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## Is Your Mobile Making You Sick?

As much as it took governments across the globe decades to accept global warming to be a real threat to humankind, as well as accepting the part we all played in creating the problem, it may take some time for industries and governments to accept the threat and health risks posed by electromagnetic field (EMF) pollution.

Regrettably, to date, articles in mainstream medical journals, featuring the human health risks of exposure to EMF, have not received the notice and publicity they deserve. Each time an article appears, a carefully prepared highly publicised 'damage-control' study, which reportedly shows inconclusive or negative results, is released.

Yet never before in the history of mankind have people lived in environments so laden with EMF pollution. The arrival of mobile phones, phone towers and Wifi means the amount of electromagnetic frequencies bombarding us is higher than ever... the average person is exposed to over 100 million times more radiation than their grandparents.

While everyone is affected by electrical pollution, some people appear to be more sensitive, less resilient and therefore more vulnerable to health problems associated with high EMF pollution. It's been labelled by some scientists as 'the hidden sickness' and is linked to everything from headaches, insomnia and fatigue, to depression and even cancer.

There is a great deal of anxiety about the threat posed by our heavy reliance on mobile phones in particular, especially as the technology behind them is constantly evolving. For example, 3G and 4G technology now allows us to download content and transmit data at superfast speeds.

Fortunately, a new-generation 'phone shield' called

### The Journal of Natural Health Solutions Editorial Panel

**Marcus Webb, BSc(Hons) Ost Med, DO, ND, MRN, PGCert (Osteoporosis), MIBiol, CBIol**

A qualified naturopath and osteopath with over 20 years' experience in the field of complementary medicine. Marcus is a Member of the General Osteopathic Council, General Council and Register of Naturopaths, British Medical Acupuncture Society, Chartered member of Institute of Biology, and Fellow of the Royal Society of Medicine. He has written numerous health books including *The Herbal Companion*, *The Herbal Bible* and *Healing Touch*.

**Dr Marius Kyriazis (MD, MSc, MIBiol, CBIol, DGM)**

One of the UK's leading anti-ageing experts. Dr Kyriazis works in private practice and has postgraduate qualifications in the science of ageing from the University of London and the Royal College of Physicians. He is using both conventional and complementary therapies.

**Martin Hum (PhD, DHD)**

Qualified nutritional therapist and health journalist with 20 years' experience in the field of nutritional medicine. He is a past Chairman of the Institute for Optimum Nutrition, an independent educational charity and the UK's leading training institute for nutritional therapists.

**Nigel Summerley, LLSCH**

Nigel is a health writer, alternative health expert and qualified homeopath.

**Dr. Patrick Kingsley (MB, BS, MRCS, LRCP, FRCR, DA, D.Obst FRC.O.G.)**

A specialist in nutritional and environmental medicine for 26 years. He was a founder member of the

British Society of Environmental Medicine, the British Society of Nutritional Medicine, the British Society of Integrated Medicine and is a Fellow of the American Academy of Environmental Medicine. In his private medical practice his basic approach was always to try to identify and eliminate the causes of a person's

problems and treat any nutritional deficiencies, rather than simply find the best way of suppressing any symptoms. Now retired, he has written numerous books including *The New Medicine* and *What causes cancer and how to deal with it* and has a website [www.thenewmedicine.info](http://www.thenewmedicine.info)

**Dr Michael Perring (MB BChir FCP(SA) DPM UKCP Registered Psychotherapist)**

Dr Michael Perring is a General Practitioner with a special interest in nutrition, sexual medicine and healthy ageing. He is currently Medical Director of the Optimal Health of Harley Street Clinic and is co-author of *Get Fit Feel Fantastic*.

**Dr. Brian Mowll, DC**

The founder and medical director of SweetLife® Diabetes Health Centers. Since 1998, Dr. Mowll has been helping people with all forms of diabetes properly manage their complex health conditions. He treats clients locally in the greater Philadelphia area, in the US, and worldwide through his acclaimed Diabetes Coach™ program. He was one of the first doctors to be certified to practice functional medicine by the prestigious Institute for Functional Medicine. He is the host of the popular Diabetes World Summit, as well as a prolific writer, blogger, and speaker.

**Chanchal Cabrera (MNIMH, AHG)**

Medical herbalist, clinical aromatherapist and nutritional counsellor in Vancouver, BC, Canada. Publishes widely in professional journals and lectures internationally on medical herbalism.

**Dr Tony Coope (MB, ChB, D.Obst. FRC.O.G.)**

Has 26 years' experience in General Practice, prior to which he spent four years as a hospital doctor, covering the specialities of medicine, surgery, paediatrics, geriatrics and emergency/trauma medicine. Dr Coope has a career-long interest in psychology, philosophy and complementary medicine. Since leaving General Practice in 1994 he has been working in women's health and regularly writes on hormone health and the use of bio-identical hormones for [Bio-Hormone-Health.com](http://Bio-Hormone-Health.com)

**Michael van Straten (DO, ND, DipAc.)**

Qualified osteopath, naturopath and acupuncturist, with a special interest in nutritional therapy, women's problems, hypertension, heart disease and ME. He has written 40 books including the international bestsellers *Super Juice* and *Super Herbs*. He also appears regularly on television.

the Green 8 Evolution is claimed to offer protection from the latest generation of smartphones. It is produced by Bauer Biotec, a company that has been at the forefront of providing technology designed to offset the ill-effects of EMF radiation. What sets the Green 8 Evolution shield apart from the other phone shields it produces is that it helps neutralise radiation from all phones, including the latest iPhone and Android smartphones.

## **Just 30 minutes a day on your mobile could increase brain cancer risk by up to 40%**

The debate about whether mobile phones can cause cancer is ongoing. However, worrying research findings from the World Health Organization (WHO) warn of a direct link between cancer and heavy mobile phone use. The WHO commissioned scientists from around the globe to carry out a decade-long study. It involved more than 5,000 men and women with brain tumours from 13 different countries, as well as a similar number of healthy people, all of whom were interviewed about their phone habits.

The landmark report revealed that just half an hour a day on a mobile phone can increase a person's risk of brain cancer by up to 40 per cent. Those in the heaviest user category were in greater danger of developing malignant glioma tumours, which account for half of all brain tumours in the UK. The frequent users were also more likely to suffer a tumour on the same side of their brain to the ear they used for phone calls.<sup>1</sup>

## **Could this little device protect you from the harmful effects of EMF stress?**

Any influence to the human body, which does not relate to the body's own biological frequency, will create stress and negative effects. Bauer Biotec claims the Green 8 Evolution phone shield can help minimise this and help phones emit cleaner, 'more harmonic' energy; relieve phone-induced fatigue, stress and sleep problems; result in less 'hot ear' and, on long calls, reduce phone-induced headaches.

The company explains how radiation is interfered with, rather than blocked, with the shield, since blocking would mean that no data would be received: "The stored frequency/information of the phone shield is changing the radiation in such a way that it will be harmless to the human body. The unwanted pathogenic frequency is blanketed with a positive

frequency and eliminated. Harmful energy is thus neutralised and harmonised for the human body."

While there is no conventional scientific means of verifying the effectiveness of the phone shield, the results of biofeedback and kinesiology tests suggest that the device works by altering the body's energy in a positive way.

Biofeedback testing of the body's reaction to an unprotected mobile phone call shows "a significant stress level in the organism"; but when a shield is used, the human body "remains in perfect balance". In addition, kinesiology muscle testing has shown that the body is weakened during an unprotected mobile phone call, but not when a phone shield is used.

Many people who have tried the Green 8 Evolution shield have reported positive results. Take Tanya, who says: "I used to have a ringing in my ears if I was talking on the mobile for too long. Not only have I not experienced this since putting the Green 8 into my phone, but I cannot remember having the same pressure headaches I used to suffer from."

The Green 8 Evolution shield measures 35mm x 25 mm; it is self-adhesive and can be fixed to the back of a smartphone or in the phone's battery compartment. It is long-lasting and may only need to be changed if there are further changes in mobile phone technology. In fact, the company is so confident in its new product that it offers all customers a money-back guarantee if they are not satisfied with it.

## **The Transformer 28-4G could herald a breakthrough if you're in a high risk zone**

Bauer Biotec has also created a device that's claimed to offer protection for those who live or work close to phone masts or pylons – a particularly potent source of EMF pollution – that is based on the same principle as the Green 8 Evolution.

The Transformer 28-4G is said to neutralise the effects of mobile communication masts, satellites, pylons and high-voltage installations, offering a 'protective zone' with a radius of up to 33 metres (108ft) around your property or office. It is claimed that it can help reduce EMF-related headaches, fatigue and restlessness; promote a good night's sleep; increase energy levels and mental clarity; and boost immunity.

Again, there are impressive testimonials from people who have tried it. For example, Jana says: "I felt the difference just after a short while after placing the Transformer in my bedroom. I slept the

whole night. I usually can't sleep because of buzzing in my ears and because my head felt heavy. But this first night with the Transformer I fell asleep straight away and slept very well. In the morning my mind was clear and so peaceful."

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