

EMR Aware

Electromagnetic Radiation Concerns and Informed Choices

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Newsletter December 2014

Welcome to the **December 2014** edition of our online Newsletter. Please send a link to this page to as many interested persons as you wish. If any of the external webpages linked herein have been taken down, try to find another source by cutting and pasting the actual title of the article into your search bar. To assist with a fair and balanced discussion, our primary focus is upon the side of the story you

may not hear from industry and their obliging government regulators. Be sure to check out all our newsletters. Taken as a whole, they form a comprehensive overview of emerging technologies, scientific findings, safety reform, and the worldwide EMR debate.

EMR Aware is a not-for-profit association based in Byron Shire on the Northcoast of NSW Australia. In addition to relaying the latest news from contacts worldwide, our group provides commentary on local issues, as well as a range of free community-oriented services. The latter include educational literature, audiovisual presentations, and a DVD containing thousands of research studies on the adverse effects of electromagnetic radiation (EMR).

ICNIRP Workshop Report

Readers may recall notification last issue of a workshop by the International Commission on Non-Ionising Radiation Protection (ICNIRP). Its purpose was to review the science on radio-frequency exposure and determine if current safety standards are up-to-date. The one-day event, held on 11 November at the University of Wollongong NSW, was attended by one of our contacts from Brisbane. He has written the following report of his experiences there. It reveals a well-oiled campaign to protect the

telecommunication industry against the economic threat of increasingly well documented health risks. As a result, the world's population will continue to live in an open air experiment to determine our tolerance for microwave exposure.

Read the report here. http://www.emraware.com/icnirp_report.pdf



Hazard? ... What hazard?

One of their PR mainstays is to marginalise dissenting views. For example, they promote the concept of EHS, or "electro-hyper sensitivity". The intent is to make those affected sound like oddities or hypochondriacs. Part two of this subterfuge, a form of intimidation, is to assert that EHS is a purely psychological disorder. I am sure nothing would make some in industry happier than to have their critics

placed on tranquilisers. Another tactic seeks to link EMR activists with less crdible causes, such as chemtrails, even when totally unrelated. Industry cohorts are also trying to replace the long-established term "electromagnetic radiation" with their own "electromagnetic energy". Apart from sounding less toxic, this means anyone conducting a web search for "EME" will find little of the 50-odd year evidence on the adverse effects of EMR.

This article uncovers a few more tricks of the trade. Microwaves Science and Lies. http://www.powerwatch.org.uk/news/2014-11-11-who-iarc-rf.asp

In the early 1980's, the owners of asbestos mines were reduced to bankruptcy as a result of lawsuits brought by the families of deceased exposed workers. A few years later, a key executive of Johns Manville, the most prominent company, drew lessons from the years of struggle of his industry against medical data and the scientists who were drawing attention to the risks of asbestos. He concluded with regret that greater warnings for the public, the establishment of more effective precautions, and more extensive medical research "could have saved lives, and probably also shareholders, the industry, and the benefits of its product. EMR today represents a similar scenario, but far more widespread and

economically entrenched. It is also a physiologically addictive influence and those under its spell will defend it to their last breath.

Here is a petition you can sign requesting that the standard be upgraded. IARC, WHO: Move Radio Frequency Radiation from Class 2b to Class 1. https://secure.avaaz.org/en/petition/IARC_WHO_Move_Radio_Frequency_Radiation_from_Class_2b_to_Class_1/?nHHJhfb

Serving Up the Public

Contrary to ICNIRP's stance, scientists around the world continue to demonstrate that nonthermal EMR is unsafe. A group at the Institute of Experimental Pathology, Oncology and Radiobiology in Kiev consider it to be proven that mobile phone radiation leads to harmful oxidation processes in cells through the overproduction of free radicals. Of the 80 studies they assessed, 92,5 % confirmed that mechanism can inflict a broad spectrum of health disorders and diseases, including cancer in humans. Leading medical experts advise that there is a known latency period in succumbing to the influences of EMR. Consequently, some predict that, within the next decade, the current rise in attributable health disorders will escalate to epidemic proportions. In the following video, eminent Sydney neurosurgeon Dr. Charlie Teo, appearing on Today Show, expresses just such

a warning. http://www.youtube.com/watch?
v=2JTzd_lerNE#t=77



A new Swedish study found that persons who talked on mobile or cordless phones for more than 25 years had triple the risk of a certain kind of brain cancer compared to those who used wireless phones for less than a year.

http://www.reuters.com/article/2014/11/11/us-brain-cancer-mobilephone-idUSKCN0IV26Y20141111

Use of Cellphones Linked with Brain Cancer in Massive Study. http://www.huffingtonpost.ca/2014/11/12/cellphones-brain-cancer_n_6147436.html

Another in the same country reveals that the number of people receiving treatment for brain tumors "of unknown nature" increased by

almost 30% in just 5 years, between 2008 and 2012. http://www.stralskyddsstiftelsen.se/ 2014/10/increase-brain-tumors/

Do you or your family feel affected? Share your experiences by completing the online survey below. It is intended to document relationships between electromagnetic radiation and perceived health status. https://www.surveymonkey.com/s/emrrfsa-health-survey

Challenging Towers

As the world wakes up to the reality of being involuntarily subjugation to EMR sources, some are questioning those in government who are responsible. The broad term for this function is "duty of care". In other words, once a person becomes aware that harm is likely to be caused, there is a legal as well as moral obligation to act upon it. This is why it is important to establish a benchmark by conveying peer-reviewed scientific evidence to officials at all levels. This begins with your local authority.

Local Councils

Further to this, the General Managers of several Councils on Northcoast NSW were served a Notice of Request to disclose any financial dealings with the National Broadband Network.

The objective is to determine to what extent financial benefit from leases for wireless internet towers on public land might affect staff decision-making. A reply from Tweed Shire Council stated they approved leases for three towers. Byron and Kyogle Councils declared no monetary dealings or discussions with NBN Co. Activists in our area are presently working with the Environmental Defenders Office in Lismore to ascertain if all appropriate planning procedures have been complied with, for existing NBN and mobile phone towers.

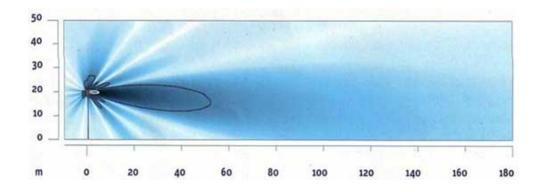
One might also question how the NBN wireless networks fulfill government regulations on application of the precautionary principle to new facilities. A relevant section of the 1992 Intergovernmental Agreement states:

"Where there are threats of serious or irreversible environmental damage, lack of full scientific certainty should not be used as a reason for postponing measures to prevent environmental degradation. In the application of the precautionary principle, public and private decisions should be guided by: careful evaluation to avoid, wherever practicable, serious or irreversible damage to the environment; and an assessment of the risk-weighted consequences of various options."

It would be reasonable to contend that the "environment" also includes ambient electromagnetic energies.

Backyard Towers





View from the top. If radiation had eyes, this is what it would see ... and possibly an attractive, and now devalued, farmhouse a few hundred metres away.

Residents on Nolans Rd, Stokers Siding NSW, were recently faced with an NBN tower going up

right in front of their noses without having participated in any required consultation process. It is reported that the NBN Co. chief spokesman would not give a straight answer as to whether the tower was low or high impact. Not surprising since the latter is not exempt from standard development procedure. According to legal advice received from the Senior Investigation Officer, Telecommunications Industry Ombudsman, under subclauses 6 (4), (5) and (7), of the document linked below, certain facilities cannot be low impact facilities. These include, designated overhead lines, a tower that is not attached to a building, a tower attached to a building and more than 5 metres high, an extension to a tower that has previously been extended, and an extension to a tower, if the extension is more than 5 metres high. Therefore, it appears overhead cabling and new mobile telecommunications towers may not be low-impact. An opposition group in Lismore/ Kyogle has been similarly advised in writing by the Environmental Defenders Office. Telecommunications (Low-impact Facilities) Determination 1997. http:// www.comlaw.gov.au/Details/F2004C01082/ Html/Text# Toc54771013

Apart from closer scrutiny, it appears NBN Co. is suffering from a scarcity of landowners in our area willing to host a tower. Consequently, we receive reports (unverified) of pressure being applied. For example, it may be falsely claimed that one or more neighbours has already consented. Then the story goes, if you refuse the tower it will go up anyway, possibly even closer to your home. Furthermore, someone else will receive the rent. It has also been alleged that property owners are targeted who are under financial stress and therefore in need of funds. Prospective lessors may be instructed to remain silent to avoid opposition from "radicals" in the community.

Rent received is typically on the order of \$10,000-15,000 per year. This pales in comparison to both the potential real estate value of the tower itself. One might speculate that this is part of the incentive for erecting as many as possible. Space upon can be leased by the tower owner at any subsequent date to other networks. This would increase ambient field intensities without any say by the landowner or local authorities. In the case of the NBN, it should also be pointed out that it utilises 4G LTE technology which differs substantially in signal characteristics from prior art. Potential biological repercussions of same have yet to be fully assessed.

Positive Action on Towers

The political fallout from placement of phone, radio and NBN towers, and its toll on individual families, extends far and wide. Below are several representative cases that have come to our attention and deserve your support.

The first is from John Howard who writes, "You may be aware of my long running battle with Moyne Shire over mistakes and illegal actions made by their planning department allowing the ACE Radio Towers to be erected just over 200 metres from our Blighs Road Home at Purnim, resulting in significant noise and electromagnetic interference and our having to abandon our family home. I have started a change.org petition which I would really appreciate if you could view and sign. I would also appreciate if you could forward it to any of your friends who you feel might be interested in assisting me in my endeavors to right this wrong." Be sure to watch the included video. The size of these towers, said to transmit on 882KHz at over 2,000 watts, will amaze you. This frequency is in the range of maximum human absorption.

http://www.change.org/p/the-victorianpremier-and-victorian-state-government-illegalact-by-the-moyne-shire-legalised-by-vcat? recruiteras

http://moynerrag.com/index.php/

2012-08-30-13-10-20/item/28-please-sign-the-petition

Some of the negative effects of radio and TV broadcast towers are described in the articles below.

htttp://www.ncbi.nlm.nih.gov/pubmed/8985435 http://aje.oxfordjournals.org/content/ 153/2/202.long

http://www.telegraph.co.uk/news/worldnews/europe/vaticancityandholysee/7891504/Vaticanradio-waves-blamed-for-high-cancer-risk.html http://www.ncbi.nlm.nih.gov/pubmed/15338224

http://www.powerwatch.org.uk/rf/radio_tv.asp

Secondly, from Dr. Lauraine Vivian, Honorary Research Associate at the Paediatric Intensive Care Unit, University of Cape Town, South Africa, we received the following request, "Please distribute this Facebook link through any networks you may have, and urge as many people as possible to attend the march on 28 November 3-4pm. According to our Councillor we have a chance of setting precedence and creating a mast free zone if enough people in the community are opposed to the mast and happy to live with less reception. On a broader level this protest is about all communities in a position where a mast has been built right on top of homes, especially those with small children, the elderly, sick, etc. It is about

communities standing up to corporate bullying."

http://www.facebook.com/events/397773083708516

http://www.emraware.com/mtn_mast.pdf

The third example is this well-written letter from Namibia, objecting to the unchecked spread of EMR. http://www.emraware.com/ludwigsdorf.pdf

Acting on behalf of persons similarly affected, Independent Member for Denison TAS, Andrew Wilkie, recently introduced a Private Members Bill to amend the draconian Telecommunications Act. It would give people within a 500 metre radius of planned towers the right to lodge a complaint, extend the objection period from 10 to 30 business days, and require the total height of structures to be considered when development applications are assessed. He states, "The telecommunications industry has too much power siting and building mobile phone towers, and legitimate community concerns are often unaddressed." Here is his full presentation to Parliament. http:// www.youtube.com/watch?v=o unrRQejAw

Senator Wilkie was no doubt prompted by direct involvement with contentious towers in his own electorate. One proposed site by Telstra in Merton Street, Glenorchy was literally among houses. Residents were understandably

concerned and collected hundreds of signatures opposing the development. But beyond that, under present legislation, they remained virtually powerless to have their objections heard. Mr Wilkie wrote to Glenorchy City Council to promote an alternative site. He has been involved in similar battles in Sandy Bay and Claremont. Of these he comments, "While the community had a big win in Sandy Bay, Claremont was a different matter due to the indifference of Council to the justified concerns of the local community. Despite another more suitable site being available the Council and Telstra settled on a site smack bang on the sidelines of a sports field which is a hazard to junior football players."

Here is the complete text of MP Wilkie's Bill.

Why not write to your own MP and ask them to support it? http://parlinfo.aph.gov.au/parlInfo/download/legislation/ems/r5351_ems_0f3a3cf3-e009-4a98-8981-3c40f2b73a30/upload_pdf/14237EMWilkie.pdf;fileType=application%2Fpdf

Blasting Byron





The massive Telstra tower (above), located in the centre of the Byron Bay CBD, has been "upgraded" yet again, this time with 4G. This is incongruous, given that the seaside town advertises itself as a green and natural tourist destination. We personally know of people who no longer feel comfortable spending much time there; something the business community might well be concerned about.

To top it off, Council is proposing to operate its own public Wi-Fi network; an unnecessary addition to the hundreds of already existing free hotspots. During one survey, we detected signals from over 60 while walking around just one small block. Add to this the hundreds of personal devices and one might rightfully question the sincerity of our Shire's touted environmental credentials. By contrast, progressive governmental agencies elsewhere have vocally opposed microwave-emitting towers and smart meters, and instituted restrictions on their operation.

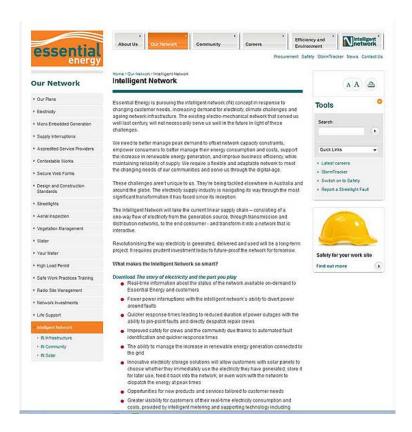
Smart and Sneaky - Update NSW



According to the article below, the authorities have learned from their experience in Victoria and supposedly will not be force-feeding smart meters to consumers in NSW. http://www.dailytelegraph.com.au/news/nsw/smart-energy-meter-move-that-bombed-lands-in-nsw/story-fni0cx12-1227104244136?nk=25be4609573a69e59cd3b668a6934385

Lest one be tempted to relax and party, it should not be overlooked that the smart grid is an economically-driven, global agenda. In spite of token delays, the technology will eventually be introduced in all States under a Government plan tied to deregulation of the electricity retail market and sell-off of the publically-owned grid. What we are seeing now is simply a soft-sell, "consumer driven" PR exercise to gauge oppostion and glide in under the radar. This

seems plausible since there remains, as of this date, a page on the website of our local distributor, Essential Energy, extolling the virtues the "Intelligent Network", or smart grid.









A likely scenario is that smart-capable meters, such as the iCredit and Landis & Gyr meters pictured above, will supplant aging analogue meters in a program of rolling replacements, but with their "smart" operability disabled. Concern by residents based upon health impacts would thus be neutralised, and their guard lowered. It would then be easy to tiptoe in at a future date, when the network infrastructure is complete, and flick the microwave switch. If the occupant of the premises did not have an RF meter to check, they could be completely unaware this event had occurred.

More on the smart grid agenda. http://www.youtube.com/watch?v=-wlOhGcwm1Y

Smart Meter Concerns Continue as DTE Says
Devices are Safe (video). http://
www.wxyz.com/news/smart-meter-concernscontinue-as-dte-says-devices-are-safe

Government to Fight Electricity Price Rises Over Smart Meter Cost Overruns. http://www.abc.net.au/news/2014-10-11/government-to-fight-price-rises-over-smart-meters/5806674

Victoria Elections - Vote NO Smart Meters



Here is a positive development for those voting in the Victoria State election just days away on 29 November. People Power Victoria, the No Smart Meters party, is fielding thirteen candidates. Unlike the other so-called "environmental" party, PPV is dedicated to working for everyone who believes individuals have a right to decide what technology gets stuck on the side of their house. This basic human freedom obviously extends to other areas of life, and it worth pursuing for its own sake. Thanks to the tireless work of this new organisation, you now have an unprecedented opportunity to help make a real difference. Be sure to inform all your friends. Send them the link to this official website. Why not do it now? http://peoplepowervictoria.wordpress.com/

Are You Hooked? - Junk

Food for the Brain









Getting stuck to the greasy screen.

It seems like industry is flaunting its true intentions about getting you hooked. Like a narcotic, the personal wireless device can become more important than other things you do with your mouth open. The logical conclusion is that their expensive marketing research indicates that addiction now has consumer appeal. Evidence suggests the increasing amount of time we spend online results in impaired brain function. Like a drug, the focus is upon a transitory pleasure response in preference to practical needs. In one experiment rats exposed to microwaves came to prefer them over time, and exhibited withdrawal symptoms when deprived. If rats had wallets, they would be shelling out big money to stay "connected".

Rats Exposed To Cell Phone Microwaves Suffer Long-Term Memory Loss, According To New Study By University Of Washington Researcher. http://www.sciencedaily.com/releases/1999/12/991202070403.htm

Low-level Microwave Irradiation Attenuates
Naloxone-induced Withdrawal Syndrome in
Morphine-dependent Rats. "These data further

support the results of our previous research suggesting that pulsed low-level microwave irradiation activates endogenous opioids in the rat." http://www.ncbi.nlm.nih.gov/pubmed/3945661

The mobile "high" is triggered by endorphins released in the brain when microwave radiation from the phone enters through the ear.

According to an American expert on radio frequencies and health, one of the effects of increasing opiate levels is that it makes you want to drink more alcohol. "The link between opiates and alcohol consumption is well established," says Dr Henry Lai of the University of Washington and Seattle.

Influence of the Endogenous Opioid System on High Alcohol Consumption and Genetic Predisposition to Alcoholism. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC167184/

Here are two revealing videos on the subject by noted psychologist Baroness Susan Greenfield.





The Internet and Mind Change. http://www.youtube.com/watch?v=ri4_CW9P41s&feature=youtu.be&t=10m6s&noredirect=1

Outside the Box: The Neuroscience of Creativity. Internet stifles natural creativity and learning. Not what we were led to believe is it? http://www.youtube.com/watch? v=TuTyaBxkWW8

Here are just a few of the points raised. Proper epidemiology is required to understand the changes in the brain. Overuse of computer screens and information technology (IT) is damaging our innate ability to learn. Autism spectrum is well suited to the IT world of isolation. Excessive Twittering leads to compulsive, antisocial behavior. IT overuse fosters reduced empathy, social isolation, and disconnect from ethical principles. IT developed knowledge is not the same as integrated learning and understanding. Books unfold sequentially, the natural way of learning, while web searches access random knowledge in a random order. This results in fragmented attention, reward seeking, and addictive selfish behaviour. Sensation over-rides cognition. The

phenomena of "sharing" and "liking" favours recirculation of content that is simply attention-getting and often devoid of tangible value. Worse yet, this networked content becomes the basis for an ever more ineffective consensus reality.

Home Sweet Modem

Don't like the current state of ugly, imposing network infrastructure? A forthcoming stage in the global roll-out is to make everyone a little part of it. Comcast in the US is turning the home routers of its subscribers into public Wi-Fi hotspots. Similar plans are proposed by Telstra for Australia. Apart from saving on capital expenditure, this sounds like a clever ploy to minimise corporate liability by making the customer, and all their neighbours, the source of any injury due to EMR. How can any single entity be proven responsible when the offending influence is beaming out of every standing structure on the street? http://money.cnn.com/ 2014/06/16/technology/security/comcast-wifihotspot





As this type of "you are the mesh" scheme extends to wearable devices and implants, participants are reduced to a dumb node in a global communication and surveillance network; a single cell in the collective electronic brain. This pitches to our subconscious urge for a refuge from uncertainty, or a utopian, almost "spiritual", level of wholeness. But the tradeoff is that this is no longer YOUR brain. It effectively belongs to a commercial entity, and now they are the over-riding "self" pursuing their own interests, possibly at the expense of your independence and wellbeing.

Wi-Fi "Electrosmog" a Risk to Health Say Scientists. http://www.worldbulletin.net/healthenvironment/148200/wi-fi-electrosmog-a-riskto-health-say-scientists

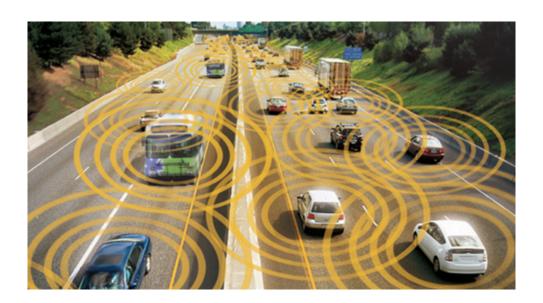
Vulnerabilities inherent to a diffuse network also expose everyone to hacking or loss of privacy. Wi-Fi Hotspot Security. https://medium.com/matter/heres-why-public-wifi-is-a-public-health-hazard-dd5b8dcb55e6

Security flaw found in mandatory smart meters. Hackers could turn the power off in a home, neighborhood, or entire city. http://

www.consumeraffairs.com/news/security-flaw-found-in-mandatory-smart-meters-100214.html

In the grand plan to turn nearly everything into a trendy hotspot, New York City intends to transform hundreds of its public phone booths into Wi-Fi access points. You can support the opposition to this by signing the following online petition. A similar scheme is planned for Australia. https://secure.avaaz.org/en/petition/New_York_State_Attorney_Generals_Office_File_an_injunction_against_NYC_DoITTs_payphone_hotspot_scheme/?sykCsab

Driven to Distraction



We were promised an "information highway" and now it looks like we are being herded into it. The following US document initiates rule-making that would propose to create a new Federal Motor Vehicle Safety Standard, FMVSS No. 150, to require vehicle-to-vehicle (V2V)

communication capability for all passenger cars and light trucks. On the surface, it is all about traffic control and avoiding collisions. But at a cost of relentless Wi-Fi exposure, and further loss of privacy and self-determination for the occupants. http://www.regulations.gov/#! documentDetail;D=NHTSA-2014-0022-0002

http://stopsmartmeters.org/2014/10/17/perilon-the-road-submit-comments-to-usdot-onwireless-mandated-vehicles/

Car Makers Unite Around Privacy Protections. http://www.apnewsarchive.com/2014/
Carmakers-sign-on-to-principles-to-protect-motorists%27-privacy-in-an-era-of-computerized-cars/
id-8b512b438b3b41be98bf5d9bfecfc249

How Cars Will Read Your Mind in the Future. http://www.latimes.com/business/autos/la-fi-hy-la-auto-show-future-panel-20141118-story.html

It will be interesting to see how this added EMR, in a confined space, impacts upon the performance of drivers, and subsequent accident statistics. The ready-and-waiting solution is vehicles that guide themselves, thereby reducing the driver to an observer of another part of their increasingly passive life. In case anyone has forgotten, one definition of life

is, "the condition that distinguishes organisms from inorganic objects" ... like cars.

Behavioural and Cognitive Effects of Microwave Exposure. http://www.ncbi.nlm.nih.gov/pubmed/14628306

Effects of Microwaves Emitted by Cellular Phones on Human Slow Brain Potentials. http://www.ncbi.nlm.nih.gov/pubmed/9738529

Cell Phone Use Slows Reaction Time, Study Shows. http://miamioh.edu/news/article/view/ 2859

Here is a diverse collection of resources on Wi-Fi. http://prawfsblawg.blogs.com/prawfsblawg/ 2014/09/kopald-on-health-problems-fromwifi.html

Save the Males

Based upon the tenuous assumption that the human race wants to survive, this new campaign seeks to inform us that microwaves can lead to male sterility, otherwise known as "depopulation". Predictably, industry lobbyists insisted that the message of the poster below be diluted with the words "some" and "may". I suppose it would be equally fair to say some people may die, or just not get born at all. Isn't

that enough to justify stronger language? http://www.radiationresearch.org/campaigns/ save-the-males



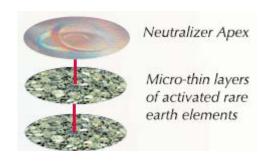
http://www.holisticprimarycare.net/topics/ topics-h-n/mens-health/1139-male-infertilitylinked-to-cell-phone-emf-exposure

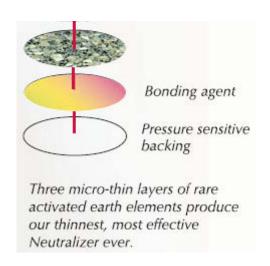
Sticky Business

Our investigations continue into "New Age" products that claim to protect against EMR, but lack credibility in terms of accepted science. Strangely, these appear to be somewhat immune to scrutiny by regulatory agencies, such as our TGA, who normally salivate at any

dubious health claim. One might speculate this uncharacteristic tolerance is due to the provision of an aura of safety to that segment of the population who might otherwise be reluctant adopters of wireless technologies. The result is that more and more "alternative" folk will freely expose themselves to unnecessary levels of microwaves believing they are now safe.

Included in this category are foil stickers containing homeopathically "activated" coal tar, sacred geometry pendants, and "orgonite" buttons supposedly based upon the theories of Wihelm Reich. While these may have some talismanic or placebo effect, we have never demonstrated one to actually reduce EMR field intensity. In high hopes of resolving this dilemma, we continue to refer such products to the appropriate authorities for evaluation, and educate retailers who are presumably selling them in good faith. Some are finding the huge sales appeal somewhat irresistable. One local health store is attempting to justify their involvement by asking the supplier in the US for scientific proof. If this eventuates, we will examine it in a future issue.







Would you feel protected by this?

Cell Phone radiation Scams. http://www.consumer.ftc.gov/articles/0109-cell-phone-radiation-scams

http://scienceblogs.com/insolence/2010/03/16/ alternative-science-alternative-medicine/ http://iigwest.org/investigations/aulterra/ theawareshow_1of3_lisagarr_kimdandurand_au

Gadget Alternatives

Anyone looking for a soft technology solution that actually works, might enjoy the following examples. In terms of function, they boil down to either keeping the bad vibes out, or letting the good ones in. Maybe it will soon be fashionable to both own the latest technology, and display a healthy disdain for it. All because industry persists in its disrespect for anything that is unprofitably alive and well.

Below are three reinventions of the old-time ear trumpet. They are intended to funnel the sound from your inbuilt phone speaker so it can be more easily heard. They serve a second purpose of enforcing phone manufacturers' recommendations to keep the device a couple of centimetres away from the head, thereby reducing absorption by up to ten times..







Skeptics make jokes about EMR loonies wearing "tin foil hats". These are potentially counterproductive anyway, since quasi-optical microwaves can curl around the lower edge and concentrate inside. A more effective approach for our increasingly alien environment is the full body, aluminised mylar suit shown below; possibly with an added screen mesh over the face. An inexpensive source of the raw material is "emergency blankets". If you can afford it, and prefer not to look like Robby the Robot, anti-radiation garments in traditional styles are commercially available. They are sewn from fabric containing embedded silver threads. There are also bed canopies of similar construction. Instead of counting sheep, imagine the microwaves harmlessly bouncing







With the wisdom of our species reaching an all-time low, some people are looking toward nature. One solution is as simple as "earthing" the accumulated electrical charge from the body using special footwear, or wearing none at all. That is how the body was designed to work; no shoes, no worries. Here is a video that describes the principles at work. http://www.youtube.com/watch?v=f_stX1W4oIO

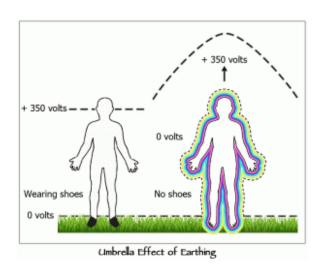
You can monitor the induced voltage potential of your body with any cheap multimeter. Set it to read in millivolts. Hold one probe in one hand. With the other, grasp an object that is SAFELY grounded to earth. This could be a water faucet, if you have all copper/metal plumbing, or the conductive earthing rod driven into the ground outside of your house. This procedure should only be done under the supervision of a licensed electrician.

Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons. http://www.hindawi.com/journals/jeph/2012/291541/

Earthing (Grounding) the Human Body Reduces Blood Viscosity - a Major Factor in Cardiovascular Disease. http://online.liebertpub.com/doi/pdf/10.1089/acm. 2011.0820





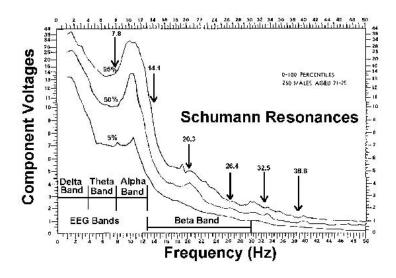


Sandals with brass rivets to provide a conduction path to earth.

As a result of continuous lightning strikes, the Earth emits its own electromagnetic frequencies in the range of 7-40Hz. The resulting "Schumann resonances" are reputed to exert a normalising effect upon life processes. This seems logical since they have been present during the entire course of our evolution. In fact, as seen in the graph below, their bandwidth coincides exactly with human brainwaves (EEG). Suggested is a unifying principle, the absence of which may be signified by social and physiological unrest.

Unfortunately, this subtle dynamic has become obscured by overpowering technological radiations. It can now only be experienced in the most remote places. A lesser option is to electronically replicate the frequencies involved and broadcast them within a defined area. Similar results can be achieved by using SR's to modulate audio tones. Here is one example. Headphones are required for the full "binaural" effect. https://www.youtube.com/watch? v=B7DiOB8E5Zc





Solar and Geomagnetic Activity, Extremely Low Frequency Magnetic and Electric Fields and

Human Health at the Earth's Surface. http://www.vitatec.com/docs/referenz-umgebungsstrahlung/palmer-2006.pdf

Are the Earth Magnetic Field and Schumann Resonance Related to Global Human Activity. http://www.emraware.com/schumann_human.pdf

Schumann Resonances, a Plausible Biophysical Mechanism for the Human Health Effects of Solar/Geomagnetic Activity. http://www.salzburg.gv.at/
Cherry_Schumann_Resonances.pdf

In spite of the ingenious options above, it should be noted that applying the precautionary principle to reduce daily EMR exposure is still the most straightforward and widely endorsed strategy. http://www.electronicsilentspring.com/primers/reducing-emissions-exposure-emr/

Field Test Mode

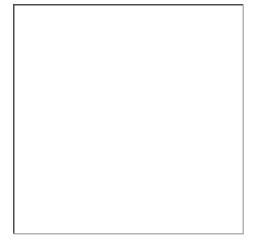
Recently, a software developer produced a smart phone app that would tell owners exactly how much radiation their device was exposing them to. Sounds like a timely idea, doesn't it? Well, fear of microwaves takes many forms. A certain corporation that associates itself with a wholesome fruit and the Garden of Eden

apparently refused to list it on their app download site. Fortunately, there is an inside trick to finding out for yourself; at least in many instances.

The transmitting power of a mobile phone is controlled by a tower and is usually, after initial connection, set automatically at the lowest level to maintain a minimum BER (bit error rate). If you can get into the "Field Test Mode", you can display that power output. Here's how. http://www.wilsonelectronics.com/uploads/docs/FieldTestModes06142010%20wilson004.pdf

As an example, an LG VX8300 started out showing about -9dBW (126 mW). After about 30 seconds of adjustment, the power settled down to about -15dBW (32 mW) and stayed there (as long as we didn't move).

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An educational DVD, compiled and regularly

updated by our volunteers, is available to anyone free of charge. It contains thousands of documents, both scientific and editorial, on the biological and health impacts of all types of EMR. This is the resource you need to counter incomplete or misleading safety claims by industry reps. For further information or technical support on related topics, email us at: contact@emraware.com.

The following page of our website contains similar reading material in the form of bookmarked external web pages. These are arranged by category for convenience. http://www.emraware.com/emr_links.html

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