

# EMF

## And the Four Major Risk Factors Associated with Aging: Cancer, Diabetes, Cardiovascular Disease, Alzheimer's Disease

The inescapable conclusion of these findings is that the twentieth century epidemic of the so-called diseases of civilization, including **cardiovascular disease, cancer, diabetes** and also suicide, was caused by electrification and the unique biological responses we have to it. A large proportion of these diseases may therefore be preventable.<sup>1</sup>

Radiation from our telecommunication and powerline technology is damaging the DNA in our cells. It is clear to many biologists that this can account for the **rising cancer rates**.<sup>2</sup> EMF damages and causes mutations in DNA. Mutations in DNA are believed to be the initiating steps in the development of cancers. A variety of forces, both internal and external, affects the rate at which DNA damage occurs. EMF is one of these forces.<sup>3</sup>

In mid-2008, Associated Professor Dr Magda Havas labelled environmental diabetes as '**Type 3' diabetes**. This refers to cases of diabetes where the blood sugar level is also affected by an environmental trigger such as dirty electricity – EMF. Magda Havas has shown that dirty electricity raises blood glucose levels and changes insulin requirement in diabetics.<sup>4</sup>

The blood glucose connection could be how dirty electricity increases **cardiovascular disease** incidence. The major mortality and morbidity in diabetics, is due to acceleration of cardiovascular diseases.<sup>5</sup>

EMF is a major contributing factor. Take immediate and aggressive steps to remediate your exposure:

Anxiety; Depression; Autism; **Alzheimer's; Cardiac** arrhythmias (associated with sudden cardiac death); Atrial fibrillation / Atrial flutter; Premature Atrial Contractions (PACs) and Premature Ventricular Contractions (PVCs), also known as heart palpitations; Tachycardia (fast heartbeat) and Brachycardia (slow heartbeat).<sup>6</sup>

1. Professor of Medicine, Samuel Milham, MD, MPH Dirty Electricity: Electrification and the Diseases of Civilization.

2. Associate Professor Martin Blank PhD on behalf of the International Scientist Appeal – emfscientist.org.

3. Associate Professor Martin Blank PhD, Overpowered: What Science Tells Us About the Dangers of Cell Phones and Other WiFi-Age Devices, 2014.

4. Havas, M., "Dirty Electricity Elevates Blood Sugar Among Electrically Sensitive Diabetics and May Explain Brittle Diabetes", Electromagn. Biol. Med. 2008 Jun; 27(2):135-146, <http://tinyurl.com/zxqc8vo>, <http://tinyurl.com/25r94tz>; Havas, M., "Diabetes and Electrosensitivity", March 2010, <http://tinyurl.com/hcb7g9f>.

5. Milham, Samuel, MD, MPH, Dirty Electricity: Electrification and the Diseases of Civilization, iUniverse, Bloomington, Indiana, 2012, 2nd ed., p80.

6. Professor Emeritus Martin Pall PhD, <https://articles.mercola.com/sites/articles/archive/2017/09/03/electromagnetic-fields-harmful-effects.asp>

EMF is killing many of us  
prematurely and is making many very sick

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## Mitochondrial dysfunction and accelerated aging...

In a nutshell, it dramatically accelerates the aging process. EMF activates the VGCCs in the outer membrane which triggers a chain reaction of devastating events that ultimately decimates mitochondrial function and causes severe cellular damage and DNA breaks. Activating the VGCCs produces excessive amounts of ... hydroxyl free radicals which decimate mitochondrial and nuclear DNA ... The end result is mitochondrial dysfunction, which we now know is at the heart of most chronic disease.<sup>1</sup>


The free radicals linked to aging do specifically damage the mitochondria, and especially their vulnerable DNA. Mitochondria are tiny generators that live inside cells and produce almost all the energy cells need to live. Mitochondria produce 90% of the energy that the cell needs. When the damage accumulates faster than a mitochondrion can repair itself, it becomes dysfunctional, the first step in aging.<sup>2</sup>

If you mess with the mitochondrial thermostat, the cell can't calibrate its response to stress appropriately.<sup>3</sup> This undermines Nature's protective processes. Problems with energy production and use are at the heart of many diseases where mitochondria play a central role.

After numerous decades of constantly adapting to stress where more resources are dedicated to crisis management instead of their original tasks, cells eventually run out of healthy and normal mitochondria. After this happens, when the cell signals mitochondria to replicate, there is no choice but to amplify the defective mitochondria. Ultimately cells are overtaken by these defective mitochondria.<sup>4</sup>

Indeed, compromised mitochondrial function is now seen as one of the leading causes of a wide range of seemingly unconnected degenerative diseases, and even the aging process itself.<sup>5</sup> Even many common degenerative diseases (eg, various cardiovascular diseases, cancers, various forms of dementia) are now being seen as specific mitochondrial diseases.<sup>6</sup>

Diabetes - mitochondrial dysfunction lies at the heart of this disorder.<sup>7</sup> Mitochondrial function is in absolute control over apoptosis and prevention of cancers.<sup>8</sup>



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## Acquired Conditions that Implicate Mitochondrial Dysfunction<sup>9</sup>

- Type 2 diabetes
- AD
- Bipolar disorder
- Aging and senescence
- Non-alcoholic steatohepatitis
- Exercise intolerance
- Cancers
- Parkinson's disease
- Schizophrenia
- Anxiety disorders
- Cardiovascular diseases
- Sarcopenia (loss of muscle mass and strength)
- Fatigue, including chronic fatigue syndrome, fibromyalgia, and myofascial pain

... while our mitochondria are controlling us, it's entirely possible to take control over them by changing the environment around us. These billions of tiny bacteria that live in all of us are calling the shots, controlling our energy, brains, and performance and basically determining who we are...

Dave Asprey, Headstrong The Bulletproof Plan to Activate Untapped Brain Energy to Work Smarter and Think Faster – in Just Two Weeks

Rather than being victims of our genes, epigenetic science reveals, that by controlling our environment, we have the power to control our biology and become masters of our fate... we are also destined to use technology to ensure our survival.

Bruce Lipton PhD, Spontaneous Evolution:  
Our Positive Future (And A Way to Get There from Here)

1. The Real Dangers of Electronic Devices and EMFs, Dr J Mercola 2017

<https://articles.mercola.com/sites/articles/archive/2017/09/24/electronic-devices-emf-dangers.aspx>

2. Mitochondria and the Future of Medicine: The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself, Lee Know ND, Chelsea Green Publishing, Vermont 2018, p47. 3. ibid. p56. 4. ibid. p52. 5. ibid. p63. 6. ibid. p104. 7. ibid. p91. 8. ibid. p121. 9. ibid. p101.

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## Electromagnetic HyperSensitivity - Rapid Aging Syndrome

In general, clinical exposure from EMF exposure resembles premature aging.

Symptoms of Rapid Aging Syndrome (RAS) include: poor sleep; confusion; chronic fatigue; chronic pain; anxiety and depression; and a host of other symptoms treated with pharmaceuticals. In 2001 a study conducted in Spain examined symptoms experienced by people at various distances from a mobile phone base station.<sup>1</sup> According to the study, people who live within 300 metres of mobile phone towers have an increase in these symptoms:

- *fatigue*
- *sleep disturbance*
- *headaches*
- *feeling of discomfort*
- *difficulty concentrating*
  - *depression*
  - *memory loss*
- *visual disruptions*
  - *irritability*
- *hearing disruptions*
  - *skin problems*
  - *cardiovascular*
    - *dizziness*
    - *loss of appetite*
- *movement difficulties*
  - *nausea*

Collectively these symptoms are called EHS – Electromagnetic HyperSensitivity. Associate Professor Magda Havas states the symptoms in 'italic' are the ones we experience as we age. Many people who are EHS attribute their symptoms to aging and leading a stressful lifestyle and become accustomed to chronic ill health.

1. (Survey Study of People Living in the Vicinity of Cellular Phone Base Stations. Santini 2003, Electromagnetic Biology & Medicine, Vol. 22 (1): 41-49 (Magda Havas, B Sc, PhD [www.magdahavas.org](http://www.magdahavas.org) Expert Testimony on Health Effects Associated with Radio Frequency Radiation, October 10, 2005, citing: Symptoms experienced by people in the vicinity of cellular phone base station. Santini 2001, La Presse Medicale

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