

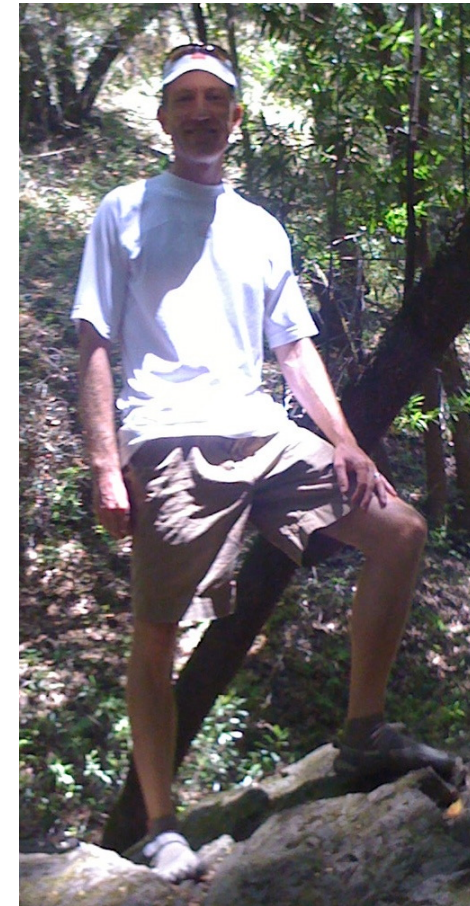
# Modern Technology and Your Health

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Peter Sullivan

# 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?

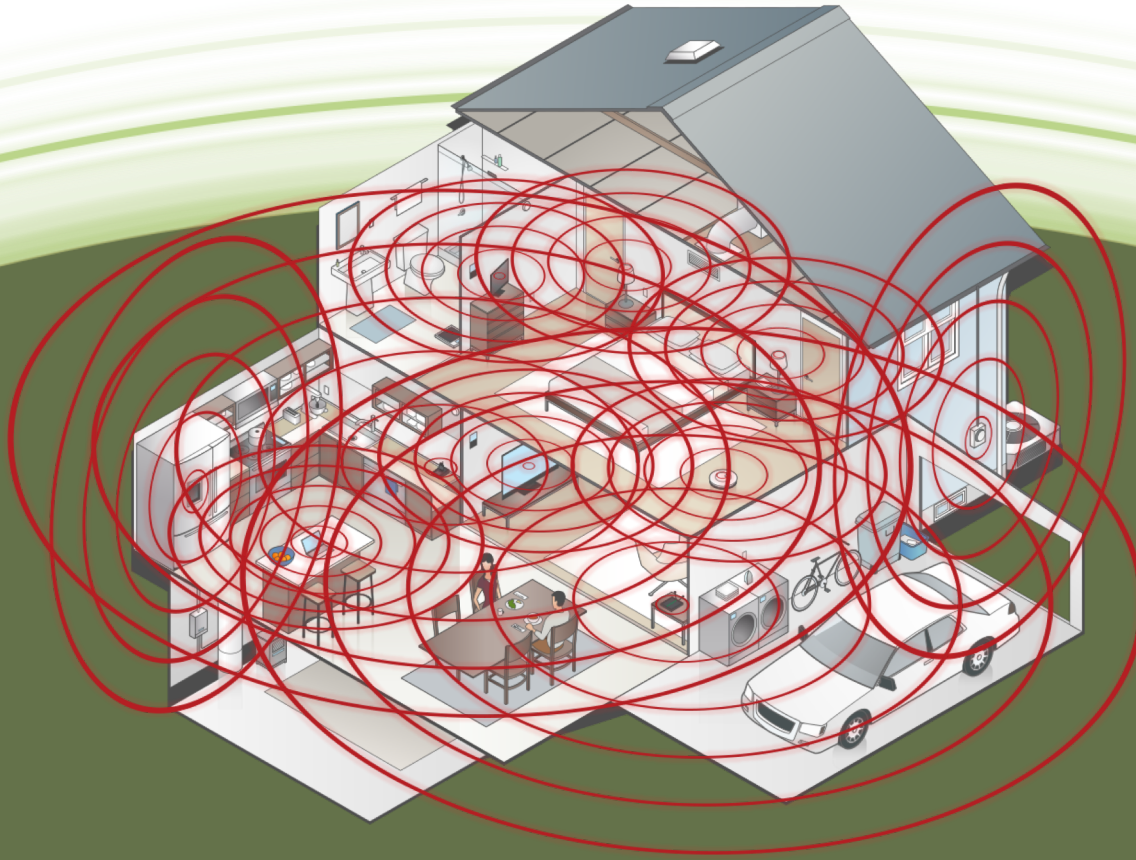
# Common Symptoms

- 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 5<sup>th</sup> 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](http://clv.us/tech-health)
- Website - [clearlightventures.com](http://clearlightventures.com)
- Wireless Safety Card
  - [clv.us/wirelesscard](http://clv.us/wirelesscard)
- [Reset Your Child's Brain](#)
- [The Non-Tin Foil Hat Guide to EMFs](#)
- [Generation Zapped](#) (iTunes, Amazon)

