

The Copenhagen Resolution

The Copenhagen Resolution ⁶⁵ was passed at the conference “*The Shadow Side of Wireless Society*” in Copenhagen, Denmark on October 9th, 2010. It is based on previous international appeals, resolutions and the BioInitiative Report from Medical Doctors and Scientists who state the need for prevention of damage to public health from the exposure to radiation from Wireless Technology. It makes the following demands:

- * A considerable lowering of guidelines and exposure to wireless microwave radiation, to a biologically based precautionary level, with a peak-level maximum of 0.6 V/m as recommended by the BioInitiative report.
- * Information and official warnings for the general public, regarding the health risks from wireless microwave radiation – with emphasis on increased risks for pregnant women and children.
- * Warning labels on wireless radiation emitting products and a determination by the producers to design such products to emit as little radiation as possible, and emit radiation only when necessary.
- * Restrict and discourage children’s access to, and use of wireless radiation emitting products.
- * Electro Hyper Sensitivity must be officially recognized as a functional impairment.
- * Enable and respect local community influence on the location of wireless base stations and a full disclosure of all existing and planned wireless base-station locations.
- * Minimize wireless radiation exposure in public spaces occupied by vulnerable groups, like schools, day care facilities and public transport.
- * Establish White-Zones: low-radiation communities where Electro-hypersensitive people can live as well as providing financial support for shielding from wireless radiation in existing homes.
- * Promote health safe alternatives to wireless technology.
- * Independent research must be undertaken.

Recommended Books ⁶⁶: *The Zapping of America, The Body Electric, Cross Currents, Electromagnetic Fields, Would You Put Your Head in a Microwave Oven?, Dirty Electricity, Zapped, Disconnect, Wireless Radiation Rescue - Safeguard Your Family From Electro-pollution, Cell Phones: Invisible Hazards In The Wireless Age, Public Health SOS: The Shadow Side of the Wireless Revolution, Black on White*

Recommended Movies/Videos ⁶⁷: *Full Signal; Public Exposure; Radiant Day; Panorama: WiFi, A Warning Signal; Dear Helen Clark; The Cell Phone Song; Mobilize; Resonance; Take Back Your Power*

Millions Against Microwaves Project

There has been a dramatic increase in environmental illnesses like Chemical Sensitivities, Atopic Dermatitis, Asthma, Autism, CFIDS, ADHD, Epilepsy, Depression, etc. due in large part to increases in electropollution. The primary goal of the Millions Against Microwaves Project (the brainchild of Art Kab [emfrefugee@gmail.com] of Santa Cruz, California) is to create an electromagnetic clean, safe, and healthy living environment for all life and living beings on this planet. Voluntary consent is missing from the world’s largest biological experiment.

EMF Refugee: The International Coalition for an EMR-Safe Planet (IC-ESP)

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For references see <http://www.scribd.com/doc/58140784/References-for-Unwittingly>

You Have Been Warned: The Momentum Is Building!

1971 - *USSR Institute of Labor Hygiene and Occupational Diseases researchers describe comprehensive set of symptoms, identified as *Microwave Sickness*. Symptoms include low blood pressure, slow pulse, headaches, dizziness, eye pain, sleeplessness, irritability, anxiety, stomach pain, nervous tension, inability to concentrate, hair loss, adrenal exhaustion and ischemic heart disease¹³.
1972 - *Zory R. Glaser of Naval Medical Research Institute writes paper “Bibliography of reported biological phenomena (‘effects’) and clinical manifestations attributed to microwave and radio-frequency radiation” reviewing over 2000 studies, finding a multitude of problems including “headaches, insomnia, restlessness, fatigue, seizures, convulsions, heart problems, dizziness, memory loss,” and so on¹⁴.
1998 - *It is agreed at the **Vienna Resolution**¹⁷ that the biological effects of low-intensity EMFs are scientifically established.
2002 - *German medical doctors - the **Interdisciplinary Society of Environmental Medicine** - issue concern about wireless technology (cell phones, DECT, etc.) in **Freiburger Appeal**¹⁸ (reaching close to 40,000 signatories) after finding a cause-and-effect relationship between “a dramatic rise in severe and chronic diseases” (e.g. behavioral disorders, ADD, blood pressure disorders, heart attacks and strokes, brain-degenerative diseases, & cancers like leukemia and brain tumors) with increased exposure to EMR.
2005 - ***World Health Organization (WHO)** officially recognized *electro-sensitivity* as a “real and sometimes disabling condition”¹⁹. ***Vienna Doctors Chamber (Wiener Ärztekammer)** – after the **REFLEX**²⁰ Studies clearly showed genetic damage – create posters (posted in hospital waiting rooms) warning of dangers and listing rules for use²¹.
2007 - ***Report** is issued by international group of renowned scientists, researchers, doctors, and public health experts entitled the **BioInitiative**²³ wars

“Prolonged exposure to radiofrequency and microwave radiation from cell phones, cordless phones, cell towers, WI-FI and other wireless technologies have been linked to physical symptoms including headache, fatigue, sleeplessness, dizziness, changes in brainwave activity, and impairment of concentration and memory.”

***German government** warns citizenry not to use mobile phones and WiFi²⁴. **City of Paris** votes to ban WiFi in Public Libraries²⁶. ***Australian Democrats** commission discussion paper finding microwave radiation from cell phone towers very likely be behind the drastic rise in disease states like cancer, diabetes, asthma, allergies and Alzheimer’s disease, etc²⁷.
2008 - ***Toronto’s department of public health** issues advisory warning teenagers and young children to limit use of cellphones to avoid potential health risks²⁸. ***Director of the University of Pittsburgh Cancer Institute** calls for caution²⁹ in the use of cell phones. ***UK Teacher Union Chief, Philip Parkin** calls for the suspension of WiFi in all UK schools³⁰. ***European Parliament** notes that EMF exposure limits are obsolete³¹.

2009 - ***Finnish Radiation and Nuclear Safety Authority (STUK)** recommends restricting the use of mobile phones by children³². ***Belgian Government** votes to reduce ambient exposure limits to 3V/M³³. ***European Parliament** votes for reductions in EMF exposures³⁴. ***Mayors of several French cities** request a trial period for reducing EMF exposures in their cities³⁶.
2010 - ***Interphone studies** finally acknowledge link between cell phone use and brain tumors³⁸. ***San Francisco** passes cell phone radiation law, in which stores selling cell phones are required to display the amount of radiation emitted by phone³⁹. *The following month, the **CTIA** (the representative of the wireless industry) sues the city of San Francisco over the law and withdraws its annual conference in San Francisco⁴⁰. ***High Court in Italy** rules that an employer who forced his staff to use mobile and cordless was legally responsible for a brain tumor and instructed to pay compensation to the person concerned, plus legal costs⁴¹. ***Swisscom** offers free fiber optics to all Swiss schools⁴².

2011 - ***Marin County** criminalizes Smart Meter installations⁴⁸. ***Study** finds Smart Meters violate FCC radiation exposure limits⁴⁹. ***Indian Government Panel** warns in 58-page report cell phones may cause public health hazard⁷¹. **The Russian National Committee on Non-Ionizing Radiation Protection (RNCNIRP)** warns of future negative health effects in children and teenagers⁷³. ***Parliamentary Assembly of the Council of Europe (PACE)** calls on governments to take reasonable measures to reduce exposures to electromagnetic fields⁴³. ***WHO’s International Agency for Research on Cancer** declares cell phones a possible carcinogen⁴⁴. ***Swiss Cell Phone Study** finds elevated brain cancer risk in children using cell phones for 2.8 plus years⁷⁵. ***European Experts** propose cell phone ban in schools⁷⁶. ***Health Canada** calls for children under the age of 18 to limit time on cell phones⁷⁷. ***New Studies** show WiFi negatively affects brain activity in young adults⁷⁸. ***Russian research** shows decline in cognitive functions of children using cell phones⁷⁹. ***Researchers** report alarming rise in brain cancer in Scandinavian countries⁸⁰. ***Study** predicts 2400% possible increase in brain tumors in next 15 years⁸¹.

2012 - ***American Academy of Environmental Medicine** adopts resolution calling for halt to wireless smart meter installations⁸². ***Environment and Human Health, Inc. (EHHI)** calls for tougher standards to regulate cellular technologies—especially for children and pregnant women⁸⁵. ***Ontario English Catholic Teachers Association (OECTA)** calls for a ban on WiFi in schools⁸⁶. ***Israeli Parliament** passes bill requiring cell phones to carry health-hazard warnings⁸⁷. ***Spanish town, Olvera**, declares itself an electromagnetic-free municipality⁸⁸. ***Yale University research team** shows cell phone radiation affects neurodevelopment and behavior in mice⁸⁹. ***Town of Udine, Italy** moves to ban cell phones⁹⁰. ***The UK’s Department of Health** calls for decreased cell phone usage in children after findings report a 50% increase in frontal and temporal lobe tumors in UK children⁹². ***US Pediatricians** call on FCC to reconsider cell phone radiation standards⁹⁴. ***Israel Minister of Health** calls for WiFi ban in schools⁹⁵. ***Taiwanese legislators** order the removal of 1500 cell phone masts⁹⁶. ***Indian government** approves more stringent norms for cell phones and cell towers⁹⁷. ***The American Academy of Environmental Medicine** issues warning about WiFi in schools⁹⁸. ***Representative Kucinich** introduces Cell Phone Right To Know Act⁹⁹. ***Vienna Medical Association** calls for cell phone free zones in public spaces¹⁰⁰. ***Head of Belgium’s largest cell phone company** bans WiFi in his office¹⁰¹. ***BioInitiative 2012** is released stating

“Epidemiological evidence shows that radiofrequency should be classified as a human carcinogen. The existing FCC/IEEE and ICNIRP public safety limits and reference levels are not adequate to protect public health,” and “There is now much more evidence of risk to health affecting billions of people world-wide. The status quo is not acceptable in light of the evidence of harm”¹⁰².

“Millions Against Microwaves” Fact Sheet



Are You “Unwittingly” Being Affected By Electromagnetic Radiation?

While we may not be able to sense it with our five senses (sight, sound, smell, taste, touch), we are now being exposed to from thousands to millions of times¹ the amount of electromagnetic radiation we would normally get from natural sources (Sun, Earth, Stars etc.).

Worldwide, a rapidly increasing number of people are becoming sensitive to the electromagnetic radiation (EMR) emitted by cell phone towers, cell phones, WiFi, WiMax, TETRA², Smart Meters, etc. In fact, several European scientists have predicted that by 2017, 50% of the population may be electro-sensitive (ES)³. The fact of the matter is that thousands of studies show biological effects from broken DNA, and the opening of the blood-brain barrier, to depleted neurotransmitters and hormones.

If you experience any of the following “unexplained” symptoms, you may in fact be unknowingly exhibiting the symptoms of ES yourself:

•**Headaches** •**Nausea** •**Brain Fog** •**Memory Problems** •**Fatigue**
•**Dizziness** •**Insomnia** •**Heart Pain/Palpitations** •**Swollen Lymph**
•**Intestinal Disturbances** •**Eye Pain** •**Dry Eyes** •**Vision Problems**
•**Night Sweats** •**Excessive Thirst** •**Increased Allergies/Sensitivities**

If you put a frog in hot boiling water, it will jump out. However, if you put a frog in cold water and slowly heat the water, you can cook the frog because it will not notice the gradual change in temperature. Well, with the ever-increasing amount of ambient electromagnetic radiation in our environments, we might be experiencing the same fate as the frog that does not realize it is being cooked.



As a human being aware of being affected by electromagnetic radiation, I would like to ask you to consider the possibility this technology might adversely be affecting you and others around you and to be more conscious, considerate and compassionate when using your devices around other human beings – especially in buses, trains, airplanes, where this radiation is reflected and increased. Thank you!



What is *Electro-sensitivity/Microwave Sickness*?

Electro-sensitivity/Microwave Sickness is a condition where a person feels sick when exposed to the EMR given off by cell phone towers (masts), DECT⁴, WiFi; and electronic devices such as mobile phones, and computers. Symptoms appear when the person is exposed to the offending EMR and diminish as the person moves out of range of the EMR.

Major Symptoms: (Very often appearing with the installation of a nearby cell-phone tower, home WiFi [Wireless Internet], a wireless home phone (DECT) system, or a SmartMeter. [Cancer clusters start forming around cell towers after between three & seven years⁵.])

•Headache •Sleep disturbances (Insomnia) •Dizziness •Nausea
•Heart Palpitations •Heart Pain •Concentration Problems
•Fatigue •Listlessness •Indigestion •Reddening of Skin
•Tingling Sensations •Anxiety Attacks •Memory Problems
•Swollen Lymph Nodes •Excessive Thirst •Frequent Urination
•Vision Problems •Tinnitus (Ringing in the Ears), Unexplained Weight Loss/Gain, etc.



Fifty Percent of Population Affected by Year 2017?

There has been a drastic increase in the number of people affected by EMR and it is predicted that by the year 2017 over half the population may suffer from symptoms of electro-sensitivity. In 2008, 57.25 million prescriptions for sleeping pills were issued in the US⁶; brain tumors are the leading cause of cancer death in children⁷; an estimated one in 50 children (in the USA) now suffer from Autism Spectrum Disorders (ASD)⁸ – up from 1 in 2000 in the 70s⁹; one in four Americans now suffer from diabetes or pre-diabetes conditions¹⁰ and one in seven couples suffer from fertility problems¹¹.



Deformed cows near cell phone towers in Germany are just one example among many animal deformities appearing around the world. (Research has also connected the worldwide disappearance of frogs, birds, and insects [most recently bees] with the dramatic increase of electrosmog permeating our planet.¹²)

The Research: Biological Effects

Thousands of Studies Are Showing Biological Effects

Increases Cancer Risk

* 200% increase in Brain Tumors and Acoustic Neuromas for those using a cell phone on the same side of the head for 10 years (average 30 minutes per day)⁴⁸. * Children who start using a cell phone before the age of 20 are 5 times more likely to get brain cancer⁴⁹. * Cell Phone Radiation Breaks DNA leading to mutated genes cancers, and deformities⁵⁰. * There is evidence that we are indeed moving towards a brain tumor epidemic. Experts are predicting a 2000% increase in brain tumors the next 20 years⁵¹.

Affects Fertility and Breaks DNA

* Cell Phone Use/Exposure decreases sperm count and sperm motility (the ability for the sperm to find its way to the egg)⁵². * Experiments show increased rates of deformities/mortality in chick embryos⁵³.

Triggers (and may cause) Allergic Reactions

*Increases allergic reactions like eczema, asthma, and hay fever⁵⁴.

Disrupts Hormones and Neurotransmitters

* EMR exposure changes the levels of hormones and neurotransmitters in the brain like melatonin, serotonin, dopamine, norepinephrine, and acetylcholine⁵⁵. Changes in these hormones/neurotransmitters are associated with sleep disturbances, Sudden Infant Death Syndrome, Attention Deficit Hyperactivity Disorder (ADHD), CFS, miscarriages, heart disease, cancer, Alzheimer's, Parkinson's, depression, behavior changes, chemical sensitivities, and suicide⁵⁶. * Produces an (initial) increase in the adrenal stress hormones – Adrenaline and Cortisol – connected with restlessness and anxiety and eventuating in adrenal exhaustion⁵⁷.

Weakens Immune System

* Research has shown that just having a wireless device on your body in standby mode can weaken your immune system⁵⁸. * Decreases Natural Killer Cell counts necessary for defending against pathogens and destroying abnormal (virally-infected and cancer) cells⁵⁹. * Changes the T-helper/T-suppressor (T4/T8) cell ratio – from normal to abnormal – which has been shown to lead to increased susceptibility to viral, fungal, and bacterial infections⁶⁰. Symptoms include "sore throats, low-grade fevers, weakness, persistent fatigue, and swollen lymph glands⁶¹."

Can Damage Kidney and Heart Function

* In a study carried out by Dr George Sajin at the European Research Institute for Electronic Components based in Bucharest, samples of blood were exposed to varying degrees of microwave radiation over a period of between 10 and 60 hours. Even at levels lower than those emitted by mobile phones, the cells leaked hemoglobin. The unsequestered iron from hemoglobin can accumulate in – and hence damage – kidney and heart tissue⁶².

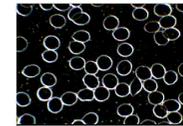
Affects Behavior of Children of Pregnant Mothers Who Used Cell Phones

* A large study, surveying more than 13,000 children, found that women who used mobile phones when pregnant were more likely to give birth to children with behavioral problems. These included developing hyperactivity and difficulties with conduct, emotions and relationships by the time they reached school age. The likelihood was even greater if the children themselves used the phones before the age of seven. A Yale University study showed that fetal exposure to cell phones had an effect on adult behavior. Rats exposed to cell phone radiation while in the womb showed hyperactivity and reduced memory capacity as adults resembling ADHD in humans⁶³.

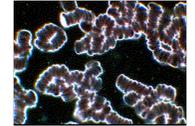
WHO-Acknowledged Studies Find Cancer Clusters Around Cell Towers

* 80% of (W.H.O. acknowledged) studies on people living in the vicinity of mobile-phone base-stations, show a significantly increased risk of neurological diseases, impaired well-being and cancer⁶⁴.

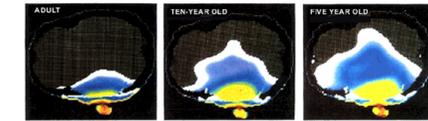
Before the call.



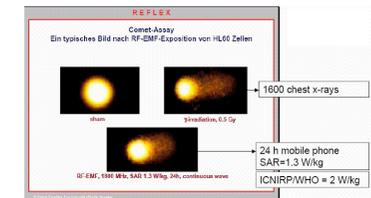
After the call.



The effect of a ninety-second cell phone call on red blood cells (RBC) on both the user and those within at least 1.7 meters. This affects the RBC's ability to transport oxygen to and carbon dioxide away from cells⁴⁵.



The amount of radiation penetration of the skull of an adult, a 10-year old, and a 5-year old⁴⁶.



The REFLEX studies clearly shows DNA breaks. The photo in the top left corner is a normal cell. The photo on the right is a cell exposed to 1600 chest x-rays. The photo on the bottom is a cell exposed to 24 hours of cell phone radiation. The trails coming out of the cell are called micronuclei –broken DNA leaking out of the cells⁴⁷.

The Vienna Doctors Chamber's Rules for Cell Phone Use

- Cell phone calls should be as few and as brief as possible. Children and teenagers under 16 should not use cell phones.
- Cell phones should not be held near the head while making and receiving calls.
- Cell phones should not be used in vehicles (cars, buses, trains) – the radiation there is higher!
- When sending text messages the cell phone should be held as far away from the body as possible!
- A caller should position herself several meters away from other people – the radiation is harmful to them as well!
- Never use a cell phone to play games!
- Headphones (earplugs) may also be unsafe – the wire may attract radiation!
- Wireless Networks (WiFi, WiMax, etc.) produce high amounts of radiation!
- Always switch your cell phone off at night and never keep it near your head while sleeping.
- Never keep your cell phone in your front pocket – the radiation can affect male fertility.