Wireless Safety in Your Home

Peter Sullivan
We Live Inside Man-made Fields
Wireless Terminology

- RF (radio frequency or radio frequency radiation)
- EMR (electromagnetic radiation)
- Microwaves (microwave frequencies/band)
- Non-ionizing radiation
- EMF (electromagnetic fields)
- Wi-Fi
- Bluetooth
Is Wireless Safe?

• FCC.gov RF Safety FAQ:

“There is no scientific evidence to date that proves that wireless phone usage can lead to cancer or a variety of other health effects, including headaches, dizziness or memory loss.”
Is Wireless Safe?

• Apple iPad Warning:
  “…Discontinue use of iPad and consult a physician if you experience headaches, blackouts, seizures, convulsion, eye or muscle twitching, loss of awareness, involuntary movement, or disorientation…”
The World Health Organization (WHO) classified radiofrequency radiation as a Group 2B (possible carcinogen) in 2011.

This is the same category as lead and diesel fumes.

Some scientists believe newer studies published since 2011 warrant movement to group 2A (probably carcinogen) or even group 1 (known carcinogen).
Thousands of Studies

• Thousands of research studies show harm
• Over a period of decades
• By 1972, the US Navy had collected more than 2,300 studies finding a wide range of symptoms.
• Similar findings in countries around the world
National Institute of Health (NIH)

• $25 million dollar study funded by the NIH’s National Toxicology Program on 2G cell phone technology
  – Early release of findings in May 2016.

• 3% of male rats got cancer

• Forms of cancer match rising human cancers
  – Gliomas and schwannomas
What Are the Symptoms?

- Sleep disturbance
- Ringing in the ears
- Heart palpitations
- Blood clumping
- Headaches
- Restlessness
- Attention problems
- Memory issues
- Anxiety
- Fatigue
An Epidemic of Epidemics

• 40 rising conditions over the past 25 years in the US:
  – List: autism, ADHD, depression, etc.
• Over half of people in the US have a chronic condition
• Chronic conditions have inflammation as a root factor
• Wireless exposure can increase inflammation
Autism Symptoms

AUTISM

• De novo mutations
• Blood brain barrier
• Inflammation
• Attention
• Melatonin (light)
• Increased oxidation
• Decreased immune

EMF EXPOSURE

• Sperm damage
• Blood brain barrier
• Inflammation
• Attention
• Melatonin (light)
• Increased oxidation
• Decreased immune
What Can We Do?

• Reduce screen time
  – Distraction & attention
  – Color temp (blue light & stim/melatonin)
  – Overstimulation and energy release
  – Dr. Victoria Dunckley: Reset Your Child’s Brain Book
    • Solutions: 28-day screen fasts and/or limits
  – Interactive screen time – wireless & EMF exposure
    • Wireless (radio frequency radiation)
    • EMF (electromagnetic fields)
Reduce Sources of Exposure

• Start with constant sources of wireless exposure
• Off & away – minimally, off at night
  – Baby monitor
  – Wi-Fi
  – Cordless phone base station
  – Smart meters--opt out
  – Cell phones in airplane mode at night
    • Ideally, out of bedroom
### Wireless Safety Card

<table>
<thead>
<tr>
<th>Sources</th>
<th>Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baby Monitor</td>
<td>- Turn off</td>
</tr>
<tr>
<td></td>
<td>- Move far away from child</td>
</tr>
<tr>
<td>Wi-Fi Router</td>
<td>- Replace with wired Ethernet</td>
</tr>
<tr>
<td></td>
<td>- Turn on only when needed</td>
</tr>
<tr>
<td></td>
<td>- Turn off at night</td>
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<tr>
<td>Cordless Phone</td>
<td>- Replace with corded phone</td>
</tr>
<tr>
<td></td>
<td>- Turn off main base station at night (unplug or timer)</td>
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<tr>
<td>Cell Phone</td>
<td>- Use airplane mode</td>
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<tr>
<td></td>
<td>- Carry and use away from body and head</td>
</tr>
<tr>
<td>Laptop</td>
<td>- Use Ethernet cable and turn off Wi-Fi and Bluetooth</td>
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<tr>
<td></td>
<td>- Move off lap to table top</td>
</tr>
<tr>
<td>iPad/Tablet</td>
<td>- Use Ethernet cable and turn off Wi-Fi and Bluetooth</td>
</tr>
<tr>
<td></td>
<td>- Move off lap to table top</td>
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<tr>
<td>Smart Meter</td>
<td>- Opt-out, use analog meter</td>
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<tr>
<td></td>
<td>- Shield from wireless signal</td>
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<tr>
<td>Cell Tower</td>
<td>- Live at least 1/4 mile away</td>
</tr>
<tr>
<td></td>
<td>- Shield from wireless signal</td>
</tr>
</tbody>
</table>

**Safe**

**Reduced Exposure**
Strategies for Creating Space

• Start with the sleep environment
• Work from the child/self outward (distance)
  – Signals power drops off rapidly
• Focus on constant sources first
• Exposure = power x duration (time)
• Summary: time, distance, power
Ideal Sleep Environment

• Create an “electronic-free zone”
  – No TV
  – No e-books, laptops, or computers
  – No corded LED Alarm clocks near bed
    • Avoid blue LEDs due to melatonin reduction
  – Light cords
  – Electric outlets
More Source of Exposure

- Fitness trackers
- Cell phone in the pocket or bra (near body)
- Laptop or tablet on the lap
- Streaming video (download away from body)
- Wireless home alarm systems
- Cars – Hands-free Bluetooth & Wi-Fi
- Electrical noise (dirty electricity)
  - Turn off circuit breaker(s) for bedroom at night
Cell Towers & Antennas

antennasearch.com

Architecture of Radio
Help Is Available

- Hire a building biologist to measure your home, office, or school (hbelc.org)
- Help with complex shielding or mitigation
The Range of What You Can Expect

- Child calms down & sleeps in
- Improved sleep
- May not notice any changes
- Conflict with spouse, child, or family
- Sometimes temporary regression (detox)
- Rapid improvement in some cases (~10%)
- Slow, steady improvement (about 70%)
Books

- Reset Your Child’s Brain
- Overpowered
- Disconnect
- Electronic Silent Spring
- How to Find a Healthy Home
Films

• Generation Zapped (2017)
• Mobilize (2014)
• Full Signal (2010)
Other Talks

- Wireless and Public Health – Mt. View, CA
- Wireless: A key piece of the autism puzzle
- Reducing symptoms of autism…home environment
- Ending autism in your home and in the world
Resources

• Clear Light Ventures
  – clv.us/wireless-safety (slides and scientific references)
  – clearlightventures.com (clv.us)
  – facebook.com/groups/AutismEMF

• Additional Websites:
  – Environmental Health Trust
  – LessEMF.com
  – EMFAnalyst
  – Baby Safe Project