

What are the effects of Electro-Magnetic Radiation and what can we do about them?

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Research into the effects of wireless (Radio Frequency) electro-magnetic radiation on our health and wellbeing has increased over recent years. With rapid advances in technology, there is a growing concern that the radiation effects from the devices we use on a regular basis could be causing us harm.

From sleep problems, to screen-time addiction, to physical discomfort, we need to understand what using these devices is doing to our brain and body when they are in close vicinity over a long period of time.

We need to learn how to minimise these effects, and whether the research is there or not, **take a precautionary approach** to how we use them.

Please take a look at some of the links under the headings provided here and decide for yourself what to do. Please share this document with those friends and family you care about.

Sleep Problems

<http://www.wifi-in-schools-australia.org/>

<http://www.washingtonpost.com/news/to-your-health/wp/2014/12/22/ipads-tablets-smartphones-disrupt-good-sleep-study-finds/>

<http://www.safespaceprotection.com/electrostress-from-wireless-routers.aspx>

<http://sleepcenter.ucla.edu/body.cfm?id=63>

General Health Concerns

<http://www.safeinschool.org/>

<http://www.wi-fi.org/wi-fi-and-health>

<http://topdocumentaryfilms.com/resonance-beings-frequency/>

<http://www.emfields-solutions.com/>

<http://electromagnetichealth.org/>

<http://www.susangreenfield.com/>

Internet Use Addiction

<http://www.addictionrecov.org/Addictions/index.aspx?AID=43>

<http://www.helpguide.org/articles/addiction/internet-and-computer-addiction.htm>

<http://www.newyorker.com/science/ maria-konnikova/internet-addiction-real-thing>

Mobile and Cordless Phone Use

<http://www.stuff.co.nz/dominion-post/news/9309523/Teens-at-risk-from-cordless-phones>

<http://www.med.monash.edu.au/epidemiology/staff/academic/redmayne.html>

<http://www.electricsense.com/815/cordless-phones-even-more-dangerous-than-cell-phones/>

IPads Use and Health Implications

<http://www.safeinschool.org/2013/11/ipads-dangerous-children-health.html>

<http://drsircus.com/medicine/dangers-wifi-ipad>

<https://www.yahoo.com/tech/five-ways-to-break-your-kids-screen-addiction-and-85327297754.html>

<http://www.bioinitiative.org/>

Excessive Gaming and Screen Time Addiction

<http://www.video-game-addiction.org/physical-consequences.html>

<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

<http://breakingmuscle.com/family-kids/wired-kids-how-screen-time-affects-childrens-brains>