

# Health & Safety

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FOR THE 21ST CENTURY

*How to mitigate the risk of electromagnetic radiation in the office to ensure the health, safety, and productivity of all employees.*



**Prepared by:**

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A portrait of Sheena Alexandra, a woman with blonde hair, smiling. The text "About Sheena" is overlaid in red on the left side of the image.

## About Sheena

### *"Promoting Health, Wellness & an Empowered Future."*

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Sheena Alexandra is an internationally renowned health and wellness advocate, originally from Los Angeles, and has spent over 20 years in the technology industry, educating businesses (and people) how to embrace the many wonderful benefits of technology.

In 2018, Sheena's passion for technology and health and wellness collided when she learned about the health implications of 5G - the next generation of technology for telecommunications. It was after this discovery of the hidden truth about technology, the dark side of its use, abuse and dangers of WIFI radiation, that she changed her life focus and business goals to educating businesses (and people), how to survive and live well the new age of digital and social media.

In addition to educating people on the proper use of mobile device use and WIFI radiation, Sheena exploits the health agencies at the top, the ones responsible for keeping us safe, and uncovers the actions that are not aligned to their business goals. The WIFI industry and WIFI radiation are topics that have many scientists divided. There are two sides to this health story, but the results are in - there is a known danger with extended periods of device use and WIFI radiation that needs to be uncovered and addressed quickly.

Sheena's passions now include educating the public on how to use WIFI safely so that people: Parents, Children, Employees of all businesses - can limit their exposure to dangers at home, work and in schools. The goal is not to ditch tech completely, but learn how to use it properly.



# Setting The Scene Of The 21st Century



**The average adult spends close to 11 hours looking at a screen per day and checks their phone every 10 minutes.**

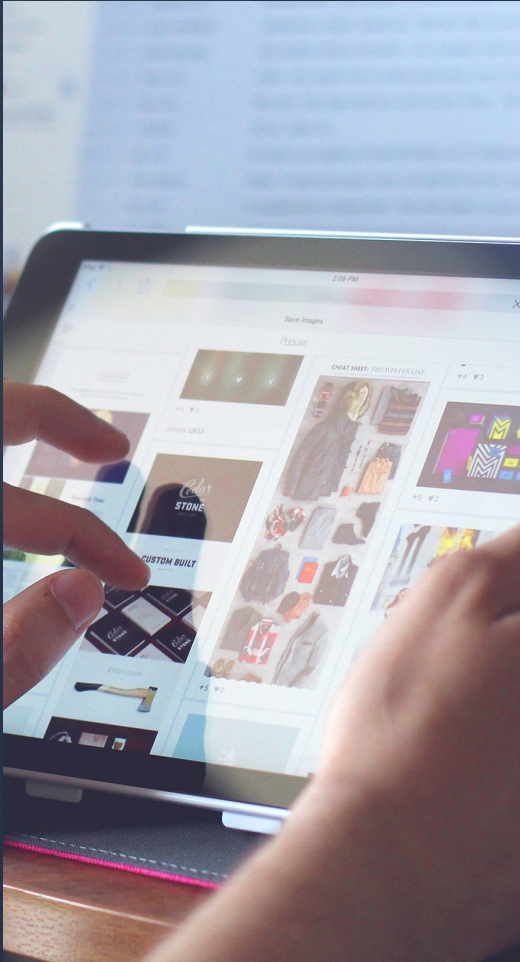
*"DNA damage caused by microwave radiation is irreparable. It is passed on from mother to daughter, generation after generation... for ever." Barrie Trower British physicist and former microwave weapons expert for the Royal Navy.*

The discussion around WIFI radiation, otherwise known as electromagnetic radiation, (EMR) or Radio frequency radiation is a hot topic. Millions of people around the world spend significant amounts of time around wireless devices and Wi-Fi. Many businesses and schools are introducing Bring Your Own Device (BYOD) policies and installing industrial wireless routers for tablets.

However, wireless devices expose students and staff to microwave radiofrequency radiation that can impact learning, productivity and overall health. In addition, studies have found that wireless radiation can damage reproductive systems, impact the immune system, alter brain functioning, and increase cancer risk.

All wireless devices from smartphones to wireless laptops to baby monitors come with warnings that they are NOT safe to use if held directly on the body because the radio frequency emissions can exceed government limits. Very importantly, if you place a cell phone at body contact, you can exceed radiation limits up to 9 times the safety limits according to reports of the French government after testing hundreds of cell phones.

# Microwave Radiation & Technology Safety



There are thousands of reports that show the bioeffects are clearly established to occur with very low exposure levels (non-thermal levels) to electromagnetic fields and radiofrequency radiation exposures.

Here are some of key findings of the impact of WIFI radiation on humans:

1. Contributes to the development of insomnia
2. Derails brain function and reduces brain activity in Females
3. Neutralizes Sperm & Eggs in Reproductive System
4. Provokes Cardiac Stress
5. Linked to Cancer and other autoimmune diseases

Medical doctors and public health organizations all over the world have issued statements and recommendations on the use of cell phones/wireless devices. Not a single medical organization states that cell phone/wireless radiation is safe. There is no proof of safety. Thousands of medical doctors support reducing exposure to cell phone/wireless radiation, as do organizations such as the American Academy of Pediatrics, the Vienna Medical Association, The French National Agency of Health Security of Food, Environment and Labour, the American Cancer Society, the Council for Europe, the Canadian Medical Association, the Swiss Physicians Association of Doctors for Environmental Protection, the Russian National Committee on Non-Ionizing Radiation Protection, the Irish Doctors Environmental Association, British Medical Doctors, the Austrian Medical Association, the Cancer Association of South Africa (CANSA) and many others, listed here: <http://bit.ly/2jylC6c>



# What is Electromagnetic Hypersensitivity?

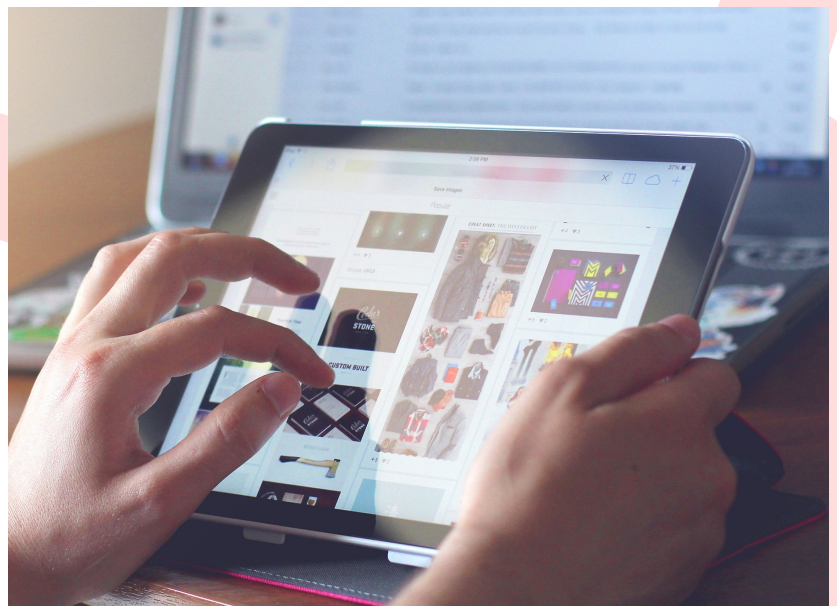
## Health Impacts

*"While the symptoms are real and can have disabling effect for the affected individual, EHS has no clear diagnostic criteria and the science so far has not provided evidence that EMF exposure is the cause." - ARPANSA*

As humans exposure to electromagnetic radiation increases, so do the health impacts. The first cases of Electromagnetic Hypersensitivity (often referred to as electro-hypersensitivity or even EHS) were studied in the 1970s and yet decades later few people are even aware of the condition.

To understand EHS, we first must educate ourselves on what it means to be alive. We living human beings are more than just flesh and blood; we are also a highly complex electromagnetic system. This also means that we interact with external electromagnetic radiation. But try switching off every single electrical device in your home and work and ponder on how dependent we now are on these devices. The problem is that no importance is given to how detrimental all this EMR is to human health.

Some individuals have reported a wide range of non-specific health problems that they attribute to low-level exposure of electromagnetic fields. The symptoms most commonly reported include headaches, body pain, lethargy, tinnitus (ringing in the ear), nausea, burning sensation, heart arrhythmia and anxiety.



*"We know with certainty that electromagnetic hypersensitivity is not psychosomatic. EMFs provoke major effects in the brain. The most important of these is the opening of the bloodbrain barrier. This allows mercury, organochlorines and other pollutants to enter the brain, where they cause various neurodegenerative diseases."*

—Dr Dominique Belpomme

## THE SCIENCE OF CONFLICTING RESULTS



**World Health  
Organization**

The World Health Organization is the United Nations organization responsible for global public health. Its International EMF Project, which is tasked with assessing the safety and biological effects of non-ionizing radiofrequency/microwave radiation, has been co-opted by the very industry responsible for the unchecked proliferation of this same radiation worldwide.

The WHO is a captured industry and is failing to protect its global citizens from this pervasive pollutant in four key ways:

1. industry infiltration
2. intentional ignorance
3. denial of the science
4. disregard for humanity.

In December 2016, a **VOTE of NO CONFIDENCE in WHO and its EMF Project** was initiated in response to the growing concerns among the millions of global citizens being harmed by radiofrequency/microwave radiation. The petition has been signed by thousands of individuals worldwide, with more adding their vote every day as they become aware of how WHO's denial of the proven dangers has stripped them of their health, rights, livelihood, productivity and protection from their own governments.



**arpansa**

The Australian Radiation Protection and Nuclear Safety Agency is an Australian body that monitors and identifies solar radiation and nuclear radiation risks to the population of Australia. In 2019, in response to concerns from people who suffer from EHS, their response was - While ARPANSA acknowledges that the health symptoms experienced by the affected individuals are real and can be a disabling problem, the established science is that there is no clear diagnostic criteria and there is a lack of evidence that exposure to radio waves is the cause.



## Understanding Government Testing



The global agencies regulating the standards are only testing for thermal affects. They DO NOT protect against effects of EMR caused by the following NON -THERMAL affects:

- **Radiation** reduces melatonin which protects against cancer.
- **Radiation** has shown to trigger a response by Heat Shock Proteins (HSPs), which has shown to cause cancer.
- **Radiation** has shown to breach the blood-brain barrier. This may lead to neurodegenerative diseases.
- **Radiation** affects the process of calcium ion efflux. This affects the neurotransmitter GABA, melatonin, DNA synthesis, cell death, regulation of the heartbeat, cancer, reproductive and neurological effects.



**Thousands of studies** that show biological effects from wireless radiation, are available at:

BIOINITIATIVE.ORG

# TELECOMMUNICATION - NO TESTING REQUIRED

*It may take two more decades to know if electromagnetic radiofrequency energy is a significant liability issue for telecommunications companies, so, in the interim, insurers are treating the risk as cautiously as a downed power line after a storm. Insurers often exclude the risk from commercial general liability policies, strictly limit the coverage or avoid policyholders in the wireless industry, brokers say." Roseanne White Geisel, 6/3/2007 Business Insurance*



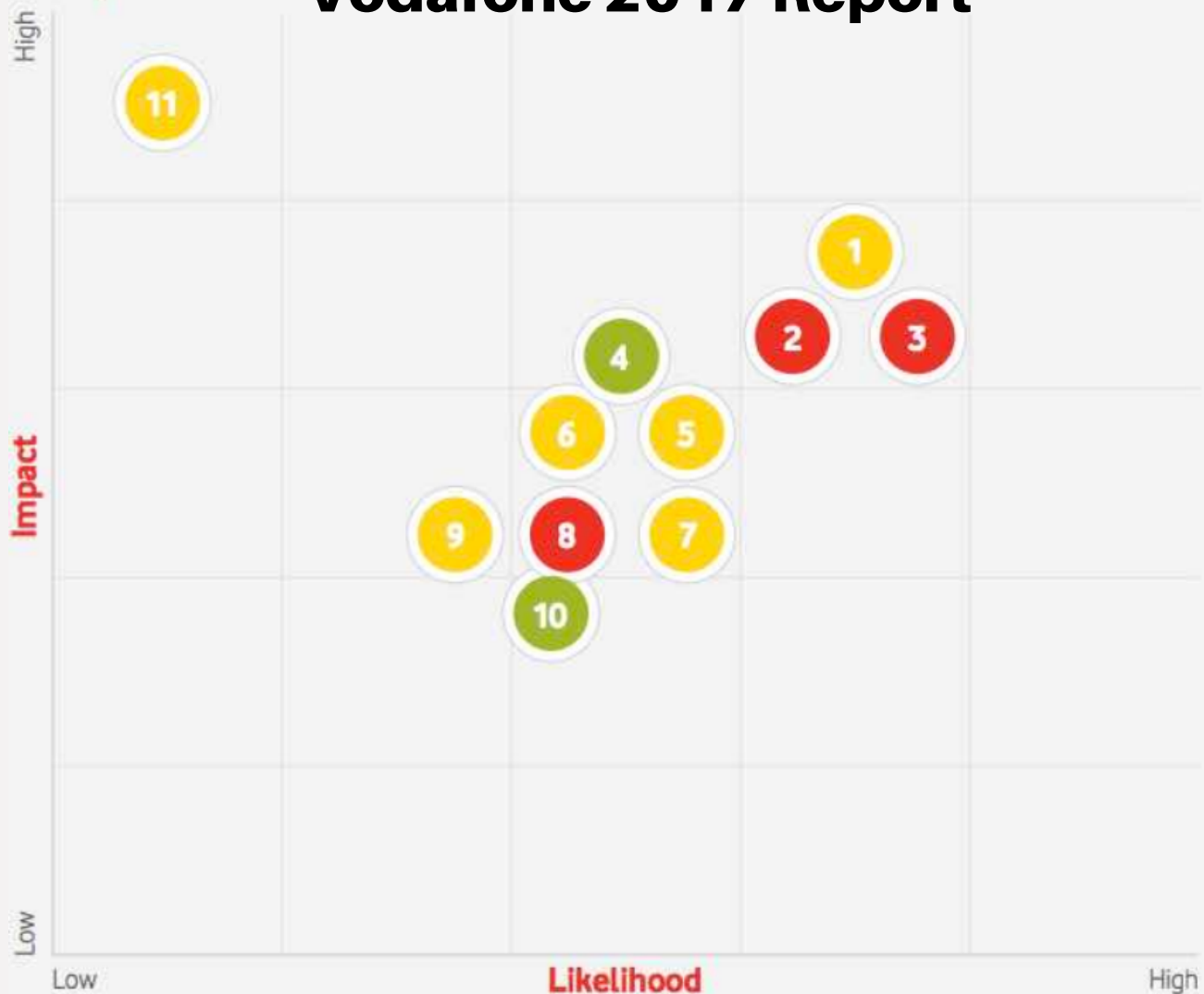
The telecommunications industry, in collusion with governments, have been assuring the public that wireless technology is safe and we do not have anything to be concerned about, but in their annual reports that their investors receive they are wanting those who keep them rich to be aware of the risks and potential litigation and class action suits.

## **EMF is a "Key Principal Risk" rated as high in the following Vodafone 2017 Report graphic (page 38)**

There are many reports & white papers from the insurance Industry on electromagnetic Radiation Health Risks And Liability. Insurance companies do not want to insure for electromagnetic radiation because it is simply too risky. Please see on this webpage the reports, white papers and news articles where companies report on the liability issue.

In his 2017 Report ranks the EMF health risk issue as having a "high" impact . Please see page 29 of the report for a graphic on "Our Principal Risks" that features the EMF risk as "High." The graphic states, "EMF health related risks EMF found to pose health risks causing reduction in mobile usage or litigation."





## Risk movement

● Risk increased ● Risk stable ● Risk decreased

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| <p>1 <b>Cyber threat and information security</b><br/>External or internal attack resulting in service unavailability or data breach</p> <p>2 <b>Market disruption</b><br/>Disruptive technology, changes in competitor business models, lack of agility</p> <p>3 <b>Adverse political and regulatory measures</b><br/>Excessive pricing of 5G licences, tax authority challenges, changing national politics</p> <p>4 <b>Failure to converge and integrate acquisitions</b><br/>Incumbent re-monopolisation, failure to access critical content, inability to integrate acquisitions</p> <p>5 <b>IT transformation failure</b><br/>IT transformation failures impacting NPS</p> <p>6 <b>Unstable economic conditions/ inadequate liquidity</b><br/>Global financial crisis reducing consumer spending and ability to refinance</p> | <p>7 <b>Technology failure</b><br/>Failure of critical IT, fixed or mobile assets causing service disruption</p> <p>8 <b>Failure to deliver on digital transformation and CXX</b><br/>Failure to create a differentiated, digital customer experience</p> <p>9 <b>Non-compliance with legal and regulatory requirements</b><br/>Non-compliance with laws, regulations, network licence requirements</p> <p>10 <b>Failure to deliver major Enterprise contracts profitably</b><br/>Failure to meet commitments and/or deliver at agreed prices</p> <p>11 <b>EMF health related risks</b><br/>EMF found to pose health risks causing reduction in mobile usage or litigation</p> |
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# What Are The Benefits To Protecting Yourself From Electromagnetic Radiation?

## Protecting Yourself

*Given the blatant deceit regarding the biologically harmful effects of antenna towers, cell phones and WiFi radiation, one can only wonder what is going on with all of the other forms of radiation."*

- Steven Magee

People report these immediate benefits to eliminating/significantly reducing the wireless exposures in their environment:

- improved sleep
- having more energy
- head feels better/clearer
- room feels cooler
- skin feels less prickly
- no longer has metallic taste in the mouth
- feeling more relaxed

**Here are some simple steps you can take to limit your exposure to WiFi router radiation:**

- Hold your mobile phone away from your body
- Use ear plugs when speaking on phone
- Turn your WIFI router completely OFF at night
- Do not sit with your laptop near your body
- Switch to airplane mode when not in use
- Switch to airplane mode whilst driving
- Use ethernet cable when possible
- **Do not let children play with mobile devices**

**Safety Kit  
For The 21st  
Century**



**Future Proof  
Yourself!**



A portrait of Sheena Alexandra, a woman with blonde hair, smiling, wearing a teal top and a necklace with green and white beads. The text "Message from Sheena" is overlaid in red on the left side of the image.

## Message from Sheena

*"There is a need for mass awareness to the current wifi radiation problems we are facing now and with the introduction of the next generation of telecommunication - 5G"*

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Telecommunications companies worldwide, with the support of governments, are poised within the next two years to roll out the fifth-generation wireless network (5G). This is set to deliver what is acknowledged to be unprecedented societal change on a global scale. We will have "smart" homes, "smart" businesses, "smart" highways, "smart" cities and self-driving cars.

Virtually everything we own and buy will contain antennas and microchips and will be connected wirelessly to the Internet. Every person on Earth will have instant access to super-high-speed, low-latency wireless communications from any point on the planet, even in rainforests, mid-ocean and the Antarctic.

What is not widely acknowledged is that this will also result in unprecedented environmental change on a global scale. The planned density of radio frequency transmitters is impossible to envisage. The rollout of 5G at extremely high (millimetre wave) frequencies is planned to begin at the end of 2018.

It is my deepest desire, and my life purpose, to educate you, and your employees, on the health impacts that will come with this new 5G technology. I imagine people will get sick, I can imagine employers will suffer. I want to help mitigate any risk to employers now that will come with the health risks associated to 5G.

Please contact me to discuss how I can help your business: [Wellness@SheenaAlexandra.com](mailto:Wellness@SheenaAlexandra.com)