

Cellular telephone. Influence on a person

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"Voluntary exposure of the brain to microwaves from a mobile phone - this is the largest biological experiment on a person."
Swedish neurosurgeon, Professor Leif Salford

A cell phone has become an integral part of a person's everyday life, almost constantly present in our pocket or in a handbag, regardless of whether we are at work or on vacation, at the same time being a dangerous source of harmful effects of electromagnetic radiation.

Swedish scientists have established a limit for the intensity of electromagnetic fields that is safe for human health - 0.2 μT .

What do we really have?

The intensity of the electromagnetic field of a refrigerator is 0.2 μT , an electric kettle is 0.6 μT , a washing machine is 1 μT , a microwave oven is 8 μT [2].

The radiation power of a cell phone in the mode of receiving or transmitting a signal is up to 1 W, during a conversation - 0.2 W. The maximum permissible level is 0.01 MW per sq. cm.

The most sensitive organs and systems of the human body to electromagnetic radiation (EMR) are: nervous, immune, cardiovascular, endocrine and reproductive systems, organs of sight and hearing. The biological effect of electromagnetic fields under conditions of long-term long-term exposure accumulates and is transmitted to the next generation, provoking the development of degenerative changes in the organs and systems of the body [1].

From the side of the central nervous system, a cell phone suppresses alpha and theta rhythms of biological activity from the 15th second of a conversation [1]. The signal from a cell phone penetrates the brain to a depth of 37.5 mm, causing tissue heating [2]. Therefore, the expression that a mobile phone "roasts" the brain is not without foundation. A mobile phone nearby and working in standby mode is able to upset the most important phases of the night's rest - fast and slow sleep. By stimulating the cerebral cortex, cell phones can cause epileptic seizures in people with mild excitability of brain cells [1].

Electromagnetic radiation is especially dangerous for children and adolescents under 16 years of age due to the great depth of penetration into the brain and the effect on growing and developing tissues. As a result of electromagnetic irradiation of the head, the blood supply to the organs of sight and hearing deteriorates, which subsequently leads to the development of irreversible degenerative changes.

Carrying a cell phone in a breast pocket leads to the development of myocardial ischemia and predisposes to various heart rhythm disturbances and high blood pressure.

A cell phone negatively affects the reproductive function of men and

for women, for men - reducing the quality of ejaculate by 30%, and for women - increasing the number of miscarriages by 1.5 times and the birth of children with congenital defects by 2.5 times. Therefore, in many countries, from the moment of establishing the fact of pregnancy and throughout the entire period, women are strictly prohibited from using cell phones [1].

Considering the importance of the problem of the impact of electromagnetic radiation on the human body, in 2000 the World Health Organization established a special program "Electromagnetic fields and human health".

The Labor Code of the Russian Federation and SanPin norms oblige employers not only to ensure compliance with safety measures, but also to reduce the risks of harmful effects of electromagnetic fields using personal protective equipment.

It is no longer possible to abandon technical progress, which means it is necessary to look for new technical solutions to protect human health. This is the only way. Therefore, to reduce the negative impact of a cell phone on the human body, it is recommended:

1. Do not use a cell phone unnecessarily.
2. Talk continuously for no more than 3 minutes.
3. Between conversations, take a minimum break of 15-20 minutes.
4. Minimize the use of a cell phone by children and adolescents under 16 years old and women during the entire period of pregnancy.
5. When buying, choose a cell phone with a lower radiation power.
6. Eliminate the use of a cell phone by people with artificial heart rate drivers (pacemakers).
7. Use the provided wired headset for conversations.
8. Provide the cell phone with a protective device against negative EMPs. One of such protective devices is a protective device against electromagnetic radiation of cell phones "Oberig-1", made in the form of a self-adhesive sticker label. The principle of operation is energy-informational biological resonance. The active part of the protective matrix is a short magnetic tape on which targeted wave information is recorded, which reduces the negative electromagnetic effect on a person.

Based on site materials:

1.<http://hochu.ua/cat-health/womens/article-6030-vred-ot-mobilnogo-telefona-dokazano> / Hochu portal. UA, author Angelina Overchuk, appeal date 12.2014.

2.<http://www.doctorlife.ru/index.pxp?id=19> Project author Protect-Golden LLC Wave ", date of treatment 03.2015.

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