

It's Not Just About CELL PHONES

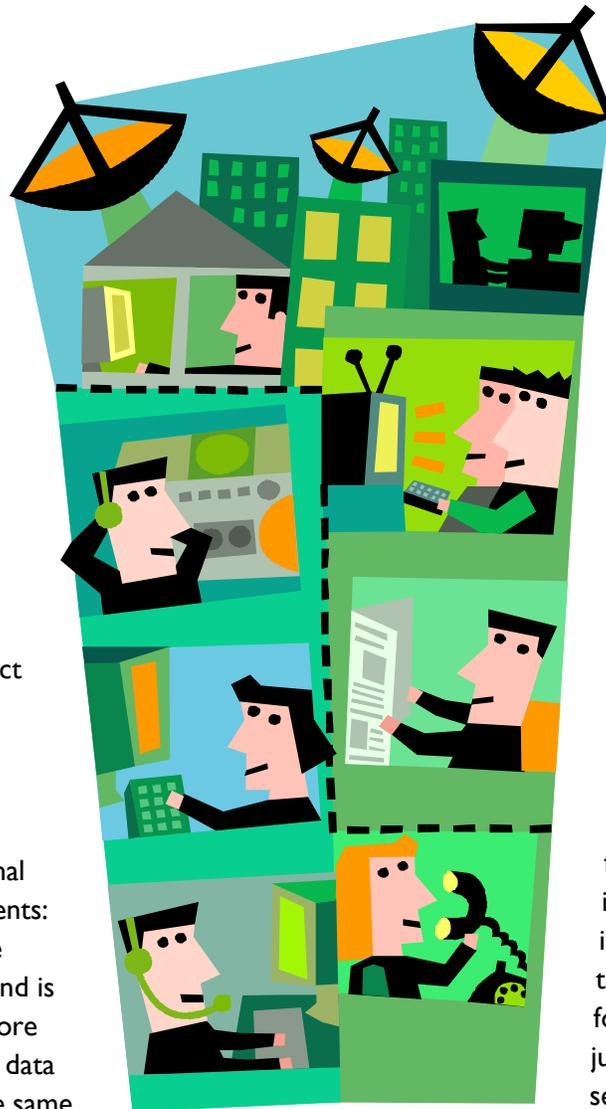
By Cathy Palochko

Conventional thinking and great PR by the Wireless Industry keep telling the public that cell phones are safe because they don't generate enough heat to cause a thermal effect like a microwave oven. But the danger from cell phones does not come from voltage but rather from data piggybacking on the RF frequency.

A cell phone signal – or any wireless signal for that matter – is made up of two components: a carrier wave and an information wave. The **carrier wave** oscillates at 1900 megahertz and is not recognizable at a cellular level and therefore exists in our environment undetected. But if data (be it voice, text or graphics) oscillated at the same level it too would be undetectable. To get around this, wireless technology packets the data and transmits it on a secondary wave called an **information wave** that oscillates in the 20-80 hertz range and therein lays the problem.

Cells recognize transmissions in the hertz range, but unfortunately interpret the information carrying wave as a foreign invader and with invasion comes a defense response that ends up doing harm rather than good.

Picture (as in an episode of CSI or House) a cell phone sitting in a hand. It rings; a finger pushes the



TALK button and the hand and phone move up next to the ear. You are visually instantly transported inside the hand through the phone and into the brain to the cellular level. You see numerous cells floating around in a pool of interstitial fluid; the camera focuses in on just one. The sensory receptor

protein on the outside of the cell senses the information carrying wave and begins to vibrate and, like a tuning fork, the information carrying wave vibrates in harmony. Over the next few seconds dueling banjo-like exchanges take place between the receptor and the wave until the receptor classifies the wave as stranger-danger and initiates a cellular shut down sequence. And the rest as Dr. George Carlo, leading expert on the subject, says is "simple biology." Except in this case due to the prolonged exposure and the abundance of wireless technology major unexpected consequences are being realized.

The Cost of Being Connected

As cell phones and other wireless data technologies proliferate, so too do information carrying waves and whenever a person comes in contact with one, this cellular shutdown occurs and lasts for as long as he/she is exposed. When cells shut down toxins can't get out, nutrition can't get in and cells can't communicate. Over time this leads to toxin and free radical build-up, genetic mutation, premature aging (and all that that implies), illness and disease.

So again, picture this ... it's a typical morning in a Starbucks equipped with wireless internet; the camera pans the crowd. You see three people engaged in cell phone conversations, one sending a text message from a PDA and two surfing the net on laptops. Each device is transmitting to the antenna installed in the back of the store which is in turn transmitting out. At each point, the signal gets an electronic push from the device to get it going. This push, like a boat being accelerated through water, creates a wake called a **near-field plume**. The near field plume emanates approximately five inches for every watt of power. Once the signal is moving it narrows into a beam-like transmission.

As a result Starbucks (like the visual from the movie Matrix) is an intricate network of invisible plumes and beams. The camera now pans wide out of Starbucks and flashes before you a montage of wireless offices, schools and workplaces filled with users of cell phones, laptops, wireless networks, game stations, I-Pods, etc. Pan out wider to see wireless communities, cities and our world blanketed with a dense fog of plumes and beams.

As we work, learn, sleep and play in these environments and whether we personally use these gadgets or not our cells are being bombarded and our cellular function is being compromised.

The Most Vulnerable

And most at risk are the children. Beginning just before Christmas 2006, Disney got in the game big time with offers of Family Plans and a Kid Starter Plan targeted to 8-12 year olds. Consider this: an eight year old child that receives a cell phone for Christmas will by age 28 have used a cell phone for longer than anyone has used one to date. And

parents are buying cell phones with plans up to 4500 minutes per month based on assurances from studies funded by the very industry selling the service and with results on 500 minutes per month that are inconclusive! **Folks, inconclusive does not mean safe!** Okay, rant over.

What Shall We Do?

The good news is science and medicine have experience with toxic exposure and have developed a "gold standard" for dealing with these types of problems called The Public Health Paradigm. The Paradigm always encompasses primary, secondary and tertiary interventions

Primary addresses the "cause of the problem" and is best accomplished by reducing or cancelling out exposure. Speakerphones, Airtube headsets and noise-field technology are examples in this category.

Secondary deal with the "symptoms of the problem" of which the most significant is disrupted inter-cellular communication. Here, subtle energy products that balance and enhance the biofield are strongly recommended.

Tertiary deals with "stopping the problem and the symptoms from coming back." For this, optimum health is key and products designed to detoxify and strengthen body systems are most effective.

Like it or not, wireless technology is here to stay and will only expand. I hope you will join me in getting informed and taking every measure you can to make our wireless world a safer place for yourself and everyone you care about.

Cathy Palochko is an author, speaker and advocate for wireless safety and is authorized under the Science and Public Policy's Safe Wireless Initiative project to conduct Risk Assessments for individuals and in home, work and play environments. Contact her at www.simplythriving.com or cathy@simplythriving.com.