

EMR Action Day

21 April 2012

About EMR Action Day

Worldwide EMR Action Day aligns with Earth Day 2012 to protect the biological integrity of the natural world and all its inhabitants against unnatural Electromagnetic Radiation (EMR). With this endeavour, people from around the planet join together to reduce harm from EMR and create a healthier life for all.

While some man-made EMR sources are falsely marketed as 'green', they all independently produce adverse biological and health effects. The effects markedly worsen with prolonged exposure or when combined with additional EMR sources, chemical toxicants or metals. Microwave radiation intensities in urban areas can be almost a trillion times higher than natural background levels.

EMR Action Day proposes new choices for safer and lower energy consumption: hard-wiring and fibre-optics in homes, schools and workplaces; shielding materials; and safe White Zones and other EMR-free solutions. We engage people in minimising EMR exposures and reconnecting with their own natural biorhythms. By our judicial, legislative, media, artistic and other creative endeavours, we act to free humankind, defend public safety and restore electromagnetic harmony to the Earth.

EMR Action Day
April 21, 2012



Protect the EARTH from
unnatural microwave radiation

**Urge your Governments to protect you with
legislation and monitoring**



ELECTROMAGNETIC RADIATION RESEARCH
FOUNDATION OF SOUTH AFRICA

Electromagnetic Radiation



Cell phones, Cell phone towers (GSM, 3G and 4G), WiMax transmitters, DECT cordless phones, smart meters and Wi-Fi access points constantly emit microwave radiation. This type of radiation penetrates normal walls and ceilings almost unimpeded. Thousands of studies have shown that exposure from microwave radiation has severe and long-term impacts on health.

Impact of EM Radiation on the Environment



Studies have shown that radiofrequency / microwave radiation affects birds, bees, trees and plants.

For more information and medical research visit::

www.emrrfsa.org
www.emractionday.org

Health Impacts

Symptoms and health impacts from cell phone use:

- ⇒ Heat sensation and numb feeling around the ears
- ⇒ Headaches and concentration & memory problems
- ⇒ Tinnitus (Ringing in the ears)
- ⇒ Auditory, parotid and brain tumours
- ⇒ Neurological disorders such as Alzheimer's, Parkinson's, Autism and ADD
- ⇒ Altered sugar metabolism
- ⇒ Breast cancer



Health impacts from radiation from cell towers, Wi-Fi, "smart" technologies and other infrastructures:

- ⇒ Induced and intensified electromagnetic sensitivity
- ⇒ Chronic fatigue, sleep disorders, depression
- ⇒ Irritability, heart palpitations and muscular pains
- ⇒ Short-term memory loss and neurological disorders
- ⇒ Increased likelihood of cancers
- ⇒ Suppressed immune system, thyroid and liver dysfunction
- ⇒ Burning skin and rashes

Do you know...

Cell phones:

- ⇒ Cell phone radiation damages DNA, which can lead to cancer and other diseases
- ⇒ Those who began using mobile phones as teenagers have four to five times greater risk of developing malignant brain tumours compared to those who did not use phones at these ages
- ⇒ Russia recommends that no one under 18 or pregnant women should use a cell phone
- ⇒ France has banned all cell phones in primary schools and no advertising of cell phones is allowed to include children. Sale of cell phones to children under 14 is prohibited

Wi-Fi:

- ⇒ Wi-Fi has been removed from schools in France, Switzerland and some schools & universities in Canada and the UK in favour of hardwired computers
- ⇒ Germany has advised its citizens not to use Wi-Fi and has banned Wi-Fi in public schools
- ⇒ France has removed Wi-Fi from its public libraries and some towns have removed Wi-Fi completely

Cell masts / antennas:

- ⇒ Cell masts are not permitted at schools in France, Switzerland, Germany, Taiwan, New Zealand, Italy, Australia, Sweden, Finland and some parts in the USA
- ⇒ In Brazil, 500 cell antennas have been ordered to be removed after a study by the health department of Belo Horizonte showed an increased risk of cancer if you lived within 500 metres of cell antennas



WHO / Council of Europe

WHO

On May 31, 2011 the World Health Organisation/ International Agency for Research on Cancer classified the electromagnetic radiation from cell phones as possibly carcinogenic to humans based on an increased risk for glioma, a malignant type of brain cancer, associated with use of mobile phones. The IARC Monographs classification of Radiofrequency Electromagnetic Fields covers the entire radiofrequency segment of the electromagnetic spectrum.

European Parliamentary Assembly Resolution 1815 (2011)

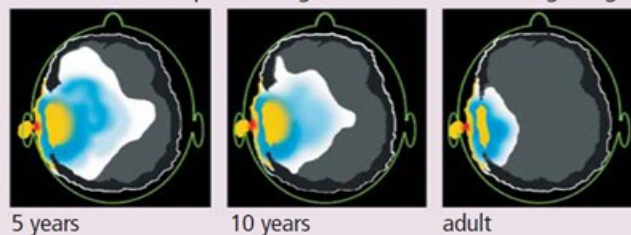
The Assembly recommends that the member states of the Council of Europe:

- ⇒ Put in place information and awareness-raising campaigns on the risks of potentially harmful long-term biological effects on the environment and on human health, especially targeting children, teenagers and young people of reproductive age.
- ⇒ For children in general, and particularly in schools and classrooms, give preference to wired Internet connections, and strictly regulate the use of mobile phones by schoolchildren on school premises.

And much more...

Children absorb more radiation than adults

RF Radiation Absorption during Cell Phone Use according to Age

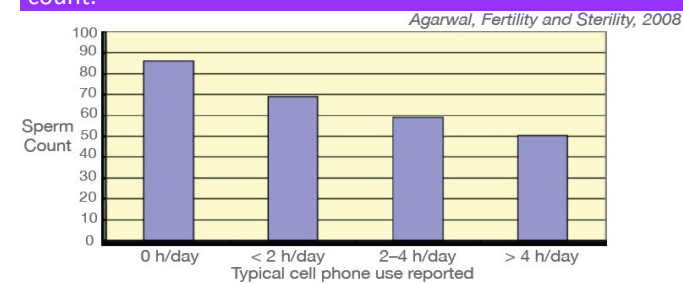


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Effect on fertility

Men who use cell phones 2 to 4 hours per day have 30% lower sperm count than non-users; daily use over 4 hours results in 40% lower sperm count. Studies have shown that microwave radiation can damage sperm. Laptops with Wi-Fi capability have also been proven to lower sperm count.



Protect your family

- ⇒ Children should only use cell phones in the event of an emergency
- ⇒ Do not place a mobile phone on your body, in your bra or pockets, or against your head whilst it is switched on
- ⇒ Use your cell phone on loud-speaker away from your head, or use an airtube headset
- ⇒ Do not use a mobile phone in enclosed metal spaces such as trains, vehicles or elevators
- ⇒ Pregnant women should highly restrict their use of cell phones and not work in Wi-Fi environments
- ⇒ Use a wired ADSL line for internet instead of Wi-Fi/WiMax. Do not use routers to broadcast the signal throughout your home. Use an Ethernet cable
- ⇒ Do not leave your cell phone switched on at night, especially not near your bed
- ⇒ Ensure your child's school is free of Wi-Fi and cell masts, and has hardwired computers