



Cell Phones and Pacemakers

by Qaraandin

In my book “Maintaining Our Temples,” I wrote that we must avoid eating foods cooked in microwave ovens if we want to be healthy. I ended the chapter by stating:

In addition to thinking about the effect microwaves have when we use them to prepare our food, we must also be aware that ELF – or extremely low frequency – microwaves are used as a weapon.

“Project Slammer,” an operation of the Central Intelligence Agency (CIA) and the Federal Bureau of Investigation (FBI) behavioral modification unit, uses microwave signals as “non-conventional” weapons. These weapons can be used to cause victims to “hear voices,” to produce amnesia, cause nausea and vomiting, and cause a victim to feel disoriented.

Every dis-ease vibrates at its own frequency. Stress weakens the immune system. By manipulating frequencies, the immune system is destroyed which allows “opportunistic” dis-eases to multiply within the body until death occurs.

Cell phones have been in general use for many years now. A cell phone is a microwave transmitter. The Cellular Telecommunications Industry Association (CTIA), the Food and Drug Administration (FDA) and the Federal Communications Commission (FCC) have all tried to convince consumers that cell phones do not cause health problems. However, studies have shown that cell phone microwaves can cause:

- ◆ changes in the brain's electrical activity during sleep
- ◆ the blood-brain barrier to open to viruses and toxins
- ◆ headaches
- ◆ memory loss and mental confusion
- ◆ nerve damage in the scalp
- ◆ ringing in the ears

- ◆ cataracts, retina damage and eye cancer
- ◆ damage to the sense of smell

- ◆ asthma by producing histamine in mast cells
- ◆ burning sensation and rash on the skin
- ◆ joint pain, muscle spasms and tremors

- ◆ digestive problems
- ◆ “bad” cholesterol levels to rise
- ◆ blood cells to leak hemoglobin
- ◆ the number and efficiency of white blood cells to fall
- ◆ stress to the endocrine system, especially pancreas, thyroid, ovaries, testes
- ◆ extreme fatigue

Although the telecommunications industry tries to deny that using cell phones can cause health problems, I have found information in the user guides of several cell phones that state otherwise. According to the user guide for the K9 cell phone from Kyocera Wireless Corp.:

Pacemakers – *Warning to pacemaker wearers:*

Wireless phones, when in the 'on' position, have been shown to interfere with pacemakers. The phone should be kept at least six (6) inches away from the pacemaker to reduce risk.

The Health Industry Manufacturers Association and the wireless technology research community recommend that you follow these guidelines to minimize the potential for interference.

- ◆ *Always keep the phone at least six inches (15 centimeters) away from your pacemaker when the phone is turned on.*
- ◆ *Do not carry your phone near your heart.*
- ◆ *Use the ear opposite the pacemaker.*
- ◆ *If you have any reason to suspect that interference is taking place, turn off your phone immediately.*

Did you read this information in your cell phone user guide? It's probably right up front with all the other information most of us ignore. You know. The fine print.

Pacemakers work by always looking for electrical signals. Some electrical components of pacemakers act like antennas, picking up outside radio signals and sending them to the pacemaker's sensitive electronic circuits. Cell phones have extremely low-frequency (ELF) signals which the pacemaker could mistake for the heart's own electrical signals of a normal heartbeat. When the pacemaker detects a normal heartbeat, it does not stimulate the heart.

Since the purpose of a pacemaker is to help the heart keep a regular beat, I guess it would be safe to say that “interference” would cause the heart to stop beating with a regular beat or cause the heart to stop beating altogether.

In the article “Talking OurSelves to Death,” I wrote:

The effect of microwave radiation within the metallic cage of an auto is especially intense because a cell phone's field strength must be greatly increased for it to maintain communications inside a vehicle. That is why Volkswagen of Europe has warned that cell phone usage inside a car can be “injurious to health due to the extremely high electromagnetic fields generated.”

Since the cell phone's electromagnetic field is so much stronger inside a vehicle it would seem reasonable that even when the cell phone is more than six inches from the pacemaker there could be interference.

This is not really “news;” in 1995 George Carlo, a public health scientist, found that cell phones were interfering with cardiac pacemakers.

The Cellular Telecommunications Industry Association (CTIA) hired George Carlo in 1994 to find out if cell phones are a health risk to consumers. In 1995, when he found out that digital phones were interfering with cardiac pacemakers, the CTIA had George Carlo begin conducting about \$2.5 million worth of research to find out how severe the problem is.

Dr. Izzet Tandogan, of the University of Cumhuriyet, Sivas, in Turkey, says the patients who need to be most careful are those who are "without spontaneous cardiac rhythm and completely dependent on pacemakers, in whom pacemaker inhibition can lead to a drastic and fatal outcome."

Even though individual pacemaker wearers are told what to do to protect themselves from cell phone inference, no one has researched what the effect is of a roomful of wireless products – including cell phones -- all being used at the same time, with radio waves invisibly crisscrossing the spaces that are occupied by people, some of them using pacemakers and other sensitive medical devices.

It seems older pacemakers are more likely to be affected by interference. In an effort to protect folk who have pacemakers, some scientists have suggested that all new pacemakers be equipped with ceramic filters because it is difficult to change cell phone technology so that cell phones will not produce extremely low frequency signals.

There is someone in charge of cell phone regulation at the FDA. And, somewhere along the line, an agreement was made that CTIA would fund the FDA to do more studies on cell phone safety, in the same way the drug companies fund the FDA to do studies on the safety of drugs. So far, the FDA is not regulating cell phones because they “don't have sufficient evidence to determine that there might be adverse health effects from cell phones.”

This position by the FDA is only surprising if we are naïve enough to think that the role of the FDA – or any other government agency -- is to protect folk. As former FDA commission Dr. Herbert Ley put it, “What the FDA is doing and what the public thinks it's doing are as different as night and day.”