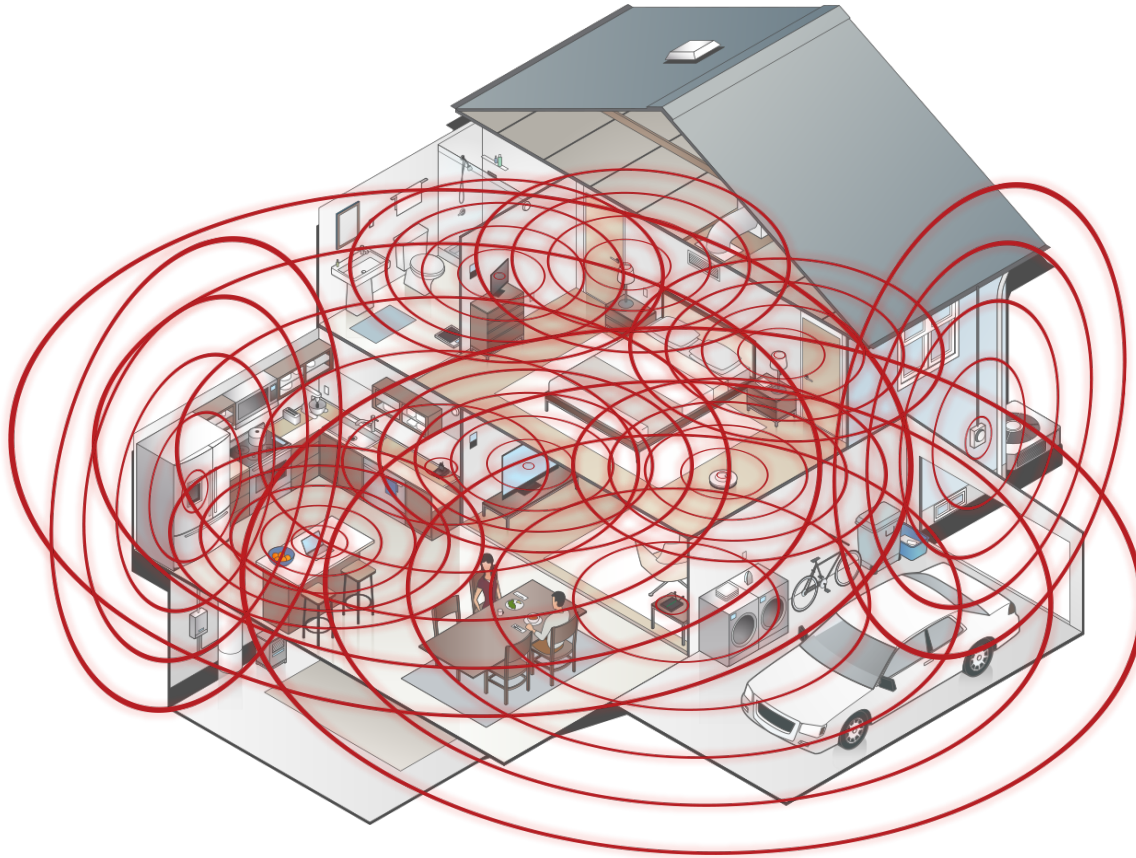


Wireless Safety in Your Home

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...”

World Health Organization (WHO)

- The World Health Organization 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

Wireless Safety	
Sources	Solutions
 Baby Monitor	<ul style="list-style-type: none">● Turn off● Move far away from child
 Wi-Fi Router	<ul style="list-style-type: none">● Replace with wired Ethernet● Turn on only when needed● Turn off at night
 Cordless Phone	<ul style="list-style-type: none">● Replace with corded phone● Turn off main base station at night (unplug or timer)
 Cell Phone	<ul style="list-style-type: none">● Use airplane mode● Carry and use away from body and head
 Laptop	<ul style="list-style-type: none">● Use Ethernet cable and turn off Wi-Fi and Bluetooth● Move off lap to table top
 iPad/Tablet	<ul style="list-style-type: none">● Use Ethernet cable and turn off Wi-Fi and Bluetooth● Move off lap to table top
 Smart Meter	<ul style="list-style-type: none">● Opt-out, use analog meter● Shield from wireless signal
 Cell Tower	<ul style="list-style-type: none">● Live at least 1/4 mile away● Shield from wireless signal
● 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

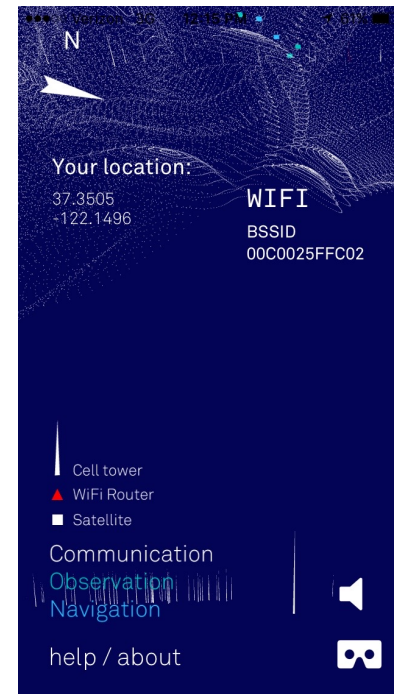
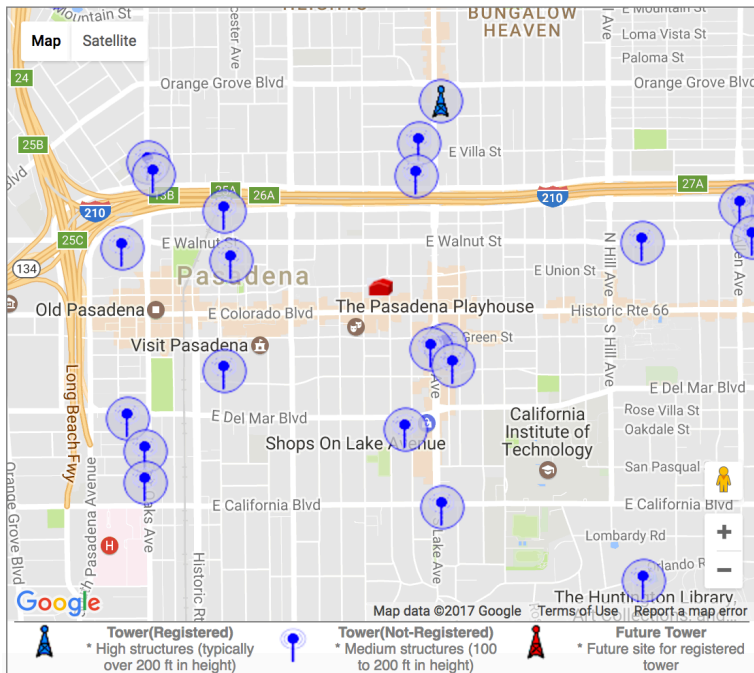
More Source of Exposure

- 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%)

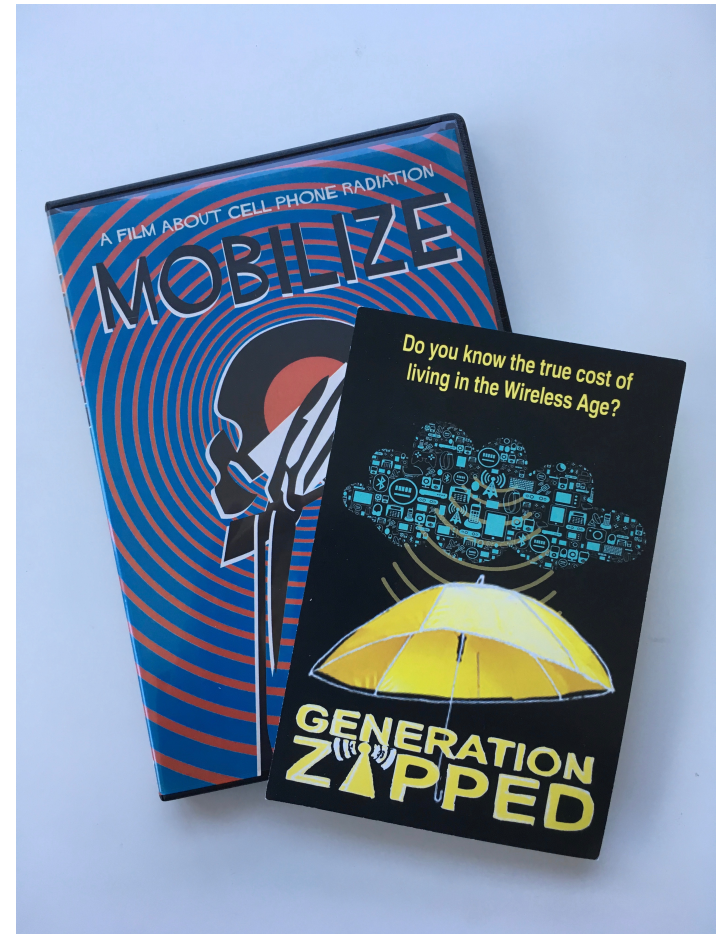
Books

- 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](#)