

Cellular phones, as practical as they are, damage your health massively because of their electromagnetic radiation. This radiation does not only affect you, the cell phone user, but it affects all life – the life of man, animals and plants. This information is meant to help you understand why it is so important to abstain from using cell phones.

**„The microwaves used in cellular telecommunication together with the millions and millions of antennas are the biggest and the most unpredictable physical impact on the natural environment of all time.“**

**(Excerpt of the book:  
Health Hazards of Electromagnetic Pollution)**

### **The Threshold Value Lie**

The cellular telecommunications industry claims that cell phones and antennas respect the established threshold values and that there is no need to worry about health risks. **However, rather than being based on medical criteria the threshold values are merely based on technical feasibility and commercial interests of the cellular telecommunications industry.** It has been known right from the beginning how dangerous technically generated high-frequency electromagnetic radiation is. Unfortunately, in today's economy high profits are usually more important than your and my health. There have been many examples in the recent past which confirm this (e.g. cigarettes, asbestos, etc.). Since cellular telecommunication is based on unnatural radiation, already a small dosage is dangerous. **Each phone call, short text message (SMS), multimedia message (MMS) and even the standby mode has detrimental effects on your health.**

### **Foreseeable Effects**

Back in the 1930s scientists discovered that the radiation which is produced by today's cellular telecommunication has detrimental effects. Many other scientific studies have confirmed these findings. Especially since the REFLEX-study, which was supported by the European Union, more and more institutions and medical associations have been warning against the effects of cellular telecommunication. No wonder! The study concludes once more that even radiation dosages below the threshold value cause genetic damages. **This is an attack on our genetic make-up. The world of science knows very well that alterations of the genetic make-up can cause cancer.** However, there are also other disorders which are associated with the radiation emitted by cellular telecommunication:

- ▶ Allergies
- ▶ Insomnia
- ▶ Headache
- ▶ Nausea
- ▶ Lack of energy, tiredness
- ▶ Concentration disorders, reduced learning aptitude and loss of memory
- ▶ Fertility disorders
- ▶ Mental disorders and disorders of motor skills
- ▶ Brain cramps (Epileptic fits)
- ▶ Buzzing in one's ear (Tinnitus)
- ▶ Brain tumour and other types of cancer

### **Ignore or react**

Unfortunately, the numerous scientific conclusions are widely ignored. However, more and more warning voices can be heard; which is good news. Did you know that every school in England has received a written request by the government to warn students against the use of cell phones? And did you know that the medical association in Vienna, Austria issued guidelines for the use of cell phones on 5<sup>th</sup> August 2005? They suggest you and your friends do the following:

**If you are not yet 16 years old, you should not use a cell phone at all.**

We strongly recommend to do without a cell phone. Nevertheless, if you feel you really need one, please consider the following advice for your own safety:

- ▶ use it only in emergencies and only for a very short period of time.
- ▶ do not keep your cell phone in your trouser pockets and do not send an SMS from under the desk since this can affect your fertility.
- ▶ hold the cell phone away from your body when sending an SMS.
- ▶ switch your cell phone off at night, or at least do not place it near your head.
- ▶ do not use it in vehicles (car, bus, train), since the cell phone's radiation is increased in there.
- ▶ headsets are also not recommendable, as the wire often transmits the signal and acts as an antenna.
- ▶ do not play games using the cell phone.
- ▶ do not hold the cell phone close to your head while the connection is being established.
- ▶ when phoning, keep a distance of several meters to other people, as these get also affected by the radiation.
- ▶ use a wire to establish a connection to the internet. The third generation cellular network (UMTS), which works with higher frequencies, and the wireless network (WLAN) cause high radiation exposure.

Needless to say, these recommendations are not only for you, but also for adults. However, they have been especially issued for children and adolescents, since you are more sensitive towards that radiation. For you have:

- ▶ a thinner skull, which does not block as much radiation as an adult's skull does
- ▶ a more sensitive nervous system
- ▶ not such a strong immune system
- ▶ an increased rate of cell division, which is the reason why cell damages spread faster

## And, by the way...

### **Cordless phones are just as dangerous as cellular phones**

All the mentioned dangers concerning the radiation of cell phones are also valid for cordless phones working with digital enhanced standard (DECT). Such a phone represents a permanent source of radiation in your flat. The impact of the electromagnetic pollution equals the one of an antenna in 50 meters distance. The microwave radiation penetrates walls easily. That way not only you and your family are being irradiated, but also the unsuspecting neighbours. Therefore, we advice you and your parents to get rid of the DECT-phone as soon as possible.

### **Big brother is watching you**

Did you know that each cell phone and therefore also each cell phone user can be permanently monitored? When your cell phone is switched on it transmits signals, which are received by the antenna which is closest to where you are. With this the cellular telecommunications companies know which cell phones are within the reach of their antennas. This means they can learn about your habits, such as when you call whom and how often, etc. Do you really want this?

### **The more cell phones, the more base station antennas**

Have you noticed that more and more people are fighting against new cell phone towers but are not willing to abstain from using their cell phone? The only reason why there are so many antennas is because more and more people are using cell phones. Thus you can influence the number of antennas that are erected. Decide today to make a positive difference in this world by abstaining from using a cell phone. With this not only you, but also your fellowmen and nature are less exposed to radiation and their health is less affected.

*„The worst enemy of man's health is not the different bacteria, but convenience and lack of responsibility, indifference regarding themselves and others, mistaking biology for technology and a lack of courage and standing up for what is right!“*

*(Dr. Devrient)*

We stand up for a healthy life without microwaves!

And you?

Detailed information can be obtained from:



### **The World Foundation for Natural Science**

World Headquarters  
P.O. Drawer 16900, Washington, DC 20041, U.S.A.  
Tel. (001) 703 631 1408 Fax (001) 703 631 1919

European Headquarters  
Postfach 7995, CH-6000 Lucerne 7, Switzerland  
Tel. (0041) 41 798 03 98 Fax (0041) 41 798 03 99

[www.naturalscience.org](http://www.naturalscience.org)

2<sup>nd</sup> edition 02/06

## CELLULAR TELECOMMUNICATION

### CELL PHONES ARE OUT!



*„I don't use cellular phones. It's like sticking your head into a microwave oven.“*

*(Keith Richards, guitar player of the Rolling Stones)*