

Wireless, a danger for children's brains

November 9, 2023

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Chronic exposure to radiation from wireless technologies like Wi-Fi overloads the body's cells and impairs their proper functioning, undermining immunity, fueling chronic disease and threatening the fertility of future generations, says pediatric neurologist Martha Herbert in [the excellent 12 minute Youtube video *Wireless radiation and its impact on children*](#) .

“It is not healthy to put a computer or tablet in Wi-Fi mode on your lap if you are pregnant. It harms the pineal gland, the sperm and the embryos of future generations,” warns this professor of pediatric neurology at the prestigious Harvard University. Autism expert, Dr. Herbert is the medical director of the American organization [Epidemic Answers](#) which helps families of sick children to clean up their environment (read its recommendations on [maisonaine.ca](#) in my article [Chronic childhood illnesses: the road to recovery](#)).

She recommends wiring Internet connections and other devices, such as baby monitors, as often as possible to reduce exposure to radio frequencies (RF)/microwaves emitted by wireless technologies and which interfere with the proper functioning of cells. . “Wi-Fi speaks the same language as our electromagnetic brain. We have not developed new physiological pathways [of adaptation] because someone has developed new technologies,” she said in the introduction to her talk entitled *Wireless radiation and its impact on children* . yarn and its impact on children).

All cells in the body communicate electrochemically and they must be in an optimal environment to realize their potential. "Electromagnetic fields [EMC from wires and devices using 60 hertz electrical network current] and RF contribute significantly to the degradation of the fine tuning of electrochemical functioning in our body. »

In particular, it prescribes these two ways to help the brains of young people (and not so young people) to function optimally:

- opt for the rainbow diet: foods with different colors have various protective chemicals that increase the body's resilience; avoid carrying a switched on cell
- phone in a pocket.

The harms of the constant bombardment of pulsed and polarized waves that do not exist in nature are numerous, she says. RF/microwaves:

- stress and damage defending cells by producing heat shock proteins; create oxidative stress which produces
- free radicals and mutations causing chronic diseases (cardiac, neurodegenerative, cancer, etc.) and which thus harms the brain's ability to clean its biological waste; leak calcium and other ions into cell membranes; degrade metabolism
- (especially glucose), making it ineffective; damage the mitochondria (the
- energy plants of our cells) while the proper functioning of the brain requires
- enormous amounts of energy; deplete the production of glutathione, the body's primary antioxidant and detoxifying agent, increasing antioxidant needs; damage the
- barriers between the blood and the gut and between the blood and the brain, allowing viruses and pollutants to enter; desynchronize brain waves,
- in particular by reducing the production (by the pineal gland) of melatonin essential for restful sleep and the fight against cancer.
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Calcium channels are extremely important in the nervous system because they contribute to the electrical balance of cells, explains the pediatric neurologist: "People who have a lower voltage differential outside the cell membrane compared to inside the cell they are more vulnerable to cancer. »

Electromagnetic pollution accumulates with the biological and chemical stresses around us, creating cumulative impacts that overload the body. The vase then overflows.

Like [the American Academy of Pediatrics](#), she denounces the limits of exposure to RF/microwaves which she considers unsuitable for the great vulnerability of children. "Compared to an adult, there is **twice as much RF energy deposited in a child's brain and ten times more in the bone marrow**. A child's skull bones are thinner and waves from a nearby cell phone or Wi-Fi tablet penetrate

deeper into his brain. »

She refers her colleagues to [the Austrian Medical Association's 2012 guidelines for the diagnosis and treatment of diseases related to electromagnetic fields](#) to declare: "Doctors should know that sometimes we do not need medication, reducing unnecessary exposure to waves could be more effective. »

She concludes with this nuanced warning followed by a call for caution: "It is difficult for me to believe that EMF/RF are the only factors contributing to autism, neuropsychiatric diseases or other health problems, but their impact could be significant, so we must reduce our exposure. Let's do like alcoholics: admit that there is a problem and act by using safer means to meet our communication needs. »