



Microwave

Radiation

Warfare

WHAT IT IS, WHY IT EXISTS, AND WHAT WE CAN DO ABOUT IT

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Here we are. Diminished by our choices, rather than empowered and encouraged by them. The world is listening to the voices of a million tyrants, oppressors, thieves, murderers, slavers, and pedophiles, but forgetting to listen to the wise call of the Elders of our species. We have built giant structures but have grown small amongst them. We have created intelligent technology but have lost deeper understanding and our individual and collective moral discernment, and thus we use that technology to oppress ourselves. We have increased our population exponentially in a short time, only to see enslavement and apathy become standardized and emphasized and dis-ease to become a normality. With this in mind, we can discuss the technology that is being utilized by governments and industries and which is the most prevalent and sinister tool of control in existence today.

"One of the newest, most pervasive stressors is now electropollution radiation. Medical researchers estimate that 90% of all illness and disease is stress related." - Center for Disease Control and Prevention

Electropollution radiation is another term for Non-Ionizing Electro-Magnetic Radiation. We are talking about microwave radiation here. We are talking about the cell phone towers and panels that are populating schools, hospitals, and homes. We are talking about microwave ovens and televisions and Wi-Fi boxes and cell phones that are carried near the testicles and placed on the head and Bluetooth in the ear and computers on the lap and iPads marketed to infants and baby monitors and even refrigerators. All of these devices transmit and receive radiation that is harmful to the human being and all other life.

Many people now say... that is pseudoscience... that is quackery.... I'm an engineer and that is not the way it works... I'm a biologist and that is not the science I learned in school... I'm a medical doctor and I can name a thousand pharmaceuticals and their symptoms but don't know what a healthy diet consists of because we only spent one day on diet in Medical School.

There is a vast number of concerns that can draw our attention in the way of modern-day disease-causing agents, but none of them top the potential and actual harm that microwave radiation poses. This is largely due to its chronic pervasive presence, its propagandized benignity, and the massive funding of its continued growth. The censorship and denial of whistleblowers, technical experts, and peer reviewed scientific studies is as skillfully done as it is done regarding vaccines, GMOs, and the war on terrorism. The Truth is concealed by the hand of globalists furthering sinister agendas.



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My Name is Corey Haag. 30

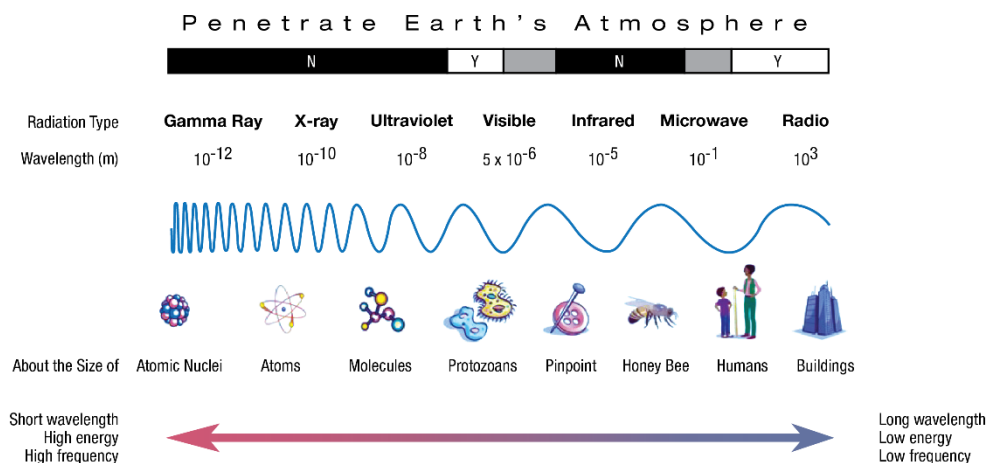
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What is microwave radiation?

Before we can discuss microwave radiation, we must first discuss EMR.

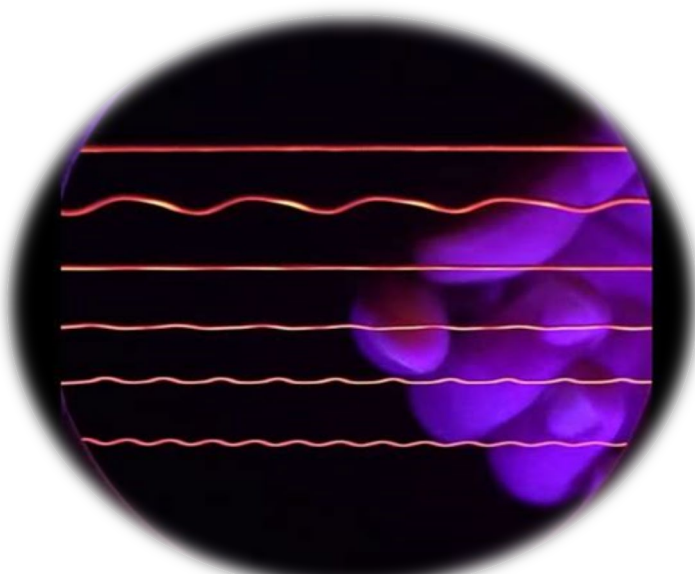
Electro-Magnetic Radiation (EMR) is a self-sustaining energy with electric and magnetic field components, with EM waves propagating through a vacuum at the speed of light (2.998×10^8 m/s), “waves that are propagated by simultaneous periodic variations of electric and magnetic field intensity”.ⁱ

THE ELECTROMAGNETIC SPECTRUM



The EM spectrum consists of radio waves, microwaves, and infrared waves as non-ionizing radiation, and ultraviolet waves, x-rays, and gamma rays as ionizing radiation. “A frequency of one Hz means one wave is generated each second, one kHz means 1,000 waves are generated per second, and one GHz corresponds to one billion per second.”ⁱⁱ The human heart frequency is 2 Hz. Microwave Radiation is a form of electro-magnetic radiation with a wavelength between one millimeter (.1 cm) and one meter (100 cm) and frequency between 300 MHz and 300 GHz.

“Think of the electromagnetic radiation spectrum as a guitar string stretched over eight frets. Play the lowest note and you get radio waves, play the highest one and you get gamma rays. On a guitar, different vibrational patterns in the string will give off distinct sounds in the form of notes — our perception of them varies, but they’re all basically the same thing set on different intensity settings. Similarly, different oscillation patterns of magnetic and electrical fields



will generate various kinds of EMR. We perceive them as completely different (some we can't directly sense at all,) but they're all basically the same phenomena on different intensities." - Alexandru Micuⁱⁱⁱ

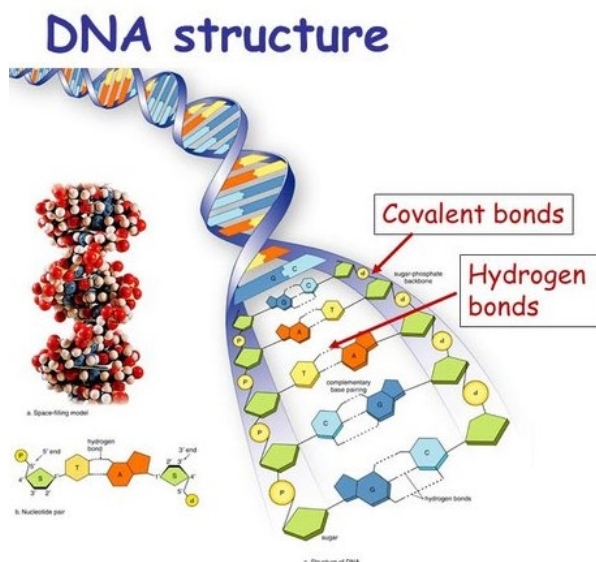
Ionizing radiation has enough photonic energy to break chemical bonds like covalent bonds, while non-ionizing radiation does not. This means that ionizing radiation slices through genetic material like a hot knife through butter. Industry funded scientists and their biased studies indicate that microwaves are harmless based primarily on this fact. The truth takes more contemplation, consideration, and study of the effects of chronic exposure over decades. Whether its 5G, 4G, cellular towers, microwave ovens, baby monitors, radar, Bluetooth, Wi-Fi, smart tv's and smart meters, airport scanners or a thousand other sources, the danger is relatively the same.

"(Microwaves) need a direct line of sight to the receiver, as microwaves don't bend (diffract) around hills or mountains, they don't reflect back from the ionosphere, or follow the planet's curvature as surface waves. But they pack more of a punch than radio waves and can pierce through some of the things that radio can't — like thick clouds or dust — due to their higher frequency."^{iv} In fact the penetrative ability of man-made microwaves has been shown to penetrate much denser materials like bones and walls.

"...electromagnetic radiation stands apart from the rest of EM phenomena in that they are 'far-field' effects. These waves aren't limited to interacting with close-by objects, unlike the electrostatic effect, for example. Once generated, the waves can also hurtle through space (they 'radiate,' where the term 'radiation' comes from) without any more input from the charges that generated them. So these waves will keep going until they run out of energy — either because they hit some particles they can interact with, or because they simply fizzle out." – Micu^v

The Power density of Man-made microwave radiation allowed in the US, also called the SAR rating, is 10,000,000 $\mu\text{W}/\text{m}^2$. Power density can be understood as the amount of energy in an amount of space. SAR is regulated by the FCC under 47 CFR Part 2, section 2.1093.^{vi} Products for general use must meet a SAR limit of 1.6 mW/g averaged over one gram of tissue in any part of the head or body, and 4 mW/g averaged over 10 grams for hands, wrists, feet, and ankles. The SAR rating is the maximum amount of radiation allowed to be absorbed by the body according to the FCC rules. What must be investigated is whether the rate allowed is enough to cause harm to humans and the environment, and what that harm might be. We will explore this further later.

Electromagnetic radiation (EMR) emits and transmits energy waves travelling through a vacuum or matter from packets of different frequency photons (energy). Oscillating electric charges mainly generate EMR. The flow of waves in space creates local and timechanging magnetic and electric fields. Natural EMR is filtered mainly by Earth's atmosphere, the magnetosphere and ionosphere, allowing man's biology to adapt to shallow levels of radiation reaching the Earth's surface. Natural EMR is electromagnetic (EM) waves covering a broad spectral range of wavelengths. EMR is emitted



by Earth's electric fields (developing between the ionosphere and Earth's surface) and from the Schumann resonances, the ultra-low frequency (7.83 Hz) window. The human body has synchronized its biological clock to the natural EMR in its environment. The human body, and all other biological life is incompatible with man-made EMR. Natural evolution permits humans to tolerate and use visible photons to regulate the melatonin cycle or synthesize vitamin D from UV-A radiation as our eyes have adapted to visible light. Moreover, specific frequencies of natural EMFs are exploited by trillions of cells within the human body for intercommunications, e.g., the waves a (8–12 Hz), b (13–30 Hz), D (1–4 Hz) and q (4–8 Hz) are used for heartbeat regulation, the nervous system's neural signals, and electrical activities of the brain.

Today, the global expansion of wireless communication—a development of military applications since the 1960s—exposes the global community to RF-EMF (2G–5G) radiation many orders of magnitude above the natural exposure limit at a single wavelength. Finally, the conclusion is that for the whole frequency spectrum from 2G to 5G, the ICNIRP/FCC (International Commission on Non-Ionizing Radiation Protection/Federal Communications Commission) exposure limit recommendation for man-made EMR is $\sim 10^{21}$ to 10^{23} -fold higher than the average radiation background of the Sun's non-ionising radiation at Earth's surface in the 2G–5G spectral range.

Taking the least harmful exposure scenario for a citizen at a distance of 1 Km from a GSM tower antenna, the average exposure radiation power density is 10^6 W/m² and 2×10^7 W/m² when in line and not in line, respectively. Even in this most favourable case, the radiation levels are 10^{13} to 10^{15} -fold higher than the natural exposure EMF limit.

Up to now, non-thermal effects are wrongly and misleadingly viewed as being caused only by ionisation (where an atom/molecule acquires a negative/positive charge by gaining/losing electrons), ignoring that microwave frequencies generate free radicals from molecular bond breaking via dissociative excited electronic states. In the case of water, experimental results indicate long-term changes in the structure of water after the microwave treatment. The mechanism of this effect today is not entirely clear, although several factors rendered, including the formation of hot spots, development, and the increased dipole moment of the reacting molecules in the transition state compared to the initial state.^{vii}

Manmade Radiation and Devices

The Sun's EMFs penetrate human skin. Individual EMR photons are partly reflected, absorbed, and converted to heat. The worst possible outcome from radiation from the sun is melanoma after prolonged exposure to the UV part of the Sun's radiation.

Man-made EMFs affect biological activity and are quite different from natural EMF/EMR. Artificial "non-ionizing" EMFs cover the spectral range from 300 kHz to 30 GHz. Additionally, the low-frequency (LF) range waves are generated by oscillating currents in metal wires (e.g., antennas, power lines). Artificial EMFs are emitted as near-field and far-field radiating modes (with a short transient transmission interval in between) according to the ratio of the distance to the wavelength. The near-field is the EMF segment emitted from an antenna or a power line wire at a distance equal to one wavelength.

In the 3G (1.8–2.5 GHz) and 4G (2–8 GHz) wireless communications RF bands, the carrier frequencies range from just under 1 GHz to just over 2 GHz (above 0.3 to below 0.15 m, respectively), and the average near-field length is 0.225 m. Therefore, when someone holds a smartphone next to its ear or a laptop/tablet at a distance less than 0.225 m, the head and some more sensitive body parts are exposed to the near-field, and humans experience harmful biological effects.

In the Extremely Low Frequency (ELF) spectrum, the most predominant frequencies are those emitted by the high voltage power lines acting as antennas of alternating currents at 50 or 60 Hz, frequencies that correspond to near-field lengths of 6×10^6 or 5×10^6 m, respectively. International Agency for Research on Cancer (IARC) has classified both ELF magnetic fields and RF-EMFs as possibly carcinogenic to humans.

The magnetic field component of artificial EMFs is biologically active. Therefore, the emphasis on electric field intensity (V/m)-based on current recommended radiation exposure limits underestimates the biological effects caused by the cumulative magnetic EMF component that primarily penetrates the human body. Furthermore, constant or far-field magnetic field components increase carcinogenic free radicals' cellular levels via the free radical pair spin flipping mechanism and/or via coherent trapping of microwave radiation in rotational levels of water clusters.

Man-made RF-EMF far-fields are produced additively by individual EMF photons as being coherent or partially coherent with each other. RF-EMF far-fields are produced by photons fully synchronized to each other (in a frequency, polarization, phase, pulse, and propagation direction). In contrast to the non-synchronized photons emitted by the Sun, the intensities of man-made individual electric and magnetic fields add up coherently or partially coherent, conditions that make them possibly biologically active since coherent photons are cumulative on a macroscopic scale; thus, they possess the potency to form cores of biological effects over exposing time.

Electric and magnetic fields penetrate through the skin. The RF-EMF induces electrical currents, resonant interactions and interferences on charged/polar and magnetic particles, cell membrane surfaces and free radical pairs, thus leading to potential biological effects. Similarly, ELF-EMF induces voltage differences, currents and magnetic field effects on the membranous components of human cells.

The principal argument is that RF-EMFs are non-ionizing, with only thermal effects, and is based on the fact that the EMR photons are not energetic enough to break the bonds holding organic molecules together. However, many biological environmental interactions originate from non-

ionising electric fields, such as cancer proliferation from radiation-polarized dielectric nanoparticles. Most importantly, the non-ionization-based argument of “no-biological” effects is weakened by the microwave excitation and ionization of hydrogen atoms known as microwave adiabatic tunnelling, the most striking and less known effect of the destructive ionic interaction of the “non-ionizing” microwave frequencies with the matter. Indeed, today it is commonly known that high-energy ionizing UV radiation induces bond breaks in organic and biological matter via excited dissociative electronic molecular states, populated from the ground electronic state via one-photon absorption. For example, the binding energy of the C–C bond is 3.6 eV, and the two carbon molecules can be separated from each other (by covalent bond homolytic split) upon irradiation with one photon at 345 nm. Molecular bond breaking by photons is the reason why UV radiation is biologically harmful. At shorter photon wavelengths or higher photon energies, the excess photon energy is compensated as kinetic energy of photofragments, causing localised mechanical damages. In contrast, the common misconception about microwave photons, e.g., at 2.4 GHz, is that they are theoretically unable to break molecular bonds or ionise atoms. However, striking gas ionisation experiments with low amplitude photons at ~ 1 and ~ 10 GHz demonstrated that the ionisation of the hydrogen atom excited first with laser light at a principal quantum number $n = 69$. The excited electronic level with $n = 69$ is separated from the ionisation continuum of hydrogen by 7.57×10^{-4} eV. Therefore, at 1 (4.134×10^{-6} eV) and 2.4 GHz (9.921×10^{-6} eV), 183 and 76 photons from the electronic level with $n = 69$ ionise the hydrogen atom, arguing against the idea that microwave interaction with matter is only thermal and, thus, against the thermal basis of the current RF-EMF exposure limits.

Adiabatic tunnelling breaks the electron-proton binding energy in hydrogen atoms. RF-EMF photons provide this energy in the 2G–5G range, and thus it can be expected that microwave adiabatic tunnelling will provide the cumulative RF photons needed to split the antiparallel spin electron pair holding the O–H bond in H₂O of 1.88 eV (117.61 Kcal/mol), and generate hydroxyl and hydrogen free radicals. Therefore, photons at the 2G–5G spectral range could provide free radicals with biological and medical implications for man’s health.

Besides microwave tunnelling adiabatic ionisation, a destructive molecular mechanism is the microwave interaction with the rotational levels of molecules or their clusters. Resonance of microwave radiation with the rotational levels of water clusters or resonances via microwave adiabatic tunnelling is responsible for microwave energy trapping between the rotational energy levels of water clusters, causing biological stress during the interaction of EMR with biological matter.

When exposed to the radiation level of, e.g., 10^3 mW/m² (10^4 mW/cm²) at 1.8 GHz (104-fold lower than the ICNIRP/FCC limit), emitted by, e.g., a GSM tower located ~ 100 m far away, the number of fully synchronised photons per s and m² that bombards the human body is $\sim 8.4 \times 10^{20}$. Therefore, because of the microwave energy-storing effect, the biologically harmful effects from antenna power stations can immensely increase for the billions of people exposed every day to about 10 W/m² (1 mW/cm²), which is today’s microwave exposure limit, or to about a specific absorption rate (SAR) of radiation of 0.125 W/m²/kg⁻¹ for an 80 kg heavy person. This effect is even more profound when holding a mobile phone against the ear, generating a microwave power density of 1 W/m² (0.1 W/m²) in the cranium area that is equivalent to a higher SAR value of about 0.222 W/m²/kg⁻¹ for an average human head weighing 4.5 kg. An even more significant concern is for children’s still-developing small size brains.

As Dr. Vriens aptly points out:

“Saying that the RF radiation from wireless communication cannot do any harm because the individual photon energies are not large enough is the same as saying that a tsunami cannot cause any harm because the individual water molecules do not have enough energy”.

Indeed, the lowest power density of $1 \times 10^9 \text{ W/m}^2$ ($1 \times 10^6 \text{ mW/m}^2$) with observed biological effects (oxidative damage, reactive oxygen species generation, DNA damage/repair failure) is $\sim 10^{13}$ -fold higher than a natural exposure limit of $\sim 1 \times 10^{22} \text{ W/m}^2$ (10^{19} mW/m^2) of exposure to the cosmic frequencies and 10^{10} -fold lower than the today's power density exposure limit of 10 W/m^2 ($1 \times 10^4 \text{ mW/m}^2$). Even the 3 to $6 \times 10^6 \text{ W/m}^2$ (3 to $6 \times 10^3 \text{ mW/m}^2$) limit proposed by the BioInitiative 2012 Report is 10^{14} - to 10^{18} -fold higher than the natural exposure limit. The fact that the Sun's radiation reaching the Earth sets the actual natural exposure limits for man should bring into focus the sunlight-based VLC and OFC technologies, because VLC LEDs emit Sun-like photons that are also incoherent in terms of frequencies, waveforms, and phase difference, making them non biologically damaging. The latter is also supported by studies showing that VLC LEDs do not cause any damaging effects, even on the eye retina. Moreover, VLCs, besides transmitting at speeds far above 5G, have been suggested as being capable of solving the significant challenges of 5G/IoT communication systems.^{viii}

*Smart Meters

Smart meters are one of the most invasive and destructive man-made microwave radiation devices in existence. Smart meters are mandated in many states across the United States, and in many nations around the world. Before Smart Meters, electricity usage was measured through analog meters which emitted no microwave radiation and rather recorded mechanically. The change to Smart meters is deadly. Smart meters emit a very powerful field that penetrates objects and extends itself throughout the household and the surrounding households and areas. Smart meters being mandated on every house means that one cannot escape being enveloped within microwave radiation. Even if you do not have a microwave oven, a cell phone, a Wi-Fi box or any other devices, you now cannot escape microwave radiation if you have a home near other homes. These meters could operate in such a way that they emit radiation once per day or even once per month to send information to the data collection hubs for recording electricity usage in households, but instead they operate continuously and with random impingement. This means that throughout the day, every day, all the Smart meters in a region will randomly send bursts of microwave radiation out to each other, in absolute disregard for the health effects to the people living there. Smart meters are completely unnecessary, and more than that, the way they function implies that their purpose is to function inefficiently so as to affect the health of the people.



Smart meters secondary purpose is to communicate with Smart appliances in the home. Between communicating with other Smart meters and hubs and Smart technologies in the home, Smart meters are on nearly continuously throughout every day.

Smart meters have dipole antennae's radiating radially. This is the same used in cell phones. It is this technology that is pumping radiation through your head when you are on a call, or when you are

sleeping in your home and your Smart meter is communicating with unknown numbers of other devices. If you are standing within 1 foot of a Smart meter, you are encountering over 100 mW/cm² of microwave radiation. At 92 feet away from a Smart meter, you are encountering .01 mW/cm², which is considerably safer, but not an absolute safety when the exposure is chronic. The FCC allowable exposure to microwave radiation is 600 mW/cm². This allowance is a huge and significant risk to all biological life.

Smart Meters have a further design and purpose that is equally alarming. In every Smart meter, there is a proprietary recording technology (a Digital Signal Processing or DSP Chip) used to discover what technology is being used inside households and what the living habits and patterns are of the people living in each household. The way Smart meters do this is by accurately measuring electrical patterns to determine what types of devices are plugged in and in use at what time. They then store this data and transmit it to regional hubs. That data would easily be made available to 3rd parties who could use that information to market to you based on your habits and purchasing patterns. The government would be absolutely delighted to know what your daily habits are. How easy it would be for them to demand this information for "National Security".

The U.S. has more people subject to electronic surveillance through FISA programs and through bulk collection of communications without probable cause than it does through "criminal wiretaps" predicated on a person's probable involvement in criminal activity.^{ix}

Here's some examples of the US governments' surveillance of Americans:

USA PATRIOT Act – The spark that lit the fire, the USA PATRIOT Act (actually listed under "shorter titles" by Wikipedia: the "Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism Act of 2001") is the backbone that made this whole thing possible in the first place.

The PATRIOT Act for "short" was passed in the wake of September 11th, and gave sweeping, nearly unchecked powers to the surveillance arm of the United States. Many less-ridiculously named bills were soon passed in the UK parliament and elsewhere, and the spying network as we know it today was born.

FISA/FISC – The Foreign Intelligence Service Act is a bill that was passed with procedures meant to dictate how electronic surveillance is used, and decide the legality of every new technology that's developed with surveillance capabilities in mind. For every new tap or tech, the NSA would need to file for a FISA request in the FISC, or Foreign Intelligence Service Courts. The system was quickly overrun with requests after the PATRIOT Act went live however, resulting in thousands of requests which were simply rubberstamped and sent through without proper time for a case-by-case evaluation of the circumstances.

PRISM – PRISM was one of the very first programs to come to light, shortly after it was revealed that Verizon had willingly been handing over call records to the US and UK governments en masse. PRISM was just as dastardly, working with major internet providers like Yahoo!, AOL, Google and Facebook to hand over user data whenever the NSA put in a formal request. Through PRISM it's estimated that over 250,000 individual personal internet history records were revealed during the height of the program's implementation.

MUSCULAR – This is where the NSA really started to flex its muscles, if you'll pardon the pun. For any data on its users that companies like Microsoft or Google didn't feel like handing over through

official FISA requests, the NSA simply found a way around the back, putting taps on the wires between their backend data servers that could suck up (and even decrypt) data by the handful.

XKEYSCORE – The easiest way to describe XKEYSCORE is like the NSA's own internal Google. Type in a name, a country, anything you need and all the data ever collected on that subject is brought up in an easy-to-digest format. XKEYSCORE was the tool that helped agents make sense of the noise gathered for every individual, and according to Snowden and Greenwald could be used to spy on "anyone, anywhere, anytime".

MYSTIC – A massive voice-interception network designed to break into the audio recordings of phone calls and analyze the data gathered automatically. The program is said to be able to handle "virtually every" call made in the United States, and able to hold the metadata from those calls up to 30 days at a time. The Snowden Leaks showed that the NSA had been monitoring five entire countries for all calls coming in or going out of the tagged nations.

OPTIC NERVE – Webcam activation program which collected webcam images from over 1.8+ million Yahoo! users during its run. Was capable of running complex algorithmic face-detection software on hundreds of thousands of people at a time. Also responsible for one of the seedier violations of privacy, when it was discovered agents had been secretly making recordings of male and female users to pass around at their respective offices.

BULLRUN – "But encryption still keeps us safe, right?" – Everyone. "Lol, nope." – NSA. Project BULLRUN was described in the leaks as a \$250 million per-year program that was designed to brute force through some of the most complex encryption algorithms available in modern computing. Supposedly GCHQ made a "breakthrough" in 2010, opening up huge swaths of data streams that were previously closed off by an encrypted channel.

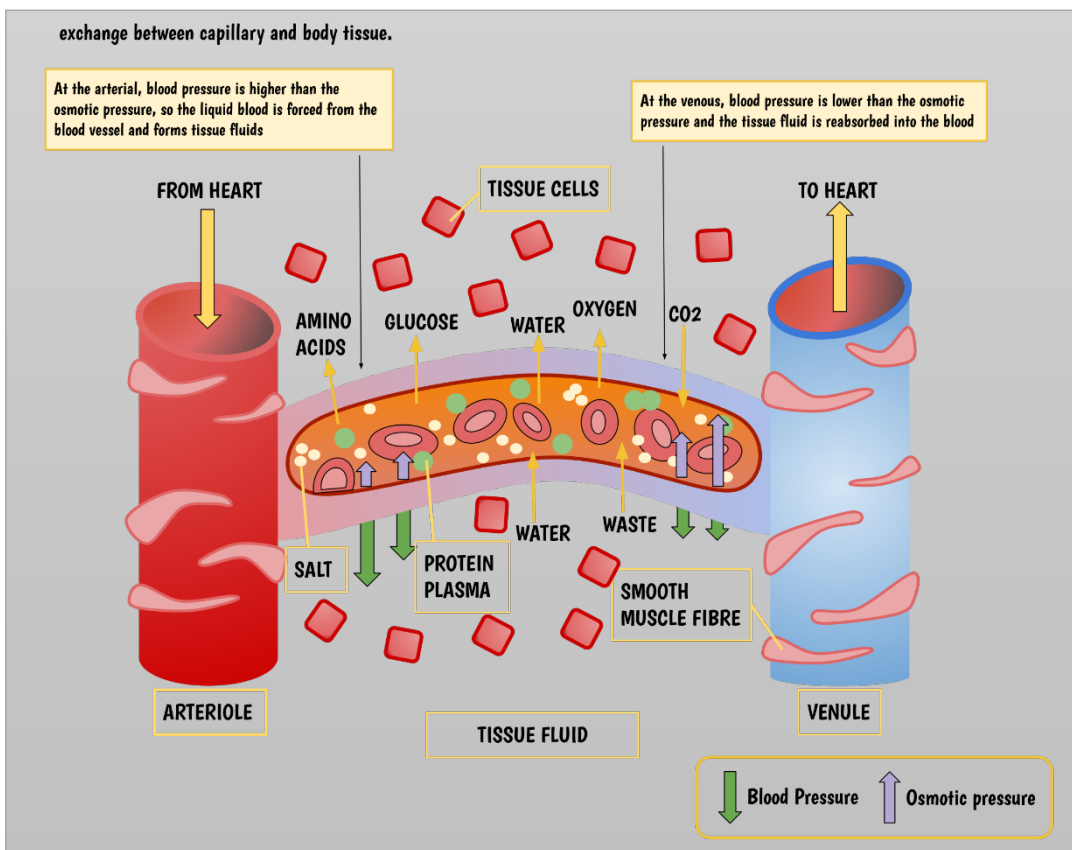
MAINWAY – This was one of the very first programs to see the light of day, almost seven years before Snowden made off with his leaks. Reported by NBC News in 2006, the existence of the now-infamous "Room-641a" showed that the NSA had built their own taps on the very backbone of our telecommunications network, gathering phone call information and content with the express knowledge of providers like Verizon and AT&T.^x

So, do you really think that this government and the corporations that run it wouldn't collect, store, sell and use your information for their own benefit?



Effect on the body

The human body like all biological life is a self-regulating, self-healing organism. A single use of a microwave emitting device like a cell phone, or short-term close proximity to a Wi-Fi router, while having an effect on the body, would not be nearly enough to cause serious illness. The same exposure to gamma or x-rays could cause not only illness but death. The difference between these types of radiation exposure can be expressed through a simple equation, with time, or rate of exposure, and potency of exposure equal to the rate of declining health. This means that although microwaves are far less damaging in the short term, the chronic exposure to a vast array of microwave emissions from cellular towers, Wi-Fi and Bluetooth, smart meters, etc. affect the body in a similarly destructive way. Rather than breaking covalent bonds, chronic microwave exposure disrupts Van Der Waals Bonds, which is the primary bond during creation of proteins and replication of DNA and increases colloidal osmotic pressure of the blood plasma causing blood cells to stick together in chains called rouleaux formations, reducing the oxygenation of the cells and tissues of the body.



The small capillaries that run through the deep tissues of the body are capable of allowing passage of only a single red blood cell, and while cells are in rouleaux formations, the deep tissues are not receiving H₂O, oxygen, from the red blood cells and relieving CO₂, carbon dioxide, which then builds up and results in a toxic stew in the body. This process and the resultant stagnation in the body is a precursor to cancer and as the CDC has stated, "90% of all illness and disease". This is one of the effects of microwave radiation exposure and when it is present chronically, the body is far less oxygenated than it needs to be; it acidifies, calcifies, and behaves in the same way as it would under

the effects of immunocompromising diseases of diverse types. Over time the body's defenses are worn down and it is incapable of warding off diseases that would otherwise have not had significant effect if any effect at all.

In the presence of these information carrying waves (man-made microwaves), which do not occur and never have occurred in nature, the cells in the body quickly respond by sending a message through microtubules to all the surrounding cells, informing them that they are under attack and telling them to protect themselves. The cells then proceed to close down active transport channels internally, hardening cellular membranes, making it impossible for nutrients to enter into the cell and waste product to exit the cell. The lack of nutrient intake by the cells makes them energy deficient, leading to the inability to communicate through microtubules, which require a significant amount of energy. Rapid intercellular communication is thus shut off, eliminating cellular communication, and making tissues and organs unable to operate efficiently. In the waste product built up within the cells, are free radicals, which migrate to the mitochondria, compromising the respiration of the cell and decreasing overall energy even further. Messenger RNA informs the DNA in the nucleus and the mitochondria in the cell of the hardened cell membrane, resulting in highly reactive unbounded mRNA and DNA in the cell, attracting the free radicals, which disrupt the process of information transfer from mRNA to DNA, resulting in micronuclei. Micronuclei are mRNA and DNA that function efficiently enough to form a membrane around themselves. At this point the free radicals have disrupted the mitochondria to the extent that the mitochondria inform the rest of the cell that it cannot properly function any longer and is going to die. This triggers apoptosis, which is cellular suicide, so as to make room for a new cell. The cell bursts open and releases waste and micronuclei into the interstitial fluid between cells. Normally, globulins would consume these pieces, eliminating them, but because the intercellular communication has been shut down, the micronuclei proliferate within the interstitial fluid, leading to tumors.

Symptoms are different depending on the age, environment, and other factors in the life of the individual, resulting in autism, ADHD, Parkinson's, Alzheimer's, or any number of other conditions. The disruption of intercellular communication leads to a host of disease. If the cell undergoes mitosis after the production of the genetic material in response to the perceived attack and the stress response, the daughter cells will carry that damage, and all the following cells. This is the mechanism for autism and so many other diseases as well.^{xi}

"The higher the power density (intensity of the radiation) the more quickly the rats died. Of the four frequencies tested, the two most lethal frequencies (0.95 and 2.45 GHz) are commonly used for analog mobile phones (0.8 to 0.9 GHz); microwave ovens (2.45 GHz); and both digitally pulsed cordless phones and wireless routers (2.4 GHz). The least toxic of the frequencies was 4.54 GHz (near 5.0 GHz also used for some WiFi systems). The primary site of damage appears to be the blood vessels of the lung and respiratory tract with edema and hemorrhage representing changes in permeability of vessel walls." – Abstract, Polson, P, DCL Jones, A Karp, and JS Krebs^{xii}

Medical doctors are not educated in chronic disease. Within specialized medical education, there is sometimes study within the specific fields being taught about chronic diseases, but even then, the education is limited and reductionist rather than holistic. Very many people are willing to surrender the decision-making about their health to their doctors, just as they surrender to politicians to determine war, and bankers to determine financial worth. The problem with this is that doctors are not universally infallible, omnipotent, or even scientific. They are reflective of their educations, their experiences, and their moral, ethical, and spiritual attitude. Considering that doctors have to compete for position, adhere to hospital mandates, and are often doctors simply because of the social position and financial success that profession offers, it is not far outside the bounds of

probability that your doctor has a series of higher guiding principles than optimizing your health. This goes for a very many other professions as well, where education is given through textbook and the lectures of others who themselves have been indoctrinated into a narrative or specific line of thinking about a topic.

In the last 40 years, there have been well over 6000 peer reviewed studies that show harm from EMR. More and more countries, especially in Europe, are increasing restrictions on the marketing, use in schools and public places, and distribution of devices that emit EMR. Switzerland and France in particular have restricted use of Wi-Fi and cell phones, especially with children, preferring to use the faster and more secure optic fiber LAN connection. "Cells in the body react to EMFs as potentially harmful, just like to other environmental toxins including heavy metals and toxic chemicals. The DNA in living cells recognizes electromagnetic fields at very low levels of exposure and produces a biochemical stress response." -Dr. Reba Goodman, PhD, Columbia University. It's quite interesting to me that the authorities at the World Health Organization choose to surround themselves with LAN fiber optic connections while supporting the 5G revolution everywhere else.

So, imagine you are sitting, streaming videos for 15 or so minutes with your laptop on your lap. Sure, it's only 15 minutes. There can't possibly be harm in that... Well, it turns out that even just being near to the Wi-Fi connected laptop is harmful. Having it on your lap is more like microwaving your testicles in a microwave oven. By the way, your microwave oven isn't so great either. In actuality, you are denaturing your food, and altering the molecular makeup of the thing you are ingesting. In essence, when you have completed your microwaving, you are not eating food at all anymore, but something that looks like food. On the molecular and cellular level, you are eating a waste product. Back to the testicles. In the last 20 years, testicular cancer has increased by 50% -Safe Wireless Initiative. What else has happened in the last 20 years? Cell phones in pockets and laptops with Wi-Fi perhaps? We have seen, in the same timeframe, sperm count decreases and sperm motility dysfunction as mutations in sperm mitochondria are prevalent in men who wear cell phones on a belt, in a pocket, or anywhere near the groin.

"A new report reveals that sperm counts among men in Western countries, including men in North America, Australia, New Zealand and Europe, have dropped substantially over the years. According to study authors, in less than 40 years, collective sperm count among this group of men has declined more than 50%."

– Alexandra Sifferlin, TIME^{xiii}

The chronic exposure to greater power density of the same man-made information carrying waves is only going to speed up the diseases we are already seeing multiplying in our population. Of course, the diseases we are seeing are not solely the result of microwave radiation, but are rather the combination of exposure to toxic substances from chemicals sprayed on lawns to prevent weeds(RoundUp and others), GMO's that are composed of a small fraction of the nutrition available in the real, organic food, heavy metals, like barium, sprayed from planes to manipulate weather and mercury and aluminum in flu vaccines, and a million other examples of the environmental disease causing agents that have been part of our lives for generations. We are only getting worse. The disease will only increase on this path we are walking, and no one has the ability to avoid exposure. Those who choose to generate these poisons and those who allow them to do so, are making it impossible to avoid exposure, even in the most remote parts of the globe. There is no escape except in changing the planetary course... and of course, that starts with me and you!

What else? In the corporation that is the United States of America in 2015, there were around 320,000,000 people. National Cancer Institute statistical reports of 2015 say that the probability of

dying from cancer in USA was 20.7% and probability of developing cancer was 39.7%. Around 2/3 of people who have cancer would survive 5 years. There are no NCI stats for those who survive 10 years or more. So, around 124,000,000 people in USA will be diagnosed with cancer in their lifetime, and 38,000,000 of them will die within 5 years.^{xiv} These numbers are unprecedented. When did cancer become such a dominant factor in the lives of people? The past 30 years, while we've been increasing our non-ionizing radiation technology. And now, we are marketing and designing them for infants. Cribs and playpens with tablets... This is subtle chronic torture, and this is genocide.

Medical Devices, including dental brackets and braces are releasing Zinc Oxide and Titanium Oxide in the body, as well as Nickel and Stainless Steel amongst many more in the presence of microwave radiation. Enhanced local release of metal ions into surrounding tissues, leading to metal induced auto-immunity and toxicity and reduced resistance to viral/bacterial disease secondary to metal/EMF induced immune compromise are key factors in the discussion around whether or not 5G and Vaccines are correlated.^{xv}

"Microwave radiation serves as a catalyst for release of device metals/components and enhances cellular uptake via MP owing to the intensification of EMR in the tissues surrounding these devices."
– Michael Fleming^{xvi}

There are many contributing factors that increase harm from microwave radiation. Among these contributing factors are GMO's, pesticides and herbicides, Chlorine/Fluoride, inactivity, overconsumption, and parasites to name a few. Genetically Modified Food creates nutrient deficiencies in the body and leads to overconsumption as a person remains hungry even after consuming a large meal because they are not receiving the amount of nutrients the body requires to function adequately. Genetically modified food also leads to environmental disasters which ultimately affect humans in other detrimental ways, such as in the rapid extinction of the bee population in North America. Herbicides like Monsanto's RoundUp causes severe damage to all biological life, not just broadleaf weeds, mainly through the cancer-causing agent, glyphosate. Fluoride in our water is supposedly the best way to prevent cavities. In reality the Fluoride that is dumped into our water supply is acquired from the scrubbers that collect this waste product from aluminum smelters. This fluoride is in fact a neurotoxin and is not equivalent in form or function to the natural fluoride found in healthy and unpolluted waterways. This Aluminum manufacturing toxic waste leads to a numbing and dulling of cognition and drive and has been used in prisoner camps in countries around the world to manage and make docile prisoner populations.

The extreme lack of physical activity seen in the United States today is unparalleled in history. Obesity, bone frailty, and other diseases based in this sedentary normalcy increase the overall disruption of health in the body. Obesity and Chronic Illness in the United States are beyond bad. These issues are so problematic to our wellbeing that we are seeing incredibly detrimental effects now and in projections of our future. We are not simply unhealthy as a nation; we are incredibly ignorant of our lack of health. Current statistical rates of obesity and chronic disease in the US are shocking and are more dangerous to our population than any war, virus, or anything else besides maybe total genocide. In the US, CDC statistics show that between 1999 and 2017, people with cancer (18+) has increased from 4.9% to 7.1%; (65+) has increased from 15.2% to 19.3%. Between 1999 and 2016, people with diabetes (20+) has increased from 10.8% to 13.9%. Between 1999 and 2016, obesity (20+) has increased from 30.5% to 38.9%; (12-19) has increased from 16% to 20.6%. Between 1988 and 2016, people overweight or obese (20+) has increased from 56% to 70.9%; Grade 3 Obesity (BMI ≥ 40) has increased from 2.9% to 7.7%. Between 2000 and 2017, Personal Healthcare Expenditures have increased from \$1.2 Trillion to \$3 Trillion; Per capita it increased from \$4,119 to \$9,106.

Parasites are all too normal in our population where overconsumption and lack of gut health from consuming products that are more waste product than food is considered ordinary. Parasites drain the vitality from the host they feed off of. Heavy metals are inhaled, ingested, and otherwise absorbed into the human body. From Aluminum and Barium, from chemtrails to Mercury in Flu Shots, these heavy metals collect in the soft tissues of the body and remain there, toxifying the body with accumulation over time and turning the body into an antennae for man-made radiation. Lastly on this short list of contributing factors, is vaccines. Vaccines in general are the exact opposite of what they are marketed as by "Health Authorities". I have dedicated an entire section of this short book to Vaccines, but I'll say now that the influence of vaccination on overall health is massive. The cumulative effect of all of these factors and more, is that the body is under constant and extreme stress, and that stress leads to deterioration of cellular function and organ function, and ultimately leads to failure of the organs to survive, leading to death which can come from innumerable causalities that stem from the universally prevalent root cause of anthropogenic environmental discord and hostility.

If I have your attention, let me just say... research this on your own. Be unbiased and look at the research and who's funding it. Is it the telecommunications Industry, largest lobbying group in the world, or the privately funded study of notable scholars and scientists, conducted openly and peer reviewed? Follow the money. Who owns the agency drafting the articles you are reading? See the larger picture. If you don't want to do the research for yourself, just don't believe anything. Make experience your guide. Try leaving your technology for a week and see how you feel. Get a necklace of Raw Elite Shungite from the Karelia Mines in Russia and wear it. More than anything else. Limit in any way use of wireless technology, especially while sleeping. Bring back LAN fiber optic connections, which are faster and more reliable anyway.

Current Arguments in support of telecoms position generally revolve around the principle that electromagnetic fields (EMFs) are non-ionizing, and their exposure limits are even 100-fold lower than those emitted from the Sun in the whole RF-EMF spectrum. A vast array of theoretical and experimental studies on the biological effects of EMR at even a much lower power density than today's SAR limit have exposed these arguments to be fallacious and even malicious. Mankind's biology has adapted and is inherently tied to cosmic radiation and that of the earth. Natural EMR levels reaching Earth's surface at single EMF wavelengths are what humans have been harmonized to, and which are the natural limits of man's exposure to EMFs.

Is it not obvious that we have a serious communal problem here? Drastic measures need to be taken to improve upon the health of the population, and these measures do not involve pharmaceutical companies and telecom companies that are legally bound to provide profits for their shareholders first and foremost, and health to their clients last.

Instead of putting our trust in companies that care not for us, we need social change on massive scale. The end to fast food and faster pill popping. The sedentary lifestyle must become a thing of the past and we must endeavor to produce a social norm of physical activity. Children must get off their phones and back to the fast-disappearing woods to scuffle and build forts. The lack of health we are seeing today, including the outrageous cancer numbers is directly correlated to the lack of activities that promote our wellbeing and the inclusion of activities that are extremely detrimental to our health. We must remember to work our bodies and avoid constant sitting and lounging and screen use. 175 years ago, and prior, farm work was the primary source of physical exertion for much of the population. Today, we can implement this again and bring back our food sovereignty and our physical health in one action. Inconvenience can be a Blessing!

Telecom

The telecom industry knows full well the dangers of microwave radiation. Inside of every cell phone booklet sold with every cell phone, in the U.S. at least, there is a warning to never touch a cell phone to your head. Every manufacturer is different, but each says to hold the cell phone a certain distance away from one's head. Often this is about a centimeter. This warning always comes with a blurb about how there is no proof of harm from cell phones. Funny how they contradict themselves there. The SAR is set by the FCC. The FCC is composed of and controlled by the same interwoven mesh of personalities as Blackrock, Vanguard, Central Banks, and government at every level. The degree of corruption is all-pervasive.

Power density of the microwave radiation allowed in the US, also called the SAR rating, is $10,000,000 \mu\text{W}/\text{m}^2$. This is an extremely high specific absorption rate, highest in the world actually, on par with only one other nation, India. There is no real regulating body for telecom industry, and they are the largest lobbying entity on the planet. Politicians are in the pocket of telecom just as much as big pharma and the military-industrial complex.



"So why are the most lethal frequencies used for common household appliances? Because this frequency range is not licensed. Cell phone antennas, radio and TV broadcast antennas, radar, and other types of long distance wireless communication technologies require a license from the federal government to minimize interference of the signals in any one location. But, you do not need a license to operate your microwave oven, your WiFi, or your cordless digital phone. These frequencies are unlicensed and hence popular for common household and office equipment. That is why wireless gadgets in this frequency range are proliferating." – Abstract, Polson, P, DCL Jones, A Karp, and JS Krebs^{xvii}

The amount of studies and petitions that have been brought to Congress and to telecom, by the most skilled people in professions ranging from quantum physics to mechanical engineering cannot have been ignored. The peer-reviewed studies proving harm from microwave radiation number in the thousands. The more time that passes, the more studies are conducted, the more people become aware of the danger, the more the corrupt government and its agencies, and the robber-

barons and globalists cannot continue to deny that they have been actively poisoning the people of the world.

For those who are aware of the many microwave radiating technologies that are currently being used to control and harm the people of the world, the obviousness of the fact that we are truly at war cannot be denied.

We the people must hold these criminals to the coals. We must change the world that is being created, the world of technocracy, centralized control at any cost, and rule by the most psychopathic. We must take advantage of the tools we have to do this.

“At very low frequencies (tens of kilohertz) energy absorption is relatively low. Absorption increases to a maximum at human resonance, which for adults is somewhere between 30 and 80 MHz depending on height and whether the person is effectively earthy or not. Above resonance, relative absorption declines somewhat.

There is no practical way of measuring the SAR of a human being. In order to make calculations of SAR, either computer modelling or practical experiments with dummy persons using substances which simulate the electric characteristics of human tissues are undertaken. Practical studies which simulate the human body use either standard shapes of hollow plastic objects such as spheres or hollow plastic human models generally known as phantoms. Their construction will depend on the temperature measurement technique to be used.

The most common systems are infrared (IR) scanning and temperature recording systems or the use of implantable temperature probes connected to some form of controller and data logger.”

– Ronald Kitchen^{xviii}

What Kitchen is telling us is that there are no measurements or studies of the non-thermal effects of EMR used to determine the SAR rating produced by the FCC and Telecom. It means that there is a complete lack of responsibility being taken for the significant potentiated DAMAGES BEING DONE TO THE GENERAL POPULATION. It means that despite years of demands to reduce the SAR rating by experts who are tired of seeing these corporate “scientists” make millions deciding what the SAR will be, our Congress has decided it’s more important to be able to download a movie in 3 seconds than to ensure the safety, security and wellbeing the general population. We must ask, who are these completely self-interested and mad people?

WHO'S RESPONSIBLE TO REGULATE?

"The SUBCOMMITTEE ON COMMUNICATIONS, MEDIA, AND BROADBAND has jurisdiction over all sectors of communications, including: wired and wireless telephony; the Internet; commercial and noncommercial television; cable; satellite broadcast; satellite communications; wireline and wireless broadband; radio; spectrum and consumer electronic equipment associated with such services, and public safety communications. The subcommittee also is responsible for oversight of the Federal Communications Commission (FCC), the Corporation for Public Broadcasting (CPB), and the National Telecommunications and Information Administration (NTIA) at the Department of Commerce, which is the federal agency primarily responsible for advising the President on telecommunications policy and managing spectrum use by the executive branch."^{xix}

Current Members of this Oversight Committee that's actively ignoring the Health Hazards of Microwave Radiation include:

Committee Chair

Sen. Ben Luján
(D-NM)

Sen. Ed Markey
(D-MA)

Minority (9)

Sen. Dan Sullivan
(R-AK)

Ranking Member

Sen. John Thune
(R-SD)

Sen. Gary Peters
(D-MI)

Sen. Todd Young
(R-IN)

Sen. Amy Klobuchar
(D-MN)

Sen. Jerry Moran
(R-KS)

Majority (13)

Sen. Kyrsten Sinema
(I-AZ)

Sen. Jon Tester
(D-MT)

Sen. Deb Fischer
(R-NE)

Sen. John Hickenlooper
(D-CO)

Sen. Jacky Rosen
(D-NV)

Sen. Marsha Blackburn
(R-TN)

Sen. Raphael Warnock
(D-GA)

Sen. Maria Cantwell
(D-WA)

Sen. Ted Cruz
(R-TX)

Sen. Brian Schatz
(D-HI)

Sen. Tammy Baldwin
(D-WI)

Sen. Shelley Capito
(R-WV)

Sen. Tammy Duckworth
(D-IL)

Sen. Cynthia Lummis
(R-WY)

There is a great push for 5G ongoing. It was continuously ramped up while large parts of the population were locking themselves in their houses over a benign virus, and paying little attention to anything else. The EXPANSION OF 5G AND THE PREPARATION FOR 6G is making its way aggressively into the "RURAL AND TRIBAL" areas at the behest of these supposed "regulators" who appear more like cheerleaders almost dancing in their seats at the prospect of bring MORE irradiating technology to the areas where people want it the least. It is a war, and We the People have no allies in government.

5G/Starlink and More

Faster internet speed is a wonderful thing. The ability to instantaneously upload and download large files and to share content across the world without any delay is a boon to humanity. Whenever we are confronted with the rapid evolution of our technology we must take care to ensure that technology is safe and that it creates a real and measurable service to humanity that outweighs any detriments that—that tech might impose. The testing period to ensure these parameters must be appropriate to guarantee the safety factor.

4G = 800MHz-2.6GHz

5G= 3.4GHZ-3.6GHz

6G= 100GHz-3THz

When it comes to microwave radiation neither its safety nor its service over detriment is adequate to justify its use at the levels we see today, and even at factors less than what we see today.

When it comes to 5G, the use is far outside of the realm of justifiability. 5G

is fundamentally and extraordinarily harmful to biological life. Most people don't really know what 5G is, and you can tell this is true within a noticeably short conversation with almost anyone.



5G is referred to as functioning on the "millimeter wave band". This makes it seem to the layman that it is different than microwave radiation. Well, in some very regrettable ways it is different than the previous technologies that pump deadly radiation into the environment. The primary differences are the proximity, the power density, and the wavelength. The millimeter wave band is simply another way of saying the part of the Microwave Band that is the most dangerous, being 1-10mm in wavelength. 5G technology marketing has focused on its ability to penetrate walls and other structures to provide high speed internet where 4G would not have been able to penetrate. Well, simple logic here suffices, informing us that if 5G is able to penetrate walls and other structures that 4G wasn't able to, would it not also penetrate deeper into the human body? The reason why 5G can penetrate these objects is because the power density used is at levels that allow it to "push through" those objects. It means that the field strength is incredibly powerful, and when we open ourselves up to chronic exposure to those fields, we will see the same harmful effects as 4G but at a much faster and more deadly rate. The proximity of the 5G panels also show the complete lack of concern by Telecom, the FCC, and the government in general for the wellbeing of the population. 5G panels are being placed directly outside of homes, outside of the bedrooms of newborn babies, and you have no say in the matter.

What's more, is that our freedom to choose to live rural and distant from the pervasive microwave radiation found especially in cities is being taken from us. The stated goals of Telecom and the United States government, and governments around the world, is to emplace 5G in every place where people live. They say it's because nobody should be left behind in the progress of providing services. Whatever the reason, we now have to face a future bereft of environmental purity. Even more than this, we now have Elon Musk creating StarLink to beam 5G down at the earth's surface so nobody can be free from this toxic radiation. All avenues of evading this poison are being stripped away. This has become an issue of Constitutionality, Human Rights, and what any sane man ought to consider a precursor to boycotts and major movements to stop this spread.

Vaccines and Microwave Radiation

The links between vaccination and microwave radiation are real and compelling. The first vaccine was developed in response to smallpox, and was created by Edward Jenner, who, in 1798, claimed that vaccination with cowpox was a lifelong protection against smallpox. Jenner's conclusion that cowpox vaccination protected people from smallpox was derived from the result of only one test case, in which he took disease matter he believed to be cowpox from lesions on the hands of a dairymaid... and injected an 8-year-old, James Phipps with it. Later Jenner exposed the boy to smallpox, and when he did not contract it, Jenner claimed his cowpox vaccination a success. Preexisting immunity was not part of this experiment and despite having only a solitary case, Jenner spread his cowpox vaccination as a solution. Over the following years the medical community embraced Jenner's vaccine, vaccinating around 100,000 people by 1801, despite numerous proofs of ineffectuality. Jenner's claim of lifelong immunity was replaced over time with ever decreasing immunity timelines, sometimes even limited to 6 months. "Doctors and surgeons were paid well to perform vaccination and embraced it as a new form of income."^{xx} Of course, it is always easier to support something that may have harmful effects on patients, when you can sleep in a nicer house in a nicer neighborhood, and care for your family in ever nicer ways.

Since 1798 vaccines have been regular practice in many countries and has increased in use over the last 200 years. Vaccinations were even mandated in Massachusetts in the mid-1800's in clear obstruction of Constitutional Law and Human Rights. Between 1870 and 1940 especially, a revolution in public health occurred through the cleansing of public drinking water, the criminalization of intentional food contamination, the discovery of electricity and refrigeration, and the increase in quality of waste disposal and human living conditions, such as having considerably more private toilet facilities rather than shared toilets in tenements. By 1940, the diseases that were present when people were drinking water contaminated with sewage had been very nearly eradicated, not by vaccines, which always were late to the scene, but by an increase in general public health through sanitation infrastructure and daily practices.^{xxi} A notable example is the polio vaccine developed by Jonas Salk. This vaccine was forced upon the public despite the fact that by the time it had become available there was virtually no cases of polio left for eradicating. Smallpox, Orthopox Variola, was utterly eradicated by 1949 in the United States, 1980 worldwide. The vaccine was distributed in 1955. Was it worth millions of vaccinated people to stop a no longer existent disease? The answer is absolutely not! Vaccines are a hoax being played on the people of the world by an industry that rakes in mountains of cash over the dead, decaying and dying bodies of their victims.^{xxii}

For decades, vaccines of all types carried within them Mercury. Today, only the flu vaccine still contains mercury (thimerosal), and this vaccine is pushed upon the people every year to prevent a mild illness. Mercury is an extremely toxic heavy metal that settles in the soft tissues of the body and poisons the function of the body. Other heavy metals found in vaccines include aluminum, arsenic, barium, cadmium,



chromium, lead, selenium, thallium, and zinc. These metals are being injected into you with your consent at the doctor, and otherwise absorbed by you without your consent by chemtrails and “food” that you eat and are stored in your body as non-biodegradable toxins that restrict the healthy function of the body and lead to disease over time. Aluminum is an obvious one, leading to neurological disorders like Alzheimer's. Microwave increased cellular permeability, an effect of microwave radiation fields, affects the Pfizer mRNA Vaccine in such a way that it allows more of the vaccine into the cells than it would otherwise.^{xxiii} This is enhanced by the presence of metals in the body that are weakening the immunity and cellular and issue integrity.

Vaccinations that include heavy metals that settle in the body make the body more susceptible to the harmful effects of microwave radiation. Electro-magnetic fields have an obvious effect on metals, such as when you place a magnet near iron shavings. The effect is direct and observable, and it is similarly direct in its effect in the human body when within a field. You become a better antenna. An antenna for what is the question that must now be asked.

How to Protect Yourself

Protection from a pervasive toxin that is invisible to the gross senses, and which is being forcefully and coercively implemented by the government upon the entire population is a topic that has no definitive universal solution. Instead, we have numerous Band-Aids that we can apply to this wound. Among these solutions are faraday cages, detoxification programs, moving away from cities, and minimizing use.

Faraday cages, named after Michael Faraday, are enclosures that to varying degrees disallow through passage of electromagnetic fields. The cage is made of conductive material, many times in a mesh, that distributes and cancels its electric charges when in contact with an external electrical field. The electrical current is conducted around the outside of the cage and doesn't allow through passage. The type, thickness, size of holes, permeability, and conductivity of the metal all influence the functionality of the cage. For the purposes of blocking microwave radiation from cell towers and phones, Wi-Fi boxes, and Smart meters, there is an exemplary company called SafeLivingTechnologies that uses cotton/silver/copper mesh fabrics for bed coverings and even has a faraday paint that can alter a room into a perfect faraday cage. I highly recommend you visit this company and acquire their protective products.

Today it is possible to protect your body, especially as you venture outside the home, with the use of faraday clothing. You can get every article of clothing today in faraday mesh. A simple look on the search engine of our choice (I suggest WWW.PRESEARCH.COM) will bring up lots of options. I won't tell you which company is the best, but I will say that the most important parts of the body to protect are the brain and the whole head generally, the testicles in men, the breasts in women, and if pregnant, the womb. You can also find faraday bags that you can store your phone or other devices in. I suggest Mission Darkness bags for this purpose.

There are a few things you can do that might seem obvious but are potentially the most beneficial. Firstly, move away from cities. Just get out of the city, where the amount of EMR is orders of orders of magnitude higher than is sustainable for biological life. Move to the country, or better go homestead in the middle of the wilderness. The further out the better. Secondly, make exercise a priority. Moving your body creates energy and vitality, and not doing so creates the opposite. Energy begets energy. Breathing deeply brings oxygen deeper into the body. Finding an intensive Hatha Yoga program and mutualistically a Pranayama Program will assist in the deeper oxygenation of the body while providing exercise to combat sedentarism and increasing flexibility. That oxygenation is key to combating the effects of microwave radiation on the body. Thirdly, meditate, every single day, preferably in the morning right away when you wake up. This practice will reduce stress in the mind and the body, reduce blood pressure, relieve tension, and create more peace in your life. This reduction of stress will encourage the deep relaxation that cells need to recuperate and regenerate. Do not work, live, play, or spend any time under cell phone towers. Just get away from that environment and watch your health improve.

Detoxification of heavy metals, doing monthly or quarterly parasite cleanses, and fasting regularly will drastically improve overall health and allow your tissues to breath, your organs to function optimally, and your cells to rapidly purify and cleanse themselves. Fasting is an especially powerful tool as it allows the body to remove all the waste that has built up without having to contend with a constant stream of new material that saps energy from the body. The great fallacy that we need three meals a day to be healthy is a destructive one. Considering how sedentary the average American is, we should be eating far less than our ancestors who had less to eat, less variety, and needed all the energy they could get. Try fasting once every week, or even daily. I have a practice of

eating one meal a day and fasting the rest of the day. This means that I fast 23.5 hours every day, allowing my cells to regenerate every day for that period before inviting more material into the body. I have more energy than I need for my lifestyle. If you are a powerlifter or other athlete or are in extreme physical exertion in your day to day, it is important to measure your intake appropriately to accommodate for your level of activity. Consume the minimum of the right food rather than the maximum of the wrong food. During your fast, make it a regular practice to consume a tablespoon of apple cider vinegar, with half a squeezed lemon, and a pinch of cayenne in warm negatively charged alkaline water every morning. Watch your cleanse go to the next level.

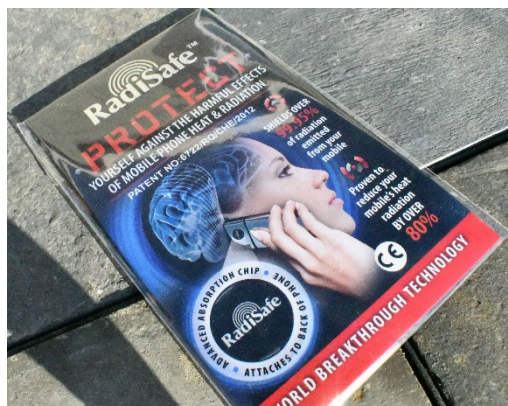
Regarding your cell phone there are options that are better than others. iPhones are by far the worst offenders in radiation output, while Samsungs are the preferable choice. If you turn your phone on airplane mode, but still have your Bluetooth on, your Bluetooth will still run and irradiate you with microwave radiation. The best option is to turn your phone off as much as possible, or simply airplane mode with all other radiative features off as well. Don't touch your cell phone to your head, ever! This creates a direct link between your brain and the radiation emanating from your phone. Simply use speaker phone and air tubes. Air tubes are a cost-effective alternative to headphones, and they protect you from radiation. Regular headphones allow EMF to run along the wires into your ear. What's worse is all the Bluetooth headphones options that are out there today. The in-ear Bluetooth headphones are absolutely horrendous. Just walk away from anyone wearing these. To shield Microwave radiation emanation from any cell phone and many other devices, you can use Radisafe Chips, which are composed of Shungite and several other minerals that have a negating influence on electro-magnetic fields.

Radisafe is one of the only thoroughly tested devices in the world that is cost effective, easy to use, and actually does what it claims. Radisafe was even tested by the California Institute of Electronics and Materials Sciences to shield 99.95% of EMF emanating from a cell phone.

Radisafe: WWW.LIBERTYUNCENSOREDNP.COM/SHOP

Now we must get into a little bit more radical solutions to the issues that face us. I must disclaim here that I am not encouraging the following actions, but rather only identifying what has been done by others for educational purposes. When Smart meters were first introduced in Germany, there was an explosion of violent attacks on the new meters by unknown assailants. What these unknown assailants did was take axes to their new meters with great prejudice. When the energy company would come out to find out why the meter wasn't reporting, they would find it hacked to pieces. The homeowners never did see who it was who was vandalizing the energy company's property that had forcibly been attached to the private property of the private individual. After the energy company replaced the shredded meter, they would find the vandals had come again. By the third replacements destruction the company would no longer replace the meter with a Smart meter, and instead would install an analog meter. This was a solution that some found helpful in efforts to remove harmful environmental toxins from their environment. You can extrapolate for solutions thinking for all of the other problem technology in our environment.

The most important thing you can do in your efforts to protect yourself and your family and community from man-made microwave radiation is to shield yourself when you sleep. When you are awake, your body is energized, your cells are moving rapidly and expending energy to keep you



upright and capable of handling the affairs of the day. This is biologically significant. The sunlight of the day activates and fundamentally instructs our cells to begin working. Contrastingly, with the night comes the instruction to the cells to become dormant and to recuperate and regenerate to prepare for the next day. To do this, the cells need to be free of a stressful and toxic environment. To recuperate at the cellular level, you need to be able to enter Stage 4, deep sleep, which is as close to death as a living man can get, as respiration becomes extremely slowed, brain activity is drastically reduced, and the cells are able to focus on healing from the work of the day. This process is necessary, and yet unavailable to the cells when they are within these man-made EMF's. Instead, they remain in a state of high stress, lacking oxygen, and immobilized by osmotic pressure and communication blackouts. Make sure to turn off all devices, have your bedroom sealed with faraday shielding of some kind, and be as far away from smart meters and cell towers as possible.

Finally, the most influential thing you can do is to organize locally for fiber optics, boycott telecom, and encourage your local population to protect public places from EMF's. Remove microwave radiation from schools and do not allow children to own, let alone use a cell phone for more than emergency calls. Children need to be protected from this technology the most as they are the most susceptible. Protect yourself, protect your family, protect humanity.

The advertisement is divided into two main sections. The top section promotes the 'MOST EFFECTIVE EMF BLOCKING BLANKET EVER.' It features a woman in a floral shirt lying in bed, partially covered by a grey blanket. An inset image shows a cross-section of the blanket's layers: 'ORGANIC BAMBOO FABRIC', '2X SHIELDING!', 'EMF SHIELDING', and another layer of 'ORGANIC BAMBOO FABRIC'. The bottom section promotes 'AIRTUBE EARBUDS' which are 'EMF FREE'. It shows a pair of black earbuds with a central microphone. Surrounding the earbuds are concentric dotted lines representing sound waves. Text labels include 'STEREO SOUND QUALITY', 'MORE VIBRANT SOUND', and 'EMF-FREE'. The 'DefenderShield' logo, featuring a Spartan warrior figure, is positioned between the two sections.

Microwave Radiation Patents of Interest

Here's a fun list of patents that use EMR and have some terrifying potential uses. Enjoy!

United States Patent 6,506,148 Loos January 14, 2003

Nervous system manipulation by electromagnetic fields from monitors

"It is therefore possible to manipulate the nervous system of a subject by pulsing images displayed on a nearby computer monitor or TV set. For the latter, the image pulsing may be imbedded in the program material, or it may be over-laid by modulating a video stream."

<http://patft.uspto.gov/netacgi/nph->

[Parser?Sect1=PTO1&Sect2=HITOFF&d=PALL&p=1&u=%2Fnetacgi%2FPTO%2Fsrchnum.htm&r=1&f=G&l=50&s1=6506148.PN.&OS=PN%2F6506148&RS=PN%2F6506148](http://patft.uspto.gov/netacgi/nph-Parser?Sect1=PTO1&Sect2=HITOFF&d=PALL&p=1&u=%2Fnetacgi%2FPTO%2Fsrchnum.htm&r=1&f=G&l=50&s1=6506148.PN.&OS=PN%2F6506148&RS=PN%2F6506148)

USP # 3,951,134 (April 20, 1976), Apparatus & Method for Remotely Monitoring & Altering Brain Waves

Abstract: Apparatus for and method of sensing brain waves at a position remote from a subject whereby electromagnetic signals of different frequencies are simultaneously transmitted to the brain of the subject in which the signals interfere with one another to yield a waveform which is modulated by the subject's brain waves. The interference waveform ... is re-transmitted by the brain to a receiver where it is demodulated and amplified. The demodulated waveform also can be used to produce a compensating signal which is transmitted back to the brain to effect a desired change in electrical activity therein.

Note: This patent is dated 1976. How much progress has been made since then?

USP # 5,159,703 (Oct. 27, 1992), Silent Subliminal Presentation System

Abstract: A silent communications system in which nonaural carriers, in the very low or very high audio frequency range or in the adjacent ultrasonic frequency spectrum, are amplitude or frequency modulated with the desired intelligence and propagated acoustically or vibrationally, for inducement into the brain.

USP # 5,017,143 (May 21, 1991), Method and Apparatus for Producing Subliminal Images

Abstract: A method and apparatus to produce more effective visual subliminal communications. Graphic and/or text images, presented for durations of less than a video frame, at organized rhythmic intervals, the rhythmic intervals in-tended to affect user receptivity, moods or behavior.

USP # 6,052,336 (April 18, 2000), Apparatus and Method of Broadcasting Audible Sound Using Ultrasonic Sound as a Carrier

Abstract: An ultrasonic sound source broadcasts an ultrasonic signal which is amplitude and/or frequency modulated with an information input signal originating from an information input source. The modulated signal, which may be amplified, is then broadcast via a projector unit, whereupon an individual or group of individuals located in the broadcast region detect the audible sound.

USP # 5,539,705 (July 23, 1996), Ultrasonic Speech Translator and Communications System

Abstract: A wireless communication system, undetectable by radio-frequency methods, for converting audio signals, including human voice, to electronic signals in the ultrasonic frequency range, transmitting the ultrasonic signal by way of acoustic pressure waves across a carrier medium, including gases, liquids and solids, and reconvertng the ultrasonic acoustic pressure waves back to the original audio signal. This invention was made with government support under Contract DE-AC05-84OR21400, awarded by the US Department of Energy to Martin Marietta Energy Systems, Inc.

USP # 7,629,918 (Dec. 8, 2009), Multifunctional radio frequency directed energy system

Abstract: An RFDE system includes an RFDE transmitter and at least one RFDE antenna. The RFDE transmitter and antenna direct high power electro-magnetic energy towards a target sufficient to cause high energy damage or disruption of the target. The RFDE system further includes a targeting system for locating the target. The targeting system includes a radar transmitter and at least one radar antenna for transmitting and receiving electromagnetic energy to locate the target.

Note: Under the background section of this patent, it is stated, "Radio frequency directed energy (RFDE) systems are known in the art for directing high power RF, microwave and/or millimeter wave electromagnetic energy to destroy or disrupt a target. Although RFDE systems typically serve as military weapons, RFDE systems need not be limited to weapon systems. For example, RFDE ... may be used for non-military purposes such as destroying or disrupting foreign objects, contaminants, undesirable atmospheric conditions, or other types of targets."

USP # 6,488,617 (Dec. 3, 2002), Method and Device for Producing a Desired Brain State

Abstract: A method and device for the production of a desired brain state in an individual contain means for monitoring and analyzing the brain state while a set of one or more magnets produce fields that alter this state. A computational system alters various parameters of the magnetic fields in order to close the gap between the actual and desired brain state. This feedback process operates continuously until the gap is minimized and/or removed.

USP # 6,239,705 (May 29, 2001), Intra-Oral Electronic Tracking Device

Abstract: An improved stealthy, non-surgical, biocompatible electronic tracking device is provided in which a housing is placed intraorally. The housing contains microcircuitry. The microcircuitry comprises a receiver, a passive mode to active mode activator, a signal decoder for determining positional fix, a transmitter, an antenna, and a power supply. Upon receiving a coded activating signal, the positional fix signal decoder is energized, determining a positional fix. The transmitter subsequently transmits through the antenna a homing signal to be received by a remote locator.

USP # 6,091,994 (July 18, 2000), Pulsative Manipulation of Nervous Systems

Abstract: Method and apparatus for manipulating the nervous system by im-parting subliminal pulsative cooling to the subject's skin at a frequency that is suitable for the excitation of a sensory resonance. At present, two major sensory resonances are known, with frequencies near 1/2 Hz and 2.4 Hz. The 1/2 Hz sensory resonance causes relaxation, sleepiness, ptosis of the eyelids, a tonic smile, a "knot" in the stomach, or sexual excitement, depending on the precise frequency used. The 2.4 Hz resonance causes the slowing of certain cortical activities.

USP # 5,507,291 (April 16, 1996), Method and an Associated Apparatus for Re-motely Determining Information as to Person's Emotional State

Abstract: In a method for remotely determining information relating to a per-son's emotional state, a waveform energy having a predetermined frequency and a predetermined intensity is generated and wirelessly transmitted towards a remotely located subject. Waveform energy emitted from the subject is detect-ed and automatically analyzed to derive information relating to the individual's emotional state.

USP # 4,877,027 (Oct. 31, 1989), Hearing System

Abstract: Sound is induced in the head of a person by radiating the head with microwaves in the range of 100 megahertz to 10,000 megahertz that are modulated with a particular waveform. The waveform consists of frequency modulated bursts. Each burst is made up of 10 to 20 uniformly spaced pulses grouped tightly together. The burst width is between 500 nanoseconds and 100

micro-seconds. The bursts are frequency modulated by the audio input to create the sensation of hearing in the person whose head is irradiated.

SILENT SOUND SPREAD SPECTRUM

The mind-altering mechanism is based on a subliminal carrier technology: the Silent Sound Spread Spectrum (SSSS), sometimes called "S-squad" or "Squad". It was developed by Dr Oliver Lowery of Norcross, Georgia, and is described in US Patent #5,159,703, "Silent Subliminal Presentation System", dated October 27, 1992. The abstract for the patent reads:

"A silent communications system in which nonaural carriers, in the very low or very high audio-frequency range or in the adjacent ultrasonic frequency spectrum are amplitude- or frequency-modulated with the desired intelligence and propagated acoustically or vibrationally, for inducement into the brain, typically through the use of loudspeakers, earphones, or piezoelectric transducers. The modulated carriers may be transmitted directly in real time or may be conveniently recorded and stored on mechanical, magnetic, or optical media for delayed or repeated transmission to the listener."

According to literature by Silent Sounds, Inc., it is now possible, using super-computers, to analyze human emotional EEG patterns and replicate them, then store these "emotion signature clusters" on another computer and, at will, "silently induce and change the emotional state in a human being". Silent Sounds, Inc. states that it is interested only in positive emotions, but the military is not so limited. That this is a US Department of Defense project is obvious.

Edward Tilton, President of Silent Sounds, Inc., says this about S-squad in a letter dated December 13, 1996:

"All schematics, however, have been classified by the US Government and we are not allowed to reveal the exact details... we make tapes and CDs for the German Government, even the former Soviet Union countries! All with the per-mission of the US State Department, of course... The system was used through-out Operation Desert Storm (Iraq) quite successfully."

The graphic illustration, "Induced Alpha to Theta Biofeedback Cluster Movement", which accompanies the literature, is labelled #AB 116-394-95 UNCLAS-SIFIED" and is an output from "the world's most versatile and most sensitive electroencephalograph (EEG) machine". It has a gain capability of 200,000, as compared to other EEG machines in use which have gain capability of approximately 50,000. It is software-driven by the "fastest of computers" using a noise-nulling technology similar to that used by nuclear submarines for detecting small objects underwater at extreme range.

The purpose of all this high technology is to plot and display a moving cluster of periodic brainwave signals. The illustration shows an EEG display from a single individual, taken of left and right hemispheres simultaneously. The readout from the two sides of the brain appear to be quite different, but in fact are the same (discounting normal left right brain variations).

HAARP (High Frequency Active Auroral Research Program)

Dr. Bernard Eastlund is the scientist whose name is most associated with the creation and development of the HAARP project. His revealing website provides reliable information on his involvement with the project. A 1987 patent issued to Dr. Eastlund is titled "Method and apparatus for altering a region in the earth's atmosphere, ionosphere, and/or magnetosphere."

<https://patents.justia.com/patent/4686605>. In this patent, which sets the stage for HAARP, Dr. Eastlund makes a number of fascinating statements which clearly contradict the claim that it is only being used for research and not for military purposes or such purposes as weather control. Here are a few of key statements taken verbatim from the patent:

1. "[The] temperature of the ionosphere has been raised by hundreds of degrees in these experiments."

2. "A means and method is provided to cause interference with or even total disruption of communications over a very large portion of the earth. This invention could be employed to disrupt not only land based communications, both civilian and military, but also airborne communications and sea communications. This would have significant military implications."
3. "It is possible ... to take advantage of one or more such beams to carry out a communications network even though the rest of the world's communications are disrupted."
4. "[It] can be used to an advantage for positive communication and eavesdropping purposes."
5. "Exceedingly large amounts of power can be very efficiently produced and trans-mitted."
6. "This invention has a phenomenal variety of ... potential future developments. Large regions of the atmosphere could be lifted to an unexpectedly high altitude so that missiles encounter unexpected and unplanned drag forces with resultant destruction or deflection. Weather modification is possible by, for example, altering upper atmosphere wind patterns or altering solar absorption patterns by constructing one or more plumes of atmospheric particles which will act as a lens or focusing device. Ozone, nitrogen, etc. concentrations in the atmosphere could be artificially increased. Electromagnetic pulse defenses are also possible. The earth's magnetic field could be decreased or disrupted at appropriate altitudes to modify or eliminate the magnetic field."

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My Name is Corey Haag. I am an [AUTHOR](#), researcher, meditator, army veteran, world traveler, father, speaker and proponent of Natural Rights, Spiritual Anarchy, Science, Exploration, and Freedom of the Individual.

A Mixture of extreme life experiences has formed my worldview. One which exalts personal freedoms and the potential of the human race. I am intolerant of the onslaught of detractive qualities that are proliferating in the United States of America and globally. I am here to say, "HELL?... NO!" I prefer Heaven on Earth.

Public speaking topics include, "Microwave Radiation Warfare", "The Vaccine Deception", "Community Building", and "The Potential Militaristic Takeover of the Institutions that Be."

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