mercola](#)

Website for this health and prevention-oriented Chicago-based MD. Do a search on his website for the term “cell phones”.

[“Long-term use of cellular phones and brain tumours - increased risk associated with use for more than 10 years”](#)

This article was published online on April 4, 2007 in the journal of [Occupational Environmental Medicine](#).

From the abstract: “The available epidemiological studies of long-term cell phone users point to a ‘consistent pattern’ of increased risks of acoustic neuromas and brain tumors, according to a new analysis by the Hardell- Mild team in Sweden.” Click [here](#) to read the entire article.

[The Association for Comprehensive Neurotherapy](#)

This clinic in Florida treats children with autism. Their website contains a thorough compendium of studies from Europe on the adverse health effects of wireless communications and radio frequencies. Well worth reading if you have a teenager who uses a cell phone (or you use one yourself).

[“Health fears lead schools to dismantle wireless networks”](#)

News article from the British Newspaper, [The Times of London](#)

By Joanna Bale (published: November 20, 2006)

“Parents and teachers are forcing some schools to dismantle wireless computer networks amid fears that they could damage children’s health...many parents and some scientists fear that low levels of microwave radiation emitted by the transmitters could be harmful, causing loss of concentration, headaches, fatigue, memory and behavioural problems and possibly cancer in the long term. Scientific evidence is inconclusive, but some researchers think that children are vulnerable because of their thinner skulls and developing nervous systems.” Read the entire article by clicking [here](#).

[“Harmful Frequencies Generated by TDMA \(Cell Phone\) Technology and Non-Thermal Effect at Very Low Power Density”](#)

A posting by a fellow Building Biologist, [Larry Gust](#), containing a [Lancet](#) article discussing the effects of low frequencies from wireless communications on human health. This is an excellent primer on the basics of cell phone technology and brings to light the fact that even low frequency radiation in very low power densities, generally thought to be harmless, in fact has a damaging effect on subtle bioelectrical processes with which the frequencies resonate



within our bodies.

From the article: “Although safety guidelines — to which mobile telephones and their base-stations conform — do protect against excessive microwave heating, there is evidence that the low intensity, pulsed radiation currently used can exert subtle non-thermal influences... The radiation used is indeed of very low intensity, but an *oscillatory similitude* (emphasis added) between this pulsed microwave radiation and certain electrochemical activities of the living human being should prompt concern.”

To read the entire article, click [here](#).

Purchase Cell Phone Radiation Shielding and Reduction Devices from the Following Retailers (some websites also contain research citations):

[Less EMF](#)

A resource for information on and products for detecting and shielding electric, magnetic, and radio frequency fields, including air tube earphones and “snap beads,” which are small ferrite beads that close around the wire of your earphone like a clam shell. We recommend you get two and place one near the bottom of the cord where it plugs into the phone and place the second one about 2/3 to 3/4 of the way up the wire. This reduces exposure to the radiation picked up by the cord through resonance from the signal being broadcast from the antenna of your cell phone as well as from other cell phones and cell towers in your neighborhood.

If your cell phone does not work with the air tube ear phone, even with an adapter, then use the wired earphone supplied by your cell phone manufacturer and place snap beads on the wire as described above. Do whatever you can to get the cell phone away from your body (don't put it in your pocket when you are on a call). Also, we don't recommend using a Bluetooth, as this creates more cumulative exposure to harmful information-carrying radio waves, which have no safe exposure limit;

518-432-1550, 888-537-7363.

[Safe Living Technologies](#)

Website for building biologist Rob Metzinger in Ontario, Canada. His company is an online resource for EMF-measuring instruments and shielding fabrics for various forms of EMFs.

519-240-8735.



Air Tube Earphone Retailers in Southern California

For those in SoCal, you can purchase air tube earphones from any of three individuals who live in Orange County. Two are in Costa Mesa and one is in Tustin:

Robert Brandolino, Costa Mesa, 949-235-0561, robert@ctcdirect.com;

John Black, Costa Mesa, 949-261-7352, jvb@dslextreme.com; and

Sue Long, Tustin, 949-387-2084, camarawlong@gmail.com

Safe Wireless Initiative

Former website for Dr. George L. Carlo, Former Chairman and Founder of the Science and Public Policy Institute in Washington, DC.

Dr. Carlo is one of the leading researchers on the health risks of exposure to wireless technologies and information-carrying radio frequencies.

His website is no longer active but when it was, it contained several intervention steps to help protect against the harmful influence of wireless devices. We have obtained a copy of his former website through archive.org.

Dr. Carlos provides a “Medical Alert: Aggravated Symptom Relapses Reported after Use of Widely-Available EMR Protection Products,” dated June 17, 2008. He provides reasons why he discovered that so-called EMF-reduction chips, while reportedly helpful for some, had caused “serious symptom relapses” and a worsening of symptoms in those who had noticed initial improvement. Click [here](#) to view his medical advisory.

Dr. Carlo also provides “Interventions to Maximize Health and Minimize EMR Risks Recommendations from the Safe Wireless Initiative” to combat the ill effects of exposure to cellphones and other wireless communication devices. Click [here](#) to view the list of these interventions.

To read a **Position Paper on Cell Phone Chips, Pendants and Home Harmonizers** written by Oram Miller, BBEC, click [here](#).

To read about the **dangers of using cell phones in cars and alternatives including rooftop cell phone antennas**, click [here](#).

[Print article](#)