Modern Technology and Your Health

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My Background

• Lived and worked in Silicon Valley since 1990
• Troubleshooter, engineer & software designer
• Passion for empowering personal technology
• 2 boys – developmental delays & autism symptoms
• I had multiple chronic health issues
• I systematically looked at everything
• Technology exposures were one of the last things I looked at – but may have largest impact
Screen Time and Lighting

- Whiter lights (more blue light)
- Stressing (ANS), increasing cortisol, disrupting melatonin, circadian rhythms and sleep
- Confusing: energy release/repressing melatonin
- Higher flicker rates – stress and fatigue
- Solutions
  - *Natural light, monitor and limit screen exposures, lower brightness, night modes, screen shields and glasses, warmer lighting colors at night, relax focus*
Invisible Tech Exposures

• Wireless and electrical exposures (EMF) are less discussed, but there is even more science and more serious health impacts.

• Over 28,000 scientific publications - Emf-portal.org/en

• The US Navy had over 2,000 studies in 1972 with > 100 symptoms

• Hundreds of approved medical devices and studies demonstrate real health effects.

• New wireless protocols are not safety tested for health impacts before they are released.

• What prevents frequencies and waveforms that cause harm or have positive medical effects from impacting us in our everyday exposures?
Common Symptoms

- Sleep disturbance
- Ringing in the ears (tinnitus / microwave hearing)
- Sperm damage
- Inflammation
- Fight or flight mode / over-excitation
- Attention and memory problems and more…
We Evolved in Earth’s Field
We Live Inside Fields
Wireless Clean Room Experience
Wireless and Electrical Exposures

- Wearables (fitness trackers, smart watches, wireless earbuds & headphones)
- Location tracker (wearable or carried unit)
- Electric blanket
- Motorized adjustable bed
- Baby monitor
- Cell phone
- Tablet (iPad)
- Digital assistant (Alexa, Google Home)
- Cordless phone base station (main unit with answering machine)
- Wi-Fi (router, access point, range extender or cable modem with Wi-Fi)
- Plug-in LED clock or clock/radio
- Lamp or reading light (plug-in AC power)
Wireless and Electrical Exposures

- Power strip or extension cord
- Transformer (plug-in electronics chargers, laptop chargers)
- Television (including smart TVs and wireless streaming devices)
- Desktop or laptop computer
- Refrigerator
- Electric appliance (humidifier, air conditioner, heater, air filter, aquarium pump)
- Electric meter, panel or subpanel
- Electric radiant floor heating
- Electric smart meter (usually with a digital display)
- Wireless alarm system
- Dimmer switch
- 3-way light switch
- Fluorescent, compact fluorescent (CFL) or LED lights
5G and Safe Technology

• 5G – The 5th generation of cellular technology is rolling out now

• EMF Scientists appeal for a moratorium until tested
  – EMFscientist.org
  – Some cities have taken action to ban 5G until safety tested

• Demand safe and well tested technology
  – Companies
  – Your politicians
Resources & References

- Slides - clv.us/tech-health
- Website - clearlightventures.com
- Wireless Safety Card
  - clv.us/wirelesscard
- Reset Your Child’s Brain
- The Non-Tin Foil Hat Guide to EMFs
- Generation Zapped (iTunes, Amazon)