

Are we really coping with the increasing amounts of airborne radiation?

by Olle Johansson....

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In 2006, Associate Professor Dr Johansson published a commentary in the Journal of the Australian College of Nutrition & Environmental Medicine with the title, "How shall we cope with the increasing amounts of airborne radiation?" [1] He says that since then science has progressed dramatically, and today there are no doubts any longer that artificial electromagnetic fields are potentially very harmful to us, and to life on the planet.

The most telling evidence for the dangers of EMRs (electromagnetic radiation) is the fact that the players we so dearly want to believe are protecting us, years ago all abandoned ship and do not take any legal and economic responsibility at all for future health damage of electromagnetic fields from this so-called 'safe technology'. Among the 'sailors' that have left the boat are the manufacturers, the telecom operators, the insurance companies (by not insuring for health effects of electromagnetic fields), and to a high degree also the radiation protection authorities, as well as the World Health Organization.

In addition to this, there are results from an overwhelming number of studies, including:

- genotoxic cellular DNA-damage
- disruptions and alterations of cellular functions like increases in intracellular stimulatory pathways and calcium handling
- decreased learning and memory scores
- disruption of tissue structures like the blood-brain barrier
- damage and induced death of nerve cells
- impact on vessel and immune functions
- loss of sperm quality as well as fertility.

We are not the only species in jeopardy; practically all animals and plants may be at stake.

Practical hints for reducing EMRs from reaching your brain

According to industry figures, a person holding a mobile phone to the head receives 500,000 times more radiation than the typical background level. Here are the three most significant measures that anyone can take to reduce the possibility of adverse effects.

1. Hold your mobile phone as far away from your head as is practical; at arm's length if it has a 'speaker' mode. The same applies to cordless phones.

2. Use a hardwired 'ethernet' (RJ45) connection between your computer and modem. Most 'wireless' modems still have the appropriate sockets. Remember to then disable the Wi-Fi function in BOTH the computer and modem, in their respective software interfaces.

3. Let the 'inverse square' law work in your favour. Field intensity drops off exponentially with distance from the source. Maintain a prudent distance between yourself and any emitter of EMR. This information has been used by permission of www.EMRaware.com where you will find dozens more helpful suggestions for reducing EMRs.

WiFi rollout

The conversion to WiFi, and similar wireless communication systems, is one of the largest technology rollouts in history, and yet virtually no public consultation with citizens or local governments was carried out in advance – completely in contraposition to the Nuremberg Code of Ethics.

Parallel to this, the World Health Organization has classified the following as being possibly carcinogenic (2B):

- powerfrequent magnetic fields (by 2001; with reference to childhood leukaemia)
- radio frequency electromagnetic fields (by 2011; with reference to brain tumours).

The recent ruling of the Italian Supreme Court, that mobiles can cause a brain tumour, definitely means yet another 'nail in the coffin'.

The very recent American National Toxicology Program (NTP) report from 2016 [2] has shown that rats exposed to mobile telephony for two years have an increased incidence of aggressive brain tumours (gliomas) and malignant heart tumours (schwannomas). No tumours at all were observed in the unexposed control group.

This project has been underway for more than a decade, and, with a \$25 million price tag, is the most expensive ever undertaken by the NTP. The study involved more than 2,500 rodents, exposed to the same type of radiation found in cell phones, at the same frequencies, for nine hours every day, for two years. Even though the cancer incidences were regarded as low, transferred to the human population scale such a result still would mean – down the road – a tremendous future cost for the world's health care systems. The study outcome could result, in the decades to come, in an additional 150 million extra human cancer cases worldwide, something not easily swept under the carpet.

The scientists must have regarded their results of *very high importance* since they released them before the entire study was completed, a rather unusual decision. As a consequence, from now on, it will be very difficult to claim wireless systems to be without risk. To say that the American NTP study is a paradigm-shifting one is actually to understate its importance.

The recent massive roll-out of various wireless technologies should be critically viewed against this background. The last 100 years we have very suddenly been exposed to radio, TV, computers, cellular telephones, wireless internet, light ray tubes, compact fluorescent lamps, and household appliances of various kinds.

This is the central question:

“Can we really count on our cells, through Darwinian evolution, having an automatic protective shield against power-frequent electric and magnetic fields, radio and TV signals, microwaves, etc., i.e. environmental exposures that have never been around on our planet, or, if they have, at less than one quintillionth in strength?”

And the answer is so simple: Of course, we cannot count on any such protective shielding since it is just not present. We are more naked than any newborn baby when it comes to such presumed protection.

Who will now dare to speak up when new dangers emerge?

When LivingNow spoke with Prof Dr Johansson recently he told us that, notwithstanding the pain of seeing these results in print (e.g., the 2016 study of rats), there was nonetheless some vindication of his work since the 1980s [3] – and the work of his fellow researchers – and that it certainly had been morally right to sound the alarm back then.

Unfortunately, instead of intensifying the research efforts, his own university, the Karolinska Institute, has now chosen to go in the opposite direction and, according to a report from EMR Aware, Prof Johansson is actually being ‘forced’ into early retirement. He had previously had his funding and research facilities cut – and soldiered on nonetheless – but now the faculty has asked him to go.

EMR Aware say, “Unable to counter his expert findings, it appears promoters of wireless technology have adopted the strategy of applying pressure to the Karolinska Institute of Sweden at which Prof. Johansson resides. Now it seems, by attempting to have him dismissed from his post entirely, they hope to prevent further release of truthful and unbiased information to the public.”

Peter Nielsen, from www.emraware.com (who publish a free bimonthly newsletter by the way), adds, “If you are as concerned as we are, please take a moment now to email the Officers of the Institute listed below. Politely request that Prof. Johansson be allowed to continue his essential work for the benefit of all humanity.”

The largest full-scale experiment ever

Very early I coined the expression that we are all subjected to *the largest full-scale experiment ever*, and asked the question:

“What happens when we, 24 hours around the clock, wherever we are, allow ourselves and our children to be used as guinea-pigs, whole-body-irradiated by new, manmade electromagnetic fields for the rest of our lives?”

This question is more valid and important than ever, and it is up to our society, with its governments, parliaments and health authorities, to answer it – but they most often don't.

So it is fair to ask: can we rely solely on our governments and authorities or do we have to take extra personal responsibility?

Based on all the science that is flooding my desk, I say that this sudden exposure to new, manmade electromagnetic fields seems to cause a disturbance of the immune system to result in molecular and cellular damage and tissue repair reduction that would lead to disease and impairment.

To suddenly feed a stable biological ecosystem, like Planet Earth, with astronomical amounts of energy (as compared to the natural background in which life on this planet evolved) will propel cell growth, like cancer, damage the genome, and jeopardise the immune defence. The mechanisms behind this are not difficult to imagine. This is not a matter of 'rocket science' – the obvious potential evolutionary consequences are easy to grasp, and *it is time to wake up and take strong action!*

Just as we are learning that cell phones are associated with brain and heart tumours, why are we installing more and more of the same technology next to, or in, everyone's homes, often with no legal right or practical possibility to opt out?

Thousands of people have complained of tinnitus, headaches, nausea, sleeplessness, heart arrhythmia, and other symptoms after WiFi was installed. Various studies have reported that electromagnetic fields may have serious, or very serious, side-effects in various tissues and cells, and especially so in the young and very young. Wireless technology is nowadays by many considered a public health hazard, and already lawsuits have been won. There are also reports of WiFi and similar systems interference with pacemakers and other implants. Should we not better value our health, and the health of our family and friends?

What we can do

It is very important that the members of the general public *immediately* start to educate themselves and take precautionary actions of their own. It is too obvious nowadays that we, as citizens, cannot trust our elected bodies or commissioned authorities. Therefore, it is high time that we all – scientists, politicians, civil servants and citizens, finally realise how potentially dangerous for our health may be manmade, artificial electromagnetic fields released from, and used by, our various electronic gadgets – such as power lines, transformers and wiring inside household items, cell phones, tablets, laptops, baby alarms, and gas, water and electricity wireless smart meters. As a reader, do educate yourself! Then take a lifestyle decision for yourselves and for your children based on your own convictions.

From a public health point of view no more research is needed. The proofs in the form of thousands and thousands of peer review-based scientific publications are overwhelming – now society must dare to protect and to serve. Children can never be allowed to be victims of flimsy

pedagogic tools, and absent adult responsibility, or to be exposed to a WHO-classified possible carcinogen. Our actions must solely aim for their needs; not for commercial greed.

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References

[1] J Aust Coll Nutr & Env Med 2006; 25: 5-6

http://www.stopumts.nl/pdf/paper_johansson_airborne_radiation.pdf

[2] “Report of Partial Findings from the National Toxicology Program Carcinogenesis Studies of Cell Phone Radiofrequency Radiation in Hsd: Sprague Dawley® SD rats (Whole Body

Exposures)” <http://biorxiv.org/content/biorxiv/early/2016/05/26/055699.full.pdf>

[3] Papers and studies by Olle Johansson are to be found here: <http://vetapedia.se/olle-johansson-associate-professor-ki/>

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