

The Hidden Dangers of EMF Radiation

Inside you will discover:

- ◇ What EMF is and why it is a danger to your family
- ◇ What research is being done and why
- ◇ Why children and the unborn are especially susceptible to harm by EMF
- ◇ Steps you can take today to protect your family and loved ones from harm

INTRODUCTION



As you read this, how far away is your cell phone from where you sit? Is it right next to you, or in your pocket?

How far are you from a Bluetooth device, wireless router, computer, wireless printer or other device emitting a wireless signal?

If you are like most people, you are surrounded by these devices at almost all times.

Maybe you have a wireless router in your home, or your neighbors have wireless routers with signals you can pick up in your home.

Most of us have our cell phones within arms' reach all the time, if not on our bodies.

Did you know that these wireless signal emitting devices can be hurting your body?

How is that possible?

The answer is – electrosmog.

Chapter 1

What is

Electrosmog?

Electrosmog is another name for the insidious electromagnetic radiation resulting from the use of both wireless technology and electricity. (Sensory Perspective LTD, accessed 2018 Feb 25, at <http://www.detect-protect.com/k/buzz/whatiselectrosmog.html>)

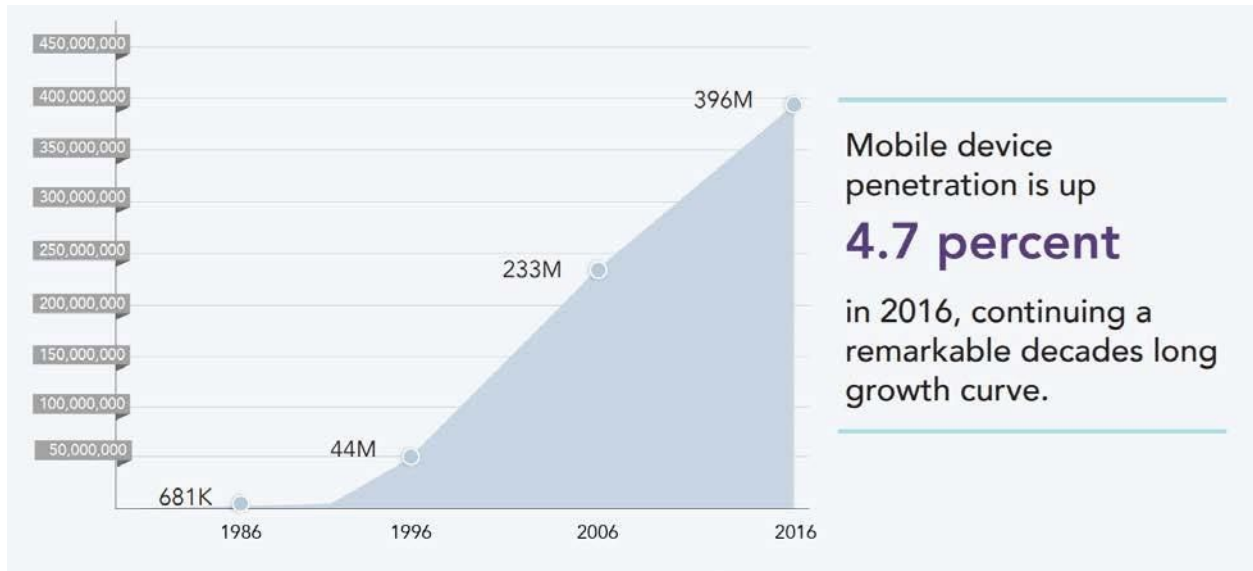
The most common sources of wireless electrosmog are the electronics we are so dependent upon today, including but not limited to:

- Cordless phones
- Cordless baby alarms/monitors
- Mobile/cellular phone transmission structures, towers and transmitters
- Mobile/cellular phones
- Wireless networks
- Microwave ovens
- Wireless routers and transmission devices

These devices are becoming more and more prevalent in our world today. Everywhere you go, wireless internet is present, and the numbers of routers and devices increases daily.

CTIA, a company founded in 1984, advocating wireless technology and legislation supporting it, has compiled data

representing the cellular/wireless industry growth, and their data shows trending exponential growth in this industry.



(Infographic credits: CTIA Wireless Snapshot 2017, Mobile Device Penetration)

According to CTIA...

SMARTPHONES ARE NOW PERVASIVE.

There are 261.9 million smartphones in use today, representing nearly 80 percent of the U.S. population. With smartphones generating 102 times more data than a current basic mobile device,⁶ the continued rise in smartphone ownership is a driving force behind the significant increase in data traffic across wireless networks. On average last year, a smartphone generated 3.87 GB of data every month. This represents an over 1,400 percent increase since 2010, due to the rise of faster networks, more sophisticated phones, and new applications and services. (CTIA Wireless Snapshot 2017, p 2)

More and more people carry cellular devices or other wireless devices, mobile access demands are growing steadily throughout the US and the world.

And our children are using these devices at an unprecedented rate. They are exposed, from the moment of conception, to ever growing numbers of wireless transmissions that exist in our everyday environment.



The effects of constant exposure to electronic and

wireless transmission of data has not been studied well enough to understand its true effects on the human body. In fact, the studies that are beginning to happen are indicating that there might be real harm being done to our bodies at a cellular level from over exposure to electro-smog.

After all, it's only in the last two decades that the electronic device industry has begun its exponential growth – usage exploding from a statistically insignificant number to now, in present day, where there are more electronic devices in the world than there are people.

Electrosmog is responsible for a condition known as electrosensitivity (ES) or electrohypersensitivity (EHS). It is also known as Electromagnetic Radiation (ER or EMR).

Much like other invisible toxins (such as carbon monoxide, air pollution, radiation etc.) because of which we take extreme measures to make sure our families, what makes this issue of electrosmog even more potentially dangerous is that it cannot be seen, felt, heard, tasted or touched.



As human beings, our senses are incapable of detecting electrosmog, just as they are unable to detect radiation fields.

We simply don't know when we are being affected by it, exposed to it, nor are we certain of the long-term effects of constant exposure.

The effects of electrosmog are subtle to moderate, and often will not manifest for decades, much like certain cancers build.

Skin cancer, for example, can take decades to form after years of unsafe exposure to sunlight with no protection, or inadequate protection. Damage to the body from electrosmog is much the same.

Can you imagine taking an infant outside in summer with no protection from sunlight? No? Of course not, that would be irresponsible, and it could seriously injure the child. Thankfully, most people are now aware of that, but there was a time when we were simply unaware.



There was a time when cocaine was the active ingredient in Coca-Cola.

There was a time when people were drained of blood to fight infectious disease and bad “humors” of the blood, mental affliction, seizures and other conditions.

There was a time when heroine was prescribed in bottles as medicine – a pain reliever in the last quarter of the 18th century.

At the time of these now almost laughable (almost!) medical practices, we thought they were safe, effective, and worth the side effects that they may cause.

We are discovering now that children, the elderly and anyone with a lowered immune system are most at risk from the health effects of electromog, which can take 10-20 years to manifest, although in some cases, it has shown to be harmful in short term exposure.

Research shows that between 3% and 5% of the general population could be ES sufferers currently, and the

probability

of that number increasing is almost certain as that exposure grows daily.

Chapter 2

Human Body Sensitivity

According to Swiss Harmony, human beings have a naturally occurring electromagnetic field with a power of approximately one hundred millivolts. Our body naturally does generate electricity – it's used in our nervous system, through neurons, synapses, and in the brain as well as throughout the body to control things like the beating of the heart and other essential functions.

If we live in an artificially created electromagnetic field higher than what our bodies naturally create, over time our bodies become irritated and distressed because they need to compensate for the effects of this greater electromagnetic field. To keep up with that higher electromagnetic field that is artificially created outside of our bodies, our bodies constantly race to keep up.

As with any other bodily impairment or physical change in our body's environment, our bodies try to compensate for this.

With some diseases, our bodies react with an inflammatory response – take for a condition called Lupus, or Systemic Lupus Erythematosus (SLE).

The body's inflammatory response is triggered by any number of stressors on the body. The body then triggers its troops,

(white blood cells) and they go to war within the body to fight whatever it believes is causing the response.

In cases like Lupus, this response can be triggered by one's own



body – and essentially, the body attacks itself, believing it to be an intruder (for instance, attacking synovial fluid as a pathogen, causing the breakdown of the fluid in the joints, leading to excruciating pain and arthritic conditions).

Autoimmune disorders in a nutshell.
•Beatrice the Biologist•

Our bodies must respond to the unhealthy effects of electrosmog the same way. With one exception....

How does the body fight an irritant that is not a “thing”, but a field of energy?

I imagine its much like boxing the

wind. As stated by Swiss Harmony,

“The strength of our body current is described as being four Pico Amps. In contrast, the current surging through mobile/cellular and cordless phones is 0.2 Amps. This is fifty billion times stronger. If you consider that the human body performs one quadrillion electrical connections every second, it

becomes clear how much can go wrong.”

<https://swissharmony.com/what-is-electrosmog/why-is-electrosmog-harmful/>

In case it's not clear, existing in an increased environment of electromagnetic emission could affect any one of, or multiple instances of, the quadrillion electrical transmission per second that our bodies create to function. The chances for error increase as the difference between the internal electromagnetic environment and the external electromagnetic environment increases.

If you would like to know just how real these effects are, take a few minutes to listen to Jeromy Johnson, a former Silicon Valley engineer with a master's degree in Engineering, gave an eye-opening talk at TEDx, in Berkeley, CA. He shared the hidden dangers of wireless, with some useful advice on reducing exposure to EMF. Jeromy shares his journey to becoming electro-sensitive, after smart meters were placed below his bedroom wall in his apartment. It is only 16 minutes in length but may change your life if you listen to it. (Click Below).



Chapter 3

Increasing Your Personal Awareness

Paying attention to your body in different environments may be difficult, but it's not impossible.

Bodily awareness is not something that is usually prominent in our immediate field of awareness – after all, you have lived in this body since day 1, you know how it works and largely may ignore or simply not be aware of subtle changes in something as ephemeral as the energy field surrounding it.

It may seem silly, but most of us cruise through the day on autopilot if nothing is acutely wrong with the body. Most of us don't notice gradual descent into disarray until we are well on the way down. Initial signs may be brushed off, disregarded, or happen so gradually that awareness is evaded.

Have you noticed how you feel in different environments where you know you are around a lot of electronics, big electrical towers, cell towers, and other sources of electrosmog?

In the country, away from “modern amenities”, do you feel clearer or calmer? More rested, more relaxed?

Here are some things that you can look for, which can be symptoms of Electromagnetic Hypersensitivity or overexposure to Electrosmog:

Symptoms/health issues can be mild to severe including:

- Dizziness
- Lack of concentration
- Memory
- Sleep disturbances
- Heart palpitations
- Nausea
- Rashes
- Sexual libido issues
(<https://en.geovital.com/when-electrosmog-emf-spoils-sex-and-libido/>)
- Chronic fatigue

- Headaches
- Stress
- Body aches
- Eye pain
- Learning and immune system problems
- Cancer

The US government has established maximum exposure limits, which according to their research, should not be exceeded.

However, whether it's your cell phone company or your electrical provider, or reports you may read that say there is no

reason for concern, do you feel comfortable trusting what you hear?



Do you feel comfortable thinking that companies which make BILLIONS of dollars on their electronic products, data transmission, are going to willingly disclose the harmful effects of using their products?

Personally, I don't. There is instance after instance of

products and accepted practices causing harm to consumers that do not come out for decades, and only then because of situations they can no longer control, or hide.

For instance, "research showed a correlation between asbestos inhalation and cancer a century ago, yet it wasn't classified as a carcinogen until 1980. Additionally, while its production was banned in the U.S., it continues to be imported" (Davis, 2007, 310, 460).

How long will it take to force efforts to reduce electrosmog? Let's just say, that may not be likely in our lifetimes.

Chapter 4

Research and Actions You Can Take Today

In 2011, the World Health Organization (WHO) and the International Agency for Research on Cancer (IARC) classified electromagnetic fields as “possibly carcinogenic to humans (Group 2B), based on an increased risk for glioma, a malignant type of brain cancer, associated with wireless phone use”.

While they didn’t classify it as a “known carcinogen,” it’s important to remember that such classification often takes decades—or longer. (Swiss Naturals, courtesy of WHO/IARC Press Release 208, May 31, 2011).

The level of exposure to electrosmog that is detrimental to the human body remains controversial.

However, a multitude studies have presented sufficient data to confirm the conclusion that electrosmog is harmful. Additionally, a number of these studies conclude that currently established limits for exposure are insufficient and inadequate to prevent harm (Swiss Naturals, cont).

Emissions from cell phones might even cause cancer, according to the World Health Organization. The firm now lists mobile phone use in the same ‘carcinogenic hazard’ category as lead, engine exhaust, and chloroform.

Yet, has anyone HEARD about this? Have you seen it on the news?



Apple's Warning

In fact, Apple has issued a safety warning in every iPhone user manual as their boilerplate disclaimer. This is a major company that is aware of their potential liability and the

potential health risks to iPhone users. The disclaimer is in tiny print and located it in a section where it's hard to find. Check it out! Look in the section on radio frequency compliance – in the section that talks about SAR and the Federal Communications Commission (FCC) required warning to never use or carry the iPhone on your body.

Research has shown a direct correlation between exposure to electromagnetic radiation and cancer, Alzheimer's disease, ALS (Lou Gehrig's disease), depression, cell mutation, damage to DNA, brain function, weakened immune response, allergies, chronic inflammation, reproductive function (Gye and Park, 2012), and other medical conditions.

The Bioinitiative Working Group provides an extensive body of research about the effects of EMFs as well as a summary of research conducted on their website:

<http://www.bioinitiative.org>.

As a comparison, one could say the concerns over tobacco followed a path similar to what we may be facing with EMF. The United States has seen many Surgeon Generals in the past half a century and more, we have lived through many, changing Surgeon Generals reports beginning in the 1930s and continuing for decades about the dangers of smoking.

Cigarettes have been around for millennia, tobacco was smoked in pipes, hand rolled cigarettes housed in various materials. In 1880, the first automated cigarette rolling machine was invented by James Albert Bonsack, which gave rise to the mass production of cigarettes.

EIGHTY YEARS later, the Surgeon generals declared cigarettes

According to the Reports of the Surgeon General,

Evidence of the ill effects of smoking accumulated during the 1930s, 1940s, and 1950s. Epidemiologists used statistics and large-scale, long-term, case-control surveys to link the increase in lung cancer mortality to smoking.

Pathologists and laboratory scientists confirmed the statistical relationship of smoking to lung cancer as well as to other serious diseases, such as bronchitis, emphysema, and coronary heart disease. Smoking, these studies suggested, and not air pollution, asbestos contamination, or radioactive materials, was the chief cause of the epidemic rise of lung cancer in the twentieth century. On

June 12, 1957, Surgeon General Leroy E. Burney declared it the official position of the U.S. Public Health Service that the evidence pointed to a causal relationship between smoking and lung cancer.

<https://profiles.nlm.nih.gov/ps/retrieve/Narrative/NN/p-nid/60>

Today the warning on a pack of cigarettes is:

“SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, and May Complicate Pregnancy.

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.”

There is no more debate.

The research on cancer and tobacco took decades before the Surgeon General's warning was added and before that the statements were more ambiguous. With the study on electromagnetic frequencies and their effects on the human body being in their infancy, we must decide for ourselves and not rely solely on one organization or the Surgeon General's warning.

Dangers to our Children?



Our children are the most vulnerable to the effects of EMFs because of their thinner skulls and developing nervous systems. The incidence of ADHD, Autism, and Asthma have escalated in the last

decade and each one has been linked to exposure to EMFs, which have also risen over the same 10 years.

Up until now, in vivo and in vitro studies have revealed that EMF exposure can alter cellular homeostasis, endocrine and reproductive function, and fetal development in animal systems.

Electrosmog and Sleep

Have you heard people say you shouldn't put your phone near your head when you sleep? IT's because EMFs alter the production of hormones essential to our immune system function, circadian rhythms, and overall health. When we sleep, one hormone we need to be working well is melatonin production. Data has shown more than a 50% decrease in normal melatonin levels (Bioinitiative report, 2012)

Melatonin, which the pineal gland produces only at night, is responsible for complete relaxation and sleep, strengthens the immune system, and protects us from the cell-damaging effects

of free radicals. In order for us to achieve deep sleep, our brain frequency needs to be 4-8 Hz, yet electromagnetic frequencies consistently interfere with this.

Research has also shown that consistently low melatonin levels increase the likelihood of cancer and can cause existing tumors to develop at an increased rate. As Wilson and Anderson write in “ELF Electromagnetic Field Effects on the Pineal Gland,”

Additional Evidence

The California Department of Public Health (CDPH) issued a warning against the hazards of cellphone radiation just recently. Yes, what we are addicted to - our mobile devices, are leaking electromagnetic radiation and now California has some guidance to safeguard the public.

The CDPH is asking people to decrease their use of these devices and suggests keeping them at a distance when at all possible. The public release of the guidelines resulted because the University of California researcher, Joel Moskowitz, sued the state of California for not making them public already.

Earlier this year, a judge ruled in his favor and the state was compelled to release a draft.

“The cellphone manufacturers want you to keep a minimum distance away from your body and you should find out what that distance is,” Moskowitz told local news station KCRA, shortly after the draft release. “If you keep the device by your body you will exceed the safety limits provided by the FCC.”

The CDPH recommends not keeping your phone in your pocket, not putting it up to your ear for a prolonged amount of time, keeping use low if there are two bars or less, not sleeping near it at night and to be aware that if you are in fast moving vehicle, your phone will emit more RF energy to maintain the connection.”

International Actions Regarding Electrosmog

In Germany: More than 37,000 people including 1,000 medical professionals have signed the Freiburger Appeal, calling on the German Government to take action in relation to growing health issues that are being attributed to electrosmog.

In the Netherlands: A Dutch scientific study, the TNO Report, set out to prove that electrosmog had no effect on human cell tissue. The results were completely the opposite - and came as a surprise to the scientists

In Austria: The city of Salzburg has declared a maximum emission level of 0.6 volts per meter – approximately 1% of UK reference levels

The time has come in the USA to take precautions to protect our lives and those of our children and everyone we know and love. It's time to err on the side of caution and accept the possibility that EMFs could be seriously dangerous to healthy lives.

In reality, what do you have to lose by being concerned and conscientious about this today?

Chapter 5

Things You Can Do to Protect Yourself

Here is a summary of things you can do, including the points above, to limit your exposure and at least start to reduce the effects of electrosmog.

- Move your phone out of your bedroom at night. OR at least put it across the room and not by your head.
NOTE: Do not let your phone land under your pillow for a quick grab in the morning!
- Turn your phone onto AIRPLANE MODE whenever you don't need to be using it.
- If you notice your signal is two bars or less, do not use your phone, as more radiation is emitted when it is trying to locate a signal.
- In a car, train, or airplane, your phone will emit more radiation to maintain a connection, so avoid using your phone in these environments.
- Use a *Blue Tube* headset, instead of a Bluetooth or regular one. You can acquire one through this link: <https://products.mercola.com/blue-tube-headset>
- Keep your bedroom free of other electronics, such as a router, computer, or light emitting alarm clock.
- Eliminate your Wi-Fi router and use a wired connection.
- Go back to incandescent bulbs, because LEDs and CFL bulbs are radiation emitting.

An Effective Solution

There is also another solution with BioZen™, a little sticker that reduces the low radiation EMF to virtually zero. You could call it a low frequency wave SHIELD.



BioZen™ is the only **class 1 medical device** (classified as such by the European Medicines Agency, a European version of the FDA) that expands EMF protection to a biological level by positively changing the low-frequency electromagnetic fields that are formed. Scientifically proven to work, the chip performs differently from any other EMF protection created to date. Instead of rerouting the EMF field to a different location, it flattens the wave without compromising the signal. This signal change is what prevents the EMF from causing damage to our cells structure.

This is a powerful little sticker:

- Reduces magnetic field gradients
- Defends against changes in your blood profile

- Lowers your body's stress levels
- Actively protects your body 24/7 from all electrically powered devices
- Doesn't wear out, doesn't need to be replaced

Just STICK IT on your smartphone or tablet, laptop or desktop, router, power supply, baby monitor.

What distinguishes BioZen™ from other "health chips" for cell phones currently on the market?

The other companies primarily aim to reduce the legally defined SAR levels. However, these SAR levels only protect our bodies against the influence of high-frequency radiation.

The BioZen™ technology is unique in expanding this protection to a biological level. This is possible by positively changing the low-frequency electromagnetic fields that are being formed.

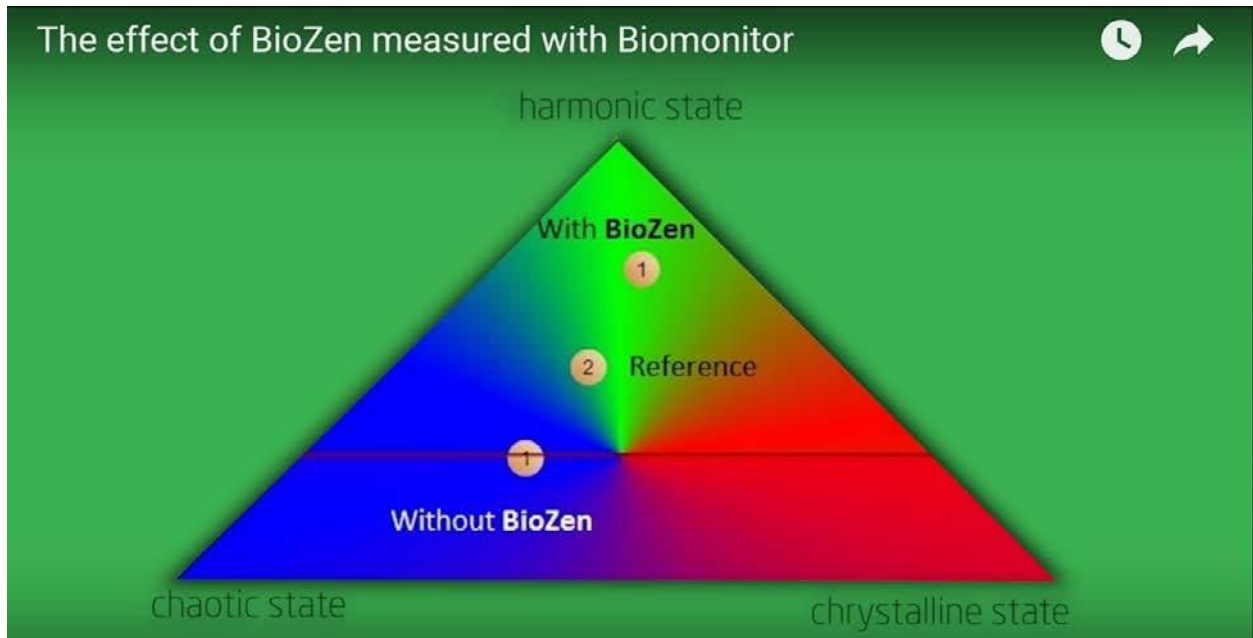
These low-frequency waves are the ones that can cause physical harm with the long-term use of mobile devices. In addition, all the effects of BioZen™ are reproducible and clearly verified by expert reports –It is currently the only known medical device for effectively reducing electrosmog.



(Click to view video)

You can even test the ability of the BioZen™ using a Biometer, a testing tool to measure EMF emissions.

See how this works:



(Click to view video)

Many case studies performed over the years have shown that EMFs are not to be ignored! This is even being talked about in the News. More recently in one study performed by 9th graders they proved thru a simple test, how seeds are affected by EMFs from Wi-Fi.

Check out their results:

<http://awarenessact.com/a-group-of-grade-9-students-made-a-startling-discover-about-wi-fi-capturing-the-attention-of-international-scientists/>



If you would like more information, or to purchase BioZen™, simply email us at valerie@couplesandbusiness.com or click [HERE](#).