So, I’ve had the immense fortune of being at home for the last month. I have been looking for my next contract, but the market is really quiet this month (bad timing on my part). So, as well as chilling and reacquainting myself with what it feels like to be totally relaxed (sorry to rub it in but I’ve definitely earnt it hehe), I’ve also been working on a few of my own projects and I’ve noticed something very interesting. For the last 4 years, I have felt utterly exhausted at the end of each work day, even Mondays. I initially put it down to spending hours and hours on the computer. It wasn’t the job. I have had amazingly cool colleagues for the past three years. We had great banter and a laugh. It wasn’t the job. However, since I’ve been home I’ve been spending probably even more time on the computer yet, I am NOT TIRED. Not at all. So what is different? Well, obviously I’m at home and being at home is amazing. However, I did also really enjoy socialising in the office. We had a great rapport. I actually miss that. Personally, I think that switching off WIFI and 4g most of the day is a significant factor. I really do. There is increasing evidence to show that over exposure to microwaves in the GHz range used by phones and routers disrupts cellular physiology. Those of you who are tempted to stop reading here, please don’t. I think you may find what’s coming interesting, I promise 😊. So, the evidence is mounting up. Often when I tell people about it, they shrug it off and probably think to themselves, privately… or not so privately “Simon’s latest paranoia!!!” LOL. Yet, here I am feeling great and I’m certain it’s because of that.

Remember in the 60s when doctors appeared on T.V. making claims about how “safe” tobacco was? There are financial interests at play for sure, so I don’t trust the information we are getting from official sources. I don’t think that’s paranoia. It’s common sense. However, before any of balk at the idea of not being able to use WIFI or 4g, I have come up with what I think is a really sensible way to instantly reduce exposure by about 90% without losing much convenience.

You see, what many people don’t realise is that the single greatest source of radiation is, not from your router, not from the antenna down the road; it’s from you phone. Your phone is right next to you blasting away. The signal that your phone emits has to be strong enough to get to the next antenna, wherever that is, so those of you who are a few miles away will be bathed in even more radiation. Most modern phones are able to emit at different intensities according to your location, the more intense the further you are form the antenna. In addition, most of us have our phones on us all day and some even sleep next to them. With 4G, the amount of radiation is significantly higher than 2 or 3G and several degrees of magnitude higher than that emitted to make a call. So, what can you do? It is possible to disable cellular data on most phones. This means you can still receive calls and SMS messages, but your phone won’t be constantly emitting a 4G signal. You can periodically, throughout the day, switch mobile data back on again to sync up all your messages, Whatsapp, emails, Facef\*ck etc. You can also reply to them offline. This is a good idea, because having the phone in front of our faces whilst it’s emitting means our heads are getting the brunt of it. Probably not a good idea. The incidence of brain tumours is definitely going up by the way, along with others cancers too.

I know many of you may be thinking “what a faff, I can’t be arsed”, but what if it turns out that this really is dangerous. I mean, there have been no trials into this technology. WE ARE THE TRIAL. So any claims of its safety are dishonest at best.

I hope you have found this insightful and useful. Please feel free to share if so.