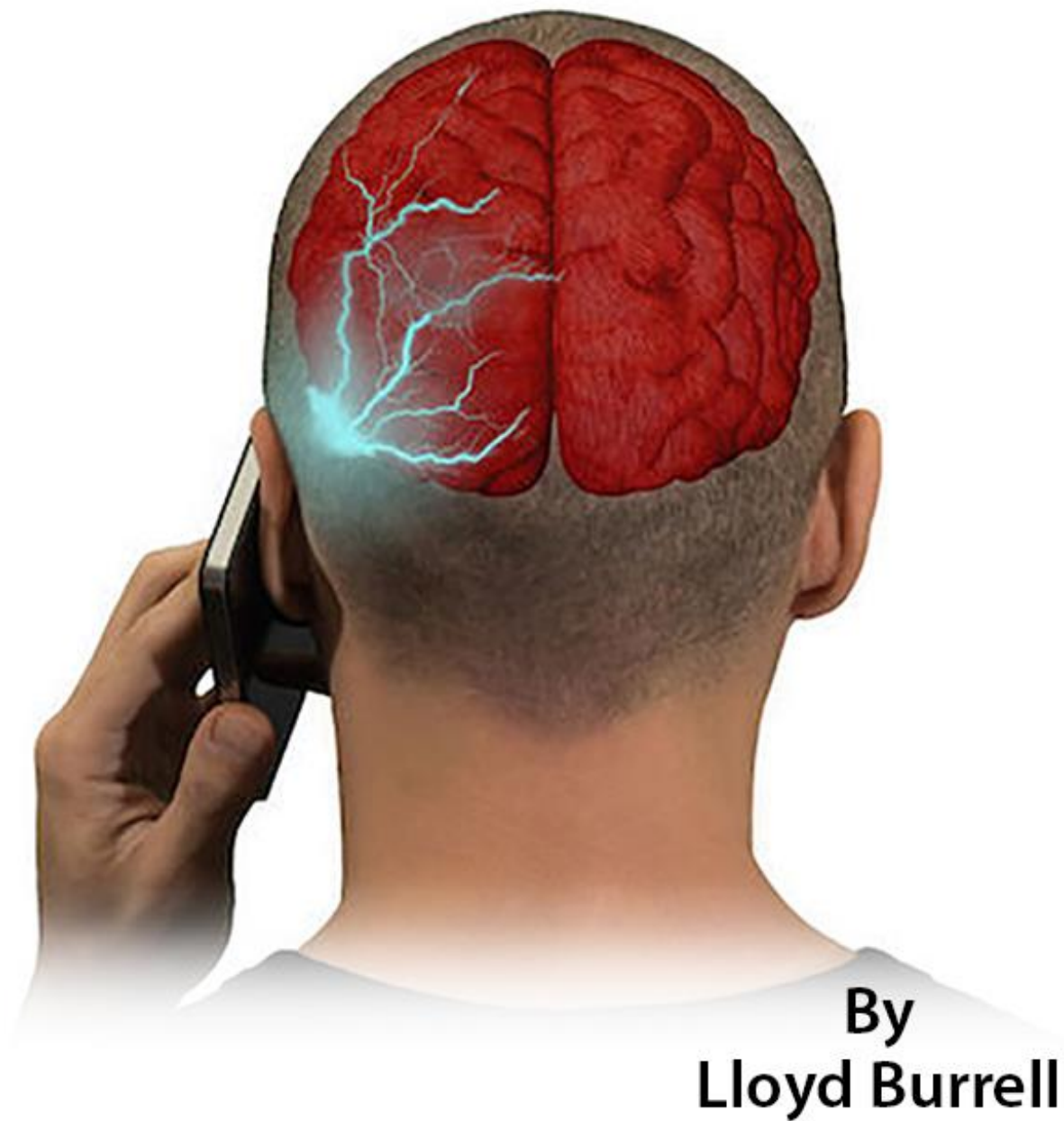


5 SIMPLE WAYS TO PROTECT YOURSELF FROM CELL PHONE RADIATION





I guess you've heard in the news or read something about cell phone radiation being dangerous. I guess you've also seen or heard reports that said exactly the opposite. If you're feeling confused, join the club. A lot of people of people are confused about this.

I, however, am not confused.

And for good reason, it's because I'm one of the growing number of folks who have experienced first-hand the devastating effects of cell phone radiation. Let me explain a bit about my story.

One sunny but cold day in February 2002 I was outside laid flat on my back doing some piping work outside when my cell phone rang. I scrambled out from where I was working and raced to retrieve it from my jacket pocket before the ringing stopped. I pressed talk and put the phone next to my ear to answer the call. That's when it all started.

I began to feel light-headed and slightly dizzy. By the end of the short conversation I felt slightly confused and dazed.

A few minutes later the phone rang again. As I was speaking, I noticed my ear started to feel warm from the outside in. This burning sensation then spread to the whole side of my face where I was holding my cell phone.

After a few calls the unpleasant feeling had turned into a searing pain on the side of my head I was holding my phone. The longer I spoke the worse it got until the pain was so intense it was excruciating.

This was beyond weird. I'd never experienced a pain like this before. The only thing I knew was that it was the cell phone that was causing it because the symptoms came on as soon as I answered a call.

Not being one to let aches and pains stand in my way, over the next few days I just carried on as before thinking, 'this will pass'. Little did I realize my life was about to change forever.

Day long blinding headaches became the norm.

These weren't normal headaches I was experiencing. It felt as though my head was being held in a vice. Other symptoms were quick to follow. Like abnormal tiredness. A short cell phone conversation would leave me massively fatigued. Almost drugged. It felt like the life force had been sucked out of me. No matter how many hours I slept I woke up feeling tired and I was constantly fatigued.

Dark circles appeared under my eyes and I had acquired a peculiar permanent metallic taste in my mouth. And my thinking was muddled, I was developing a kind of brain fog. Or was it just the fatigue?

Nevertheless, good little soldier that I was, I carried on as if nothing was wrong. Or tried to.

But every time my cell phone rang and I put it to my ear it hurt, dang, it hurt.

Very quickly the pain from just a brief cell phone conversation became so intense that I had to stop using it completely.

I had to take action. How could I live, how could I function without my cell phone? How could I live without my computer? These were the kind of thoughts I was having.

Because, yes, now I was reacting to my computer as well, which was fully wired! And not just my computer. Within a few days a long list of other previously innocuous electrical devices, my TV, the radio in my car, even my regular corded landline telephone started to have the same effect on me.

This was like my worst nightmare come true.

Unfortunately it got worse. I began to develop multiple inexplicable symptoms. It was as if my body was trying to tell me something.

After a few days, reluctantly I went to see my doctor. He gave me a thorough check-up, prodded, poked and gave me a prescription to get some blood tests done. But the results came back clear.

I went back to the doctors again and again. He sent me for scans, tests and I saw a long list of specialists; otolaryngologist (ear nose and throat doctor), gastroenterologist, psychologist, physiotherapist, osteopath, acupuncturist, homeopath. They all drew a blank.

As far as the doctors were concerned my illness just did not exist.

And yet all the time my condition was deteriorating. It seemed as though there was no way out.

Here were my symptoms when using or near a cell phone:

Immediate Symptoms:

- A 'hot head'
- Dizziness
- Confusion
- Altered spatial awareness
- Searing pain in the ear using the cell phone.
- Feeling as though my head were being held in a vice

Prolonged Symptoms

- Overwhelming and constant fatigue that could not be alleviated by an amount of rest
- Extreme sensitivity to light
- Constant headaches
- A burning sensation all over my body
- Prickly, tingling skin
- Stomach pain, gas, loose stool
- High blood pressure

- A stiff neck
- Joint pain, initially in the shoulders and spreading to the elbows
- Tightness/stiffness in muscles
- Metallic taste in the mouth
- Dark circles under the eyes
- Deterioration of eyesight
- Continual cramps in feet and legs
- Anxiety and irritability
- Feelings of hopelessness and depression
- Pain in the back of the ear
- Unexplained muscular aches and pains

It took me the best part of 10 years but eventually I was able to get my health back on track. It's this experience that motivates me to share this important information with you today.

If Cell phones Are So Dangerous, How Come I'm Not Affected?

This is the crucial thing to understand—it's not because you can't feel anything that you are not affected.

Cell phones emit radio-frequency radiation which is a type of electromagnetic field or EMF. These EMFs impact our health in subtle but powerful ways. That's to say they have adverse biological effects on our cells and the health of our cells. And you know what...the health of our cells determines the health of our bodies and ultimately how we feel.

There is a LOT of science which show that cell phone radiation has a detrimental effect on our health.

In 2016 the U.S National Toxicology Program (NTP) published [findings](#) of what is considered by many as the world's largest, most well-designed study of its type on cell phone radiation. So we are talking, a massive (\$30 million) +10 year US federal study conducted by experienced scientists. Do you know what they found?

"The experiment has been done and, after extensive reviews, the consensus is that there was a carcinogenic effect."

They found that the link between cell phone radiation and cancer was so clear that they decided that other studies, called peer review, needed to be done just to be sure they hadn't made a mistake.

The other studies were [published](#) in 2018, and guess what they concluded?

"Clear Evidence of Cancer" from Cell Phone Radiation.

Prior to that the biggest study on cell phone radiation was the \$25 million [Interphone study](#), a multinational case-control study set-up by the International Agency for Research on Cancer (IARC) a division of the World Health Organization, they found:

“Regular use of a cell phone by adults can significantly increase the risk of gliomas by 40% with 1640 hours or more of use.”

Just to clarify:

- Gliomas are a type of tumor that starts in the brain or spine that are typically malignant. Gliomas are particularly deadly. Most people survive only 1 to 3 years after diagnosis.
- 1640 hours equates to about 30 minutes per day over ten years.

“Malignant brain tumors are the most common cause of cancer-related deaths in adolescents and young adults aged 15-39 and the most common cancer occurring among 15-19 year olds.”

This is according to a [2016 report](#) published in the journal Neuro-Oncology and funded by the American Brain Tumor Association (ABTA).

Gliomas represent [80% of all malignant tumors](#).

The studies performed by the [Hardell Research Group in Sweden](#) are widely regarded as being amongst the best. A recent study found:

“a consistent pattern of increased risk for glioma and acoustic neuroma associated with use of wireless phones.”

These findings are consistent with their earlier studies.

A recent [French study](#) found evidence of an increased risk of glioma and temporal lobe tumors. The study found that:

“risks were higher for gliomas, temporal tumors, occupational and urban mobile phone use.”

A [study](#) in the UK on 790,000 middle aged women found that:

“women who used cell phones for ten or more years were two-and- a-half times more likely to develop an acoustic neuroma. Their risk of acoustic neuroma increased with the number of years they used cell phones.”

One of the most alarming trends is that people are getting tumors on the same side of the head as they use their cell phone.

A research paper that reviewed [11 studies](#) found:

“a link between prolonged cell phone usage and the development of an ipsilateral [same side of head as cell phone] brain tumor”.

There’s plenty of anecdotal evidence to back all this up too. Someone recently posted this comment on my Facebook page:

“my realtor back in 91 had a brother that was also a realtor he ended up with brain cancer on same side of where he held his cell phone. I rarely use my phone to talk on because it gets so hot and I get an ear ache if I hold the phone near my ear.”

Besides brain tumors independent studies have also found that cell phone radiation impacts many other important organs and tissues in and around your head and all over your body—too many to go into here.

The evidence is overwhelming

When you look at the research (the independent research) the evidence is overwhelming. The biological effects of EMFs are widespread;

- genetic effects,
- cellular and molecular effects,
- behavioral changes,
- effects on the nervous system,
- impaired learning,
- impaired fertility,
- metabolic effects,
- depressed immune system,
- hormonal disturbance,
- sleeping disorders,
- cardiovascular problems etc.

One of the most spectacular findings to come out of the studies is that EMF exposures of the type emitted by cell phones cause blood brain barrier damage. The ramifications of this are so far reaching they're difficult to contemplate. There are now more than 20 studies which prove this.

Such is the power of the Telecom lobbies, few people are aware of these devastating health effects.

How Do I Know What Works?

It took me nearly 10 years to understand the science, understand what was happening to my body and learn how to deal with EMFs.

I'm guessing you haven't got 10 years to waste on this and risk putting yourself in even more danger. That's why I started talking about this and sharing my knowledge.

There are concrete and practical steps you can take to safeguard your health and protect yourself from EMF's. Not only can a few simple steps help you set up proper EMF protection - you can dramatically improve your health right off the bat.

How To Protect Yourself From Cell Phone Radiation

The cornerstone to effectively dealing with all types of EMFs is:

- avoidance, and
- protection

Here's what this means in a practical sense.

Cell Phone Protection



Here's how you can minimize your exposure to cell phone radiation:

1. Make Airplane Mode your best friend.

Unless your phone is on "Airplane Mode" or completely powered off, your phone is constantly emitting radio frequency microwave radiation as it tries to connect to a cellular network, to a WIFI network, or to a Bluetooth device.

That means if you keep your phone in your pocket all day switched on like most people do you're slowly but surely zapping yourself and potentially exposing yourself to a long list of serious diseases.

Remember your cell phone has 3 different kinds of wireless functionality. These are cellular (3G, 4G, etc.), AND Bluetooth AND WiFi. If you put your phone in Airplane Mode, on most

phones this will turn off all radiation emissions. BUT on some phones it won't, **you need to deactivate WIFI and Bluetooth manually.**

The second point is that when you do software updates on your phone, sometimes this can cancel the Airplane mode. You need to regularly check that Airplane mode is properly activated on your phone.

2. **Limit calls to those that are absolutely necessary.** Telling you to limit calls to those that are absolutely necessary and keep the length of your calls to an absolute minimum might sound booooring as heck. But I have good reason to say this. [Research](#) has clearly identified a dose-response relationship between the time you spend on your cell phone and your risk of disease—in plain English that means the longer you spend on your phone the higher your risk of getting cancer or one of the other disease I've been talking about.
3. **Avoid using your phone next to your ear.** It might sound silly but you don't want to be using your cell phone next to your ear unless you absolutely have to. Radio frequency microwave radiation follows a rule of physics called the inverse square law. As a rule of thumb, signal strength falls off in proportion to the square of the distance to the source. So if you double the distance to the source (the cell phone to your head, for example) your potential exposure is four times less, since two squared is four.
4. **Don't sleep with your cell phone switched on at night.** Your body needs quality downtime to recover. When you sleep the recovery process is made possible by the release of hormones. Studies show cell phone radiation perturbs the release of these hormones, not only upsetting your sleep pattern but also attacking your immune system.
5. **Use your phone only in conditions of optimum reception.** Try to use it outside or near a window as much as possible and avoid using it in a basement, underground station, elevator etc. There is no industry standard on the meaning of the signal bars on cellphones but you are best advised to only telephone when all the signal bars are showing, some phones can ramp up their emissions 1000-fold in areas where the signal is poor. This means that for each signal bar that is missing your exposure increases several hundred times.

Health Benefits Of Reducing EMF Exposure

Remember studies link EMF exposure to a growing list of biological effects and diseases. If you reduce your EMF exposure you can reasonably expect to protect yourself from the following conditions and diseases:

- Cancer
- Cardiovascular disease
- Diabetes
- Depression
- Premature aging

- Epilepsy
- Autism
- Leukemia
- Brain Tumors
- Sterility
- Infertility
- Insomnia
- Behavioral problems in children
- Tinnitus
- Nervous system diseases, and much more.

This is fundamental I'm going to say it again:

It's not because you can't feel EMFs that you're not affected by them

This is not just my opinion. It's what the studies tell us.

Make no mistake; you need to make EMF protection a priority.

There's a lot you can do to protect yourself from EMFs. Too much to go into in this report. But if what I've shared here resonates with you then you might want to visit my website and sign up to my free newsletter—you also get access to my free bi-monthly EMF interviews.

**Download my EMF Protection Free Report
Get Access to my FREE bi-monthly EMF/Health interviews
Go To: ElectricSense.com**

Don't wait to get sick. Act NOW!

(This report is in PDF format. It can be easily printed out using Adobe reader or similar software. Make sure your software is up-to-date to enable printing.)

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