

Information on 5G...

Introduction

We will look at how 5G, is affecting us, what we can do to protect ourselves, & most importantly how to ban 5G from our towns and hopefully throughout Australia. In my quest to find answers I knew I didn't have to reinvent the wheel... all I needed to do was to find someone who has successfully banned 5G & do what they did. In my search I found Barrister Raymond Broomhall, he specializes in Electromagnetic Radiation cases.

In this ever-changing world of technology, we have to hang on to the things we value the most before they are lost in the 5G promise of 'progress, convenience & faster speed'.

Present day technology can do much in the area of communication, it is used for marketing, business, education, even surgery, operations are being done with machines rather than surgeons, because the machines are more precise. There are many amazing advances...but

In a time when our mobile phones have become an extension of ourselves & everyone is addicted, this addiction is worse than any drug, almost every thought or action leads to our mobile phone or our computer. **The devices were engineered for addiction**

In a time when we are exposed to a lot of Electromagnetic radiation (EMR) from man-made sources around 10 billion times higher than back in the 1960s. EMR levels will likely be thousands if not millions of times higher in just a few decades — unless we decide there's a good reason not to.

Does the plan for 5G technology support a harmonious existence with nature, humanity, the bees, animals, the soil, Mother Earth & the Universe? Let's see...

To understand 5G we need to look at what it is, how it evolved & where the 5G plan intends to take us,
if we allow it... We will look at:

- 1. Electromagnetic fields**
- 2. Our Children**
- 3. The 5G plan**
- 4. Harmful effects of radio frequency radiation (RF)**
- 5. 5G negative impacts**
- 6. The cobalt mines**
- 7. Parliamentary Inquiry**
- 8. 5G & Electromagnetic Fields (EF) Self Protection**
- 9. Objection Letter**
- 10. Resources**

1. There are 4 Electromagnetic fields or EMFs, all been linked to short & long-term adverse health effects.

<p>Radio Frequency (RF) or microwaves, (RF) sources: Wi-Fi, cell phones, tablets, Bluetooth, smart meters, cell antennas, baby monitors, DECT, (Digital Enhanced Cordless Telecommunications) all wireless devices, household cordless smart phones, microwave ovens, & all smart appliances (RF), are used in all 5G applications</p>	<p>Electric Fields ((EF) Electrify your body without you even noticing: standard household wiring, ungrounded 2 prong lamps, most ungrounded electronics, stray currents in soils, power strips & other cords. EFs can seriously impair your body’s ability to get to that deep healing stage 4 REM sleep, reducing your normal night time production of melatonin.</p>
<p>Magnetic Fields (MF), breaker panel, faulty household wiring, electric current on water or gas heating, transformers, high voltage power lines, solar panels</p>	<p>Dirty electricity (DE) pollutes the electricity in your house with intermediate - frequency harmful noise. Sources: florescent light bulbs, charges for electronics, solar panels, wind turbines, dimmer switches, & smart appliances. Digital technology is sending a pulse signal to connect, these waves are constantly hitting us....</p>

Problems arise because the electric field is absorbed by your natural antenna - that’s every cell in your body giving you a constant low-level electric shock that (in the long-run) can make you sick even if you don’t feel it.

Electric Fields (EFs) also contribute to fatigue, fibromyalgia, sleep disorders, restless leg syndrome, & allergies. EFs are being linked to an increase in hyperactivity, depression, & headaches

Most wireless signals are pulse modulated. Harm is caused by both the High frequency carrier wave and the low frequency pulsations coming from all wireless devices

An electromagnetic field is “a physical field produced by electrically charged objects for example wireless appliances

5G is a radio frequency and has an electromagnetic field, it’s measured in millimeter waves or mm Waves –mm Waves are microwaves

Electromagnetic Radiation (EMR) is invisible to the human eye, it is odorless, and undetectable to humans unless you have Electromagnetic sensitivity or you have EMR meter that measures the radiation

The frequency of an EMF signal equals how many times it oscillates every second, this is calculated in Hertz (Hz).

While the Earth’s natural magnetic field is known to be around 7.83 Hz, the 4G/LTE signal coming off your iPhone can oscillate up to 2.7 billion times per second (2.7 GHz).

1000 hertz is referred to a kilohertz – kHz
1,000,000 hertz is referred to as a megahertz - MHz
One billion hertz is referred to as a gigahertz – GHz

Testing done for EM radiation - SAR tests - SAR represents – Specific Absorption Rate
Dummy called SAM - Specific Anthropomorphic Mannequin –

is used for testing mobile phones after they have been manufactured ...

SAM is 97% bigger than all mobile phone users. The size of his head is based on the top 10% of U.S. military recruits. If he had a body, he would be 6'2" and weigh 220 pounds.

SAM is very careful to use his mobile phone at least 5mm away from his ear, at a very specific 15 degrees angle.

SAMs head is full of sugar, salt & water. This apparently simulates the average human brain. thermometer on the top of the head

SAMs head gets exposed to the highest amount of Radio Frequency radiation a phone can produce (this is a perfectly new phone with no smashed screens or damage) for 6 minutes. Then, a probe looks at how much the phone has increased the temperature of SAMs liquid brain. If the temperature increases up to 2 degrees or less then the phone is deemed safe and the SAR falls within FCC safety guidelines. This test doesn't account for any biological effects, all they are doing is measuring the temp

Om P. Gandhi Emeritus professor of Electrical & computer engineering with the University of Utah did a number of tests & concluded that using a homogeneous liquid to mimic our brain & the complexity of the human head is not accurate. and it doesn't take into account areas like bone marrow, eyes & saliva glands which are much more likely to absorb radiation, especially in children....and what about pregnant women & infants?

Research: Who's providing the funding? 30% are funded by the industry
70% are independent researchers. The 30% funded by the telecommunication companies say there is no harm coming from the telecommunication equipment & devices. The 70% independent researchers say EMR is harmful

Scientists have divided EMFs into 2 distinct categories:

Energy fields are Ionizing & non ionizing

Ionizing – heating, and Non – Ionizing is non heating. It was thought that non –ionizing fields were harmless

Tests done show Non Ionizing radiation induces cancer in rats

The old testing methods are obsolete.

With 5G exposure we are Not only exposed to RF radiation, we are exposed to ultra violet Radiation as well

The electricity inside the cord of a lamp that's not even turned "ON" constantly emits an electric field

Your headphones are producing a weak magnetic field that reaches the outer layer of your brain.

We're all bathing in a huge, invisible EMF ocean.

Your Bluetooth dimmer switches, home appliances, wireless traffic lights, light bulbs, cars (GPS, satellite radio, etc.), EMF-emitting posters and yes! even wireless sensors placed on trees to be able to monitor which tree needs to be watered.

2. Children absorb 60% more EMF energy per pound of body weight than an adult and their bone marrow is exposed to 10 times more radiation than adults

EMF expert Daniel DE Beun explains, this is due to the higher water content in children's tissues than adults. Hence, radiation from mobile phones penetrates more deeply into their brains and is likely to cause more damage.

In animal & human studies, Fetuses exposed to EMFs in the womb have been shown to be more likely suffer a number of ailments.

For every 1mg increase in magnetic fields expecting mothers were exposed to, children became 15% more likely to develop asthma later in life

EMFs open the blood-brain barrier, this is an obvious link with reduced neurotransmitters in the brain and therefore, with ADHD.

Dr Dietrich Klinghardt noticed the children of people who worked in Microsoft had high levels of autism, he reduced wireless & other electric fields as part of his autism prevention & recovery program. Parents who followed his strict guidelines often see their children improve in about 6 months

Dr Klinghardt said the EMF link is so strong he can accurately predict the risk a pregnant mother faces of having an autistic child by measuring the levels of EMF in her sleep environment.

There is growing concern over: the amount of Wi-Fi children are exposed to during school time, the amount of time they spend in front of their screens which can lead to addiction. Programs can be downloaded so Wi-Fi can be turned off. Children should be given specific times they can spend in front of the screen.

3. The 5G plan.... Smart represents: Self-Monitoring, Analysis, & Reporting Technology

5G towers Support all SMART devices: mobile phones, computers, all wireless devices, smart homes, towns, appliances, drones, AI, electric cars & driverless cars, etc.

5G is owned by Chinese patent owner Huawei & American QUALCOMM

5G towers send beams of electromagnetic radiation in the form of mm waves or microwaves that connect to other 5G towers, with the assistance of close-range small cells, 5G towers send mm waves to all mobile phones, every smart device, all smart appliances, smart cities etc.

The 5G plan is to have smart cities, to microchip everyone and everything we buy, & sell. The whole of earth will be exposed to radio frequency radiation 24 hours a day, every day, with levels of RF radiation that are tens to hundreds of times greater than what exists today. **The 5G plans threaten to provoke serious, irreversible effects on humans & permanent damage to all of the Earth's ecosystems.**

Small Cells are short-range cellular antennas will be placed everywhere in close range to homes. These frequencies are absorbed by trees, the earth's atmosphere, and the uppermost layers of human skin, and damage cells that can affect important biological processes, some that we might not even be aware of yet!

Dr. Martin Pall, a professor emeritus of biochemistry & basic medical sciences at Washington State University, specializes in the negative effects of EMF on the human body, he says that the

faster pulse rate of 5G frequencies will be more biologically active in the body, he predicts increases in blindness, hearing loss, male infertility, skin cancers, thyroid issues, & nervous system dysfunction

5G in Space... There are currently over 5000 satellites in lower space...an estimated 20,000 satellites will be needed to support the 5G plan.... At least five companies are proposing to provide 5G from space from a combined 20,000 satellites in low & medium Earth orbit that will blanket the whole Earth with powerful, focused, steer able beams. The satellites will draw electricity from space and emit mm waves of up to 5 million watts from thousands of antennas, radiating every area of the Earth's surface and will be additional to ground based 5G transmissions from billions of objects. The satellites will be located in the Earth's magnetosphere, which exerts a significant influence over the electrical properties of the atmosphere.

What about the costs involved? Cost of a satellite: \$50 million to \$400 million each, then there's running costs, repairs and maintenance (Globalcomsatphone.com) Small cells range covers 10 meters to 2km. cost around \$200,00 to set up(techtargget.com) IBN Research forecasts mass small cell deployment will begin in 2025, there will be 13 million 5G outdoor small cells by 2027 to support the 5G plan. (sdxcntral.com/analysis)

Worldwide it is estimated that by 2025, **75 billion objects** will be a part of the Internet of Things. The goal in creating this matrix network of "smart" objects is greater efficiencies, greater convenience—Really? The 5G plan is to microchip everything and everyone micro chipped, every item in your fridge will be micro chipped & talking to each other, notifying you of expiry dates, when a product is nearly finished etc.

The alteration of the Earth's electromagnetic environment may be an even greater threat to life than the radiation from ground-based antennas. (stop5GSpaceAppeal.org)

4. Harmful effects of radio frequency radiation (RF) were already proven even before 5G was proposed, dozens of petitions & appeals by international scientists, including the Freiburger Appeal signed by over 3,000 physicians, called for a halt to the expansion of wireless technology and a moratorium on new base stations.

In 2015, 215 scientists from 41 countries communicated their alarm to the United Nations

(UN) and World Health Organization (WHO).

They stated that "numerous recent scientific publications have shown that EMF [electromagnetic fields] affects living organisms at levels well below most international and national guidelines". More than 10,000 peer reviewed scientific studies demonstrate harm to human health from RF radiation.

Effects include:

<ul style="list-style-type: none">• Alteration of heart rhythm• Altered gene expression• Altered metabolism• Altered stem cell development• Cancers• Cardiovascular disease• Cognitive impairment• DNA damage	<ul style="list-style-type: none">• Impacts on general well being• Increased free radicals• Learning & memory deficits• Impaired sperm function and quality, Miscarriage• Neurological damage• Obesity and diabetes• Oxidative stress (5gSpaceAppeal.org)
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Electromagnetic Hypersensitivity: redness, burning, tingling, difficulty concentrating, dizziness, nausea, heart palpitations, digestive disturbances

Effects in children include: autism, attention deficit hyperactivity disorder (ADHD) and asthma
The symptoms most commonly experienced include dermatological symptoms (redness, tingling, and burning sensations) as well as neurasthenic and vegetative symptoms (fatigue, tiredness, concentration difficulties, dizziness, nausea, heart palpitation, and digestive disturbances)

High levels of DE in a living space have been linked in studies to cancer, cardiovascular disease, ADHD, suicide, diabetes, high blood sugar, & could lead to weight gain...

There is abundant evidence of harm to diverse plant, wildlife, laboratory animals, including: Ants, Birds, Forests, Frogs, Honey bees, Insects, Mammals, Mice, Plants, & Trees. Negative microbiological effects have also recorded. One stormy night a 1000 ft TV tower claimed more than 12, 000 birds. Experts estimate the annual toll from North American towers at around seven million birds. (The Defender)

Dr Klaus Buchner, a German university professor says bees & other insects that contain iron are disoriented by 5G waves, because the waves interfere with the Earth's magnetic field (7.83Hz) that helps bees & birds know where they are going

5. 5G negative impacts:

- 5G has a limited range & has to be supported by small cells, a large number of base stations & satellites
- A Lack of inscription during the connection process makes using 5G technology an easy target for cyber-attacks & data theft
- Radio waves from 5G towers constantly emit noise, this is a nuisance. Electromagnetic noise makes it hard for birds, bees, & insects to find their way.
- Devices containing lithium batteries have a reputation of exploding, causing fires
- The electromagnetic radiation coming from 5G can negatively impact all living organisms, including humans, animals, bees, insects, plants trees, rivers, & the environment
- Electromagnetic Radiation emitted by 5G is far more intense than that produced by 2G, 3G, and 4G.
- 5G signals may interfere with weather forecasts, this could impact weather forecast accuracy & the ability to predict natural disasters like hurricanes
- There will be an estimated 5G tower every 10 to 12 homes - We will be constantly radiated with microwaves, and we will be exposed to Ultra Violet Radiation as well
- Everything that's Smart, everything that's Wireless emits radio frequency 24/7
- There are long & short term adverse biological impacts
- As devices are upgraded to 5G there will be more electronic waste, this can have negative environmental impacts
- Smart devices emit radiation, are addictive, impair sleep & have a negative impact on your mental health. Does that sound smart you? (Safe EMR Education Network)
- Minerals used to make 5G technologies are taken through exploitation and extinction
- Electromagnetic radiation is a hazard, a contaminant and an environmental pollutant
- What is the cost to our health, to the environment, to all life on Earth & financially???
- 5G is the key to the destruction of life on Earth as we know it

Rules adopted by the FCC allow 5G base stations operating millimeter range to emit or radiate power of up to 30,000watts per 100MHz of spectrum – that's Megahertz

Small cells will be in close range emit 250 mW expressed as 24 dBm

All the parts of 5G such as antennas, receivers, transmitters, devices & other equipment use a lot of energy. From 2013 to 2015, the growth of the wireless cloud was like adding 4.9 million more cars to the road.

When making electronics, thousands of different types of toxic chemicals and gases are used, and huge amounts of toxic waste are made, this creates Groundwater pollution

5G produces electromagnetic radiation which will seriously harm the environment and can affect living organisms. The electromagnetic radiation (EMR) emitted by 5G is far more intense than that produced by 2G, 3G, and 4G.

Continuous exposure to non-ionizing microwave radiation will impact all living things, including animals, birds, insects, plants, trees, microorganisms in the soil, and people. Birds may leave their nests, lose their feathers, have trouble moving around, live shorter lives, or die.

As the number of bees goes down, colonies break up and their ability to find their way gets messed up. Bees are an important part of the earth's ecosystem and agriculture because they pollinate the plants we eat. In an experiment a mobile phone was placed near a bee hive, by the end of the day only a few of the bees were able to find their way back.

5G microwave radiation, equipment and routers built in forests, cause damage to plant, animal life and Microbes, in a teaspoon of topsoil, there are about 1 billion different microscopic cells and 10,000 different species. These organisms do a lot, including making sure crops grow well, cleaning the environment of pollution, regulating carbon storage stocks, and making or using greenhouse gases like methane and nitrous oxides.

Australian researchers estimate the global energy consumption from wireless networks will grow 460% from 2013 to 2015, the growth of the wireless cloud was like adding 4.9 million more cars to the road. (ABCs Today Show Rod Tucker) thefifthestate.com.au

At 3%, the amount of energy used by mobile phones is higher than that used by aviation. This is expected to go up to 20% in ten years, but with 5G, energy use is expected to go up by more than 170% by 2026. By 2030, information technology will use 20% of all the electricity in the world.

Carbon dioxide emissions produced by telecom networks are projected to rise from 20% of total global emissions in 2016 to over 30% by 2030.

Changes to the electromagnetic environment of the Earth could be even more dangerous to life than the radiation from ground-based antennas. 5G satellites placed in the magnetosphere of the Earth, will change the electrical properties of the atmosphere or the global electrical circuit we live in.

The Earth's natural electromagnetic environment controls the biological rhythms of all living things. The health of all living things depends on how stable this environment is and how the Earth's atmosphere works electrically.

In order to set up the 5G global wireless network, rockets must be sent into space to place the estimated 20,000 satellites, the exhaust from a solid-state rocket has pieces of metal, chlorine, and alumina, all of which destroy the ozone layer and add to space debris

Low Earth orbit, which goes around our planet, is about 1,250 miles from the surface. The debris in space right now is made up of everything from tiny particles to chunks of old spacecraft, satellites, rocket bodies, momentum flywheels, and even cores of nuclear reactors. Some of the pieces are left over from collisions or from the debris breaking up. 5G in space will create a lot more space debris.

Microwaves are destructive to oxygen and water, which are both important to all living things. When microwaves go through the Earth's atmosphere, they break down hydrogen and oxygen into hydroxyl radicals and destroy water molecules.

Atmospheric attenuation has an effect on radio waves with higher frequencies, especially those in the mm-wave range. This weakening in the atmosphere is mostly caused by gases like O₂ and H₂O, which take in radio waves.

Light pollution from 5G radio-frequency signal inside the Earth's atmosphere, will make it harder to see stars because the light reflected off the clouds will get stronger.

Because of light pollution weather forecasts may not be accurate, we might not know of coming hurricanes, severe storms etc. We won't be able to look for potentially dangerous asteroids and comets. There is also a chance that we won't be able to find and measure things like supernovae, flares, and stars that change over time.

Because of the incentives, telecommunication companies will continue to make and market more technology, no matter how bad it is for the environment

6. The Cobalt Mines...

All smart devices have lithium batteries; they are lighter & store more energy. Lithium is a highly reactive element, which makes it possible to store a lot of energy in its atomic bonds... because they contain a lot of energy in a compact package they have a reputation of exploding, causing fires in laptops, phones, & even in the systems of a Boeing 787 jumbo jet. These batteries start to deteriorate gradually as soon as they are produced if they are in use or not.

Lithium comes from Cobalt mines in the Congo

According to reports by UN agencies, in the southern Katanga province, more than 40,000 adults & children, some as young as 4yrs old, are being forced to work in hazardous conditions in these mines, 12 hours a day, with inadequate safety equipment and for very little money, a dollar or 2 a day, with 5000 people working at a time in shifts, digging with their bare hands...

Children are taken from their families, sometimes hundreds of miles from their towns & forced to work in the mines, some children as young as 4yrs old.

Blasting & electricity consumption in cobalt mining is damaging to the environment. Eutrophication and global warming are the most affected impact categories. Carbon dioxide & nitrogen dioxide emission are highest from cobalt mining

www.sciencedirect.com

These mines are often dangerous & polluting. The mining & refining processes are often labour intensive & associated with a variety of health problems as a result of accidents, overexertion, exposure to toxic chemicals, gases, & violence.

www.Earth.org

Please listen to: Cobalt Mining...: How modern-day slavery in the Congo powers the rechargeable battery economy

Siddharth Kara 36-minute talk...



<https://www.npr.org/sections/goatsandsoda/2023/02/01/1152893248/red-cobalt-congo-drc-mining-siddharth-kara> (<https://www.npr.org/sections/goatsandsoda/2023/02/01/1152893248/red-cobalt-congo-drc-mining-siddharth-kara>)

When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity." - John F. Kennedy

7. Maybe the government will help us....

Parliamentary Inquiry...

As a result of the 2001 Inquiry into EMR the Committee Chair recommended numerous measures to minimize potential health risks:

“There are a number of ways in which potential health effects may be minimized, particularly given community concerns about the placement of mobile phone towers and base stations near schools, hospitals, shopping centers, churches and people’s homes:

- **adopting a precautionary approach in the setting of emission/exposure safety standards;**
- **ensuring that the mobile phone tower/base station emission beams of greatest intensity are sited away from sensitive areas like schools and hospitals;**
- **encouraging limits to the use of mobile phones, particularly by children;**
- **using devices which shield or otherwise minimize the level of emissions from mobile phones;**
and
- **labelling mobile phones to inform consumers about emission levels, with the additional objective of allowing market forces to encourage companies to develop phones that can be efficiently used with the lowest levels of emissions possible.”**

The Committee Chair further recommended that “**the Government review the Telecommunications (Low-impact Facilities) Determination 1997, and as a precautionary measure, amend it to enable community groups to have greater input into the siting of antenna towers and require their installation to go through normal local government planning processes”**

These recommendations were never implemented.

The 2019 Australian Parliamentary Inquiry into 5G

Many doctors, researchers, parents, teachers and individuals with Electro-Hypersensitivity wrote in, urging the Australian government to protect public health and abandon their plans to roll out untested, radiation emitting 5G infrastructure. [View Submissions Here](#) At present a total of 537

submissions from the public have been received, with many more to come. As well as a further 390 form letters calling for an immediate moratorium.

Various industry groups also made submissions to the 5G inquiry expressing their concerns about community opposition interfering with the rollout of 5G technology. It has been estimated that 5G, the associated Internet of Things (IoT) and autonomous vehicles will offer a \$17 trillion profit margin to the various industries vested in 5G technologies.

Australia's largest telecommunications provider, Telstra, made a submission, insisting that any evidence put forward against the safety of 5G was merely a health scare campaign "driven largely by social media and... 'Foreign actors.'" Telstra asked the government to free up more radio bandwidth to make way for the 5G network and, to combat health fears, launch a nation-wide campaign to promote their infrastructure.

As a result, the **Morrison government pledged \$5 million into an industry public relations misinformation campaign, designed to convince the Australian public that 5G is safe.** Instead of siding with the majority, the Australian government has been bought out by big business. The government ignored the scientific evidence and instead encouraged the population to take up the new technology as ignorant consumers.

"Here comes the government's smoke & mirror circus assisted by the clowns at ARPANSA, ACEBR, Telstra and compliant journalists who have no idea of the actual science" – (Don- EMF Facts Consultancy). SEEN.org

China & Russia consider any RF exposure over 10 wW/cm² (10 watts) or .614VM for over 30 minutes is to be considered dangerous – that's 100 times lower than the Federal Communications Commission (FCC) guidelines in Australia: 1000w (1000watts)

The WHO's International Agency for Research on Cancer (IARC) concluded in 2011 that RF radiation of frequencies 30 kHz - 300 GHz are possibly carcinogenic to humans (B2) Recent evidence, including the latest studies on cell phone use and brain cancer risks, indicate that RF radiation is proven carcinogenic to humans and should now be classified as a 'Group 1 carcinogen' along with tobacco smoke & asbestos
ARPANSA says radio waves effects the skin & the eyes, and penetrates skin to a depth of within a cm

"The best way to predict the future is to create it." - [Peter Drucker](#)

8. 5G & Electromagnetic Fields (EF) Self Protection

Develop good habits...throw convenience out the window. What is considered a safe amount of RE radiation coming from your cell phone? Your mobile phone manufacture instructions say: Do not to hold the cell phone to your head or in your hand. Never have a cell phone: pressed against your ear, strapped to your arm, held in your hand, in your pocket or in your bra..... and never press your phone against your shoulder to hold your phone against your head so you can do something else with your hands!

Distance is your Best Friend: the further away you are from wireless technology the safer you are

What happens if you hold your cell phone right next to your ear? You get exposed to 4 times as much radiation. (SAR rating)

Mobile phone use: always use the hands free, put your mobile phone on a phone stand & leave it there, you can carry the phone on the stand from room to room

Avoid using your phone when there is bad reception, your phone works harder, ramps up radiation up to 1000 times harder to connect, thus releasing more radiation

Instead of touching your phone screen or any other touch screen surfaces with your fingers, Use a mobile phone pen – Universal Stylus

Only use your phone for up to 6 minutes a day maximum (SAR rating)

Make or purchase a Faraday cage, this container blocks electromagnetic radiation from entering or exiting, this includes radio waves & microwaves, stops tracking & no one can hear your conversations. Prevents keyless car theft, it's made of any material that can conduct electricity: metallic sheets, wire mesh, foil...and guess what it works! Follow the directions then ask someone to call you...

Wrap your phone in plastic then roll it in 3 layers of aluminum foil. The thicker you make the foil the more protection you will have. Or you can

Cell phones emit radiation constantly, even when you are not actively using them

When you are not using you phone, or when you put it in your handbag

Turn Airplane Mode ON, it's found in your mobile phone setting, this stops the **microwave radiation emissions,** because it turns the antennas OFF. On some devices airplane mode only turns cellular antennas, so check & turn off other antennas: Wi-Fi & Bluetooth. **Even if you turn wireless antennas off, they are still emitting magnetic fields,** so power them 100% off before you carry them near your body, or in your bag

Turn OFF all Notifications...go on, you can do it!

Check where your power/smart meter is. The strong presence of an electrical transformer (breaker Panel) means there is a strong magnetic field. Replace smart utility meter with an analogue meter

Main breaker panel must be at least 3mts away from living space, play area or bedrooms, if is closer than 3mts get a EMF expert to check safety levels

If it's outside your bedroom, see if you can have it removed & placed elsewhere.

Or You can paint the back wall behind the meter with EMF protection paint EMF or Faraday paint

Never use a phone case: the Environmental Working Group says using a phone case can increase the amount of radiation absorbed by your head by 20 to 70%

Make bedroom a tech free zone: EFs can seriously impair your body's ability to get in that deep healing stage 4 REM sleep, reducing your normal night time production of melatonin. TVs, gaming systems, & computers plugged into electricity or on battery power will have radiation emissions even if in power off mode, so it is best to remove them from the bedroom or completely disconnect them from their power source.

Charge cell phones & tech devices away from the bedroom, because charger gear generates other types of electromagnetic fields that are also linked to health issues.

Use wired plug-in telecommunication equipment instead of wireless; e.g., instead of using a wireless mouse. plug in mouse etc.

Avoid buying smart wireless devices.... in an effort to save energy the device is sending a pulse signal...waves constantly going back & forth to connect with your Wi-Fi, laptop, or computer etc. This pulse energy is picked up by our antenna – every cell in our bodies, the radiation is then absorbed deeper into our bodies. E.g., Wireless mouse is sending this pulse, 2.4GHz into your hand giving you a constant mild electric shock

Laptops & other Devices should be used on a table or desk - never on your lap. On every computer, laptop, tablet, or WTD, there is a function key that turns OFF the Wi-Fi transmitter & Bluetooth transmissions. Turn off when not in use

Check Headphones they might have a wire that goes in your ear, this could act as an antenna that sends EMR to your brain. The safest option is using an Air tube headset they have no wires, or put a ferrite bead on your headphone wire, or better still don't use any headphones. Wired hands-free kits do generate some EMR, but the worst are Air pods and other blue tooth hands free kits. They operate on 2.4 GHz and they connect to each other, so they pass an electromagnetic signal directly across the brain.

Home cordless phones emit radiation like cell phones. Most cordless phone base stations constantly emit high levels of microwave radiation regardless of whether or not any connected handset is in use.

Corded landlines have no wireless radiation emissions. Every home should have a corded landline (with a curly cord to the handset) if possible. Then you can forward cell phones to your home line while you are at home or in the office. Prefer the landline corded phone for most voice conversations.

Decrease radiation exposure - Unplug wireless devices (and their related gear)—for example, gaming, entertainment, and computer systems—when not in use, this action saves significant energy & makes all-around good sense.

All wireless devices & wireless appliances have Electromagnetic Fields that emit radiation.

Power off mobile phones & wireless connectivity in vehicles, buses & lifts. Mobile devices distract drivers even if hands-free. Mobile phones, streaming tablets & laptops also emit higher power radiation during travel because the metal surroundings create radiation hotspots inside the driver and passenger areas of your vehicle. **The weaker your signal the more radiation your phone will emit**

Use your GPS without using a wireless device while driving. Plan ahead, use the Melways or, before traveling look up the destination on your phone, pull up the itinerary, then turn the phone on Airplane mode, and you will still have your directions without the radiation. Remember your phone has to work a lot harder to connect while you are driving so there's a lot more exposure to radiation.

Going on a road trip... your children want to watch movies? Before you leave, download the movies onto your device so that during the trip wireless access is not necessary. Call your car manufacturer, if you are not sure, to learn how to turn the wireless antennas (Bluetooth or Wi-Fi) to OFF in the car, and then how to turn them on again.

Protect children & pregnant women...Rethink how you use mobile phones when you are near children. Children's skulls are thinner than adults' and their brains are still developing. **In pregnancy never hold the mobile phone close to your body especially your belly**

Do not use a mobile phone while carrying an infant or while the infant is on your lap, and do not carry your mobile phone in your baby carrier. Keep a transmitting mobile phone or wireless device away from a child's brain and body.

Do not expose your baby to - baby monitors or smart nappies

If you do hand a child a technology device such as cell phone, tablet, or laptop, please set the Airplane mode to ON, & Wi-Fi & Bluetooth OFF.

Children should not use mobile phones except for emergencies

Need an alarm on your phone You can set the phone to Airplane/Flight Mode ON and the Wi-Fi & Bluetooth to OFF and still use the alarm, the camera, the timer, write notes, & use the torch features.

An EMR reducing cell phone case can reduce the amount of EMR your body absorbs

Building biologist or an EMF mitigation expert can check your home or workspace for EMF/EMR in three different ways: AC Magnetic Fields - with a Gauss Meter; Radio Frequencies

Electromagnetic shielding solutions can minimize or stop the penetration of artificial high frequency radiation and are recommended especially for bedrooms, because electromagnetic interference is considered more aggravating during the critical hours of sleep. There are a number of different products around. Which one is right for you? A product that suits one person may not suit another. Tune in, get a feeling sense, muscle test or see a Kinesiologist who can muscle test the product for you.

Check EMF levels in your home with an EMF meter, or hire the services of a Building Biologist

Hot springs, the minerals help cleanse our bodies of radiation. **Charcoal** removes toxins

The daily practice of Agnihotra; burning organic dried cow dung in a copper vessel is said to cleanse the environment, reaching up to 12 km vertically into the atmosphere and $\frac{3}{4}$ km in diameter around the copper vessel. It can remove pollution, radiation, even radioactivity can be neutralized with this Ancient Ayurvedic Science. Garden crops thrive with the ash it produces.

We do what we need to do right now, the real solution is to remove the source, the truth about harmful electromagnetic fields must be exposed to the public and 5G must be banned.

"In the confrontation between the stream and the rock, the stream always wins - not through strength, but through persistence." - [Buddha](#)

9. Solutions: What Can We Do?

Follow how to protect yourself & family guide. Do what you need to do to protect yourself right now, make changes to the way you live, educate yourselves & ban 5G towers from our homes, cities, parks, & work places.

5G will eventually enable every item purchased—All appliances that you purchase now have a 5G component in them, it just has to be switched on. Right now, that can't be avoided unless you purchase second hand.

Boycott 5G phones & wireless devices

5G Towers should be banned from Australia Everyone in Australia should know the truth.

Every time we purchase a smart device or product we are supporting & strengthening the 5G plan

Write to your council, & the telecommunication companies, send them an 'Objection Notice', stating,

"I do not consent to microwave energy coming from 5G towers touching my person & irradiating my home. I object to being touched or my skin being penetrated by mm waves or microwaves coming from the 5G towers I object to the installation of 5G towers in residential areas" I Object to proposed 5G towers being built or installed in (insert your council district)

Collect emitter details: find towers in your area & the levels of EMR released at: RFNSA.com.au.

If you are experiencing symptoms or side effects from EMR emissions see your doctor. Ask for advise on how you can remedy the situation. Contact seen for assistance with this process.
www.seen.org.au

For litigation follow the Broomhall 22 step plan to prepare evidence for litigation and potential remedies

Speak or write to your local MP regarding concerns raised about 5G towers

Research, then contact your local paper & express your concerns

Barrister Raymond Broomhall says, a Safe alternative is SKA project - Square Kilometer Array with Fiber Optic

Optic wireless 5G gives up 10Gigabytes per second

Fiber Optic is more superior & has a lot more latency than wireless, Generating 400 gigabytes of data per second.

Fiber optic cable is under ground, under the 5G towers!!!...this is converted to wireless transmissions radiating 5G microwaves from above the tower!

Instead of connecting the tower to fiber optic and transforming it to optic wireless that radiate microwaves from above the tower, why don't they connect fiber optic to our homes???

We all have different beliefs, customs, traditions, religion & culture, diversity developed through evolution of the species, and that's how it should be, but there are some things we all need to agree on:

Our primary goal must be to live in peace, good health & harmony with each other, with other nations, with animals, bees, insects, our ecosystem, rivers, the Earth & the Universe. Anything

that threatens: the balance & stability of the Earth, our peace and our health must be exposed, & changed or banned.

All Children are our children, we have a duty to take care of them, to protect them, and to preserve nature, & the Earth for the continuation of Humanity and that of animals, insects, bees, rivers, trees and life as we know it, for ourselves and for future generations.

We want safe technology; we must demand safe technology The technology & energy providers can create devices with lower emissions, low power, different signal encoding, & make them completely harmless to humans, our ecosystem, bees, animals, plants, our rivers & Mother Earth.

Every time we purchase a smart device or product we are supporting & strengthening the 5G plan

Why are we allowing telco companies to create a hostile environment on Earth, for all humanity & all living creatures, plants & rivers, oceans for the Earth & the Universe?

While we do whatever we need to do to protect ourselves right now, we need to look to the future & make changes to the way we live...

We must Be Willing to Change for our good & for the good of all concerned

Every Australian must know the truth about 5G & decide for themselves....

EMF radiation levels will likely be thousands if not millions of times higher in just a few decades, unless we decide there's a good reason to control them

Devices can be created with lower emissions, low power, different signal encoding, & made completely compatible with, & harmless to the human body

There was a case in the Highest court in Italy, where it was ruled that Yes EMR coming from cell phones does bodily harm & causes Acoustic neuromas, benign cancer in the middle ear

I ask again... Does the plan for 5G technology support a harmonious existence with nature, humanity, the bees, animals, the soil, Mother Earth & the Universe? Definitely not!

We must become the change we want in the world." Mahatma Ghandi

9. Objection Letter

How to stop 5G coming out of the towers:

Send an objection letter to: your local council, the telecommunication companies and if there is a proposed tower going up on someone's property, or if there is already a tower on someone's property also send objection letter to the property owner

If the 5G radiation does not stop then all are LIABLE – they all have a common purpose, a joint venture.....

5G is a contaminant radiating 12.09 watts per meter

If they don't stop radiating 5G from the towers, send a 'Personal Safety Intervention Order/Victoria Legal Aid' (check your state for the equivalent form)

Or a 'Peace & good behavior order'

Go to a police station and ask for AVO kit

The police will serve the Application to the other parties and the case goes to a small court they are served with a restraining order, this lasts for 2 years

Plan ahead, it wasn't raining when Noah built the ark...

10. Resources:

Please research & read information on these websites:

Sign Petition: We do not want 5G towers in residential areas
Save the Yarra Ranges. Change.org

Read & sign the 5GSpaceAppeal.org & SHARE
www.5gSpaceAppeal.org

wearenotsam.com

Sign the petition to boycott 5G phones

Checkout podcasts 'The We Know show' with Rinat Strahlhofer

Seen.org.com SAFE emf Education Network inc

Please Sign the Boycott

Seen has lots of information, \$30 a year to be a member

Schools Awareness Campaign – EMF safe Schools - send information to every school in Australia

Industry awareness campaign, the Broomhall 22 step litigation plan

Including Objection to 5G installation to councils

As a Seen member you can listen to **Raymond Broomhall**, he is a Barrister who specializes in EMR.

He has won a number of cases which resulted in 5G towers banned from towns in Australia

Environmental Health Trust: ehtrust.org

YouTube -Kate mason: 5G, 4th industrial Revolution & smart cities: Steve Galvin talks on 5G

Australians for safe technology - Steve Galvin

Childrens health defense Australia

Listen to: How modern day – slavery in the Congo powers the rechargeable battery economy
(36min) npr.org - Fresh Air

If you can support the websites mentioned with membership and or a donation please do so, they are doing an amazing job

One man said his Tin roof stops 5G, and he wears a tin foil hat

"The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing." - Albert Einstein

Compliments
Rose Italiano @MyPlaceYarraValley

"It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change." - Karol Darwin