

Health begins at home

Parents are responsible for the healthy development of their children. In addition to creating a loving environment, this includes addressing questions about vaccination, healthy nutrition, beneficial toys, reasonable leisure activities and the social environment. In recent years, however, parents have had to deal more and more with questions about technology, for example: Is a smartphone appropriate for my child, and if so, at what age? Are electromagnetic fields such as those generated by mobile telephones and wireless data transmission really harmless? Do the legal threshold values offer sufficient protection? Do we really need Wi-Fi, or would there be other ways to access the Internet at school and at home? Generally: Can I protect myself and my family from technical radiation, and if so, how?

All life is electromagnetic

Many, if not all, processes of life are based on electromagnetism. The latest scientific findings indicate that even the biochemical processes in cells are triggered and controlled by electromagnetic fields. For example, in addition to the central and peripheral nervous system, the human body has an intercellular communication system based on delicate direct electrical currents. This system is largely co-responsible for the control of growth processes, healing and the rhythmic flow of bodily functions. Electromagnetic fields furthermore enable other functions such as the stimulation of self-healing processes, the heartbeat or the maintenance of cell voltage.

Technically generated electromagnetic fields superimpose these delicate natural fields and cause disturbances that affect the communication between cells and organs. Among the most scientifically well documented biological effects are:

- Oxidative cell stress, weakening of the immune system
- Permeability of the blood-brain barrier to pollutants
- Memory loss, attention and concentration disorders, inertia
- Disruption of hormonal processes

- Mental and motor disorders, hyperactivity
- Cell damage and alteration of genetic material (DNA)
- ... to serious diseases such as cancer

Children are particularly vulnerable because they are still growing and are much more sensitive to radiation than adults. Because children have ...

... a thinner cranial bone, which is more easily penetrated by radiation.

... an immune system that is not yet fully developed and therefore less robust.

... an increased cell division rate, causing cell damage to spread much faster.



Exposure limits that do not protect

The current official exposure limits, which in most countries are based on the recommendations of ICNIRP (International Commission on Non-Ionizing Radiation Protection), only take into account thermal (heating of tissue) and acute effects. They completely ignore the fact that the health effects listed above and documented by thousands (!) of studies already occur at much lower radiation intensities. It is long overdue that these non-thermal effects are finally taken seriously and given due consideration in the exposure limit legislation. After all, what good are exposure limits if they do not protect life, but only the economic interests of entire branches of industry?

Smartphone, WiFi, DECT & Co.

Smartphones have helped the mobile internet to make a breakthrough and thus changed user behaviour enormously, from simple phone calls to permanent internet consumption. Today, huge amounts of data are transmitted via mobile phone networks, which in some countries double every year. Streaming video accounts for around 70% of the data volume, which is also the reason why mobile phone providers want to continuously expand their networks. Currently, this is intended to be done with the 5G mobile communication standard.

The massive expansion of Wi-Fi networks in schools is particularly problematic: Not only does the permanent radiation harm students and teachers, but early digitisation in schools also contradicts scientific findings. Up to the age of 12, the use of digital teaching materials is counterproductive and impairs the healthy development of the brain, the senses and the cognitive abilities. In particular, the training of sensorimotor skills is impaired, which can scarcely be made up for in later life.

In many households, besides the Wi-Fi router, wireless telephones (DECT), Bluetooth music systems and "electronic spies" such as Google Assistant, Siri or Alexa are already standard equipment. This not only increases the total radiation exposure, but also facilitates permanent surveillance by data giants like Google or Amazon.

Gentle food preparation

The human body is dependent on healthy and natural food. Food prepared in the microwave oven cannot fulfil its purpose as nature intended because the molecular structures of the food are altered by the radiation. This results in a sharp decrease in the nutritional value and bioavailability of nutrients. After taking microwaved food, the blood count also shows an increased immune function of the body.

The use of an induction hob is also not recommended because it generates very strong magnetic fields. It is not without reason that the Swiss Federal Office of Public Health (FOPH) points out that it is preferable to use only the rear hobs and keep a distance from the edge of the

cooker. Tests have also shown that the strong magnetic fields destroy even the inner structure of the food. Common sense dictates that such devices be avoided.

You made your bed ...

A good and restful sleep is worth its weight in gold: during sleep the body recovers from the daily exertions and even cell damage is repaired. But this can only happen if the sleeping place is as free of radiation as possible. So CD players, tablets, battery or mains operated toys etc. do not belong near the bed – and certainly not in the cot!

Great care must be taken when using a baby monitor because of the radiation exposure to the baby or toddler. A good baby monitor should not transmit continuously, but only when it detects sounds above a certain volume level. Parents often intuitively sense when their children need something, and actually only need technical support in exceptional cases.

The human organism has developed over millions of years, embedded in natural electromagnetic fields such as the earth's magnetic field. However, spring mattresses, metal bed frames or metal parts on the bed can strongly influence this natural field. Pure wooden beds are a real alternative and promote healthy sleep.

What can be done to keep radiation exposure as low as possible?

- Be critical of official reports and obtain additional information from independent bodies.
- Ask your children's school whether Wi-Fi is installed and try to work out alternatives together. (Prefer cabling, switch on Wi-Fi router only during certain times, etc.)
- Do not use wireless technologies such as Bluetooth, Wi-Fi, cordless keyboards, mobile phones, etc. In most cases, wired and therefore radiation-free solutions are possible. Smartphones or tablets can also be connected to the Internet via cable using special adapters (USB-Ethernet adapter).
- Switch off electronic devices such as smartphones or Wi-Fi routers when not in use.

- Replace the wireless telephone with a corded telephone or at least switch on the ECO Plus mode on the wireless telephone. (The device then only radiates during calls.)
- Do not carry a switched-on mobile phone on your body and keep it as far away from your body as possible during use. Use a hands-free kit.
- Do not make phone calls in a car or on a train, because the shielding effect of the bodywork means that your smartphone transmits with increased power.
- Remember that all activities and apps on your mobile phone lead to more data traffic (automatic updates etc.) and thus to higher radiation exposure.
- Use baby monitors cautiously or not at all. Only use devices that do not transmit continuously. Place the transmitter as far away from the child as possible.
- Do not place any electrical/electronic devices in your bed or in the immediate vicinity of your head (e.g. on the bedside table).
- Do not use a microwave oven or induction hob.
- Trust your intuition when it comes to the welfare of your family and children.

If you are uncertain or have questions about the actual radiation exposure in your home, ask a specialist for advice.

We are always happy to answer any further questions!

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10/20



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