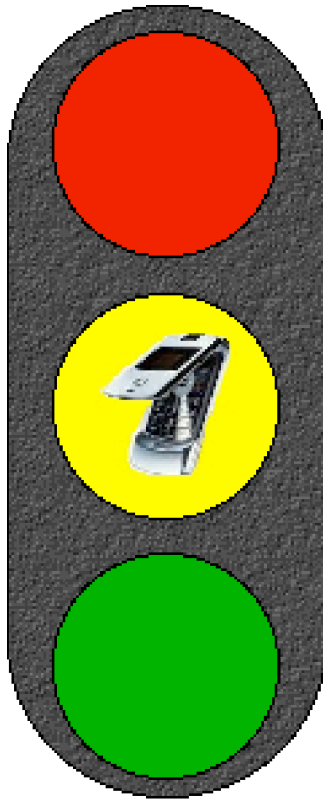


Cell Phone “Safety Suggestions”

from: Phyllis Reid



By now we all know that there are health risks involved in using cell phones. Many of us, however, still continue to use them on a regular basis. Phyllis Reid from Aurora, Colorado forwarded the following “Safety Suggestions” which she received from a friend in Australia to members of her e.list:

Cell phones transmit at maximum power when:

- ◆ you switch them on and off
- ◆ you dial out
- ◆ connecting or disconnecting
- ◆ ringing

Hold the phone **AWAY** from your body when you dial out and **WAIT** until the person answers before you put the phone near your ear. Hold the phone **AWAY** from you when you finish the call and switch it off. When you are texting, hold the phone **AWAY** from your body to send or receive a message.

When your cell phone is on standby, put it in a bag or somewhere away from you and others. Whenever possible, switch the phone off and keep it off between calls.

Males should not hold a cell phone on their lap when making calls, or when sending or receiving a text message. The testicles are particularly vulnerable to microwave radiation.

Do not carry a cell phone on standby next to your body, especially not clipped to your belt, or in a blouse or shirt pocket (anywhere near the heart), shirt collar (near the thyroid), tucked into a bra, etc.

All of these will irradiate your body tissues and vital organs or glands with high doses of microwaves each time your phone 'talks' to the nearest cell tower, which it does at full power when on standby. The parts of the body most vulnerable to microwave damage are eyes, breasts, and testicles, although all soft body parts are at risk.

Do not carry your phone (on standby) in a bag, purse, fanny-pack, etc., or hanging on a baby stroller anywhere near the baby's head or body. They will be receiving a high dose of microwave radiation every time the phone logs on to the nearest cell tower. Always keep cell phones (while turned on or in standby mode) well away from children or babies. A truly safe distance would be around 100 feet.

Never use a cell phone (or carry it on standby) in a car, train, bus, etc. Metal surfaces reflect microwave radiation, bouncing it all around inside, exposing both you and any other passengers to high levels of radiation which are absorbed into the tissues and organs.

Don't let a passenger in your car use a cell phone. Find a safe place to pull over to allow them to step out and use their phone well away from the car. Ensure anyone riding in your car has their cell phone turned OFF. As you travel, any cell phone in standby mode will be in almost continuous communication with cell towers. The towers detect when a cell phone signal is getting weaker and will "hand off" the connection to another cell tower that is closer.

When making call, if you know the direction of the nearest cell tower, change your position so that the cell phone is BETWEEN you and the cell tower (signal source). If inside a building, position the phone between you and the nearest window.

Only use your cell phone when it shows it is receiving the maximum signal strength. The farther you are away from a cell tower, the weaker the signal and the more your cell phone has to "power up", which causes more EMF- and EMR-induced cellular damage.

The EMF from a cell phone placed right next to your ear is 160 times stronger than the maximum allowable EMF from a computer video monitor.

Cell phones emit frequencies in the 2 Hz and 8.34 Hz bands that correspond exactly to the frequencies of electrical oscillations found in the human brain (delta and alpha brain waves).

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Phyllis Reid has studied and worked in the Wholistic Field for over 25 years. From 1985 to 1999 Mrs. Reid owned and managed Lefflers and Naturally health food stores. As a health care practitioner, she is dedicated to educating our community on alternative methods and modalities that will assist the body to cure itself.

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