

## Talking OurSelves to Death



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 that 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.

Everyday we see ads enticing us to buy and use cell phones. At the same time, it is becoming next to impossible to find a pay phone that works when we need one. We are told how convenient cell phones are. We are told that owning a cell phone gives us extra security. We are not told that a cell phone is a microwave transmitter. We definitely are not told that cell phones are hazardous to our health and should bear a cancer warning!

Keep in mind that cordless phones marked 900 megahertz or 2.4 gigahertz emit the same dangerous microwave radiation as cell phones.

Microwave energy oscillates - the positive pole is made negative then positive again - at millions to billions of cycles per second. According to The Journal of Cellular Biochemistry, these frequencies interfere with cellular DNA and its ability to repair itself. This DNA damage leads to cancer and other dis-eases. Microwaves also promote rapid cell aging and Italian scientists have recently shown that cell phone radiation makes cancerous cells grow aggressively.

Although federal authorities and independent laboratories insist that no evidence has been found that microwaves - or ELF's - present any health risk, the connection between microwave exposure and cancer has long been documented. During the so-called "Cold War," the U.S. embassy in Moscow, Russia, was irradiated with low level, twin-beam microwave radiation. Two successive ambassadors developed cancer, or had DNA damage present in their blood. Such DNA damage precedes cancer.

According to research done by Dr. Henry Lai, a professor at University of Washington, even at levels far below the U.S. government's "safety" guidelines brain cells are clearly damaged by microwaves. Dr. Lai warns that public exposure to radiation from wireless transmitters "should be limited to a minimal." He notes that even tiny doses of radiofrequency can cumulate over time and lead to harmful effects.

While Motorola does advise consumers to avoid pointing a cellular antenna toward exposed parts of the body, independent tests show that cell phones can also leak huge amounts of radiation from the keypad and mouthpiece. This radiation deeply penetrates brain, ear and eye tissues, which are especially susceptible to microwave damage.

Those of us who prefer hands-free earpieces for our cell phones should remember that belt clip cases allow cell phones to deliver radiation to the liver and kidney areas as well as to the reproductive area.

What are some of the harmful effects that have been linked to cell phone and cordless phone use? Some recent studies show that cell and cordless 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

When cell phones first came on the market, there were folk who warned that they were dangerous and should be avoided. In 1993, the telecom industry allocated 25 million dollars for a series of research projects designed to silence the critics by proving once and for all that cell phones are safe. The studies proved just the opposite! What the studies proved was that federal microwave exposure standards are dangerously inadequate: cell damage and tumors can easily be induced in the lab at about one third the level set by the Federal Communications Committee's (FCC) exposure guidelines.

The folk who head the telecom industry knew if the consumers found out how dangerous cell phones and cordless phones are they may not buy them. They have been lying to the consumer since then with the help of the politicians and federal regulators they have paid to help them keep their secret. Despite all the evidence, the Food and Drug Administration (FDA) still lies: "There is no reason to conclude that there are health risks posed by cell phones to consumers." And since too much is never enough, the telecom industry has been pressing to increase the allowable human exposure to cell phone radiation by more than 10 times.

We are surprised by this outcome only if we forget that the FDA and the other government agencies were never intended to protect the public. The telecom industry and the government are not going to sit around and miss the chance to rake in billions of dollars just because cell phones kill those who use them!

On June 16, 2002, CBS aired a 'Sixty Minutes' segment which showed that major phone service providers cheat their customers, run scams on their customers, forge signatures, switch phone service without permission and lie about charges. What makes us think we can trust this same telecom industry with our brains and our lives?

Microwaves to the head are so hazardous to children that parents in some European nations are now warned not to let children use cell phones. According to research done at the University of Utah the younger the child, the more radiation is absorbed by the brain. Spanish researchers have shown that cell phones can alter electrical activity of a child's brain for hours, causing drastic mood changes and possible behavior and learning disabilities. Other scientists fear that cell phone radiation could damage human embryos and, therefore, advise pregnant women to avoid cell phone use as much as possible.

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."

Whose function and reaction time is more impaired: the average driver talking on a cell phone or a drunk? According to insurance studies done in England, an average driver talking on a cell phone is more impaired in function and reaction time than a drunk. The

Radiation and Nuclear Safety Authority in Finland has reported that one hour of exposure to mobile phone radiation can cause human cells to shrink. Researchers believe the shrinkage is due to increased protein activity, an indicator of cell damage.

Since 1975 brain cancer rates in the US have increased by 25% - in spite of the "War on Cancer." In 2001, 185,000 Americans were diagnosed with some form of brain cancer. 'Sixty Minutes' aired a report on brain cancer on April 7, 2002 in which they said that scientists are unsure why incidence of the disease is growing so rapidly. That segment on brain cancer was followed by a Sprint ad, which advised parents that the best way to keep track of teenagers is to connect them to a cell phone. At the same time that researchers are saying that radical damage to the brain can occur within the first few minutes of conversation on a cell phone, telecom industry ads are encouraging customers to spend many hours on the phone each month.

We know the business of the U.S. is business. Do you think those full-color, full-page cell phone ads that we see in newspapers and magazines have anything to do with the fact that we almost never see any articles in the mainstream media warning us of the dangers of cell phones?

Government agencies and cell phone manufacturers knew years ago that cell phone radiation at present exposure levels is dangerous to human health. Why don't they just reduce the levels? Because then the cell phones would not work,

Reports of illness from heavy cell phone usage and from living or working close to powerful radio frequency transmitters are steadily increasing. At the same time, numerous cancer-related lawsuits are being filed against the cell phone industry. Meanwhile, the insurance industry is protecting itself. Underwriters for Lloyd's of London refuse to insure phone manufacturers against damage to users' health.

The very best way to avoid damage to the body caused by cell phones is: do not use one. However, some of us have convinced ourselves that our very lives and livelihood depend on having and using a cell phone

We can try to protect ourselves by:

1. Using a hands-free speaker phone and not wearing it on the body. Sure everyone in the room will hear your conversation, but which do you prefer? Privacy or brain fog, blindness, and cancer?
2. Limiting use of the cell phone to 2 or 3 minutes a day. In other words, use the cell phone only when what you have to say is very important. Then say it quickly and get off the phone.
3. Never using the cell phone from inside a vehicle. Which, of course, means don't talk and drive!

These may seem like extreme measures. However, it's either limit cell phone use or keep frying our brains with heavy microwave fallout until the harmful health effects can no

longer be ignored and cannot be reversed.

The telecom industry has put even those of us who do not use cell phones at risk. The powerful microwave energy directed at homes, offices and schools by the wireless communications industry flows right through windows and walls. All over the U.S. people are being bombarded with communications radiation in the microwave spectrum, just like the U.S. embassy workers in Moscow who ended up so sick. We can expect the situation to get worse as wireless technologies expand.

It had been suggested that cell phone radiation pulses might actually be addictive to the human brain. That may explain why some people seem to have an almost pathological emotional attachment to their cell phones even though they know that using them is damaging their health.

It may also explain why microwaves - a known behavior modification “non-conventional” weapon - were chosen to power the cell phone industry.

