Health starts at home

Parents are responsible for the healthy development of their children. Besides creating a loving environment this includes concerning themselves with the usual questions about a healthy diet, beneficial toys, sensible recreational activities and the optimal social environment. But in addition and increasingly so in the past few years parents also have to deal with questions about technology, for example: Does it make sense for my child to have a smartphone and if so, at what age? Are the effects of electromagnetic fields created by mobile communications and wireless data transfer really harmless? Do so-called threshold values indeed offer enough protection? Is Wi-Fi really necessary, or are there any other possibilities for schools to have access to the internet? Can I actually protect myself and my family from technical radiation and if so, how?

Man – an electrical organism

Besides the common neural nervous system the human body also features an intercellular communication system which is based on direct electric currents. This system is jointly responsible for the direction of growth processes, healing and the rhythmic cycle of bodily functions, to a large extent. These natural electric currents further allow other functions such as the stimulation of self-healing processes, the heartbeat and the upkeep of cell tension. However, technical electromagnetic fields cause disturbances which impair the body currents and thus the communication between cells and organs. Among the resulting biological effects are:

- Permeability of the blood-brain barrier to harmful substances
- Memory loss, attentiveness and concentration disorders
- Prolonged response time, phlegm
- Cell damage and genotype changes
- Dysfunctions of hormonal processes
- Psychological and movement disorders, hyperactivity

Children are especially vulnerable as they are still growing and react much more sensitively to radiation than adults. For children have...

...a thinner skull that is more easily penetrated by radiation.
...a not yet fully developed and therefore less robust immune system.
...an increased cell division rate which allows cell damage to spread much more quickly.

The official safety threshold limits only consider thermal effects and are no longer defensible.

The deceitfulness of threshold limits

Generally it can be assumed that through electromagnetic radiation cancer is already promoted far below the official threshold limits. Up-to-date research results show: Low radiation exposure is not equivalent to less cell damage. Hence, the use of the threshold limits in force today is very questionable, as they only take into account acute effects through high radiation exposure and therefore offer highly insufficient protection, if any at all. De facto, humans, animals and plants are seriously, and to a great extent, threatened by the permanent electromagnetic radiation. Health authorities should therefore warn about using microwave ovens, mobile and smart phones, cordless phones, WLAN, Wi-Fi and so on without delay. And they should restrict mobile communications antennae in public spaces as well as Wi-Fi in public transport and in schools.

Smartphones, Wi-Fi, cordless phones & Co.

Smartphones have leveraged the mobile internet and have thereby changed the user’s conduct from solely making simple phone calls to having permanent internet access. Today huge amounts of data are transmitted via the mobile communications networks or WLAN networks, which increasingly are offered for free. Tablet computers, too, have internet access through WLAN. All of this leads to a massive extension of an electromagnetic radiation. Health authorities should therefore warn about using microwave ovens, mobile and smart phones, cordless phones, WLAN, Wi-Fi and so on without delay. And they should restrict mobile communications antennae in public spaces as well as Wi-Fi in public transport and in schools.

Preparing food gently

The human body is reliant on healthy, natural food. Food thawed or warmed in the microwave oven cannot serve its purpose as intended by nature, because the molecular structures in the food are changed by the billion-fold polarity reversal in the microwave oven. The immune system reacts by means of defence, similar to a beginning cancer process. (For further information on this topic, please read our brochure “Cancer from Microwave Ovens” which you can download or buy on our website.)

Cooking with an induction stove is not recommended either, as it produces very strong magnetic fields. Not without reason does the Swiss Federal Office of Public Health warn that pregnant women and people with a cardiac pacemaker should stand clear of induction cookers. Moreover, the Federal Office advises that people should preferably use the hobs positioned at the rear and not to use metal cooking spoons because they absorb the strong radiation and upon touch cause a painful current to flow through the body. Therefore, common sense demands refrain from using such devices.

At present, new mobile phone connections are growing at around 45 million per month, or 1.5 million per day worldwide.

Baby monitor: Always on the air

When buying and using a baby monitor much precaution is demanded due to the radiation the baby or infant is exposed to. A good baby monitor should not be transmitting constantly but only when it detects noises that exceed a certain volume level. Independent tests reported on the internet offer recommendations on the devices currently available on the market. It is best to use the baby monitor only when absolutely necessary. Parents often sense intuitively when their children are in need of something and mostly only are dependent upon technical support in exceptional circumstances. Therefore: Isn’t it more sensible and appealing to develop ‘natural awareness’ rather than buying a device that is harmful to health?

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As you make your bed…

Contrary to technically induced fields we rely on natural electromagnetic fields. Among them is the Earth’s magnetic field to which the human organism has been attuned for millions of years. Spring mattresses, metallic bedframes or metallic parts on the bed may strongly influence these fields. Beds made only of wood are a real alternative and benefit a healthy sleep.

Battery- or mains-run toys, CD-players, tablet computers etc. do not belong into a child’s bed. In general, care should be taken that no electrical devices (including radio alarm clocks or bedside lamps) or power cords are placed near the head. Leaving some space may have very positive and often unexpected results.

When the electric devices have been switched off, demand switches automatically disconnect the lines, thus insuring that they are volt-free.

How to keep exposure to radiation as low as possible for you and your family

■ Trust your abilities and your intuition where the well-being of your family and your children is concerned.
■ Be critical of official threshold values and announcements and inform yourself from independent sources.
■ Ask your local school whether there is Wi-Fi installed and share your knowledge about its harmfulness.
■ Only use technical devices when absolutely necessary. Switch them off after use.
■ Preferably refrain from using wireless technology (Bluetooth, Wi-Fi, cordless switchboard and cordless phones). Cables emit (almost) no radiation.
■ Activate ECO-Mode Plus on your cordless phone (the phone then only radiates while making a phone call).
■ Do not carry your mobile phone on your body when it is switched on and hold the device as far away from your body as possible when sending an SMS or when connecting to the internet.
■ Do not make phone calls in the car or the train because the radiation is considerably higher there.

In Western countries about 20% of the population suffers from the effects of electromagnetic radiation.

■ Remember that all your activities on your mobile phone (especially every app) generates more data traffic (automatic updates etc.) and thus a higher radiation exposure.
■ Dispose of your microwave oven and do not use induction stoves. The good old ceramic glass stove perfectly serves its purpose.
■ Only use baby monitors with caution or not at all. Only use devices which do not send constantly. Place the transmitter with as much distance from the child as possible.
■ Do not place any electric / electronic devices in the bed or within the immediate vicinity of your head (e.g. on the bedside table).
■ At least in your bedrooms use demand switches.

Further reading

You will find important information about the responsible use of the internet and social media in our separate brochure “Internet and Social Media – A Guidebook for Parents and Children”. On our homepage www.naturalscience.org more basic information about electromagnetic radiation, mobile communications, microwaves and health is offered to you.

We are always happy to answer more questions!

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