



ELUXE MAGAZINE

ARTICLES MAGAZINE

FRIGHTENING FREQUENCIES: THE DANGERS OF 5G & WHAT YOU CAN DO ABOUT THEM

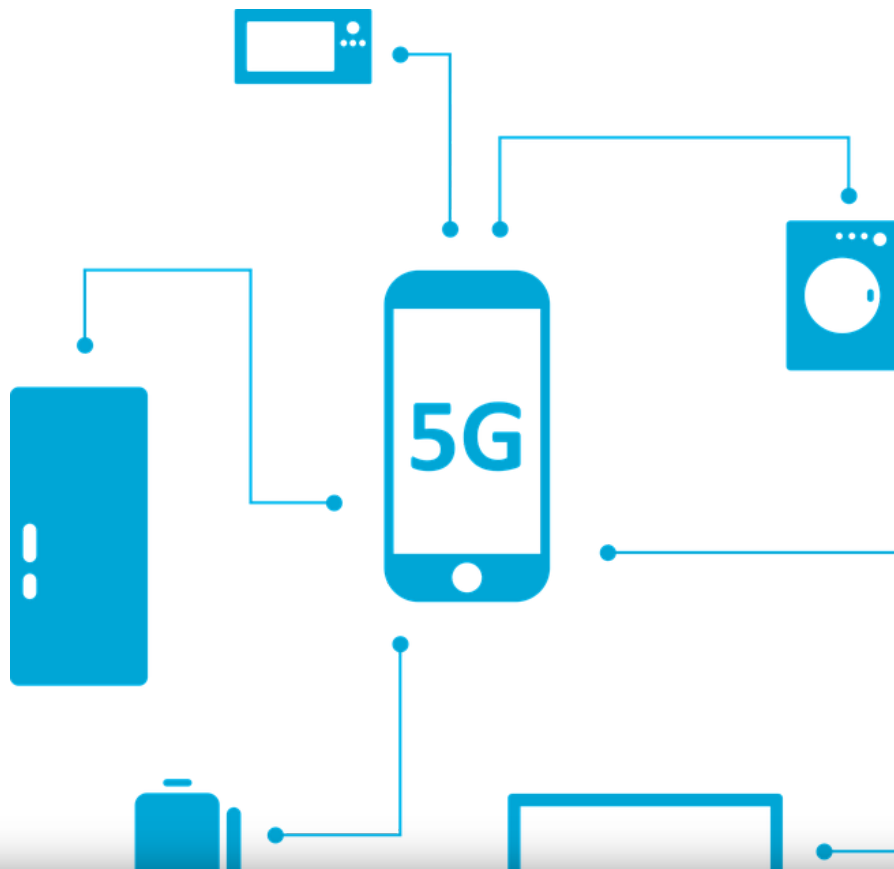
We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

As the old saying goes, give us an inch and inevitably we'll want a mile.
And certainly, this sentiment is true with technology.

Who doesn't want faster, bigger (or smaller), more efficient? Take wireless mobile telecommunications. Our current broadband cellular network platform, 4G (or fourth generation), allows us to transmit data faster than 3G and everything that preceded. We can access information faster now than ever before in history. What more could we want? Oh, yes, transmission speeds powerful enough to accommodate the (rather horrifying) so-called *Internet of Things*. Which brings us to 5G.

Until now, mobile broadband networks have been designed to meet the needs of *people*. But **5G has been created with machines' needs in mind**, offering low-latency, high-efficiency data transfer. It achieves this by breaking data down into smaller packages, allowing for faster transmission times. Whereas 4G has a fifty-millisecond delay, 5G data transfer will offer a mere one-millisecond delay—we humans won't notice the difference, but it will permit machines to achieve near-seamless communication. Which in itself may open a whole Pandora's box of trouble for us – and our planet.



We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

More bandwidth – more dangers of 5G

Let's start with some basic background on 5G technology. Faster processing speeds require more bandwidth, yet our current frequency bandwidths are quickly becoming saturated. The idea behind 5G is to use untapped bandwidth of the extremely high-frequency millimeter wave (MMW), between 30GHz and 300GHz, in addition to some lower and mid-range frequencies.

High-frequency MMWs travel a short distance. Furthermore, they don't travel well through buildings and tend to be absorbed by rain and plants, leading to signal interference. Thus, the necessary infrastructure would require many smaller, barely noticeable cell towers situated closer together, with more input and output ports than there are on the much larger, easier to see 4G towers. This would likely **result in wireless antennas every few feet, on every lamp post and utility pole in your neighbourhood.**

Here are some numbers to put things into perspective: as of 2015, there were 308,000 wireless antennas on cell towers and buildings. That's double the 2002 number. Yet 5G would require exponentially more, smaller ones, placed much closer together, with each emitting bursts of radiofrequency radiation (RFR)—granted, at levels much lower than that of today's **4G cell towers**—that will be much harder to avoid because these towers will be ubiquitous. If we could see the RFR, it would look like a smog that's everywhere, all the time.



We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

International Agency for Research on Cancer classified RFR as a potential

2B carcinogen and specified that the use of mobile phones could lead to specific forms of brain tumors.

Many studies have associated low-level RFR exposure with a litany of health effects, including:

- DNA single and double-strand breaks (which leads to cancer)
- oxidative damage (which leads to tissue deterioration and premature ageing)
- disruption of cell metabolism
- increased blood-brain barrier permeability
- melatonin reduction (leading to insomnia and increasing cancer risks)
- disruption of brain glucose metabolism
- generation of stress proteins (leading to myriad diseases)

As mentioned, the new 5G technology utilizes higher-frequency MMW bands, which give off the same dose of radiation as airport scanners. **The effects of this radiation on public health have yet to undergo the rigours of long-term testing.** Adoption of 5G will mean more signals carrying more energy through the high-frequency spectrum, with more transmitters located closer to people's homes and workplaces—basically a lot more (and more potent) RFR flying around us. It's no wonder that apprehension exists over potential risks, to both human and environmental health.

Perhaps the strongest concern involves adverse effects of MMWs on human skin. This [letter](#) to the [Federal Communications Commission](#), from Dr Yael Stein of Jerusalem's Hebrew University, outlines the main points. Over ninety percent of microwave radiation is **absorbed** by the epidermis and dermis layers, so **human skin basically acts as an absorbing sponge for microwave radiation.** Disquieting as this may sound, it's generally considered acceptable so long as the violating wavelengths are greater than the skin layer's dimensions. But MMW's violate this condition.

Furthermore, the sweat ducts in the skin's upper layer act like helical antennas, which are specialized antennas constructed specifically to respond to electromagnetic fields. With millions of sweat ducts, and 5G's

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

(e.g., babies, pregnant women, the elderly), but this technology

Furthermore, MMWs may cause our pain receptors to flare up in recognition of the waves as damaging stimuli. Consider that the US Department of Defense already uses a crowd-dispersal method called the [Active Denial System](#), in which MMWs are directed at crowds to make their skin feel like it's burning, and also has the ability to basically microwave populations to death from afar with this technology if they choose to do so. And the telecommunications industry wants to *fill our atmosphere* with MMWs?



Other distressing research

Unfortunately, innocent animals have already been the victims of testing to see MMW's effects on living cells. Extrapolating the results from animal testing to humans isn't straightforward, but the results nonetheless raise some serious red flags. Perhaps most significantly, a US National Toxicology Program [study](#) noted that male rats exposed to RFR for nine hours a day over two years developed [rare forms of tumours in the brain and heart](#), and **rats of both sexes developed DNA damage**.

The researchers noted that the increased risk to the rats was relatively small; but if these findings translate to humans, the widespread increase in cellphone use could have a significant impact on populations. Thus the NTP study served to renew the debate about the potential harmful effects of cellphones on human health. Not only that, it caused a [significant shift](#) in the American Cancer Society's understanding of radiation and cancer, and sparked them to state that our ignorance of RFR's impact on human

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

Other animal research worldwide illustrates how microwave radiation in general and MMW's in particular can damage the eyes and immune

system, cell growth rate, even bacterial resistance. An [experiment](#) at the Medical Research Institute of Kanazawa Medical University showed that 60GHz millimeter-wave antennas produce thermal injuries in rabbit eyes, with thermal effects reaching below the eye's surface. [This study](#), meanwhile, suggests low-level MMW's caused lens opacity—a precursor to cataracts—in rats' eyes. A [Chinese study](#) demonstrated that eight hours' of microwave radiation damaged rabbits' lens epithelial cells. A [Pakistani study](#) concluded that exposure to mobile phone EMF prevented chicken embryo retinal cells from properly differentiating.

This Russian [study](#) revealed that exposing healthy mice to low-intensity, extremely high-frequency electromagnetic radiation **severely compromised their immune systems**. And a [2016 Armenian study](#) concluded that low-intensity MMW's not only depressed the growth of E. coli and other bacteria, but also changed certain properties and activity levels of the cells. The same Armenian study noted that MMW interaction with bacteria **could lead to antibiotic resistance**—distressing news, considering immunity to bacteria is already compromised due to the overuse of antibiotics.

Again, if these findings translate to humans, our rampant cellphone use would likely cause profound, adverse health effects; an increase in MMW's as more bandwidth is introduced could further complicate the matter. But what's also important to note here is that 5G technologies will not only have a profound impact on human health, but on the health of all living organisms it touches, including plants, as we shall see.



We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

This 2010 [study](#) showed that the leaves of aspen seedlings exposed to RFR

exhibited symptoms of necrosis, while [another Armenian study](#) suggested low-intensity MMW's cause "peroxidase isoenzyme spectrum changes"—basically a stress response that damages cells—in wheat shoots. Plant irradiation is bad news for the planet's flora, but it's bad news for us, too: **it could contaminate our food supply.**

Second, the 5G infrastructure would **pose a threat to our planet's atmosphere.** Network implementation will require the deployment of many, short-lifespan satellites via suborbital rockets propelled by hydrocarbon rocket engines. According to [this 2010 California study](#), launching too many of these babies will vomit enough black carbon into the atmosphere to pollute global atmospheric conditions, affecting distribution of ozone and temperature. Worse, solid-state rocket exhaust contains chlorine, an ozone-destroying chemical. How can any government seriously concerned about climate change allow for this?

Third, 5G will potentially **threaten natural ecosystems.** According to several reports over the last two decades—some of which are summarized [here](#)—low-level, non-ionizing microwave radiation affects bird and bee health. It drives birds from their nests and causes plume deterioration, locomotion problems, reduced survivorship and death. And bee populations suffer from reduced egg-laying abilities of queen bees and smaller colony sizes. More evidence of ecosystem disruption comes from [this 2012 meta-study](#), which indicates that 593 of 919 research studies suggest that RFR adversely affects plants, animals and humans.

It bears repeating: **5G is bad news for all living creatures and the planet we share.**



We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

Beware the propaganda deluge

Despite being fully aware of all these unsettling results, threats and concerns, **the US corporatocracy continues to maintain a gung-ho attitude about 5G**. The **Mobile Now Act** was passed in 2016, and many US states have since **gone ahead with 5G plans**. The telecom industry's biggest players have basically co-opted government powers to enforce their 5G agenda, with companies like **AT&T** and Qualcomm having **begun live testing**. And despite research showing serious threats to humans and the planet, the FCC Chairman **announced** intentions to open low-, mid- and high-frequency spectrums, without even mentioning a single word about the dangers.

They're going to sell this to us as 'faster browsing speeds' – but the truth is, you'll barely even notice the difference. They're going to call anyone who protests against 5G a 'Luddite' or 'technophobe'. But why such a willingness to embrace another new technology – even though it carries serious risks and brings spurious benefits? Why not heed the lessons learned from killer products like asbestos, tobacco and leaded gasoline?

Because a tiny percentage of people will gain an awful lot of money, is one reason. And because companies and governments will be given unprecedented amounts of power over civilians is the other.

All isn't doom and gloom, though. At least one US politician is maintaining some level-headedness: in October, California Governor Jerry Brown stopped legislation that would have allowed the telecom industry to inundate the state with mini-towers. Brown's bold actions have permitted localities a say in where and how many cell towers are placed.

The state of Hawaii has stopped 5G and smart meters by collectively threatening to charge every person who installed such meters with liability for any health problems residents may suffer. Moreover, 180 scientists have started a **petition** to warn of 5G potential health effects. Maybe these actions will afford more time for additional studies and data collection. Just as importantly, maybe they'll cause other politicians and figureheads to reflect on what they've been pushing for.

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

ourselves. Here's what you can do:

- Understand **EMFs** and their behaviours

- Protect yourself with an EMF Shield to mark and protect you from hotspots. Try a [patented product](#) that neutralizes the harmful effects of mobile phones and other EMF emitting devices on humans.
- Whenever possible, limit your exposure: use an [anti-radiation headset](#) or speaker mode while talking on a cellphone.
- Refuse to use 5G phones and devices. Full stop. And discourage those you know from doing so.
- Refuse to buy anything 'smart' – 'smart' appliances, 'smart' heaters, etc.
- Carry [shungite crystals](#) to protect from radiation
- No matter what, do NOT get a [smart meter](#) – these put high levels of 5G radiation right in your home
- Join the growing numbers of dissenters. [Get active with them here.](#)
- Do as the Hawaiians have done and threaten smart meter and 5G tech installers with liability. You can [learn how to do that here.](#)
- Spread the word! Please share this article with everyone you know

Even if the policy drivers and governments aren't doing their due diligence, at least we can say we're doing ours.

Sources

<http://www.cellphonecancer.com/the-looming-health-risks-of-5g-technology/>

<https://www.electricsense.com/12399/5g-radiation-dangers/>

<http://thehill.com/opinion/technology/357591-public-health-is-littered-with-examples-where-economic-interests-trumped>

<http://www.latimes.com/business/la-fi-cellphone-5g-health-20160808-snap-story.html>

<https://www.pbs.org/newshour/nation/how-might-cellphone-signals-cause-cancer>

<https://www.pbs.org/newshour/science/major-u-s-study-links-cellphone-exposure-to-cancer-in-rats>

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

Like 6.6K

Tweet 1183

G+

Pin 48

Email 161

Share 14.8K



Have Your Cake & Eat It: 15 Raw



How To Tell If A Fashion Brand Is



Stuck for Ideas? Our Ethical Gift



A Vet Speaks Out On Clean



We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. Privacy Policy

Accept



15 COMMENTS



GILLIAN

Reply

May 7, 2018 at 4:20 pm

Already man kind has found so many ways to harm ourselves , the planet and our co-habitants. 5G is our next and probably last battle. I am sure that having read any of the many disturbing reports and research studies into this will agree this must be stopped !



NICK LANCE

Reply

Aug 14, 2018 at 10:23 pm

Stopped? Stop kidding yourself 5G has been fully developed and it's probably going to be released in late 2018 in the US



ELSPETH NICOL

Reply

May 26, 2018 at 12:54 am

How many telecoms engineers and other employees of telecoms companies die early as a result of the dangers highlighted by you and many other sources?



FRANK

Reply

Sep 19, 2018 at 7:24 am

Elsbeth Nicol, the 5G network antenna's have not been installed as yet, they are in the process of doing that now. They will only start emitting RFR after they are operational (switched on). Your theory

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

happens over a long term of being exposed to such antenna's.. All those who happen to live near an

antenna. Two painfully obvious reasons why your thinking is way off point.



TTREE

Jul 31, 2018 at 6:32 pm

Reply

Silent weapons for quiet wars.



CHERE

Aug 4, 2018 at 3:06 am

Reply

Agree. But we WILL NOT be silent about these quiet wars! 😞

RESEARCHERS CREATING A NEW CLASS OF 5G MILLIMETER WAVE TRANSMITTER ANTENNA DESIGNS THAT WILL SOON OCCUPY OVER A BILLION MOBILE DEVICES | THE CRAZZ FILES

Reply

Sep 16, 2018 at 11:44 am

[...] problems – One study showed that millimeter and submillimeter wave frequencies interact with human sweat glands. This could potentially lead to preferential layer absorption on the [...]



MICHELLE

Sep 26, 2018 at 11:54 pm

Reply

If you refuse 5g, will you be able to use your phone? Will 4g still function after they install 5g?



CHERE

Sep 27, 2018 at 6:19 am

Reply

That's a great question! They may well try to phase out anything that runs on anything but 5g. But to be honest, your phone's function is the least of your

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

ALL of us to be aware of these dangers and to stop 5G before it happens! Once it's in place, every man,

woman, child and even animal will be subject to its harmful effects.



MATHEW KIMBRELL

Reply

Nov 6, 2018 at 6:52 pm

Well being an RF engineer.... I can tell you that I would MUCH rather be near an antenna than far away from an antenna. You have an transmitter / antenna in your pocket (cell phone) and so does every one near you.

Automatic Gain Control on your cell phones controls how much your cell phone needs to be amplified to reach the tower. The tower itself does not have to push out much power because it is not meant to. It only needs to service those around it, so if you are not in a serviced area your phone pushes out max power and so does every other phone around you. 5G actually helps reduce the overall RF radiation by turning down the AGC on every cell phone around you. That is why your phone dies when you are out of range of a tower. We don't need less towers that would make it worse we need more towers and that is what 5G will do. So many people talking about things they have no idea what they are talking about.



CHERE

Reply

Nov 6, 2018 at 7:21 pm

That's simply not true Mathew - 5G radiation runs on a completely different frequency to wifi.

<https://www.radiationhealthrisks.com>

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept



HEIDI

Reply

Oct 4, 2018 at 4:23 am



Do you know if those EMF absorbing shields to stick on devices and routers are actually any good? Do they even work?



CHERE

Reply

Oct 4, 2018 at 6:18 pm

Hi Heidi! All you can really do is get a radiation counter (they start at around \$120) and check for yourself: <https://fave.co/2PaHW4N>



HOLLY

Reply

Oct 28, 2018 at 6:23 pm

I am currently vacationing in Maui and I saw a 5G tower here. I recognized it because one just came in Rocklin California where I live.

APPEL INTERNATIONAL DEMANDANT L'ARRÊT DU DÉPLOIEMENT DE LA 5G SUR TERRE ET DANS L'ESPACE POUR EMPÊCHER LE TRANSHUMANISME PLANÉTAIRE CAR 5G= TRANSHUMANISME! – LE MONDE

Reply

Nov 18, 2018 at 5:42 am

[...] <https://eluxemagazine.com/magazine/dangers-of-5g/>; [...]

LEAVE A REPLY

Name *

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

Website

POST COMMENT

This site uses Akismet to reduce spam. [Learn how your comment data is processed.](#)

This site uses affiliate links with brands we trust, and if you make a purchase using a link, we may receive a commission.



We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept



8 Clean Beauty Brands With Zero Waste Packaging



10 Ethical Fine Jewellery Brands Disrupting The Luxury Goods Market



3 Sneaky Ways Advertisers Make You Buy Stuff You Don't Need



10 Zero Waste Fashion Brands We Love



Animal Abuse in Films: Why Hollywood is No Place for Animals



10 Chic Reusable Water Bottles To Take Anywhere



10+ Ethical Athleisure Brands We're Loving Right Now



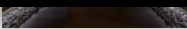
Your Ultimate Guide On How To Create A Vegan Home



12 Of The Best Weight Loss Retreats

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept



Eat Healthy! 24 Vegan Dip Recipes



For All Occasions

MOST POPULAR



Frightening Frequencies: The Dangers of 5G & What You Can Do About Them



10+ of the Best Natural Hair Dyes



12 Honest News Sites Way Better Than Anything in the Mainstream Media



Eat Healthy! 24 Vegan Dip Recipes For All Occasions



9 Natural Alternatives to Botox (and other Salon Treatments)

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

KOTYS

CLASSIC DRESSES
WITH
SLEEVES
MADE OF NATURAL
FABRICS

SHOP NOW

A woman with long brown hair is wearing a vibrant red, long-sleeved, form-fitting dress. She is sitting on a light-colored sofa in a modern, well-lit room with large windows and a potted plant in the background.

THE LUXURY
WOOD
WATCH
COMPANY

100% NATURAL WOOD

SHOP NOW

WOODWATCHES.COM

JORD

A close-up of a luxury wooden watch with a dark wood case and a matching leather strap. The watch face has a wood-grain texture and white hour markers. The brand name 'JORD' is visible on the dial.

XYZ
SMART COLLAGEN

Clinically
proven to
visibly
lift, tighten
& firm skin

XYZ

A close-up of a woman's face, focusing on her cheek and jawline. Three white arrows point upwards and outwards from her cheek, indicating skin lifting and firming. A small product box for XYZ Smart Collagen is visible in the bottom left corner.

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

Could your brand win an
Eluxe Award in 2019?

Click **HERE** to
nominate your brand!

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept

GET ALL THE LATEST NEWS!



Sign up for our bi-monthly newsletter and get a **FREE** digital copy of our paper magazine, exclusive invitations and discounts, curated content and more!

SIGN UP

HERE

live mindfully ~ eat joyfully ~ travel consciously

come
spa
with us >>



healing
LIFESTYLES & SPAS

We use cookies to improve your experience. By continuing to use this site, you accept the use of cookies. [Privacy Policy](#)

Accept