

***Are cell phones dangerous?***  
***What about wireless phones and Wi-fi internet connections?***

By James Jordan, Certified Nutritional Consultant

This is a question that many of my clients ask me, many of whom suspect that they are not being told the truth by the telecommunications industry, mainstream medicine and the government. For some years I was uncertain about the dangers of cell phones and other wireless technologies, but I've come to firmly believe that these devices are dangerous and we should avoid or minimize our exposure to these technologies.

There are two primary reasons I have come to this conclusion:

1. My own observation over the past ten years of live blood samples and seeing correlations between the amount of free-radical damage to the blood cells and exposure to radiation including wireless. I saw that the more the cell phone usage the more the occurrence of damaged blood cells. In addition I have come across several cases of very high volume cell phone users developing tumors on the side of their heads where they used their cell phones more frequently.

2. The research of Dr. George Carlo who was commissioned by the telecommunications industry in 1993 to conduct research on the health hazards of cell phones. His conclusion that there were significant dangers was suppressed by the industry. Dr. Carlo has since dedicate his professional career to informing the public about the dangers of wireless technologies to their health.

First a little history of Dr. Carlo and the telecommunications industry to retain him to research the safety of cell phones.

As a result of a widely publicized court case in the early 1990s in America, where it was claimed a fatal brain tumor was caused by extensive mobile phone use, the Cellular Telephone Industry Association (CTIA) set up the **Wireless Technology Research (WTR) research program** in 1993. This research program was funded to the tune of \$27 million to identify and solve any problems concerning consumers' health that could arise from the use of these phones. **Dr George Carlo**, a well-recognized scientist, was invited by the CTIA to head the WTR's research program. However, in **February of 1999, George Carlo, who had previously maintained the Industry line that mobile phones were safe, stunned the industry with a report that he presented to the annual convention of the CTIA in California.**

**Dr. Carlo's findings can be summarized as follows:**

- The **rate of death from brain cancer** among **hand-held phone users** was **higher** than the rate of brain cancer death among those who used non hand-held phones that were away from their head;
- The **near-field electromagnetic plume** of seven or eight inches around the antenna of the cell phone caused **leakage in the blood brain barrier**, a key anatomical and physiological regulator of brain "equilibrium" or "homeostasis";
- The **risk of acoustic neuroma (vestibular Schwannoma)**, a tumor of the nerves for balance and hearing, was **50% higher in people who reported using cell phones for 6 years or more**; moreover, that relationship between the amount of cell phone use and this tumor appeared to follow a **dose-response curve**;
- The risk of **rare neuroepithelial tumours** on the outside of the brain was more than **doubled**, a statistically significant risk increase, in cell phone users as compared to people who did not use mobile phones.

Importantly, Dr Carlo stated that **appropriate steps were not being taken to protect consumers** during the time of uncertainty about safety and that Industry continues to miss a valuable opportunity by dealing with these public health concerns through politics, creating illusions that more research over the next several years would help consumers today, while falsely claiming that regulatory compliance equated to safety. **Dr. Carlo also said that he was alarmed that sectors of the Industry had ignored the scientific findings suggesting potential health effects, have repeatedly and falsely claimed that wireless phones are safe for all consumers including children, and have created an illusion of responsible follow-up by calling for and supporting more research.**

Dr Carlo has been regarded as a key whistle-blower, and according to a recent on-line report, since the public communication of his findings, Dr Carlo "has been threatened, physically attacked, defamed, and his house mysteriously burned down." George Carlo subsequently published a book ("Cellphones: Invisible Hazards of the Wireless Age") about his alarming experiences as part of the Wireless Industry.

## **Increase your body's resistance to EMR damage: Maximize your health**

1. Increase intake of natural oxidative stress fighters, such as antioxidants, melatonin, vitamins B, C, E and folic acid.
2. Eat fresh, chemical-free, organic meats, fruits and vegetables. Limit heavy metal buildup by knowing the source of your fish and other meats. Main sources of heavy metal ingestion are fish, poultry, meats and tap water. Eat organic whole grains – test for allergic responses.
3. Eliminate/minimize caffeine and alcoholic beverages, especially distilled liquor.
4. Drink carbon filtered water. Primarily use glass or ceramic containers. Limit bottled water in plastic bottles. Use recycled paper products for drinking and eating; avoid plastic or Styrofoam.
5. Exercise and stretch daily to increase metabolism, not to train or work out. Breathe slowly and deeply. Surround yourself with nature as often as possible. Do sweat and clean lymph.
6. Minimize exposure to chemicals. Use chemical-free, natural products as they are often gentle on your body and the environment. Avoid chemical cleansers – vinegar, salt and baking soda work extremely well. Take cool or lukewarm showers/baths, instead of hot.
7. Avoid/minimize exposure to bright and fluorescent light. Use subdued full-spectrum/natural incandescent bulbs or candle light as much as possible. Increase melatonin naturally by sleeping in the darkest room possible.
8. Get up to a couple hours of sun exposure daily unless Electro-hypersensitivity won't allow it. When exposed, wear light-colored clothing and hat, if needed.
9. Take time daily for personal silence.
10. Consult a clinician experienced in EMR sensitivity. Use of any intervention must be under qualified supervision, as many devices may increase long-term sensitivity if used improperly.

## **Minimize your EMR exposure: Decrease hazardous risks.**

1. Minimize all exposure and usage of wireless communication: cell phones, cordless phones, and WiFi devices.
2. Turn cell phone off when not in use and sleeping. Never keep it near your head or use it to play games, movies, etc.
3. Keep cell phone at least 6-7 inches away from your body and others while on, talking, texting and downloading.
4. Use air tube headsets or speaker mode when talking. Wireless and wired headsets still conduct radiation!
5. Never keep cell phone in pocket, purse, back or on hip all day. The hip produces 80% of the body's red blood cells and is especially vulnerable to EMR damage.-Close proximity may also affect fertility.

6. Do not talk on cell or cordless phone when pregnant, with a baby/small child in arms, under age 16, or while in a vehicle (car, train, plane, subway) –Radiation gets trapped and is higher in these closed metal zones!  
Minimize other EMR exposures to developing fetus via Ultrasounds and Electronic Fetal Monitoring unless absolutely necessary.
7. Replace all cordless and WiFi items with wired, corded lines (phones, Internet, games, appliances, devices, etc.). The cordless phone base emits high levels of EMR – even when no one is making a call.
8. Minimize/space out computer use, sit back from the screen; flat screens are preferable. Use wired Internet connections, not WiFi – especially for laptops. Keep laptops off of the body and away from metal surfaces.
9. Keep a low-EMR sleep, home, and personal zone. Move alarm clock radio at least 3 feet from head or use battery power; 6 feet is the recommended distance from all electronic devices during sleep. Avoid waterbeds, electric blankets and metal bed frames. Futons/wood frames are better than metal-coiled mattresses and box-springs.
10. When using electric stoves, cook on back burners instead of front, as much as possible. Metals attract EMR: keep them away from and off of the body. Use glass, cast iron and uncoated pans to cook with.
11. Measure EMR from wireless and wired devices with appropriate meters (see [www.safewireless.org](http://www.safewireless.org)). To decrease exposures, install EMR filters and preventive technologies to electrical circuits, devices, appliances, etc.

### **Supplement package to protect against EMR damage and detoxify radiation:**

There are two components to this supplement program:

1. Antioxidant protection
2. Chelation of radiation out of the body.

For antioxidants the best combination will include the following:

- ◆ Whole food form Vitamin C – Acerola, Camu-Camu and/or Amla. I recommend Quantum Vitamin C complex 1-2 capsules 3 x day.
- ◆ DHLA: molecularly stable form of Alpha Lipoic Acid. 1 tsp. Mixed in 24 oz. Of water and sipped throughout the day
- ◆ Green tea- 1 cup/ day or ½ tsp. Of Super nano green tea added to 24 oz. Of water (combined with DHLA) and sipped throughout the day. Resveratrol is added to this product which makes it even more effective.
- ◆ Foods rich in antioxidants such as berries and green leafy vegetables.

Radiation chelation which can include combinations of the following:

- ◆ Bee pollen – 1-2 tbsp. Per day
- ◆ Miso soup – 1 cup per day
- ◆ Seaweed as wakame, lamaria and dulse
- ◆ Algae such as spirulina and chlorella
- ◆ Bentonite and pyrophyllite clays taken both internally and externally as baths or mudpacks
- ◆ Zeolites – a naturally occurring, negatively charged mineral, with a unique crystalline structure. Zeolite is formed from the fusion of volcanic lava and ocean water, and combines the four elements – air, earth, water, and fire. It has been used for 800 years throughout Asia as a traditional remedy to promote overall health and well-being, and for 30 years in the U.S. in animal feed. It has also undergone 13 years of pharmaceutical research in the U.S. with humans. Zeolite is included on the Food and Drug Administration's GRAS list (generally recognized as safe) and thus is considered to be "completely safe."

It's extremely hard, microporous, honeycomb type of structure is permeated by ducts and cavities throughout. These caves or channels are openings where either minerals or heavy metals can bind to. The silicon building block is electrically neutral, but the aluminum building block carries a negative charge, creating charged sites throughout the entire crystal structure. The balancing process that works to maintain electroneutrality in the clinoptilolite, attracts positive minerals such as calcium, magnesium, potassium, sodium and iron. These common positive cations can easily be displaced by heavy metals such as cadmium, mercury, nickel, and arsenic and be removed from the body.

Zeolite was consumed by humans after the Chernobyl nuclear reactor accident in the Soviet Union. They gave it to the children and it successfully removed the toxins and radioactivity from their bodies! It was an intriguing discovery and led to the numerous studies on Zeolite's positive effect on humans.

#### **MEDICAL USES OF ZEOLITE:**

- Stops acute diarrhea from food poisoning
- Binds mycotoxins, forming stable complexes
- Raises antioxidant levels in the body
- Binds with free radicals in the body
- Helps alkalize the pH
- Stops external bleeding
- Binds radioactive compounds
- Reduces muscle pain from lactic acid
- Reduces fungal foot infections
- Reduces hangovers
- In some canine cancers, reduces tumors, restores well-being, prolongs life

For Radiation Chelation the best solution is to use zeolite minerals.

What are zeolites?

### **ZEOLITE**

Toxins poison our air, our water, our food , and our bodies. According to the EPA, 70,000 chemicals are used commercially in the U.S., 65,000 of which are potentially hazardous to our health. The Environmental Defense Council reports that more than four billion pounds of toxic chemicals are released into the environment each year, including 72 million pounds of known carcinogens.

Cancer fatalities account for approximately 12 percent of all deaths worldwide each year. Across the globe, 10.9 million people are diagnosed with cancer annually and 6.7 million die because of it. According to the World Health Organization, global cancer rates could increase by 50 percent in the next 15 years. The U.S. ranks in the top three countries with the highest cancer rate in both men and women.

The toxic onslaught doesn't stop with carcinogens. A joint study by Mt. Sinai School of Medicine, Commonweal, and the Environmental Working Group in 2003 identified a total of 167 hazardous compounds in the blood and urine of American adults (with an average of 91 per person tested), including 76 known to cause cancer, 94 that are toxic to the nervous system, 82 that damage the lungs, 86 that affect hormone function, and 79 that cause birth defects. A study by the [Environmental Working Group](#) in 2004 found a total of 287 industrial chemicals in babies' umbilical-cord blood, including 180 known to cause cancer, 217 that are toxic to the brain and nervous system, and 208 that cause birth or developmental defects in animals.

As many as 25 percent of Americans are estimated to suffer from some degree of heavy metal poisoning , particularly from mercury, lead, cadmium, and arsenic. We are also exposed to a significant amount of radiation and increasing viral attacks. Our immune systems are further compromised by poor nutrition and unhealthy lifestyles, and most of us suffer from an excessively acidic pH level, which creates an internal environment in which cancer – as well as viral, bacterial, and fungal infections – can thrive.

### **What it Is**

In my work to develop a detoxification system for prospective mothers to enable them to bring non-toxic babies into the world, I have searched for a simple, natural remedy that could serve as a practical antidote for toxicity. Recently , I learned about **zeolite, a naturally occurring, negatively charged mineral, with a unique crystalline structure. Zeolite is formed from the fusion of volcanic lava and ocean water, and combines the four elements – air, earth, water, and fire.**

**It has been used for 800 years throughout Asia as a traditional remedy to promote overall health and well-being, and for 30 years in the U.S. in animal feed. It has also undergone 13 years of pharmaceutical research in the U.S. with humans. Zeolite is included on the Food and Drug Administration's GRAS list (generally recognized as safe) and thus is considered to be "completely safe."**

A biochemist from a small pharmaceutical company in Ohio researched and purified zeolite, was amazed by its potential, and was granted a patent (U.S. #6,288,045). That patent is now held by a nutritional and research biochemist, who leases it to the company that markets purified zeolite.

Zeolite may well be one of the most potent natural preventatives and treatments for cancer ever discovered. **Life Link Pharmaceuticals recently completed a preliminary, 14-month, open-label study of 65 level-four, terminal-stage cancer patients. These people had various types of cancer, and all of them had been sent home to die. After taking purified zeolite, 51 of them (78 percent) experienced complete remission, which means that their cancer disappeared.** This preliminary research suggests that purified and activated zeolite may be effective in treating all forms of cancer, leukemia, and lymphoma.

#### How it Works

Zeolite's mechanism of action against cancer cells is unique and unlike that of any other substance I have studied. Theoretically, it has the rare ability to take in a tremendous amount of positively charged toxins, indirectly neutralizing their effect in causing cancer. In the process, the zeolite develops a slight positive charge. It is then attracted to and pulled right into the negatively charged membrane of the cancer cell. When the zeolite moves inside the cancer cell, the cell's P21 gene is activated. This gene acts as a tumor suppressor through its ability to control cell-cycle progression. The activation of P21 appears to halt the growth of tumors by directly suppressing growth signals.

During in-vitro studies using zeolite, all cancer cells tested were destroyed within 72 hours (Life Link Pharmaceuticals, U.S. Patent #6288045, 2001). This is a claim that cannot be made about any other substance. However, because it is still in the preliminary research phase, it is too soon to declare that zeolite is a cure for cancer.

What we can say is that **zeolite has a chelation-like effect in removing heavy metals, pesticides, herbicides, and other positively charged toxins from the system.** Zeolite's negatively charged crystalline structure is what makes this possible. Its crystals act as "cages," inside of which are positive ions. These positive ions switch places with positively charged toxins in the body, tightly bind them, and excrete them completely. **One of the benefits of binding toxins in this manner is that they are 100 percent excreted. Heavy metals, pesticides, and herbicides all leave the system; they do not get deposited elsewhere in the body. Forty percent of zeolite binds heavy metals in the gastrointestinal tract, and 60 percent binds toxins in the bloodstream and at the cellular level.** Zeolite's binding power was proven during the Chernobyl disaster, when tons of it were used to remove radioactive cesium and strontium-90 before they contaminated local water systems. Acting primarily as a chelator, zeolite trapped these radioactive minerals within its crystalline cage structure.

Zeolite appears to remove toxins from the body in a hierarchical order. It **first acts strongly to remove lead, mercury, cadmium, and arsenic**. This first phase may take one to four weeks or longer. Zeolite then removes second-priority toxins, including pesticides, herbicides, and plastics. **Zeolite appears to increase the rate of glucuronization in the liver**, activating phase II of the glucuronidase function. This in turn **removes pesticides, herbicides, and xeno-estrogens from the body**, releasing them through the urine. Interestingly, it also appears to neutralize the aflatoxin poison.

*(Note: THIS IS HUGE!! We have been looking for something that does this for years! We still have yet to see the actual studies...- editors)*

**A third function of zeolite is to trap pre-virus components, preventing the replication of viruses and their ability to make us sick.** In this way, zeolite may play an important role as a broad-spectrum anti-viral. Viruses are produced in parts as on a production line, at the end of which the virus is fully constructed. Zeolite absorbs viral parts into the pores of the micronized zeolite aggregates (not into the chelating-like cages described above). This explains why zeolite **seems to block the development of many viral infections , including herpes virus 1**, coxsackie virus B-5, ecco-virus 7, and adeno virus 5.

Forty anecdotal cases of herpes zoster have reportedly been cured, with sufferers becoming pain-free in one to three days after beginning to take zeolite.

Anecdotal testimony also reports that it is effective in alleviating or curing the flu, colds, hepatitis C, viral or heavy-metal induced multiple sclerosis, and rheumatoid arthritis. Zeolite's effect as an anti-viral appears to be a preventative function that builds up over time, beginning after approximately four to six weeks of use, when heavy metals, pesticides, and herbicides have been mostly eliminated. There is anecdotal evidence, however, that in some cases its anti-viral effect seems to be immediate.

**Zeolite also is a unique antioxidant.** A traditional antioxidant works by absorbing excess free radicals into its system because it has an unpaired electron. In contrast, zeolite traps free radicals in its complex structure, inactivating and eliminating them. In this way, it acts as a complement to traditional antioxidants.

In addition, **zeolite buffers the system towards slight alkalinity by establishing pH levels of 7.35 to 7.45, which is the optimum pH for the human body.** The body's pH level influences both immunity and brain function. An acid blood pH (7.34 or lower) creates a precondition for cancer. In an acid environment, brain cell function can also be impaired, causing depression, anxiety, stupor, paranoia, delusions, hallucinations, or even psychosis.

**Zeolite also appears to balance the immune system , either up- or down-regulating it as needed.** Although the precise mechanism for this is not entirely understood, this function is clearly very important in a world in which most people's immune systems are seriously compromised.

### **Zeolite and Depression**

Because zeolite so powerfully removes various types of toxins from the body, it naturally increases energy and well-being. Users report improvements in mental clarity and a sense of peace, wellness, and happiness. These are what we term positive secondary effects. For example, clearing out heavy metals allows the body's magnesium stores to work efficiently with adenosine triphosphate (ATP), the biological source of energy in the body. When this interaction is occurring optimally, people have more energy and experience greater well-being. **One study has demonstrated that zeolite also appears to increase serotonin level**, which is known to help alleviate some forms of depression.

### **Before Pregnancy**

Zeolite shows promise as an effective detoxifier for women who plan to become pregnant . Recently, at the Tree of Life Rejuvenation Center, it was added to the protocol for the 10-day detoxification program for prospective mothers. In two women who just completed the program, **toxins in their breast tissue dropped significantly – from 12 in one and 13 in the other to only two – in seven days**. Toxins in their liver and brain tissue also dropped to an average of only two.

Based on centuries of use in Asia and anecdotal accounts of its use by pregnant women, zeolite appears to be safe even for women who are pregnant or breastfeeding. However, its safe use in pregnancy has not been tested in double-blind studies, and no claims for safe use in pregnancy can be made.

**Zeolite is commercially available in a purified and activated form. There are no reports of side effects, except one: because of its natural action to absorb water, zeolite can cause dehydration.** It is therefore important to drink sufficient water (approximately eight glasses a day) both before and while taking zeolite to ensure adequate hydration.

There is only one contraindication: **Zeolite is contraindicated for anyone taking a medication containing heavy metals, such as lithium, or containing platinum, which is found in some cancer medications.** Before taking Zeolite, check with your doctor to determine if your medication contains heavy metals or platinum.