

Government's HPA/AGNIR white-wash report "astonishing" "misleading" "not honest" "surreal" "biased" "poppycock"

A report by the UK government's Health Protection Agency/Advisory Group on Non-Ionising Radiation (HPA/AGNIR), "Health effects from RF EMFs" was released in April.

WiFi In Schools highlighted the "misleading" and unconvincing nature of this report: "Of the studies listed in the present report, 18 found decreased measures of male fertility or damage to sperm (78%) and 5 found no effect. Astonishingly, the conclusion was that there remains no convincing evidence that radiofrequency fields below current guidelines have any effect on male fertility. The authors were not convinced by the 18 papers finding measures of decreased male fertility, but were more convinced by the 5 which had found no effect. Telling people that everything is OK when the majority of studies are finding decreased fertility is not honest."

Professor Dariusz Leszczynski of the Radiation and Nuclear Safety Authority, Finland, in his review on 26th April on the Washington Post website, stated: "Reading it feels surreal. Like the authors would either not understand the studies they read or had pre-written conclusions? It is like reading a wish list written by someone claiming that there is not and will never be any problems related to cell phone exposures." He adds that none of the seven studies from his research group is mentioned, presumably deliberately: "It is an intentional omission to skew review and to mislead readers. No other explanation is plausible." He concludes that it is a biased review.

On EHS, the HPA/AGNIR's out-dated denial, or confusion with EMF Neurosis, was equally incredible. There appeared to be no reference to the several recent studies which show sensitivity, only those which did not. It is incorrect and flawed for HPA/AGNIR to claim that "short-term exposure to RF below guideline levels does not cause acute symptoms" (p.243), unless they can suggest what else does cause these symptoms, especially in the hundreds of people already diagnosed by doctors around the world as genuine cases of sensitivity to EMFs, as opposed to psychological EMF Neurosis.

And why did the HPA/AGNIR not include at least a mention of the WHO/IARC classification of EMR as a 2B possible carcinogen? Or has the pro-industry view now replaced the WHO? At the international Childhood Cancer conference, co-incidentally at the same time as this report was released, Dr Annie Sasco and Professor Leszczynski both supported classifying EMR as probably carcinogenic, class 2A, as have other leading scientists.

This HPA/AGNIR "omnishambles" is not what the UK public expects or deserves. As WiFi In Schools noted, the chair of AGNIR is also a member of the private group ICNIRP which sets the obsolete heating limits, so it is inappropriate for him to be assessing ICNIRP's limits and seeking to impose them on the UK. ICNIRP, a spin-off from the atomic weapons industry, still tries to hold out against non-thermal limits against votes by the EU Parliament, the Council of Europe, and classifications by the WHO/IARC, thus helping to maintain the wireless industry's profits and the suffering of people already sensitised to EMR.

Aljazeera TV on 24th April featured Lloyd Morgan who described the re-assurance claims by HPA/AGNIR as "poppycock", pointing out that a study by the chair Swerdlow had found a 24% cancer increase in ipsilateral mobile use.

Contents:

ES-UK news	2
Resources	3
CFLs and incandescent light bulbs	4
Wireless smart meters voluntary	5
BBC supports radiation industry	6
Avoiding radiation	7
White zones and radio telescope quiet zones	8
Pregnancy and radiation	9
Electric wrist watches	9
EHS for real	10
Science snippets	11
Dr George Carlo on EHS	12
EHS and positive thinking, by Kathleen	13
International news	14
Doctors' denial, by Dr Diana Samways	15
Government denial	15
Dr Gro Harlem Brundtland and EHS	17
Readers' Comments	18
ES stories	18

Conference with Dr George Carlo

Sarah Dacre is planning a visit by Dr George Carlo. On Saturday 17th November he will provide a medical education session, possibly in London, and on the 18th an open clinic, possibly in Sussex.

Information sheets

The website has Information Sheets on dealing with the health effects of WiFi and wireless smart meters.

WHO classification of EHS

Well done to many supporters who have written to their MEPs asking them to sign the Written Declaration asking that MCS and EHS should be given classification codes so that scientists can get a better picture of the range of people being affected by these conditions.

Refuse wireless Smart Meters

Remember that the UK government said at the end of 2011 that wireless smart meters for electricity and gas are not compulsory and that customers can keep their old meters for reasons of health and privacy. Some utility companies have been sending customers notices to replace meters without making clear that they are wireless and thus emit a class 2B carcinogen. You should therefore refuse wireless smart meters if you suffer health problems from radiation. An alternative is to buy your own meter and have it installed, according to the Association of Meter Operators. <http://www.meteroperators.org.uk/faqs.php>.

Disability organisations

Some supporters find that disability organizations understand the problems faced by EHS sufferers. It is worth contacting your local group and explaining the problems you face, especially in entering public areas such hospitals, libraries, shops, trains etc. The Powys group published a whole page devoted to the problems of EHS.

Doctors begin to accept EHS

Despite the incorrect and often absurd claims about EHS made by HPA/AGNIR, growing numbers of doctors in the NHS are beginning to accept harmful effects of EM radiation. Many doctors abroad, of course, are already skilled in assessing and diagnosing the condition. Some of them appreciate information from sources like Powerwatch or the Radiation Research Trust, or Michael Bevington's booklet "Electromagnetic Sensitivity and Electromagnetic HyperSensitivity: A summary", available from ES-UK.

The Austrian Medical Association published its Guidelines for the Diagnosis and Treatment of EMF-related health problems and illnesses (EMF Syndrome) in March. These are too long for inclusion in the Newsletter but are available on the internet.

For sale: shielding tent

I am selling a Faraday-cage type, high-performance shielding tent, primarily designed for military/scientific applications, purchased from Select Fabricators Inc, of the USA (www.select-fabricators.com), a couple of years ago. It has a double layer, giving a performance of around 100dB. Dr Carlos Sosa of South America uses a similar tent to sleep, enabling him to live ordinarily in the daytime, although he previously found himself so allergic to Wi-Fi etc that he contemplated suicide. See his demonstration: www.youtube.com/watch?v=b1fUXaILNYQ. I bought it on his recommendation, as I had tried all other options of shielding (silver bobbinet canopies, chromax canopies, carbon painted rooms), and found that they only had a maximum shielding performance of around 30dB, and struggled to stop strong Wi-Fi/DECT signals from neighbours, and fully eliminate mobile phone mast signals. The tent works amazingly for shielding out all signals completely, even full strength Wi-Fi, BT Homehubs and phone masts close to my property. I have never encountered such complete shielding before. I am selling the tent as I have found that, along with some other ES sufferers, I react to being in a Faraday cage for a long time, so this product would only suit those who do not have this problem.

It is quite big, about 7 x 9 foot, by 7 foot high, so it will need a large room, but should fit a double bed inside. It is high specification, with honeycomb vents, magnetic door strips for a complete seal, and comes with a ventilation system (if needed on hot days), a pack-away carry bag and instructions. I bought it new for £6,500 + VAT. It is in 'as new' condition. I would accept £2,750 ono (+delivery/collection). If someone is serious about buying it and would like to try it out first, you can view it or possibly spend a night or two in it in Lincoln. Peter, at petedebiasio@msn.com or tel: 01480 812725 (leave a message).



Positive thinking!

We all need this. See inside for a contribution by a supporter.

Houseshare

A reader is looking for a house share in the East Anglia region, either in an existing one or to rent a place out and have other people sharing. Tel. 020 8133 0451.

Request for information on Y-Shield Carbon Paint

Do any ES sufferers have experience of having used this paint externally on a detached property, with good or bad results? I am thinking of painting the whole of the outside of my house in an attempt to stop incoming Wi-Fi, DECT and mast signals. Sarah Scott, at sarahscott@zen8.freerise.co.uk, or tel: 01480 812725 (leave a message).

Resources

New wallpaper to block Wi-Fi

The Connexion on 8th May reported that Fabien De Barros, a PhD student of the Grenoble Institut Polytechnique, and the Centre Technique du Papier have developed a wallpaper called Métapapier or Metapaper. It is designed to shield from outside radiation and prevent hacking of a WiFi signal. It uses a printed pattern of conductive silver ink to filter out frequencies such as the 0.9, 1.8 and 2.1 GHz of mobile phone signals or the 2.45 and 5.5 GHz of Wi-Fi, but allow FM radio or TV to pass through.

ES and ME?

Some ES people also suffer from ME. If so, you can find help through the Action for ME Support Line (0845 123 2314), the Welfare Rights Line (0845 122 8648), and General Enquiries (0845 123 2380).

Donna Fisher: "Dirty Electricity and Electromagnetic Radiation"

This book (ISBN: 9780980874495) is the first book to take forward the in practical terms what you can do about Dirty Electricity. It describes in detail the way modern technology often puts radio frequency transients onto household wiring. These are particularly bio-active and were the important discovery triggered in the 1990s over investigation of ill health in cows by Dr Martin Graham, David Stetzer, and then taken up Dr Sam Milham.

The introduction explains how the Amish people in

north America, still mainly without electricity, have low rates of cancer, cardiovascular disease and suicides, as in the USA before electrification. The Amish apparently have almost no ADHD and much lower rates of many other modern "diseases of civilisation".



The book explains how all electric wiring can act as antennas and pick up wireless radiation, such as from wireless smart meters. This dirty electricity is becoming recognised as one of the leading causes of cancer and neurological disease. It also has some excellent personal accounts of problems experienced by ordinary people from electromagnetic radiation. It should be compulsory reading for any scientists who still doubt the reality and complexity of this medical condition. As always, the long-term solution is to remove the toxic levels of radiation and return to a pollutant-free environment.

She sensibly states that manufacturers of electrical devices which put dirty electricity onto the wiring should have to build in capacitors, like the Stetzerizer filters, which would prevent this. If produced in quantity they would cost little. In fact the electricity industry is apparently aware of the problem dirty electricity causes equipment. The IEEE in 2011 approved two projects to limit harmonics on wiring. It now needs medical scientists to raise awareness about the health problems it also causes. Some countries are already taking action. Kazakhstan officially states there is no safe level for this type of exposure, and has a maximum of 50 GS units for industrial purposes. In the west some houses and offices suffer from over 2,000 units, a level associated with cancers.

CFLs and INCANDESCENT LIGHT BULBS

The final ban

The last available incandescent bulbs, of 40W and 25W, will be banned for sale in the UK on 1st September 2012 under an EU regulation, which has not even been voted on by the EU Parliament. There is an exemption for industry using rough-service lamps, but not for people made ill by low energy bulbs.

Spectrum Alliance

ES-UK supports Spectrum Alliance, the group composed of charities supporting the rights of people affected by CFLs to have incandescent lamps. We are grateful to those involved who work so hard in raising this common-sense health issue, especially the co-ordinator Catherine Hessett, and her MP, Sheila Gilmore. They are fighting against the apparently totalitarian and uncaring approach of the UK government and the EU.

Both the UK and EU have tried to hide behind the recent SCENIHR review, despite the fact that the latter group has been accused of supporting the industry which prefers profits to helping the minority suffering ill health, in this case from CFLs. In fact SCENIHR accepts that some 30,000 people in the UK suffer in this way, but so far SCENIHR, the EU and the UK government have refused to do anything to help them. All it requires is for the governments to allow incandescent bulbs to be available to these people. What is the point of government except to maintain the health and well-being of its citizens? It is a dark world if a government refuses to put the health of its citizens first. The UK government says it will fight over prisoners' voting rights.

Isn't the health of its ordinary citizens even more important? Would the EU actually fine the UK for helping ill people?

Early Day Motion 1878: Health Impacts of Low Energy Lighting

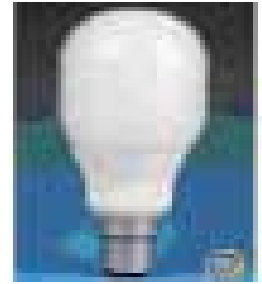
Tabled 7.6.2011, primary sponsor: Sheila Gilmore MP, supported by 45 MPs.

"That this House welcomes the positive contribution that low energy lighting bulbs such as compact fluorescent lamps (CFLs) are making to reduce energy consumption; acknowledges that ultra-violet radiation, electric fields and peaks in light wavelength from CFLs can aggravate conditions including lupus, migraines, autistic conditions, ME and xeroderma pigmentosum; notes the Parliamentary Under-Secretary of State for Public Health's statement that between 30,000 and 40,000 people in the UK might be at risk of harm in this respect; also notes that the campaign group the Spectrum Alliance estimate this figure to be in excess of 250,000; acknowledges that this restricts both the range of work and day-to-day activities these people can undertake; is aware that incandescent light bulbs are the only light source not to have such effects; acknowledges that Commission Regulation (EC) No 244/2009 prohibits the sale of incandescent light bulbs; supports the Spectrum Alliance's campaign to have incandescent light bulbs made available to those affected; and urges the Department of Health to seek an exemption from the Commission Regulation in this respect."

Westminster Hall, 22nd May 2012 – "forcing people to live in the dark?"

Sheila Gilmore, MP, spoke up on behalf of the Spectrum Alliance: "I concluded that the views of the

Spectrum Alliance needed to be raised in Parliament, and that the Government need to do something



to prevent people such as my constituent from being forced to live in the dark for the rest of their lives."

She directly challenged the obstinacy of the European Commission and the UK government Energy Minister: "I ask the Minister this central question: if nothing is done, what are my constituent and many more like her to do? Are the Government comfortable with forcing people to live in the dark for the foreseeable future?"

In reply, Richard Benyon, the Parliamentary Under-Secretary of State for Environment, Food and Rural Affairs said: "We all recognise that it is a problem. We are open-minded. What we do must be legal and recognise that there is a problem that we want to resolve. The regulation includes a requirement for it to be reviewed before 2014, but we think that that should be done sooner." Joan Walley, MP, asked for "an indication of the time scale". Mr Benyon, however, did not give such an indication.

BBC radio "You and Yours": sensitivity to CFLs from UV and EMFs

On the BBC radio programme "You and Yours" of 24th May, the photodermatologist Professor John Hawke said that he had seen many people affected by CFLs and there were studies showing this too. He said Ultra Violet and Electromagnetic Fields make some people feel unwell: "These lamps are not harmless." Sheila Gilmore, MP, said she wanted people to have access to

incandescent bulbs. Exemptions should be made, perhaps on prescription.

SCENIHR fails again

In an extraordinary re-run of its earlier failure of 2008, SCENIHR in March 2012 issued yet another opinion essentially restating its former opinion: "In view of the large number [250,000 according to SCENIHR] of patients affected by photosensitive diseases it may be advisable to make sufficient information on the emitted spectrum for individual lamp models available to the healthcare professionals and their patients to allow them to choose their lighting solutions optimally." (page 11)

The WHO's IARC against SCENIHR – CFL emissions are Class 2B carcinogenic

Swiss government studies have shown that a major problem with CFLs is the very strong electromagnetic radiation which some of them emit directly. This is a Class 2B carcinogen but SCENIHR fails to advise banning CFLs.

The WHO's IARC against SCENIHR – CFL transients on wiring are Class 2B carcinogenic

CFLs and other energy-reduced lighting create radio transients on household wiring ("dirty

electricity"). Published research shows that these radio transients are particularly bio-active and can cause cancers; they are now regarded as Class 2B carcinogens but SCENIHR fails to advise banning CFLs.

Other countries have made CFLs voluntary, not compulsory

What is the point of forcing all EU citizens to be exposed to two known sources of Class 2B carcinogen from CFLs and similar lights? Why not make CFLs voluntary, as other countries have?

WIRELESS SMART METERS VOLUNTARY

UK Government: wireless Smart Meters voluntary – "electro-magnetic issues"

The Register on 1st February reported that the Energy Minister, Charles Hendry, had reversed Ed Miliband's plan to make wireless smart meters compulsory, telling the House of Commons: "If people are concerned about the electro-magnetic issues, they will not be required to have one."

The Department of Energy & Climate Change wrote in January 2012 that "both wired and wireless solutions will need to be utilised by installers during the roll out". "It will not be an offence for householders to refuse to accept a smart meter." "As the programme develops, we will be considering further ... how best to respond to these individual concerns" ["concerns about electro-magnetic sensitivity"].

Bill Esterson, MP, in a written question of 2nd February to the Minister for Energy & Climate Change, asked: "What plans he has to ensure health warnings are included with new smart meters?"

Government view on non-thermal effects from smart meters – contentious politics, not contentious cell biology

An 11-page paper on the government's position on the health effects of electromagnetic radiation,

called "Smart meters and electromagnetic radiation", supplied by the House of Commons library and dated 5th January 2012, reveals fundamental flaws in the government's attitude to non-thermal EMR.

The fallacy in the government's view is evident on page 1: "Safety guidelines are informed by the established heating effect radio waves have on biological tissue. A contentious issue is whether there are any appreciable non-thermal biological effects associated with everyday exposure to radiofrequency electromagnetic fields."

To claim in 2012 that non-thermal effects are "contentious" is absurd. Non-thermal effects have been established in hundreds of studies since the 1950s which show consistent effects at non-thermal levels. Even the WHO's IARC now accepts these non-thermal effects as the basis of classifying both ELF and RF as Class 2B carcinogens. In addition they are now the basis of many therapeutic interventions available in the UK. They are also the basis for the EU Parliament in 2009 regarding



the UK government's refusal to accept non-thermal effects as outdated. In fact on page 6 the document accepts that there is "some evidence for an association between childhood leukaemia and high voltage overhead power transmission lines", so this undermines the claim that the evidence is contentious at a scientific level. Had the government wished, the document could have cited well established research linking power lines to dementia and many other adverse outcomes, along with a growing body of evidence for RF effects on male fertility, asthma, bone regeneration, cardiac events, memory loss, the autonomic nervous system, protein expression, DNA effects etc..

The contentious issue is not whether non-thermal effects exist, since they have been established for decades, but what should be the political response to them. Most scientists accept non-thermal evidence and some countries accepted it long ago, such as Russia, which established non-thermal safety limits in 1958. The US National Academy of Sciences' NRC accepted the existence of non-thermal effects in 1986. It is ludicrous for the UK government to pretend that they are contentious except in political terms.

A similar muddle is revealed over EHS. The document accepts on page 6 that "EHS is a recognized and researched medical presentation" but later, on page 7, quotes apparently the WHO as explaining EHS as "a cluster of symptoms and beliefs". To support a supposed psychological explanation it refers at length to the much criticized Essex study of 2007 and quotes the whole of the abstract, but fails to refer to studies purporting to show cellular reactions, changes in protein expression, calcium efflux, DNA effects and specific subconscious reactions such as McCarty et al 2011, Havis et al 2011, Hutunnen 2009, or the much more comprehensive review on EHS by Genius & Lipp 2011. In is unclear why the WHO claims on EHS of 2005 should be quoted when many of them have been overturned by subsequent research, apart from the aim of supporting such outdated

suppositions about EHS. The document ends rather lamely with the plea for more research, as though there is not yet enough evidence from cell biology.

Even the comment on the HPA shows that the government is failing to get to grips with the medical evidence: "The HPA does not acknowledge a proven causal link between low-level exposure to EMR and EHS symptoms although they are careful not to imply there are no possible links." In other words, the HPA thinks EHS could exist but quotes only disputed evidence which claims to show that it does not exist. This is not real science; it is simply the politics of avoiding the harsh reality of cell biology and ending up with a muddle which is harming hundreds of people and ruining their quality of life.

Wireless smart meters - "hugely expensive mistake"

The South Wales Evening Post on 16th February carried a report on the health problems of wireless smart meters. It featured Tony Fitzgerald who wrote to Charles Hendry, the Energy Minister, urging him not install the wireless devices. Mr Fitzgerald, a retired IT manager, said his daughter Annelie, 39, was allergic to the electromagnetic fields given off by wireless devices, and had moved from her flat in Paris to a countryside hamlet to get away from technology and to ease symptoms including dizziness, headaches, chest pains and tingling sensations. He said: "She is much improved, but it will never go away." He has also written to Margaret Hodge, MP, chairwoman of the Public Accounts Committee, saying a roll-out of smart meters could be a "hugely expensive mistake" if people's health was affected. Mr Fitzgerald said wired smart meters, like those installed in Italy, was the better option.

Honolulu allows wireless smart meter opt-outs

On 22nd March Renew Grid reported that a lawsuit against the utility Kauai Island Utility Cooperative has led to the utility deferring wireless smart meter installations for anyone opposing the technology.

BBC SUPPORTS RADIATION INDUSTRY

BBC "Bang Goes The Theory" - and its credibility - extraordinary irresponsibility

The BBC1's supposedly scientific programme, "Bang Goes The Theory" (Series 6, Episode 5), on 16th April, upset many leading scientists with its false claims that all domestic radio waves, such as from Wi-Fi and mobiles phones, are safe, with no reference to the WHO's IARC classification as a 2B carcinogen. It caused much anguish among readers whose lives have been ruined by ill health from radio waves. It can claim to be one of the most irresponsible programmes ever shown as regards the nation's health. As Professor Johansson commented, a more accurate title would have been "Bang goes its credibility".



James Rubin, a psychologist, also upset many readers by confusing EHS with EMF Neurosis. He claimed that EHS was caused by a psychological fear, simply because his study of 60 people had failed to identify the molecular and biochemical markers which leading scientists now use to show sensitivity to EM radiation. The programme should have warned that some people suffer adverse health effects from this type of radiation. It could also have featured people whose health has been ruined by Wi-Fi and who have been forced out of their homes by a neighbour's Wi-Fi system.

It is worrying that a BBC programme shows such limited scientific understanding. When this is combined with what appears to be pro-radiation industry propaganda, it does a great disservice to the high standards of some other BBC programmes and the UK's reputation in the study of health effects from long-term low-level electromagnetic radiation. As of late May, the BBC complaints unit has been unable to reply to comments from the chair of trustees of ES-UK.

Avoiding Radiation

Wake up, UK government! – electrosmog is “out of control”

A guest editorial in the journal Pathophysiology (Sage & Huttunen, 2012) declares that the situation of ever-increasing electrosmog is now out of hand because some governments are following industry and not the well-being of their people. “What is being created is an outcast population that cannot live in such conditions, and has no official medical recognition of their health condition, and has no right to safe housing, shopping, schooling or healthcare. Adoption of a Human Health Rights Declaration is necessary to protect all life and our living environment from harmful exposures that have run out of control and ahead of scientific warnings.”

County Broadband in Suffolk and Essex creates refugees

County Broadband is apparently introducing Wi-Fi in Rendlesham in Suffolk using wireless instead of using wires and fibre optic cables. We have reports of people being driven from their homes by this class 2b carcinogen and electro-pollution.

Switching off smart phones

Smart Phones are never off. Turning them off simply locks the screen, according to the iPhone manual. The only way to stop high frequencies is to use airplane mode, and the only way to stop low frequencies is to let the battery go dead as it cannot be removed.

Avoid John Lewis and Tesco Extra radiation!

Both John Lewis and Tesco Extra stores now have Wi-Fi. John Lewis' BT Openzone seems to be particularly bio-active (see Readers' Comments); Tesco's radiation is by O2. It's amazing to think that supposedly responsible retailers are radiating their

employees all day long with a Class 2B carcinogen, according to the WHO's IARC classification. No long-term studies have yet been done on cancer and neurological effects of Wi-Fi, since it began only in 2000 and many cancers take a long time to develop.

Radiation protection principals a century ago

Wolfram Conrad Fuchs (1865-1907), a Chicago electrical engineer on the railways, was probably the first to state the principals of radiation protection. X-rays were discovered in 1895 and he soon used them for medical analysis, although he died young from the cancer they caused. He wrote an article in the December 1896 edition of the Western Electrician called “Simple recommendations on how to avoid radiation harm”. His three principals, minimising exposure time, maximising distance from the source, and using shielding, still apply to all types of radiation.

Virgin Wi-Fi at Tube stations

BBC news on 14th March reported that Virgin will provide Wi-Fi on 80 London underground stations by the summer and 120 by the end of the year.

Avoid iPads – they can cause headaches and nausea

iPads can have both Wi-Fi and mobile phone signals. They can therefore cause typical ES symptoms. This is taken from a posting of 28th April on the Apple Discussion forum:

“I bought the ipad 1 to download kids apps and movies for my 3 year old. I don't have WiFi in my house but called Bell to help me turn it on and off online. So I turned it on to download and after 10 min of downloading on the iPad I started to get a big head ache and nausea. I thought it was just the WiFi. I finished the downloads and turned off the

WiFi in the house as well as on the iPad. The next morning I felt totally fine. At 11.00am I switched on the iPad so my daughter could play with the Barbie app. After 5 minutes I ended up on the couch with a headache and nausea. Needless to say I returned the iPad. I now feel much better.” Other people have reported the same problem.

Avoid Wi-Fi, turn off dLAN when not in use

In the spring issue of the Building Biology Institute Neubeuern, Dr M. Virnich and Dr D. Moldan published an article on the fields from dLAN internet networks of 1-30 MHz. The ideal is a wired system, then dLAN plugs; Wi-Fi is the worst.

Distance	measured electric field, mV/m	
	dLAN	WLAN/Wi-Fi
0.5 m	40-220	2,000
1.0 m	40-220	1,150
1.5 m	40-220	900
near phone mast	900	
non-thermal limit	194	
nature	0.02	

Removing dirty electricity helps health

From a testimonial on the Donna Fisher website of 8th August 2011 by Charles Hough, DC, an alternative doctor:

“Using the Stetzer/Graham filters had a dramatic impact on my own blood sugar. I was pre diabetic and doing all the right things including following my sugar on a daily basis. It hovered between 105 and 117 for months. After just a few days of installing the filters my sugar dropped 20 points! It’s been great ever since. I’ve sent this info onto all my patients.”

Yale professor calls for urgent reduction in EMR

On 1st February the Environment and Human Health Inc. (EHHI) released a report calling for tougher standards to regulate mobile phone technologies, especially for children and pregnant women, following a review of hundreds of peer-reviewed studies. Dr John Wargo, professor of Environmental Risk and Policy at Yale University, the lead author of the report, said, “The scientific evidence is sufficiently robust showing that cellular devices pose significant health risks to children and pregnant women. The weight of the evidence supports stronger precautionary regulation by the federal government. The cellular industry should take immediate steps to reduce emission of electromagnetic radiation (EMR) from phones and avoid marketing their products to children.

WHITE ZONES and RADIO TELESCOPE QUIET ZONES

Radio Quiet Zones - proof of EHS and the National Park?

Inland News Today on 21st February asked “What do you do if you’re one of those people whose health is affected by all those radio waves buzzing around our heads from mobile phone masts, Wi-Fi and even microwave ovens?” The answer is to move to West Virginia’s National Radio Quiet Zone (NRQZ), set up to protect the US’ biggest radio observatory. EHS people find relief here. This is a unique area, the world’s only zone without mobile phones or Wi-Fi for thousands of square kilometres. Michael Holstine, of the National Radio Astronomy Observatory, called the National

Radio Quiet Zone a preserve like a National Park. Other countries, like South Africa, Australia and Chile, are now looking into their own national radio quiet zones.

Jodrell Bank threatened by houses 2 miles away

The Daily Mirror on 25th February reported that builders of a 13-house estate two miles away are “lining houses with tin foil to stop electrical signals interfering” with Jodrell Bank’s radio telescope.

Canadian proposed white zone

A press release on 14th May from Lambton Shores Municipal Council reported that in Port Franks, Ontario, the council passed a motion for nonconcurrence regarding a residential tower site proposed by Bell Canada. It also passed a

history-making motion proposed by Councillor John Russell requesting staff to report on creating a ‘white zone’ in Port Franks. This would be a first in Canada, protecting residents, employees, visitors and the area’s unique natural environment from radiation generated by wireless communications installations. For years, this area on the eastern shore of southern Lake Huron has had fibre optic cable. Residents applauded Council’s forwarding-looking decision to investigate this topic. More than 200 residents of the 460 homes in Port Franks submitted statements opposing all proposed communications antennas due to health risks to the townspeople, area wildlife, and abundant natural areas home to many endangered species and included requests to deem the area a ‘white zone’.

PREGNANCY and RADIATION

Protective clothing for pregnancy

A new company producing protective clothing for pregnant mums is MummyWraps.com.

Mobile phones cause “certain harm on fetal rat brain”

A study shows that receiving 30-180 minutes per day for 20 days of microwave radiation from cellular phones during pregnancy “has certain harm on fetal rat brains” (Jing J at al., *Electromagn Biol Med.*, 2012).

Mobile phone and ES baby in womb – “thrashes around like crazy”

From a comment on Dr Mercola’s article of 23rd February on mothers and mobiles.

“I am 7 months pregnant, and about 2 weeks ago I noticed that whenever I have my phone (smartphone) near my belly (whether I am using the phone on speaker (I rarely use it on my ear), texting, checking email on it) the baby starts thrashing around in there like crazy. Once I take it away, he settles down. That convinced me how dangerous they are.”

Pregnant women should not use “laptops”

A study (Bellieni CV et al, *Arch Environ Occup Health*, 2012) has found that the power supply of a laptop used by a pregnant woman close to her body creates electric current densities in the fetus 182% to 263% higher than ICNIRP 6-minute heating limits, and 71% to 483% higher for the mother. The magnetic values of 1-8-6.0 microTesla are also very high, and considerably above the TCO and MPR II limits, the best known industry standards.



ELECTRIC WRIST WATCHES

Watch your watch!

Peter Mitchell, a physiotherapist, in an article called “Tracking technology is great, but is it causing injuries?” in *The Roar* on 20th April, reports that he has done a four-year study on the effects of battery-operated wrist watches on the muscles of the body. When he was in South Africa at an ultra marathon called the Comrades of 90 km in the late '90s, three runners, all of whom had run the marathon many times before and were often in the top echelon of finishers, were part of an experiment to track their vital statistics during the race. They had heart monitors strapped to their chests and mobile phones on their hips to relay the information back to a monitoring centre. One runner, who usually had a resting heart rate of around 50 beats per minute, could not get his heart rate below 120bpm, even while he was waiting for the race to start, even though he had done it many times before and was not nervous. None of the three runners completed the race, which was highly unusual for them all.

In his study on the effects of wrist watches, run by batteries stimulating a quartz crystal, it showed that all those wearing one were affected by muscle weakness, especially the hamstrings and the tensor fascia latae (the muscle that forms the Iliotibial Band-ITB), two common problem areas in runners. In acupuncture this affects the large intestine meridian. The effects were reduced if the person wore the watch with the face on the same side of the wrist as the palm of the hand. They were even better when worn in the same way on the right wrist; wrist-watches are often worn on the left.

EHS FOR REAL

“Wireless sensitivity is like a peanut allergy you can’t see”

The Barrie Examiner on 14th February, under “Teachers’ Wi-Fi Warning causes Waves”, reported that “wireless sensitivity is like a peanut allergy you can’t see. For the people who have it, it’s hell. But for everybody else, you’re just ruining a really good sandwich.” This followed the decision by the 45,000-strong Ontario English Catholic Teachers’ Association (OECTA) to shelve Wi-Fi in schools pending more research.

Colleen Genno, mother of now five-year-old Matthew, said: “My son got a nose bleed on the days he was in school. He only went to school two days a week in junior Kindergarten and he got the nosebleeds on the days he went to school.” Genno says when her son began school at Monsignor Lee Catholic Elementary School in Orillia, she noticed the days he attended became the days he got sick. Genno said her niece had suffered with fevers and a host of other ailments that winter, and it wasn’t until they discovered the school had installed Wi-Fi in January, they found the cause of their discontent. “I’m sensitive to it, too. I can’t even have a microwave in the house,” said Genno, who said she feels a pressure in her head and a ringing in her ears around electromagnetic waves. The school refused to remove the Wi-Fi, so she removed her son and niece, and now home-schools them.

Masts causing dirty electricity and ES symptoms

From a listing on Mast Victims on 30th January, from someone badly affected with sensitivity to sound (tinnitus) and other ES symptoms from three or more nearby mobile phone masts:

“On January 30th it will be approximately 3½ years since his Hell started. If it’s not the cell



tower hum, it’s the cell tower energy, or both! I am electro-sensitive, and my Graham-Stetzer meter verifies this fact. When I cannot feel it, I plug in the meter and the reading is low (less than 50); when I feel the energy making my eyes/body ache, I plug in the meter and the reading is 200+. The cellular signal becomes more intense when in contact with metal (such as metal roofing, bed springs, or

even household wiring). When the signal is strong, it becomes less intense when I am away from anything metal. I sleep on a bed with no springs. I will even admit to trying a tinfoil hat because my eyes hurt so much (I attempted to shield my eyes), but it has the opposite of the intended effect: it makes me hurt more! The sound is still unbearable, I try to coordinate my sleep so that I just sleep through it, but on the weekends it is all day long.”

Aphids react to radar

A video shows aphids apparently reacting to radar 14 miles away. <http://www.youtube.com/watch?v=018C2oG2Rcs>

Big Brother personal radios and ES symptoms

The Israeli press has been debating why participants on Big Brother should be given anti-stress pills. An observer noticed that they were all wearing radio transmitters 24/7 and their symptoms were typical ES ones. On 8th March his blog on this subject appeared on the front page of Tapuz as the editor’s choice.

Diagnosed with ES – “public backlash” against wireless smart meters

The Montreal Gazette on 20th March reported that the health of Sharon Déoux degrades with prolonged exposure to electromagnetic fields. She has taken measures to reduce her exposure to a minimum. She has no cellular or wireless phones, no wireless Internet connection and no microwave oven. She has had aluminum strips added to her attic and an outer wall of her townhouse to deflect emissions from a nearby power transmission line. “I have been diagnosed by my physician as suffering from electromagnetic sensitivity,” Déoux, 58, said recently from her Gatineau home. Electromagnetic sensitivity, along with its triggers or causes, is getting a lot more exposure in North America as electric, gas and water utilities move to wireless “smart” meters. In jurisdiction after jurisdiction, there has been widespread public backlash against these wireless devices that use radio-frequency (RF) signals to communicate with utilities. Public forums are awash with opinion about the health hazards of smart meters.

Couple forced to sleep in car

The Herald Sun on 1st April reported that a couple in Melbourne, Australia, have been forced to abandon their home and sleep in a car for almost six months, because of debilitating health problems caused by the installation of a new wireless electricity meter.