

we are electric beings

A digital illustration of a human figure, rendered in a translucent blue color, standing against a dark, textured background. The figure is surrounded by vibrant, multi-colored energy lines and patterns. These lines, in shades of blue, yellow, orange, and purple, flow and swirl around the body, suggesting electrical currents or data streams. Overlaid on the figure's torso and limbs are glowing molecular structures, represented by interconnected nodes and lines, resembling a network or a complex biological structure. The overall composition is dynamic and futuristic, emphasizing the theme of human beings as electric entities.

TOPICS

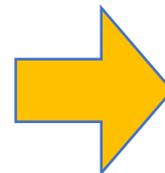
- ELECTROSMOG AND SAFETY ASPECTS**
- HOW EMF IMPACTS OUR HEALTH**
- REDUCING EMF IN THE KITCHEN**

HOW ARE 'SAFETY' LEVELS DETERMINED?

Knowing about the flaws with the safety regulations is important to understand the dangers



- **SAM** (Specific Anthropomorphic Mannequin) with fluids inside
- Measured in isolation **in anechoic chamber**
- Evaluation done only in terms of temperature **effects over 6 min call**



- When temp reaches certain level we determine device should not emit more power
- **Problem: effects are mostly non-thermal!**

SOME OFFICIAL DOCS

Consequences of exposure to electromagnetic waves include aneuploidy

Aneuploidy refers to changes in the number of chromosomes that are characterised by the loss or gain of one or more chromosomes in the genome (chromosomal anomalies)

“The genotoxic effect of electromagnetic radiation is caused by a non-thermal path. Aneuploidy must be considered a known phenomenon in increasing the risk of cancer.”

(1) SWISS-COM - Doc WO 2004/075583 A1 - September 2nd, 2004

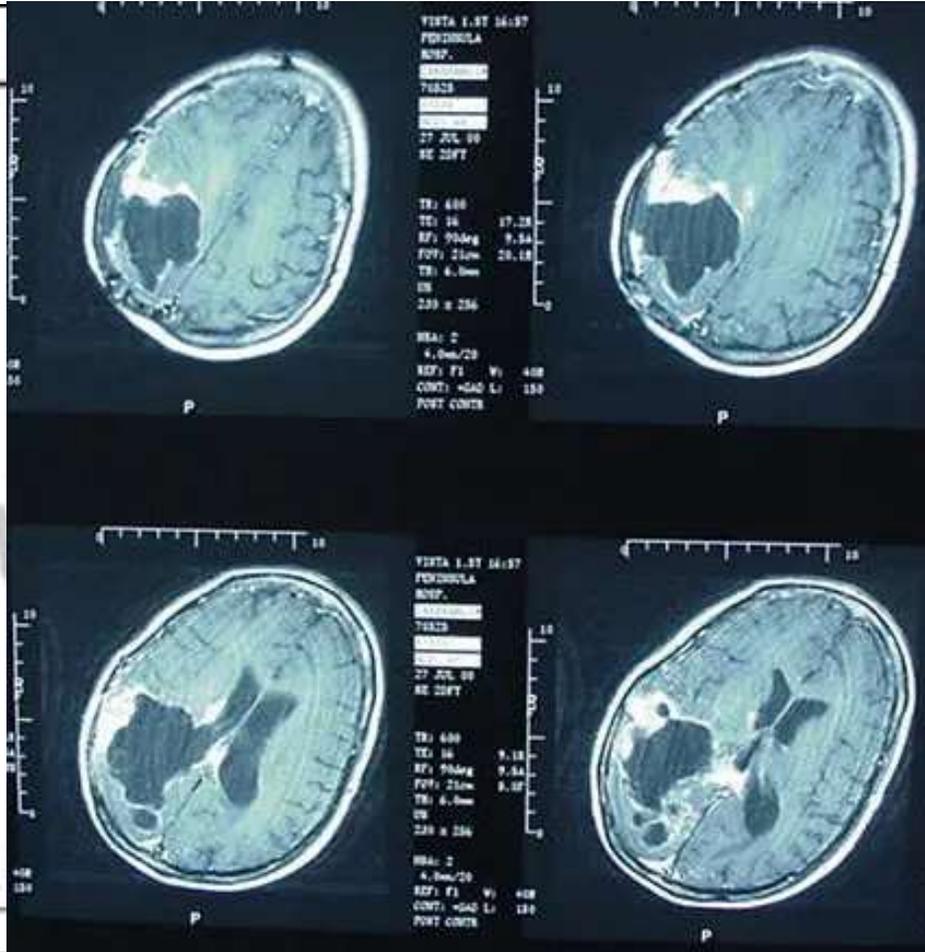
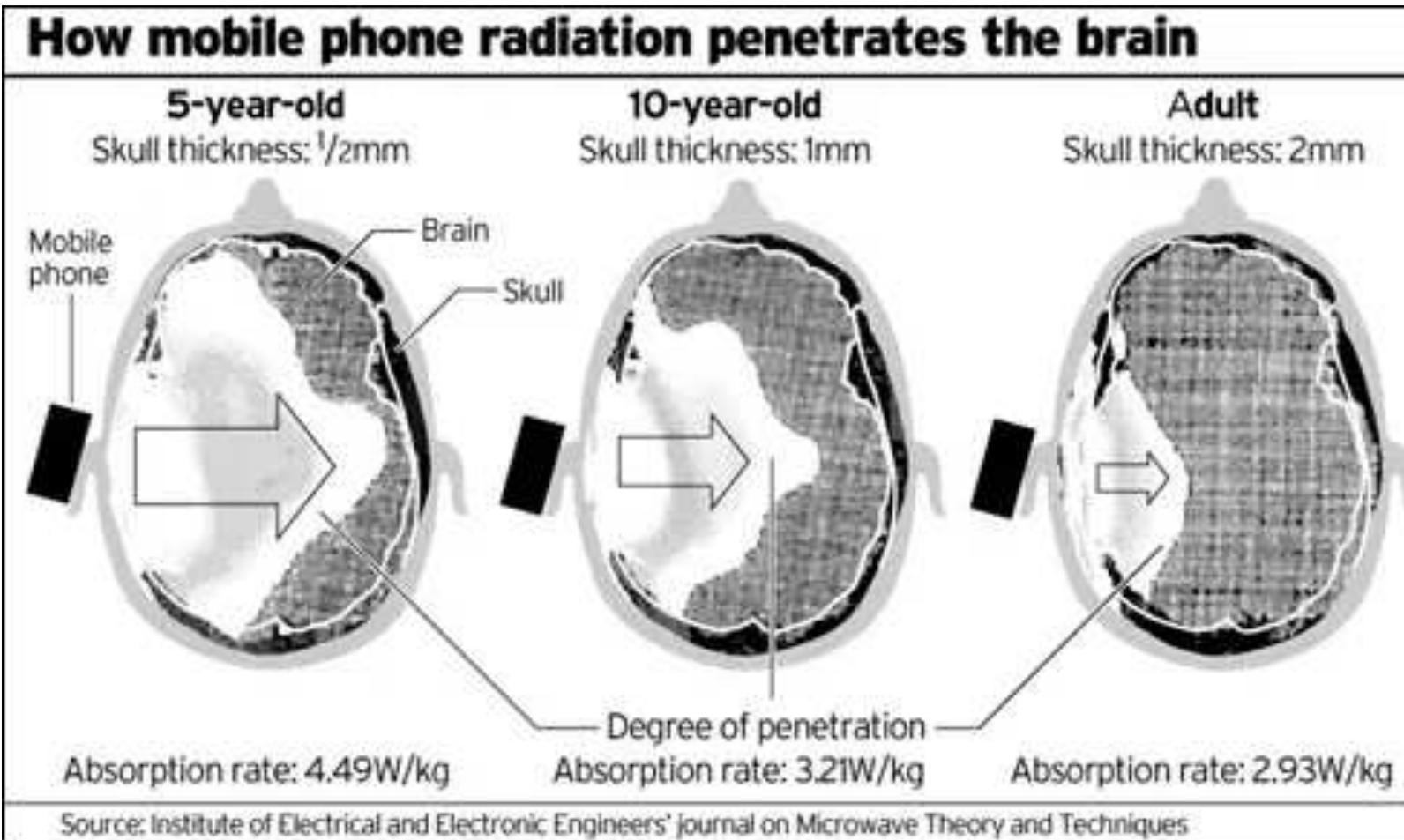
https://8e435998-566c-484c-a9c9-961b8d747e25.filesusr.com/ugd/12550c_2616cbe101744e9397678d81bac1bd31.pdf

SOME OFFICIAL DOCS

involved in the SAR dependent genetic toxicity. Control experiments (i.e. without any radio frequency radiation) carried out in the temperature range of 34.5 to 38.5 °C showed that elevated temperature is not associated with either the genetic or epigenetic alterations observed following RF radiation, these alterations being the increased levels of aneuploidy and the modification in replication of the centromeric DNA arrays. These findings indicate that the genotoxic effect of electromagnetic radiation is elicited via a non-thermal pathway. Moreover aneuploidy is to be considered as a known phenomenon in the increase of cancer risk.

Thus it has been possible to show that mobile radio radiation can cause damage to genetic material, in particular in human white blood cells, whereby both the DNA itself is damaged and the number of chromosomes changed. This mutation can consequently lead to increased cancer risk. In

ON CHILDREN -> GREATER HARM!



Institute of Electrical and Electronic Engineers journal on Microwave Theory and Techniques
<http://www.sciencespotter.com/opensourcescienceprojects/2019/2/1/the-truth-about-electromagnetic-fields-and-human-health>

KEY POINTS ABOUT EMF DANGERS

EMF is the energy emitted by electronic devices and radio equipment.

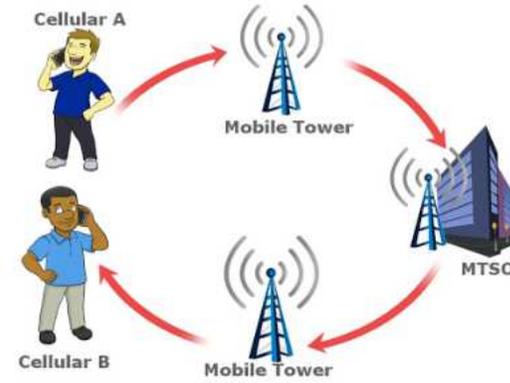
Devices made specifically for communications (using directed EMF waves) will of course be more dangerous. Key points: Distance, Frequency used, intensity of energy and time of exposure.

All devices need to comply with certain regulations for safety. However, with the huge number of devices we use daily, the total energy far exceeds safety levels. This is called electrosmog.

There is a specific thing about 5G, as it requires lot more antenas, and closer to devices to operate optimally. So operators are putting them everywhere in the city, sometimes as near as 5m high in the streets - btw, in my view this is a crime against humanity.

But also indoors we use too many devices so is important to reduce their usage as much as possible!

Electrosmog is increasing exponentially outdoors and indoors



WHY IS 5G MORE HARMFUL?



5G is a new generation of wireless networks for greater speed and connectivity

5G comprises a multitude of systems to connect multiples devices: domotics, robotics, meters, controllers, tracking systems, etc, **for licensed and non-licensed spectrum.**

This results in huge densification of the total EMF emitted, making it a serious health concern.

Prediction of **1 MILLION CONNECTIONS / Km²** with 5G

4G/5G Antennas, about 8 meter high

Distance, intensity of energy and time of exposure here are maximised!
People walking by... sitting around or waiting for the public transports are highly exposed



Bürkliplatz, Zürich



Albisriederstrasse, Zürich

5G PROLIFERATION STRONGLY INCREASES DENSITY OF ELECTROSMOG (4G/LTE compared to 5G)

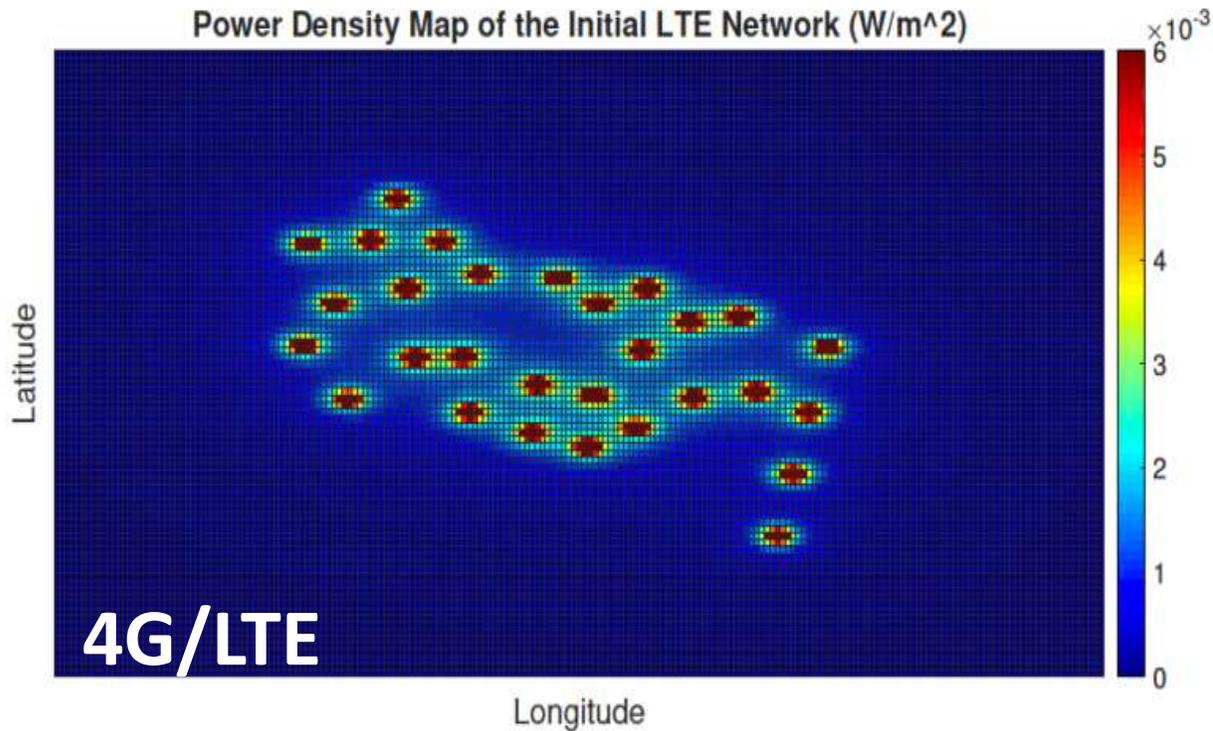


Fig. 9: Power Density Map of the Initial LTE Network

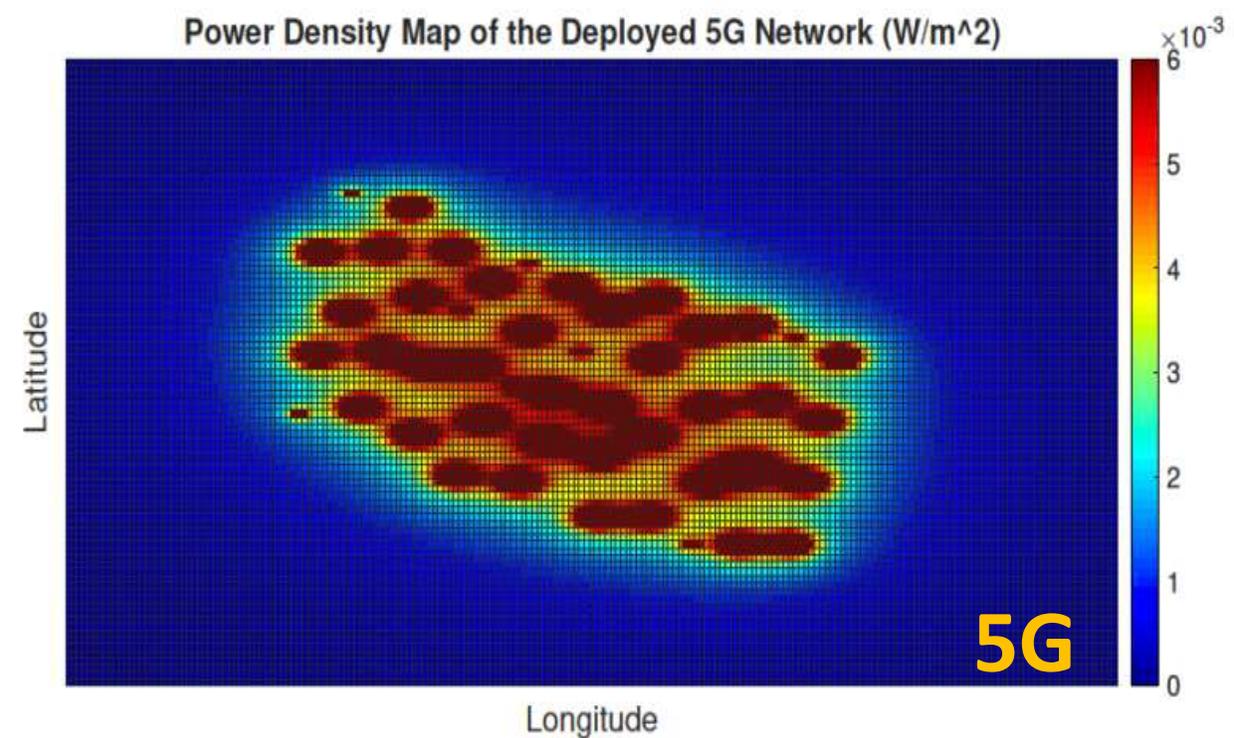


Fig. 10: Power Density Map of the Deployed 5G Network

<https://ehtrust.org/high-radiation-from-millimeter-wave-5g-deployment-in-austin-texas/>

Why are EMF waves damaging?

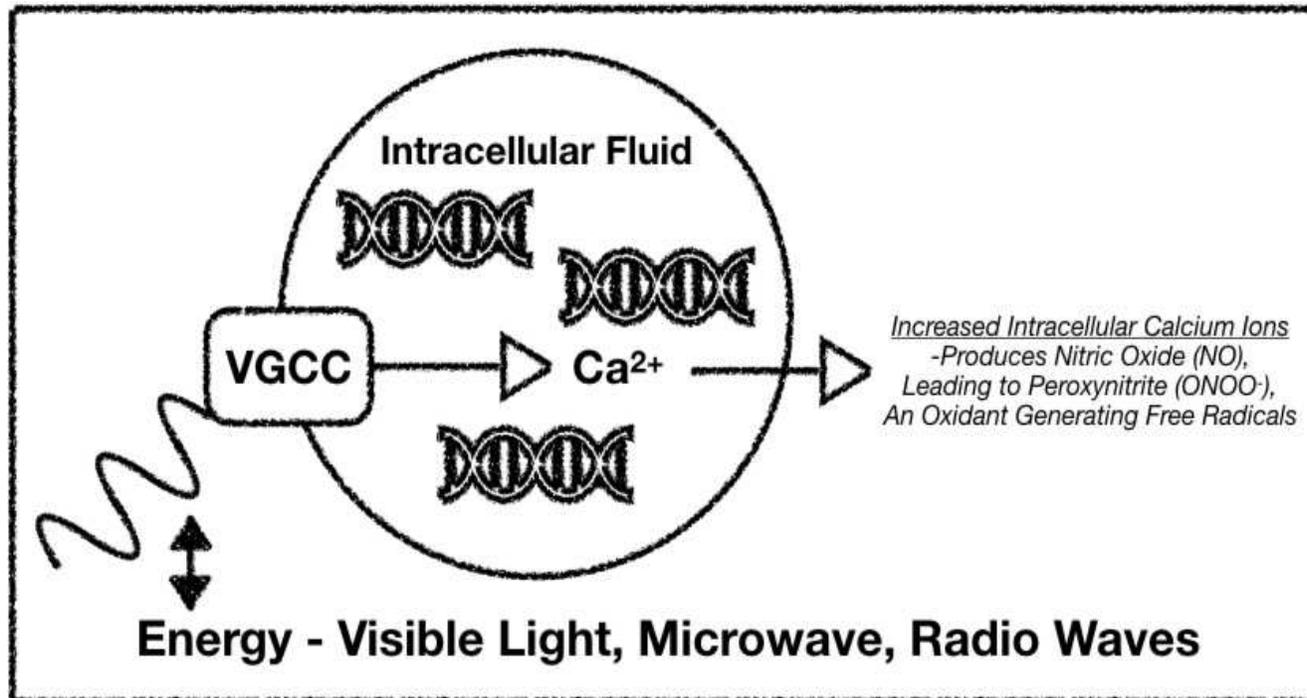
EMF waves impact biological functions, in terms of thermal and non-thermal effects.

And most are non-thermal: resonance effects, intra-cellular fluid polarisation (blood and linfa), impacts in celular receptors (eyes, ears), increased oxidative-stress, genotix effects. etc.. resulting in biological and morphological changes.

Effects are cumulative and specially after age of 35, as people cannot renew cells same way as young people, and production of certain hormones also starts dropping, making recovery harder and also leading to accumulation of toxins.

ELECTROSMOG EFFECTS

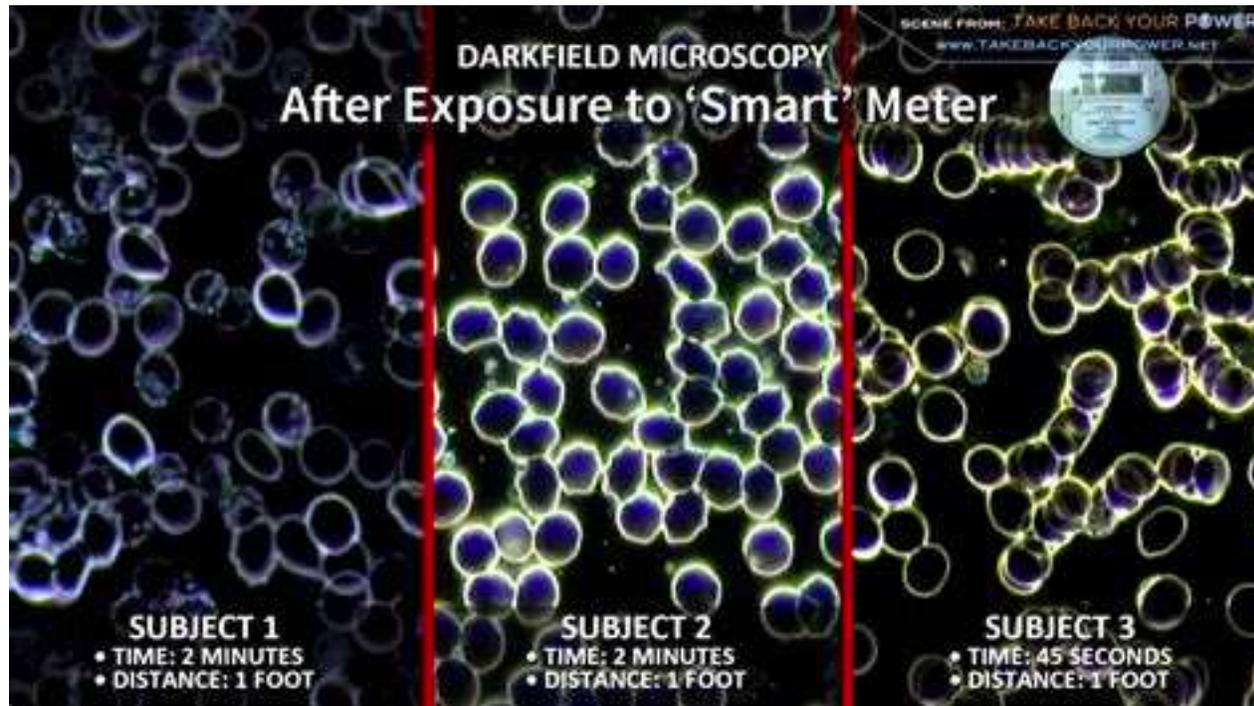
Another way is via the polarisation of intracellular liquid, impacting biologic functions



Adverse effects

- Oxidative stress / Toxins
- Insomnia
- Depression, anxiety
- Dehydration
- Tiredness
- DNA changes
- Cancer (frequent in the thyroid)
- Infertility

ELECTROSMOG EFFECTS AT HOME - SMART METERS



Example of Adverse effects with Smart Meters at home

- The image on the right shows the blood cells with roleaux effect!
- This happens when smart meter is activated, cells dont work normally and connect to each other, cause health issues.

Explanation of Roleaux formation and health issues

<https://pubmed.ncbi.nlm.nih.gov/9493903/>

Experiment from Dr. Magda Havas, PhD



<https://magdahavas.com/electrosmog-exposure/microwave-radiation-electrosmog-exposure/microwave-radiation-from-wireless-devices-harms-plants/>

ELECTROSMOG EFFECTS AT HOME - IN THE KITCHEN

While cooking we also have a lot of electronic devices around



Thermomix with WiFi
and reading recipes on mobile devices

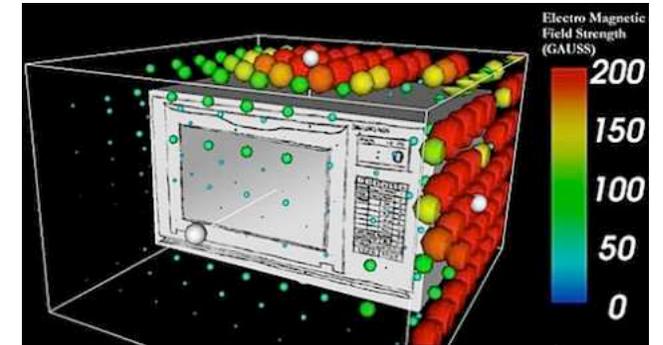
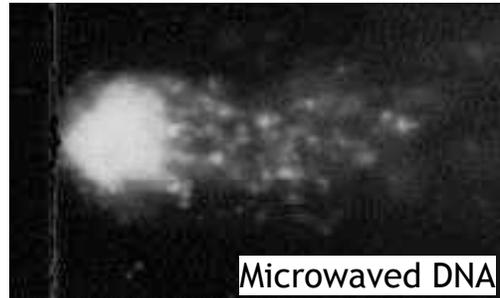
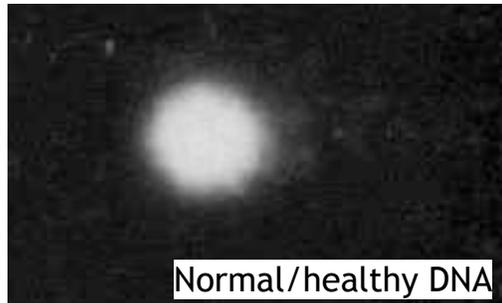


Microwave oven

Microwave ovens polarizes food (structural damage) while devices with WIFI, such as thermomix, will have high impacts on health - just like radiation of smart meters.

WHAT MAKES MICROWAVE OVEN BAD CHOICE?

Microwave ovens operate at 2.45 Gigahertz. In terms of frequency means whipping food back-and-forth 2.45 billion times every second. Microwave causes structural damages called “structural isomerism”



Researchers analysed microwaved foods and found very strange molecules, and concluded that

- Microwaving meat leads to formation of carcinogens
- Microwaving milk and cereal grains converts some of their amino acids into carcinogens.
- Thawing frozen fruits converts their nutrition substances into carcinogenic substances.
- Extremely short exposure of raw, cooked or frozen vegetables converts their plant alkaloids into carcinogens

http://www.laleva.org/eng/2010/04/secrets_of_microwave_cooking_revealed.html

WHAT MAKES MICROWAVE OVEN BAD CHOICE?

Microwave causes structural damages called **structural isomerism**, ingesting such foods “has adverse effects on liver functions, leading to histological and physiological impairment”

DOI: 10.24297/JAB.V5I3.5566 • Corpus ID: 73983756

Impact of microwave heated food on health

NA El ghazaly, E. Radwan, +2 authors A. Barakat • Published 12 September 2014 • Medicine •

JOURNAL OF ADVANCES IN BIOLOGY

Microwave has attracted a great deal of attention due to its increase usage in occupational environment, which leads to a large number of publications regarding health hazards of microwave. The aim of this research was to investigate the biological effects of microwave heated food on the blood and organs of the experimental mice. The present study had one goal is to evaluate the effects of feeding on microwave heated food. These evaluations were done on male Swiss albino mice (pre (one month) and post (three months)-pubertal ages). All the results of albumin and bilirubin showed that an elevation in the levels of two parameters while, the protein concentration was decreased. The results showed decline in glutathione peroxidases and superoxide dismutase as well as increase in malondahyde concentrations according to the oxidative stress which lead to physiological disturbances. It can be concluded that the results of the present study suggests that the microwave radiation has adverse effects on liver functions leading to histological and physiological impairment. [Collapse](#)

[View via Publisher](#)

[Save to Library](#)

[Create Alert](#)

[Cite](#)



WHAT MAKES MICROWAVE OVEN BAD CHOICE?



Journal of Radiation Research and Applied
Sciences

Volume 10, Issue 2, April 2017, Pages 148-151



Effect of ingestion of microwaved foods on serum anti-oxidant enzymes and vitamins of albino rats

Benedict C. Eke BSc, MSc^a ✉, Norbert N. Jibiri BSc, MSc, PhD^b, Evelyn N. Bede BSc, MSc, PhD^c, Bede C. Anusionwu BSc, MSc, PhD^a, Chikwendu E. Orji BSc, MSc, PhD^a, Chinwe S. Alisi BSc, MSc, PhD^d

decrease in SOD and CAT activity in rats fed with the microwaved food.

Furthermore, antioxidant enzyme activity were more significantly ($P < 0.05$) reduced in rats exposed to food microwaved for 6 min compared to the control group (A).

Also, serum vitamins A and E concentrations were significantly ($P < 0.05$) decreased in rats fed with food exposed to microwaves for 6 min as compared to the control group. Microwaves and increased microwaving time resulted to a significant

reduction in SOD, CAT, vitamin A and E in fed rats. Therefore our study demonstrated that consumption of microwaved foods resulted in a significant decrease in antioxidant protection and may be implicated in the pathogenesis of oxidative stress and degenerative diseases.

<https://www.sciencedirect.com/science/article/pii/S1687850717300481>



MEASUREMENTS OF INDUCTION HOB



Radiation levels from phone compared to induction oven

ELECTROSMOG EFFECTS AT HOME - IN THE KITCHEN

While cooking we also have a lot of electronic devices around

Induction hob may not be too bad

However **gas or infrared** are probably best choices



Induction hob

Recommendations at the Kitchen

Observe a few key principles: distance to equipment, intensity of energy and time of exposure. Evaluating those points helps making decision on avoiding or turn them OFF as much as possible

Example of devices to avoid

- Microwave oven
- Portable devices with WIFI to read recipes
- TVs with WiFi/bluetooth
- Speakers with WiFi/bluetooth
- WIFI routers close by

Preferred cooking method

- Gas hob
- Wood oven
- Infrared

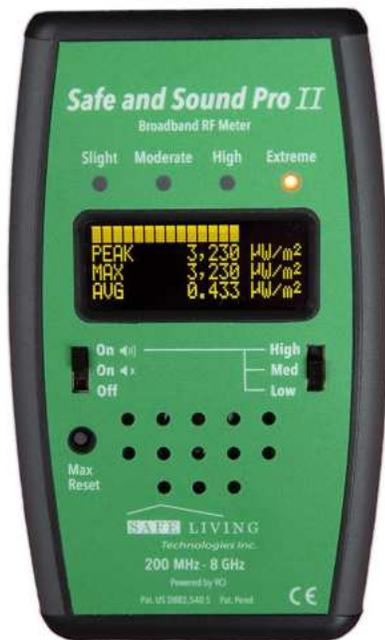


**QUESTIONS
AND
ANSWERS**

GOOD PRICE /QUALITY DEVICES

Is important to know for sure what is happening, such as the intensity and the source.
Could be something inside of house too!

Safe & Sound Pro II



TriField TF2



Cornet



Acousticom 2



REFERENCES / LINKS

- Great introductory video on EMF issues for context <https://youtu.be/1R7gALEmQdc> (1hour)
- Video from a great doctor Dr. Klinghardt more specific on our immune system and retrovirus <https://youtu.be/yL2VRI5jmtY> (10 Min)
- Site with many references and explanations <https://wearenotsam.com/zoom-in/read-the-science/>
- Many videos from doctors <https://emfcrisis.yolasite.com/videos-by-doctors-and-scientists.php>
- International appeal signed by more than 200 elite scientists and doctors all over the world <https://www.emfscientist.org/index.php/emf-scientist-appeal>
- Technical explanation on issue of higher impact from 5G <https://www.electrosmogtech.ch/single-post/2020/04/01/OFEV-METAS-ICNIRP-nouvelles-limites-et-calculs-dirradiation>
- US government explain all about SAR value measurements and shows in detail why is not correct and is unrealistic. <https://www.fcc.gov/consumers/guides/specific-absorption-rate-sar-cell-phones-what-it-means-you>
- Cellular Task Force <https://www.cellphonetaskforce.org/>
- The World Foundation for Natural Science, <https://www.naturalscience.org/>
- Environmental Health Trust <https://ehtrust.org/about/>

REFERENCES / LINKS

- Many documents and letters sent to canton <https://www.stop5g.ch/docs>
- A collection of all studies about EMF effects (more than 30'000 !!!) <https://www.emf-portal.org/en>
- A collection of 515 studies showing effects <https://www.emfdata.org/en/start>
- Bioinitiative Report 2012 (Report updated 2014 - 2020) <https://bioinitiative.org/>
- Swiss Federal Office for the Environment: Non thermal effects of Microwave radiation <https://www.bafu.admin.ch/bafu/de/home/themen/elektrosmog/fachinformationen/auswirkungen-elektrosmog/gesundheitliche-auswirkungen-von-hochfrequenz-strahlung.html#-1872767350>
- project SpaceX - starlink <https://www.starlink.com> to cover earth with 100,000 satellites
- project AirGig <https://about.att.com/story/2018/airgig.html> to install hotspots into powerlines
- **US Naval Medical Research Institute**
biological effects and clinical reports attributed to microwave and radio-frequency radiation
 - Navy Report 1 (122 symptoms identified 2300 studies cited)
<http://docs.stetzerelectric.com/Naval-Medical-Research-Institute-1972-Full-Bibliography.pdf>
 - Naval Report 2 (Another 3700 studies identified showing effects)
<https://ehtrust.org/wp-content/uploads/Naval-MRI-Glaser-Report-1976.pdf>