

Technology – friend, foe. Probably both?

Article provided by Frances Ive

As a society – even a civilization – we are surrounded by microwaves from a plethora of sources (or sorcerers some might say). Will we ever know the truth about the effects on our health of mobiles phones and wireless technology? Or will the vested interests of big business and Governments obscure the truth – if they don't like it. Or will it be as some people predict that in the future they will be regarded as smoking is now – a big health hazard? And let's not forget that in the 1950s, the tobacco industry tried to hide the truth about smoking.

Schools could be pushed to ban mobile phones and wi-fi networks because of the alleged damage to children's developing brains. The Council of Europe is following up on recent research and is also concerned about portable phones and baby monitors in the home. With one third of the world using mobile (cell) phones it's hard to go anywhere now that is away from the electro-radiation that is around us all the time. It has also been claimed that it causes permanent damage to DNA in our body cells.

It is a fact that it's hard to get away from an electronic environment now wherever you go because there are always phone masts and wifi systems, even in remote areas. So even if you decided to make a stand yourself it would make little difference.

Feeling exhausted?

Natural health advocates believe that at best electro-radiation saps our energy, leading to tiredness, lethargy and depression. People with chronic fatigue syndrome are well advised not to sleep in rooms with mobile phones or wireless networks. The best we can do as individuals is to switch everything off at night, and not have the mobile by the bed as an alarm (a popular habit among young people).

The other similarities to the tobacco industry are that any studies carried out by the mobile phone or computer industry seem to claim that there is no harm whatsoever. Once again the consumer is left wondering, and as this technology is not only an integral part of our lives, but also very profitable for the companies involved, it's unlikely it's going to disappear any time soon.

Fertility and hayfever claims

Further research claims that laptops may also affect male fertility by damaging the sperm and fragmenting DNA. The first study into laptops claims that men who rest them on their laps – rather than on a desk – are much more likely to be affected, according to researchers from Nascentis, a reproductive medical centre in Cordoba, Argentina. Wi-fi radiation affects sperm motility, or movement, and damages the DNA.

There is a new theory that the increase in hayfever may be due to high levels of electromagnetic radiation. The premise is that all the technology we have around us is emitting such high levels of electromagnetic waves that we are more prone to allergies such as hayfever. This is supposedly because of the numerous vibrations in the atmosphere bombarding our skin, which senses them as alien invaders, thus telling the brain to produce a reaction.

Xynergy comment:

Technology – friend or foe – unless there is incontrovertible proof, we are not going to escape whatever it is our ‘convenience machines’ emit. We are not going to give them up. More reason for taking good quality supplements to help us operate at peak condition eg. Spirulina, Chlorella, Coenzyme-A and Pure Synergy.

Frances Ive is a journalist and author specialising in natural health and nutrition. Visit her excellent website www.healthysoul.co.uk