

Playing it Smart with Your Smart Phone
By: Dr. Robert Mirandola

We, as humans, are demanding. We demand our food to be cooked in one minute or less, we demand to travel from one coast of America to the other in less than five hours, and we demand instant access to limitless information anytime and anywhere we go. As we subject ourselves to an alarming amount of radiation in satisfying these demands, nothing is worse than the ever-growing radiation exposure we subject our children and ourselves to every day. Cellular phone usage has never been safe. Never. Yet their popularity grows each year finding their way into the hands of hundreds of thousands of new users. As we talk, text, face-chat, email, surf the net, game, schedule, and watch videos, for many, it is hard to imagine getting through one day or even one hour without cradling one of these little devices. Although many were eager and willing to believe early studies stating cell phones did not hold health risks, we now know, to the contrary, cell phone usage is directly linked to many irreversible serious health conditions, most notable being cancer.

Today, over 100 scientific studies have concluded the direct correlation to cell phone usage and brain tumor formation. In fact, Dr. Vini Gautam Khurana, medical researcher and cerebral vascular and tumor micro surgeon at the Mayo Clinic, concluded in 2008 that:

*"There is currently enough evidence and technology available to warrant industry and governments alike in **taking immediate steps to reduce exposure of consumers to mobile phone-related electromagnetic radiation** and to make consumers clearly aware of potential dangers and how to use this technology sensibly and safely."**

In May of 2011, the Council of Europe Parliamentary Assembly echoed Dr. Khurana's warning, stating:

*"One must respect the precautionary principle and revise the current threshold values; waiting for higher levels of scientific and clinical proof can lead to very high health and economic costs, as was the case in the past with asbestos, leaded petrol, and tobacco."***

What other health risks are directly related to regular cell phone radiation exposure? Radiation released from cell phones has been shown to: harm blood cells, damage DNA, damage nerve cells, cause sleep problems, cause fatigue, cause headaches, and damage vision.

With a latency period of three to four decades, many experts agree that the devastating health effects we are now beginning to see are just the tip of the iceberg.

Here are several solutions to still enjoy the convenience and many benefits of cell phone usage that can also help minimize your exposure to this harmful radiation:

Use a Land Line at Home and at Work: Not only do cell phones emit continuous radiation, but cordless home / office phones also emit a fairly high amount of radiation as

an industry standard. Use a landline whenever possible as these are absolutely the safest.

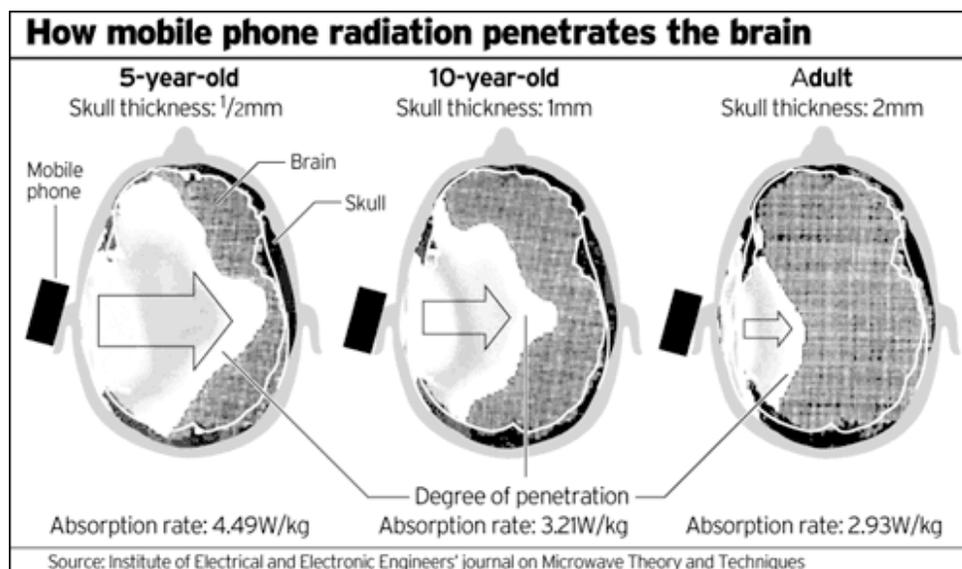
Use your Speakerphone option on your Cell Phone. In terms of convenience and safety this, in my opinion, is one of the best options when it comes to cell phone safety. When choosing a new cell phone, be sure to test the quality of the speaker option because this should be employed regularly when in private. As this is one of the best solutions for safety, it may not always be practical in public. So what is a safe alternative?

Use a Safe Headset. Despite popular thought, Bluetooth and most wired headsets do not substantially decrease the amount of radiation exposed directly to your ear canal and brain. A different type of headset, called a Blue Tube, is the safest as it acts like a stethoscope in transmitting the information to your ears as sound waves instead of radiation.

Always keep your phone as far away from your body as possible. For every inch that you keep your phone away from you body, there is a very large decrease in radiation exposure (especially important in relation to your head, pelvis, and chest).

Use your cell phone as minimally as possible and turn it off when not in use. When your cell phone is on, it is always searching for a connection and emitting radiation in searching for the nearest cell tower. If your cell phone has a poor connection, it has to search harder, emitting more radiation. If possible, try to use your cell phone in areas of high connection and switch off to protect yourself when not in use.

Please note that children are far more susceptible to the effects of cell phone radiation as their skull bones are much thinner can penetrate much easier. Below is an illustration showing the harmful effects of radiation on the human brain.



Sources:

1) www.mercola.com

2)* Dr. Khurana quote:

(http://www.bibliotecapleyades.net/archivos_pdf/cellphones_khurana.pdf)

3)** Council of Europe Parliamentary Assembly, May 6, 2011:

(<http://assembly.coe.int/main.asp?Link=/documents/workingdocs/doc11/edoc12608.htm>)

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