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**Dr. Joseph Mercola, M.D.:** "The current generation of phones on the market -- DECT (Digital Enhanced Cordless Telecommunications) cordless phones -- broadcast microwave radiation twenty-four hours a day at a devastatingly high strength.... Replace your cordless phones with a landline phone."

**Dr. Conrad Holzmyster, M.D.:** "Cordless phone radiation is a powerful energy. I've observed that people exposed to it for long periods often suffer from erythema, abnormal redness of the skin, in their face and neck areas. There are medical studies indicating that low-level microwaves produce biological effects similar to UVB radiation from the sun. Erythema, involving capillary inflammation, resembles a superficial sunburn. Cordless phone radiation could be a factor in the rapid skin aging we see in so many people these days."

## Cordless Microwave Phones: A Path to Illness



**Cordless phones irradiate phone users, bystanders and neighboring properties with one or two of the following microwave frequencies, each designated by the International Agency for Research on Cancer (IARC) as a Group 2B carcinogen:**

**900 megahertz (older cordless technology)**

**1.9 gigahertz (1.9 billion hertz)**

**2.45 gigahertz (2.45 billion hertz)**

**5.8 gigahertz (5.8 billion hertz)**

**Cordless phone charger bases plug into landline jacks, but allow phone users to detach the handset and wander far from the base during conversation. Microwave signals from the cordless base antennas travel up to hundreds of feet, passing easily through human flesh and through most construction materials. Microwaves also flow into the brain and body from cordless handsets during conversation.**

Cordless phone technology has long been a health and environmental concern in Europe. In 2006, the German Federal Agency for Radiation Protection issued a press release advising that cordless phone radiation is a dangerous source of high frequency electromagnetic radiation in the home and work environments. [1]

In 2009, an international team of neurosurgeons and other medical experts sponsored by the Australian National University gathered to review all available epidemiological evidence in peer reviewed medical literature. They concluded: **“There is adequate epidemiological evidence to suggest a link between prolonged cell phone usage and ipsilateral brain tumor.”** Concerning powerful cordless phones used by millions of Americans, they stated: **“It should be noted that cordless phones operate as transmitters and receivers like GSM cell phones....The average power output of cordless phones is comparable to cell phones....”** [2]

Numerous case-control studies by Swedish medical researchers have demonstrated that cordless phone users exposed to about 2000 hours of cordless phone radiation over a lifetime have at least double the normal risk for brain tumors and also an increased risk for developing acoustic neuroma tumors (ear-brain). [3] The BioInitiative Report sums up current knowledge:

◆ **“People who have used a cordless phone for ten years or more have higher rates of malignant brain tumor and acoustic neuroma (tumors of the ear which cause hearing loss). It is worse if the cordless phone has been used primarily on one side of the head.”**

◆ **“The current standard for exposure to the emissions of cell phones and cordless phones is not safe considering studies reporting long-term brain tumor and acoustic neuroma risks.”** [4]



The most advanced and powerful cordless phone technology is digital enhanced cordless telecommunications, also known as DECT. This system is based on GSM cell phone technology. DECT phones, some of which emit the complex modulation patterns of spread spectrum, are currently irradiating millions of US homes, offices and large business environments. Some DECT phone systems can support several or even hundreds of handsets, allowing for conferencing between phones located in different rooms. Many commercial centers now deploy DECT PBX systems.

DECT phone systems emit microwave radiation in the frequencies of 1.9 gigahertz or the more energetically potent 5.8 gigahertz. These are frequencies which alternate the polarity of human cells *billions of times per second*. DECT radiation also includes continuous energy pulses at 100 hertz, a very low frequency which can exert powerful biological effects. While the 1.9 DECT systems are used mainly for voice, the 5.8 DECT systems can be used to text, video stream and transmit pictures along with other data. DECT systems can also be used with Voice over Internet Protocol (VoIP) technology.

If you put an audio microwave detector next to a DECT phone base, you hear a powerful hissing, static-like roar. A DECT phone can bombard a home or office with more intense radiation than that produced by a cell tower just outside the building. The only way to stop DECT radiation is to unplug the irradiating phone base from the electrical outlet.

The gigahertz frequencies emitted by cordless phone systems are capable of unleashing the same damage to human cells as ionizing X-radiation. This was documented by the European Union's REFLEX studies showing that *only 24 hours of wireless radiation in the 1.8 gigahertz range can inflict upon human DNA the damage equivalent to hundreds of chest X-rays*. [5] The

cordless phone frequencies of 1.9, 2.45 and 5.8 gigahertz, pumped at near-field into the human body, agitate cells at an even higher vibrational frequency than 1.8 gigahertz. As with other wireless communication devices, a cordless phone is therefore equivalent to a personal X-ray machine. Some cordless phones are reported to emit over 10 microwatts per cm<sup>2</sup> (or 6.5 volts per meter). This exposure level is hundreds of times more powerful than levels shown by medical studies to cause a multiplicity of negative biological effects in both animals and humans (over .05 volts per meter).

Physician-surgeon Dr. Joseph Mercola explains how cordless microwave phones devastate human health: **"Even when the phone is not in use, EMFs (electromagnetic frequencies) fill your living --and sleeping-- space. Unfortunately, they pulse in the high alpha range of brain waves, forcing your brain waves to "entrain" or match that pattern. At night this prevents your brain from entering the slower delta wave phase for deep sleep. Deep, slow delta wave, non-REM sleep is when your body heals and detoxifies. Not only do these pulsed systems prevent you from getting the restorative deep sleep your body needs, they also disturb all known body rhythms -- your EEG, EKG, heart rate variability, breathing patterns, bowel movements, detoxification and twenty-four hour meridian activity."** [6]

By 2010, an international team of medical researchers demonstrated that 40 percent of healthy individuals, exposed for only a few minutes to cordless phone radiation propagated at 2.45 gigahertz (this is also a Wi-Fi frequency), suffered significant disturbances in cardiac rhythm. These affected persons showed a marked increase in heart rate, arrhythmia or other disturbances in heart variability. [7] Arrhythmia can lead to sudden cardiac death in some people, especially those with pre-existing conditions such as congenital heart abnormalities or coronary artery disease. [8]

Microwave frequencies emitted by cordless phones are also documented to agglutinate (clump) red blood cells, causing them to become sticky. [9] This is a condition which lowers oxygen and impedes blood flow. These same frequencies cause cell membranes to weaken and leak calcium. [10] These same frequencies can cause blood pressure to rise or fall dramatically, depending on the exposure. [11] All of these factors are linked not only to heart attacks, but also to strokes, which are increasing exponentially among VERY YOUNG Americans. [12] No one knows how many vulnerable people end up in hospital emergency rooms each year with heart attack and stroke symptoms precipitated by cell phone and cordless phone radiation.

Also, as documented on various pages of this website, the microwaves propagated by cordless phones have potential to:

- ◆ **damage eyesight and precipitate eye cancers**
- ◆ **damage hearing by injuring tiny hair cells in the inner ear**
- ◆ **depress thyroid function by turning off the thyroid's control gland (pituitary) in the brain**
- ◆ **disable the immune system**

The Specific Absorption Rate (SAR) is the measure of the rate of absorption of RF energy into the body. Radiation engineer Alasdair Philips of Powerwatch in the UK, reports: **"SAR values seem to be a totally inappropriate metric to measure the potential risk of the phone as cordless phones appear to be having just as pronounced effects as mobile phones despite having about one twentieth (5%) of their SAR value. It seems that some other characteristic (the nature of the pulsing perhaps?) is causing the increase in cancer, by a mechanism we have not yet discovered."** [13]

Mast Sanity director Ingrid Dickenson in the UK has described the large number of people reporting bizarre symptoms from cordless phone exposure: **"The elderly, children and people with certain neurological conditions and particularly people suffering from cancer are the most vulnerable to DECT phone effects....I would go so far as to say if you live next door to someone with one, it's worse than being exposed to passive smoking and almost as bad as being on your mobile 24/7."** [14]

Dr. Magda Havas at Trent University in Canada warns: **"Children are sensitive to DECT phones, according to Dr. Leberecht von Klitzing, a German medical physicist and researcher at the University of Luebeck and one of the medical physicists who signed the Freiburger Appeal. His research on blood samples taken from children in the vicinity of DECT phones showed that the red blood corpuscles did not 'ripen out properly.' These symptoms could be reversed with the removal of the phone."** [15]



Cordless telephony is only one of numerous Wi-radiation hazards to infants and children. *Recent science confirms that wireless radiation is a risk for delayed and disturbed brain development in infants, including autism and other neurological developmental disorders.* This is how the BioInitiative Report 2012 (2014 update) sums up the known risks of wireless RF/microwave radiation to America's children, including the pre-born:

**"Overall, these new [1800 medical] studies report abnormal gene transcription (Section 5); genotoxicity and single and double strand DNA damage (Section 6); stress proteins because of the fractal RF antenna like nature of DNA (Section 7); chromatin condensation and loss of DNA repair capacity in human stem cells (Sections 6 and 15); reduction in free radical scavengers, particularly melatonin (Sections 5, 9, 13, 14, 15, 16 and 17); neurotoxicity in humans and animals (Section 9); carcinogenicity in humans (Sections 11, 12, 13, 14, 15, 16 and 17); serious impacts on human and animal sperm morphology and function (Section 18); effects on the fetus, neonate and offspring (Section 18 and 19); effects on brain and cranial bone development in the offspring of animals that are exposed to cell phone radiation during pregnancy (Sections 5 and 18); and findings in autism spectrum disorders consistent with EMF/RFR exposure." [16]**

Yet, many uninformed young parents are seduced with glitzy ads to buy wireless baby monitors, many of which use DECT wireless technology. "Nuking" infants and women of childbearing age with a continual assault of DECT microwaves in the name of "safety" amply illustrates the callous disregard of the powerful wireless radiation industry. The greatest travesty of our age is the fact that Big Radiation is exempt from adequate consumer disclosure laws when it comes to microwave exposure from low-powered wireless devices.

Millions of pets are exposed to chronic doses of cancer-inducing radiation in microwave-toxic homes. They too can be badly affected by relentless ray-toxicity from cordless phone systems. Thousands of scientific microwave experiments have been performed on animals who suffered sickness and death after very low-level microwave exposure. It is no surprise that, in the United States, an estimated one million dogs are diagnosed with cancer each year. [17] Undoubtedly, countless others suffer cancer without diagnosis.

The following information from Dr. Mercola must certainly be as applicable to children and animals trapped in microwave-polluted homes as it is for adult humans: **"The cordless DECT phone system blocks your blood brain barrier in the open position, allowing the entry of circulating toxins. It also affects the endothelial cells in our gut barrier. This in turn, may cause leaky gut syndrome, leading to food and environmental allergies."** [18]

In several recent studies, researchers used DECT phone radiation to research its effects on insects which are considered bioindicators for human health. Honey bees, for example, have the same brain structure as humans when it comes to learning processes, according to German researchers. When these scientists exposed honey bees to DECT phone microwaves, they observed that the creatures suffered diminished navigation skills and were unable to produce honey as proficiently as non-irradiated bees. [19] In another study, the effects of smartphone and DECT phone radiation were observed on colonies of ants. Smartphone radiation propagated under ant trays in a laboratory caused the ants to move abnormally and with difficulty. DECT phone radiation produced even stronger negative effects. The ants' linear speed drastically decreased and: **"During the exposure, the ants displayed difficulties in moving their legs, being nearly paralyzed....They could no longer forage as usual, move towards their nest or go to their food site."** Although they were exposed to DECT phone radiation for only three minutes, the ants needed two to four hours to recover enough to exhibit their usual behavior. [20]

On the market are many varieties of wireless headsets used in telephony, some of which are advertised to be so powerful that they can send microwave signals up to 600 feet in line of sight. Many American workers are encumbered with such wireless headsets, including those which utilize DECT technology. Current law does not require workers to be informed that the use of microwave-emitting headsets increases their risk for brain cancer, as well as for tumors of the eye, salivary glands and thyroid. Nor does the law require that pregnant workers be informed of documented risks to a fetus from teratogenic and carcinogenic radiation flowing through the mother's body for hours at a time. Any worker, subjected as a condition of employment to microwave exposure of the tumor-prone head and thoracic region and also to the reproductive organs, is logically justified in asking for extra health benefits and/or for hazard pay to minimally compensate for such horrendous health risks. Unfortunately, the federal Occupational Safety and Health Administration (OSHA) remains silent on this critical subject.



When cordless and DECT cordless phone systems were first put on the market years ago, manufacturers were *not required* to produce rigorous pre-market testing for human health effects of the microwave radiation emitted by these devices. And still today, thanks to political and economic pressures, neither manufacturers nor US government regulators provide up-to-date consumer health warnings about cordless phone radiation. The wireless radiation industry is therefore free to "farm" consumers as if we were mushrooms, keeping us in the dark and feeding us manure.

The DECT Forum, a global trade association of corporations profiting handsomely from DECT technologies, boasts that DECT devices and systems emit radiation within international exposure guidelines. As carefully documented at this website, modern science has demonstrated that these guidelines, codified years ago to serve military-corporate interests, are badly outdated and non-protective of human health. Ericsson, a corporate member of the DECT Forum (Aastra-Ericsson), has boldly stated: "**While the available science does not show that any health problems are associated with the radiowaves from mobile communications, some people express concerns.**" [21] That is because informed people are now aware of the thousands of studies which broadly contradict Big Radiation's blatant propaganda.

Sadly, many Americans are willing to swallow Wi-industry propaganda in order to rationalize cordless phone convenience and/or to protect their job security. For these microwave victims, here is a partial list of reported symptoms [22] that many people eventually suffer from cordless phone exposure:

**Heart rhythm disturbances**  
**Sleep disturbances**  
**Fatigue**  
**Impaired motor function**  
**Loss of memory and attention capability**  
**Depression and irritability**

**Learning difficulties and brain fog**  
**Lymph node swellings**  
**Joint and limb pain**  
**Nerve and soft tissue pain**  
**Numbness and tingling in extremities**  
**Allergies**  
**Tinnitus (ear ringing) and hearing loss**  
**Impaired balance**  
**Visual disturbances**  
**Thyroid impairment**  
**Night sweats**  
**Frequent urge to urinate**  
**Weight increase**  
**Blood sugar and insulin disturbances**  
**Nausea**  
**Loss of appetite**  
**Nose bleeds**  
**Skin complaints**

The above symptoms are only *preliminary indications* that one's health is being radically degraded by microwave radiation. Wi-tumor risks are fully explored [HERE](#). Those who wish to avoid chronic illness from cordless phone radiation should:

1. Use non-microwave, corded landline phones at home. It is helpful to install a wall jack and a corded phone in every room, and even out on the deck and patio. This precautionary approach is exponentially cheaper than serious medical bills. Many landline phones have good speakers which allow hands-free convenience.
2. It is currently *legal* in the US for anyone to irradiate, endanger and possibly murder the neighbors with carcinogenic wireless radiation. So learning how to detect this insidious pollution is a valuable tool for health defense. Obtain audio-enabled microwave monitoring equipment which allows you to both MEASURE and HEAR unwanted radiation intruding from neighboring cordless and DECT phone systems. This radiation travels far and easily penetrates walls and windows. Learn how to shield your apartment or home with barrier materials such as radiation-protective paint, fabrics and/or aluminum screening. And be sure to educate your neighbors, who are also suffering from ubiquitous radiation poisoning.
3. Refuse to patronize or work for businesses and companies which have weaponized their environments with deadly cordless/DECT phone radiation. If your company requires you to use any variation of cordless phone or DECT technology, arm yourself with the latest science to demand safe, non-microwave office phone systems as a basic human right to safety in the workplace.

## **Additional Cordless Phone Information**

1. Some *corded landline phones* can be as microwave-intensive as DECT phones if they offer an option to add a cordless satellite phone. Such phones are labeled "multiple handset capable" and they may heavily irradiate a home with perpetual emissions, even though they do not appear to be cordless, per se. When purchasing landline phones, consumers must read box labels carefully for frequency information.
2. Older analog 900 megahertz cordless phones do not usually emit microwaves from their bases when the phone is not in use. But during conversation, the handsets still pump 900 million hertz into human bodies and brains. The 900 megahertz spectrum is well-documented to damage both double and single strand DNA and to cause many other negative health ramifications, especially immune system breakdown. [23]
3. DECT telephony equipment licensed for use in USA by the FCC carries the designation DECT 6.0 to distinguish it from DECT devices used in other countries. The 6.0 designation does not refer to radio frequency, as does 5.8 gigahertz, for example. Nix any phone that carries the DECT 6.0 logo, which confirms that microwaves flow directly into the human body from both the main base and from the handsets.
4. Any cordless digital phone which emits 2.45 gigahertz is not a DECT phone. The DECT industry is unable to utilize 2.45 gig because of interference problems with other 2.45 gig systems such as Wi-Fi. But when you see a 2.45 gig cordless phone for sale, remember that it was this very frequency spectrum with which scientists easily destroyed animal DNA in the laboratory [24]

and which caused a 260% increase in rat tumors during the infamous 1984 Air Force study on the long-term carcinogenesis of microwaves. [25]

**Many office supply and hardware stores carry corded landline phones.  
Amazon offers a great selection of inexpensive, non-microwave phones.**



### **Reference Notes With Additional Information**

*Please do not construe anything at this website as medical advice.*