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The Harmful Effects of Cell Phones

Cell phones have become so prevalent that nearly everyone has one. You can scarcely go anywhere these days without seeing people on their phones. They have moved well beyond phones and have become “mini-computers.” They have improved our means of communication and have offered us convenience. For some they have become a hobby in themselves now allowing the option to play games, surf the web, and use social media. But are cell phones all fun and games?

Sure we all know that there have been some negative effects as well. Couples and families have had to adjust to these devices and the relational consequences. So, many have created rules, like “no cell phones at the dinner table,” and “children must turn in their phones before they go to bed.” And the rise of social media has made it difficult for parents to monitor their kids and their time on their devices, no doubt causing much heated conflict.

But is there something much more sinister at work? Could they be damaging our health? Nearly since they first arrived the average person has heard rumors that they can be harmful to our health. But since there are so many rumors, what is the truth of the matter? According to <https://www.electromagneticpollution.net/index.html> the answer is yes. And a definite yes.

The above site reports that cell phones are more carcinogenic than cigarettes and emit 3 different types of radiation, some of this radiation even being able to permeate 2 inches into the brain! Children are at an even higher risk due to a developing nervous system and smaller heads. But the problem doesn't just seem to be when we are on these devices. Although the radiation is highest when your cell phone signal is either being sent or received, it can still cause serious health consequences while just sitting in your pocket.

George Carlo headed the world's largest research into this topic and pointed out that cell phones: can interfere with pace-makers, that the developing skulls of children are penetrated deeply by the energy from the cell phone, the blood brain barrier is put at risk by cell phone radiation, and that the radiation creates micronuclei in our blood cells, which has been shown to be a diagnostic marker for cancer. Some report that in addition to this they cause headaches, depression, digestion issues, and chronic fatigue.

So are they all fun and games? I think not. But what can be done about this? First and foremost like in all things I think awareness is a first step. Then after that we would do well to moderate our time using these devices. Limiting talking on the phone and doing more texting helps keep the phone a longer distance away from our heads. But as for the electromagnetic pollution they caused, Dr. Karim developed a cell phone harmonizing sticker available at [http://www.bgwellnessnow.com/store/p14/Cell Phone Harmonizing Sticker .html](http://www.bgwellnessnow.com/store/p14/Cell+Phone+Harmonizing+Sticker+.html). This helps restore the correct energetic balance to our organs. And types of cases that minimize the radiation are also available as well at <https://www.electromagneticpollution.net/index.html>.

In conclusion it would appear that cell phones do pose a health risk. And it would serve us to be aware of this health risk. Then we would be able to take the necessary steps to protect our health, which would seem best if used as a “combined approach” of both limiting our usage and exposure and also using technological advances that help combat the radiation.