



# The Idaho Observer

## Take Action Now!!!

### The 5G Spectrum Frontiers is a Boon for Industry and a Devastation to Our Health and Privacy

As you may have already heard, on July 14th the FCC voted to unleash 5G in the USA. Tom Wheeler wants the USA to be “first out the gate.” Wheeler says, “Turning innovators loose is far preferable to expecting committees and regulators to define the future.”

Citizens asked Wheeler to respond to our calls for health and safety first. We deserve justice, accountability, and adequate protections.

#### Defining the Problem: Wireless and Our Health

##### 1. Wifi is not as safe as we thought it was.

According to the California Medical Association, peer reviewed research shows adverse biological effects from wireless including DNA breaks, creation of reactive oxygen species, immune dysfunction, cognitive processing effects, stress protein synthesis in the brain, altered brain development, sleep and memory disturbances, ADHD, abnormal behavior, sperm dysfunction, and brain tumors.

##### 2. Our government has not protected us as -we assumed- that of course it did.

In fact, the US never developed a “safe level” of wireless. 30 years ago thresholds were set for “allowable radiation” for military men and regulations have barely changed since then. Current research now shows children absorb up to ten times the radiation in the bone marrow of their skull than adults. The radiation also penetrates far deeper into their brains. Medical organizations around the world are officially stating these regulations need to be changed to better protect children. Time to update these ancient standards!

##### 3. Our children will have a lifetime of exposure to this untested radiation.

No other generation has been exposed to radiation from before birth like our children. Some scientists say the current levels in our homes and schools are at unprecedented levels, far far greater than background levels of our grandparents. Children have the most to lose if we parents do not act swiftly. We grew up without wifi routers, cordless phones and cell phones by our bed.

##### 4. Low levels are not safe.

People say, “Cmon, that wifi router emits such a low level it won’t affect you.” As it turns out, these very low levels are able to hurt our bodies at a cellular level. Our cells feel wireless even at these very low levels. In short, it stresses these cells out. Read the research on the immune system. Listen to the scientists talk about the science that shows low levels have large effects.

##### 5. We cannot see it, hear it, smell it, taste it, or feel it which makes it easy to ignore.

None of us want to believe that something so convenient and fun could possibly be harmful. So although scientists have been calling for precautions for decades, few countries took action. Until now. Countries around the world are enacting protective policies to protect their people. The time has come for the US to safeguard their children’s and the future of the United States.

#### 6. Manufacturers Have Warnings We Never See

Did you know that a cell phone in your front pocket is “against manufacturer’s advice.” A laptop on your lap is “improper consumer use”. The laptop manual states that the laptop should be at at least 8 inches from the body because the radiation could heat your tissue to dangerous levels. In fact, all wireless devices have warnings stating a specific distance the device should be held away from your body. This information is literally buried in the fine print. Read all the fine print warnings [HERE](#).

**Yes, wireless is everywhere. It seems like we can’t live without it. When we hear Wifi is dangerous some of us want to throw up our hands up and say “There is nothing I can do.. so I’d rather not know!”**

Fortunately, if we parents take simple steps at home, we can drastically decrease our children’s radiation exposure. Safe technology at home results in healthier sleep and 10 + hours each day for our bodies to rest and recharge. We took these steps one by one to make a healthier home.

#### Learn To Love Cords: Turn Off The WIFI

Choose cords to connect to the internet, rather than wifi. For every wireless device in your home there is a non-wireless safe corded solution! Replace WiFi routers with non-wireless routers and run ethernet through out your house to the places your family uses tech. Educate yourself about all the sources of WiFi radiation in your home and choose the wired alternative. This can seem daunting at first but pace yourself and you will feel the difference.

#### Rule of thumb: If it’s wireless, it radiates.

##### 2. Get a Home Corded Phone

That’s right, bring back the landline and be sure it has a curly cord! Home cordless phones actually emit serious amounts of radiation 24/7 from their bases and the handsets emit the same radiation as a cell phone.

We recommend a good old fashioned corded home phone. Make it convenient by running lines throughout your home and be sure to get an extra long cord for the handset near your kitchen so you can make dinner and talk to your friends at the same time.

##### Detox from Your Cell Phone

Cell phones emit radiation even when you are not talking on them. So that phone in your pocket is actually sending radiation directly through your body. Minimize use and be sure to keep it far from your head and body when it is turned on.

We parents who have changed our relationship with our cell phone feel so much better. We are less stressed and no longer constantly interrupted by our phones. We forward our cell phones to our landlines at home and the office or even at a friends if we are awaiting an important call. Children should not use phones unless it is an emergency.

##### Create A Sleep Sanctuary

Nighttime is the easiest time to eliminate wireless. Why have it on if you are not using it? Be sure everything is turned off, especially cell phones. If you need the alarm feature just put it on Airplane Mode. Many of us parents took our first step by turning off the home WiFi at night. Charge devices powered off away from bedrooms.

