

**I AM ELECTROSENSITIVE!**  
**PLEASE TURN OFF THE POWER ON YOUR CELL PHONE!**  
Thank you for your cooperation!

Even trace amounts of electromagnetic radiation (EMR) from devices like cell phones have a negative effect on my health – i.e. they make me feel sick.

I have a condition called *Electrosensitivity*, where even small amounts of EMR will have a negative effect on my well-being.

**EMR/Microwaves from cell phones can cause the following symptoms:**

(1) headaches, (2) heart pain and palpitations, (3) nausea, (4) inability to concentrate, (5) painful lymph nodes, and so on.

In the past few years, people with this condition have been growing exponentially.

We need your cooperation in creating an environment that is comfortable for everyone. Please keep your cell phone off when around others – and especially when in public vehicles like buses and trains.

**What is Electrosensitivity?**

Electrosensitivity is a condition where a person will feel sick when exposed to the EMR given off by electronic devices such as mobile phones and computers. Symptoms appear when the person is exposed to the offending EMR and disappear when the said person moves away and is out of range of these offending EMR.

**Major Symptoms:**

Headache, Sleep disturbances (Insomnia), Dizziness, Nausea, Heart Palpitations, Concentration Problems, Fatigue, Listlessness, Indigestion, Redness of Skin, Tingling Sensation, Anxiety Attacks, etc.

**50% of Population Affected by Year 2017?**

The percentage of people affected throughout the world has been increasing drastically and it is predicted that by the year 2017 over half the population may be suffering from symptoms of this disorder.

The percentage of people throughout the world who are believed to be electrosensitive.

**What are the experts saying?**

In 2005, the **World Health Organization (WHO)** officially recognized the existence of electrosensitivity. The condition has been researched for over twenty years throughout the world. Even in Japan, the **Ministry of Health, Labor, and Welfare** funded such research. Moreover, increasing case studies are being reported from around the world. The **Vienna Medical Association**, noting a cause and effect relationship between the increase in cell phones and the increasing number of people affected, has created posters (posted in hospital waiting rooms) warning of dangers and listing rules for use.

**The Vienna Medical Association created the following rules for Cell Phone Use**

- In principle, telephone calls should be as few and as brief as possible. It is recommended that children and youth abstain from conducting cellular telephone calls!
- The cellular telephone should not be held near the head while sending out the call!
- Cellular telephones should not be used in vehicles (cars, buses, trains) – the radiation

there is higher!

- While sending SMS messages the cellular telephone should be held as far away as possible from the body!
- During a cellular telephone conversation a distance of several meters should be kept from other people – the radiation is harmful to them as well!
- No on-line games (GPRS) should be played on the cellular telephone!
- Wired speaker telephones are dubious – the wire conducts the radiation!
- LAN or UMTS wireless speaker telephones create a high radiation load!
- Cellular telephones should not be kept in trousers pockets – the radiation may harm masculine fertility!
- Cellular telephones should be turned off during the night and, they should be kept away from the sleeping area!

### **Cell Phone Radiation's Effect on Bodily Systems**

#### **An Increase in Cancer**

- Use of a cell phone for ten-plus years increases your chance of cancer of the auditory nerve by 200%. This chance increases by 400% if you use the cell phone on the same side of the head.
- The amount of radiation emitted by cell phones can break DNA strands.
- Experiments on animals show a doubling of the risk of brain tumors.

#### **Affects Reproduction**

- Exposure causes a decrease in sperm.
- Experiments have shown an increase in death of chick embryos exposed to EMR.

#### **Triggers Allergies like Atopic Dermatitis/Eczema**

- Exposure to EMR from cell phones has been shown to cause an increase within the body of substances triggering allergic reactions.

#### **Disruption of Hormones**

- EMR exposure brings about a decrease in melatonin, a hormone coupled with proper sleep and boosting immunity. A decrease in melatonin has been shown to be associated with sleep disturbances, Sudden Infant Death Syndrome (SIDS), miscarriages, heart disease, cancer, Alzheimer's, Parkinson's, depression, and an increase in suicides.

References: Ogino, Ph.D. Dangerous Cell Phones (Abunai Ketai Denwa); Cherry, N....

#### **Q: Why do I have to turn my cell phone completely off? Can't I leave it on vibration mode?**

Your cell phone is on a regular basis sending microwaves out to the nearest cell phone tower/mast in order to make confirmation so that it will be prepared to send and receive information. When the power is on, microwaves are constantly being sent and received. So in order to not negatively expose those nearby you, please turn off your cell phone completely when not in use.

#### **Q: How about playing games or sending messages?**

Even when you are not speaking, the sending and receiving of messages or the playing of games causes exposure to EMR. For this reason, the Vienna Medical Association is even cautioning against the use of text-messaging and the playing of games on a cell phone. It is pointed out by the Vienna Medical Association that especially in vehicles (cars, buses, and trains), the microwaves will tend to bounce off the metal frame of the vehicle causing an increase in exposure levels. This makes this especially dangerous for children who are more susceptible to the effects of EMR due to their thinner skulls and rapidly growing bodies, which are hence composed of rapidly dividing cells.

**The Sunflower Project**

There has been a drastic increase in environmental illnesses like Multiple Chemical Sensitivity (MCS), Atopic Dermatitis, Asthma, Autism, CFIDS, and so on due to an increase in environmental pollutants (visible and invisible). The goal of the Sunflower Project is to create a clean, safe, and healthy living environment for all living beings.