



SaferTech NZ

Maximising Safety • Minimising Harm

Drawing upon decades of independent scientific research, we aim to raise community awareness of the risks involved with exposure to radiation from wireless devices and to inform on ways to minimise those risks.

Image: wallpapercat.com

WELCOME TO THE FIRST EDITION OF THE SAFERTECH NZ NEWSLETTER!

Since we began meeting weekly in 2020, our North Shore-based group has advocated for safer alternatives to the dominant communication technologies that rely on wireless radiation (EMR).

As consumers, we realise that we have been sold convenience and speed, while surrendering our privacy and identity. Many people have shifted from dependency to addiction, and for some, to the painful affliction of electro-hypersensitivity (EHS). And, the harm permeating all species in our living environment.

Our newsletter arrives after three years of concentrated lobbying of government and corporate entities, and more than fifteen educational presentations to the public. Our core group has put in years of research, evaluating decades of evidence. We demonstrate that this technology is unsafe, and deserves the awareness, regulation and protection given to all uses of electricity.

We trust that the news items we present here will deepen your understanding of EMR and encourage you to explore safe alternatives, protective measures and healthy choices. We will introduce you to inspiring people and groups who are engaged in effective local actions throughout New Zealand and overseas -- from study groups and school library displays to cell tower and data centre protests.

Share this. Subscribe (free). Send us your EMR story.



Michael Fleck

SAFER TECH CO-FOUNDER

WELCOME NOTE FROM THE EDITOR

We are living through an extraordinary period of technological change, much of which is challenging for those of us who are highly sensitive and tech-aware. In 1987 I became aware of my EMF sensitivity and for much of my life I've been told 'don't be silly, you can't feel that!'

As many of us know though, even if one person's conscious awareness does not include it, our nervous system is extraordinarily sensitive to interoceptive information: heartbeat, vascular changes, temperature, muscle tension, visceral activity, autonomic shifts and other body signals arising within. Two people can undergo a similar physiological change, while one barely notices it another does. So someone saying, "I feel something happening inside my body when that microwave switches on," may very well be describing a perfectly genuine bodily sensation, that is not, as is often made out to be, 'all in their mind'.

Being tech aware grew from my curiosity about how I could remain in conscious participation in this rapidly changing environment. Not through fear, nor by assuming that everything new is inherently baleful or beneficial. I simply became more attentive to what was needed for a conscious relationship between technology, the sensitive being I am, and the wider living world.

In each issue, it is my hope to bring together emerging research, thoughtful conversation, lived experience and practical solutions. Being tech aware doesn't require us to have all the answers, however it opens space for us to remain curious enough to keep asking better questions.

"PERHAPS THE WAY FORWARD IS NOT TO DULL, HIDE NOR ANGUISH OVER OUR SENSITIVITY, BUT TO MEET WHAT WE REGISTER WITH CURIOSITY, PATIENCE, DISCERNMENT & AWARENESS."



Diya Welland
EDITOR



EHS RETREAT 2026 Canaries and Horses

**SaferTechNZ presents: Understanding EHS
A Retreat for the Electro-Hypersensitive**

Safe and Effective? -- Open discussion with EMF consultants Paul Waddell and Robin Marcroft on protection devices and solutions

Alexei Yachine -- EHS: My personal and scientific experience

David Lyon -- What is EHS? -- My Research

Rosemary Wyndham-Harris -- Group experience with the Horses

Kathy Sanders -- Protective clothing for Style and effectiveness

Diya Welland -- Frequency Aware: From Perception to Discernment in a High-Stimulation World

David Holden -- EHS: My Clients and the Protocols; energy and co-factors

Osher River Oriyah -- Sound Healing Journey

And well nurtured with vibrant food by Catherine McLennan

In April 2026 SaferTech offered the first in a series of retreats for people experiencing the symptoms of electro-hypersensitivity.

Eighteen participants gathered at Dune Lakes Lodge, northwest of Auckland, a tranquil site between the Kaipara and the Tasman, home to eleven resident horses and a horse whisperer.

People with radiation sensitivity are indeed the 'canaries' in the minefield of EMR frequencies that permeate our lives 24/7. Our extreme sensitivity alerts others as well as ourselves to the cumulative harm from unsafe technology.

The retreat program aimed to generate greater awareness of the EHS condition, and how to evaluate appropriate nutrition,



Relevant Fact: Radio frequency travels at the speed of light, which is approximately 7 times around the world in 1 second.

The retreat program featured several professionals with life experience of EHS, including an EMF consultant, a building biologist, a naturopath/ medical scientist, an coherence coach, a mechatronics engineer, and a sound healer.

During one session psychologist David Lyon introduced his just-completed 140-page study of EHS and EMR, now on view at the SaferTech website.

Between presentations and meals there was space to wander the wireless-free site, learn to relate energetically with horses, and weave new friendships among fellow 'canaries.'

lifestyle, perceptions and the use of effective protection devices.

Following on, some retreat participants are establishing a national support network that campaigns for medical recognition of EHS.

The next EHS Retreat is planned for late spring 2026 in a wireless-free rural setting in the Bay of Plenty.

Please see the EHS Questionnaire at the SaferTech website for further details. www.safertechnz.co.nz

Aroha nui
Michael Fleck
Co-Founder, SaferTechNZ

Key scientific/medical resources on harms apparently caused by Wi-Fi, cell towers, mobile phones, smart devices, etc. - and what to do

I am a veteran psychologist and meticulous health researcher, having studied Naturopathy and Functional (root-cause) Medicine for more than 20 years - though I don't possess a formal qualification in either of these disciplines.

I also have wireless sensitivity which gradually developed in 2018 after several months of high-level exposure to the more than twenty Wi-Fi routers in my workplace. Symptoms became increasingly severe over the year of exposure, while I still had no idea at the time that Wi-Fi microwaves were the near-certain source of my health decline.

It was only after more than 1.5 years of research and a myriad of health tests - including Functional Medicine tests sent to the USA for analysis - that I was able to self-diagnose as having Electrohypersensitivity, or EHS. (I was also fortunate to have the help of a sympathetic G.P. who knew of this issue, having previously worked with numerous patients with a similar presentation and history.) EHS is also known by several other titles, including "Wireless Sensitivity", and "Microwave Sickness".

My research into the apparent health dangers of wireless microwave radiation spanned more than 7 years and focused primarily on exposures from cell phone towers, mobile phones, Wi-Fi routers and smart devices. However, research findings are also very relevant to Bluetooth devices, smart meters, smart (wireless) security systems, smart (wireless) HRV systems, smart homes, etc.

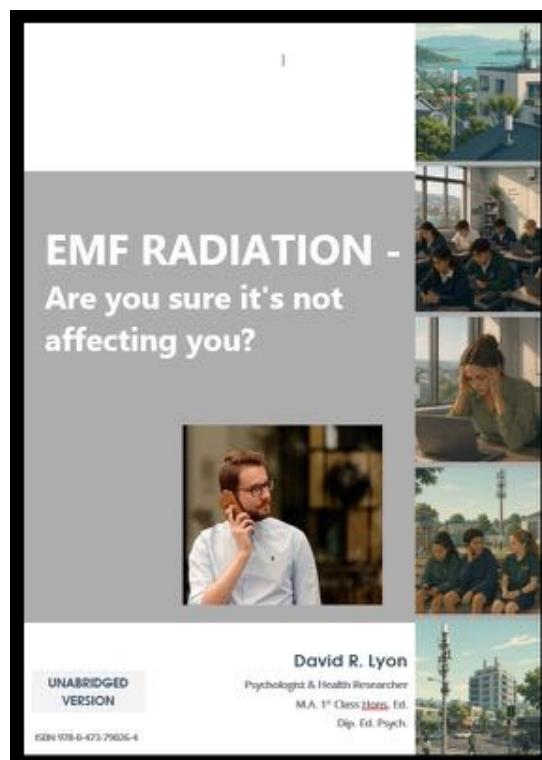
I have spent the last 2.5 years writing up my research to a very high professional level in terms of the medical and scientific findings, with many hundreds of citations from published research. My key advisor during the write-up stages was an eminent medical doctor and scientist, Dr M. McGrath, who lectured at the Otago School of Medicine for more than 20 years. The research monograph also had a lot of input from other eminent scientists and doctors, including scientists from ORSAA in Australia, and PSGR New Zealand.

The full, unabridged research document has more than 20 Sections, and totals more than 180 pages. However, the document is quite readily accessible in terms of each Section being more-or-less self-contained, and so the reader

can access Sections that are of most interest, in any order.

Some key Sections include: Summary statement and call to action; Executive summary; Sources of information on likely dangers of RF-EMFs - which include microwaves; Why the seeming absence of interest from Media & Governments; Why these microwaves may be damaging at non-heating levels; Apparent pathways of harm on bodily structure and function; Apparent neuropsychological and behavioural effects; onset, progression and diagnosis of my EHS; Practical protection measures I use; How medical professionals might diagnose EHS; Mitigation strategies recommended by EMF experts; Recommendations for urgent Government risk mitigation; My case study - with extensive testing I employed, outcomes, and interpretations. The full (unabridged) monograph can be accessed (and downloaded) at:

1. *The National Library of New Zealand* (Second Edition): https://natlib-primo.hosted.exlibrisgroup.com/permalink/f/1s57t7d/NLNZ_ALMA11464280240002836 or, <https://natlib.govt.nz> and enter the ISBN 9780473802608 into the search bar
2. *Physicians and Scientists for Global Responsibility NZ* (Second Edition): <https://psgr.org.nz/component/downloads/send/1-root/222-lyon-2026-emf-radiation-nz>
3. *SaferTech NZ* (Second Edition): <https://www.safertechnz.co.nz/research> and scroll down for the link



An abridged version with content addressing **Politicians and Government officials** can be accessed (and downloaded) at:

1. *The National Library of New Zealand*: https://natlib-primo.hosted.exlibrisgroup.com/permalink/f/1s57t7d/NLNZ_ALMA11467083570002836 or, <https://natlib.govt.nz> and enter the ISBN 9780473800550 into the search bar
2. *SaferTech NZ*: www.safertechnz.co.nz/research and scroll down for the link

You are very welcome to forward details of these research documents - or the documents themselves - to anyone that may be interested.

Best wishes

David Lyon



The present NZ government continues with legislative changes to allow taller cell towers, more antennas, and stronger EMF radiation—with fewer protections for people, homes, children and wildlife.

The current legislation supports 5G and “smart city” rollouts while increasing the risks to community wellbeing and the environment, including impacts on birds, bees and trees.

If you are interested in learning more about health effects and the environmental risks of wireless technology New Zealand wide, please visit:

<https://safeictnz.com/>

<https://www.safertechnz.co.nz/>

<https://saferemrtechnology.org.nz/>

Six Questions for NZ Candidates – 2026 National Election

The current NZ standards allow for wireless radiation emissions hundreds of times higher than allowed in most other countries.

- 1) Are you personally aware of the hazards of wireless radiation from your mobile phone and antennas on cell towers & poles?
- 2) Will you oppose the building of any new data centres in this region? (or anywhere in New Zealand?)
- 3) Will you meet with local groups to learn more about the health and safety limits for wireless radiation, and the lack of government regulation and protection?
- 4) As Fifth Generation (5G) wireless radiation has not been safety-tested for effects on people and the environment, will you and your Party initiate independent and comprehensive safety testing that demonstrates that this technology is safe?
- 5) Are you aware of the connections between 5G and AI technology and their unlimited requirements for data centres that are proving environmentally disastrous?
- 6) Given the internationally-proven health risks from wireless radiation, will you act to phase out WiFi and introduce fibre-optics to schools, libraries, early childhood centres and tertiary institutions to protect the health of especially vulnerable children, elderly, the disabled, and those who are acutely sensitive to wireless radiation (5 to 15% of the population)?





ROBIN MARCROFT FROM EMF SOLUTIONS: HERE TO HELP YOU ON ANY EMF ISSUES!

The Lesser known EMF Field (Dirty Electricity)

Standard home wiring is meant to carry clean electrical power. However, modern electronics constantly chop up this current, sending high-frequency spikes and 'noise' back into your walls. This electrical pollution is known as 'dirty electricity.' It essentially turns your home's wiring into a giant antenna that radiates unwanted electromagnetic fields (EMF) directly into your living spaces.

As a licensed electrician, I spent years focusing solely on functionality and safety. But I soon realized that looking at electricity through a purely technical lens ignored how it affects human health. This led me to become an EMF mitigation consultant. For the past six weeks, I have been installing specialised, high-performing dirty electricity filters imported directly from Australia. The results from these filters have been better than I could ever hope for as they dramatically bring down the dirty electricity levels!

The Hidden Cost of Solar Power

While solar energy is an incredible way to reduce utility bills and live sustainably, it is unfortunately one of the single biggest culprits behind severe dirty electricity.

Solar panels generate Direct Current (DC), but your home runs on Alternating Current (AC). The solar inverter is responsible for converting this power and works by rapidly switching the current. This mechanical conversion process injects massive amounts of high-frequency electrical noise right into your home's circuits. If you live in a solar-powered home, you are likely sitting in a highly elevated EMF environment without even realising it.



The Health Perspective (and the Diabetes Connection)

From a health standpoint, our bodies are deeply electromagnetic systems. The constant ambient stress of high-frequency transients can disrupt cellular communication. Many people living in high-EMF environments report a wide range of issues, including chronic fatigue, severe insomnia, persistent headaches, and 'brain fog.'

Most critically, emerging research and clinical observations have tied dirty electricity exposure to increased blood sugar levels. For individuals managing diabetes, living in a high-EMF solar-powered home can present an unseen hurdle to maintaining stable glucose control. When the body is under constant, low-level environmental stress from electrical pollution, its physiological fight-or-flight response can trigger spikes in blood sugar.

Six Weeks of Amazing Results

To tackle this problem at its root, I sourced a new high-quality line of dirty electricity filters from Australia, which I now consider to be the best in the world.

The filters are wired directly into the Switchboard, and the advantage is I can test the Dirty electricity measurements beforehand, and then as a qualified Electrician I can legally wire them in and remeasure properly after the installation. I am the only one in NZ with this combination of qualifications, experience, and product. I often travel throughout NZ, to provide this unique service, and install these much-needed filters.

If you are potentially interested, please feel free to reach out to me - nzemfsolutions@gmail.com or 021 769808

Or check out my website, where there is plenty of free information - <https://www.emf-solutions.co.nz>



Talk around town...

June 2nd, 2026 Auckland Council Committee Meeting: Mayor Wayne Brown said "Health and safety is annoying. I've found it adds cost everywhere but not a lot of health."

Council Consent Office: "We can't afford to monitor cell tower safety, it's a waste of ratepayers' money."

Rev Dr Tim McKenzie, Vicar of St Michael's: "There are always people, walking, resting and drinking coffee on the grass. A group of geography students was here studying the townscape the other week. Children love to climb and play in our trees. Having 1.8m high cabinets plonked next to the green space takes away from that sense of a relaxing natural haven in the heart of the village." <https://wellington.scoop.co.nz/?p=182368>

Fusion Cafe, Herne Bay: "In times like this we need a 'Bucky Quote.' How about this one? — We are called to be architects of the future, not its victims."

SMART FARTS

Just when you thought technology had reached peak absurdity, scientists have invented Smart Underwear. Yes, your pants can now monitor your farts.

The tiny sensor measures hydrogen gas to track what your gut microbes are doing, revealing how your digestive ecosystem responds to food throughout the day. Apparently, just asking people how often they pass wind was considered scientifically unreliable. Who knew?

The study found the underwear was comfortable, discreet, and surprisingly accurate. So while watches count our steps and rings monitor our sleep, our underwear has finally taken responsibility for the department nobody else wanted. Welcome to personalised healthcare from the bottom up. Literally.

<https://www.sciencedirect.com/science/article/pii/S2590137025001268>



*Oh beware of that attractive beeping device,
It's an electronic mind-poisoning, machine
for all people and mice.*

*If you pick it up you will be immediately
infected.*

*It giveth and taketh data unto the clouds,
almost undetected,*

*Be very aware of its attractive power, is my
advice.*

*Some parents use this sinister device like an
electronic dummy,*

*Little do they realise that their little one
needs a real mummy.*

*This infection will bond them forever with
other electronic devices,*

*Stealing their childhood, damaging their
eyesight from games that entice. Their life
pathways are forever changed by a selfish
mummy*

*Cellphones have a powerful effect on our
delicate brains,*

There are many connections to migraines,

headaches and other pains.

*When held close to the ear, radiation can
cause untold harm, Not detected until
strange noises are heard, causing some
alarm.*

*So use the speaker phone whenever possible
to prevent those pains.*

*Apparently, 5G has a lot more powerful
radiation and is very dangerous,*

*Sometimes placed too near kindergartens,
schools, or near to us.*

*Affecting all ages, young & old that use
phones, I've been told,*

*Some point to trees that are dying very close
to these towers, both young and old. The
communication industry will have to take
notice of complaints from all of us.*

*What the future holds in store for us is
unknown regarding the effects of this
radiation,*

*Many designers know about the effects, but
are paid for their silence in contemplation.*

*Time will reveal the terrible consequences to
our minds and body,*

*With mental breakdowns of huge
proportions, & pains to our physiology.*

*No one will admit to this radiation mess, not
the WHO or the communications
corporation.*

*When that beastly attractive phone rings,
beware of the radiation to your body it can
bring, Tentacles of destruction reach into
various parts of your body, even ear noises
that sing.*

*Damages may never be revealed; there's too
much money to be made from these devil
phones, Humans were never created to have
a radio system in the head, connected to our
very bones.*

*The next terrible invasion of our rights and
privacy will be a chip to control everything!
{god forbid}*

*That Dangerous Phone is Calling You by Tony
Coppard*



USA Towns That Say No, Risk Being Left Behind

An insightful link appeared in my inbox today, one which brings hope as more and more people around the world, and yes the USA, are standing up and giving voice to what matters for healthy living.

According to Eric Hastings, "New York imposed a one-year moratorium on large facilities. Polls show three-quarters of Americans oppose a data center near their homes. Even among Trump's 2024 voters, 52 percent believe one would raise electricity costs, per an Economist/YouGov survey reported by Newsweek."

Link to full article: Written by Eric Hastings, Thursday, September 3, 2026 <https://www.webpronews.com/trumps-data-center-ultimatum-towns-that-say-no-risk-being-left-behind/>

The Editor

1 in 6 Australian adults are sensitive to wireless radiation

A new Australian study shows that over 26 million adults are likely to experience health problems from exposure to wireless radiation in three countries alone. That includes one in six Australians - over 4.5 million.

The study, by Dr Julie McCredden, Lyn McLean, and Professor Anne Steinemann, has just been published in the journal *Next Research*.

'People report they feel unwell around common wireless devices and sources, such as mobile phones and WiFi systems. Doctors have diagnosed this sensitivity as a medical condition. So, we wanted to find out: How widespread is this condition?' said Professor Steinemann.

The authors described wireless sensitivity as 'the experience of adverse health symptoms from exposure to wireless (radio-frequency) radiation' and say these can range from uncomfortable to disabling. 'Common symptoms include headaches, dizziness, cardiovascular problems, tinnitus, difficulty concentrating, nervous system effects, irritability, insomnia, fatigue, burning face, nausea, and dysesthesia.'

prevalence (14.9%), followed by the US (10.1%) and Canada (5%).

Overall, 18.9% of Australians reported having wireless sensitivity, diagnosed EHS, or both conditions. In the US, it was 14.3%, and in Canada, 8.7%, reporting one or both conditions.

The study found that, compared with the general population, more males than females reported wireless sensitivity. Among all gender/age groups, the most affected were males aged 25 to 34, and the second most affected were males aged 35 to 44.

'As males comprise more than half of the Australian workforce, this finding has important implications for workers and employers,' said Dr Julie McCredden, the lead author of the paper.

The study also investigated the prevalence of several other conditions linked to environmental exposures - chemical sensitivity, asthma, autism and fragrance sensitivity - and whether these conditions overlapped with wireless sensitivity and EHS. It found a large overlap for all conditions.

Of the people who reported wireless

'In the short-term, until we know more, people need to learn how to use technology more safely,' said Lyn McLean.

To determine the prevalence of wireless sensitivity, Steinemann conducted an online survey using a random sample of 3,475 adults, who were statistically matched by age, gender, and location to the general populations in Australia, the USA, and Canada.

The researchers found that an average of 12.6% of all respondents reported experiencing wireless sensitivity. The highest prevalence was in Australia, where more than one in six adults were affected (17.4%), followed by the US (12.8%) and Canada (7.5%).

Wireless sensitivity is sometimes known as Electromagnetic Hypersensitivity (EHS), so Steinemann also investigated the prevalence of medically-diagnosed EHS. Again, Australia had the highest

sensitivity and/or had a diagnosis of EHS:

- 90.4% had chemical sensitivity or diagnosed Multiple Chemical Sensitivities in Australia (83.5% in US and 67.7% in Canada);
- 84.2% had asthma or asthma related conditions in Australia (67.6% in US and 67.7% in Canada)
- 74.2% had autism or autism spectrum disorders in Australia (52.7% in US and 34.4% in Canada); and
- 92.8% had fragrance sensitivity in Australia (81.3% in US and 80.2% in Canada).

The authors say that the link between wireless sensitivity, EHS and other environmental conditions suggests that similar effects might be occurring in the body.



(Contd. from page 5)

Previous research has also found common factors, such as inflammation, underlying sensitivity-related conditions.

Even though the prevalence of wireless sensitivity in this study is higher than in many previous studies in other countries, the authors believe that it could, nevertheless, underestimate the actual prevalence of wireless sensitivity in the population. That's because, 'People experiencing symptoms of wireless sensitivity may not recognize wireless radiation as a possible cause,' the authors say. "Medical professionals may not consider or diagnose wireless sensitivity/EHS. Further, the online format of the survey may preclude participation by individuals with wireless sensitivity/EHS."

Lyn McLean, a co-author of the study, is not surprised by the study's finding that over 17% of Australians are sensitive to wireless radiation. 'I have been working in this field for over 30 years and, in that time, thousands of people have told me they are sensitive to wireless radiation. Some of them have such severe sensitivities that they are no longer able to work or even spend time in public locations where there is wireless radiation. I'm glad our study was able to throw light on this important issue.'

Wireless radiation is emitted by personal and household devices such as mobile and cordless phones, baby monitors, wireless routers, computers, tablets, EarPods, fitness trackers, and smart watches; by smart meters in power-boxes and on water meters; by cars and public transport; by

mobile phone base stations; and is present in most public buildings, schools, and workplaces.

(<https://www.sciencedirect.com/science/article/pii/S3050475926002745>)

Warm regards
Lyn McLean (co-author)

Julie E. McCredden, Lyn McLean, Anne Steinemann,

Wireless sensitivity and co-morbidities: A prevalence study in Australia, Canada, and the United States,

Next Research, Volume 8, 2026, 101577, ISSN 3050-4759,

<https://doi.org/10.1016/j.nexres.2026.101577>.

THE MEDICINE OF FREQUENCIES

Einstein famously said, 'Everything is energy,' and he also stated that the 'Future of medicine is the medicine of frequencies.' Radiologist Dr. Mitch Abrams offers a new perspective on energy in relation to our most advanced knowledge of medical sciences, mental health, and our interconnectedness.

Early in his radiology career, Dr. Abrams was unexpectedly diagnosed with Hypertrophic Obstructive Cardiomyopathy and underwent open-heart surgery. Experiencing the healthcare system from multiple perspectives—as a physician, a patient, and later as an interim department chair—he witnessed the many areas of incongruence and disconnect within the system.

Through his own healing journey, he embarked on a mission to infuse more heart into healthcare and our communities. Dr. Abrams dedicated over a decade to investigating, practicing, researching, and amalgamating his learning in order to present a more holistic vision of healing and wellness. He brings personal stories, cutting-edge research, and a new vision for a brighter and more harmonious future for humanity. Dr. Mitchell Abrams is a

radiologist, educator and founder of NexGenHealth Ltd. Abrams completed his medical degree and radiology specialty from Dalhousie University in Nova Scotia, holds a subspecialty in cross-sectional imaging from the University of Toronto and is a fellow of the Royal College of Physicians and Surgeons of Canada.

Dr. Abrams is an assistant clinical professor at Michael G Degroote School of Medical Sciences and was department chair of diagnostic imaging at Cambridge Memorial Hospital. Dr. Abrams is also a certified educator of applied compassion, through the Center for Compassion and Altruism Research and Education (CCARE) at Stanford Medical School.

Dr. Abrams experienced a healing journey of his own which catapulted him on a mission to bring more heart to healthcare and to communities. Dr. Abrams' approach to wellbeing incorporates leading-edge scientific research and personal experience as he brings forth a more integrative approach to person health.

This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <https://www.youtube.com/watch?v=JGxWT4EUVbs>

(More coming on Healing Frequencies in the October Newsletter)



International EMF Scientist Appeal calls for greater health protection

In May 2015, 190 scientists submitted the International EMF Scientist Appeal addressed to the top leaders at the **United Nations, the World Health Organization, and the UN Environment Program**. The Appeal **urgently calls for greater health protection** in the midst of what has become an historic, global phenomenon -- the rapid expansion and proliferation of wireless communications and electrical technologies. The possible impact of deployment of these technologies on human health has not yet been thoroughly studied. **As of September 1, 2018, 244 scientists have signed the Appeal.**

These scientists have published over 2,000 research papers on electromagnetic fields (EMF) on biology or health. Their concern is based on the vast number of studies that reported biological and adverse health effects of non-ionizing EMF far below the current exposure guidelines set by the FCC and other international EMF-exposure guideline setting organizations. Their concerns mainly include **radiofrequency radiation (RFR)** emitting devices, such as cellular and cordless phones, cell towers, Wi-Fi, radio and TV broadcast antennas, smart meters, and baby monitors, as well as **extremely-low frequency electromagnetic fields (ELF EMF)** emitted by electric devices and infrastructures used in the delivery of electricity.

The scientific basis for their collective concern is “numerous recent scientific publications have shown that EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans.

These scientists make the following recommendations: protection of children and pregnant women; strengthened guidelines and regulatory standards; development of safer technology; utilities maintain adequate power quality and ensure proper electrical wiring; public health information and harm reduction strategies; medical education and training, establishment of independent, sustained government research programs; media disclosure of EMF expert's financial ties to industry; and designation of white zones (radiation-free areas).

The Advisors to the Appeal recommend that 5th Generation Wireless (i.e. 5G) should be investigated before it is deployed.

Ronald Melnick, Ph.D., Senior Toxicologist (retired) and former leader of the NTP's health effects studies of cell phone radio frequency radiation, National Toxicology Program, National Institute of Environmental Health Sciences, USA), and an advisor to the Appeal, states:

“(I) find it appalling that mobile phone emission standards do not adjust for children when it is well established that the absorption of radio-frequency radiation by the brain is greater in children than in adults, the developing brain is highly susceptible to tissue damaging agents, and the use of wireless devices is being actively marketed to children. At a minimum, regulatory agencies need to make strong recommendations for consumers to take precautionary measures and avoid close contact with their mobile phones.”

For the complete Appeal, go to <https://emfscientist.org/>. For more information, contact: Joel Moskowitz, Ph.D., (jmm@berkeley.edu) or Elizabeth Kelley, MA, (info@emfscientist.org).

<https://emfscientist.org/index.php/emf-scientist-appeal>

ITALY'S SUPREME COURT STRENGTHENS CONSUMER RIGHTS ON CELL PHONE SAFETY

For those of us who experience sensitivity around wireless technologies, one of the most difficult aspects can be the feeling of not being taken seriously. Symptoms may be real and disruptive to those of us experiencing them, while the scientific debate about precisely what causes them, and the role radio-frequency exposure may play, remains unresolved and often shrugged off.

A recent ruling from Italy's Supreme Court offers an important shift in that conversation.

The case concerned a woman who argued she had not been adequately informed about possible risks associated with extensive mobile-phone use and radio-frequency exposure. Sadly, the Court did not rule that iPhones cause illness. Instead, it recognised how: scientific uncertainty does not necessarily remove a manufacturer's responsibility to provide consumers with information about a plausible risk that they cannot readily perceive themselves.

The Court also discussed the precautionary principle of **ALARA: As Low As Reasonably Achievable**. In practical terms, this means that where exposure can reasonably be reduced, consumers should be given enough information to make an informed choice, such as understanding how increasing the distance between a transmitting phone and their body can reduce radio-frequency exposure.

Perhaps this is a humane aspect of the ruling. We do not have to settle every scientific argument before allowing people agency over their own bodies and environments.

For the Electro-Hypersensitive who experiences headaches, sleep disturbance, cognitive difficulties or other symptoms associated with wireless environments, being told simply that everything is "within regulatory limits" does little to help us navigate daily life. Neither, however, should uncertainty automatically be presented as proof that radio-frequency exposure caused those symptoms.

There is another position available: care, curiosity, precaution and choice.

Give people good information. Make exposure-reduction options accessible. Continue doing rigorous research. Listen carefully to those whose bodies appear unusually sensitive to their environments.

And perhaps most importantly, allow us all to make informed choices without requiring us first to prove that their experience is legitimate.

Living a life in fear of technology or experiencing the effects as negatively as many of us do is not a life of joy and ease. Instead, we ask for **thoughtful participation** in how we choose to live with it.

<https://ehtrust.org/italys-supreme-court-strengthens-consumer-rights-on-cell-phone-safety>



MEETINGS

After meeting fortnightly throughout the winter, SaferTech resumes its **weekly Friday meetings at 11am at The Esplanade Hotel, Devonport.**

Meetings are open to all concerned with the effects of wireless radiation on our well-being and environment.

We are planning a special meeting soon at a venue with low WiFi exposure, such as Cornwall Park.

PUBLIC TALKS

SaferTech associates have presented more than fifteen public talks over the past three years, to community groups and schools from Whangarei to Christchurch.

We will be in Hamilton again Saturday 10 October, from 2 to 4pm at The Link.

Please share the event with your friends and network, we'd love to see you there.

For more information or to subscribe to this newsletter please email:

stinfonz@proton.me



NEXT NEWSLETTER

Our October issue will focus on Health & Wellbeing, exploring Safer Tech and the varied ways people are learning to live well with electromagnetic sensitivity. We would love to hear from you. ***What have you discovered that helps you manage your EHS? What changes, practices or everyday choices have made a meaningful difference?***

Share your experiences, observations and ideas with us. Your wisdom may offer another reader something valuable to explore for themselves.