



SAFER (EMR) TECHNOLOGY Aotearoa – New Zealand



WIRED - Newsletter #10 Summer 2023

Kia ora & Welcome

Now that the risk of lockdowns has subsided for the time being STANZ has decided to focus in 2023 on organising public meetings to publicise our cause. STANZ had managed to organise quite a few well attended public meetings in 2018-2019 primarily focussed on the risks from 5G. Since then our knowledge of the issues to do with wireless electromagnetic radiation and mobile communication technologies in general has broadened and deepened significantly.

The first public talk that STANZ is organising this year will be given by Michael Vaughan a Registered Psychologist for Children. This will be on the topic of what you need to know about the risks to children from their screen time.

The key areas to be covered in this talk are:

- The concerns many parents express to him about children's screen time in his work as a psychologist.
- Examining to what extent parents should be worried and talking about how screen time affects various aspects of children's mental and physical health.
- He will offer guidelines about how parents can navigate through the challenges of setting limits on screen time.

When: Thursday the 16th of March 2023.

Where: All Souls Church Hall - 30 Church Lane, Merivale, Christchurch.

Koha appreciated: \$10

We hope to be able to announce more public talks organised by STANZ in our next newsletter.

Keep up to date by checking out our website regularly:

<https://www.safertechnology.co.nz/>

Or follow us on Facebook:

<https://www.facebook.com/SaferTechNZ>

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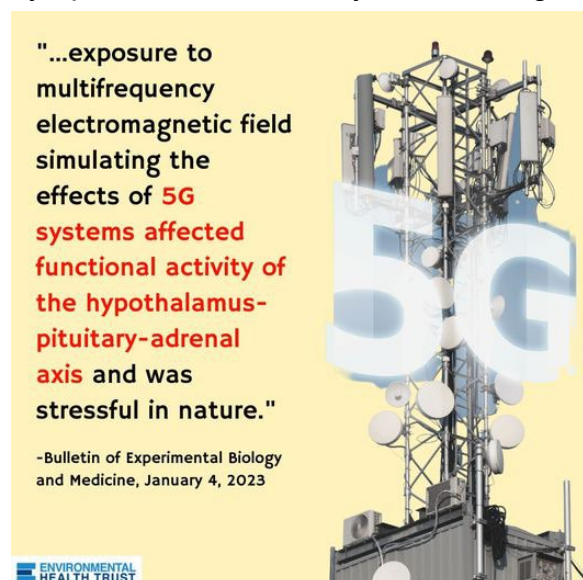
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1. Book Review: The Sensitives – The rise of environmental illness and the search for America’s last pure place by Oliver Broudy

Reviewed by Anne Gastinger

Environmental illness (E.I), an umbrella term for Multiple Chemical Sensitivity, Idiopathic Environmental Intolerance, Total Allergy syndrome and Electro Hypersensitivity Syndrome has been recognised for well over a half a century yet sufferers can still find themselves labelled in mainstream medical and media circles as hypochondriacs best treated by psychiatric methods.

These attitudes maybe due partly to;

- A deficit of diagnostic biomarkers for E.I.
- An incomprehension by many, including health professionals of how severely sensitive and incapacitated some EI sufferers become.
- Societies ‘Human Rights’ and ‘Public Health’ obligations along with E.I’s commercial and financial ramifications contributing to a political hesitancy to acknowledge and accommodate E.I affected citizens in our communities.

While E.I remains conveniently ignored its causal toxicants - increasing levels of industrial chemicals and wireless radiation flooding the environment and saturating our homes, workplaces and cities mean escalating and arguably avoidable numbers of people continue to succumb to E.I.

Into this contentious arena gifted writer and journalist, Oliver Broudy steps with his extensively researched book – The Sensitives. It is an engrossing, environmental ‘whatdunnit’, with a grim ‘Cassandra’ toned message that we are invited to heed.

From the opening chapter we accompany Broudy on a quintessential American road trip across a number of U.S states. Along for the ride is Broudy’s travelling companion, James - an E.I sufferer. Both are on a quest to find fellow E.I sufferer, Brian, who has ‘gone bush’ or rather in this case ‘desert’.

At the outset Broudy, is in two minds about the validity of EI – is it mass hysteria or a legit disease? By their journey’s end Broudy, much like anyone I imagine who reads this book will be reassessing their use of many common household products, building materials and wireless technologies that are an unquestioning part of our lives.

As the kilometres on the road clock up we learn about James varied and exhaustive attempts to recover from E.I. Along with James and Brian, we are introduced to a number of people affected by EI, each with harrowing and heart breaking stories involving loss of place and livelihood, broken marriages, separated families - a uniquely lonely and cruel form of homelessness. These exiles can no longer tolerate common day chemicals and wireless radiation whose use is ubiquitous.

Rest of the article here:

<https://www.safertechnology.co.nz/2023/01/07/book-review-the-sensitives-the-rise-of-environmental-illness-and-the-search-for-americas-last-pure-place/>

2. Electro sensitivity and How We Move Around the Planet

An opinion piece by Paul Waddell

If you are electrosensitive, as I am, moving yourself around the planet becomes quite a challenging thing to do. Let's look at some of the obstacles that we face when it comes to cars, public transport and even motorcycles.

The very first general issue that can cause problems is the rubber tyre that is on your car, truck or bus. Dr Sam Milham¹ wrote a good paper on this where he described the possible issues with steel belted tyres. In simple terms, rotating a steel coil (the steel belting in the tyre) creates a magnetic field, which in turn may actually magnetise the steel. Then you are rotating a magnetised coil which gives even larger magnetic fields. Whenever I measure the DC magnetic fields in a vehicle they are almost always strongest the closer you get to the tyres. For example, down by your feet, if you are sitting in the front seats of a car, will generally have higher magnetic fields than most other places in the car.

As Dr Milham says in his article, you can degause the steel in the tyre occasionally to reduce the effect but basically we are stuck with this one as virtually all tyres are steel belted radials. The recommendations based upon this would be to have a larger vehicle and be a bit further away from the wheels rather than sitting on top of them in a tiny wee thing, but unfortunately having a larger vehicle is frowned upon these days in our woke world. It would also be better to have childrens seats nearer the middle of the car rather than the rear wheel arches. On public transport definitely do not sit on top of or near to the wheels.

In a similar vein, should you actually have the opportunity to catch an electric train, which is going to become a rare event in Auckland soon as the rails may be shut down for up to 3 years for maintenance, I would suggest that you look for the overhead contactor which brings the electricity into the train. The carriages that have this are the ones that have the main electrical switch gear and most probably the electric motor. I personally would avoid these carriages as the magnetic field may well be much stronger here.

That pretty much covers wheels. Let's look at what powers your sturdy steed. Ten years ago most of the world was told that Diesel was by far the better way to go. Personally I think that this was just a manipulation of the commercial cycle so that many people would buy new vehicles. Diesel is now one of the "most dangerous fuels" and we must all again follow the commercial cycle and now buy electric vehicles. Personally I think that this will also be another short cycle and we will then have to get rid of these horrendously toxic batteries somehow for the next great thing which will probably be hydrogen powered. How could we have not known? Regarding EHS in general, older vehicles, within reason, will be far kinder on your system. This is because they have far less electronics and what there is is further away from you.

Rest of the article here:

<https://www.safertechnology.co.nz/2023/01/07/electro-sensitivity-and-how-we-move-around-the-planet/>

3. Become a Member of STANZ

Please consider becoming a member of STANZ and making a donation. Our members and supporters are the only source of funding that we have allowing us to be independent and free in all that we do as a Society. You can apply to become a member through our website: <https://www.safertechnology.co.nz/become-a-member/>

Donate to STANZ

STANZ has a Kiwibank account into which you can donate money here:
38-9022-0681928-00

STANZ Facebook Address:

Keep up to date with all the latest news on EMR safety:
<https://www.facebook.com/SaferTechNZ>



4. LATEST NEWS

4.1 What to Know About Cellphone Radiation

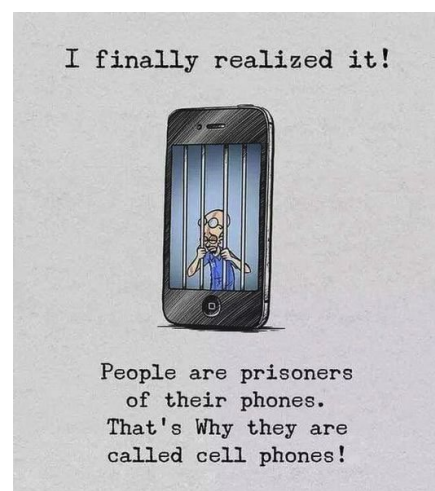
ProPublica recently examined how the US federal government, based on quarter-century-old standards, denies that cell phones pose any risks. This guide answers some of the most common questions people ask about cell phone radiation.

<https://www.safertechnology.co.nz/2023/01/07/what-to-know-about-cellphone-radiation/>

4.2 Electromagnetic Radiation from Modern Technologies Threatens Biodiversity

Scientific evidence indicates that the wireless emissions from modern technology can impact biodiversity. The Convention on Biological Diversity needs to include wireless radio- and low frequency electromagnetic radiation in Target 7, along with noise and light, harmful substances including pesticides, electronic waste and plastic pollution. This website provides a useful resource for information on the dangers of wireless electromagnetic radiation to our environment and biodiversity.

<https://wirelessenviroimpacts.science/>



4.3 Mobilize: A Film about Cell Phone Radiation

This award-winning, feature-length documentary explores the long-term health effects from cell phone radiation including cancer and infertility. The film examines scientific research, follows state and national legislative efforts, and illuminates the

influence that technology companies have on public health. The film was selected as the best documentary film at the California Independent Film Festival.

Mobilize features interviews with scientists, doctors, politicians, cancer patients, and technology experts including interviews with Gavin Newsom, now governor of California, Steve Wozniak, co-founder of Apple, and Harvard Law Professor Lawrence Lessig.

Watch it here. <https://www.safertechnology.co.nz/2023/01/07/mobilize-a-film-about-cell-phone-radiation/>

4.4 Video on Why EHS is no Fairy Tale

A magical animated film about EMF induced disability. Maybe you have electro hypersensitivity (EHS)? Electromagnetic sensitivity is increasing. It's an EMF induced disability/intolerance. If you are electro hypersensitive, like the character in this film, you know it's no fairy tale.

It ruins dreams and ruins lives forcing human beings into isolation, poverty, and despair. The medical profession is still woefully ill-informed about EMF illness and remains ill prepared to give meaningful diagnoses after decades of ignoring the condition. No diagnostic framework or treatments exist for EMF-related health problems.

Watch it here. <https://www.safertechnology.co.nz/2023/01/07/why-ehs-is-no-fairy-tale/>

4.5 On the Clear Evidence of the Risks to Children from Non-Ionizing Radio Frequency Radiation: The Case of Digital Technologies in the Home, Classroom and Society

Parents, educators and governments should be alarmed, be better informed, and take immediate and appropriate action. This brief research review paper aims to inform by presenting the findings of scientific research, in a balanced, objective manner, on the risks to children. This information is based on proven scientific theories and clear empirical evidence. The paper concludes by offering practical advice on how the risks to children, and indeed adults, can be minimised.

<https://www.safertechnology.co.nz/2023/01/22/on-the-clear-evidence-of-the-risks-to-children-from-non-ionizing-radio-frequency-radiation-the-case-of-digital-technologies-in-the-home-classroom-and-society/>

5. SCIENCE ARTICLES

5.1 Why electro hypersensitivity and related symptoms are caused by non-ionizing man-made electromagnetic fields: An overview and medical assessment

Much of the controversy over the cause of electro hypersensitivity (EHS) lies in the absence of recognized clinical and biological criteria for a widely accepted diagnosis. However, there are presently sufficient data for EHS to be acknowledged as a distinctly well-defined and objectively characterized neurologic pathological disorder. Because we have shown that 1) EHS is frequently associated with multiple chemical sensitivity (MCS) in EHS patients, and 2) that both individualized disorders share a common pathophysiological mechanism for symptom occurrence; it appears that EHS and MCS can be identified as a unique neurologic syndrome, regardless their causal origin.

In this overview we distinguish the etiology of EHS itself from the environmental causes that trigger pathophysiological changes and clinical symptoms after EHS has occurred. Contrary to present scientifically unfounded claims, we indubitably refute the hypothesis of a nocebo effect to explain the genesis of EHS and its presentation. We as well refute the erroneous concept that EHS could be reduced to a vague and unproven “functional impairment”.

To the contrary, we show here there are objective pathophysiological changes and health effects induced by electromagnetic field (EMF) exposure in EHS patients and most of all in healthy subjects, meaning that excessive non-thermal anthropogenic EMFs are strongly noxious for health. In this overview and medical assessment we focus on the effects of extremely low frequencies, wireless communications radiofrequencies and microwaves EMF.

We discuss how to better define and characterize EHS. Taken into consideration the WHO proposed causality criteria, we show that EHS is in fact causally associated with increased exposure to man-made EMF, and in some cases to marketed environmental chemicals. We therefore appeal to all governments and international health institutions, particularly the WHO, to urgently consider the growing EHS-associated pandemic plague, and to acknowledge EHS as a mainly new real EMF causally-related pathology.

Full Article here:

<https://www.safertechnology.co.nz/2022/10/04/why-electrohypersensitivity-and-related-symptoms-are-caused-by-non-ionizing-man-made-electromagnetic-fields-an-overview-and-medical-assessment/>

5.2 Dr. Leszczynski reviews public health policies on EHS

“The lack of international and national health policies to protect persons with self-declared electromagnetic hypersensitivity” has been just accepted for publication in the ‘Reviews on Environmental Health’. The article reviews the current, very limited, evidence of EHS health policies.

The review has taken into consideration opinions on EHS and on EHS public health policies published by: WHO, ICNIRP, IEEE-ICES, EUROPAEM, ICEMS, Bioinitiative, GSMA, MWF, European Union, Nordic Countries, and governments of 17 selected countries: , Australia, Belgium, Canada, Finland, France, Germany, Iceland, India, Italy, Japan, Netherlands, New Zealand, Poland, Russia, Switzerland, UK, and USA.

As far as the author of the review is aware, it is the first, so comprehensive collection of information about EHS health policies of different organizations and countries. Hence, it is hoped and expected to bring attention to the EHS health policy issue.

More information here:

<https://www.safertechnology.co.nz/2022/10/16/dr-leszczynski-reviews-public-health-policies-on-ehs/>

5.3 Wireless technology is an environmental stressor requiring new understanding and approaches in health care

Electromagnetic signals from everyday wireless technologies are an ever-present environmental stressor, affecting biological systems. In this article, we substantiate this statement based on the weight of evidence from papers collated within the ORSAA database (ODEB), focusing on the biological and health effects of electromagnetic fields and radiation.

More specifically, the experiments investigating exposures from real-world devices and the epidemiology studies examining the effects of living near mobile phone base stations were extracted from ODEB and the number of papers showing effects was compared with the number showing no effects.

The results showed that two-thirds of the experimental and epidemiological papers found significant biological effects. The breadth of biological and health categories where effects have been found was subsequently explored, revealing hundreds of papers showing fundamental biological processes that are impacted, such as protein damage, biochemical changes and oxidative stress. This understanding is targeted toward health professionals and policy makers who have not been exposed to this issue during training.

To inform this readership, some of the major biological effect categories and plausible mechanisms of action from the reviewed literature are described. Also presented are a set of best practice guidelines for treating patients affected by electromagnetic exposures and for using technology safely in health care settings. In conclusion, there is an extensive evidence base revealing that significant stress to human biological systems is being imposed by exposure to everyday wireless communication devices and supporting infrastructure. This evidence is compelling enough to warrant an update in medical education and practice.

More information here:

<https://www.safertechnology.co.nz/2023/01/07/wireless-technology-is-an-environmental-stressor-requiring-new-understanding-and-approaches-in-health-care-2/>

5.4 Status of the Neuroendocrine System in Animals Chronically Exposed to Electromagnetic Fields of 5G Mobile Network Base Stations

We studied the biological effect of chronic exposure to multifrequency electromagnetic fields simulating the effects of 5G NR/IMT-2020 mobile communication systems.

Male Wistar rats were exposed to 24-h radiation (250 $\mu\text{W}/\text{cm}^2$) for 4 months. The exploratory activity of the animals and blood concentrations of ACTH and corticosterone were evaluated at the end of each month of exposure and 1 month after exposure.

The results suggest that exposure to multifrequency electromagnetic field simulating the effects of 5G systems affected functional activity of the hypothalamus-pituitary-adrenal axis and was stressful in nature.

More information here:

<https://www.safertechnology.co.nz/2023/01/09/status-of-the-neuroendocrine-system-in-animals-chronically-exposed-to-electromagnetic-fields-of-5g-mobile-network-base-stations/>

For all the latest science information regularly check our website:

<https://www.safertechnology.co.nz/category/science/science-journal-articles/>

5.5 On radar and radio exposure and cancer in the military setting

The findings from our study add to the growing body of evidence underscoring the gross inadequacy of the International Commission on Non-Ionizing Radiation Protection (ICNIRP) thermal standards. Based on our findings and on the previous accumulated research, we endorse the recommendations to reclassify RFR exposure as a human carcinogen, International Agency for Research on Cancer (IARC) group 1.

More information here:

<https://www.safertechnology.co.nz/2023/01/22/on-radar-and-radio-exposure-and-cancer-in-the-military-setting/>