

Cell Phone Damage, It's Cellular!



By Tracy Erfling, N.D.

CELL PHONES are nearly ubiquitous these days...I mean other than my 6 year old son and 99 year old grandmother I know very few individuals without one. It's kind of one of those things you really don't want to know about, but what are the health effects of these powerfully pervasive machines? And what options do we have to reduce our exposure?

I have come across a few news bites about this topic recently and you can all thank my husband Jack for spurring me to finally weigh in on this concern. It seems that although there are lots of studies being done on the health effects of cell phones, very few of them are being done in the United States...hmmm. What other countries are telling those of us who are paying attention is that there are indeed higher incidences of brain tumors (nearly 40% higher) among regular cell phone users. This has even spurred the WHO (yep the World Health Organization) to put out an official statement regarding cell phone use and increased brain tumor risk. Just search on the internet for a few moments and it won't take you long to find these studies and resources too. What you should also note is that these studies are done primarily on adults, so the risk for kids and teens is still "unknown", but I think we can all safely assume they are no better!

So let's walk through the technology for a moment. Cell phones communicate via microwaves which are a form of electromagnetic radiation (or

maybe better known as EMF-Electromagnetic Forces). Indeed we have many sources of this type of radiation...TV's, microwaves, computers, power outlets, really most anything electrical. BUT are we holding any of these units to our heads for 30, 60, 180 minutes a day? Unlikely.

What are the health effects of radiation exposure? One theory which was particularly poignant to me was the following. It seems that radiation affects our sleep, a time necessary for rejuvenation and repair. Studies

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have shown EMF's decrease melatonin production. This well-known hormone is essential not only for the quality of sleep but is a powerful antioxidant as well. Our cells suffer DNA damage each day from many sources including cell phone radiation. Melatonin circulates the body at night using its antioxidant action to repair cellular damage; when left unchecked DNA damage can lead to cancerous changes. This decrease in melatonin also decreases our REM and non-REM sleep, affecting its quality and depth...double

whammy. So yes, possibly the better we sleep the less overall damage our bodies sustain. That is unless we are sleeping near our cell phones, TV's, alarm clocks, computers...especially if they are ON. Conversely it would follow that the huge amount of sleep trouble people suffer, could be caused by this sightless, scentless, soundless intruder...radiation.

What are cell phone use recommendations? Well if you read your cell phone warnings they will likely tell you that when ON to use it some distance from your head (3 inches!?!). Ok that seems unrealistic, what about Blue Tooth? (you know those little things in people's ears) Well that could be a solution as they emit way less radiation. How about speaker phone? ALL cells have that feature: or texting?

Yep two other great options. Many phones can receive emails, that could be a possibility too. I think if we think of these machines more like machines than phones we may be thanking ourselves later. This cannot be more true than with our kids. Fortunately I think young people are fairly in tune with texting, and that is what I would encourage. I would also put a note of caution onto where you carry your phone. Women usually have it in a purse, not on their body, but you guys may be carrying it in pockets near the family jewels; just another detail

of cell phone use that may warrant a little creativity and rethinking.

Now that you're all paranoid about how much radiation you likely have invading the cells of your brain, what to do...thankfully there is a simple remedy, Epsom salts. Good old magnesium sulfate salts have long been recommended for detoxification, and radiation exposure is on that list. Taking a nice Epsom salt bath as a regular part of your weekly routine could help to lower your overall radiation burden. Make this bath by adding 1-2 cups Epsom salts and 1-2 Tablespoons baking soda to the water, soak for 20 minutes and feel the radiation drain away. For those extra paranoid individuals I must add that it is not advised to do this type of detox bathing night after night as it may deplete the body of other necessary resources. As public concern over radiation continues to rise so will the products to combat it...so stay tuned.

For now keep cell phone radiation on your health awareness radar. Definitely talk with your kids about cell phone use, and pick up some Epsom salts on your next trip to your local supplier. Respect the power of technology because the effects are cellular!

DO something you love,
BE with someone you love,
EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!!