

Mobile Phone Masts



There are now over 50,000 Mobile Phone Masts in the UK.

They come in all sorts of shapes and sizes.

Masts can look like big towers that seem similar to pylons but don't have wires attached.

They can be tall poles that look like lamp posts but don't have a light on top.

Masts can also be what look like sticks or long grey or white boxes put at the top of buildings such as schools, hospitals, colleges, churches, flats and offices.

They can even just be small boxes the size of burglar alarms, often placed on the sides of shops in shopping centres and along high streets.

Avoiding Mobile Phone masts is almost impossible.

What's Wrong With Masts?

"**Cancer Clusters**" have been found around Mobile Phone Masts, up to 400 metres from a mast. People living near each other and close to a mast have ended up with cancers (including what were once very rare cancers) at nearly the same time as each other. These people live where they are getting the strongest signal from the nearby mast(s). This has been the case in Devon, Lincolnshire and Staffordshire.

It isn't just cancer! Other people living in these areas, close to masts commonly find they get many common symptoms including **heart palpitations (flutters)**, lots of **headaches**, **nose bleeds**, **problems sleeping**, **itchy burning skin** and feel really **depressed**.

Mobile Phone Masts give out the same sort of microwave radiation in their signals as microwave ovens use to cook food but the signals also carry data sent along in packets or 'pulses'.

In 2011 the World Health Organisation (WHO) classified microwave radiation emitted from wireless devices as a possible carcinogen (cancer causing agent). Unfortunately the UK Government has not taken any notice of the WHO so the UK's Health Protection Agency (HPA) Safety guidelines still only give us short term protection from being cooked (heated) by the microwaves – they've ignored the evidence that microwaves can harm us (and other animals and plants too) biologically (i.e. without heating us up).

When Doctors in a town in Germany (West Kempten) decided to prove that it was the Mobile Phone Mast that was causing particular health problems they took lots of blood samples from people before and after a new mast was put up and turned on. The people also stopped using their mobiles, cordless phones, wireless internet and other wireless/mobile gadgets too.

The results were very clear. The levels of two vital chemicals serotonin and melatonin found in the blood were found to be seriously altered once the mast was turned on.

Serotonin levels were halved. Serotonin controls your mood, anger, aggression, body temperature, sleep, sexuality, appetite and metabolism. Many of the people found themselves feeling moody, depressed, tired, and lethargic. Some also felt agitated and had lost their appetites. Nearly all felt really down.

The people's Melatonin levels were too high during the day and much too low at night. Melatonin is a hormone that is important in boosting the immune system and fighting cancer. It protects your DNA from damage. Since it also helps regulate sleep you want it high at night time otherwise you will be restless at night and tired during the day. If your immune system isn't boosted enough you will become ill easier, stay ill longer and can't fight cancer so well.

The Doctors wanted the Mobile Phone Mast to be turned off again.

In another town in Germany (Naila) Doctors looked at nearly 1000 medical records. They found that patients who had lived within 400 metres of a mast for 10 years were much more likely to get cancer than those further away. Patients fell ill with cancer nearly 8 years younger. 5 years after the mast was installed the chance of people getting cancer near to the mast was 3 times higher than it was for people further away. Other studies have shown the same kind of pattern.



Many German and European doctors (equivalent to our GPs) are so concerned that they have signed petitions such as the "Freiburger Appeal" to demand that Governments take the other health concerns over Mobile Telephone Masts more seriously.

These Doctors have noticed more and more of the following health problems when Mobile Phone Masts have been put up in their areas:-

- **Learning problems**
- **Trouble concentrating**
- **Behavioural disorders** such as Attention Deficit Disorder (ADD)
- Extremely high and extremely low **Blood Pressure** – and swapping between the 2
- **Medicines stop working as well**, so prescriptions have to increase
- **Heart Rhythms get upset**, as does the **immune system**
- Sudden **Heart Attacks** and Strokes happening in younger and younger people
- More **Brain diseases** such as **Alzheimer's, Parkinson's, Motor Neurone Disease** and **Epilepsy**
- More **Cancers, Leukaemia** and **Brain Tumours**
- More and worse **Headaches and Migraines**
- **More and worse sleeping disorders**
- Constantly being **tired**, getting **sleepless** and being **sleepy during the day**
- People feeling **anxious** all the time
- **Ringing in the ears** (Tinnitus)
- People **more likely to get infections, colds, allergies and viruses**
- People **feeling pains in their nerves and bodies** for no apparent cause



and

Some Scientists have also found that levels of nitric oxide and calcium ions in the body are upset by microwaves. Too much nitric oxide can lead to Multiple Sclerosis, diabetes and cancer, whilst too little can cause high blood pressure and damage your arteries.

Calcium ions are used by cells to communicate. If they leak out of cells they stimulate cancer cell growth. If too many get into cells the cells get damaged and your DNA gets broken up. This damages fertility.

What Can I do?

Stop using your Mobile Phone – or, at least, use it only when absolutely necessary. Use a corded telephone whenever you are at home. Don't get taken in by the many apps and features you can use on your mobile phone. Just use the internet when you are on a wired connection and use separate cameras and other safe devices etc. Health must come first.

Remember, the more mobile phones are bought and used, the more mobile phone masts are put up, ruining many people's lives. One day, it might be outside your house that a mobile phone mast is erected.

There Is A Choice. If you really do care about your friends, your family, yourself and the world you live in, please look at our full advice at <http://mastsanity.org/info-guides-/masts-guide.html>

The Mobile Companies and Government claim that this technology is all safe – but they would since they are making Billions of pounds from it every year. They can't afford to admit that it's dangerous.

Since when should we listen to the safety assurances from these people (who make billions of pounds selling us their products) over and above independent scientists' warnings?

If nothing else look into the facts for yourself – take care to look at the work of truly Independent scientists, not those paid directly or indirectly from Government and the Telecom Companies.

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Calling for Environmentally and Biologically safe communications networks and radio frequency devices

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