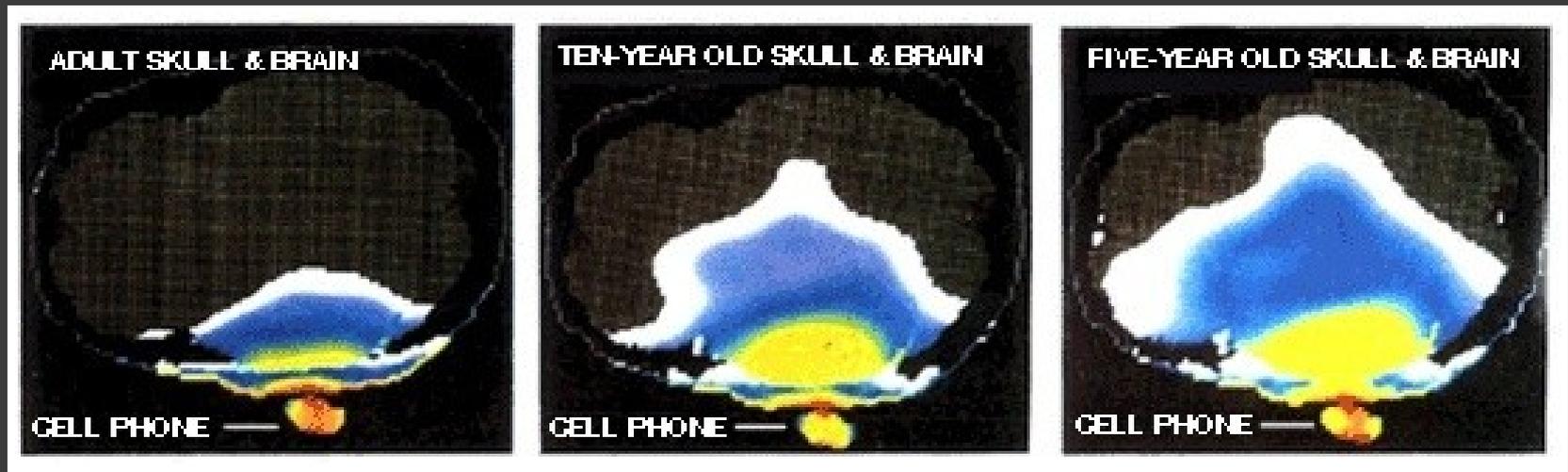


# # 1 Don't allow children to use a cell phone, except for emergencies.

Children's skulls are thinner and their brains contain more fluid than adults'. Radio frequencies travel through children's brains much more easily and therefore increase the risk of cancer.



Mobile phone radiation (yellow, blue and white) penetrating users' heads (from Research by Professor Om Gandhi, University of Utah 1996)

**# 1 Don't allow children to use a cell phone, except for emergencies.**

**“Brain tumors** now cause more deaths among children than **any other forms of cancer.”**

- Sydney TV News Report



Jessie McConnell was diagnosed with a brain tumor when she was seven years old. She died within weeks.

# 1 Don't allow children to use a cell phone, except for emergencies.



“**Malignant brain tumors** are the **second leading cause of death** in children [under age 15] and young adults [under the age of 34].”

- NeurologyChannel.com

# # 1 Don't allow children to use a cell phone, except for emergencies.

If they already have a cell phone, and for whatever reason you decide not to change the status quo, don't let them sleep with it under their pillow.

(You might be surprised where your kids keep their cell phone!)



## # 2 Avoid using a cell phone if you are pregnant, or suspect that you might be.



Photo: Marjan Hols-Reis

The developing organs of the fetus or child are the most sensitive to any possible effects of electromagnetic radiation (EMR) exposure.

Reference: R. B. Herberman, MD, University of Pittsburgh Cancer Institute (2008)

## # 2 Avoid using a cell phone if you are pregnant, or suspect that you might be.

Don't use a cell phone with babies or young children on your lap or in your arms.

Ultrasounds and electronic fetal monitoring also expose your unborn infant to EMR. You may want to consider avoiding these procedures unless absolutely necessary.

Reference: Dr. George Carlo, Medical Alert: Aggravated Symptom Relapses (May 2008)



Photo: Marjan Hols-Reis

## # 3 Limit the amount of time you talk on cell phones.



Just a two-minute call on a cell phone can alter the natural electrical activity of the brain for up to an hour.

Reference: Spanish Neuro Diagnostic Research Institute



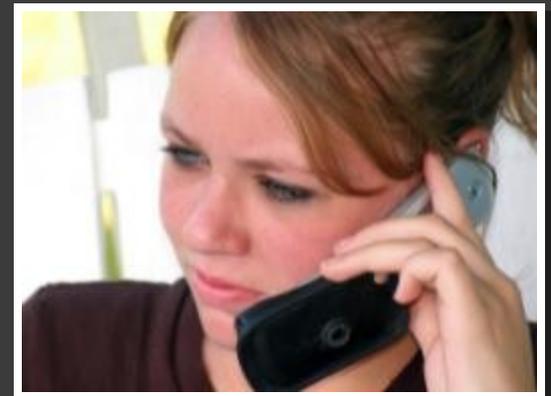
The more time you spend talking on cell phones, the greater your risk of developing brain or eye cancer.

# # 3 Limit the amount of time you talk on cell phones.

Be polite, but keep it brief.



You may be saving not only money, but a life – quite possibly your own.



## # 4 Use a regular phone as much as possible.



Regular phones are your safest bet for conversations and work.

Reference: Dr. George Carlo, Medical Alert: Aggravated Symptom Relapses (May 2008)

## # 4 Use a regular phone as much as possible.

The base of a cordless phone emits high levels of EMR, even when the phone is not being used.

Reference: Dr. George Carlo, Medical Alert: Aggravated Symptom Relapses (May 2008)



## # 5 Keep the cell phone as far away from your body as possible.

By moving the cell phone just 5 cm (approximately 2 inches) away from your head while talking on it, you reduce the electromagnetic radiation that reaches your head by 75%.

You cut your EMR exposure to less than 1% by keeping the cell phone over 18 cm (approximately 7 inches) away from any part of your body.

Reference: R. B. Herberman, MD, University of Pittsburgh Cancer Institute (2008)

## # 5 Keep the cell phone as far away from your body as possible.

Dr. George Carlo suggests keeping the phone at least 15–18 cm (6–7 inches) away from your body and others' bodies while talking, texting, or downloading.

## # 6 Avoid carrying your cell phone in your pocket, on your belt, or in your hand.

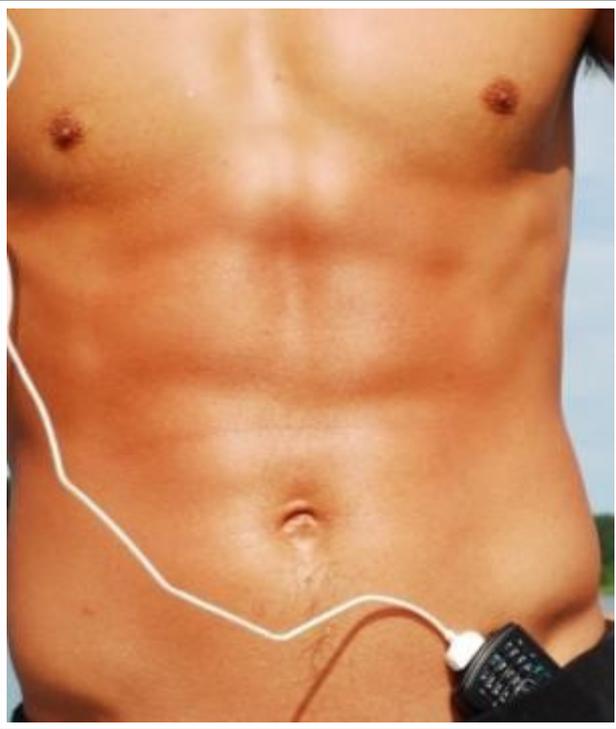


Photo: Janusz Gawron

The hip produces 80% of the body's red blood cells and is especially vulnerable to EMR damage.

Close proximity may also affect fertility.

Reference: Dr. George Carlo, Medical Alert: Aggravated Symptom Relapses (May 2008)

## # 6 Avoid carrying your cell phone in your pocket, on your belt, or in your hand.

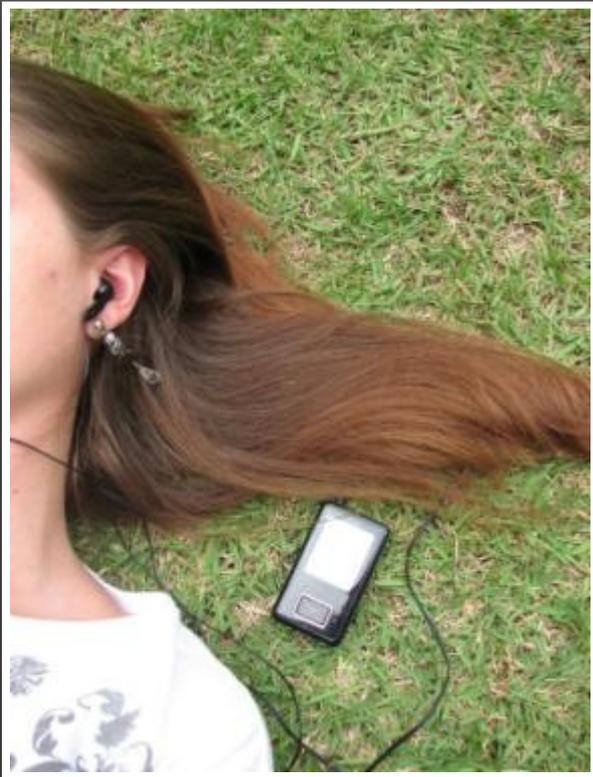


Photo: Sanja Gjenero

Body tissue in the abdomen absorbs radiation more quickly than the head.

Position the cell phone with the keypad facing towards you when you put it in a pouch or hand bag. This way the antenna is facing away from you.

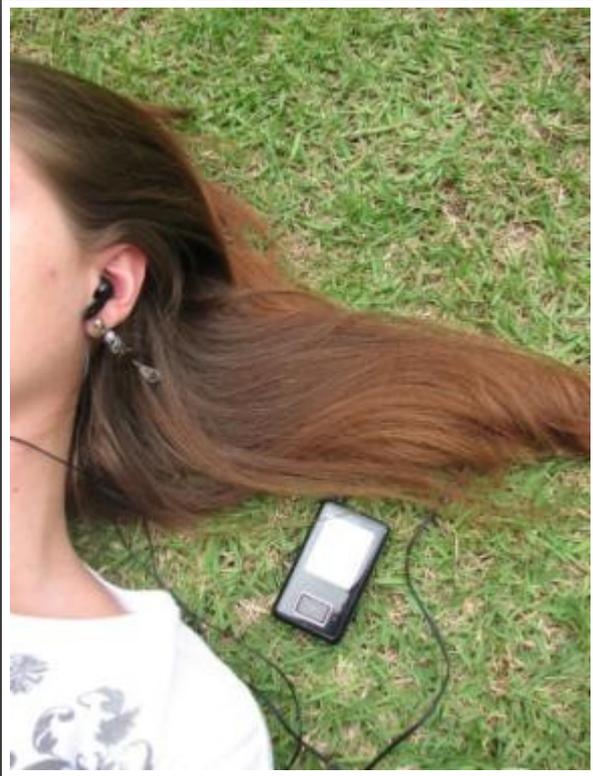
## # 7 Avoid using wired headsets.



Headsets, including the ear buds that come with most cell phones today, have been shown to act as antennae, channeling the EMR directly into the ear canal.

Reference: Dr. George Carlo, Medical Alert: Aggravated Symptom Relapses (May 2008)

## # 7 Avoid using wired headsets.



When you use regular ear buds or ear pieces, you're getting 3 times more EMR than if you held the cell phone against your ear, and you're getting it directly into your ear canal, and therefore into your brain.

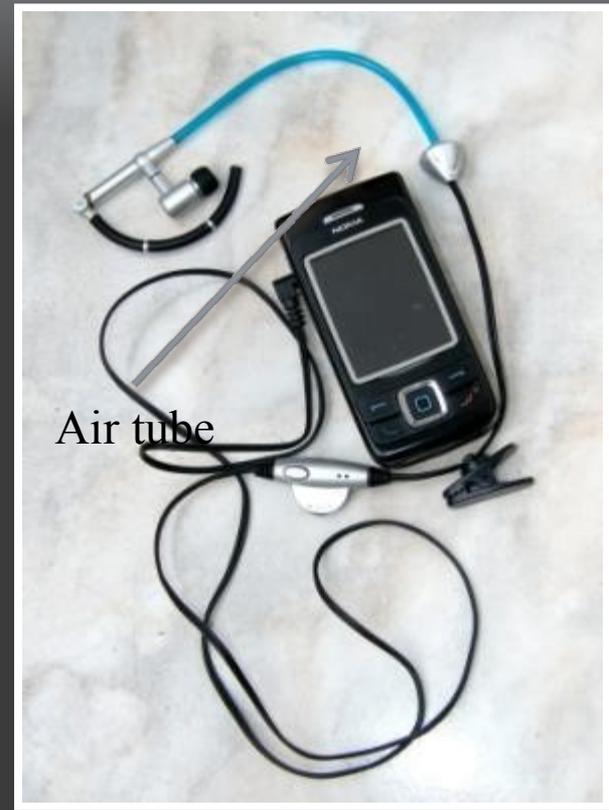
That's a good reason to avoid listening to music on your cell phone.

## # 8 Use an air tube headset with ferrite beads.

This type of headset is believed to be safer, because EMR can't travel up the air tube like it does on a regular wired earphone.

Unlike regular headsets, the air tube headset doesn't act as an antenna.

Dr. Mercola, blue-tube-headset



## # 8 Use an air tube headset with ferrite beads.

Ferrite beads suppress the EMR and dissipate it. In other words, they absorb the EMR and convert it into heat.

For maximum protection, use an air tube headset with a ferrite bead placed as near as possible to the cell phone.



# # 9 Use the speaker phone as much as possible.



Never hold the phone directly against your head.

EMR decreases in direct proportion to the distance the source is from your body.



## # 10 Some suggest using a BlueTooth head piece.



It's reported that BlueTooth headsets emit 1/100<sup>th</sup> the EMR of a normal cell phone. That's good. But...

whatever EMR a BlueTooth headset does emit, it does so directly into the ear. Caution is warranted.

# # 11 Avoid using a cell phone while in metal enclosures.



This includes the following:

- vehicles
- elevators
- airplanes
- trains
- subways
- any other metal enclosure.

Reference: Dr. George Carlo, Medical Alert: Aggravated Symptom Relapses (May 2008)

# # 11 Avoid using a cell phone while in metal enclosures.



Metal enclosures act like a Faraday cage, trapping some of the radiation and reflecting it back upon you and others.

Turn your phone off inside all metal enclosures.

## # 12 Make calls when and where you have a strong signal.



Cell phones automatically increase power output when the signal is weak, exposing you to greater EMR.

## # 13 Avoid making calls when traveling fast.



A cell phone automatically increases power when it is moving at high speeds (such as in a car, train, subway, or plane) as it attempts to connect to the next cell phone base station.

Reference: R. B. Herberman, MD, University of Pittsburgh Cancer Institute (2008)

## # 14 Turn your cell phone off at night.

EMR emitted from cell phones and even electric clocks can lower the quality of your sleep.

Reference: R. B. Herberman, MD, University of Pittsburgh Cancer Institute (2008)



## # 14 Turn your cell phone off at night.



**The Safe Wireless Initiative** also suggests moving your electric alarm clock or clock radio (this goes for any other electronic or electrical appliances, too) at least 1.80 meters (6 feet) away from your head, or simply using a battery-powered alarm clock.

**# 15 When purchasing a cell phone, be sure to get one with a low SAR (Specific Absorption Rate).**



The lower the SAR number, the better.

The Motorola Razr V3x has a SAR of 0.14, which is the lowest we have seen.

However, we've heard there are some with an even lower SAR.

Reference: R. B. Herberman, MD, University of Pittsburgh Cancer Institute (2008)

**# 15 When purchasing a cell phone, be sure to get one with a low SAR (Specific Absorption Rate).**



Motorola V195s has a SAR of 1.6, the worst on the market.

Many cell phones manuals indicate the SAR number of that particular model.

**# 15 When purchasing a cell phone, be sure to get one with a low SAR (Specific Absorption Rate).**

You can find most cell phone SAR rates [by clicking here.](#)



**# 16 If we do our very best, we can trust God to do the rest.**

We can't protect ourselves from all danger.

And we don't want to be fearful, as that's one more stress that's also detrimental to our emotional and physical health.



# # 16 If we do our very best, we can trust God to do the rest.



But we can – and should – work at becoming truly informed, and then act on that information to the very best of our ability.

Then, when we've done what we can, we can pray and trust God to do what we can't.

*The angel of the Lord encampeth round about them that fear Him, and delivereth them. (The Bible, Psalm 34:7)*

## Conclusions:

- It's up to each of us to take responsibility for our own health and our family's.
- We must exercise caution.
- It's far better to be safe than sorry.
- It's preferable to put a fence at the edge of the cliff, than to have to build a hospital--or a graveyard--at the bottom.
- God loves you and me. If we do what we can do, He'll do what we can't.

COMING SOON!

*CELL PHONE SAFETY, PART 2: NUTRITIONAL  
RECOMMENDATIONS*

Part 2 reveals practical steps you can take to increase your body's resistance to EMR damage.

Sign up for our free newsletter to be sure you don't miss out on the downloading instructions for these presentations as they are posted at [Natural Health Strategies](#).

To watch videos about the dangers of cell phone use, click the link below.

**[Natural Health Strategies Cell Phone Dangers Videos](#)**

Important - Please read carefully

**Disclaimer:**

This PowerPoint presentation is shared for educational purposes only, and does not constitute medical advice.

**It is not known with certainty what levels (if any) of exposure to EMR our bodies can take without negative health effects. Obviously, we cannot and do not claim that following these recommendations to simply *reduce* levels of exposure will necessarily spare you from developing some kind of health challenge related to EMR. What we do know is that even small doses of EMR affect the human body on a cellular level. It seems wise, then, to exercise the greatest possible degree of caution.**