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## 10 Cell Phone Radiation Protection Tips

by Taraka Serrano

*"The voluntary exposure of the brain to microwaves from hand-held mobile phones... [is] the largest human biological experiment ever."*

~ Professor Leif Salford, Head of Research at Lund University, Sweden

There are now estimated to be 208 million cell phone users in the U.S. alone, 1.9 billion worldwide. Scientists fear we may be on the verge of a health crisis of epidemic proportions. Dr. George Carlo, former chief scientist of the cell phone industry's \$28 million safety research project, predicts 500,000 new cases of brain and eye cancer each year by 2010 attributable to cell phone use (there are currently 30-50,000 cases each year).

Studies have linked cell phone radiation to health problems such as headaches, high blood pressure, brain tumors, cancer, Alzheimer's, and more. There is a latency period for most diseases and it may take years and more studies before the required weight of evidence is established. But the effects are cumulative and precautions should be taken now before it is too late.

Here are some steps you can take to minimize the effects of [cell phone radiation exposure](#):

1. **Limit use to essential calls and keep calls short.** Even a two-minute call has been found to alter the natural electrical activity of the brain for up to an hour afterwards.
2. **Children should be allowed to use the cell phone in cases of emergency only.** Because of their developing skulls, the radiation can penetrate much more deeply.
3. **Wear an [airtube headset](#) (not regular wired headset).** The regular wired headset has been found to intensify radiation into the ear canal. The wire transmits not only the radiation from the cell phone but also serves as an antenna attracting EMFs (electromagnetic fields) from the surroundings
4. **Don't put the cell phone in your pocket or belt while in use or while it is on.** The body tissue in the lower body area has good conductivity and absorbs radiation more quickly than the head. One study shows that men who wear cell phones near their groin could have their sperm count dropped by as much as 30 percent.
5. If using the phone without a headset, **wait for the call to connect before placing the phone next to the ear.**
6. **Do not use the cell phone in enclosed metal spaces such as vehicles or elevators,** where devices may use more power to establish connection. The metal enclosure also acts as a Faraday cage that traps the radiation and reflects it back onto the occupants.
7. **Do not make a call when the signal strength is one bar or less,** which means the phone must work harder to establish a connection.
8. **Purchase a phone with a low SAR (Specific Absorption Rate).** Most phones have a SAR level listed in its instruction manual. The SAR level is a way of measuring the quantity of radiofrequency (RF) energy that is absorbed by the body. The lower the number the better. (Be aware, however, that studies with RF hundreds of times lower than current SAR limits still show biological effects.)

Watch Sydney TV report:  
["Brain Tumors and Cell Phones:  
Are They Linked?"](#)



Watch BBC report:  
["EMF Damages Blood Cells,  
Test Shows"](#)



9. **Use a scientifically validated EMF protection device.** There are advanced technologies available nowadays that strengthen your bioenergy field and immune system against the effects of EMF. The EMF radiation causes a problem only when the cumulative effects due to repeated exposure weaken the body's ability to repair itself. Even when you don't use the cell phone, 'second-hand' radiation and EMFs from other devices can also cause biological stress, so these types of devices are increasingly becoming essential.

10. **Take nutritional supplements, particularly anti-oxidants SOD, catalase, glutathione, and Coq10.** Microwave radiation has been shown to decrease levels of these anti-oxidants in the body. These are substances the body produces to protect itself, and their levels are sensitive indicators in stress, aging, infections and various other disease states. Other supplements you may need are:

- Melatonin: a powerful anti-oxidant noted to prevent DNA breaks in brain cells. Also effective in preventing kidney damage from cell phones;
- Zinc: protects the eye from oxidative damage and helps preserve the levels of anti-oxidants in the blood;
- Gingko Biloba: an herb considered a powerful anti-oxidant which prevents oxidative damage in the brain, eye and kidney. Also helps support the production of SOD, catalase and glutathione;
- Bilberry extract: preserves vision and reduces oxidative damage to the eyes.

This list is not exhaustive but represents different layers of intervention you can do right away to protect yourself and your family. Cell phone radiation (and wireless radiation in general) poses an extreme public health risk that may take years to become fully realized. Some experts go on to say that if estimates are correct, then we are on the verge of a health crisis that could cripple our current health infrastructure. Let's not wait and find out if this proves true.

*(Note: This article is shared for educational purposes only and does not constitute medical advice. If you believe that you have a health problem, see your doctor or health professional immediately.)*

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Taraka Serrano is a writer and health advocate. Watch video reports on the dangers of cell phone and EMF radiation, and learn more about the right protective solutions for you. Visit [EMF-Health.com](http://EMF-Health.com) [EMF Protection](#)

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