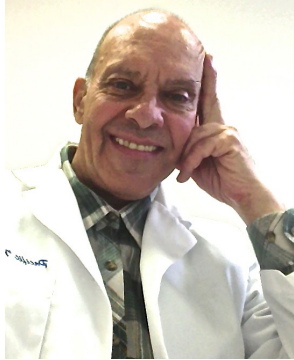


# ***The Health Dangers of Smart Meters, Cell Phones and Wireless Routers and How to Lower the Risks of Serious Illnesses***

***By Marcel Hernandez, ND***



In every moment of our lives, most of us are literally drenched in EMFs (Electro Magnetic Frequencies). **We have adopted wireless technology without taking into consideration its potential impact on health.** We have erected millions of cell towers and wi-fi hotspots that continually bathe our planet and its inhabitants in man-made radiation. EMFs are ubiquitous in our homes, offices, schools and elsewhere.

**These EMF signals interfere with our body's electrical circuitry as our tissues are absorbing constant radiation.** Our municipalities are now allowing wireless "smart utility meters" on our homes and 5G small cell antennas inside our neighborhoods that pulse constant radiation signals. **The clinical result is that we are now seeing both children and adults present with symptoms ranging from headaches, nausea, anxiety, depression, sleep disorders and behavior issues, to cancers, heart problems, chronic illnesses, DNA mutations and infertility.**

**Children and fetuses are especially vulnerable to EMFs** as their growing tissues absorb significantly more radiation in their underdeveloped immune systems, DNA, bones, brains and other organs. Current FCC standards do not address the cognitive impact on the elderly, or the immune system impact on those with existing health conditions. Our current standards were set in place by recommendations from electronics and electrical engineers, not by qualified doctors and scientists who understand the biological effects of exposing humans and other living organisms to radiation.

**Thousands of studies have been done.** Many countries have already banned or restricted the use of wi-fi and cell phones for children and put provisions in place to protect pregnant women. The United States, however, is wonderful with innovation but slow to own up to the detrimental health impact this technology is causing.

Without legislated protection, it is up to us individually to remediate wireless radiation impact where we live, work, learn and play to protect ourselves and our loved ones.

## ***Smart Meters***

**The problem:** Smart meters emit Radio Frequency (RF) Radiation; the exact same radiation microwave ovens use to cook food. **In 2011 the World Health Organization classified RF radiation as possibly carcinogenic.** There are hundreds of studies, some dating back to the 1960's, that link RF Radiation to cancer. The US safety limit for RF Radiation is 1,000 micro-

watts per meter squared. Some smart meters emit up to 60 times that, or 60,000 micro-watts per meter squared.

**There are two ways that smart meters cause RF Radiation.** The first is as we have described above. The device itself emits up to 60,000 micro-watts per meter squared. The second way is the smart meter causes repeated spikes and surges of higher frequencies of electricity to be running through the electrical wires in every circuit of the building. These spikes and surges are of a high enough frequency that they become airborne and radiate through the walls and into the rooms of the structure. This form of RF radiation is referred to as “electromagnetic smog” or “dirty electricity.”

**Remediation:** Some power companies in the United States have smart meter opt out programs. If you pay a small extra fee every month, they will replace your smart meter with an analog meter that does not emit any RF Radiation.

You can also install a smart meter guard, a cover made out of a conductive metal mesh screen you can place over your smart meter that will block 90% to 95% of the RF Radiation that normally emits from the smart meter. It is highly effective, not very expensive and very easy to install. One guard may be found here: <https://www.amazon.com/Smart-Meter-Cover-Radiation-Shield/dp/B075KMT5HW>

## ***Cell Phones***

**The problem:** The ionizing radiation given off by sources such as x-ray machines and the sun boosts cancer risk by shredding molecules in the body. But the non-ionizing radio-frequency (RF) radiation that cell phones and other wireless devices emit has just one known biological effect: an ability to heat tissue by exciting its molecules. This tissue heating has been studied both in the USA and in other countries.

Results leaked in 2016 from a \$25-million animal study provided the most compelling evidence yet that RF energy may be linked to cancer. The strongest finding connected RF with heart schwannomas in male rats, but the researchers also reported elevated rates of lymphoma as well as cancers affecting the prostate, skin, lung, liver and brain in the exposed animals. The study results were reviewed by a panel of outside experts during a three-day meeting in 2016. They concluded there was "clear evidence" linking RF radiation with heart schwannomas and "some evidence" linking it to gliomas of the brain.

When turned on, cell phones and other wireless devices emit RF radiation continually, even if they are not being actively used, because they are always communicating with cell towers. The dose intensity tails off with increasing distance from the body, and reaches a maximum when the devices are used next to the head during phone calls or in front of the body during texting or tweeting.

The amount of radiofrequency energy a mobile phone user is exposed to depends on many factors as the technology of the phone, the distance between the phone and the user, the extent and type of mobile phone use and the user's distance from cell phone towers.

**Remediation:**

1. *Keep your distance.* Use the speakerphone or an air tube headset. Air tube headsets convert the electrical signal into harmless airwaves. Many types of headsets are available. Do an internet search for "air tube headsets" and you can take your pick.

2. *Use a shield.* Search for "cell phone EMF pouches." These pouches are made of special materials that help to minimize your risk of being exposed to radiation. They do a great job of keeping you protected while the phone is not being used in your bag, purse, or pocket. The Aulterra Neutralizer Sticker (<https://www.radiationhealthrisks.com/aulterra-emf-neutralizer-products-review/>) is a product that has a surprising amount of science behind it.

3. *Get an alarm clock.* Sleeping with your phone next to your head can cause headaches, nausea, insomnia, depression and even brain tumors.

4. *Turn data and Wi-Fi off when you don't need them.* When you have Wi-Fi on, your phone is constantly searching for networks to join, even if there aren't any around. With data on, you are inviting EMF rays from all surrounding cell phone towers and satellites. Turning both of these off will reduce the amount of radiation by a considerable amount.

5. *Try to text more than speak.* When you text, you are only pinging the cell phone tower for the amount of time it takes for the text to come through. Once it is sent, the EMF waves reduce back to the usual amount. When you are on a phone call continuously talking, you are also continuously bombarded by radioactive frequencies.

6. *Turn GPS off when unneeded.* GPS is one of the biggest offenders when it comes to emitting radiation as it uses strong signals to connect with satellites to help you find where to go.

**Wireless Routers**

**The problem:** Your wireless WiFi router uses RF (Radio Frequency) energy to connect you to the internet. Regardless of if you have the new 5G router or a high powered WiFi or even an Eco-Low Power router, it is emitting High Frequency Radio Waves or non-ionizing radiation. This is exactly the same "information carrying radio waves" that comes from cell phones and smart meters, laptops, baby monitors, tablets, and computers. It's a type of electro-magnetic field, or EMF.

Although studies are still being done, the exposure from a WiFi router may contribute to a long list of adverse biological effects, including:

- *Brain development and health* - blood-brain barrier, metabolism of glucose, thermal versus non-thermal effects, hyperactivity and digital dementia
- *Brain cancer* - from heavy use of cell phones
- *Breast cancer* - from carrying cell phones in bras
- *Children's development* - radiation can be absorbed more deeply into children's brains because of softer and thinner skulls
- *Female reproduction* - EMF may damage the ovarian follicles:  
<https://www.nontoxicliving.tips/blog/are-emfs-harmful-what-the-experts-say>
- *Male reproduction* – recent studies from Japan and Hong Kong report wireless radiation can kill sperm
- *Oxidative stress* - disrupts the normal state of cells, undermining the body's ability to counteract damaging effects from things like free radicals
- *Sleep* - including falling asleep, duration of sleep, and sleep quality

**Remediation:** Try a Low EMF Radiation Router, like this one:

<https://techwellness.com/products/low-radiation-wifi-router> This router keeps the signal strength low until it's accessed by your computer, laptop or smartphone.

You can also use a router guard, a cage-like device that lowers or blocks EMF exposure. Here is one: <https://www.amazon.com/WiFi-Router-Guard-Large-Blocks/dp/B01IJD22YG>

The EMF issue is indeed the elephant in the room. No one wants to talk about it or study it because the facts will cause upheaval of our work, habits and recreation patterns. “Ignorance is bliss” seems to be the guiding philosophy in addressing the problem. We can’t directly feel it, so it must not exist.