

## Magnificent Seven: Review of Seven Advanced Methods to Reduce Impacts of 5G Harmful Radiations to Human Health and Environment

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### ABSTRACT

*As more and more reports coming out to find the hidden connection between 5G radiation and inducement of covid virus in human cells (M. Fioranelli et al., 2020<sup>1</sup>, and also recent B. Rubik & R. Brown, 2021<sup>2</sup>), there is urgent need to find ways to reduce the impacts of 5G harmful radiation. Even reputable journals such as Nature also publish a new article on potential use of metamaterial. This short literature review is intended to consider seven alternative methods to reduce impacts of 5G harmful radiation.*

**KEYWORDS:** *technology impacts to society, 5G network, 5G harmful radiation, shielding devices, EMF*

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### INTRODUCTION

It is becoming more known to learned public, that 5G networks exhibit far more greater harmful radiation to humans and also environment, than what are admitted in public (Bray & Fancy, 2021).

The most dangerous side of the worldwide plan to rushing implement 5G networks is that antennae etc. will come to our streets without notice, and even without proper consent by the public in general (referring to *Nuremberg code*, cf. Christianto 2021).

Considering extensive security issues related to these 5G network, and also what was the actual history of the Internet, we can ask: where are we actually heading? (CISA, 2019; Levine, 2018). This is not to mention how the Internet also gives impact to our brain functioning (Carr, 2010).

#### Why do we need to be cautious?

To begin with, according to Eric Windheim, there are 4 types of EMF: Electric Fields, Magnetic Fields, Dirty

Electricity, Wireless Radiation. They can cause discomfort, impairment, injury, sickness or death (it has been known even since 70s after Naval study report). Ask yourself: Do you feel better away from your house and worse inside? (Windheim, unknown date).

But 5G radiation is much more harmful than previous EMF radiation damages; all citizens all over the world shall know the following: i.e. 5G network is based on 60 GHz frequency. 60 GHz is a resonance frequency for oxygen. This disrupts the oxygen transport on hemoglobin and clots the blood. People suffocate and go into shock when the focused beam hits them. However, 60 GHz is also created as a harmonic of integer partial frequencies. These are military weapons, they are crimes against humanity (see Levine, 2018).

It shall be shut down and people will enjoy surfing faster. An apocalypse if it succeeds. it will not succeed, people will remove the antennas if they notice the effect they have. (see also Nasim, 2019).

<sup>1</sup>Fioranelli et al. <https://pubmed.ncbi.nlm.nih.gov/32668870/>

<sup>2</sup>B. Rubik & R. Brown, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8580522/>

See some figures below:



Figure 1: How 5G network will be implemented to cover all the Earth surface.



Figure 2: Example of 5G antennae in dust-bin cover (Auckland).



Links hinten auf der anderen Straßenseite steht der korrespondierende Pfosten - ebenfalls ohne Funktion außer getarnte Antenne zu sein.

**Figure 3:** Example of 5G pole in Germany (source: a friend in Germany).



**Figure 4:** Example of 5G antennae in Germany (source: a friend in Germany).

Therefore we need to educate general public to protect and shield their beloved ones from the hazard of 5G antennae and harmful radiation. The followings are introductory reviews of

some advanced methods available in literature.

## METAMATERIALS

Ramachandran *et al.* discuss certain materials. They wrote:

"This review intends to exhibit the practicality of metamaterial application in assimilation decrease of 5G electromagnetic (EM) energy in the human head tissue. From an overall perspective, the radio recurrence (RF) energy that got by remote cell phone from the base station, will radiate to encompassing when the gadgets are in dynamic mode. Since the most recent fifth era innovation standard for cell networks has arrived, the discharge of radiation from any remote gadgets should be thought about. This motivation helps to prepare this paper that focuses on construction of novel and compact square-shaped metamaterial (SM) design to reduce electromagnetic exposure to humans. The commercially available substrate material known as FR-4 with thickness of 1.6 mm was selected to place the metamaterial design on it. The electromagnetic properties and Specific Absorption Rate (SAR) analyses were carried out numerically by utilizing high-performance 3D EM analysis, Computer Simulation Technology Studio (CST) software. In the interim, for the approval reason, the metamaterial plans for both unit and cluster cells were created to gauge the electromagnetic properties of the material. ... By and large, our outcomes show solid SAR decrease impacts, and the proposed SM configuration might be viewed as a promising viewpoint in the telecom field." (Ramachandran *et al.* 2021).

This new method may be useful for implementation in the near future.

## THERMAL RADIATION MODE

Another possibility is thermal radiation mode, see for instance H. Kour *et al.* (2015). Their abstract goes as follows:

"With the enormous expansion in the prevalence of cell phones and portable information applications requesting transfer speed requiring information paces of the request of Gb/s, exploration of untapped frequency spectrum such as mmWave has begun. Along with providing seamless connectivity and catering to

achieving high QoS and QoE, investigations are ongoing to enhance our knowledge about the biological safety at high frequencies. There is a need to guarantee security and unwavering quality for the uncovered public and refreshing the public authority approaches with respect to wellbeing norms and guidelines. This article is blessed to give an understanding into wellbeing impacts relating to mm Wave frequencies, tending to angles, for example, warm warming in the body tissues with temperature rise, explicit ingestion rate (SAR), power thickness. As an answer a proposition has been given for EM (Electromagnetic) radiation decrease for the versatile correspondence framework in the form of a proposed mode i.e. "Thermal Radiation" (TR) mode endorsing its safe use, advancing Green WCN alongside expanded energy effectiveness and diminished intricacy for the people in the future to come. The proposition additionally approves diminished power thickness, SAR and temperature height delivered in the human tissue when contrasted with different models as reenactment results got. It can build the security and dependability of 5G and past for example 6G organizations in future." [3]

This thermal radiation mode seems quite worthy to be tested, provided it can reduce the level of harmful radiation to human health and environment.

## ECO-ENZYME

Another possible method for radiation reduction with low-tech approach is by using eco-enzyme, an ecology-friendly solution which can be defined as follows:

"Eco-enzyme is an intricate dim earthy colored shading arrangement created by maturation of natural products squander. It has solid prepared matured aroma because of citrus natural product strips. Eco protein created utilizing organic product strips, water and earthy colored sugar in a proportion 3:10:1. After incubation the filtrate was obtained, we found Flavonoids, Alkaloids, Quinones, Saponins as presence of different metabolites. Its IR spectra showed presence of -OH, COOH group. Also,

Amylase, protease and lipase were found in the filtrate." (Vama & Cherekar, 2020).

The essence of this method can be quite simple to follow: put 1-3 litres of eco-enzyme liquid in every room at your house, so it can yield some kind of protection to damages of 5G.

However, at this time, we don't find yet experimental measurements on what percentage of radiation reduction will be achieved with this method, although some presentations including by key inventor of eco-enzyme indicate that such a reduction is possible. It would need simple experiments to find out how effective is the method for reducing 5G radiation damages effect using eco-enzyme.

### RIFE FREQUENCY/528 HZ

Another possible way, albeit a bit sound unorthodox for some readers, is by turning on software to generate Rife frequency.

Basic principles, which can be paraphrased as follows: According to Meessen: "Infections and different organisms can be inactivated in a specific manner by exposing them to a wavering electric field of sufficient recurrence. R. Rife found this strategy currently around 100 years prior. He demonstrated its productivity through high goal magnifying instruments and in 1934, by controlled clinical tests. In any case, these outcomes appeared to be unimaginable, since the fundamental component was not yet perceived. Actually, we are faced with three problems: 1) the functioning of Rife's supermicroscopes, 2) his observation that bacteria can undergo size reduction, and 3) the decisive resonance phenomenon. We clarify the high amplification and settling force of Rife's magnifying instruments and show that new disclosures affirm that the hypothesis of constant types of microscopic organisms must be deserted. Then, at that point, we demonstrate that constrained motions of infection spikes lead to an impossible to miss reverberation, due to nonlinear impacts." (Meessen, 2020).

See also compilation of materials by Rife *et al.* (Holman & Paul, 2006). With regards to Rife frequency generator, there are several softwares already available publicly as listed below. But it is likely that the readers will find best effect by turning off cellular phones (playing the software at your PC).

### Examples of Rife frequency generator softwares

#### App

<https://napkforpc.com/apk/com.rifeapp.rifeapp/>

#### Software

<https://softfamous.com/rife-generator/>

<https://cheffasr351.weebly.com/rife-frequencies-program-software-free-download.html>

<https://rife-generator.soft112.com/download.html>

<https://solfeggio-rife-frequency-generator.soft112.com/>

<https://down10.software/download-rife-generator/>

<http://rife.softwaresea.com/Windows-software-download/rife-generator>

However, at this time, we don't find yet experimental measurements on what percentage of radiation reduction will be achieved with this method, therefore this method should be used cautiously.

### FARADAY CAGE

Faraday cage is another choice as EMF shielding. In their report, Lennox-Steele & Nisbet (2016) wrote as follows: "A Faraday pack is intended to safeguard a cell phone or little computerized gadget from radio waves entering the sack and arriving at the gadget, or to stop radio waves getting away through the sack from the gadget. The adequacy of these safeguards is imperative for security experts and legal specialists who hold onto gadgets and wish to guarantee that their substance

are not perused, adjusted or erased before a measurable assessment.

This examination tests the adequacy of a few promptly accessible Faraday packs. The Faraday packs tried are largely accessible through internet based means and guarantee total obstructing of all signs through the sack."

From their report, it is clear that several Faraday cage products in market are not as effective as the vendors say. So, we will discuss two more alternatives beyond Faraday cage.

### **PUHARICH's EMF SHIELD**

Another possible way, has been proposed by inventor A. Puharich. First, let us point out that Stan Meyer's invention of water for fuel (or in more popular term: "water-car") is one of masterpiece of such inventions. But it is less known that Meyer's design was more likely influenced by A. Puharich, who obtained patent for water-electrolysis just before Meyer began his experiments.

Another Puharich's technical design is intended for EMF shielding. As we know, one of grave dangers that we face today is that 5G wireless technologies cannot be stopped. Therefore, perhaps the only thing that we can do is (ideally) to equip and teach practical engineers (and amateurs alike) to learn how to build themselves their EMF shielding devices. Actually, Puharich device is also a version of Faraday cage. According to Charles Tart: "Puharich's Faraday confine put on glass blocks, which are amazingly successful electrical separators. Normally, Faraday confines are for all time electrically associated with the earth (grounded) by a solitary, substantial measure wire running from one corner of the enclosure to a metal stake crashed profound into electrically conductive soil. This is a significant wellbeing thought if electrical cables run into the enclosure. Puharich utilized a few varieties of association with the earth, three of which are important to us here." (Tart, 1988).

### **OTHER VENDORS**

Last but not least, in this section allow me to tell a discussion via email with a

senior physicist fellow, Robert N. Boyd, PhD, from Princeton Biotechnology Corp., New Jersey. Several months ago, I asked him, what is his opinion: "Is there a protecting device which makes it possible for us to Shield against 5G harmful effects?"

His response is based on his actual experiences with several different devices, as follows:

"5G cannot be shielded. The only way to escape it is to dig a hole into the earth, with no openings, however small, to the above ground world, and live in there. You have to get a few feet down to escape the lethal hazards caused by microwaves. There are several devices that can mitigate a few of the damages, but given 1200 factorial damage modalities, they are all insufficient. The only and best answer is to make portable microwave communications devices and cell towers illegal.

(They already were 30 and 40 years ago. The FCC was actually a government agency back then. Now the former "FCC" is owned and operated by Time-Warner and Comcast. They call all the shots to make more profits for their companies. They are opposed even hearing about microwave damages to humans and other life-forms. They could care less. They just want the money.)

I have found 3 more technologies that are immediately noticeable and provide some protections from some microwave damage vectors. I found this one in a paper about protection from EMF:

<https://www.safespaceprotection.com/product/vitaplex-pendant-necklace-bracelet/>

The above holographic device really helps a lot. You can feel the benefits as soon as you put it on. I have kept an older model of their room-balancing holographic devices for 20 years, because it works and it helps my personal environment.

[https://www.amazon.com/Biofield-Balance-Bracelet-Effective-Eliminating/dp/B086W2DKK9/ref=sr\\_1\\_1?dchild=1&keywords=The+Wellness+Factor&qid=1625427666&sr=8-1](https://www.amazon.com/Biofield-Balance-Bracelet-Effective-Eliminating/dp/B086W2DKK9/ref=sr_1_1?dchild=1&keywords=The+Wellness+Factor&qid=1625427666&sr=8-1)

The above device removes the tendency of the blood cells to clump together and restores ones physical balance from vertigo effects caused by microwaves, among many other benefits <http://wellnesspendant.net/> get both the "Ground" and the "Flow" pendants. They are very information-active.

These are all relatively cheap. There are several more devices I have seen, but have not purchased yet to try them out. The above list is the best I have found at a reasonable price. ..."

Hopefully the above reply from an expert colleague in biophysics will be found useful for readers.

### WHAT MORE CAN WE DO AGAINST 5G TOWER MASSIVE IMPLEMENTATION?

In previous sections, we have outlined 7 methods to protect you and your family against 5G harmful radiation. Although this topic of 5G harmful radiation has been a subject of hot debates, in recent years even mainstream science channel have begun to acknowledge 5G adverse health effects (Moskowitz, 2019; interested readers may compare with Canada Govt.'s official page).

At this point, some readers may ask: so, what more can we do in our local society against such 5G Cell Towers massive implementation?

Today, I received interesting news from Environmental Health Trust newsletter, which can be paraphrased as follows:

"Mother Courtney Gilardi has been energetically attempting to advocate for a protected climate. On the primary day of the pandemic lockdown in 2020, a tractor came moving down her peaceful road in Pittsfield, Mass., to obvious land for the establishment of a cell tower near her family home. Notwithstanding endeavors to keep the pinnacle from being raised, it went up and was turned on. Courtney's family and many neighbors announced impacts right away. Courtney has worked energetically with her neighbors to advocate for more mindful arrangements for cell towers. EHT's Theodora Scarato

made an association with Courtney Gilardi in 2020 and has worked as a team with different specialists and associations to help Courtney's endeavors to bring issues to light locally. EHT introduced on U.S. cell tower strategy to Pittsfield authorities, shared logical assets and talked with Courtney in a digital broadcast to motivate others working for wellbeing in their networks. Because of the staggering endeavors of Courtney and her local area, the issue has been more than once highlighted in press, and on TV. Her call for responsibility has instructed chosen authorities in a significant manner. Not exclusively did the Pittsfield Board of Health have a show highlighting various EMF specialists, however moreover, the Board casted a ballot for supporting a bill to concentrate on cell tower radiation impacts." (EHT newsletter, 1<sup>st</sup> Dec. 2021)

EHT works each day to assist families with halting the foolish arrangement of cell towers by pushing for significant strategy change and genuine insurances at the nearby, state and government level.

### CONCLUSION

In this short literature survey, we consider several plausible methods which can be useful to reduce the impacts of plenty kind of 5G harmful radiations to human health and environment. Nonetheless, this review is by no means complete.

It would need more in-depth experiments to find out how effective are these seven methods for reducing 5G radiation damages effects.

Hopefully the above review along with reply from an expert colleague in biophysics will be found useful for readers.

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