



# Our Family Newsletter

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**Our goal is to inspire you, to provide you with the latest health care options available, make you smile, and help you to help us fulfill our mission – to help as many people as humanly possible, especially kids!**

In the last two issues we talked about the issue of Scoliosis and Growing Pains. The cause of both is very closely related! And we covered the fact that Scoliosis always has a cause. Always! In spite of the fact that Medicine has adopted a very cavalier attitude towards it – until it is very advanced. Then...spinal surgery is the last resort.

I feel that our current health care system addresses Scoliosis in a barbaric and Neanderthal fashion.

And although you may find this point slightly self-serving, Chiropractic is the only profession that can offer children any hope of actually correcting it.

Please.....if you know any child affected with Scoliosis, let me know immediately. I can help!

Let's deal with another hot topic. This one is insidious – no one suspects it:

## **Brain Damage from Mobile Phone Radiation:**

I've mentioned this issue before in the past but it is now taking on epidemic proportions!

A collaborative team of international EMF (Electromagnetic Frequency) activists has just recently released their report on cell phone use.

Their exposé discusses research on the relationship between cell phones and brain tumors, concluding that: *"There is a risk of*

*brain tumors from cell phone use and that children have larger risks than adults."* Scary stuff!

They are critical of a study, that begun in 1999, was funded by the telephone industry and was intended to determine the risks of brain tumors, but its full publication has been held up for years. The study was peppered with design flaws. I'll bet no one is surprised!

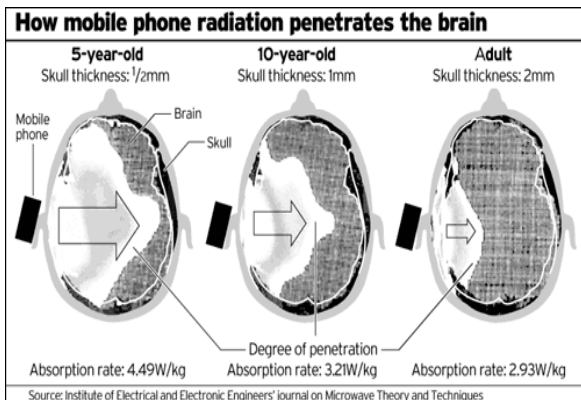


Ronald B. Herberman, MD, Director Emeritus of the University of Pittsburgh Cancer Institute issued a precautionary advisory last year to faculty and staff of the University Cancer Institute that long term exposure to radiofrequency radiation may lead to increased risk for brain tumors,

....."my particular concern about exposure of children to radiofrequency has been supported by a report from Dr. Lennart Hardell. I believe it is prudent to take seriously the reports by multiple investigators that radiofrequency can damage DNA and increase the risk for brain tumors."

Lloyd Morgan, lead author and member of the Bioelectromagnetics Society says, "Exposure to cell phone radiation is the largest human health experiment ever undertaken without informed consent, and has some 4 billion participants enrolled. Science has shown increased risk of brain tumors from use of cell phones, as well as increased risk of eye cancer, salivary gland tumors, testicular cancer, non-Hodgkin's lymphoma and leukemia. The public must be informed."

With the ever-increasing, widespread use of wireless communications, it is imperative to understand the risks inherent in the use of the technology, yet the government has been very slow to respond, no doubt due to industry pressure. (In fact, the cell phone industry boycotted the [International Expert Conference on Cell Phones and Health](#) on September 13-15, 2009 in Washington)



Ever growing scientific research corroborates the suspicion that information-carrying radio waves transmitted by cell phones and other wireless devices can:

- ❖ Cause brain tumors
- ❖ Harm blood cells and cause cellular changes
- ❖ Damage your DNA
- ❖ Cause nerve-cell damage

- ❖ Accelerate and contribute to the onset of autism and trigger Alzheimer's Disease
- ❖ Damage your eyes
- ❖ Cause sleep disruptions, fatigue and headaches

A quote from Chris Woollams, one of the endorsers of the new report, sums up the issue well:

*"In a world where a drug cannot be launched without proof that it is safe, where the use of herbs and natural compounds available to all since early Egyptian times are now questioned, their safety subjected to the deepest scrutiny, where a new food cannot be launched without prior approval, the idea that we use mobile telephony, including masts, and introduce WiFi and mobile phones without restrictions around our 5 year olds is double-standards gone mad.*

*I speak, not just as an editor and scientist that has looked in depth at all the research, but as a father that lost his beloved daughter to a brain tumor."*

## Researchers Keep Finding Links Between Cell Phone Use, Brain Damage and Cancer.

Last year, a well-circulated Swedish study found that people using cell phones doubled their risk of developing brain cancer and acoustic neuroma (a tumor that damages your hearing nerve).

The study also showed that people who started using cell phones before the age of 20 were more than five times as likely to develop brain cancer.

The European Parliament responded by voting 522 to 16 to urge ministers across Europe to impose stricter limits for exposure to radiation from mobile and cordless phones, Wi-Fi and other radiation-generating devices -- in part because children are particularly vulnerable to the risk.

Dr. Gerd Oberfeld, M.D., the Speaker for Environmental Medicine for the Austrian Medical Association in Vienna, Austria says:

*"The scientific data shows that mobile phone exposure is associated with an increased brain tumor risk.*

*The age group below 20 years is facing the greatest risk, which for malignant (deadly) brain tumors is about 400 percent, compared to non-exposed.*

*When we take the long latency period of up to some decades into account, and the fact that large parts of our society, and especially more and more teenagers and even children are using mobile phones on a daily basis, we may well expect a brain tumor epidemic.*



*From a public health perspective there is an urgent need not only for a wake-up call for our society, but for measures that are able to combat this public health threat effectively, now."*

The cell phone industry's standard comment has been that *"the peer-reviewed scientific evidence has overwhelmingly indicated that wireless devices do not pose a public health risk."*

This report exposes that statement for the lie that it is. In fact, there's no shortage of evidence showing that cell phone use (and other wireless devices) can be dangerous to your health, and to your child in particular.

As this new report points out, even some of the industry's own research found that cell phones caused brain tumors, and subsequent industry-funded studies from 2000 to 2002 also showed an elevated risk of brain cancer.

One such study reportedly found a 20 percent increased risk of brain tumor for every year of cell phone use!

Fortunately more and more people are beginning to take the warning signs seriously.

In 2005, the British-based National Radiological Protection Board suggested children younger than age 8 should not be given a cell phone as it risks exposing their young bodies to harmful radiation. Last year Toronto's department of public health followed suit, warning that because of possible side effects from radio frequency radiation, children under 8 should only use a cell phone in emergencies, and teenagers should limit calls to less than 10 minutes.

The U.K., Belgium, Germany, France and Russia have also introduced precautionary policies regarding cell phone usage due to potential health risks.

Few people realize this, but brain cancer has surpassed leukemia as the number one cancer killer in children, and many scientists believe this is directly linked to the exponential increase in cell phone use and other wireless devices.



Australia has seen an increase in pediatric brain cancers of 21 percent in just one decade. This is consistent with studies showing a 40 percent brain tumor increase across the board in Europe and the U.K. over the last 20 years.

These statistics are consistent with many of the scientific research findings.

Another example is the 2003 study published in Environmental Health Perspectives (the journal of the National

Institute of Environmental Health Sciences). They found that rats exhibited serious neuronal brain damage following exposure to radiation from a cell phone, at levels comparable to what you would experience during normal use.

*"Intense use of mobile phones by youngsters is a serious consideration."*



### What Can You Do?

EWG'S (Environmental Working Group) Guide to Reduced Cell Phone Radiation Exposure:

#### BUY A LOW-RADIATION PHONE

Look up your phone on EWG's buyers' guide: [www.ewg.org/cellphoneradiation/Get-a-Safer-Phone](http://www.ewg.org/cellphoneradiation/Get-a-Safer-Phone). (Your phone's model number may be printed under your battery). Consider replacing your phone with one that emits the lowest radiation possible and still meets your needs.

#### USE A HEADSET OR SPEAKER

Headsets emit much less radiation than phones. Choose either wired or wireless (experts are split on which version is safer): [www.ewg.org/cellphoneradiation/Get-a-Headset](http://www.ewg.org/cellphoneradiation/Get-a-Headset). Some wireless headsets emit continuous, low-level radiation, so take yours off your ear when you're not on a call. Using your phone in speaker mode also reduces radiation to the head.

#### LISTEN MORE, TALK LESS

Your phone emits radiation when you talk or text, but not when you're receiving messages. Listening more and talking less reduces your exposures.

#### HOLD PHONE AWAY FROM YOUR BODY

Hold phone away from your torso when you're talking (with headset or speaker), not against your ear, in a pocket, or on your belt where soft body tissues absorb radiation.

#### CHOOSE TEXTING OVER TALKING

Phones use less power (less radiation) to send text than voice. And unlike when you speak with the phone at your ear, texting keeps radiation away from your head.

#### POOR SIGNAL? STAY OFF THE PHONE

Fewer signal bars on your phone means that it emits more radiation to get the signal to the tower. Make and take calls when your phone has a strong signal.

#### LIMIT CHILDREN'S PHONE USE

Young children's brains absorb twice the cell phone radiation as an adult's. EWG joins health agencies in at least 6 countries in recommending limits for children's phone use, such as for emergency situations only.

#### SKIP THE "RADIATION SHIELD"

Radiation shield such as antenna caps or keypad covers reduce the connection quality and force the phone to transmit at a higher power with higher radiation.



**Please...if you have any questions, or would like any information on any health topic, it would be my pleasure to help you! I am always here to help! Talk with you next month.....**