

HEAVY CELL PHONE USE CAN QUADRUPLE YOUR RISK OF DEADLY BRAIN CANCER

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By Dr. Mercola



No one wants to hear that something as “indispensable” as your cell phone might cause grave harm to your health, but that’s exactly what mounting evidence tells us we’re faced with.

Wireless phones and other gadgets have the potential to cause all sorts of health problems, from headaches to brain tumors.

Previous research has shown that those who begin using cell phones heavily before age 20 have four to five times more [brain cancer](#) by their late 20s, compared to those whose exposure is minimal.

In 2011, the International Agency for Research on Cancer (IARC), an arm of the World Health Organization (WHO), declared [cell phones a Class B Carcinogen](#), meaning a “possible cancer-causing agent,” based on the available research.

This places cell phones in the same category as diesel engine exhaust, some pesticides, and some heavy metals.

The regular cell phone use increased the risk of two types of tumors – brain tumors (gliomas) and acoustic neuromas.

When you consider the fact that your body is bioelectric, it’s easier to understand how and why biological damage from wireless phones might occur.

For starters, your body uses electrons to communicate, and inside every cell are mitochondria, the “power plants” of the cell, and these mitochondria can be adversely impacted by electromagnetic fields, resulting in cellular dysfunction. Other mechanisms of harm have also been discovered in recent years.

Wireless Phone Use Increases Risk of Malignant Brain Tumor.

The more hours spent with a cell phone pressed to their ear, and the more years they had spent using a mobile phone, the higher the odds were.

Those who used either a cell phone or cordless house phone for more than 25 years had triple the risk of glioma, compared to those who had used wireless telephones for less than one year.

But, there are also signs that technology is progressively getting *more* harmful—not less so... As noted in the featured article.

“The case control studies covered periods during which phone technologies had changed considerably. It started with first generation analogue phones that had an output power of 1 W at about 900 MHz.

The 2nd generation GSM (Global System for Mobile Communication) phones (2G) with either 900 or 1800 MHz frequency had pulsed output power averaging tens of mW.

The 3rd generation (3G) phones UMTS (Universal Mobile Telecommunication System) are more amplitude modulated than pulsed, and typically use a broad frequency band (5 MHz width) from 700-3 590 MHz on a worldwide basis, and from 900-2 170 MHz in Europe with output power of

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The findings show that **3G phones may cause more harm than earlier versions, raising the risk of brain cancer four-fold.** It also appears to have shorter latency period—just five to 10 years, compared to about 25 years for earlier mobile phone versions.

PROPOSED MECHANISMS OF HARM

Research explains how electromagnetic fields damage your cells and DNA by inducing a cellular stress response.

Dr. Blank explained that **DNA, with its “coil of coils” structure, is very vulnerable to electromagnetic fields. It possesses the same structural characteristics of a fractal antenna (electronic conduction and self-symmetry), and these two properties allow for greater reactivity of DNA to electromagnetic fields than other tissues.**

Moreover, no heat is required for this DNA damage to occur.

Using a **cell phone for 10 years or longer approximately doubles your risk of being diagnosed with a brain tumor on the same side of the head where the cell phone is typically held.**

The radiation from your cell phone has a well-defined measureable influence on your brain. Essentially, each time you put a cell phone up to your ear, you’re *artificially activating your brain cells*. While that much is clear, it’s still unknown whether this excess glucose production is harmful, or can cause a cascade of problems down the line.

COMMON-SENSE GUIDELINES TO PROTECT YOUR AND YOUR FAMILY’S HEALTH

- **Don’t let your child use a cell phone.** Barring a life-threatening emergency, children should not use a cell phone, or a wireless device of any type. Children are far more vulnerable to cell phone radiation than adults, because of their thinner skull bones.
- **Keep your cell phone use to a minimum.** Turn your cell phone off more often. Reserve it for emergencies or important matters. As long as your cell phone is on, it emits radiation intermittently, even when you are not actually making a call. Use a land line at home and at work.
- **Reduce or eliminate your use of other wireless devices.** Just as with cell phones, it is important to ask yourself whether or not you really need to use them every single time. If you must use a portable home phone, use the older kind that operates at 900 MHz. They are no safer during calls, but at least some of them do not broadcast constantly even when no call is being made.
- **Limit cell phone use to areas with excellent reception.** The weaker the reception, the more power your phone must use to transmit, and the more power it uses, the more radiation it emits, and the deeper the dangerous radio waves penetrate into your body. Ideally, you should only use your phone with full bars and good reception.
- **Avoid carrying your cell phone on your body, and do not sleep with it below your pillow or near your head.** Ideally, put it in your purse or carrying bag. Placing a [cell phone in your bra](#) or in a shirt pocket over your heart is asking for trouble, as is placing it in a man's pocket if he seeks to preserve his fertility. The most dangerous place to be, in terms of radiation exposure, is within about six inches of

your body. Ideally, you should only use your phone with full bars and good reception.

- **Avoid carrying your cell phone on your body, and do not sleep with it below your pillow or near your head.** Ideally, put it in your purse or carrying bag. Placing a [cell phone in your bra](#) or in a shirt pocket over your heart is asking for trouble, as is placing it in a man's pocket if he seeks to preserve his fertility. The most dangerous place to be, in terms of radiation exposure, is within about six inches of the emitting antenna. You do not want any part of your body within that area while the phone is on.
- **[Don't assume one cell phone is safer than another.](#)** There's no such thing as a "safe" cell phone.
- **Respect others; many are highly sensitive to EMF.** Some people who have become sensitive can feel the effects of others' cell phones in the same room, even when it is on but not being used. If you are in a meeting, on public transportation, in a courtroom or other public places, such as a doctor's office, keep your cell phone turned off out of consideration for the "secondhand radiation" effects. Children are also more vulnerable, so please avoid using your cell phone near children.
- **Use a well-shielded wired headset:** Wired headsets will certainly allow you to keep the cell phone farther away from your body. However, if a wired headset is not well-shielded -- and most of them are not -- the wire itself can act as an antenna attracting and transmitting radiation directly to your brain. So make sure the wire used to transmit the signal to your ear is *shielded*. One of the best kinds of headsets use a combination of shielded wire and air-tube. These operate like a stethoscope, transmitting the sound to your head as an actual sound wave; although there are wires that still must be shielded, there is no wire that goes all the way up to your head.

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