

The Perils of 5G and What We Can Do Now

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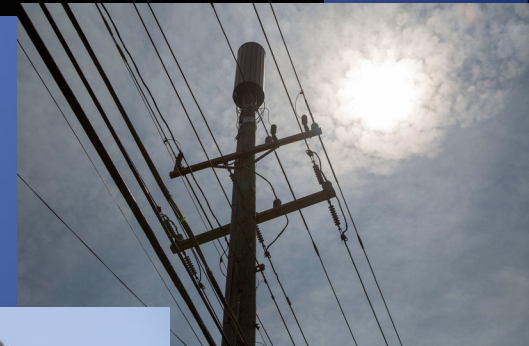
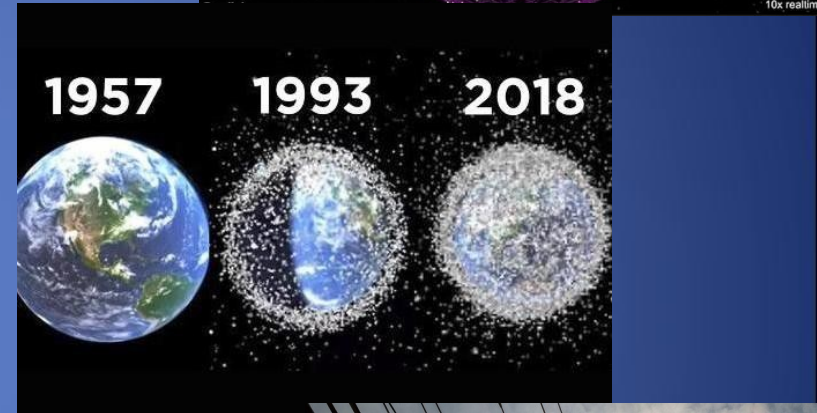
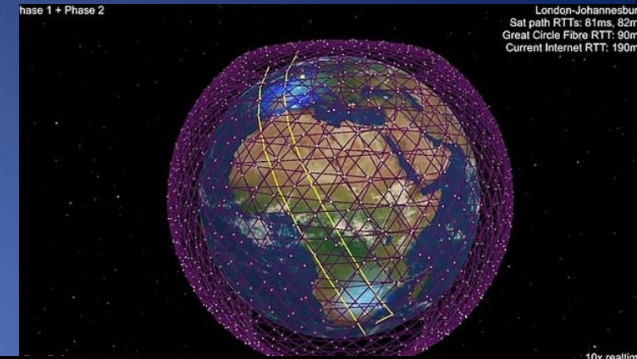
Adjunct Faculty, Integrative Health, Saybrook University, Pasadena, California



Why is 5G Different?

- Planned total coverage of earth; wireless worldwide web
- Machine-to-machine communication: AI control
- “Internet of Things”
- Moving focused beams of higher power
- Densification of 4G
- Higher frequency millimeter waves
- Keystone of technocracy
- End of privacy, autonomy, freedom

→ A drastic change for society and earth's environment

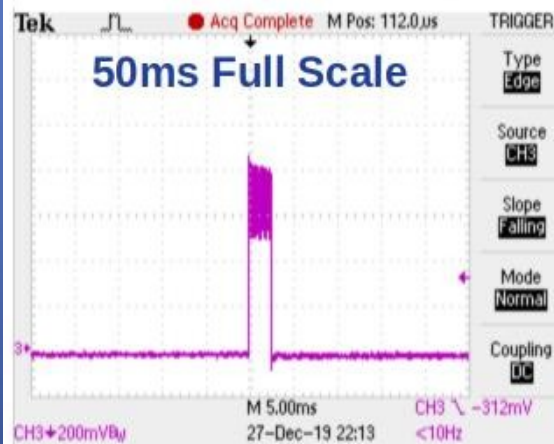
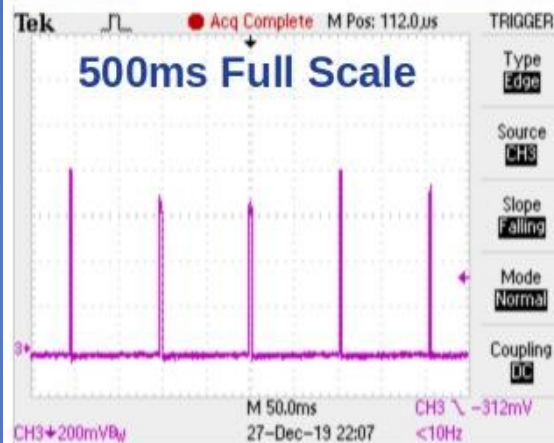


Wi-Fi signals include digital modulations and pulsations.

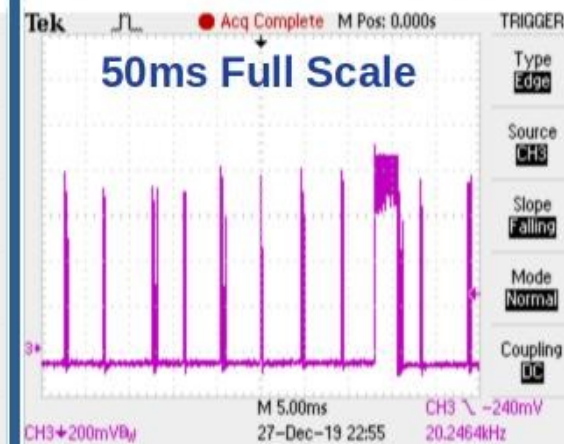
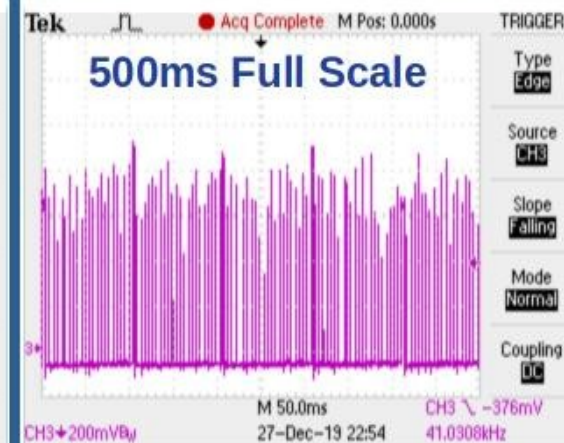
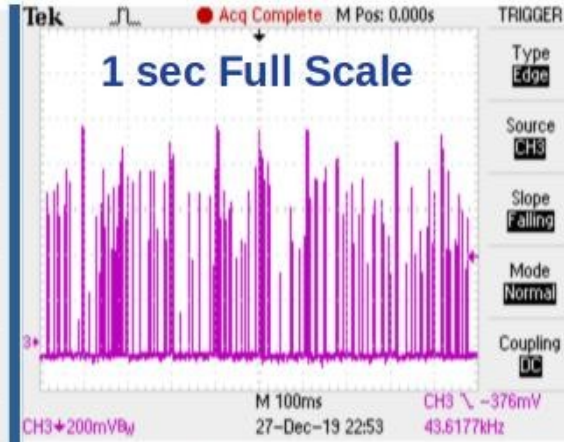
More bioactive than carrier microwaves



→ Living systems cannot adapt to these signals.



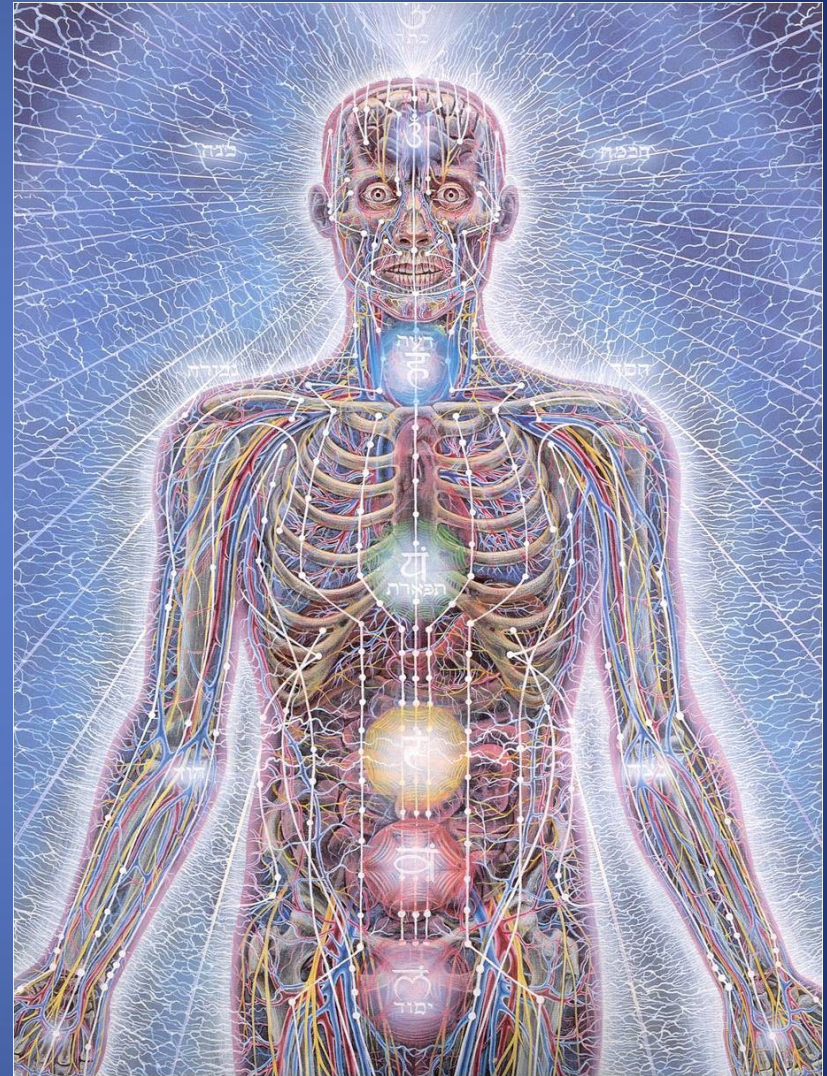
Idle



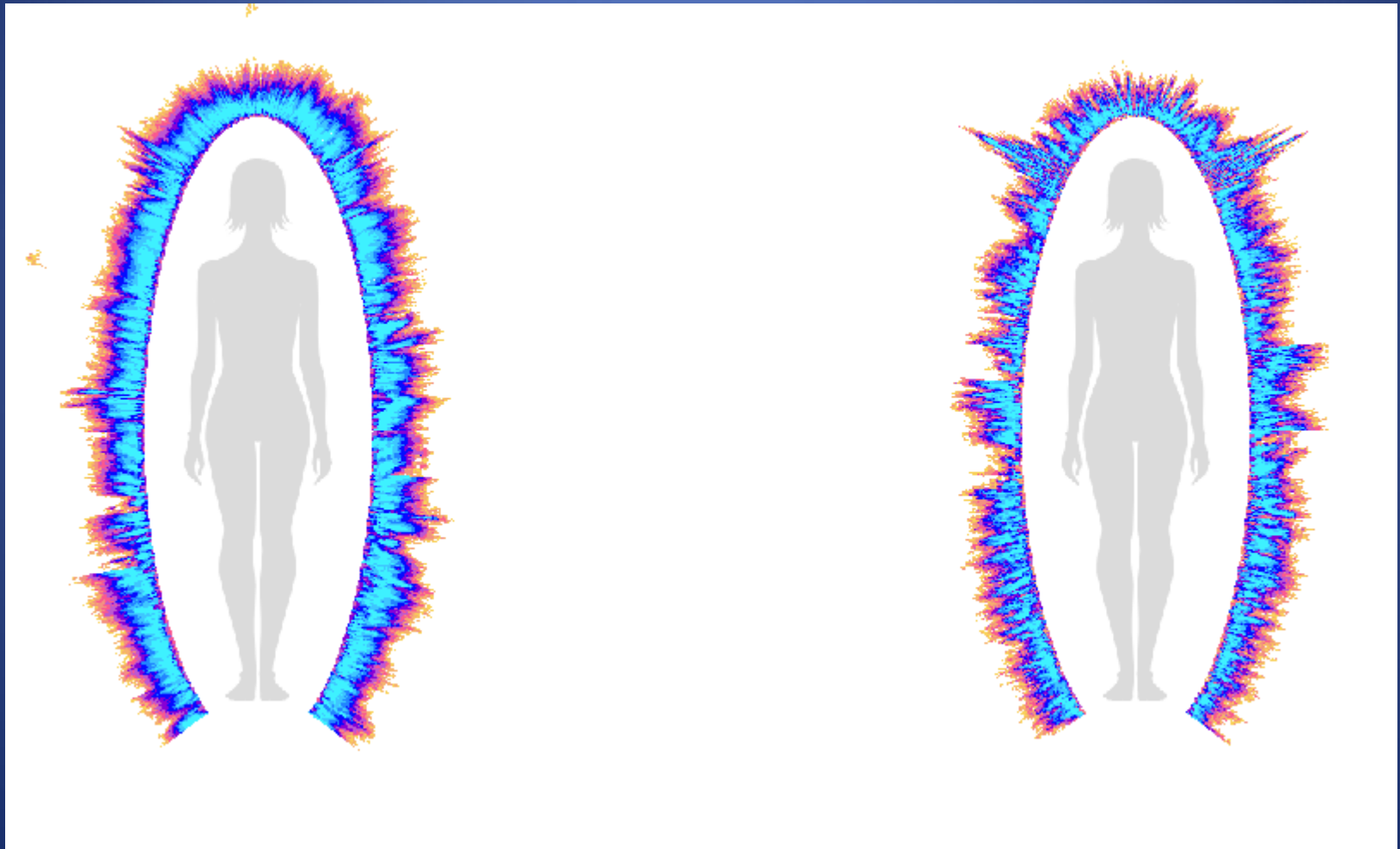
Downloading

We Are Analog, Energy Beings

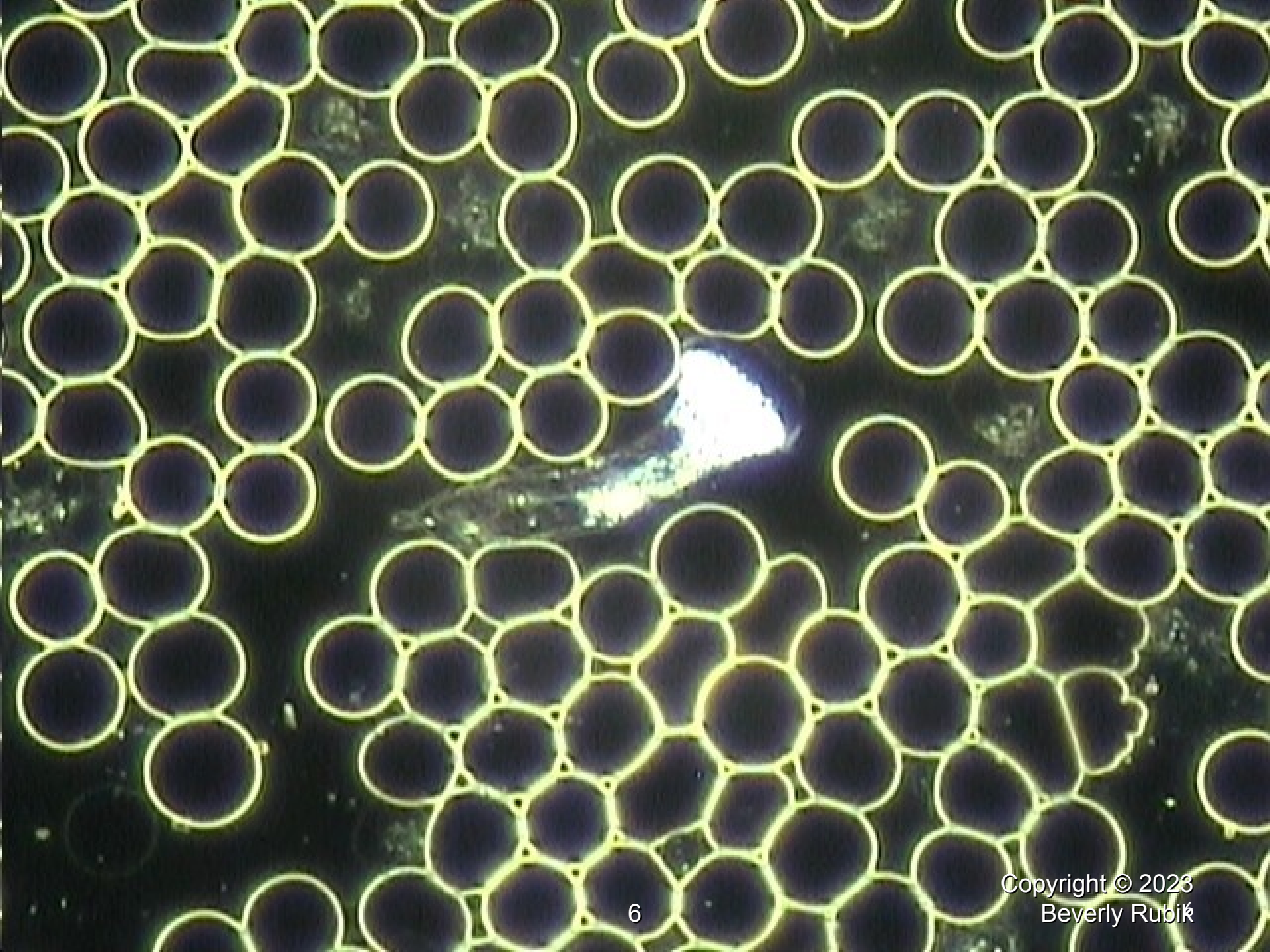
- Biofield: organizing energy field of the body
- EMFs from technology are environmental stressors that disrupt our biofield



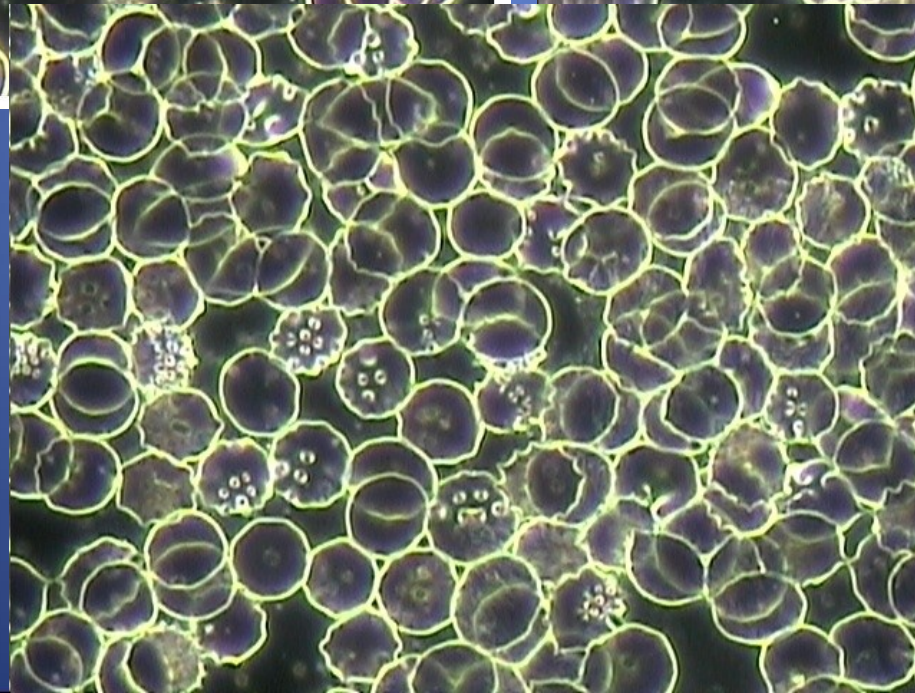
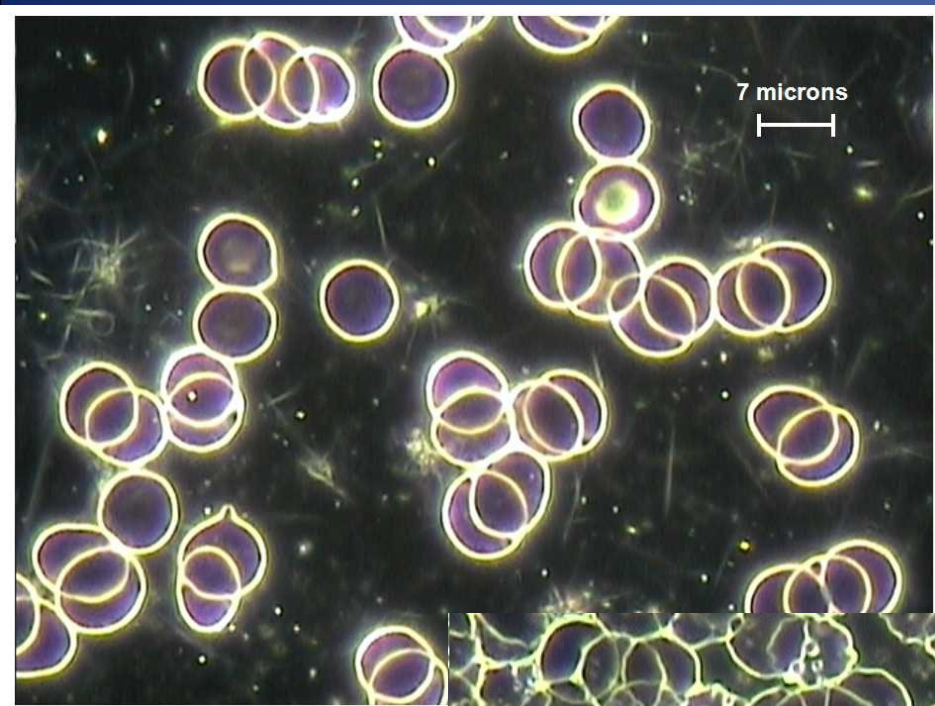
Biofield* of a Female, 42, Pre-Post 10 Minutes Exposure to -25 dBm from a Wireless Router



*Bio-Well assessment



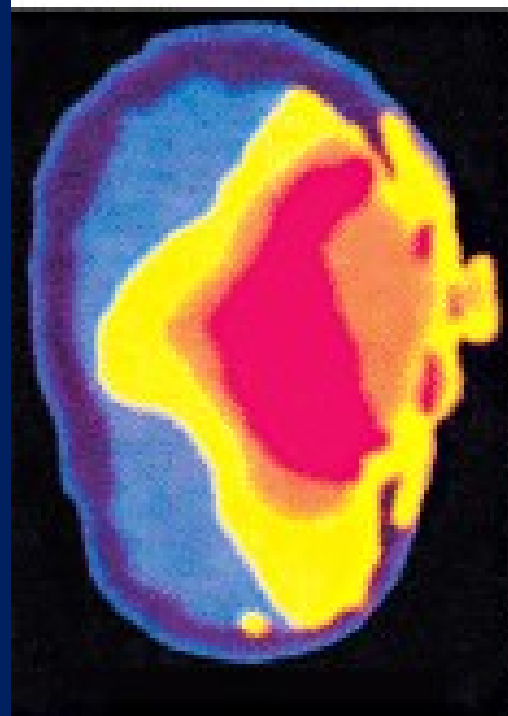
F, Baseline, Carrying, & Using Cell Phone



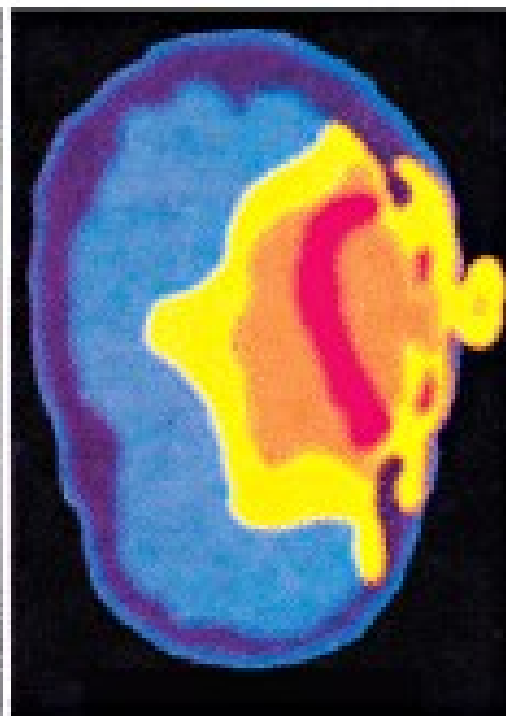
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What happens when you put a cell phone to your head?

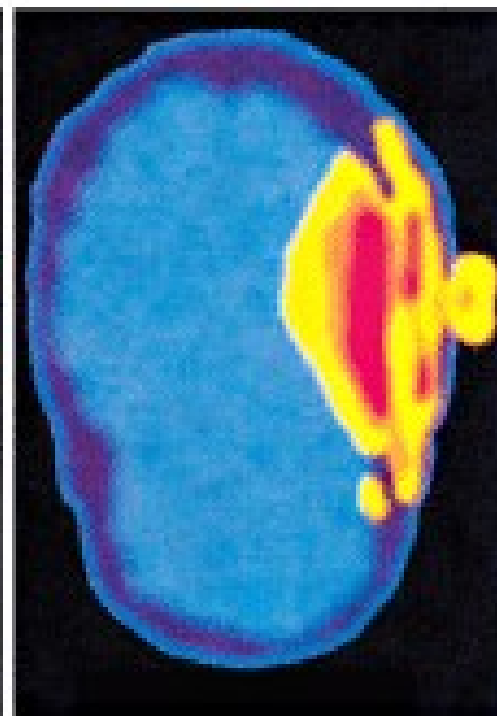
Microwave Cellphone Effects Absorption in the Brain According to Age



5 Year Old



10 Year Old



Adult

Image courtesy of Dr. Om Gandhi, University of Utah, 1996, IEEE Publication

Non-Thermal Effects of Wireless Exposure

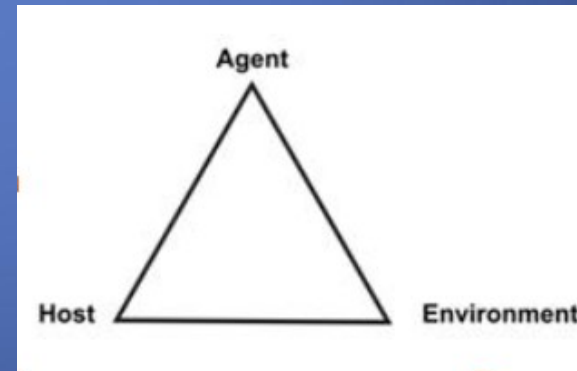
Partial list of adverse health effects:

- DNA damage and altered gene expression
- Reduced sperm count and fertility
- Neurologic changes, including brain degeneration and cognitive impairment; learning and memory problems
- Oxidative stress and premature death of cells
- Cardiovascular disease
- Immune system disruption
- Eye and skin damage
- Class 2B human carcinogen; brain and other cancers

→ Numerous adverse effects that can lead to or exacerbate various medical conditions & diseases

Wireless Radiation May Act Synergistically with Other Environmental Toxins

- For example, microwaves can damage the blood-brain barrier and allow other toxins to enter brain
- Possible environmental factor in COVID pandemic?



Rubik & Brown, J. Clin. Transl. Res. 2021 Oct 26; 7(5): 666–681.

What We Should Do Now

- Demand INDEPENDENT safety studies on 5G wireless infrastructure and multiple devices
- Demand environmental impact reviews
- Demand FIBER OPTICS to the PREMISES
- Say “NO” to non-essential wireless devices and limit use

4 Personal Strategies to Protect Ourselves from EMFs

1. Know your exposure: measure it
2. Reduce your exposure
3. Use scientifically validated protective measures
4. Practice earthing (grounding) to reduce EMF stress

Know Your Exposure: Tri-field EMF Meter and our 5G Meter



Reduce Your Exposure to Wireless Radiation

- **IMPORTANT: we can control most of our exposure.**
- Keep mobile phone at least 2.5 cm away from your body.
- Airplane mode
- Disable “Wi-Fi”, “Bluetooth” & “Hotspot” modes
- Shielding cases for mobile phone only partially protect
- Use wired technology whenever possible

Say “NO” to Wireless Earbuds, Wireless Hearing Aids, and Similar Bluetooth Devices



- Microwaves and magnetic induction fields provoke the brain.
- May increase the risk of neurological disorders.



Purported Protective Devices for EMFs

- Claims require scientific validation
- Demand studies done by independent scientists, published in peer-reviewed journals
- May offer partial protection

Earthing

- Connect to earth to get grounded
- Walk barefoot; sit on ground; use earthing products
- Increases electron flow; reduces oxidative stress & inflammation
- Better sleep; less pain



Let's Develop "Clear Zone" Communities

- Truly sustainable: farming, research; education; integrative health care; more
- No wireless infrastructure
- Wired with fiber optics and infrared (safe)
- Sanctuary for nature and electrosensitive persons
- High tech with the lowest health risk
- Status: seeking investors, philanthropists, and business partners

Moving Forward

- Banish fear; cultivate courage
- Envision a positive future
- Trust in the spiritual realm and ask for help
- **“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”**

--Margaret Mead



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