



Safe ICT NZ

Safe Information and Communication Technology for New Zealand

Newsletter July 2021

Helicoptered into hell

The towering figure in electromagnetic field research, Professor Yuri Grigoriev has died this year in Moscow aged 95.

Grigoriev's research covered radiation of all types. He was responsible for ensuring the safety of Russian cosmonauts from cosmic rays, even determining the radiation risk for a journey to Mars. As he put it in his own words, he was "helicoptered into hell," which was Chernobyl a few weeks after the nuclear melt-down, to help with the care of victims there. He was also involved in the way Russian workers would be protected while making the sarcophagus for the Chernobyl reactor.

Initially he worked with ionizing radiation, but during this work on researching the effect of x-rays on rabbits' brain activity, the research team realized (and then published) that there were dramatic effects found in the control animals, stemming from non-ionizing radiation coming from a nearby transformer.

He continued his research in the area of non-ionizing radiation for forty years publishing over 400 peer-reviewed papers. It was Yuri Grigoriev that founded the Russian National Committee on Non-Ionizing Radiation Protection (RNCNIRP). This organisation,

with 38 scientists and two representatives from the Russian Ministry of Health, is responsible for setting the standards in Russia. Their standards, unlike most of other countries, take into account

actual chronic exposure, and are based on measurable effects on the nervous and immune systems; not simply six minutes of thermal effects.

He was the first scientist to realize the sensitivity of children to radiation.

Russian researchers have found that child mobile phone users are likely to have in their nearest future: disruption of memory; decline of attention; diminishing learning and cognitive abilities; increased irritability; sleep problems; increased sensitivity to

stress, and increased epileptic readiness—not to mention the long term effects of potential depression etc.

Yuri Grigoriev fought to have safety standards adopted for non-ionising radiation based on real world exposure that is long term, repeated, simultaneous and of a typical prevalence, including for pregnant woman and children, and on the science of immune and nervous system damage. Not simply from six minutes of heating.

In his latest years, Yuri Grigoriev focused on trying to protect children, who he believes are suffering the same exposure as occupational workers with none of the safeguards in place.

The RNCNIRP's advice to the Russian Health Ministry was adopted as the official opinion in Russia. Among other things it advises that children should not be able to get a cell phone until the age of eighteen and pregnant women should not use one.

As of 2020 RNCNIRP recommended a ban on Wi-Fi and wireless Internet connections for primary school, a ban on smartphones for purposes of education, and using books for home study, rather than computers. They also advised against locating mobile network base stations (cell towers) on school grounds.

Usefully, the latest Russian guidelines (put out during Covid 19 lockdown) also recommend the following time limits for screen usage (during extracurricular time): for students 6 to 8 years old, a "one to three" ratio of screen time to non-screen time (eg 90 minutes of recreation for every 30 minutes of work); for 9-15 year-olds, a "one to two" ratio (eg 60 minutes to 30 minutes); and for teenagers over 15 years old, a "one to one" ratio (30 minutes screen to 30 minutes non-screen).

Grigoriev believed that the risk from exposure to unnatural electromagnetic radiation is not much lower than the risk to the children's health from tobacco or alcohol. He stated that "Children should use mobile phones for emergencies only and also use hands free."

On one of his last research reports his final appeal was one we should all take to heart: that we not let children's health be placed at risk by our inactivity.

References: <https://microwavenews.com/news-center/yuri-grigoriev-dies-95>

<https://ehtrust.org/wp-content/uploads/Moscow-%E2%97%8F-2020.pdf>

<http://www.sciencepublishinggroup.com/journal/paperinfo.aspx?journalid=118&doi=10.11648/j.ajls.s.2015030102.16>

https://www.radiationresearch.org/wp-content/uploads/2018/06/021235_grigoriev.pdf

Recent Russian guidelines for screen time versus other activity

	Screen usage ratio	Non-screen usage ratio
Children	1	3
6-8 years:		
Children	1	2
9-15		
Teenagers	1	1
15 plus		

Actions for members—and a chance to go in the draw!

Please forward this newsletter to everyone you think may be interested, and help spread the word about us.

We have projects planned and need more interested, enthusiastic people to help

us to take action, and concoct new schemes and plans.



Chance to win EMF-free headphones

As an added incentive we have a DefenderShield EMF radiation-free earbud headphone set to give away. This is a hollow air tube headset that turns electrical signals into EMF-free acoustic signals. It has a tangle-free cord and 3 sizes of silicone ear tips with detachable ear hooks, it delivers high-fidelity speakers delivering stereo sound. Including freight these are

worth over \$130 dollars.

All members who have already joined this year (starting 1st April) are eligible to go into the draw to win this, along with all new members who have joined us by Wed 18th August which is seven days before our AGM. The name of the winner will be drawn at the **AGM, starting 7pm on Wednesday the 25th August (on Zoom).**

To request a membership form email: mrm-wjones99@yahoo.co.nz.

Membership is \$20 waged and \$10 unwaged.

Free books to download:

- **Electrosmog – The Health Effects of Microwave Pollution**

—available at <http://bitly/ElectrosmogPockett> by Dr Susan Pockett from the Univ. of Auckland (125 pages)

This book explains how the telecommunications industry and the military combined to blanket the world with electromagnetic waves of a sort that have never before been seen on planet Earth. Life evolved in the complete absence of these waves so this development has become a serious “bio-hazard.”

Part one of the book describes in a non-mathematical way the technology underpinning the problem, then shows how public exposure limits have been manipulated all over the world through the orchestrated capture of regulatory agencies by the very industry those agencies were set up to regulate.

Part two of the book summarises a huge volume of scientific evidence showing that exposure to power densities of pulsed radiofrequency radiation a tiny fraction of those permitted by the aforementioned, industry-manipulated, public exposure limits actually causes cancer, DNA damage, diabetes, immune system and cardiovascular problems in humans—and similarly serious problems for wildlife (birds, bees and trees).

Finally, Part three discusses some of the biological mechanisms mediating these health harms, to counter the absurd suggestion that if we are unsure how such damage occurs, we should rightfully ignore all evidence that it does occur. No specific fixes for this increasingly inescapable problem are proposed.

Basically, Pockett says, the only fix for corruption (and its ugly spawn, propaganda and lies) is determined intervention by humans who have lost neither their common sense nor their moral compass. Such people appear to be increasingly rare—but do still exist.

- **Long Term EMF Protection: Start Feeling Better Today**

Lloyd Burrell's 90-page eBook. Discover dozens of practical solutions and detox strategies to protect yourself and your family from the negative effects of EMF exposure!

The key piece of evidence for the theory that electromagnetic field harm works by activating our bodies' channelling of calcium is that these EMF effects are stopped (or lowered) by calcium channel blockers.

Lloyd Burrell was using his cell-phone back in 2002 when he began to feel unwell. Within a matter of days, he developed highly debilitating symptoms when using not only his telephone, but also his computer and all manner of electromagnetic devices in his home and workplace. His doctors and the medical community drew a complete blank. Frustrated, he set out to find his own solutions.

By the end of this article you might just understand the remarkable way

electricity moves in our bodies

Dr Martin Pall highlights something called ‘voltage-gated calcium channels’ in reviewing the harm from electromagnetic fields, something a bit too technical to mean much to most of us. Here is Anthea's attempt to unpack the technical gobbledegook into something meaningful—Our body's every ability, whether it is reading

this, thinking, speaking or moving is due to electrical events taking place in our cells. Unlike switched on electricity which flows continuously, electricity in the body—our electrical pulse is created by the movement of electricity charged body salts: sodium, calcium and potassium. The salts have to be packed and posted into and out of our cells.

Each and every single cell, both in our bodies, and in every organism on earth, be it a bacterium or a mighty Kauri tree, have membranes made of fats to protect what is inside. Within this membrane are little pores, with a central hole and one or more highly specialized proteins that can be opened or shut—this property is called gating.

An example of when your cell pores or gates are closed is when you go to the dentist and have a local anaesthetic, causing your cell membrane's pores/gates to close, so your nerves do not work and you can neither feel pain or move your mouth.

However when the little pores/gates are open, these protein molecules transport electrical current into and out of our cells at a rate of over a million ions per second.

These pores are so small that they are just wide enough for the right molecule to get in, whether it is sodium, potassium or calcium ion—in fact, the ions even have to toss off their coats of water to do this. The different channels are named after the ion they let in, hence potassium channels, calcium channels etc

The gating requires that the channel is able to sense a change in the voltage field across the membrane. All cells have a potential difference across the membrane; the inside of the cell being 70 millivolts more negative than the outside of it. When a nerve fires an electrical impulse this potential suddenly alters by 100 millivolts, causing the inside of the cell to become more positive. The question of how the channels sense the voltage field is subject to heated debate. But, the voltage of the cells, with currents about a million-millionth of the current needed to power your jug kettle, can be measured—by using a fluid filled glass needle electrode 20 times smaller than a human hair. This enables the recording of the current each time the pore

opens, and shooting x-rays at them enables the ions to be seen passing through the pores.

Sometimes with science, you really can't prove something: only disprove alternatives. So while this science is inconclusive at the moment, and other scientists such as Dr Dariusz Leszczynski disparage him for talking with certainty about this, Dr Martin Paul explains it is likely that electromagnetic fields are affecting these important sensors because various drugs and chemicals that block these channels also block or lower electromagnetic frequency effects.

Dr Martin Pall's work details how some studies find very rapid, almost instantaneous increases in intracellular calcium following EMF exposure.

What does this mean for our biology? If we look at the eyes as an example, cataractous lenses contain much more calcium in their cells than normal lenses. Calcium in the eye lens cells needs to be low to be healthy.

People with Alzheimer's disease have also been found to have increased calcium in the parts of the brain affected by the disease. Bi-polar disorders, depression, schizophrenia, autism spectrum disorders, immunodeficiency, muscular dystrophy and neurological diseases are all associated with calcium channel dysfunction.

Main references: **The Spark of Life, Electricity in the human body** by Francis Ashcroft—available in the New Zealand library system and Professor Ashcroft's lecture: https://www.youtube.com/watch?v=0_av1rM0wnl

<https://thebridgelifeinthemix.info/technology/electromagnetic-fields-emfs-affect-biology/>

Giving young people back their lives—a dose of hope

Not using mobile phones in certain schools has changed culture overnight, especially for year 9 onwards. Since Hillmorton High School in Christchurch took a stand against the use of mobile phones in schools earlier this year, teenagers are "offered a break" (or put another way, 'banned') from using their phones from 9–3pm. While the decision didn't go down too well at the start, the students themselves are saying that they are now talking more to each other,

making new friends and getting more exercise. Maybe you could inspire your child's school or a school you know to also try this? To get inspired and hear more, listen to a 3–4 minute video at: <https://www.tvnz.co.nz/one-news/new-zealand/christchurch-high-school-banned-mobile-phones-campus-and-amazing-benefits-resulted>

Stickers

Safe ICT NZ are producing stickers (see an example below) and we will have help distributing these stickers from other groups around New Zealand.

While we want much bigger things—such as law changes and the nationwide safety protocols to be actually safe, the public can be made a little safer and moved by small changes to awareness towards taking small actionable steps, hopefully leading to further steps down the track. This issue has to be addressed at a level people are able to take on.

Anthea has simplified the earlier versions that were made for Facebook specs. All of the versions focus on removing phones from pockets. We will be sending around the various stickers for a quick bit of feedback before printing and then we will need a big distribution push. Ideally we would like these posted in as many restrooms as possible—public ones, workplace ones, restaurants, garages, and Vodafone and Sparks' rest rooms :).

Dr Ashley Bloomfield is now the convenor of the New Zealand Interagency Committee on the Health Effects of Non-ionizing radiation.

This group reviews whether standards need to be changed. Anthea has sent Dr Bloomfield an email explaining that the International Commission on Non-ionizing Radiation Protection (ICNIRP) the organization that “reviews” the science that New Zealand bases its standards on, are subject to a lengthy European Parliamentary report, that details its conflict of interest. Also, how the Russian standards are much more protective and appropriate for the whole population. It would be a great day if he were to realize just how serious non-ionizing radiation is for our health and influence the Ministry of Health's narrative to take a quite different turn.

My Phone is off for you

Designer Ingrid Zweiser has created items for starting a revolution. She has created items such as a “My Phone is off for you” sticker for the back of your phone, so that when a phone is placed face down, it signals you are giving you attention to your company or the project at hand. She has also created a wearable button, and a stamp with the same wording, as well as a radiation blocking napkin to fold around your phone and more recently a pocket called Blokket with the words “Good Bye Phone Hello World” Products were created as a Parson School of Design project and limited quantities

were released to MOMA and Urban Outfitters.

See her designs here: <http://www.notcot.com/archives/2010/06/my-phone-is-off-for-you.php> or at her design company “The way we see the world” <http://www.thewayweseetheworld.com/>.



save
the
males

**To protect from
erectile
dysfunction**

Bag your cell when it's
on, flight mode it when
pocketed.



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