

Why Unprotected Cellular Phone Use "Excites" Your Brain

Electromagnetic fields emitted from cell phones excite the brain cortex nearest to the phone, Italian researchers found. It is not known whether this effect is harmful to the brain. The researchers used Transcranial Magnetic Stimulation (TMS) to monitor brain function of 15 young men using a GSM 900 cell phone for 45 minutes. Twelve of the volunteers showed excitability in the motor cortex cells -- the outer layer of the brain -- adjacent to the cell phone. Their brains returned to normal about an hour after cell phone use was stopped.



More than 500 million people use a cell phone that emits electromagnetic fields, called a Global System for Mobile Communications (GSM) radio phone.

Previous studies on the effects of cell phones on the brain, and whether there is a link to cancer, have had varying results. The researchers said their study did not show that using a cell phone was harmful, although people with certain conditions linked to brain cell excitability, such as epilepsy, may be affected.

[Annals of Neurology](#) June 26, 2006

[EurekAlert](#) June 26, 2006

[Yahoo News](#) June 26, 2006

Dr. Mercola's Comment:

This year three-quarters of a billion NEW cell phones will be sold. Nearly every adult in a modern country seems to own one, so the issue of whether or not they contribute to brain damage or cancer is quite significant, as the majority of the population could be harmed.

The current study has strong implications that cell phone use will increase risk of seizures. While this is certainly not a life threatening or terminal scenario, the obvious concern is that if it changes your brain enough to decrease seizure thresholds, what other long-term effects might be occurring?

Media headlines seem to jump back and forth between reporting on the dangers of cell phones and then on their safety. This is an issue that you would be well-served in carefully researching. You might with the best extensive review done in a full-text article that was published in the British journal, ***The Lancet***.

When you are researching this topic you might want to consider our recent experience with a similar health issue, smoking. Most everyone reading this is not old enough to remember the JAMA (Journal of the American Medical Association) ads that showed physicians smoking and describing all the health benefits of smoking. This actually happened in the 1920s and appeared in one of the most widely distributed medical journals.

Nearly 100 years later, after science has had time to document the destructive effects of tobacco, these ads look absolutely ridiculous. I suspect many "experts" voicing denial of cell phone radiation damage are similarly in denial and don't want to face the reality that they may need to reduce their cell phone radiation exposure.

So, it is my projection that not too far down the road many of the expert articles you have read defending how safe cell phone use is will be viewed as ridiculous as the 1920 JAMA cigarette ads are viewed today...If this sounds foolish, remember I am the person that first publicly predicted in 1999 that Vioxx would be removed from the market because of killing people from cardiovascular side effects. FIVE YEARS, and 55,000 deaths later,

they removed VIOXX from the market. From my point of view the evidence is even stronger on cell phones.

So heed the warning now — or heed it later. The only thing I am earning on this strong recommendation is the satisfaction of knowing I was able to prevent unnecessary misery, suffering and grief.

Because of these issues, along with other known effects of electromagnetic fields (EMFs), I once discouraged cell phone use entirely. Then, with the advent of headsets, and other EMF Reduction Devices, my once stringent recommendations relaxed a little, as these do help to decrease EMF exposure. However, while using a hands-free device has been found to reduce radiation from cell phones, emissions can still travel up the headset wire and into your head.

Many of you rely on your cell phone as an essential part of your life so not using a cell phone is not even a remote possibility. But it would seem prudent to restrict the use of cell phones in your kids. If you are unable to do that I can't urge you enough to either use your cell on speakerphone or get a SAFE headset.

It is important to know that virtually every headset out there may actually increase the radiation exposure to your brain by serving as an antenna. If you or your children use a cell phone it is vital that you protect them with simple and inexpensive new technology that can transform your dangerous headset into an oasis safe from dangerous cell phone radiation. There are many solutions to avoid cell phone radiation. Ideally it would be best to use the speaker phone on your cell and to not hold the phone. This is my first option. But there are plenty of times when this just isn't practical.

Cell Phone Index

The controversy over whether or not cell phones are safe to use is still going strong. The links below cover many of the hot issues and will help you to make an informed decision about cell phone use for yourself.

[Cellular Phone Industry Just as Health-Harming as Big Tobacco?](#)

Learn the amazing parallels between the big tobacco and cell phone industry and how they both seek to deceive you about the harm they cause.

[Eliminate Your Cell Phone Radiation With Tiny Iron Beads](#)

A tiny magnetic piece of iron could block "unintentional" radiation from traveling from your cell phone into your head. Will the cell phone industry take researchers' advice to make using these beads with cell phones an industry standard?

[Cellular Phones Linked to Cellular DNA Damage](#)

If you think cell phones are the best invention since sliced bread, think again. Using a cell phone could permanently damage cells (and DNA) in your body.

["If Mobile Phones Were a Type of Food, They Simply Would Not be Licensed"](#)

This statement was not uttered by some uneducated anti-technology activist, but rather was written by a prominent British physicist and was printed in the prestigious medical journal, The Lancet.

[Long-Term Cell Phone Use Spurs Tumor Growth](#)

Racking up minutes on your mobile phone might leave you with more than a large bill. Discover how 10 years or more of mobile phone use could increase your risk of developing a benign tumor on the auditory nerve.

[Cell Phones May Harm Blood Cells](#)

Studies are showing that radiation given off by cell phones may be linked to cancer. Discover how experts are researching the possibilities of the link between cell phone radiation and the increased risk of cancer.

[Study Links Cell Phones to Brain Cancer Risk](#)

Read about the European study that documented the danger of cell phones. Practical alternatives are provided.

[Cell Phones on Planes](#)

American Airlines introduced their "relaxed" cell phone policy, which could greatly reduce the stress of their passengers.

[Cell Phones 'May Trigger Alzheimer's Disease'](#)

Rats exposed to two hours of cell phones had an abundance of dead brain cells several weeks later, a finding that may be applicable to humans. The study adds to the long-time controversy over mobile phone safety.

[Cell Phones and Brain Tumors](#)

People who spend more than an hour a day talking on a cell phone are almost one-third more at risk of developing a rare form of brain tumor.

[Mobile Telephones and Brain Tumors](#)

The dangers of mobile phones are apparent, as using them regularly can more than double one's risk of developing brain cancer.

[Next Generation Cell Phones May Cause Nausea, Headaches](#)

Radio signals from the newest cell phone base stations have caused side effects ranging from tingling sensations to nausea. Find out what to expect from these powerful new electromagnetic fields.

[Hands-Free Mobile Phones Cut Radiation Risk More Than 90%](#)

In the midst of continued reports of adverse effects of radiation from cell phones, several consumer groups are promoting the use of hands-free devices, which reduce the amount of radiation that the brain is exposed to by 90%.

[Hands-Free Mobile Phones May Increase Radiation Exposure](#)

Contrary to previous assumptions, hands-free mobile phone kits can significantly boost the brain's exposure to radiation, according to research conducted by a British consumer research magazine.

[Cell Phones the Newest Teen Addiction](#)

A report claims that cigarettes are slowly being replaced by an equally addictive obsession--the mobile phone. Although the decline in smoking is certainly a good thing, the fact remains that NO ONE has studied the long-term effects of cell phone radiation on your brain.

[More Dangers From Cell Phones](#)

Another study is casting doubt on the supposed safety of cell phones.

[Federal Report States Data on Cell Phone Does Not Address Safety](#)

Americans' cell phone use has skyrocketed--from 16 million users in 1994 to some 110 million today. This rapid increase has been accompanied by fears that heavy use of the devices could lead to brain cancer or other health problems.

[Cell Phone Companies Patent Cancer Shields](#)

The world's largest cell phone manufacturers have been patenting devices to reduce the risk of brain

tumors among users while rejecting claims of any health hazards. Do you detect any hypocrisy here?

[Cancer Cell Study Revives Cell Phone Safety Fears](#)

Find out what you need to know to protect yourself from this potential cause of brain tumors.

[Cell Phones to Carry Radiation Labels](#)

This is a good thing as reducing radiation exposure is very important. The best option of all however, is to avoid the use of cell phones completely.

[Electromagnetic Fields and Cell Phones](#)

Electromagnetic fields too weak to heat up the body, including those of cell phones, have been linked to cancer and other illnesses since the 1960s. However, the current 'safety' limits are still inadequate to protect workers and the public from the effects of these fields. This article exposes the bad science at the center of the controversy.

[Mobile Telephones Can Cause Dizziness, Nausea and Headaches](#)

Five other article links on the dangers of cell phones and what you can do to protect yourself from them.

[Mobile Phone Companies to Face Lawsuits Over Brain Tumors](#)

Mobile phone companies are facing legal action from brain tumor victims in the United States. If you are a frequent cell phone user, please take the time to review the evidence on this issue and I think you will conclude that the convenience is simply not worth the risk.

[More Mobile Phone Users Report Symptoms](#)

A significant percentage of mobile phone users are reporting symptoms, especially after longer phone conversations.