

Cell Phone Radiation's Effect on the Body

Increases Cancer Risk

- 200-400% increase in brain tumors for those using a cell phone for ten-plus years on the same side of the head. 500% increase for those who start using a cell phone before the age of 20.
- Cell Phone EMR breaks DNA - leads to mutated genes, cancers & deformities.
- A 1000% increase in brain tumors is being predicted within the next 10 years.

Affects Reproduction

- Exposure causes a decrease in sperm count and sperm motility.
- Experiments show increased rates of deformities/mortality of chick embryos.

Triggers Allergy Reactions – Like Eczema, Asthma, and Hay Fever

- Increases allergic reactions like eczema, asthma, and hay fever.

Disrupts Hormones

- EMR exposure brings about a change in levels of brain hormones like melatonin, serotonin, dopamine, and norepinephrine. Changes in these hormones is associated with sleep disturbances, Sudden Infant Death Syndrome (SIDS), Attention Deficit Hyperactivity Disorder (ADHD), CFIDS, miscarriages, heart disease, cancer, Alzheimer's, Parkinson's, depression, behavior changes, and an increase in suicides.
- Produces an increase in the level of adrenal stress hormones, cortisol and adrenaline, which can be connected with unexplained restlessness and anxiety – not to mention adrenal fatigue.

Weakens Immune System

- Produces a decrease in Natural Killer Cells responsible for defending against pathogens and destroying abnormal cells (e.g. virally-infected and cancer cells).
- Changes the T-helper/T-suppressor (T4/T8) cell ratio - from normal to abnormal - which has been shown to lead to increased susceptibility to viral, fungal, and bacterial infections. Symptoms include "sore throats, low-grade fevers, weakness, persistent fatigue, and swollen lymph glands."

Cell Phone Questions and Answers

Q: Why do I have to turn my cell phone completely off?

Can't I leave it on vibration mode?

Your cell phone is on a regular basis sending microwave signals out to the nearest cell phone tower in order to make confirmation and preparing it to send and receive information. When the power is on, microwaves are constantly being sent and received. So in order to not negatively expose those nearby you, please turn off your cell phone completely.

Q: How about playing games or sending messages?

Even when you are not speaking, the sending and receiving of messages or the playing of games causes EMR exposure. For this reason, the **Vienna Doctors' Chamber** has even cautioned against the use of *text messaging* and *games* on cell phones. They also point out that especially in vehicles (cars, buses, trains, and planes), the microwaves will tend to bounce off the metal frame of the vehicle causing an increase in exposure levels. This makes this especially dangerous for children who are more susceptible to the effects of EMR due to their thinner skulls and rapidly growing bodies made up of rapidly dividing cells.

The Sunflower Project

In the past few years, there has been a dramatic increase in environmental illnesses like Multiple Chemical Sensitivity (MCS), Atopic Dermatitis, Asthma, Autism, CFIDS, ADHD, and so on due to an increase in environmental pollutants (visible and invisible). The primary goal of the Sunflower Project (the brainchild of Kato Yasuko of Sapporo, Hokkaido, Japan) is to create a clean, safe, and healthy living environment for all life and living beings on this planet. **“Not one drop of rain thinks it causes the flood”**

An Experiment: Try not using your cell phone 1 week and see how you feel.

For more information see <http://omega.twoday.net/stories/3277817/>

International Coalition for an EMR-Safe Planet (IC-ESP)

The Sunflower Project

WE ARE ELECTRO-SENSITIVE!

We Would Greatly Appreciate It If You Could Turn Off Your Cell Phone – Or At Least Not Use It - Near Us!

Thank you for your cooperation!



We have a condition called *Electromagnetic-sensitivity (EMS)*, where even trace amounts of Electromagnetic Radiation (EMR) from devices like cell phones (and cell phone towers) will make us feel ill.

Microwaves from cell phones can cause these symptoms:

(1) Headaches, (2) Heart Pain and Palpitations, (3) Nausea.

Over the past few years, the number of people worldwide with *electromagnetic-sensitivity* has grown exponentially. We need your cooperation in creating an environment that is comfortable for everyone. Please keep your cell phone off when around others – and especially when in public vehicles like buses, planes and trains.

Recent research has connected the recent extreme rise in EMR to the recent drastic rise in disease states like **Autism, ADHD, Chronic Fatigue Syndrome (CFS or ME in the UK), Diabetes, Multiple Sclerosis (MS)**, and a number of **cancers** (e.g. **breast cancer, leukemia, brain tumors**).

For example, see <http://www.avaate.org/IMG/pdf/EMR-Autism-ACNEM-final.pdf>

What is *Electro-sensitivity*?

Electro-sensitivity is a condition where a person feels sick when exposed to the EMR given off by cell phone towers (masts), DECT (Digital Enhanced Cordless Telecommunications), WiFi; and electronic devices such as mobile phones, and computers. Symptoms appear when the person is exposed to the offending EMR and diminish as the said person moves out of range of the EMR.

Major Symptoms: (Very often appearing with the installation of a nearby cell phone tower, a home WiFi [Wireless Internet] or DECT system.)

•**Headache** •**Sleep disturbances (Insomnia)** •**Dizziness** •**Nausea** •**Heart Palpitations** •**Heart Pain** •**Concentration Problems** •**Fatigue** •**Listlessness** •**Indigestion** •**Reddening of Skin** •**Tingling Sensations** •**Anxiety Attacks** •**Memory Problems** •**Swollen Lymph Nodes** •**Excessive Thirst** •**Frequent Urination** •**Vision Problems** • **Tinnitus (Ringing in the Ears)**, etc.

Fifty Percent of Population Affected by Year 2017?

There has been a drastic increase in the number of people affected by EMR and it is predicted that by the year 2017 over half the population may suffer from electro-sensitivity. 40 million Americans now take sleeping pills for insomnia; brain tumors are the leading cause of cancer death in children; and an estimated one in forty children now suffer from Autism – up from 1 in 1000 in the 70s.



Deformed cows near cell phone towers in Germany are just one example among many animal deformities appearing around the world. (Research has also connected the worldwide disappearance of frogs, birds, and insects [most recently bees] with the dramatic increase of electrosmog around the world.)

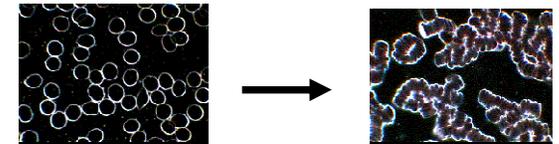
What Are The Experts Saying?

•**In 2002**, German medical doctors - the **Interdisciplinary Society of Environmental Medicine** - issued concern about wireless technology (cell phones, DECT, etc.) in the **Freiburger Appeal** (now with close to 40,000 signatories) after finding a cause-and-effect relationship between “a dramatic rise in severe and chronic diseases” (e.g. behavioral disorders, ADD, blood pressure disorders, heart attacks and strokes, brain-degenerative diseases, & cancers like leukemia and brain tumors) with increased exposure to EMR. •**In 2005**, the **World Health Organization (WHO)** officially recognized *electro-sensitivity* as a bona-fide disorder. •**The Vienna Doctors’ Chamber (Wiener Arztekammer)**, in **2005** – after the **REFLEX Study** clearly showed genetic damage - created posters (posted in hospital waiting rooms) warning of dangers and listing rules for use. •**In Aug. 2007**, a report - issued by an international group of renowned scientists, researchers, doctors, and public health experts - entitled the **BioInitiative (www.bioinitiative.org)** warns “*Wireless technologies that rely on microwave radiation to send emails and voice communication are thousands of times stronger than levels reported to cause some health impacts. Prolonged exposure to radiofrequency and microwave radiation from cell phones, cordless phones, cell towers, WI-FI and other wireless technologies have been linked to physical symptoms including headache, fatigue, sleeplessness, dizziness, changes in brainwave activity, and impairment of concentration and memory.*” •**In Sept. 2007**, the **German government** warned its citizenry not to use mobile phones (only in emergencies) and WiFi. **In Italy, Japan**, and many other countries children are now banned from bringing cell phones to schools. •**In Nov. 2007**, the city of **Paris** voted to ban WiFi in Public Libraries. •**In Dec. 2007**, an **Australian Democrats** commissioned discussion paper found microwave radiation from cell phone towers to very likely be behind the drastic rise in disease states like cancer, diabetes, asthma, allergies and Alzheimer’s disease, etc.

The Vienna Doctors’ Chamber’s Rules for Cell Phone Use

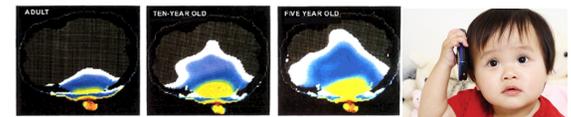
- Cell phone calls should be as few and as brief as possible. Children and teenagers under 16 should not use cell phones.
- Cell phones should not be held near the head while making and receiving calls.
- Cell phones should not be used in vehicles (cars, buses, trains) – the radiation there is higher!
- When sending text messages the cell phone should be held as far away from the body as possible!
- A caller should position herself several meters away from other people – the radiation is harmful to them as well!
- Never use a cell phone to play games!
- Headphones (earplugs) may also be unsafe – the wire may attract radiation!
- Wireless Networks (WiFi, WiMax, etc.) produce high amounts of radiation!
- Always switch your cell phone off at night and never keep it near your head while sleeping.
- Never keep your cell phone in your front pocket – the radiation can affect male fertility.

The effect of a ninety-second cell phone call on red blood cells (RBC) on both the user and those within at least 1.7 meters. This affects the RBC’s ability to transport oxygen to and carbon dioxide away from cells.



Before the call.

After the call.



The amount of radiation penetration of a skull for an adult, a 10-year-old child, and a five-year-old child.