

Paper: Canaries in Coal Mines -Why You Should Listen to Them

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Topic: People who are extra-sensitive to environmental toxins, whatever form this may take (EMF Radiation, food additives, environmental chemicals, etc.), lead the way, in revealing these items to general public. When we ignore these early warning signs, the results will vary from the display of minor symptoms to death. (Important: See also the condition known as “Tolerance”.)

canary in a **coal mine** (plural **canaries in a coal mine** or **canaries in coal mines**)

1. (*idiomatic*) Something whose sensitivity to adverse conditions makes it a useful early indicator of such conditions; something which warns of the coming of greater danger or trouble by a deterioration in its health or welfare.

Preamble - My Story

In 1984 when my wife and I were on our honeymoon in Florida we went to a large food buffet, which were/are popular in the United States. I took one of those mega-sized cups (popular in the United States & Canada) and filled it with the self-serve soda fountain drink. It is not something that I normally do, but hey, I was on my honeymoon! I immediately noticed a foreign taste of some sort, but went ahead and drank the entire contents anyway. What followed was a 3-day headache, that was not to be relieved by any pain relief (otc) drugs on the marketplace. This somewhat alarmed me that I could be subjected to this kind of abuse from merely acquiring & consuming food at a public food service establishment. After returning home I started to investigate the origin of whatever noxious agent may be responsible for the kind of (immediate & unresolvable) condition that I was subjected to.

About this time, I heard of a new artificial sweetener called **aspartame** (aka acesulfame potassium, etc.). When I dug further into the origins of this item, I learned that it was an accidentally ‘discovered’ chemical agent from the lab, where the person responsible happened to inadvertently get this substance in their mouth. When they found that it had a sweet taste, they (or someone else) considered the possibility of commercializing this chemical as a “*calorie-free artificial sweetener*”.

Up to this point there is no harm done (as far as the aspartame story goes). The next step in aspartame’s life (as should be with other newly introduced [chemical] food substances) is a trip to the FDA, as one would hope for, if one thought that they were protected, within the North American society. A person needs to know what this organization *purportedly* stands for -

“The FDA is responsible for protecting and promoting public health through the control and supervision of food safety, tobacco products, dietary supplements, prescription and over-the-counter pharmaceutical drugs (medications), vaccines, biopharmaceuticals, blood transfusions, medical devices, electromagnetic radiation emitting devices (ERED), cosmetics, animal foods & feed and veterinary products.” (Wikipedia)

My discovery, for my own health and that of others, found that this substance was determined as unsafe by the FDA due to the fact that IT CAUSED BRAIN TUMOURS IN RATS. This clearly *coincided* with my personal experience in a headache unlike others previously experienced (chemical neurological effects). Further, one of the processes within the human body is that aspartame is metabolized into **formaldehyde** (a known toxin). What followed next is that Ronald Reagan, then president of the United States, fired the head of the FDA, pushed the item through, at which point aspartame became part of our daily regime (now in over 13,000 food items). (It can be noted here that I personally know of 2 people that have died from ‘diet products’/aspartame use & subsequent brain tumours.)

From pubmed.gov -

“Aspartame acts as a chemical stressor by elevating plasma cortisol levels and causing the production of excess free radicals.”

“Whether aspartame and its metabolites are safe for general consumption is still debatable due to a lack of consistent data. More research evaluating the neurobehavioral effects of aspartame are required.”

(... Which begs the question, “What the heck has it been doing on the market for 36 years & contained in over 13,000 food items!!”)

From this experience, I noted 2 things:

- 1) The uselessness of the FDA in getting *anywhere* near their mandate of “protecting and promoting human health”, and
- 2) If money/coercion (my assumptions) can persuade a person (or person’s) to make decisions to actually cause harm to the mass population, then it would be correct for me to assume that the actual lack of the application of brotherly love/integrity on this planet has reached a distressing & malignant level.

It should be noted here that this is merely *one glaring example*, of the default, of the collective bodies that we, the public, put our trust into (as I have noticed in the past 47 years or so). Because this general concept has been proven to me, I sometimes get frustrated when I see others put their health, the health of their loved ones & their general common sense on the

back burner when they put trust into these institutions, thinking that they are being looked after, while participating as members of our society.

From this, it appears that *I am* the “canary in the coal mine” for aspartame (see “Tolerance” below).

Update: (21 Sep '20) I recently had a customer come into our Gift Shop/Truth Centre and he mentioned that he had a conversation with someone who actually was at the FDA during the aspartame *scandal*. This person was aghast at what was occurring and he could not believe the process that went on during the ‘pushing’ of this insidious product. While this is a third-party story, it is my first hand experience, and it nevertheless lines up solidly, with previous evidence, as one considers the occurrences, in bringing this ‘food item’ to the marketplace.

The Point of this Paper - Current Day Canaries

A man named Arthur Firstenberg happens to be a current ‘canary in the coal mine’ in that he has discovered first hand what kind of damaging effects are imposed upon the world population (no one is exempt – see “Tolerance” below). Arthur is labelled by the establishment as “*electrically sensitive*”, or worse yet has “*electromagnetic hypersensitivity*”. It should be noted that this labelling alone should have enough power to put up a **red flag**... with anyone. This is augmented by the thousands of documents/reports that illustrate all levels of damage that are caused by the environmental toxin, Electromagnetic Radiation (EMR).

Arthur has been more diligent than I, in alerting the public, as to the harm that is, and has been coming to them (as it turns out, since the early 1900’s and before). While I have done my best to alert people, since 1984, of the dangers of aspartame, Arthur has gone to the trouble of producing a book which is comprised of 564 pages of comprehensive & meticulous research into the phenomenon of EMF radiation ‘poisoning’ to all living things (plants, insects, animals, & people), who reside on this planet. It may be worth noting that Firstenberg’s forthcoming evidence was probably initiated and promoted by the general reticence on the part of regulating agencies in actually **doing their job**.

Mr. Firstenberg has **backed up** his research with no less than:

- 580 footnote references to medical journal articles & independent testing on the particular subject reported, and
- A bibliography of 138 pages – that’s pages, not items (which stands alone as an amazing feat!).

This book is severely important for 2 reasons:

- 1) It clearly demonstrates that the extent of human suffering, and broad-spectrum damage to the Earth in general, has been imposed upon us

for some other purpose than the benefit & welfare of Earth's inhabitants & environment in general, and is, being carried out on a massive scale. While we have been active participants of some of the benefits that are contained within widespread EMR, the *time has come* to properly *re-evaluate* those deficits & benefits.

- 2) **More important:** This topic is the spawn of a new understanding for mankind, which smashes a concept that will turn out to be the largest (to date) liberating factor that has ever been witnessed on Earth. (see paper on "Contagion")

Conclusion

My search for the truth, in my life, began in my teenage years and has been going on for over 45 years. Each new distortion of the truth has sensitized me more and more in finding & assessing these *untruths*. The sum result (finding truth among the lies) has come full circle here in early 2020. The place that I have come to, includes the following benefits:

- 1) Most importantly, an intrinsic & permanent level of peace within my being, and
- 2) An understanding of the elements of this life where virtually no question goes unanswered.

The end proposal of the title statement, of this Paper, is this - WE CAN KEEP IGNORING THE CANARIES IN THE COAL MINE ON THIS PLANET, as long as we understand that by doing so, we are accepting any degree of pain, suffering, grief, misery & discontentment that may be levelled against us, at any given moment. I *know this* because my own search for the truth has exempted me from many of these negative attributes, in my life (which is most definitely not limited to research into aspartame). My hope is that everyone also has this benefit in their life, if they wish it for themselves.

Important: It should be *well noted* that just because a significant percentage of the population are symptom free, this **does not** mean that there is no damage occurring within their own biology (see "Tolerance" below). Damage occurs at the cellular level and only pokes it's head up when a certain threshold is transgressed, resulting in one or more of the 33 symptoms commonly associated with EMF exposure. We are all different, and some get the 'benefit' of pain and/or symptoms while others will find out at a later date when damage has reached a certain level. The rather *insidious* component to this discussion is the increasing incidence of childhood cancers, leukemia leading the way, in the world population. The logic of relating EMF Radiation (microwaves) affecting the fluid within our bodies, in a major way, is *not hard* to put together.

Here is a list of documented symptoms of EMF exposure (Arthur Firstenberg research):

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|----------------------------------|---|
| 1) Dizziness | 2) Nausea |
| 3) Headaches | 4) Nervousness |
| 5) Irritability | 6) Mental Confusion |
| 7) Depression | 8) Insomnia |
| 9) Drowsiness | 10) Fatigue |
| 11) Weakness | 12) Numbness & Tingling |
| 13) Muscle & Joint Pains | 14) Muscle Spasms & Cramps |
| 15) Backache | 16) Heart Palpitations/cardiac arrhythmia |
| 17) Chest Pain | 18) Colic |
| 19) Diarrhea | 20) Constipation |
| 21) Nosebleeds, Hemorrhage | 22) Itching |
| 23) Tremors | 24) Seizures |
| 25) Paralysis | 26) Fever |
| 27) Respiratory Infections | 28) Shortness of Breath |
| 29) Coughing | 30) Wheezing & Asthma Attacks |
| 31) Eye Pain, Weakness & Fatigue | 32) Tinnitus |
| 33) Metallic Taste (dysgeusia) | |

For any further doubts as to the validity of this information, you may refer to articles/Youtubes by Dr. Devra Davis, who goes into a comprehensive analysis of physiological damage to human biology. Along with a long & accredited career, she was also responsible for removing cigarette smoking on airlines, back in the 1970's.

The Solution

It is not so helpful that I may point out a greater problem to you and not offer some kind of solution. To have a solution you must be able to correctly identify the specifics of the problem. In this case, the canary article above is merely the tip of the iceberg. It gives you a taste of the problem by pointing out the damage (as by Arthur Firstenberg & others) to the planet during the past 110 years. Without this information, there would be NO hope of being able to address the larger problem, and ultimately come to a solution for it.

The solution, while simple (removing 4G/5G from our lives), is better understood, if a person can understand the motives and long-term planning that has gone into our willing participation to these events. Without going into these details at this time, suffice it to say that addicting 2- and 3-year-olds to these technologies, when they have the most to lose, while at the same time the least decision-making power on the topic, is an extremely nefarious concept.

Given the lack of supportive evidence on the safety of 4G/5G along with the mountain of evidence proving the ill effects, people must raise their awareness, if not for themselves, but for the sake of all the children & other life forms on the planet!

The difference between 4G and 5G radiation, and the inherent dangers contained within, if allowed on this planet, is a move, that will be unconditionally the largest mistake that mankind could make so far in its history. EMF ‘poisoning’ will follow the same historic trajectory as cigarettes.

Tolerance

Tolerance is a standard body response which may be described as *adaptation to a situation*. Dr. Andrew Tressider explains tolerance as when your body has an alarm symptom to a stimulus. If the stimulus is continued it downgrades the symptoms so you don’t notice it’s there, but the damage is still being done.

He compares it to smoking, ‘*many people feel quite ill with their first cigarette. But as they continue to smoke, they get used to it.*’ Alcohol works this way as well (enzymatic response).

This matter becomes more important when the stimulus is not perceived by any one of our senses, as in the case of EMF saturation. Those of us, as mentioned, ‘lucky enough’ to have one or more of the 33 symptoms, will be able to link to the cause, easily if we choose. Those of us with no symptoms will have to wait for a more serious problem to emerge. It is utterly important for these unsuspecting victims to understand that their elevated level of sickness is still just a *symptomatic response* and can be cured, in most cases, by simply removing the underlying **toxin**.

A Note on Authenticity

When assessing truths there is usually 2 sides to the argument. Aside from solid foundational evidence (as presented by Mr. Firstenberg & others), I have always found it useful to look into what each side **has to benefit** from the presentation of their perspective. It has also been my experience that a massive disparity emerges when assessing both sides, with *this in mind*.

Follow-up note: I removed a persistent cardiac arrhythmia (heart palpitation) within one week, and insomnia within 1 year, subsequent to the removal of EMF Radiation from our property (REMOVED: 2x4G cell phones, all cordless phones, smart meter and WiFi). Again, I become an authentic ‘canary’ for the incidence of EMF Radiation.

Update: (21 Sep 2020) A research document from the Georgia Institute of Technology titled, THE LARGEST UNETHICAL MEDICAL EXPERIMENT IN HUMAN HISTORY. This document is 1,086 pages long and was comprised by Ronald N. Kostoff, Ph.D.. Following is an excerpt from the introduction -

“While research over the past seventy+ years has shown hard evidence of severe adverse effects from wireless radiation, the full extent of the damage from existing wireless radiation infrastructure is not known, much less the

damage expected from 4G/5G infrastructure being implemented rapidly today. Attempting to identify the full extent of these adverse effects is the global medical experiment being conducted today. The fact that this experiment is being conducted with **uninformed consent** makes it an **unethical medical experiment**. Because of the magnitude of this experiment, it is the *largest unethical medical experiment in human history!*"

References:

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- 2) The Invisible Rainbow - A History of Electricity & Life
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- 3) CROOKED - A History of Man-Made Disease
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- 4) The Contagion Myth
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- 5) Power vs. Force
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- 7) Report - *The Largest Unethical Medical Experiment in Human History* - 1,086 pages
Kostoff, Ronald PhD - Georgia Institute of Technology
- 8) YouTube - *The Truth About Mobile Phone and Wireless Radiation*
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