

Keep your distance!

By Jackie Hunt

Distance is your friend. What do I mean by that? Something that you can't see may be harming you but because it is invisible you are not aware of it. Something is radiating out of your cell phone, out of your TV, your Smart Meter- your microwave. It is radio frequency (and other frequencies). I never used to think much about it – I even dismissed it- but now I have started to believe that this is a very real issue. (See my previous [blog post](#) where I talk about the roll-out of radio frequency during World War 1).

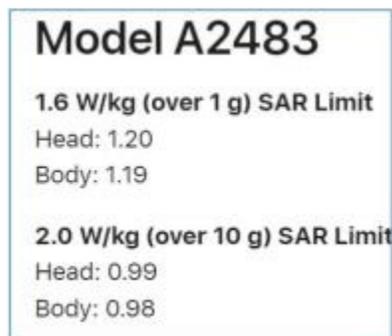
Think about that small “computer” in your back pocket right now. If somebody told me I had to carry around a high-frequency microwave transmitter next to my body all day, I would say “no”! But here I am with my phone in my pocket. Ever since I learned more about the impact of this kind of radiation, I put my cell phone in my *pocketbook* or I leave it on the desk at *arm's length away* (more on this below).

My husband recently bought a new cell phone. It is an iPhone 13. I opened the package insert that came with the iPhone. I see this:



I had to break out my magnifying glass to see it. When manufacturers don't want you to know how much danger their product produces, they put it in tiny print. The package insert doesn't say much but it tells you where to go on your phone to see the results of the radiation testing done by Apple (open Settings, General, Legal & Regulatory, RF Exposure). There is also a website you can go to, to find out how much radiation your iPhone puts out. Go here for [iPhones](#). Go here for [Samsung](#).

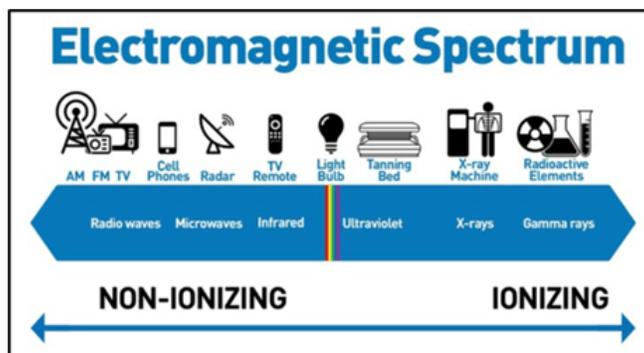
Below are the results of Apple's testing on my husband's iPhone 13. The "SAR" is the *Specific Absorption Rate*. That is how much radiation your flesh will absorb if the phone is 15 mm away from your head. Note that the official limit is 1.6 watts/kg. My husband's iPhone comes in just under that at "1.20".



Model A2483
1.6 W/kg (over 1 g) SAR Limit
Head: 1.20
Body: 1.19
2.0 W/kg (over 10 g) SAR Limit
Head: 0.99
Body: 0.98

iPhone 13 EMF tests

But don't be fooled. Believe it or not the current guidelines were written *decades* ago and only address the *heat* generated by the microwaves coming out of your phone. They ignored the *non-thermal* effects of the radio waves (such as cancers). The regulatory agencies (the Federal Communications Commission and the [FDA](#)) share regulatory responsibilities for cell phones. And the International Commission on Non-Ionizing Radiation Protection ([ICNIRP](#)) sets guidelines for limiting EMF exposure.

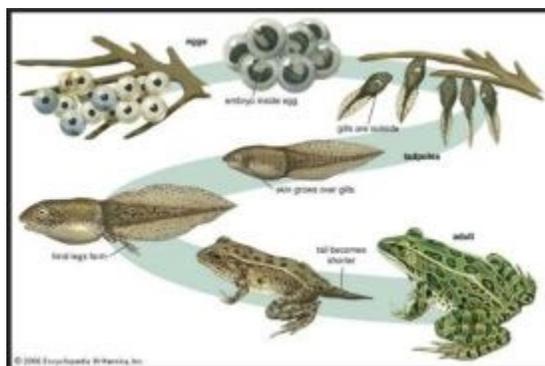


Your cell phone is a **radiation** device. It emits and responds to radio waves. If you have a Smart Meter on your house, it is using RF radiation (radio waves) to transmit a signal to the utility company that collects the data. Cell phone towers (*especially the new 5G cell phone towers*) emit a huge amount of radiation. The picture above shows you where radio waves fall on the electromagnetic frequency (EMF) spectrum of some common household items. It is unclear to what extent these household items are a health hazard, but what is clear is that humans are bathed in an ever-increasing environment of electromagnetic radiation, as is the entire planet.

Some doctors and scientists are pressuring the FCC to reassess the **guidelines**. Official documents show the FCC is under pressure from doctors and scientists who insist current guidelines are not enough. See **Reassessment** of Federal Communications Commission Radio-frequency Exposure Limits and Policies (Proceeding Number 13-84) for more information. Per the website RFSafe.com.

Illness from electromagnetic radiation such as radio waves has been known since World War 1. But it wasn't until the 1950's when radio wave sickness was documented by the Russians and other eastern bloc countries. It includes the following: headaches, fatigue, weakness, dizziness, nausea, sleep disturbance, memory loss, irritability, depression, anxiety, sexual dysfunction, cancer, abdominal pain, digestive disturbances, heart palpitations, chest pains, shortness of breath, unstable pulse and many others. Of course, these symptoms could be attributed to a range

of diseases. But, scientists in the Soviet Union **reported** in 1966 that they could *modify the rhythm of the heart* with microwave radiation.



Tadpoles

WHEN ANIMALS DIE — But health concerns from radio waves impact more than just humans. It appears environmentalists are blind to what may be happening to our birds, bees, and amphibians. One researcher in Spain (2009) set out two aquarium tanks of water on his 5th floor balcony. Each tank was identical and held tadpoles. One tank was draped with a thin fabric that acted as a **Faraday** cage which blocks radio waves. The other tank was not draped. Four cell phone towers stood 450 feet away on a nearby building roof top. After only 2 months, 90% of the tadpoles were dead in the exposed tank. They showed erratic swimming ability and little interest in food before they died. In the protected tank only 4% of the tadpoles had **died**. What does that say about the health of the *humans* living in the building?



A bee in an electrical field. top: a construction, bottom: an experiment. It is shown how the field strength increases around certain surface structures.

Bee in electric field

Bees may be similarly affected. German biologist **Ulrich Warnke** says that bees are equipped with antennae that are electromagnetically sensitive at 180-250 Hz. If you place a cell phone inside a beehive and turn it on for only a few minutes a day, the bees become quiet and still “as if unable to decide what to do” per professor Warnke. Over several months the hive will shut down as the honey and pollen become less and less and the queen lays fewer and fewer eggs.



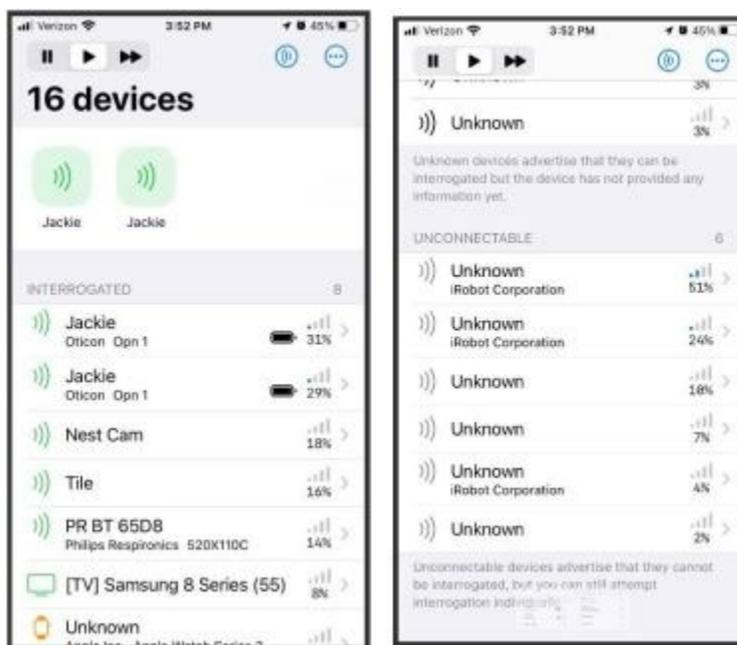
HAARP antenna array

Colony Collapse Disorder became a global phenomenon in 2006-2007. This occurred at the exact same time that the United States Air Force (jointly with the Navy) cranked up *the most powerful radio transmitter on earth* – HAARP which stands for High Frequency Active Auroral Research Project. **HAARP** is 180 antennae towers in Alaska that emit the equivalent of *4 billion watts* of energy up into the ionosphere. The military can send radio signals to anywhere on earth with HAARP. The biologist **Ulrich Warnke** believes *HAARP* is the cause of Colony Collapse disorder.



THE EARTH “BREATHS”– The radiation from HAARP may be damaging the earth in other ways. The earth is known to have its own electromagnetic pulse. It is called the **Schumann** response. It is a very low frequency “pulse” of 8-13 Hz that has been in existence for billions of years. It is generated by lightning strikes around the globe. *All* life on earth responds to the Schumann pulse. It is said the human brain resonates at a similar frequency. Scientist are starting to believe that the earth’s Schumann response has been “clouded” by all the electrification of cities and countries including the impact of radiation from HAARP. What have we *done* to our planet?

Bluetooth is another form of radiation that is very common. It operates in the 2.4 GHz which is short-range radio frequency. It is unlicensed (but not unregulated). Your phone broadcasts and accepts Bluetooth as do most computers and many other devices. To see what Bluetooth radiation is around you, you can use your *cell phone* to show you (how ironic is that). You don’t need a special device, just a plain cell phone. If you have an Apple iPhone you can go to the App store and download the free app “**BT Inspector**”. (Android phones may have a similar capability without downloading an App).



Bluetooth signals on iPhone

When I turn on my **BT Inspector** App on my phone, I see all sorts of Bluetooth signals (pictures above). I see my hearing aids (yes, they use Bluetooth); I see our Samsung television; I see my husband's Apple watch and his CPAP machine; I see my Tile device. I even see three "iRobot" vacuum cleaner signals *from my neighbor's houses!* I see some "Unknown" signals (more on these in a future blog post). This proves that I am *surrounded* by all sorts of radiation!

HOW TO PROTECT YOURSELF — I am not an expert in electromagnetic radiation (EMF) but here are a few things I have learned by using my own **EMF Meter** to check things around my house.

- Move your cell phone an arm's length away when you are not using it, to reduce pulsed radio frequency from hitting your body.
- Put phone on Speaker during a call, do not hold it next to your ear.

- Do not leave phone in any pocket (especially a chest pocket, or bra, or a front pants pocket). Ladies can put the phone in a purse, but guys have less options when walking around. You can buy a special [sleeve](#) to slip your phone into that acts like a Faraday cage to block the signal. You may miss a phone call but, hey, they can call back!
- Put your cell phone in “Airplane” mode at night, especially if you leave it next to your bed. The wake-up alarms will still go off.
- If you have a laptop computer, do not lay it on your lap (use a desk). Unplug it while you are actually using it (EMF increases during the charging).
- Don’t buy a house or rent an apartment near a cell phone tower (especially the ones with 5-G panels. To see where the cell phone towers are located near you, enter your address [here](#). Of course, they could build a new cell tower right near your house. 5G towers emit a modulated (pulsed) radio frequency. Pulsing is the problem. A steady signal is less damaging.
- Likewise, don’t live or work close to high tension power lines.
- Move about 6 feet away from your microwave when you hit “Start”. Don’t stand next to it while it is running.

Per Dr Jack Kruse “It seems humans are very sensitive to a pulsed EMF over steady state EMF. Today most of the man-made EMF’s we face are pulsed in our world ([link](#)). If you change the electromagnetic field, you change the coherence of the system of life. If you are constantly losing electrons to the environment because your electromagnetic field has changed you are speeding to death. These are Einstein’s laws.”