I'd like to begin by asking a few questions.
Who knows if they have a wireless smart meter on their home? Ok.
And who has their smartphone in their pocket right now? Alright.
And who has read the fine print in your owner's manual that says that the smartphone should never be within an inch off the body?

[audience laughs, nervously, and then silence]

Today, I want speak to why we can no longer assume
that our wireless technology is safe.

[long pause]

Technology has allowed us many benefits.
It has connected us to places and to people and has
Brought us convenience that we could not have imagined
just ten years ago.

It has had also brought us tremendous economic benefits.
If we can look at how technology has increased our lives
in just the last eight years... It started with the iphone, and then tablet computing,
ubiquitous wifi, the smart meter and the smart home and wearable tech,
and now the internet of things. . .

If we could imagine at how this would look, it
would it actually look like this:

And, if we could hear what it sounds like, we could listen with an EMF measurement device such as this.

[walks over to big green EMF meter on side of stage and shows the audience]

So, if you would like to hear what your smart phone or smart watch sounds like, come see me after the talk and I'll show you.

But, how does the exponential rise in microwave affect our bodies?
That is the question I want to look at today because an increasing number of scientists and medical doctors now say that we have a serious problem on our hands – especially when it comes to the safety of children, who will be exposed to this technology their entire lives.

But today I'd also want to share solutions.
I want to give everyone here a few things that you can do in your own lives in order to reduce this type of exposure because this is the most important thing that we need at this time.

I actually got into this topic about five years ago.
Before this, I was a young technology enthusiast.
I always used my smartphone and wifi. I worked in Silicon Valley
and have a master's degree in engineering.
So if anyone had told me that wireless technology could have health effects,
I would have thought they're crazy.
So if you're thinking that right now, I can relate.

But this all changed for me over a period of about one week.
I started to experience headaches, ringing in the ears, insomnia
and a fatigue and a brain fog I've never experienced before.
And I shared it with a colleague at work and she said to me,
you know, the exact same thing happened to her husband
when a wireless smart meter was installed in their home.

So I went home that evening and I checked downstairs and sure enough.
We had a bank of wireless smart meters installed
just below our beedroom in San Francisco.

So this started me on a journey to learn as much about this topic as
I possibly could. And now I have a website about this.
And I'm contacted by people all around the world,
every day, who experience the exact same thing.

It can be when they have a wireless smart meter installed,
or a new wifi router or even a cell tower placed across the
street from their home.

These are the common symptoms that people start to experience:

- Tension Headaches/head pressure
- Insomnia
- Tinnitus
- Cognitive Decline
- Fatigue
- Heart Arrthymia

This is actually from a published paper on the health effects
of the wireless smart meters by Dr. Frederica Lamech.

Just here in the Bay Area, I'm in touch with dozens of people who had
their lives changed by this: medical doctors, school principals, teachers
and students, IT professionals and even entrepreneurs.

These are people who had a normal life, and then over a
short period of time went to where they could no longer work, where
they could no longer go to an office.
Some of them actually have had to move out of their homes,
because they can't be in an environment, which is normal now for most people.

I've been in touch with people around the world
that have become homeless because of this.
There's many people that's actually happen to
and unfortunately I know people that actually have taken their lives,
because there's essentially no place they can go,
and this is something that society has not yet recognized.

My own life has been tremendously changed by
that exposure to wireless smart meters.
Now I can no longer be in an enviroment with strong wifi for very long.
So I can't go to my work where I used to be able to.
Most environments now are essentially toxic to me.

Even finding a safe place to live becomes very difficult.
So imagine not beeing able to live in an appartment building
where everyone has wifi; or to be able to live next to a cell tower.
This is actually a proposed cell tower here in Berkeley.

The residents have actually stopped it for now, but most churches and most schools
now have a cell tower on them. And so this exposes the people around them
and of course the students that go to school.

This is a cell tower in San Francisco. That brown thimble
on the telephone poll is a cell tower.
And it's been placed in every couple of blocks,
so you can have an amazing home and then, one week, a company can come
and put a cell tower right outside your window.

This is something that's happening throughout the Bay Area
and i'ts going to be happening throughout the United States.
So … it makes it so that people like
myself have a hard time finding a place to live,
but it's also ratcheting up the
exposure of the entire population.

So you might be asking perhaps some people are

being injured by this, but if you're not
feeling it, it's probably not that big of a deal;
and I think that's a very common
experience but it's not as simple as
saying that just a few unfortunate
people are being affected by this.

Because the science shows that,
we're all affected on some level,
whether we can feel it or not.
And the reason is ...
because essentially our bodies are electric.

Every cell in our body
communicates using tiny electric signals;
its how our nervous system operates.

So, to think that we could put an
exponential amount of microwave
radiation into our environment
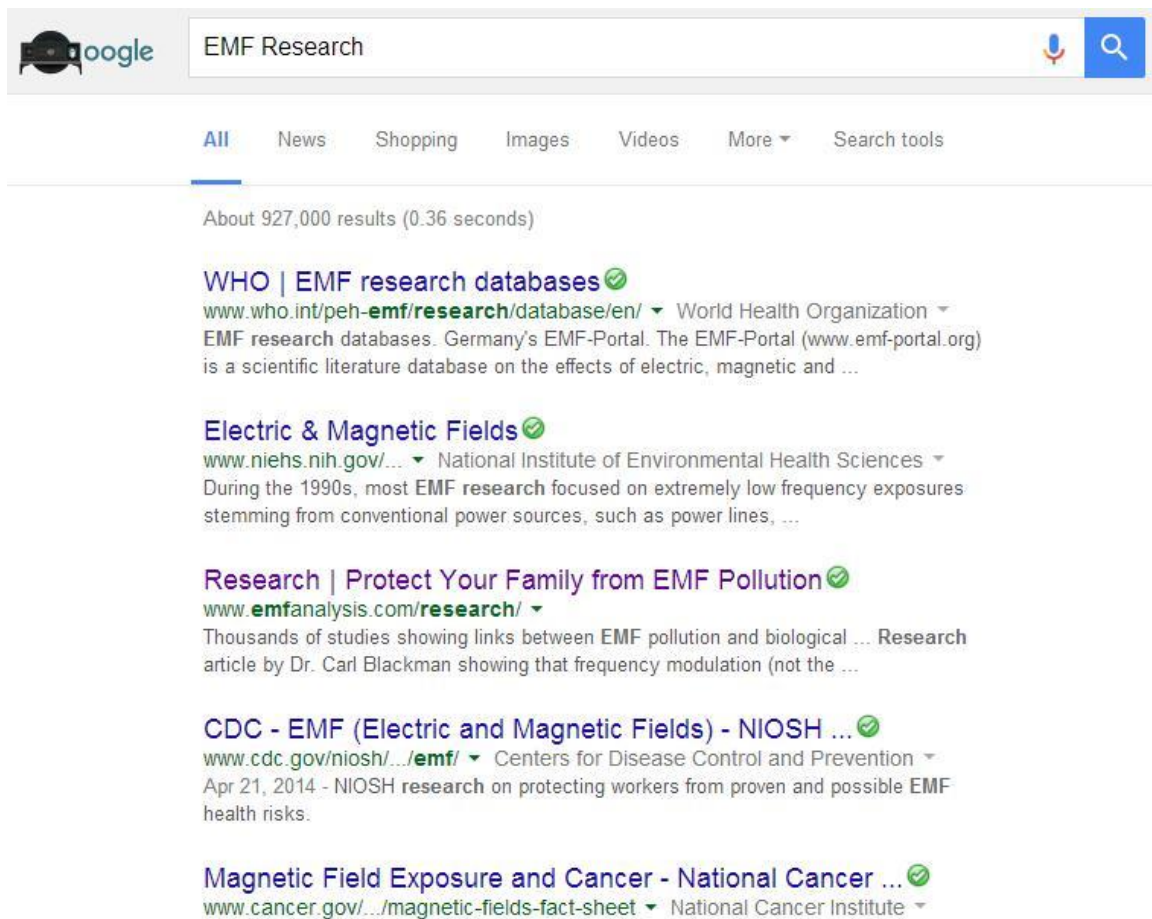and not feel effects is simply false.

To illustrate this I actually had many
friends come to me when I started to
experience this and they have said:
"Jeromy, are you sure you aren't making this up in
your head?"
and I thought this myself at the beginning.

But then a year or two
later they would come to me and they say:
"You won't believe it, but now I'm feeling
pain in my arm when I use my cell phone,
when I put it to the head or when a new
wifi router is installed".

So this is something when people have more than
one exposure, more people are being affected.
And it's not just headaches and insomnia;
it's much more serious things, such as
infertility, DNA damage and eventually cancer.

This is what the researchers
starting to show and you don't have to
take my word for it;
encourage you to start researching this
for yourself.

If you simply Google "EMF Research" this is a screenshot of what
you'll find.

All | News | Shopping | Images | Videos | More ▾ | Search tools

About 927,000 results (0.36 seconds)

WHO | EMF research databases ✓
www.who.int/peh-**emf**/**research**/database/en/ ▾ World Health Organization ▾
EMF research databases. Germany's EMF-Portal. The EMF-Portal (www.emf-portal.org)
is a scientific literature database on the effects of electric, magnetic and ...

Electric & Magnetic Fields ✓
www.niehs.nih.gov/... ▾ National Institute of Environmental Health Sciences ▾
During the 1990s, most **EMF research** focused on extremely low frequency exposures
stemming from conventional power sources, such as power lines, ...

Research | Protect Your Family from EMF Pollution ✓
www.**emf**analysis.com/**research**/ ▾
Thousands of studies showing links between EMF pollution and biological ... **Research**
article by Dr. Carl Blackman showing that frequency modulation (not the ...

CDC - EMF (Electric and Magnetic Fields) - NIOSH ... ✓
www.cdc.gov/niosh/.../**emf**/ ▾ Centers for Disease Control and Prevention ▾
Apr 21, 2014 - NIOSH **research** on protecting workers from proven and possible EMF
health risks.

Magnetic Field Exposure and Cancer - National Cancer ... ✓
www.cancer.gov/.../magnetic-fields-fact-sheet ▾ National Cancer Institute ▾

The world health organization is the first link there.
In 2011 they came out and said
that wireless technology is possibly
carcinogenic. Now there are scientists
around the world that say that it's most
likely carcinogenic.

The third link there
is actually my own website. It's there
because last five years I've gathered
research from around the world that
shows that we now have enough evidence
to at least take precaution when it
comes to this technology.

So isn't wireless technology regulated?
And this is one of the most
interesting things I found.
The Federal Communications Commission is who is
supposed to be regulating wireless
technology but if you look at the
regulations they're almost 20 years old.
So that means our most advanced
technology is using his science, that's at
least 20 years old, but not onl that -
they're based on a concept which is
nearly 50 years old, which says if
microwave radiations doesn't heat us,
it can't possibly hurt us... but there
are now hundreds of studies that show this

is false.

So how is it, that we have regulatory
body not protecting the public?
Well, like many issues... like many public
health issues in our country,
you end up having industry influencing
the regulatory body and that's what's
happening here. So you have a revolving
door between the wireless lobby and the
FCC commission. That's what's happening.

Plus, the science is heavily influenced
by industry funding. This is the study by Dr.
Henry Lai. He looked at 326 studies based
on the biological effects of cell phone
radiation.

He found that about half of
the studies showed effects, and the other half didn't.
That's pretty normal for this type of
research.

But what he found was interesting: What if
you look at who funded the studies?
Seventy percent of the independent
studies showed effects in only 32 percent
of the industry-funded study showed
effects.

So you see that there is
influence in money on this topic, just
like many other topics: tobacco is another
one, where essentially the industry-funded

science was going to show their
products were safe.

So that's the bad news and now want to
share some good news; and that is that
there are solutions for this.

We are going to have to have industry start
to create safer products, but there are also
ways that we can both protect ourselves
and move the technology industry forward.

So one of the primary things we can do is to move
towards fiber optics, because this is a
way that we can make your home safer, our
businesses, and our schools; so fiber
optics are safe, secure and ...
absolutely they're one of the fastest
things we can use.

Another way we can go
is to design products which are
safer. Currently we have product
designers and engineers working together.
We can bring in bio-physicists and
biologists to work together to create
products that don't just admit right
underneath the FCC regulations but
admit the least amount of any type of
electromagnetic fields as possible.

If smart meters had been designed to use
either fiber optics or to
emit just once or twice a day rather
than the 10,000 times they do emit, I
would not be standing here today, and
thousands upon thousands of people
around the world would not have been
injured by smart meters.

So, what are some
things that all of us can do? This is one
of the most important things, because
everyone wants to know how to
essentially protect themselves and their
families.

So the first thing is to make
sure we use our cell phones wisely.
I mentioned that you don't want to put the cell
phone within about an inch to the body.
The industry is telling us this now.
So make sure you use speakerphone, get an air
tube headset and when it's on the body,
make sure that you put it on airplane
mode where you sit in the pocket, or
sometimes have it under the bra.

When it comes to kids, we don't want to have kids using
cell phones, but if they must, please teach them

how to use these wisely.

We can wire our homes.
Most people don't need
wifi in their home; so move towards
Ethernet, move towards fiber optics and
if you must have wifi, make you turn it
off at night, or you can get a simple timer,
so you don't even have to think about it.
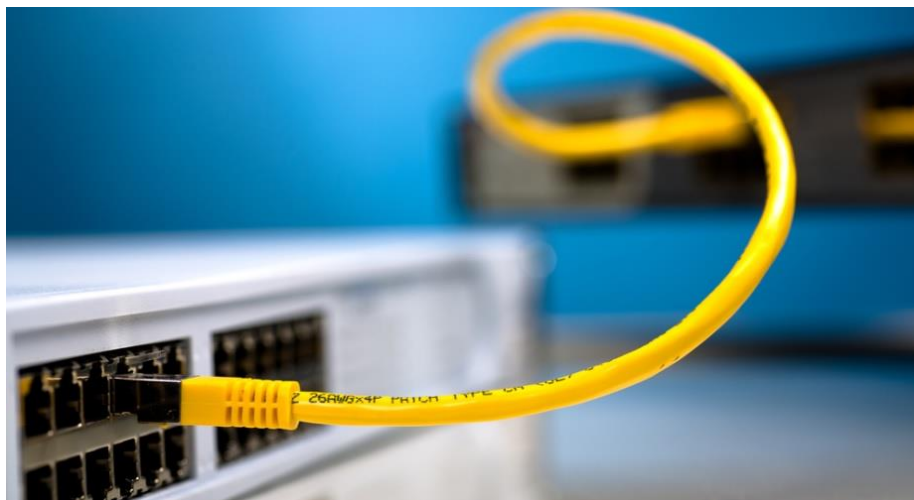
When it comes to kids, we want to reduce
their exposures as much as possible.
So if they use an iPad, put all of the data
on the iPad, and then turn the wifi off.
In the schools, I simply do not think we need to
have wi-fi in schools, because we're
filling those classrooms with microwave
radiations... we could have amazing
technology, but it can be wired, and this
is where I think we're gonna have to go.

When it comes to the smart meter and

smart home, I recommend you: opt out.
I've had wealthy early adopting families
contact with, that went "all in" on the
smart home, and they ended up getting
sick within a few months.

So this is something that affects families and I
just recommend that you don't go down
this path, because it's a technology we simply
do not need.
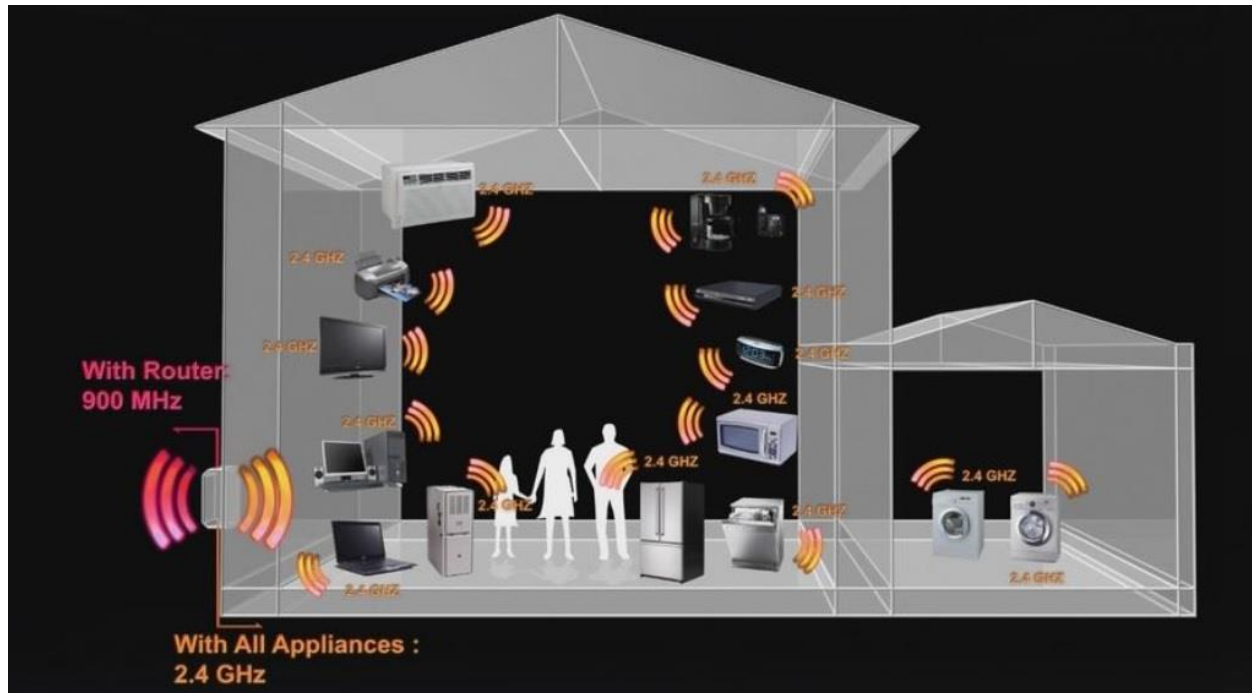
The last solution I want to give today, is to
create a safe place to sleep, because
this is one of the most important things.
Because this ... is when your body rejuvenates.
And it's when you can make sure that
everything is off; so turn off all your
wireless devices and unplug things.
If you have a baby monitor, I actually recommend
that you turn that off, especially at night.
I just do not recommend those for kids.

And if you do these things, I know
many people who ended up sleeping better,
they are much clearer during the day
and their fatigue is much less, so this
is something which I recommend everyone can do.

So in conclusion I want to say
that, this is a problem that we can solve.
There are tremendous people
around the world working on this issue right
now and I believe we're coming to a
tipping point, where enough people
realize that this is an important topic
and that there are solutions.

So, I recommend that you share this with the people who are close to you, because if enough people wake up to this issue, then industry will start creating safer technology and once they do that, our entire society can move towards a healthier future. Thank you.

[Audience applause]

A June, 2016 screenshot of the YouTube TEDx talk.