

Tuned Out: Reclaiming the Human Frequency in a Wireless Age

A Practical Guide to Protecting Children and Mothers from Harmful Wireless Energy

This book pulls back the curtain on independent researchers like **Professor John R. Goldsmith**, one of the world's foremost experts in bio-effects of non-ionizing radiation and World Health Organization Advisor, who warned us decades ago that: "radiation safety standards were being crafted to protect industry, not people."

Inside, you'll learn plain spoken warnings and simple solutions, as well as:

- How electromagnetic radiation (EMR) impacts fetuses, infants and school children;
 - Classroom safety levels do not consider children or biological effects;
 - What researchers knew long before wireless was put before your children;
 - Why official exposure limits vastly underestimate biological risk;
- How to create a safer home, office, and school with simple low-cost changes.

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Vini Publishing 2025



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Title: 'Tuned Out: Reclaiming the Human Frequency in a Wireless Age - A Practical Guide to Protecting Children and Mothers from Harmful Wireless Energy'

Category: technology, wireless, electromagnetic fields, EHS, EMR, health impacts

Book and cover design: Nicholas Wallace, December 2025

Printed in Canada

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DISCLAIMER: The content presented in this book is intended to inform, educate, and spark thoughtful contemplation and discussion. While I tried to provide fully accurate and valuable information, the viewpoints shared may not represent the full scope of the topic. This is a book of experience and science. Sadly today, I fear it is more difficult to hear of a chronic illness warning than it is to hear a chronic illness diagnosis. Chronic disease is skyrocketing in children and adults (~50%) and the major causes must be expanded. You have a right to fully informed consent, to protect your baby, children and future generations; this book aims to give you that. You can help and make a difference.

*To all pregnant mothers and children who help us realise that
we ourselves are the highest form of technology on Earth.*



From day until night, dusk until dawn, gestation until death, wireless produces unnatural living fields and silent currents. Every child deserves to grow in an environment of peace, love and protection – not be immersed in a cloud of synthetic radiation. When mothers choose to minimise wireless exposure, they honour life at its most delicate level – and are protecting Nature’s silent currents of Life.

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Introduction

It is my love for children and humanity that makes me write about Non-Ionizing Radiation found in children's schools. My writing skills may be likened to a rusty old Tonka truck, and I can repeat myself to drive a message home, but you will definitely understand the hazards of wireless (microwave) devices to fetuses, babies, children and yourself; you will also learn how to reduce EMR impacts on those who need your help to remain safe.

You'll learn of published and proven wireless radiation harms, and many chronic illnesses tied to constant exposure. Fifty years worth of accumulated research seems both encouraging and challenging. On the 'challenging' side, there are still a few things:

- Human-made (synthetic) wireless fields are steadily increasing its presence and frequency, everywhere;
- There are no published studies proving synthetic wireless radiation exposure is biologically safe;
- Synthetic wireless radiation depletes our immune, nervous, and cardiovascular systems;
- We are not provided fully informed consent on the hazards of wireless devices.

What's 'encouraging' is that many are becoming aware of the potential dangers of too much cell phone use. It's changed our culture, and not for the betterment of newborns or children.

The rest of this introduction is my personal story from being injured and permanently sensitized to EMR. It started in 2016, after getting my first office, Smart phone, and Bluetooth headset. My neck started hurting from the Bluetooth collar. I developed painful organ sensitivities carrying the phone in my side-pocket. I was experiencing major headaches and concentration difficulties from my new office. My cordless telephone and computer monitor measured very unhealthy magnetic fields. Scanning the floor with an electrosmog meter, also found a power cable emitting high magnetic fields under the floor of my chair. Within one year, I was chased out of my office by EMR headaches the same way a sauna's heat rocks chase you out when you douse them with water! And my sensitivities have followed me, ever since.

Our environments are not safe just because a building inspector or authority approved it. Nicola Tesla got sick from his invention of alternating current (AC) electrical systems. But he learned how to heal himself.

Introduction

In 2019, I was hospitalised by a bolt of energy coming from my phone, up my arm, and into my head. This badly distorted my vision, nearly collapsed me to my knees, and stole my inner sense of security. Paramedics wouldn't let me drive home due to an EKG (heart) reading was abnormal. I was a runner and cyclist without prior heart concerns.

I've had diabetes since early childhood, which now greatly amplifies my wireless sensitivity when my sugars are slightly low. But you don't need sensitivities to receive wireless chronic illnesses. Nature (you) operate under both biological and natural electromagnetic fields (EMF's). It's how you move just by the thinking of it and how your body repairs its injured cells. We weren't designed to continuously absorb synthetic wireless radiation. Our immune system was designed to keep down ancient retro-viruses from millions of years of DNA evolution, and it tries to keep our current human-made toxins at bay. We shouldn't interfere with our natural immune system – although wireless appears to do just that, and is top of the harmful list. A lifetime of smoking is less hazardous than a lifetime of wireless. At least tobacco now comes with warnings.

For those who think you're not affected by wireless – we all are. But it's labelled as unrelated brain fog, chronic fatigue, ADD, heart arrhythmia, multiple sclerosis, cancers, headaches, infertility and more. Wireless affects every system of the body.

Low-power, pulsed, radio-frequencies hinder a child's ability to learn in school and seriously impacts their body's DNA, neurological and biological systems, and worst of all, **fertility**. Children are immersed in harmful radiation fields, year after year, in schools and most homes.

Canadian researcher Dr. Magda Havas (Trent School of Environment) in her paper entitled: Carcinogenic effects of Non-Ionizing Radiation, she writes, *"NIR can and does cause cancer not by increasing the production of free radicals but by interfering with the repair mechanisms that neutralize free-radicals."*

Non-ionizing radiation (NIR) is used in all wireless technology, not just cell phones. It is not strong enough to store energy in you, or knock your electrons out of orbit; but it interacts with all of your biology, not just your eyes from the screens blue light that impacts your melatonin (sleep).

Introduction

I wear a copper lined hat to protect my head, when needed. I can't help but worry about a fetus developing in a spherical womb, with pulsed radiation penetrating it. I could recognise my 2016 symptoms from having lived in a society that did not contain wireless radiation pre-1995 (when I was nineteen years old and near fully developed). A child's body today is birthed into wireless (microwave) radiation – and everyone wishes to *'believe'* that is safe. The facts will disprove that, but will your emotions allow you to hear it?

You can visit the website ourbooks.ca to download this book for free. All references are linked on each page and in the Reference appendix (with over 100 reference videos, articles, and books) to help you review the facts. If this book has greatly helped you, please consider donating so that more copies can be printed and given to pregnant Mum's and youths. There is little to no profit with the making of this book. A printed copy can be purchased on Amazon.ca for those preferring a paper copy, or maybe I can print you one for less. Please share this on all your social media feeds, even if your friend's already shared it – it's that important and its significance must be raised.

I believe that children expect safe products and schools. Children and parents must receive fully informed consent for any treatments that is known to potentially cause bodily harm. This book is the closest thing to fully informed consent you will find on this subject that I am aware of.

If kids are already addicted to their devices, they may choose to ignore these warnings; and in today's world it could be dangerous to take someone's phone away, if they've already made it a part of their body and mind.

I will offer as much support as I can. As noted on [page 47](#), I will measure any pregnant Mum's nursing area and baby room. Start making small risk reductions; they can't hurt – many are listed in this book.

Blessings, Nick Wallace (P. Eng. Electrical), SARNIA Ontario Canada

The Human Body Is A Form Of Antenna

Synthetic pulsed wireless energy fields are human-made external forced frequencies. They are known to interfere with our body's natural adaption to life-force energy, that connects us to consciousness and governs our neurologic and biologic systems. It disharmonises our existence as a natural species of bio-diversity on Earth. It doesn't belong here.

Wireless fields damage cellular DNA (nature's blueprint of your genes) and manipulates our clarity (perception) of mind. There's no part of your body that isn't impacted because you are Nature's most advanced natural antenna (conscious being). Each of your 50 trillion cells have many antenna-like structures on their surface that change shape to receive desired inputs they need. (Dr. Bruce Lipton).

Wireless fields are feeding our cells frequencies and current they do not want. This triggers your immune system, which weakens it to the point of chronic illness epidemics that we are seeing in every area of the human body (and globe). Chronic illness rates rose exponentially in 1996, and continue to do so (1G – 5G).

“Electromagnetic Hypersensitivity (EHS) is a spectrum disorder in which there is an awareness and/or adverse response to electromagnetic fields. Environmental sensitivities are recognised as a disability under the Canadian Human Rights Commission (Federal).” [1](#) [2](#)

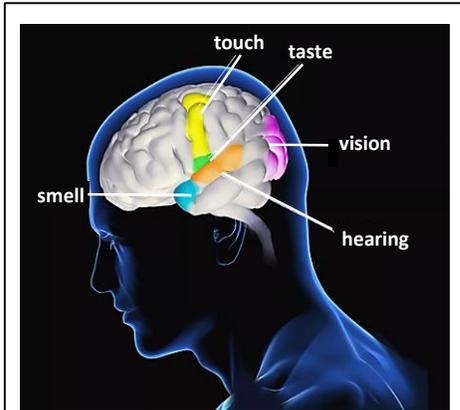
What no one has told you, is that we're all EMF sensitive . Science tells us everything is energy. All of nature (and the cosmos) is comprised of natural electromagnetic field energy (EMF's) and currents. Synthetic wireless EMF (cell towers, devices, etc.) interferes with the life force of soil, plants, food, insects, animals, weather and human – but it is not God or consciousness. This has been known for nearly 50 years by military, governments, corporations, and insurance companies.

Your body and organs are natural capacitors and inductors that store and transmit energy. Our body has seven energy centres (chakras / battery packs) that create our human aura; we are a natural electric being. Synthetic wireless and Dirty Electricity are not safe. Professor Dr. Martin Paul wrote the book *Dirty Electricity* about wired electrical systems and believed it to be the fountain head of all chronic disease. He can be seen here discussing wireless chronic diseases, cancer and children. Visit this brief, to the point, video link. [3](#) (9:08)
This book will unravel many more facts to build your knowledge base and power.

The Human Body Is A Form Of Antenna

Wireless (microwave) systems have been around for about 50 years and were rolled out experimentally (without informed consent) * in the mid-1990's. With an ever-increasing abundance of wireless pulsed Smart gadgets, wireless (microwave) radiation has become the highest class human carcinogen we are exposed to.

* Wireless safety standards are based only on thermal effects to our skin, and negates what they already knew about biological harms. Informed consent is supposed to provide you the full potential of risks and benefits of something that is known to impact our health outcomes. This book gives you this needed data.



Natural EMF transmits your outer senses to your brain, to communicate to your awareness of mind.



EEG – electro-encephalography records electrical activity of the brain (left). MEG – magneto-encephalography wirelessly measures electrical activity of the brain magnetically without touching it (right).

Sensitisation to Synthetic EMF Wireless Energy

How did I become sensitised to human-made EMF? I spent about ten years working in wireless environments with office routers, computer monitors and dirty fluorescent lights. I also spent time in high voltage electrical rooms without any problems. I was symptom free and unaware of any dangers. After relocating my office in 2016, within a few months, I was experiencing terrible headaches, which felt like a tight hat I couldn't take off. It took hours to feel relief, after I got home. I suffered irritability, fatigue, concentration and problem solving difficulties, ADD symptoms, and physical and mental stress .

After doing much research, I measured and replaced office equipment that produced high magnetic fields. An electrician found an unbalanced power cable under my desk (the cement floor) with readings five times higher than the Severe Concern limit set by the Building Biology Evaluation Guidelines ⁴. He balanced the panel loads, as best as could be, which reduced the magnetic fields and induced current flow in my body. I moved my desk away from the cable, but it was still too much. I was permanently sensitized to low-frequency 'wired' EMF. Shortly afterwards, I became sensitized to high-frequency 'wireless' EMF routers, cell phones, laptops and cordless phones. Both wired and wireless EMF give similar symptoms and are cumulative in nature.

Three years later, I was physically shocked by my cell phone in a parking lot. I flagged down a passing fire truck and asked them to call an ambulance. Paramedics found my heart rhythm abnormal and refused to let me drive home, without being checked in hospital first.

1970's and current research prove synthetic wireless EMF fields disturb the heart's electrical system (p. 13). Had I known that attention-deficit-disorder symptoms were the same as electro-hyper-sensitivity (EHS) symptoms, I would have measured my office sooner and removed myself before I got permanently sensitised.

I didn't know what ADD or EHS was, because I didn't have them before I was sensitised. It appears they are the same thing, but ADD doesn't blame the wireless industry. I became gradually sensitized with accumulating exposures until I became permanently sensitised. Doctors aren't trained in EMR; but if you decide to visit one, bring this reference to help them. ⁵ You can start recording your symptoms (or child's) to show the doc. See page 58 for a log book designed for a doctor and court.

Synthetic EMF Wireless Energy

Quoted below is from *The Book*, by Alan Watts from 1978. ⁶ Words in parenthesis [] are mine to help bring his words more up to date. While it was written before wireless became available to the public, it still represents another hidden invisible danger to human-made wireless technology that surrounds us, at all times.

“All information comes in by super high-definition realistic television [computers and Smart phones]. In one way this will enable the individual to extend himself anywhere without moving his body – even to distant regions of space. But this will breed a new kind of individual – an individual with an over-sized nervous system reaching out and out into infinity using man-made satellites and antennas. This electronic nervous system will be so interconnected [internet] that all individuals plugged in will tend to share the same thoughts, the same feelings, and the same experiences. For the tendency will be for all individuals to coalesce into a single bio-electronic body. [The human body is a vessel that holds the mind’s beliefs, feelings, and information – we’re not meant to be led by those controlling the wireless internet of things, are we? Creation gave us each our birthright to decide to follow what is within our self.]

Consider the astonishing means for snooping, the devices are already used in offices, factories, stores. Through miniaturization techniques, these devices become ever more invisible and ever more sensitive to faint electrical impulses [Now sensing your biometrics and thoughts with your phone].

The trend of all this is towards the end of individual privacy, to an extent where it is becoming impossible to conceal one's thoughts. At the end of the line, no one is left with a mind of his own: there is just a vast and complex community-mind, endowed, perhaps, with such fantastic powers of control and prediction that it will already know its own future for years and years to come. Being electronic, and man-made, the predictors will be the designers of the future they want. The more vividly you know the future, the more it makes sense to say you’ve already had it. When the outcome of a game is certain, we call it quits and begin another.” [Please watch these two short videos to reinforce this 1978 prediction. [I \(1:13\)](#), [8 \(0:21\)](#)]

Synthetic EMF Wireless Energy

External wireless frequencies impact natural essential life frequencies. Sadly, they've become an addiction, convenience, distraction, and a constant source of microwave radiation that has not been studied or proven safe by the manufacturers, government regulatory bodies, or agencies like the World Health Organization.

Time-varying magnetic fields, like household electric wiring and radio-frequency wireless emissions, induce electric fields and current into the body. This is basis **electromagnetism**. You can't have current flow without a magnetic field. Measuring magnetic fields is the only mechanism by which biological exposure can be evaluated. Yet in the Western corporatized world, we avoid measuring it and use captured regulatory agencies that only measure the absorbed heat energy into body tissue, at a specific distance from the body.

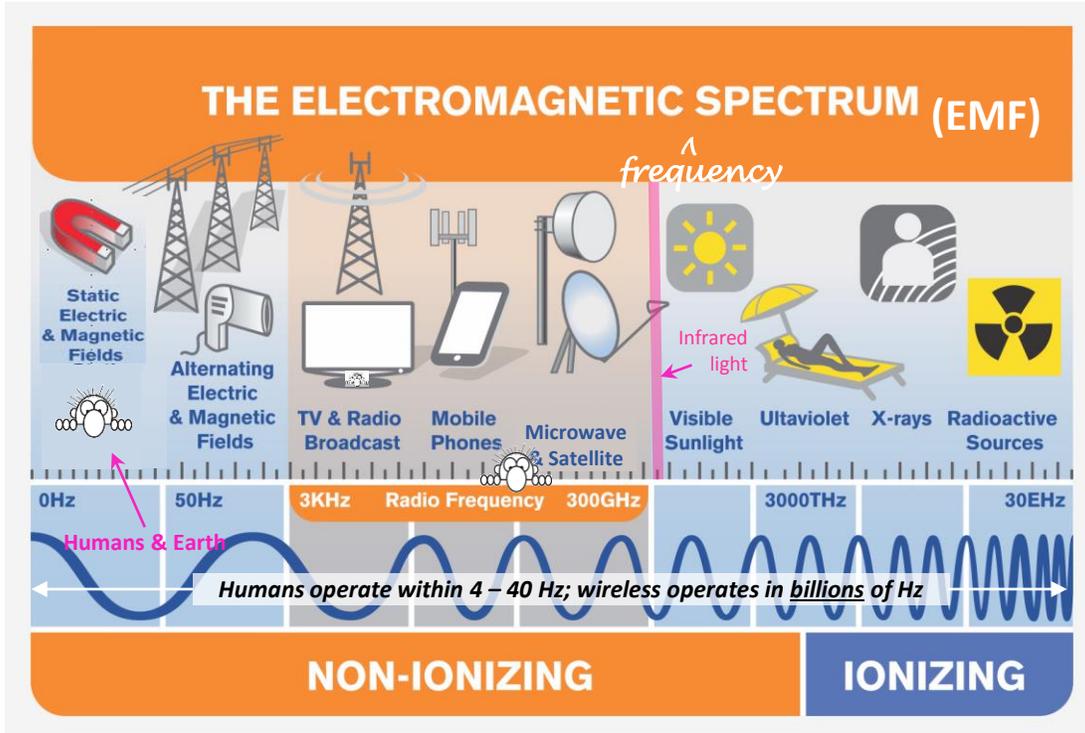
It's important to state this early, as I spend much of this book showing you why this heating measurement allows them to ignore all health concerns that other countries learned from studying the scientific facts on wireless magnetic field absorption. International agreements on safe wireless technology cannot be reached if the West refuses to study the biological effects on the human body.

They cannot say wireless doesn't cause cancer, ADD, multiple sclerosis, et cetera. They can only say that it does not cause over-heating of the skin. That is very different than claiming it is safe. They evaluate heating of the skin, the same way a microwave oven (1000 Watts) heats your supper. Your microwave oven and wireless devices use the same frequency (called microwave) and it's 2.5 GHz. Wireless devices are in the microwatt range (millionths of 1 watt), so it's no wonder our skin has never been over-heated. But studies have confirmed for decades, that wireless energy does cause biological harms well below the energy level needed to slightly heat your body's tissues. Your brain has no internal sensors (it only reads the body's sensors), so it wouldn't even feel warm. Thus, the thermal effect safety guideline is useless for you, but valuable for the industry by hiding the serious concerns that occur below thermal energy levels.

Your body adapts until it can't. Then it becomes permanently sensitised, like mine did. Pulsed radiation goes through your body (2.5 – 5) billion times per second (4G – 5G), and rising. This cuts you off, at least partially, from your immune, cardiovascular, and nervous system capacities. The more accumulation you receive in your body and brain, the less your body and mind can support your awareness, attention, focus and health.

Social 'norms' have increased radiation exponentially. Personal wireless devices were put into society in the mid-1990's. Wireless increases in abundance, frequency and power density, every single year, and children are exposed without any proof it's safe. ^{2 (05.43)} Children are also at an all-time high peak of chronic disease.

Synthetic EMF Wireless Energy



Non-ionizing radiation is said not to accumulate charge in your cells; but it does interfere with biological processes inducing currents and cellular inflammation – *the onset of all disease*. It is said that the sun's UV light, in excessive amounts, may cause cancer; but they don't say that microwave frequencies, lying just below the sun, causes cancer. Ionizing radiation accumulates charge in your cells and damages your health much more quickly.

Synthetic EMF Wireless Energy

Cell phones and other personal devices emit high frequency (HF) EMF radiation ([Wi-Fi](#) & [Bluetooth](#)) and low frequency (LF) EMF radiation ([magnetic](#) & [electric fields](#)) from power sources, cables and appliances.

Breast cancer is far more prevalent in today's society, same as many other cancers and chronic illnesses. Watch Dr. Devra Davis discuss her research on cell phone contributions to breast cancer. She used to run the Environmental Protection Agency (EPA) and is the Director of the Environmental Health Trust. [10](#)

Safe product levels have never been published by manufacturers, government, news media, power companies, or schools. It may not be that they are intentionally trying to hurt us. It's just that their style is to move so slowly that it takes about 50 – 100 years to take action, if it is discovered to be hurting us. Just like fluoride is now being removed from water in the USA, after 80 years of irresponsible use. Federal Judge Rules Fluoride in Water Poses 'Unreasonable Risk' to Children [11](#), [12a](#), [12b](#). Then Gov either jumps on board with heroic emergency measures, quietly admit to the harms without any responsibility, or goes silent.

No one can honestly say that human-made EMF radiation is safe, and we're nearing the 50 year mark of its introduction. Government Standards are often grossly ineffective, as was the case with tobacco, fluoride and more *. It's your responsibility to make your environment safe, for you and your family. If you're young, the following references ([13](#), [14](#), [15](#), [16](#), [17](#), [18](#), [18a](#)) may be necessary to reveal past failings of public safety protocols intended to 'protect you'. Stop relying on the news for safety. Start relying on the scientists that are being ignored for telling you that something is not safe. We're not supposed to notice government imposed safety regulations have a history of lacking the safety you and I expect for our children and selves.

We need to learn to play the game better. Let's not keep kicking the can down the road. It seems untruthful to not be shown the existing international scientific safety concerns and facts, and to be given claims of full safety based on measuring the heating effect of the skin, so we don't get cooked. Instead, we are slowly mutating our own cells, continuously.

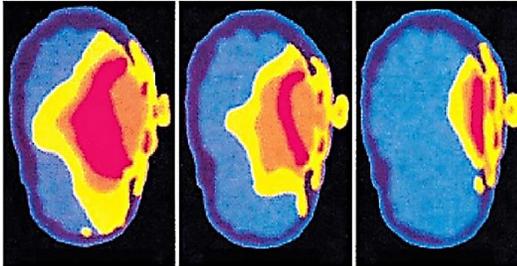
* ["It is not just a mistake for public health agencies to cooperate and collaborate with industries investigating and deciding whether public health is endangered – it is a direct abrogation \(nullification\) of the duties and responsibilities of those public health organizations."](#) *Scientist Clair Patterson to the U.S. Senate, 1966*

Synthetic EMF Wireless Energy



Microwave Cellphone Effects

Absorption in the Brain According to Age



5 Year Old

10 Year Old

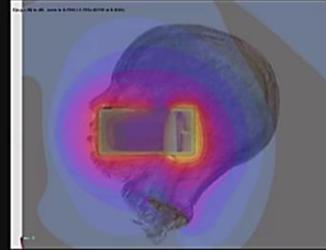
Adult

Image courtesy of Dr. Om Gandhi, University of Utah, 1996, IEE Publication

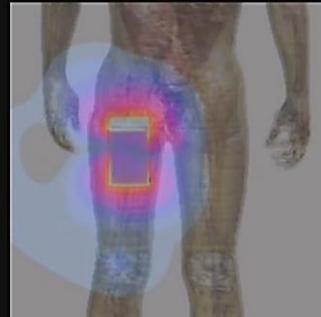
Dr. Gandhi worked with Motorola and the Department of Defence to discover these images. He was defunded when they saw his results. They don't want you to know that government safety limits are inadequate, even after seeing it for themselves.

Since then, Dr. Gandhi works with Dr. Devra Davis, who has helped him update his models. See images to the right and please watch video. [19\)](#)

Modeled microwave radiation dose of six-year old showing greater levels to frontal and temporal lobes, eyes and cheek, extending into brainstem



Mobile Phone in Pocket Exposes Reproductive Organs and Bone Marrow



Manufacturers Warnings

The Fine Print – Manufacturer Radio Frequency (RF) Radiation Warnings ²⁰

Manufacturers of wireless devices have warnings which describe the minimum distance devices must be kept away from users in order to not exceed as-tested radiofrequency radiation limits for exposure to wireless radiation. For example, the FCC sets exposure limits for laptops so they are tested 20 cm away from the body. Does it sit on your lap? If so, the law of inverse squared exponentially raises the radiation levels.

Why are these Fine Print Warnings important?

If distances are not maintained, people can be exposed to radiation at levels that exceed the current FCC standard, potentially exposing them to exposures that could have thermal effects. The **SAR** * for laptops, printers, routers and tablets should be less than 1.6 W/kg for any 1 gram of tissue, as measured 20 cm (~8 inches) from the device.

[Because of the **inverse square law** (physics), if devices are used closer than 8 inches to the body, radiation exposures grow exponentially. At at 5 inches, it could increase 16-times higher, and at less than one inch, it could increase 100 times higher heat (and radiation) energy on your reproductive system. [The same goes for phones in pockets or in bras.] Words in [brackets] are mine.

Will following these separation distances ensure my safety?

No, they won't. A "safe" level of radiation has never been documented by adequate research. Those following government limits are unaware of the fact that we can exceed their limits with closer contact with our devices.

* **SAR** means Specific Absorption Rate. It is supposed to be a measure of the RF (radiofrequency) energy absorption of the body, at an assumed distance from the source, being measured. It is used to limit the heating of the skin. [But because children's body's are 10x more absorptive, SAR is a useless population measure.]

Please Watch - What Brain and Sperm Share and Why Care *Dr. Devra Davis* | TEDx JacksonHole
https://www.youtube.com/watch?v=Pm5Oc5s4_8M

Manufacturers Warnings



Wireless signals photographed by Luis Hernan.



Health Canada advises us to “limit the length of cell phone calls; replace phone calls with text messages or use “hands free”; and encourages children under the age of 18 to limit their cell phone use.” Health Canada also encourages parents to “reduce their children’s RF (radio-frequency) exposure from cell phones since children are typically more sensitive to a variety of environmental agents. There is currently a lack of scientific information regarding the potential health impacts of cell phones on children.” ²¹

The ICNRP standard Health Canada relies upon, only protects against heating effects occurring in less than 6 minutes. Health Canada’s statement, “*There is currently a lack of scientific information...*” is based on not finding any overheating skin injuries in the entire population. This shall become very clear in the coming pages on ICNIRP (International Commission on Non-Ionizing Radiation Protection).

Health Canada released their warning under a Product Recall and was not announced on national news, so you probably didn’t see it. Wireless toys, tablets, TV’s, routers, school Smart boards, Smart watches, cordless phones, et cetra, have used the same frequency as cell phones. Health Canada acknowledges children are more environmentally sensitive to RF radiation (microwave) exposure. But they do not tell you their warning thus applies to all the wireless devices. A wireless house, school, workplace, and wearables have accumulating effects. Remember, children assume their parents and teachers are keeping them safe.

The Human Rights Commission recognises environmental sensitives as a disability, and Health Canada recognises RF exposure as an environmental agent. Thus, schools play an important role to accommodate parents and children’s needs – just like they do for peanut allergies

Health Canada’s advice reveals your wireless exposures are not safe and do not meet adequate safety standards. You can’t wait for governments to protect you, or your children, when they’re creating the very social systems that require wireless exposure (digital cash, ID, services) before considering all known harms.

As the saying goes, “Knowledge Is Power”. But more accurately, “A Lack of Knowledge Removes Your Power”. This book shall provide a very detailed analysis of the well known risks of RF (microwave) exposures. As you read on, you will see this was known well before putting these devices in front of our children, on or around 2005.

A **Department of Defence Intelligence** document, prepared by the U.S. Army Medical Intelligence and Information Agency Office of the Surgeon General, and approved by the Office of the Directorate for Scientific and Technical Intelligence of the Defence Intelligence Agency, published the document *Biological Effects of Electromagnetic Radiation (March 1976)*. ²²⁾

The report noted potential military implications, since electromagnetic radiation could theoretically be used to influence biological systems. A separate document called The **Moscow Signal** story, reported serious illnesses among US Ambassadors. Between 1953 and 1976, the U.S. embassy in Moscow was irradiated with microwave signals in the 2.5 – 5 GHz range ([Wikipedia](#)). Inside the embassy was claimed to be $5 \mu\text{W}/\text{cm}^2$ (well below heating effects that may occur below $1000 \mu\text{W}/\text{cm}^2$). U.S. Ambassadors, namely Charles Bohlen (1953 – 1957) experienced blood disorders and died of cancer, Llywellyn Thompson (1957 – 1962, 1967 – 1969) died of cancer, and Walter Stoessel (1974 – 1976) had symptoms of eye problems, bleeding, headaches, and leukemia.

The DIA report reviews and discusses the known biological effects of electromagnetic radiation (EMR) in the radio and microwave ranges studied in Russia in the 1950's and 1960's, also found in your workplace, home, schools and pocket, since at least 2005. The communications industry appears to be overseeing itself by avoiding studying suspected biological harms. A 2021 US judge ordered the study of biological effects and did not allow the FCC to continue relying on 1996 safety standards. ^{18a)} But they are still ignoring it ^{18b)}.

Police protect policies – *they're almost spelled similar!* If the FCC had the safety studies, and the results proved wireless was safe, they would show you as quick as they could. But they know the wheels of justice move slowly, and the news won't bother you. So 5G was rolled-out, and cell towers keep coming... not because they are safe; but because it's a trillion dollar industry.

[What would your young child think of this mess?](#) School boards can review published science literature. They are actually required to do so, by their own guidelines; this book can help them.

I'll now summarise a few sections of the Defence Intelligence Agency report on the next few pages, and I ask that you download it and read it for yourself – then share it with someone. ²²⁾

Department of Defence Warnings

Category	Reported Effects (copy / pasted)	My Clarifying Notes
Blood Human study of several thousand workers, and animal studies	<ol style="list-style-type: none"> 1.General decrease in hemoglobin content 2.Generally reduced coagulation times 3.Decrease leucocyte count 	<ol style="list-style-type: none"> 1.Hemoglobin carries oxygen to the body's organs and tissues when you breathe in, and carries waste gas (CO2) back to the lungs when you breathe out. Good health is dependent on high oxygen levels. Cancer thrives when oxygen levels fall too low. 2.Time it takes your blood to clot. 3.White blood cells that fight infection and disease
Cardiovascular Human study of workers, over many years, compared to control group unexposed	<ol style="list-style-type: none"> 1.Effects on hemodynamics include blood pressure variations and cardiac arrhythmias 2.Slowdown of intraventricular and intra-atrial conduction; diffuse cardiac muscular changes 3.Ventricular extrasystole 4.Coronary disease 5.Hypertension 6.Disturbances of lipid metabolism 	<ol style="list-style-type: none"> 1.Irregular heartbeats. 2.Arrhythmias; heart muscle becomes thickened, making it harder for the heart to work 3.Type of cardiac arrhythmia that occurs whenever a contraction stimulus is sent ahead of time from the sinoatrial node in the heart, which is the normal heartbeat initiator, giving a rather unpleasant sensation of a "skipped heartbeat" or palpitations in the chest 4.Plaque building up in the arteries of the heart 5.Long term medical condition with elevated arterial blood pressure 6.Risk factor for atherosclerosis and thus can lead to symptomatic coronary artery disease and peripheral arterial disease
<p>The DIA Report noted, "Hereditary predisposition to heart disease was approximately the same in both groups, but overt disorders developed much more frequently in the previously exposed group. It was concluded that microwaves may act as a nonspecific factor which, under certain conditions, interferes with adaptation to unfavorable influences." And noted, "Personnel exposed to microwave radiation below thermal levels experience more neurological, cardiovascular, and hemodynamic disturbances than do their unexposed counterparts. Some of the cardiac and circulatory effects attributed to exposure include bradycardia, hypertension, and changes in EKG indices (sinus arrhythmia, extrasystole changes in intraventricular intra-atrial conduction, diminished amplitude of EKG deflections, etc.)."</p>		

Department of Defence Warnings

Category	Reported Effects (copy / pasted)	My Clarifying Notes
Central Nervous System	Most common subjective complaints were: Headache, fatigue, perspiring, dizziness, menstrual disorders, irritability, agitation, tension, drowsiness, sleeplessness, depression, anxiety, forgetfulness, and lack of concentration	These are common performance issues of children in schools, and adults feeling they are aging too quickly. These behavioural changes are due to prolonged exposure. As I already mentioned, we are immersed in 2.4 – 5 GHz radiation 24 / 7, unless we are trying to help ourselves and stop putting up with the preventable illnesses.
The DIA Report noted, “Subjects exposed to microwave radiation exhibited a variety of neurasthenic disorders against a background of angiodystonia (abnormal changes in tonicity of the blood vessels)”. “Studies with rats indicated apparent decrease in cholinesterase activity in the central nervous system. Histological examination of the cerebral cortex cells from rats exposed to UHF at 5 to 15 μW/cm ² revealed the onset of sclerosis and the formation of vacuoles in some of the cells.”		
Digestive System	Common observations were: Dyspeptic disorders, Edema (swelling) of the gums, Bleeding gums, Alteration of the gastric acidity, and a reduction of the tonus and evacuator functions of the stomach.	<p>* The frequencies used in these studies are the same frequencies our cell phones operate on.</p> <p>What is the wavelength of 2.4 GHz & 5.0 GHz?</p> <p>Equation: $f = c/\lambda$</p> <p style="padding-left: 40px;">f = frequency c = speed of light λ = wavelength</p> <p>λ = 300,000,000 m/s / Hz = 2,400,000,000 m = 1.25 dm λ = 300,000,000 m/s / Hz = 5,000,000,000 m = 6 cm</p> <p>In time, as seen by this DoD report, the body responds with biological disorders. Some sound like ADD, don't they? Adults were experimented on here, but what about kids in school? Remember they are 10x more sensitive. They are thinner boned, more aqueous, less developed, and have less protection. Moisture food in a microwave oven heats up quicker; kids aren't over-heating in class, but many of them do share these reported and acknowledged symptoms.</p>
The DIA Report noted, “A number of alterations in the function of the gastrointestinal system were observed. Reportedly, exposures of subjects working for long periods of time in the presence of low intensity centimeter (cm) and decimeter (dm) resulted in numerous disorders (as noted above). See Notes above to understand (cm) and (dm) waves.		

Department of Defence Warnings

Category	Reported Effects (copy / pasted)	My Clarifying Notes
Glands	<p>The DIA Report noted, "A quantitative assay of the gonadotropic hormones and growth hormones in the pituitary body of rats exposed to microwave radiation indicated that for a certain time after exposure. Blocking or inactivation of gonadotropin-releasing agents occurs in the hypothalamus. Both neural-hormonal and pituitary gonadotropic hypo-functional effects resulted from whole-body microwave irradiation."</p> 	
Reproductive System	Reduced fertility, fetal growth changes	<p>Studies show animal and human impacts. If you are submersed in wireless radiation and or dirty electricity, your immune system is trying to repair damage to mutating cells. Your immune system has limited capacity. The womb is spherical, like our head, and like the tip of old radio / car antennas. It is geometrically shaped to focus energy within it.</p> <p>There are many scientists-for-hire that will report anything you want them to find. Do your own research and find the scientists who care about this topic.</p>

This document was published 50 years ago. People weren't provided informed consent when wireless phones and routers came out. Now you must learn how to reduce DNA mutations (cancer) that on average take ten years. Being slow and creeping up on you, it's difficult to blame any 'thing' on the cause. Must be old age, genetic,, or it must be that unnatural non-stop known environmental toxin that is absolutely everywhere. Is it really 'unrelated' ADHD, ADD, headaches, cancer, or more? Your doctor won't know; you could make a log book to record symptoms and reduce your radiation exposures to see if you feel better. Any risk reduction helps.

Partial Listing of Sources Emitting Radiation

Infants are much smaller; skulls are thinner; myelination of their neurons is incomplete; their bodies and cells are developing rapidly and their immune system is not very robust; they're more aqueous, all of which makes them more conductive and absorptive of EMR (radiation). If consistently and cumulatively amassing (and cells can't repair themselves, they reproduce damaged and are mutated). Items are listed in order of being found in, left in (forgotten), and even just 'less obvious' in a: baby's room, child's room, home, school, office.

Wireless: baby monitors (Wi-Fi& Bluetooth), Smart cribs, Smart Changing mats / Sleeping mats / Breathing Trackers, Smart nightlights, Smart "soothing" devices, toys, alarm clocks Smart hydro meter, BLE (Bluetooth Low Energy) thermometers or pacifiers, air quality monitors / CO2 sensors, cell phones, Smart phones, Smart watches, cordless phones, cameras, tablets, speakers & players, musical instruments, microphones, all things Smart, Alexa, hearing aids, blood glucose monitors, earphones (Air Pods *), computers, routers & extenders, keyboard, mouse, video games & controllers, gas powered cars, trains, planes, ships and buses, industry, apartments, houses, cell towers, electric vehicles, thermostats, some toothbrushes, invisible dog fence, microwave oven, television, lighting, doorbells, video cameras, alarm system, new home appliances, neighbours houses, microchips, government offices, schools, Smart-boards, street lights, birdhouses, city intersections, camp grounds, almost every category and product from maternity wards to funeral homes...

Magnetic fields: Hydro meter (Smart or analogue), power lines, transformers, power meters, power panels, cables, computer screens, laptops, cell phones, chargers, TV's, motors (fridge, freezer, treadmill, washing machine, dryer, power tools), electric blankets, appliances, electric vehicles, converters, inverters, transformers, all of the above wireless devices when in use, house plumbing if used as electrical ground. Anywhere there is a current flow...

Electric fields: Hydro meter (Smart or analogue), power panels, power receptacles, house wiring, desk lamps, night lamp, stove, TV, laptop, touch screen, electric blanket, electric vehicles, chargers, appliance, converter, inverter, transformer, and house plumbing... and all of the above electrical devices when plugged in.

* <https://live.childrenshealthdefense.org/chd-tv/shows/good-morning-chd/why-you-should-stop-wearing-airpods/>

In 2011, the WHO (World Health Organisation) classified radiofrequency electromagnetic fields as a possible human carcinogen (Group 2B). ^{23, 24} The WHO operate at the same 50 year speed as governments and the private interests groups funding them (Bill Gates). Unless of course it is deemed profitable! Then they move at the speed of incentives, as we have seen recently.

In 2017, the NTP (National Toxicology Program) discovered that radio-frequency electromagnetic fields are a definite carcinogen (Group 1). ²⁵ Previously in 2011, they ran their first study in parallel with the WHO and came to the same conclusion (Group 2B). But the NTP had the common sense to repeat the study when personal wireless gadgets exploded on the marketplace. To this day, the WHO has not confirmed the NTP results – *nor will they, to avoid discovering the inevitable outcome.*

In 2018, The Ramazzini Institute (RI) in Italy confirmed RF radiation is a (Group 1) carcinogen. And in 2018, the International Commission on Non-Ionizing Radiation Protection (**ICNIRP**) has validated both the latest NTP and the Ramazzini Institute studies, confirming the (Group 1) carcinogen classifications. ^{25 - 36}

Looking at reference ²⁵, ICNIRP states, "There are notable strengths to each of the NTP (2018a and b) and Falcioni et al. (2018) studies. For example, both followed good laboratory practice (GLP), both used much larger numbers of animals than previous research, and both exposed animals over the whole of their lives. This makes it particularly important to consider them in detail given that the conclusions reached in these studies challenge the current scientific consensus in that they each claim to have shown that RF EMF exposure is carcinogenic".

car-cin-o-gen: *a substance or agent causing cancer*

Group 2B includes: Low-frequency magnetic fields (power lines, household wiring, appliances, transformers, substations); radio-frequency electromagnetic fields (as per the WHO), DDT (bug spray); Lead; Diesel engine exhaust; ,,,,,, *the list goes on and on...*

Group 1 includes: radio-frequency electromagnetic fields (as per the NTP, RI, ICNIRP), gasoline, gasoline exhaust, coal gasification, Ionizing radiation, tobacco smoking, X- and Gamma-Radiation, ,,,,,, *the list goes on...* Ref: <https://monographs.iarc.who.int/list-of-classifications>

Who is ICNIRP?

So, who is ICNIRP? An 'advisory body' not responsible for any consequences arising from the use of its wireless recommendations. That's a good deal for them and the industry they've standardised safety on, but not our children or pregnant women. Every Canadian government body and school board rely on ICNIRP's international guidelines. But do they know everything in those guidelines? Let's look a bit deeper to help the school board out, in case they felt they didn't need to read it.

ICNIRP provides advisory guidelines on safe EMF radiation levels and states in their publications that they only consider "thermal absorption for less than 6 minute exposures". ICNIRP states that "children, those sick, and elderly are more vulnerable, and that those sensitive may need a lower safety level than the rest of the population". *Hmmm*. ICNIRP states that "Decision-makers should read current scientific literature and set appropriate safety levels that will err on the safety of those being irradiated". *Hmmm*. Can you see that the school board actually plays a crucial role in ensuring the safety of our children? A Freedom of Information request has been made to see if they've known that over the past 20 years. I'll keep you posted (ourbooks.ca).

The point to underline is that scientific research for children should have been read BEFORE making the decision to radiate children. Decision-makers were also required to read current scientific literature, periodically (since 2005 roll-out), and err on the side of caution, by setting appropriate reduction standards.

I am sure many parents would like to see the school board do its job reviewing relevant safety data to validate its wireless policy. In the pages to come, you'll see global research findings and local classroom measurements to assess how safe your child's classroom really is, and what impacts children may suffer.

ICNIRP cleared itself of legal liability and governments don't blame themselves. Decision-makers applying ICNIRP exposure safety limits, while excluding research upon children, seems to have created liability and negligence. The "**polluter pays**" principle is enshrined in international law. The principle holds that those responsible for pollution bear the costs associated with managing it to prevent damage to human health.

School board wireless safety limits were based on ICNIRP's thermal absorption (less than 6 minutes) on non-sensitive adults. Will decision-makers pause classroom radiation, while they review the science now? Health Canada's Safety Code 6 relies on ICNIRP. Director and Trustees are elected and accountable, and may need some help finding incentive to put their fiduciary and ethical duty of children over any political / technology / economical incentives that made them bypass safety reviews. Visit our online petition [36k](#).

Symptoms of Wireless Radiation

Low-power Wi-Fi biological hazards occur well below thermal levels. I will provide you a few high-incentive quotes to justify contacting your school board to review known harms, which was a requirement before installing wireless non-ionizing radiation devices in classrooms.

Professor John R Goldsmith, International / Advisor Consultant for R.F. Communication, Epidemiology and Communications Sciences, Advisor to the World Health Organisation, Military and University Advisor, Researcher; wrote concerning the low level exposure of microwave irradiation (below thermal level) incident upon women:

"Of the microwave-exposed women, 47.7% had miscarriages prior to the 7th week of pregnancy...." 36a, 36c)

The level of radiation schoolgirls and pregnant educators will receive in a classroom of Wi-Fi transmitters (Smart board, tablets, laptops, cell phones) is more than sufficient to be concerned of follicle and embryo damage.

An important distinction must be made: Schoolgirls are not women. They are children, and children are neurologically and physiologically different from adults. A child's brain tissue and bone marrow has different electrical conductivity properties than adults due to the higher water content ^{36b)} Children have a 10x higher sensitivity, making wireless microwave radiation much more easily absorbed and dangerous to their biology.

Successive generations are then subjected to a further 47.7% harm. Not only was all of this known and documented long before Wi-Fi was ever put in front of children, but the dangerous biological effects remain concealed from the general public. Hence, this book and our petition help the school board fulfill their crucial role to protect the children and teachers.

Professor Goldsmith writes:

".....effects from exposure to RF radiation in certain populations: reproductive effects.....increased spontaneous abortion.....increased incidence of childhood and other cancers...." 36a)

Symptoms of Wireless Radiation

The Mobile Telecommunications Industry carried out a very thorough and exhaustive scientific study on its own product. This industries conclusion was:

Sec. 7 ".....it can be concluded that electro-magnetic fields with frequencies in the mobile telecommunications range do play a role in the development of cancer." ".....Direct damage on the DNA as well as influences on the DNA synthesis and DNA repair mechanisms....." [36d](#)

There are thousands of research studies proving the harms to pregnant women, fetuses, children, adults, animals insects and plants. [36e](#) Do you remember references [\(11-18a, 18b\)](#) that I asked you to review? If you scan that list, which all claimed to be safe, you will stop believing that anyone is looking for biological harms before approving major economic planning interests. They set regulatory safety limits artificially high, to avoid looking into any harms, and obscure the issue for fifty years. Please, help us pull the curtain back.

There were many more failures of government safety protocols with asbestos; lead in gasoline; Agent Orange sprayed over food crops in Vietnam; and Bovar anti-flatulence drugs for cows today (seriously). Many birth defects were made from Government / Military decisions with industrial advisors. [Is ICNIRP any different?](#)

Our economic currency is not tied to healthy children. All social systems revolve around financial incentives. We must listen to the scientists trying to warn us of the dangers to pregnant woman, babies and children. Barry Trower provided the above reference quotations in his short book he made for a 12 year old schoolgirl, "Thalidomide in The Making". [36f, 36i](#) Barry Trower is a retired British military intelligence officer with a background in physics and a specialization is microwave weapons. He has extensive experience in the field of EMR and its effects on human health, having worked for the Royal Navy and Ministry of Defence.

Dr. Neil Cherry (Associate Professor of Environmental Health – Lincoln University New Zealand) critiques ICNIRP's safety exposure levels and quotes John R. Goldsmith's work. Dr. Neil Cherry quotations are on the following pages and referenced here [36g](#).

Symptoms of Wireless Radiation

Dr. Neil Cherry's 2002 report is a devastating indictment of the International Commission on Non-Ionizing Radiation Protection (ICNIRP) guidelines for radiofrequency (RF) and microwave radiation. Cherry argued that ICNIRP's framework is built on outdated assumptions designed more to protect telecom and military interests than public health.

School boards keep increasing wireless devices and technology, and aren't concerned about potential dangers to children. Sign the [petition](#) if you believe they should educate themselves and prioritise the health and well being of students. ICNIRP recommends they study their most vulnerable groups (children and pregnant women). [This must be requested by many](#) so their policies consider children and mother's-to-be.

Cherry's fundamental claim: ICNIRP's thresholds are not health-based, because they only protect against short-term heating (thermal) effects while ignoring decades of evidence of harm at much lower, non-thermal levels.

"The ICNIRP Guideline exposure level is set many orders of magnitude too high... It is based on the preconceived and long held view of Western Government Authorities that the only possible and only established biological effect of RF/MW exposure is tissue heating."

Cherry demonstrated that the human organism is not a lump of inert tissue but an electrochemical system exquisitely sensitive to electromagnetic fields. By defining harm solely in terms of tissue heating, ICNIRP effectively ruled out recognition of subtle – but biologically potent – interaction mechanisms, such as:

"Overwhelming evidence shows electromagnetic radiation interferes with cell membranes, calcium ion channels, gene expression and melatonin production, long before any measurable heating occurs."

This *"thermal dogma"*, Cherry argued, was adopted not because the science supported it, but because it provided an administratively simple way for regulators to protect industry. Industry and government is always protected. This leaves school board 'decision-makers' on the hook to review the scientific literature and determining appropriate reduction factors., as per [36j](#). This paper is very strong proving the historical proof that a thermal limit is set well above biological and neurological influences and harms.

Symptoms of Wireless Radiation

Cherry systematically examined ICNIRP's references and found systematic bias: studies reporting harm were omitted or downplayed, while those finding no effect were elevated regardless of quality. His work showed that ICNIRP repeatedly dismissed or ignored peer-reviewed studies that demonstrated biological effects below their so-called safe limits. He claims science not only allows him to criticize the WHO and ICNIRP, but supports and demands a comprehensive review of the published data they are choosing to ignore.

Cherry highlighted numerous replicated findings – genetic damage, immune suppression, cardiovascular effects, altered neurotransmitters – that directly contradict ICNIRP's safety claims.

Cherry drew from the epidemiological work of Dr. John Goldsmith, a world-renowned public health scientist with extensive research on RF exposure in both military and civilian environments. Goldsmith's research provided concrete human evidence of harm at exposure levels millions of times below ICNIRP's "safe" limits.

"There are strong political and economic reasons for wanting there to be no health effect of RF/MW exposure, just as there are strong public health reasons for more accurately portraying the risks. Those of us who intend to speak for public health must be ready for opposition that is nominally but not truly scientific. At present there seems to be little interest in or understanding of epidemiologic information among regulatory bodies that should provide protection. While we conduct epidemiologic studies as well as we possibly can, we who are concerned with health protection and careful identification of risks must also keep pressure on the regulatory agencies to include epidemiologic thinking in their work." (1995)

Goldsmith's analysis of populations around radar and communication facilities showed higher rates of leukemia, cancer, neurological disorders, and pregnancy complications – all consistent with the non-thermal mechanisms observed in laboratory studies.

"Every set of epidemiological data that has sufficient statistical power reveals significant increases in disease and mortality at exposures orders of magnitude below ICNIRP limits."

Cherry reinforced Goldsmith's conclusion: these results cannot be dismissed as coincidence when consistent across occupations, locations, and exposure types.

Symptoms of Wireless Radiation

By cross-referencing decades of biophysical research, Cherry showed multiple confirmed pathways for harm well below heating levels:

- DNA strand breaks and chromosomal aberrations
- Altered calcium ion balance, linked to cell communication and neurotransmission
- Reduced melatonin, weakening immune response and promoting cancer risk
- Oxidative stress and reactive oxygen species generation
- Disrupted blood-brain barrier integrity

"When effects on melatonin, calcium ions, and DNA integrity are independently observed and replicated, and yet are excluded from safety assessments, one must conclude that the guideline authors have deliberately chosen ignorance over scientific integrity."

Cherry accused ICNIRP of "institutionalizing ignorance." The same experts advising ICNIRP were often simultaneously consulting for telecommunications, defense, or WHO-affiliated agencies – a clear case of regulatory capture.

"ICNIRP's appeal to scientific consensus is meaningless. Science advances through evidence, not through authority or committee votes. Their position paper is advocacy, not independent science."

He argued that, by ignoring biological data, ICNIRP's guidelines essentially guarantee that no health effects can ever be recognized – a self-reinforcing logic that perpetuates unsafe exposures.

Referencing high exposure safety limits that exclude children will not protect school board officials. They must be informed they've not fulfilled the requirements of determining required ICNIRP reduction factors for children and those sensitive. They're relying on incomplete information and assumptions to make safety assertions. Parents, teachers, and concerned citizens, please sign the petition [36k](#) to give schools the power to review serious potential harms in the classroom from wireless devices.

Symptoms of Wireless Radiation

Both Cherry and Goldsmith viewed ICNIRP's framework as a profound ethical violation. By dismissing the biological evidence, they warned, billions of people were being involuntarily exposed to energy known to affect living systems.

"By embracing heat-only criteria, ICNIRP ensures that no amount of biological evidence can ever trigger a revision. It is a self-sealing system designed to deny reality, not protect people."

Cherry urged adoption of biologically based standards, emphasizing the precautionary principle. When credible evidence of harm exists, regulators must act conservatively, not permissively. He recommended exposure limits at least 100 to 1,000 times lower than ICNIRP's, combined with independent research and transparent public health monitoring.

Dr. Neil Cherry's critique, supported by Dr. John Goldsmith's epidemiological warnings, remains one of the clearest statements of what's wrong with global RF health policy:

- The ICNIRP paradigm is scientifically defective, conflating the absence of heat with the absence of harm.
- Non-thermal biological mechanisms are real and well documented.
- Epidemiological evidence already indicates excess disease risk at everyday exposures.
- Regulatory and academic systems are compromised by industrial interests.

The real question is not whether there is evidence of harm, but why so many powerful organizations are determined to pretend there isn't. We must take a precautionary principle with our children and pregnant mothers. We must.

Symptoms of Wireless Radiation

Take the lead of your own health and do what's right for your children, and you. They want to be healthy and want you healthy, too. School board officials and Trustees cannot rely on ICNIRP advisory body guidelines that state they do not consider the vulnerabilities of children. They consider heating effects of the skin in under 6 minutes. The school boards ought to know that in 2021, a U.S. judge ruled against the FCC (Federal Communications Commission) for using an outdated 1996 safety standard (thermal effects) to roll-out 5G.

I've measured an elementary school common areas with a principal in 2016. I also noted his office had no wireless signals. He admitted that he didn't allow it in his office, as he was concerned with cancer causing radiation effects. He said the school board relies on Health Canada's claim that wireless radiation in classrooms is safe. This led me to find that Health Canada uses the ICNIRP non-ionizing radiation standard. Health Canada will likely pass down the blame to the local school boards who created the school wireless policy and has the means to evaluate it's own school pupil population. I hope your concerns are now as clear as mine, and you can see why we need to raise social awareness at the school boards. They may not know they are negligent.

A paper published by **Dundee University (U.K.)** confirms that low-level microwave radiation, unable to cause any thermal effect, can affect 'cellular signalling processes' (ie. cellular communication via biochemical processes to communicate – it starts as an embryo that is trying to form its fetus and baby). The paper raises specific concerns regarding **children's** exposure to RF (microwave) radiation. It makes clear that wireless microwaves can activate signalling pathways at lower exposure levels. It stated that children may be more susceptible to potential effects. The activation of signalling can influence cell growth, differentiation and **survival**, and could have implications for neurological and physical development. *36f, 36h)*

This suggests a cautious approach to exposing children to wireless classroom radiation is very important. I, again, stress the crucial role the school boards play ensuring the safety of our children. Ignoring these researchers published facts, shows a dauntless **wilful political intent** and goes against the Education Act that education workers are mandated to follow (page 29).

Symptoms of Wireless Radiation

Studies have proven that children's biological processes described as being 'influenced' by low-level microwave (wireless) radiation, does not just damage fetal growth, because the same biological processes are used throughout the entire body; and all organs, systems and ages are at risk:

Blood Brain Barrier – requires 18 months to form and protects the brain from toxins

Myelin Sheath – requires 22 years to build its 122 layers. It is responsible for all thinking, organ and muscle processes

Brain – requires 20 years to develop. Wireless does not help in the development of an embryo or child's brain. Fields as low as 0.000000001 $\mu\text{W}/\text{cm}^2$ alter EEG in human subjects. (*Bise 1978*).

Immune System – requires 18 years to develop. The immune systems white blood cells are affected by low-level RF (microwave) radiation. (*Chiang 1989*)

Bones – require 28 years to develop. High moisture in children makes bones 'soft' and bone marrow produces blood cells.

Clearly all 'decision-makers' to use wireless in classrooms are overlooking a child illness pandemic; they are also over-looking the standard of education that has gone downhill over the past 20 years. Wireless and academic achievement goals have created an explosion of tutoring services. From a learning perspective, wireless should be removed; from a health perspective it should be banned.

Education need not suffer if Wi-Fi is withdrawn – in fact, it will improve greatly. The child's health is far more important than the cost of cables that were in use before wireless was installed. This must be corrected; we have telephone and fibre-optic cables.

Symptoms of Wireless Radiation



Review References: 25 – 56

Irritability, depression, anxiety	Disrupts intercellular communication
Concentration & memory difficulties	Opens the blood brain barrier in 2 minutes
Repeated mistakes, learning difficulties	Alzheimer's symptoms, dementia, brain fog
ADD, ADHD, Hyperactivity	Anxiety, depression, disorientation
Headaches, eye pressure, dizziness	Fatigue, weakness, tingling, sweating
Visual disruption, light sensitivity	Shortness of breath, asthma, rashes
Sleep disturbances, insomnia	Ringling in ears, hearing loss
Irregular heartbeat	Nosebleeds & impaired sense of smell
Diabetes, Multiple Sclerosis, Cancer	Decreased white blood cells, and more...
<p>The above partial listing of symptoms lead to an increased probability of more serious long-term effects that include infertility, cancer and DNA damage. Wireless penetrates children 10x more than adults due to their thinner skulls, softer bones, more aqueous body, and developing organs. 31) Children have a longer lifetime exposures. We can help them by recording and expressing their known symptoms to doctors and schools and reducing their risks.</p> <p>FCC Loses Landmark Court Case Showing 5G and Wireless Radiation Standards Fail to Adequately Protect the Public, Children from EMF Radiation – Aug 2021 18a)</p>	

Radiation is a Mutagen

Many people suppress their awareness of their symptoms, such as tingling in fingers, a muzzy head, irritability, anxiety, depression, fatigue and technology addiction. Constant use of cell phones make our mind too busy, overworked, and marry our phones to our mind. This has lead us into our current mental health pandemic. ⁴⁹
⁵⁰ Would you be better off with a bit more peace of mind?

Screen addictions not only radiate us, but seem to isolate us. People gaze into their phones at every spare moment – coffee breaks, traffic lights, crosswalks, queues, park benches, bus stops, et cetra. We don't see much more than what's on a tiny screen of pixels to feed our sense of self. It's like being in a movie and believing it's reality. One can hardly leave their phone at home, even for a short walk, without feeling a piece of them is missing. They've consumed their awareness with the phone's contents, rather than their own being. We can start leaving it at home; checking it only a few times a day.

Kids learn that phones are more important than them, if parent's are glued to one. Google feeds kids minds without providing experience. If it remains this way, phones will control their minds and desires with whatever is put before their eyes. The phone then becomes our screen of awareness. Yet we forget that Nature has put a screen of awareness within us. That is the (I, me) part of us that follows us from birth to death. We no longer seem to see the creative intelligence in the plants, animals or ourselves, because we don't allow ourselves to get bored. We forget we have to evolve into a human being by developing our natural awareness and learning about our self (Know Thyself).

Instead, we focus on 'human-made' technology evolutions that provide us **radiation** and isolation.

Radiation is a **mutagen**, which is an agent that permanently changes the **genetic material** (DNA) of an organism, and increases the cells frequency of **mutations** above any natural background level. Non-ionising radiation (NIR) causes mutations within the DNA of living cells. In response, a cell will either repair the gene, die, or retain the mutation for future generations. In order for a mutation to cause **cancer**, it is believed that a **s-e-r-i-e-s** of **mu-t-at-ions** must accumulate in a given cell and its progeny (divisions and reproductions). [\(Wiki\)](#)

Thus, it will likely be many years before cancer is evident. We must protect ourselves and limit our wireless exposures at school, work and home. We have to protect our body, as it is not a machine. Your repair process is obtained during sleep, so at least be wireless-free to repair cell mutations in you and your child.

Schools Radiating Children

Schools have a legislated duty to enhance student achievement and well-being. See the Purpose of the Education Act Section 0.1 (3) below. Spending 6 – 8 hours a day in experimental wireless radiation fields interferes with children's learning abilities, student achievement, and is counter-productive.

Where does providing children with **Group 2B (WHO)** or **Group 1 (NTP, RI and ICNIRP)** carcinogen fit into the purpose of education? The Act does not require wireless – and wired schools had fewer gaps in achievement. Would you go into schools and intentionally radiate children with a possible or likely carcinogen? Would you be allowed? Classrooms used to be wired. Why does the school system experimentally radiate children?

Immoral school policies cannot demand immoral actions against children, A lack of protective laws do not permit immoral behaviour. Research scientists and parents have concerns and whatever the case may be, **wireless has been recognised as a possible carcinogen since 2011**, and a likely carcinogen since 2017. Does it feel like school policies are based on children's well being or on political well being? Acknowledgement of the scientific facts and truth protect children's well being.

PURPOSE

Strong public education system

0.1 (1) A strong public education system is the foundation of a prosperous, caring and civil society. 2009, c. 25, s. 1.

Purpose of education

(2) The purpose of education is to provide students with the opportunity to realize their potential and develop into highly skilled, knowledgeable, caring citizens who contribute to their society. 2009, c. 25, s. 1.

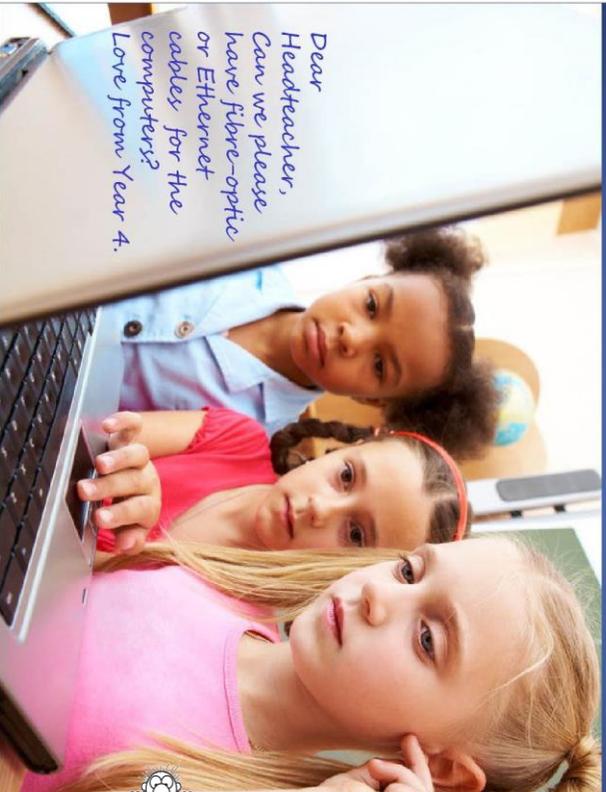
Partners in education sector

(3) All partners in the education sector, including the Minister, the Ministry and the boards, have a role to play in enhancing student achievement and well-being, closing gaps in student achievement and maintaining confidence in the province's publicly funded education systems. 2009, c. 25, s. 1.

 3 Primary mandates

1 Secondary mandate, separated by 'and'

If Wi-Fi can damage human DNA* and change what is going on in my brain**, then why do we have to use it at school?



Ref. 57, 57a (videos of school children complaining about wireless in school).
PLEASE WATCH BOTH!

Radiofrequency radiation is a possible human carcinogen
(WHO, International Agency for Research on Cancer 2011)

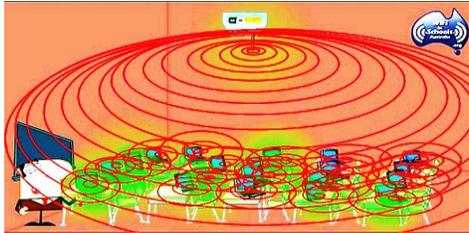
* Use of laptop computers connected to internet through Wi-Fi decreases human sperm motility and increases sperm DNA fragmentation (2011). Avondano, C. et al. Fertility and Sterility [Epub ahead of print] <http://www.ncbi.nlm.nih.gov/pubmed/22112647>
** Effects of Wi-Fi signals on the p300 component of event-related potentials during an auditory haying task (2011) Papageorgiou C.C. et al. Journal of Integrative Neuroscience 10(2):189-202 <http://www.ncbi.nlm.nih.gov/pubmed/21714138>
** Wi-Fi electromagnetic fields exert gender related alterations on EEG (2010) Maganott A.E. et al. 6th International Workshop on Biological Effects of Electromagnetic Fields <http://www.iastehubli.edu.tr/6internatworkshop/lectfemf/cd/pdf/poster/Wi-Fi%20ELECTROMAGNETIC%20FIELDS%20EXERT%20GENDER.pdf>
** <http://wifinschools.org.uk/resources/wifi+brain+July+2011.pdf>

Schools Radiating Children

An unproven political claim that less than $1000 \mu\text{W}/\text{cm}^2$ RF (microwave) radiation is safe, does not change the recognised dangers of wireless, nor does it allow schools to radiate young children.



Political and policy rituals do not give one rights to create gaps in student achievement or well being. The biological and neurological risks have been clear for 50 years. This must not be ignored under ICNIRP requirements.



$0.4 \mu\text{W}/\text{cm}^2$ was measured ~16 feet away (at the coat racks). The Smart board was in use in a Grade 5 / 6 classroom. Tablets and laptops were turned off at the September 2025 Open House Invite for parents. $0.4 \mu\text{W}/\text{cm}^2$ is:

- **200 times** higher than needed to cause sleep disorders, abnormal blood pressure, nervousness, weakness, fatigue, limb and joint pain, digestive problems, and fewer schoolchildren promoted *Altpeter 1995, 1997*
- **6.7 times** higher than needed to alter EEG, disturbed carbohydrate metabolism, enlarged adrenals, altered adrenal hormone levels, structural changes in liver, spleen, testes, and brain in white rats and rabbits *Dumanskij 1974*
- **3 times** higher than needed to cause decreased cell growth (human epithelial cells) placenta *(Kwee 1997)*
- **1.3 times** Impaired motor function, reaction time, memory and attention of schoolchildren, and altered sex ratio of children (fewer boys) *Kolodynski 1996*
- **Well within range** to alter white blood cell activity in schoolchildren *(Chiang 1989)*

A child **6 feet** away absorbs **7x more radiation, making 200 times (now 1400x), 6.7 times (47x), 3 times (21x), 1.3 times (9x)**; see picture on the lower left. Hallway radiation is many times higher than classrooms.

Measurements taken by N. Wallace using a Cornet ED88TPlusG

Ref. 59 and page 32.

The Law of Inverse Square reveals that getting twice as close to the radiation energy source will increase the energy 4x. See [page 45](#) for calculations. Documenting student / teacher symptoms and informing doctors produces data (evidence) for future claims against 'decision-makers' ignoring risks to vulnerable children (if deemed negligent for not reviewing children's safety data). There was also laptops, tablets, and a cell phone wall pocket to hold 20 cell phones in the classroom. This would increase classroom radiation levels significantly. Many people with EMR sensitivities carry a meter to protect themselves. It is not a banned device unless someone has something to hide. The school should measure their own environments and refer to published studies within this book to evaluate safety of the children and pregnant teachers. I do hope safety obligations will be recognised and met.

Schools Radiating Children

BIOLOGICAL EFFECTS ON MICROWAVES BELOW THE REGULATORY LIMIT OF 1000 $\mu\text{W}/\text{cm}^2$. ⁵⁹⁾ All power density values below are expressed in $\mu\text{W}/\text{cm}^2$ (micro-watts per centimeter squared). *Red values below indicate that they are present in the classroom with only the Smart board in operation. The classroom value will be higher with tablets and laptops also in use, due to the cumulative effects of multiple sources in the room and proximity of devices to the body.*

0.00000001 Altered EEG in human subjects Bise 1978 (EEG = electroencephalography, which records electrical activity of the brain)

0.002 Sleep disorders, abnormal blood pressure, nervousness, weakness, fatigue, limb and joint pain, digestive problems, fewer schoolchildren promoted Altpeter 1995, 1997

0.06 Altered EEG, disturbed carbohydrate metabolism, enlarged adrenals, altered adrenal hormone levels, structural changes in liver, spleen, testes, and brain in **white rats and rabbits** Dumanskij 1974

0.1 – 1.8 Decreased life span, impaired reproduction, structural and developmental abnormalities in duckweed plants Magone 1996

0.13 Decreased cell growth (human epithelial cells) **placenta** (Kwee 1997)

0.168 Irreversible sterility in mice (Magras 1997)

0 – 4 Altered white blood cell activity in schoolchildren (Chiang 1989)

0.2 to 8.0 Childhood leukemia near transmitters Hocking 1996

0.3 Impaired motor function, reaction time, memory and attention of schoolchildren, and altered sex ratio of children (fewer boys) Kolodynski 1996

0.6 Change in calcium ion efflux from brain tissue (Dutta 1986)

* **1.0** Headache, dizziness, irritability, fatigue, weakness, insomnia, chest pain, difficulty breathing, indigestion (occupational exposure) Simonenko 1998

2.5 Breakdown of blood-brain barrier (used a digital cell phone to radiate) Salford 1997

5.0 Biochemical and histological changes in liver, heart, kidney, and brain tissue (adults) *Belokrinitskiy 1982*

10.0 Damaged mitochondria, nucleus of cells in hippocampus of brain (adults) *Belokrinitskiy 1982*

1000 Safety Code 6 Canada exposure limit (ICNIRP)

* Children are 10x more sensitive to biological harms than adults are.



Schools Radiating Children

A summary page to take to your school if you are a parent, grandparent or concerned citizen:

Dr. Neil Cherry (Environmental Health, Lincoln University, NZ) and Dr. John Goldsmith (World Health Organization advisor) warned that the ICNIRP guidelines for radiofrequency and microwave radiation (100 kHz – 300 GHz) are not health-based. They only protect against heating of tissue, ignoring the thousands of studies showing biological effects at non-thermal levels – levels far below those found in classrooms today.

Key Findings Relevant to Schools microwave radiation:

- Biological effects occur far below ICNIRP safety thermal levels: DNA damage, hormonal disruption (reduced melatonin), oxidative stress, fertility and embryonic issues, and changes in brain function and sleep.
- Children are especially vulnerable: thinner skulls, developing nervous systems, higher water content, and lifetime cumulative exposure – and so are pregnant teachers and women.
- Epidemiological evidence confirms human harm: Dr. John Goldsmith's research revealed higher cancer, miscarriage, and neurological illness rates at exposure levels millions of times below ICNIRP's limits.
- "Epidemiological evidence of adverse health effects of radiofrequency radiation is strong enough to warrant immediate action. Waiting for absolute proof is irresponsible." — Dr. John Goldsmith

Ethical and Scientific Concerns:

- Ignoring "non-thermal" biology guarantees harm denial: "By embracing heat-only criteria, ICNIRP ensures that no amount of biological evidence can ever trigger a revision." (Cherry)
- ICNIRP explicitly notes, "further evaluation for special populations (**children, those sensitive, elderly**) is required". No school board has commissioned such research, despite decades of exposure growth.
- Children have 10-times higher absorption rates to wireless (microwave) radiation.
- Pregnant Educators are at higher risk during their first 7 weeks of pregnancy (embryo development).

Policy Recommendations for Schools using Wireless:

- Prefer wired connections for learning infrastructure; disable Wi-Fi.
- Advocate for current biologically-based safety standards, as required by guidelines.
- Given ICNIRP's admission that vulnerable groups fall outside its tested parameters, LKDSB has an ethical and fiduciary duty to conduct independent research before continuing mass exposure of children & educators.

Electric Cars and Buses

Electric cars use variable speed motors, high ampacity batteries and emit high frequency switching fields (~10kHz) within the car. High frequency switching launches airborne radiation (aka. dirty electricity), and is absorbed into your body just like wireless. Also absorbed is electric and magnetic fields from the motors high current consumption. Wireless radio-frequency radiation fields are emitted from the cars sensors, data collection centre, speed radar and GPS. The vehicle is not safety tested for human biological radiation effects in adults or children. Driver and passengers sit on top of high current cables, magnetic fields, and battery banks with electric and magnetic fields. It's not designed to be compatible with your body.

When plugged in and charging, you should never sit inside the car. High frequency harmonics from the charger (inverter) travel back to the ground in your power panel in your house (or local charging station). Your home (or business) power panel distributes power to all your appliances and rooms, and will conduct this high frequency dirty electricity from the inverter throughout your home into 120 volt unshielded house wiring, where it is launched as radiation into the rooms. It is quite likely the neighbour will receive dirty electricity through the plumbing ground and earth. High frequency harmonics in the house wiring pass through your body's 50 trillion cells, each with a life of its own. You can consider using *Stetzer* filters to plug into your power receptacles to protect your house wiring, or the *Sine Tamer* Canadian-made power filter to protect your power panel, wiring, appliances, and body from dirty electricity.

Your body is a natural capacitor and EMF antenna, and will absorb and store synthetic frequencies (as well as emotional frequencies, for that matter). Synthetic frequencies impact your nervous system, which governs your body.

There are no animal or human health safety studies on electric cars. They only consider the heating effect of your skin after 6 minutes (ICNIRP) to measure all harms to your body. Putting young children and babies in these cars while moving or charging, is endangering their health. There are no studies proving them safe. There is 49 years of research showing this technology is not compatible with humans or animals.

Products claiming to be green, should reflect EMF frequencies that have the evolutionary backing of Mother Nature that formed us. The Earth's frequency is 7.83 Hz. 5G technology is 5,000,000,000 Hz, and rising.

Insurance Companies General Exclusions

Insurance Company General Exclusions do not cover EMF wireless radiation. This is applied across the market, as a standard. Schoolboards have lost insurance coverage for EMF harms to children or workers – this exclusion highlights an uninsurable significant risk. See page 36 for *Lloyds of London insurance exclusions*.

The purpose of the exclusion is to protect the insurance company from any liability caused by harms or damages from radiation related exposures (permitted by others) with Smart boards, routers, wireless laptops, tablets, mobile phones, Bluetooth devices, etc. *“Our objective is to ensure that the Lloyd’s market is aware of potentially significant emerging risks so that it can decide on an appropriate response to them.” 60*

‘Decision-makers’ in education deeming wireless ‘safe’ for children’s learning and ignoring published scientific research, are ignoring parts of ICNIRP safety guidelines; ignoring military reports and manufacturers warnings; and ignoring their own insurance exclusions. Thus, they bear personal liability for all injuries to children and teachers (short & long-term). They have made a policy that does not align with ICNIRP or International Laws. If your child is having any difficulties found in these references, the school has a legal liability to accommodate environmental sensitivities. Since children are deemed sensitive to wireless and vast amounts of research has revealed wireless radiation is too high of a risk, insurance companies see it as a ‘significant emerging risk’. 61

Schools using ICNIRP exposure limits, while ignoring research, is non-compliance. Twenty years not reviewing updated research, is negligence. Do you want your school radiating your child with long-term exposures (6 hours a day, for 14 years) without bothering to read scientific safety studies, as they add more technology every year? I asked the schoolboard in 2016 to read the evidence. An I.T. manager was the only person they’d let me talk to. He would say, “Health Canada says it’s safe”. He kept repeating it, until I had to hang up. I have spent years researching this topic. **Shouldn’t we use the precautionary principle, now that we know?**

While the media has been fairly silent, a Canadian newspaper has discussed the potential harms to children. *“Canada’s current guidelines on RF exposure are in line with those of the International Commission on Non-ionising Radiation Protection (ICNIRP) – the largest regulatory body in this field. But many other jurisdictions have adopted considerably lower limits, either as a precautionary measure or because they view the science differently?” How is it health agencies can reach such different conclusions when faced with the same evidence? 65a*

Perhaps it’s the way they write policies and who they delegate as the responsible ‘decision-maker’.

THIS COMMERCIAL INSURANCE POLICY CONSISTS OF THE GREEN DECLARATIONS PAGE(S) ALONG WITH THE "GENERAL CONDITIONS" (ON STATUTORY CONDITIONS 1), AS WELL AS ALL COVERAGE WORDINGS, AMENDS OR ENDORSEMENTS THAT ARE ATTACHED HERETO.

OSPE OFFICE PACKAGE POLICY

LLOYDS

Effectuated with certain Lloyd's Underwriters (hereinafter called the Insurer) through Lloyd's approved coverholder (The Coverholder.)



Policy No. 00003005

Declarations

Effective 2022-03-10

FOR INFORMATION ONLY: THIS POLICY CONTAINS A SPECIFIC LIMIT OF INSURANCE AS SHOWN. OTHER TERMS AND CONDITIONS CONTAINED IN THE COVER INCLUDE. ANY REFERENCE HEREIN TO THE COVERHOLDER SHALL BE CONSIDERED AS THE INSURER.

THIS POLICY CONTAINS A CLAUSE WHICH MAY LIMIT THE AMOUNT PAYABLE

PURPOSE OF THIS DOCUMENT

New Policy-The Insurer will provide the insurance described in this Policy in return for the premium paid by the Insured and his compliance with the terms of this insurance.

THE COVERHOLDER

Lions Gate Underwriting Agency
290-1090 Homer Street
Vancouver, British Columbia V6B 2W9

Manit. (604) 677-9715
Web Site: www.lionsgateuw.com
Email: info@lionsgateuw.com

SUB-AGENT OR SUB-BROKER

BMS CANADA RISK SERVICES LTD
825 Exhibition Way, Suite 209
Ottawa, Ontario K1S 5J3

NAMED INSURED AND POSTAL ADDRESS

OSR Electrical Engineering ob Nicholas Wallace

Blue text and underlines below are added.

5 GENERAL EXCLUSIONS – These apply to all Insuring Clauses

The Insurer shall not have any liability under this Policy in respect of:

17 Pollutants

Any actual or alleged or threatened presence, discharge, dispersal, release, escape or failure to detect pollutants or solid, liquid, gaseous or thermal irritant or contaminant of any kind, including smoke, vapor, soot, fumes, other air emission, acids, toxic chemicals, alkalis, mold, spores, fungi germs, odor, waste water, oil or oil product, infectious or medical waste, asbestos or asbestos product, lead or lead product, noise, and electric, magnetic or electromagnetic field chemicals, or waste (including waste material to be recycled, reconditioned or reclaimed), whether or not such presence, discharge, dispersal, release, escape or failure to detect results from the **Insured's** activities or the activities of others, or whether such presence happened suddenly, gradually, accidentally, or intentionally;

18 Radioactive contamination, chemical, biological and electromagnetic

In no case shall this insurance cover loss, damage, liability or expense directly or indirectly caused by or contributed to, by or arising from:

- (a) ionizing radiations from or contamination by radioactivity from any nuclear fuel or from any nuclear waste;
- (b) the radioactive, toxic, explosive or other hazardous or contaminating properties of any nuclear installation, reactor or other nuclear assembly or nuclear component thereof;
- (c) any weapon or device employing atomic or nuclear fission and/or fusion or other like reaction or radioactive force or matter;
- (d) the radioactive, toxic, explosive or other hazardous or contaminating properties of any radioactive matter;
- (e) any chemical, biological, bio-chemical, or electromagnetic weapon.

5G is in the same frequency range as military weapons (Ref. [62](#))

The 2023 policy above excludes any wireless electromagnetic field deemed a pollutant, or weapon. General exclusion clause #32 below, was standard from 2016 – 2019.

32 Electromagnetic fields

directly or indirectly arising out of, resulting from or contributed to by electromagnetic fields, electromagnetic radiation, electromagnetism, radio waves or noise.

Cell Phone Radiation

Having a cell phone or Smart watch doesn't keep you safer. Your awareness protects you far more. Cell phones (and other devices) radiation has been rising. As 5G is deployed, levels of harm will increase. No studies show any wireless generation (1G, 2G, 3G, 4G, or 5G) as safe.

Wireless devices emit radio-frequency RF (microwave) radiation, which is a power density measured in Watts per surface area. It enters your body without wires and induces currents in all your cells that alter their naturally intelligent life processes. Bluetooth & Wi-Fi signals increase cell phone radiation exposure; as does highly occupied spaces containing wireless like classrooms, airplanes, theatres, etc.

Immune system responses are directed to heal your cells radiation damages. Dr. Klighardt has revealed all retro-viruses (from our million year DNA evolution) are released by synthetic EMF's. Once released, we're bombarded with conditions that were once held down by our natural immune system. [63](#)) Our toxic-load has gone way up with glyphosate, chemical food additives, pollution of air, water and soil, and increased pharmaceutical consumption for many chronic illnesses, all of which produce a strain on our immune system. Dr. K seems to think that wireless harms are at the top of the list.

Devices radiate into your hands, chest and air space. It pervades your entire body and of those around you *2.5 – 5 billion times per second 4G & 5G*. Most exceed regulatory limits [64](#), [65](#), [65a](#), [66](#)) that are already set far too high. There are some benefits to a mobile phone, but there are many more harms. They could be made safer, and will continue to be harmful until vote with your wallet.

5G is a military weapon. [page 36](#)) It can target you directly or collectively, because the technology is conveniently built into all Smart phones. Do you think a safer phone could be made that cannot be used as an EMF weapon?

Joel Moskowitz, researcher in the School of Public Health and director of the Center for Family and Community Health at UC Berkeley states, *"People are addicted to their smartphones. We use them for everything now, and, in many ways, we need them to function in our daily lives. I think the idea that they're potentially harming our health is too much for some people."* *"Cellphones, cell towers and other wireless devices are regulated by most governments," said Moskowitz. "Our government, however, stopped funding research on the health effects of radiofrequency radiation in the 1990s."* [67](#))

Your future
is in your
hands

Medical experts are warning men not to keep their mobile phones in their pockets as this can have a direct effect on their fertility.

EM RADIATION
RESEARCH TRUST
www.emradiationresearch.org

SAVE
THE
MALE™

© 2008 EMRT

Females are born with all the eggs they will ever get. They need protection, too.



photographed by Luis Hernan

Wireless signals of person standing in a hallway with cell phone. The body is fully radiated.

Children and Synthetic EMF Radiation

Fetuses, babies, and children are most vulnerable with a **10-fold (10x)** absorption increase. ³¹ They cannot comprehend or describe the constant discomforts from birth that they must believe is normal; even if they could, they're too small to object. We can give them a recording booklet to help them record their unwanted symptoms to see how much they suffer (page 58).

We need to protect their brains, reproductive organs and make sleeping areas safe, so their bodies can repair themselves. Once reproductive organs are damaged across society, at what generation do we stop reproducing? Everything affects the way our body functions: *thoughts, feelings, weather, food, people, the moon, the entire cosmos, and wireless devices*. But we are continuously absorbing Group 1 & Group 2B radio-frequency radiation into children and pregnant women that was never tested by manufacturers or law makers for biological safety. I keep repeating this truth so that it sinks in. You've believed it was safe for too long. You must see it's a lie.

Could a government ethically allow radiation experiments on children in a laboratory?
Why do they permit experimental radiation in schools?
Believing in safety, and ignoring facts, is what guides trillion dollar industries.

Some countries are removing wireless from children's schools based on the precautionary principle, which is much better than experimenting on them without fully informed consent. See page 44.

Shouldn't we keep carcinogens away from pregnant women, babies and children, as much as possible?

RADIATION EMERGENCIES AND PREGNANCY

After a radiation emergency, pregnant women should follow instructions from emergency officials and seek medical attention as soon as emergency officials say it is safe to do so.



Prenatal radiation exposure occurs when a pregnant woman's abdomen is exposed to radiation.



For most radiation exposures, the radiation dose to the fetus is lower than the dose to the woman. A pregnant woman's abdomen partially protects the fetus from radiation sources that are outside her body.

If a pregnant woman swallows or breathes in radioactive materials, these may be absorbed into her bloodstream. From the woman's blood, radioactive materials may pass through the umbilical cord to the fetus or concentrate in areas of the mother's body near the womb and expose the fetus to radiation.

Health effects to the fetus from radiation exposure can be severe, even at radiation doses too low to make the mother sick. These health effects can include miscarriage, stunted growth, deformities, abnormal brain function, and cancer.

A fetus is most sensitive to radiation between weeks 2 and 18 of pregnancy. A fetus will become less sensitive to radiation during later stages of pregnancy.

In the rare event of a radiation emergency, radiation experts can answer questions from pregnant women and their healthcare providers about radiation exposure and pregnancy.



Do not place your phone, tablet or laptop over your womb, or sit near a router. Download films, articles, etc., and put everything in Airplane mode or hardwire it with Ethernet.

"If you can't expose humans to microwaves in a lab, in a controlled environment — if you can't even do that ethically, because we have so much evidence of harm — then none of these technologies should be getting rolled out. This is illegal."



SHARON EGLOBERG, MD



Children and Synthetic EMF Radiation



Precautions and remedies

[QSR Electrical Engineering](#) measures and performs inspections of homes and buildings *(in lower South Western Ontario)* to help reduce harmful EMF energies in your airspace and wiring. *68)*



Like every other living thing, we came through this world. Perhaps we can't see our self in it, without a mirror; but we can see our self in nature and others – as Life.

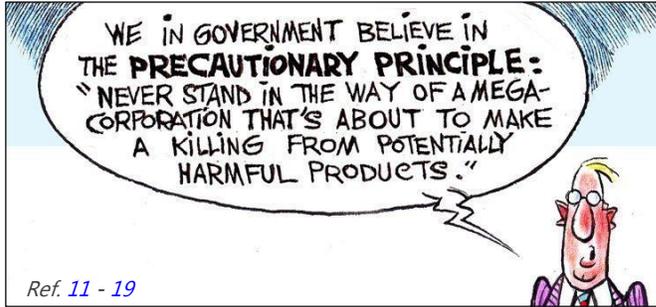
Learning to earn is not education, as you end up suffering a damaged planet and suppressed soul. We create economic commodities out of essential life sources (clean food, air, soil, trees, and water). Half of our lungs are in the trees. What we breathe in, they breathe out. What we breathe out, they breathe in. As we pollute the air, water and soil with total disregard for life, we naively separate ourselves from Earth and feel unnaturally isolated.

Our body is about 70% water, 25% soil (from the food we eat), with the elements of air and fire, in there too. We poison the soil, water and air to support industry profits and wars. We radiate our globe. How much can our bodies (and babies) take? On average, cancer takes 10 years to develop when continuously mutating our cells with wireless radiation. Some, like me, are much more sensitive. If you have warning signs coming from your body, listen to them.

We don't learn about our Self as physical and non-physical energies. Can you see that you are part of the creation of Earth? And the spirit (intelligent energy) that animates all life?

It's time to reconnect. We only need a drop of willingness and awareness. We need to protect young children from a life of chronic illness, neurodevelopmental disorders, and decreasing education standards that have all become 'normal'. We're more than what we create and purchase – and all our creations must be healthy for babies to be put into their society. A baby is the smallest most vulnerable single unit of our society. We cannot exclude them or our children's rights of a healthy life. Chronic illness has gone too far. **It's time to act...** NSW

Precautions and remedies



WallpaperCave.com

Precautions and remedies



Planetary Association for Clean Energy, Inc.



Ref. 69



Truth for Health Foundation

A 501(c)(3) public charity incorporated in Arizona, USA

World Wide Government Action to Reduce RF Exposure

Over 20 countries recommend reducing exposure to cell phones

-  **France:** Cell Phone radiation labeling, no advertising cell phones to children, Wi-Fi Banned in Kindergarten, Elementary Schools Wi-Fi off when not in use.
-  **Belgium:** Ban on sale of cell phones for children. Wi-Fi banned in Ghent nursery schools.
-  **Israel:** Official recommendations to reduce exposures from phone. Wi-Fi banned in nurseries. Wi-Fi removed/ minimized in schools.
-  **India:** Phone Radiation labeling, Recommendations to reduce cell phone exposure, Exposure limits lowered to 1/10 of the ICNIRP level, some municipalities ban towers near schools.
-  **Cyprus:** Wi-Fi removed from elementary classrooms in 2017. PSAs by Cyprus Children's Environmental Health Committee
-  **French Polynesia:** Banned advertising cell phones to children under 14. Children should not use phones under 14. Major awareness campaign on how to reduce ELF/RF EMF

Agents Classified by the IARC Monographs, Volumes 1-135

Group 1	Carcinogenic to humans
Group 2A	Probably carcinogenic to humans
Group 2B	Possibly carcinogenic to humans
Group 3	Not classifiable as to its carcinogenicity to humans



Physicians for Safe Technology



NO SLAVE COLLAR

TAKE BACK YOUR POWER

Precautions and remedies

Measuring the Earth's healing current:

1. Insert ground rod (*untwined bare metal coat hanger*) in soil – *as best you can*
2. Borrow Dad's multi-meter
3. Install first lead with an alligator clip onto the coat hanger
4. Install other end in V/ Ω on meter
5. Connect second lead in COM on meter and hold the other end in hand
6. Turn the meter On, and put it to Ohms (Ω) *Resistance measurement*
7. With shoes on, you'll see O.L. (Overly Large) and no current flow from earth
8. Take your shoes off and stand on soil / grass
9. See resistance values fluctuating; may need to adjust meter scale

Current flow $I = E / R$

I = current

E = voltage (battery)

R = resistance (Earth, body, rod)

Example: $I = 9 \text{ volt} / 3,560,000 \text{ ohms}$

$I = 0.0000025 \text{ Amps (2.5 microamps)}$

This small continuous current is safe and cannot be felt

Current is healing at very low levels. Walk, sit or lay in the grass. Shoes are insulators isolating you from Earth's current. We are the only species disconnected from Earth. Nature calms us and reduces inflammation, stress, pain, improves pH and circulation, and gives us a free energy boost! [Z0 \(article\)](#), [Z1 \(video\)](#)

The Inverse Square Law

$$\frac{I_1}{(I_2)} = \frac{(d_2)^2}{(d_1)^2}$$

I_1 is the initial intensity of radiation, d_1 is the initial distance, and d_2 is the final distance, and I_2 is the final intensity.

I_1 = initial recorded radiation level (**0.4 $\mu\text{W}/\text{cm}^2$**) *Refer to page 31.*

I_2 = final radiation level

d_1 = the initial distance measured from (**16 feet**) *Refer to page 31.*

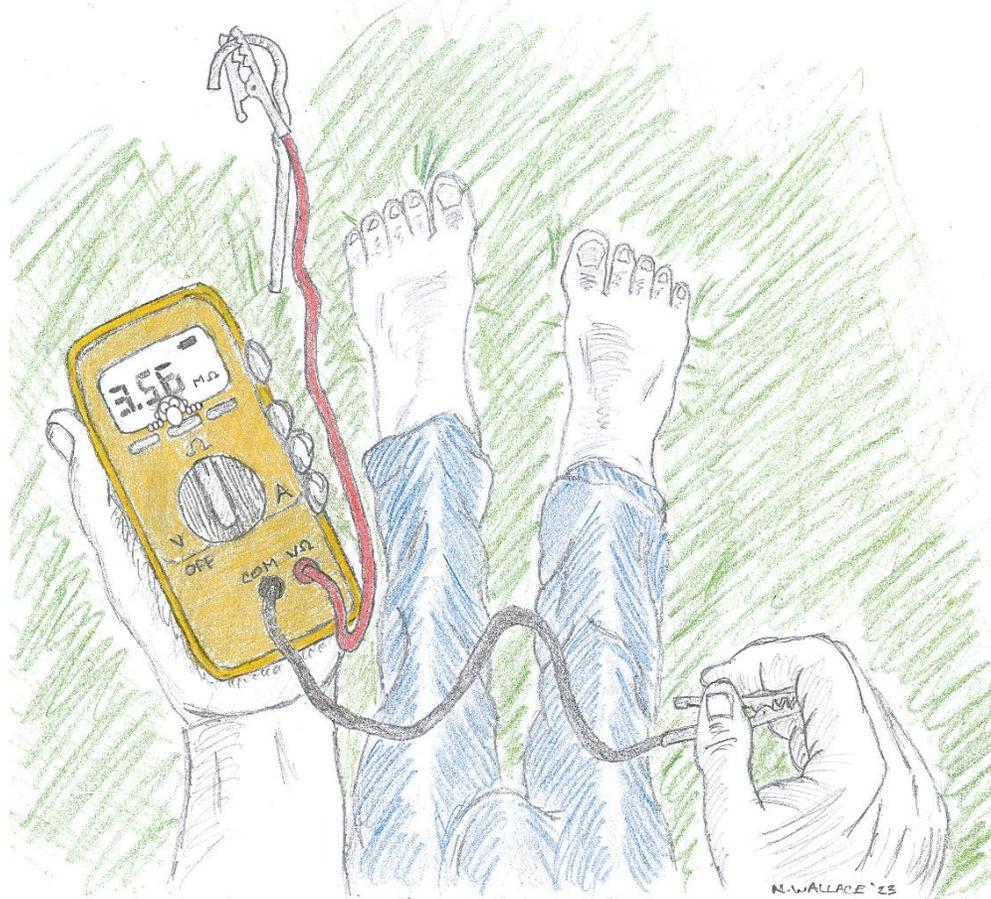
d_2 = the final distance

$I_2 = 0.4 \times 16^2 / 8^2 = 1.60 \mu\text{W}/\text{cm}^2$ at 8 foot distance

$I_2 = 0.4 \times 16^2 / 6^2 = 2.85 \mu\text{W}/\text{cm}^2$ at 6 foot distance

$I_2 = 0.4 \times 16^2 / 4^2 = 6.40 \mu\text{W}/\text{cm}^2$ at 4 foot distance

Precautions and remedies



Precautions and remedies

Classroom precautionary measures:

- Review the International Doctors' Appeal 2012 who have observed: stroke (also in children), degenerative neurological disorders (e.g. early onset of dementia syndromes), headaches, autism, learning disorders, concentration problems, and behavioral disorders (ADHD), to name only the most prominent and most frequent symptoms and disorders [72a](#))
- Open curtains and turn off florescent lights to help reduce (LF wired) EMF radiation harms, inattention and behaviour improved, as did hers. Fluorescent lights have an unfriendly frequency, as ballasts cycle around 20,000 Hz emitting radiation that distracts kids attention
- Reduce wireless router strengths to minimal levels in classrooms and hallways that allow devices to receive the signals to mitigate inattention, concentration difficulties, irritability, and more
- Use switches to turn off classroom routers when not in use
- Ensure classroom radiation levels are below research findings known to limit students attention and achievement levels (page 29 - 33 and [72b](#), [73](#))
- Return to hard wire inexpensive Ethernet cable between Smartboard, computers and tablets. Inexpensive hubs can be installed at group tables. Start in observed sensitive classrooms with ADD / ADHD, asthma, lack of concentration abilities and expand to other classes to improve grades
- Install EMF Stetzer outlet filters to reduce wired radiation that propagates into the environment with unshielded cables, or use the Sine Tamer at the main power panel. [74](#), [75](#)) See the research study on Stetzer filters by a Canadian professor in a school. [76a](#)) She has published a separate article relating dirty electricity to diabetes and multiple sclerosis and the benefits of using the Stetzer filters. [37](#))
- Parents may consider starting or joining home schooling groups with new sources of educational materials that teach children about their bodies, pollutants, and human rights. Many fun-loving people in society with math, sciences, and arts skills may be more than willing to help. I foresee this, if many schools ignore our children's well being and academic decline. See <https://mamabearsproject.com>
- Sign our online petition [36k](#)) that can be shared with anyone. Help us get the signatures so you, too, can present it to your own school board; request access to the signatories, only for this purpose.

Precautions and remedies

Do not confuse distractions with happiness



The boy and bird have indelible imprints of the other on their minds. The young girl does not.

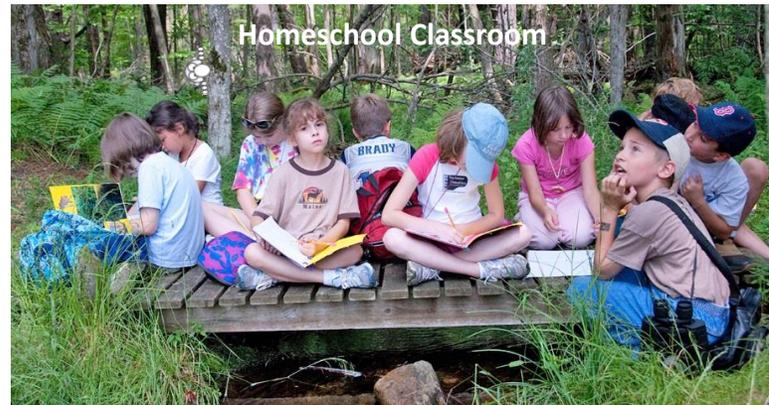


Creative expression

Isolation expression



Interact with harmful radiation apparatus in classrooms,
or *interact with Nature?*



Precautions and remedies



Home and office precautionary measures:

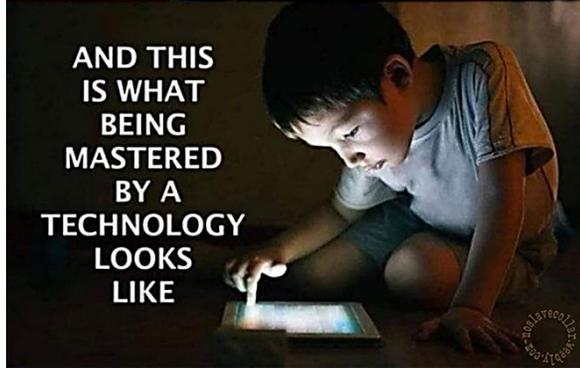


- Reduce modem & router wireless signal strengths to minimal levels (save settings) to reduce brain fog, poor attention & productivity, and other medium & long-term harms. Updates may return router to default settings. Consider using a faraday cage bag
- Turn wireless modem & routers off at night, to allow the healing frequency of sleep to restore the body mutations and harms from the day
- Turn off wireless router and convert it to a wired system using existing home / building coaxial or AC power wiring (*ActionTec or equivalent*) ⁷² *Install hubs, as necessary*
- Use a long 100' Ethernet cable from your router to your laptop and turn wireless router off (save settings) via its IP address. (Note: Resetting or updates may cause Wi-Fi to return to default settings with Wi-Fi on. You can put the router in a faraday bag to prevent exposure)
- Install (LF wired) EMF Stetzer power outlet filters (*or Sine Tamer power panel filter*) where necessary to reduce Group 2B wired radiation harms that are similar to wireless harms ^{74, 75}
- Stop using cordless phones, as radiation levels are similar to cell phones. Cordless phone base constantly emits high radiation with Bluetooth, even when handsets are not in use

Precautions and remedies



**THIS IS WHAT
MASTERING
A TECHNOLOGY
LOOKS LIKE**



**AND THIS
IS WHAT
BEING
MASTERED
BY A
TECHNOLOGY
LOOKS
LIKE**



Being with a phone is like being on a treadmill – *you feel like you are going somewhere, but you're not.* This cartoon nicely illustrates the digital prison we so willingly accept. I, too, was there – but not anymore.

Precautions and remedies

Home and office precautionary measures continued:

- Remove wireless baby monitors; they are a high source of radiation for a someone who cannot tell you their cognitive, or bodily, difficulties
- Keep beds away from a wall supporting a hydro meter
- Use protective clothing and grounding mat with separate grounding rod [78](#))
- Purchase EMF meter to measure your space, appliances & devices [79](#))
- Bare foot outside is healing and can be measured with a multimeter ([page 45](#))
- Camp in the back yard, as much as possible, with minimal barriers between earth and you
- Provide balance of mind (work & stress) with play and nature
- Be a good parental influence with technology habits
- Watch the following films, and include your child with some [80](#), [81](#), [82](#), [83a](#), [83b](#), [83c](#))

You're responsible (able-to-respond) to everything you encounter. Choosing to do nothing, is still a choice. Choose what is best for your baby and children because they're worth it. Help them learn and decrease usage.

Pregnant women, babies, and young children deserve far better. Humanity comes from a woman's womb. Thus, we are all born with both man and woman qualities. As reference [36a](#), [36c](#)) showed, approximately 47.7% of babies are stillborn, defective, or with mutated DNA that is passed on to the next generation.

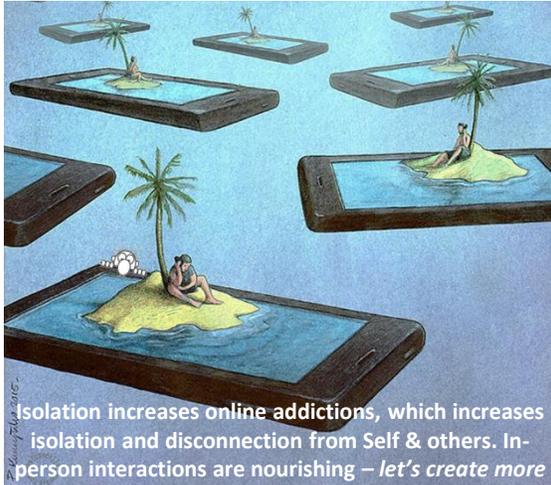
Many blame COVID measures for higher infertility and stillborn rates – and U.S. Federal scientists have confirmed many harms to children and adults from the COVID measures. Yet 5G wireless was rolled out during COVID measures, when the economy and schools were shut down. It was there when COVID was there.

How can we wait for the courts to get more evidence and agree on factualness? This takes years, as tobacco, fluoride, asbestos, glyphosate, FCC, and more. have shown us. Please turn your phones off when around more vulnerable people; protect pregnant women wherever they are. In my hometown of [Sarnia ON](#), I will do my best to measure every pregnant woman's baby room and nursing area, free of charge and help them set the crib in the best location, furthest away from all wired and wireless EMF radiation. Contact me at [519.491.9902](tel:519.491.9902) or nicholas.wallace@hotmail.com

Precautions and remedies

A teacher checked the homework done by her students. When she reached the last copy, she started crying.

- Why are you crying?, asked her husband.
- Yesterday, I told my 1st year students to write something on this subject: "My Wish".
- Yes, but what happened? Why are you in tears?
- Well, when I reached the last copy, this is what I read, listen: "**My wish is to become a smart phone. My parents love smart phones very much. They care about their smart phones so much that sometimes they forget to care about me.**"



Isolation increases online addictions, which increases isolation and disconnection from Self & others. In-person interactions are nourishing – let's create more

"IT HAS BECOME APPALLINGLY CLEAR THAT OUR TECHNOLOGY HAS SURPASSED OUR HUMANITY..."



... I hope that someday,
our humanity might yet
surpass our technology."

Albert Einstein

What if we began to treat our Bibles
the way we treat our cell phones?

What if we...

...carried it with us
everywhere?

...turned back to get it if
we forgot it?

...checked it for messages
throughout the day?

...used it in case of an
emergency?

...spent an hour or more using
it each day?



Substitute *inner awareness* for Bible, if need be.

Precautions and remedies

Home and office precautionary measures continued:

- Understand harmful exposure levels and how to reduce them
- Talk to your doctor about any symptoms [5](#)
- Turn off Wi-Fi and Bluetooth when not in use & keep away from young kids
- Seriously consider getting rid of your Smart phone, or hardwire it to your computer or an Ethernet converter (J5 create, or similar)
- Use protective hats / clothing to protect you and your child's head and reproductive systems [84, 85](#)
- Have your house and office measured to reorganise furniture or appliances into the safest locations; find your worst emitting appliances, devices and risks [68 or 79](#)
- Do Government standards recommend working with carcinogens unprotected? No. Does the Gov Safety Code 6 (wireless) Standard ignore the existing harms? Yes. Does it consider safety standards for your child? No. Does it only consider thermal effects and allow non-thermal radiation harms to go undetected? Yes.
- OSHA allows workers the right to know and refuse unsafe work conditions. The Ontario Health Consent Act entitles us to know all the risks and benefits to any treatments that impact our health. But do young children (and parents) have the right to know and refuse the high uninsurable risks of classroom radiation? We do, and now that we know, it's time to act within your schools.
- The lack of Health Canada warnings doesn't imply safety. Their exposure limit is over one million times too high to protect biological life. Their safety standards are based solely on skin heating effects that allow inner cellular damage to occur undetected long before the skin is heated.
- **Reminder:** Premarket safety studies were never done for biological / neurological harms. Thousands of scientific research studies show biological harms existed in the 1970's, 80's, 90's, 2000's, 2010's, 2020's and today. Yet, manufacturers still want to perform the same 1996 safety studies when they first rolled out wireless phones to the public. Regulators don't seem to be protecting us – they seem to protect their and industries profits. You can help change that – you don't have to buy or use wireless devices.

Precautions and remedies



WallpaperCave.com



Concrete Jungle



Mauricio Bacchi -
Australia

Identification with spirituality is an expansion
beyond the body and mind, with the power
to unite you with the whole

Identification with ego, materials and
technology have the power to isolate
you from Self and Nature

Precautions and remedies



Clearing of the mind (and opening up to consciousness)

AUM chanting, a tradition thousands of years old, removes overwhelmed, depleted, and stressed energies in your mind and body by putting only natural [healing frequencies](#) in your belly, lungs and head. If you feel overwhelmed by external forced EMF, you must first relocate yourself to a safe environment.

If you feel overwhelmed by your energy state, or thoughts, AUM chanting will greatly help. Try it daily, and be an example for your child.

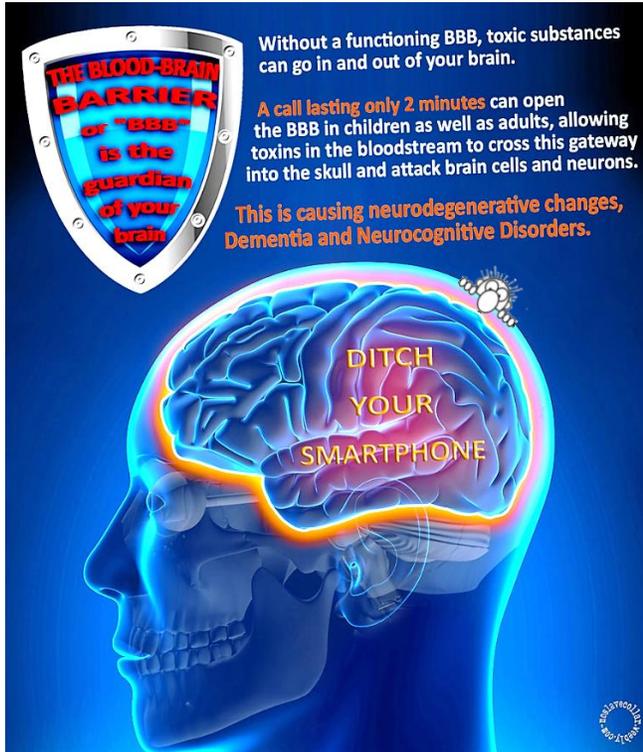
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Sadhguru Solves Life's Most Challenging Questions - Interview & Influencer Q&A | Know Thyself EP 1 [86](#))



Precautions and remedies



Ref. 87)

smart ^{2 of 4} verb

smarted; smarting; smarts

intransitive verb

- 1** : to cause or be the cause or seat of a sharp stinging pain
| *also* : to feel or have such a pain
- 2 a** : to feel or endure distress, remorse, or embarrassment
| *smarting* from wounded vanity
| – W. L. Shirer
- b** : to pay a heavy or stinging penalty
| would have to *smart* for this foolishness



Ref. 87)

Time to Organise

Ask yourself, if there is anything wrong with our natural ecosystem? Are we damaging it? Do we allow public officials to make policies that decide what is valid, when scientific and anecdotal evidence (and public conscience) says, it is not valid. Does legislating a policy to say $2 + 2 = 5$ make that valid?

How do we move forward in cooperation to protect children in schools? Can we get involved, organise parent groups, attend schoolboard meetings, review noted references, ask appropriate questions, take appropriate actions, create Notices of Liability, demand the ICNIRP report be followed in its fullness, if the school board wishes to keep using its safety limit guideline. Ask which 'decision-maker' has read the full ICNIRP guidelines? ICNIRP requires decision-makers to evaluate current research studies to determine an appropriate safety level for sensitive people, including children. ICNIRP published that it does not consider any safety hazards other than thermal effects for less than 6 minutes. They state decision-makers have this obligation to do so. And our laws state, "polluter pays". School board Director and Trustees are elected and accountable to the public.

Our ability to respond is limitless, and the time is now. I need your help, and so do 8 million children in Canada. This is why I wrote the book. If you are going to improve your home, please help improve the schools, too.

A warrior does the right thing in the face of obstacles and opposition, and feels compassion for the life they protect – it is love, not hate, which motivates them. Warriors know they may make others uncomfortable in times of peace, yet they are welcomed in times of conflict.

We don't have to be harsh to those that are unintentionally ignorant; we have to use the scientific facts that 49 years of research has provided us. If they refuse to read it and hide behind Health Canada's use of advisory guidelines, selectively, then this is clearly intentional political ignorance. It shows an intent of harm and breaks the law and Education Act. Ignorance deserves a Notice of Liability, and more pressure.

If we don't become more aware of what's going on in a world that hides what they don't want you to know, we lose our power. We each have our own journey and it should not hinder anyone else's. We know what is right and wrong, and what is best for our self, family and future. Please start with taking one action to reduce radiation harms to you and your children. It won't hurt you – it will help heal you, and our children. Thank you.



WIRELESS EXPOSURE RECORDING BOOKLET



Why have a school and workplace wireless exposure booklet?

Of any health claims made, only a small few are accepted for financial compensation because exposures to hazardous pollutants often take years or decades to develop. The disease you may get could be life debilitating, threatening, or bankrupt you.

Since we are swimming in human-made wireless (microwave) EMF fields, even though research studies prove them harmful before it was released, and insurance companies made them a general exclusion, we are forced to be schooled, work, play, and live in environments of known carcinogens and mutagens.

A record booklet will help you and your family keep a record of what happened to you over the years. It will include the Dates, Schools Attended, Principals, Employers, Managers, Significant Exposures, Symptoms, Accommodation Requests, and reference notes from Medical Visits.

Save the booklets in your medical files. If you must prove sources of exposure 5 - 20 years later, you can. We need to reduce exposures by holding 'decision-makers' accountable.

Whether or not an official declares wireless safe, as per Health Canada, has no outcome on the morality of the act of radiating children and sensitive people with a known federally recognised radiation hazard that is internationally recognised as either a 'possible carcinogen' or 'likely carcinogen', depending on the year of the study. Polluters pay is International Law.

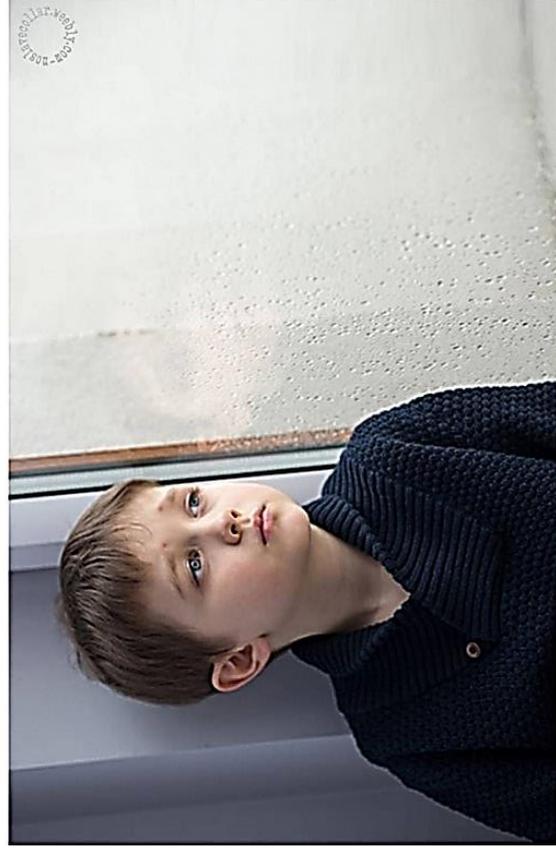
You can order Recording Booklets and support my efforts by emailing nicholas.wallace@hotmail.com or calling [519.491.9902](tel:519.491.9902) or you can make your own.

Smartphones, tablets causing mental health issues in kids as young as two

Daily Mail

12 Nov, 2018 11:00 PM ⌚ 4 mins to read

🔖 Save | ➦ Share

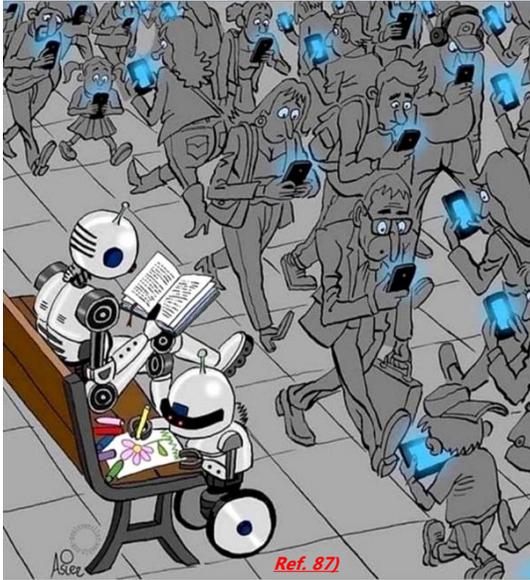


Children as young as two are developing mental health problems because of smartphones and tablets, scientists warn.

Just an hour a day staring at a screen can be enough to make children more likely to be anxious or depressed.

This could be making them less curious, less able to finish tasks, less emotionally stable and lowering their self-control, the [DailyMail](#) reports.

Although teenagers are most at risk from the damaging devices, children under the age of 10 and toddlers' still-developing brains are also being affected.



Who is the most robotic?



They have your conversations, location, emails, texts, bank accounts, browsing history, biometric data, finger prints, voice profile and attention.

Would you give all that away to just anyone? Do you see you are under a constant state of surveillance and our health standards keep getting lower?

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We hope you enjoyed [The Electromagnetic Radiation Solution - A Guide for Pregnant Women, Children, those Sensitive, and Elderly](#). It's intended to be helpful for kids and parents. Our books are meant to raise awareness of who and what we are on a deeper conscious level.

We are living in a world of mostly unconscious people trying to control all aspects of life on this planet for personal and / or private benefit, without the authority to do so.

You are Life, and have an inherent right to follow a path that feels right for you. We live in a system of policies agreed upon by those unwilling to consult with the human race, or any life forms for that matter (ie. Ostriches, cattle, chickens, trees, plants, jungles, insects, fish, air, land, or sea). Hopefully our children can help make better choices that are good for everyone, when they're older.

We need reminders that we are our own authority, not looking to be de-spiritualised by too much technology or divisive rules. Our bodies, mind and spirit are the highest technology and intelligence on Earth, and we can bravely commit to allow our body, mind, to remain in harmony with nature.

Check our website for updates and new books: ourbooks.ca

We love you, pass it on... 

Biography

Nick Wallace P. Eng. (electrical)



- EHS (*electro-hypersensitive*) 2016 by LF magnetic fields, then HF microwaves
 - *First cell phone plan (3G) in 2016*
 - *Experienced ADHD symptoms in 2016:*
 - *Difficulty concentrating, headaches, irritability, anxiety, and more*
 - *Hospitalised by cell phone shock in 2018*
 - *Suffered stress and worries of EHS, which worsened daily symptoms*
 - *Learned to better manage EHS worries and sensitivity*
 - *Cell phone shock in 2019 and 2022 (4G)*
 - *Learned diabetes increases my sensitivity*
 - *Cancelled cell phone service in May 2023 😊*
- Enjoys writing and drawing
- Enjoys learning about my body, mind and spirit
- Enjoys awareness of being and coaching
- Believes misinformation claims must be debated and proven by those making the claims, before declaring anything misinformation
- Believes unintentional errors (*or public misinterpretations*) is not misinformation
- Believes intentional ignorance of information is far worse than an honest investigation
- Believes it is time that we all step into the role of being a sovereign warrior and the author of our life