

EMF*D 5G, Wi-Fi & Cell Phones
Joseph Mercola

Radiation from cell phones? Protect yourself, but don't panic

I recently saw yet another piece trying to panic me about the dangers of 5G wireless. It was time to read about it. I bought EMF*D, by Joseph Mercola, with whom I agree with on Covid and vaccines. I read it.

The biggest threats are your Wi-Fi router, your phone, and your microwave. Just about everything else electrical in your house and on the street emits a little bit.

What is the damage? Brain cancer rates are double in heavy cell phone users. Women who carry them in their bra get breast cancer. It may give you insomnia or cataracts. Children can get Leukemia.

They can't prove it, just like we can't prove that Covid vaccines make athletes drop dead of heart attacks, but the correlations are very strong. Insurance company fine print excludes RF injuries.

How does it work? Your body is 2% calcium, used for structures such as bones and teeth. It needs only a tiny amount inside ordinary cells. Radiation lets cell walls admit excess calcium, where it interferes with the operation of energy-producing mitochondria. It creates free radicals that break up your DNA.

Cell phone sellers and carriers will tell you that they are "safe and effective" or words to that effect. They love the fact that customers spend all day with them, even sleeping with them. They love the folks whose status demands that they must have the latest I-gadgets - watch, phone, pad and computer. Nobody will get rich telling you they are dangerous. You should turn them off! It's only books from eccentric cranks. People who wear tinfoil hats and receive messages from outer space.

The Federal Communications Commission, supposed to look out for the consumer, is staffed by people from industry and who hope to return to high-paying jobs in industry. They will never meet you, know about you, or care about you.

There is a pattern here. Through my childhood government pretty much agreed with the industry that smoking wouldn't hurt me. They changed their minds in 1964, and I quit. My parents didn't and died. The same kinds of shills persuaded us that the insecticide DDT was a miracle of science, thalidomide was a boon to pregnant women, GMOs and glyphosate are safe to eat, and oxycontin to address chronic pain wasn't addictive. They made a lot of money. Their customers died.

American Progressives of a century ago had two mistaken ideas.

- 1) Government can prevent the common people from doing stupid things
- 2) You can trust government to look after common people

The Pure Food and Drug Act of 1906 was supposed to protect the public against drug and improperly prepared food. State laws protected consumers against abuses by the banks, and employees from unfair labor practices.

Look at the world today. It is awash in drugs. Opiates such as Oxycontin were legal. Marijuana is legal, and marijuana psychosis is commonplace. Enforcement of laws against narcotics, cocaine and such is weak in the face of rampant abuse. We are still being poisoned as the weed killer glyphosate is slowly phased out. Big Macs are about the healthiest it gets when it comes to fast food. Consumers are awash with student debt, auto debt and mortgages that can't be repaid, as rapacious "loan to own" lenders await car repos and mortgage default evictions.

You can't legislate away stupidity on the part of consumers, cupidity on the part of industry, or complicity on the part of government. The revolving door is the reality. Industries and the government people who regulate them are one and the same:

- Banking
- Drugs
- Insurance
- Media / Communications
- Education
- Environment

They collude at the expense of the people they are supposed to protect. A person's question when it comes to something like EMF radiation should be, *cui bono?* Who benefit? Our motto should be, *sauve qui peut*. Look out for yourself.

When I encounter a claim like this about EMF and 5G, I follow a checklist sort of like this:

- From my knowledge of science, does the danger claim make scientific sense?
- Who gets rich by assuring the public there is no danger?
- Which independent voices believe there is danger?
- How can I educate myself from unbiased sources?

My conclusions about RFID are:

- 1) It is real enough that I'm going to turn off my WIFI and cell phone when I'm not using them, and keep the kids away from the microwave. Turn off everything electric in my bedroom. Remember the inverse square rule that radiation goes down as the square of the distance from the source. Twice as far away is four times as safe. Keep my cell phone away from my body, and stand away when using the microwave.
- 2) The nature of the radio waves (frequency, strength) hasn't changed much since the first cell phones. The changes are additive, not exponential. While I should be cautious, there is no need to panic
- 3) The stronger argument against being hyper-connected is privacy. Government and big tech can and do use smart phones and the Internet to intrude into every facet of your life.
- 4) My kids and I need a real life, not a virtual one. The social reasons to avoid EMF are strong.

In other words EMF radiation has to take its place among the many, many things people want me to worry about. Prioritizing Panics, here's my list:

There are worries that I have investigated and found to be bogus, trumped up to make us afraid and other people rich

1. Global warming may be happening, but it is not fast, not caused by CO₂, and a constant throughout geological history. Moreover, CO₂ is driven by China and India. We could not control it if we wanted. Investors want to get rich on non-solutions such as solar panels, wind power and electric cars, none of which make economic or environmental sense. See books by Michael Schellenberger and Patrick Moore among many others.
2. Mass extinction is not happening, though loss of habitat is very real. Using the conservationists' own numbers, about two species go extinct every year and two new ones evolve. Search on "Sixth Great Extinction???" – Not" YouTube.

Among the many things we do need to worry about more are

1. Loss of Freedom of speech and government surveillance through RF technologies
2. The financial crash, and central bank digital currencies.
3. Adverse effects of vaccines, both childhood and Covid.
4. Pesticides / herbicides such as glyphosate.

Mercola's writings since this book came out in 2019 suggest that he would probably agree with the list above. The clarity and authority of the book allows the reader to put things in perspective. A five-star effort.

Talk on prioritizing panics. The people want you to panic about all sorts of things. Just this week I was asked to panic about 5G wireless, adding to the list of other things figured rather than dismiss it out of hand. I investigate 5G wireless. This involves an investigation of all radiofrequency transmissions that are supposed to be injurious to human beings. Lima book guy so I found a book by Joseph Mercola whose books on vaccines in Covid. I had enjoyed also on on health to see what he had to say the book is called RF RF for radiofrequency in his conclusion is that radio frequencies are damaging to us that we didn't evolve to cope with radio frequencies that there more than a quadrillion times as many radio frequencies around as there were and in our ancestors day, and they're not good for us was his logic. He says that radio frequency spectrum is huge. Going from waves of thousand kilometers long that would be admitted by our electrical transmission lines down to waves the size of an atom that would be gamma rays coming from radiation. So in this huge, huge range most of the stuff is what they call nonionizing radiation that is long wavelength not powerful enough to knock electrons away from atoms and ionizing radiation that will just about everything we deal with is in that safe. The nonionizing ionizing part of the spectrum. Unlike x-rays and gamma rays and so on. But Mercola says, not exactly. So whereas the radio waves the RF waves that use our cell phones may not be able to knock it electrons off of an atom. They achieve the same thing is what they do in our bodies. We use calcium 2% of our bodies calcium the most abundant mineral there. This calcium is mostly structural for teeth and bones is a tiny amount required in ourselves for cellular metabolism. Now what happens is the radiofrequency RF waves allow the cell walls to admit more calcium than is good for them. When that calcium gets in there. It interferes with the operation of our mitochondria. Those are the parts of the cell that generate energy and that results in oxidation products. Those oxidation products in turn can poisonous and was a result, he says brain cancer from your cell phone and other other cancerous breast cancer for women who carry their cell phones in their bras and all sorts of cancers for kids who stand in front of the microwave too much. The three major household sources of radiation. The three greatest ones are just those cell phones, Wi-Fi and microwaves, baby monitors, and some some others count in there to so he's explained what the problem is, how it is now the people in charge of radiation safety will admit that there is a problem, but they don't know how much in other words, the most insurance carries a disclaimer saying that we don't cover you if you get injured by RF but on the other hand, they FCC says that there's a safe level what the safe level might be. As a matter of disagreement, but they do agree that is dangerous. Now the FCC is in charge of protecting you and me. Let me tell you how the CFTC works just like a rare other government agency. It gets its people who know about communications and safety from the industry. This is the people who produce cell phones, Wi-Fi routers, and who run communications companies. There's kind of a revolving door they call it a get a job in industry, then you go to government then you go back to industry for a race you and me who the consumers are specially protected are nowhere in this so the FCC doesn't know you and me from Adam, but they didn't know the people that they're regulating pretty well and they tend to be a little bit lenient. This is the way it works in the progressive era of United States from hundred and 32 100 years ago they passed also to laws to protect consumers they made to erroneous assumptions, one was that the consumers were intelligent. Would appreciate and we care what the government is doing for him and number two was that the government was honest and would look out for the

citizens that the government people are mostly careerists are interested in advancement and money and the consumers don't exactly care. So let's look at what happened in the progressive era 1906, we had the pure food and drug act. Keep up food and drugs clean what's happened with food and drugs well in food. We most recently have worked glyphosate that is around up to you and herbicide that is been used for 20 or 30 years ago that helps grow GMO crops and that's turned out to be dangerous prior that we had DDT and as far as food goes, the healthiest fast food you can buy just about as big Macs. That's an indictment. How about drugs well they outlawed heroin and marijuana back in the day and cocaine. But guess what all of those things are readily available in the United States and marijuana is now legal, with the blessing of the federal government more than that. The stuff that's illegal heroin and now into melon all sorts of other stuff is readily available. We are drugging ourselves to death. Marijuana is now 30 times as strong as it was when I was a kid and people are getting psychotic and going on mass shooting benches. What about other stuff this both regulate they protect the consumer by presenting by preventing the banks from dodging them with loans and insurance make sure that they are properly protected. But if you look at the American landscape today and me. This is Europe and just better in the world there people are loaded with that for car loans, student loans mortgage debt that they will probably never repay the mortgage industry has a cynical term loan to own. They loan you money, knowing that you will be able repay it in the be able to repossess your house. All of these industries are governed controlled by the government in a revolving door relationships so the people who know enough to be in the government regulating. It also have strong industry connections perhaps the worst we've seen of this is in the pharmaceuticals, drugs, where not only did the drug companies come up with a solution for Covid that doesn't work terribly well, but they invented Covid itself it's the a very profitable business not typically good for us consumers okay so that's how it works. You can't exactly trust so how do you find out the truth. Let me tell you my approach. The approach I'm using with the radiofrequency devices such as cell phones. First, I look at the science does a scientific story makes sense and this calcium story. And yes it does Merkel lay that out pretty well. Second, I look at whether big money is involved trying to tell me it's all safe and effective. Absolutely the Apple. Apple computer and the cellular operators and the wireless manufacturers have a lot of money indeed they do they have an interest in telling you it's safe so they have an incentive to lie and incentive to get the regulators on the side. Going further. How many people are telling you it's unsafe and what's their track record. While Joseph Merkel seemed to be the only book that I found and he has a pretty good record as a straight shooter, but he's only one. So that's a little bit down. So my conclusion with regard to RFID is that I'm going to follow his advice and do the easy stuff turned my Wi-Fi off when I'm not using it. Turn my cell phone off when I'm not using it and don't let my kids stand in front of the microwave like it's a television tell in the winter using the microwave stand a ways away recognize the inverse square law. That is if you double the distance away from the source of radiation. The power falls by four. So if you stay away from things when they're in operation don't sleep with your cell phone will be better off. Okay, now that radiofrequency is one panic among many. So how should I prioritize that panic. What are the other ones, there a couple that I've done videos on global warming. It seems to me to be Apsley bogus. Though the planet may be getting warmer, but it doesn't have to do with CO2. Number one, number two, we can control CO2 because the Chinese and the Indians and the Russians don't want to control it and even if we cut back strenuously. We won't cut it enough to make a difference so global warming is bogus species extinction is likewise bogus. I did the arithmetic on that using the conservation's own numbers. Instead, it's about one or two species a year. If that out of the million or so species million 700,000 that they've identified more than that evolutions reproducing that replacing those as we go. So those are bogus issues now which issues do I consider real one. I consider very real. The suppression of freedom of speech. I made a video just like this one about doctors and it was taken down as

misinformation in this one might be to so freedom of speech is one big issue and there are a lot of books out there on there but there's no big money coming in on the side of free speech. What's another thing I think vaccine information vaccine safety is a big one. The no secret that the pharmaceutical companies are the biggest ever silence advertisers on TV and other media, and they want you to believe that there is safe and effective, but the evidence to me goes the other way. That's a bigger worry to me than my cell phone. What about glyphosate Roundup. Yes, a lot of people are saying that there are these environmental toxins out there in their bed for us. My friend Stephanie sent of has a book toxic Legacy that I reviewed. That's a bigger worry so on the cut to the chase here and say in prioritizing my panics. I'm not in a panic that much about cell phones about radiation frequencies. I am going to turn off my Wi-Fi as I said turn off my cell phone but I'm not in a panic terribly. There are other things that deserve my panic a little bit more

Prioritizing panics

1. Loss of Freedom of speech
2. Government surveillance
3. Covid vaccine adverse effects
4. Kids' education and jobs
5. Grandchildren
6. War with Russia
7. Pesticides / herbicides such as glyphosate
8. Other vaccine adverse effects
9. Covid the disease
10. EMF
11. Global warming
12. Mass extinction
13. Treatment of Uigurs
14. Micro offenses to transsexuals
15. Transsexuals proselytizing my kids

Past battles, won and lost against monied interests

Smoking

Fluoride

DDT

Smallpox vax

Glyphosate

Flame retardant clothes

DES

Thalidomide

Oxycontin

Marijuana

Criteria:

Is it real? Does it make scientific sense?

Cui bono? Who benefits by my panic?

Can I do anything for the world? For myself?

Is it a fashionable panic?