5G SURVIVAL

Instead of succumbing to fear, let's replace fear with knowledge and a plan for reducing personal exposure. To do so, we need to consider four key concepts: the malignant spread of Wi-Fi; 5G cell service, including service that relies on millimeter waves; the abundance of millimeter-wave radiation not related to 5G cell service; and 5th-generation warfare—a paradigm that can help us understand the media and industry messaging that is normalizing personal radiation exposure without any cumulative limit.

SOME DEFINITIONS

The focal point of the 5G apparition is 5G digital voice and data services delivered over the cellular network—the fifth generation of cell phone "service." 5G cell service is about digital transmission of both voice and data using cellular technology. From a synthetic EMF exposure perspective, the word "service" in the twenty-first century means an adulterated electromagnetic environment. Other examples include *Wi-Fi, Bluetooth, mobile phones, GPS, the Internet of Things* (IoT), ***public safety communications, wireless payment systems, wireless gaming, radio-frequency identification*** (RFID) **and *drone communication*. Use of these services requires an altered electromagnetic environment, one that is foreign to natural life. Without this sea of unnatural radiation, there would be no cell service, no Wi-Fi, and so on.**

Among the primary types of synthetic electromagnetic fields—electric fields, magnetic fields, dirty electricity, and radio-frequency (RF) radiation—5G, in its various forms, is a radio-frequency radiation problem. Anything related to 5G creates exposure to man-made RF radiation.

MALIGNANT SPREAD OF WI-FI

Not everything labeled "5G" pertains to 5G cell service. A prime example is "5G" in the context of Wi-Fi's malignant spread. The only known safe level of exposure to RF radiation is zero, so anything more is malignant.

People sometimes conflate Wi-Fi with 5G cell service because of the letter "G." When you're looking at a list of local Wi-Fi network services, you may see a (hypothetical) **name like "Triton Industries 5G." You've been dreading this day. Given all you know about the undesirability of 5G in local communities, you're shocked to see what you believe to be ironclad evidence of 5G in your area. You don't know who or what "Triton Industries" is, but it's clearly part of the awful 5G rollout, right? No—it's not part of the 5G cell service at all. This misunderstanding is based solely on the capital letter "G" and nothing more. In the context of Wi-Fi networks, the "G" signifies one thing, while in the context of 5G cell service, it signifies something entirely different. That's it.**

To unravel this mystery, we need to talk about frequency allocation bands and special bands called ISM bands. These are specific ranges of frequencies within the electromagnetic spectrum designated for particular uses. The ISM bands are unique because they are reserved for industrial, scientific, and medical purposes, allowing devices operating within these bands to operate without requiring a license, which implies lower costs for the manufacturer. Examples include microwave ovens, wireless local area networks (LANs, like Wi-Fi)**. Bluetooth devices and cordless phones. Humanity has chosen to modify the natural electromagnetic environment, created for our mutual benefit, into designated bands for human use.**

There are many ISM bands. The most popular is called the 2.4 gigahertz (GHz) **band, which ranges from 2,400 GHz to 2.4835 GHz. This is a popular spot where, without a license, manufacturers create devices that intentionally propagate RF radiation into the environment.**

The first generation of commonly available Wi-Fi routers radiated exclusively within the 2.4 GHz band. You don'[t need Wi-Fi to connect to the Internet; wired connections can achieve the same result without wireless radiation. However, the initial introduction of Wi-Fi—and the subsequent increased disruption of our natural electromagnetic environment—was confined to the 2.4 GHz band.

Over time, the 2.4 GHz band became saturated with Wi-Fi radiation, to the extent that data throughput (which refers to the ability of a cellular network to deliver data at a faster rate) **was sometimes affected, resulting in network slowdowns. What was our response? Did we implement public health communications encouraging the use of non-radiating, wired methods for connecting to the Internet or printers? No. We allowed synthetic Wi-Fi radiation to spread into an additional part of the electromagnetic spectrum—the 5 GHz ISM band, which typically spans frequencies from approximately 5.150 GHz to 5.925 GHz.**

When we began shipping Wi-Fi products that operated on the so-called 5 GHz band, all the early adopters rushed to buy brand-new Wi-Fi routers that operated in that band. They communicated their new status by using new Wi-Fi server names. Thus, the hypothetical "Triton Industries" Wi-Fi router became "Triton Industries 5G." The "5" in this "5G" meant 5 GHz, not 5th Generation—in other words, it has nothing to do with 5G cell service.

This malevolent spread of synthetic Wi-Fi radiation from the ISM 2.4 GHz to the 5 GHz band began in the early 2000s. That's the story of 5G in the context of Wi-Fi. It has nothing to do with what's going on with 5G cell service, but it's a recurring point of confusion to this day. What you need to know is that just because you see a list of Wi-Fi servers on your "smartphone" that includes one or more servers with names that include "5G" doesn't mean you have 5G cell service.

5G CELL SERVICE
The second type of 5G we need to talk about is 5G cell service—digital voice and data services delivered over the cellular network.

As successive generations of cell service have been deployed over the last forty years, three trends have become apparent. First, more and more locations are being "served." In this context, "served" means that all life within a "service area" is exposed to an unnatural sea of man-made radiation. Without the sea of man-made radiation, there is no "service." This trend is creating uninhabitable spaces for ourselves and our clients because our biology is tuned to the native electromagnetic environment, whereas all generations of cell service pollute the native electromagnetic environment to the detriment of all life.

Second, each successive generation of cell service has provided greater throughput, allowing users to download or upload content (such as web pages, videos, or files) **more quickly. The technical details of how this is achieved are not relevant to this article; the essential point is that greater throughput means more information transferred per unit of time. Think of throughput as an increase in toxicity. A one-second exposure to 1G carries much less data content than a one-second exposure to 5G. Although neither is without harm, 5G is more toxic firstly due to greater throughput.**

Third, there has been a malignant spread to other parts of the electromagnetic spectrum. Just as Wi-Fi began with only one "band allocation"—a contiguous set of frequencies set aside for corruption by Wi-Fi and other technologies—but then spread to a new band allocation around 5G, this pattern also characterizes successive generations of cell service. There are now a multitude of bands that have been given over to cell service. (Think of this as more and more of the natural electromagnetic spectrum devoted to destruction.)

The three trends combined mean that more areas on Earth have a corrupted electromagnetic environment (cell service)**; with each successive generation of cell phone technology, the toxicity has increased (due to the increased information content per unit of time); and cell service claims more portions of the electromagnetic environment.**

MILLIMETER WAVE MADNESS

What's unique about some, but not all, implementations of 5G cell service is the allocation of bands among the millimeter wave (mmWave) **frequencies. mmWave refers to wavelengths less than one centimeter. These wavelengths are unique because they have previously been used primarily in military weapons systems, not cell service.**

Coupled with mmWave implementations is another unique dynamic called beamforming, which projects a beam of higher intensity directly at 5G mmWave-enabled devices. This means that all living organisms between the beam source and the area around the target device are exposed to a selectively higher-intensity mmWave radiation.

As the frequency of electromagnetic radiation increases, so does the energy. This concept is crucial in understanding the behavior of electromagnetic waves across the spectrum, from low-energy radio waves to high-energy gamma rays. This is a fourth factor at play with 5G cell service—higher frequency means higher energy.

Not all 5G cell service uses mmWave technology, but those that do rely on more antennas and transmitters relative to the number of antennas and transmitters required for lower-frequency implementations like 3G and 4G. This means that all life in such an environment is exposed to a variety of mmWave radiation intensities—more from the *closer* antennas, less from *further* antennas. This is a critical issue because biophysics (EMF exposure) **can produce non-linear dose-response relationships** (unlike biochemistry, which produces a linear dose-response relationship)**.**

Therefore, in a 5G mmWave environment, you will have a broader spectrum of continuously varying doses, which may have the effect of maximizing potential harm. Dense urban areas with lots of cell towers, and especially areas with flat terrain, already have this phenomenon in effect even with non-mmWave implementations, but mmWave implementations involve significantly more transmitters per service area and, therefore, a greater number of exposures at varying intensity.

There are several different implementations of 5G cell service according to frequency, but all bear the name "5G." A national carrier may claim 5G service in an area served by lower frequencies (for example, frequencies below 1 GHz.) **In such areas, many of those frequencies may have been formerly allocated to 3G cell service. In this case, you may be dealing with greater information transfer per unit of time with 5G, which is trolling, but you don't have the malevolent spread to higher frequencies, including mmWave. This is the best-case scenario for someone wanting to reduce personal exposure, and it's typically only available in remote areas with low population density and appropriate terrain features.**

Understanding the frequency range of any given 5G service can be challenging, as cell service roviders don't always make it clear. For example, they may refer to 5G low-band service as "part of our 5G network." Verizon, AT&T, and T-Mobile brand their higher frequency services as "5G *Ultra Wideband*." "*5G+*" and "*Ultra Capacity 5G*," respectively, without necessarily indicating whether you're being exposed to mmWave radiation. To determine whether you have mmWave service in your area, you have two options. The first is to consult a qualified local EMF consultant; they should know what's been deployed in your area. The

second option is to purchase and learn to use your own mmWave RF meter, ensuring that it has the requisite accuracy, sensitivity, Frequency range and third-party testing.

YOUR LOCAL GROCERY STORE: A SOURCE OF MILLIMETER WAVE RADIATION

While we are safe from mmWave 5G for now, we are not safe from mmWave radiation from other sources. Though it is commonly believed that mmWave radiation exposure is synonymous with 5G, it has become apparent that mmWave radiation has been quietly deployed across various applications for some time. The result is a surprising and significant level of involuntary exposure to mmWave radiation in areas considered safe from mmWave 5G cell service, as well as additional and unexpected service. Unfortunately, there doesn't seem to be a way to completely shield an infant, pregnant mother, or anyone else looking to eliminate mmWave radiation exposure, aside from avoiding areas where this type of radiation is prevalent.

Who doesn't visit grocery stores? The issue revolves around the door sensors that control the automatic sliding doors at the entrances and exits. All local, regional, and national grocery stores expose customers to high levels of mmWave radiation through these sensors. To access the products inside the store, you need to enter, and if you use these automatic doors, you're going to be exposed to mmWave radiation.

By entering and exiting each store three times, and then averaging the results, found that the average exposure levels to mmWave radiation when entering or exiting ranged from just over 11,000 $\mu W/m^2$ (microwatts per square meter) **to just under 23,000 $\mu W/m^2$.**

It is unknown precisely how toxic these mmWave exposures are. However, by October 2001, there was very strong evidence that electromagnetic radiation, across the spectrum, is a ubiquitous universal genotoxic carcinogen. Additionally, very sensitive patients report feeling well in environments with radio-frequency power density levels up to 0.1/$\mu W/m^2$, while others require levels below 0.0005 $\mu W/m^2$ to feel their best. The levels in grocery stores are hundreds of thousands to tens of millions of times higher. The safest assumption remains that there is no known safe level of exposure.

Some children cannot enter a supermarket without experiencing seizures. Others report feeling ill upon entering grocery stores. From a technical perspective, mmWave radiation isn't necessary for controlling door openers. Given the many available alternatives (such as pressure mats, photoelectric eyes and doormen, none of which involve RF exposures)**. Every store in my area relies on mmWave technology for this purpose. The convenience is not worth the potential health risks. We risk missing an epidemiological signal that mmWave radiation is harmful by exposing everyone to it.**

MILLIMETER WAVES AND ROADWAYS

As the use of vehicular radar technology becomes more widespread, byways, roads and highways are increasingly contaminated with mmWave radiation. The issue here stems from new "conveniences" in automobiles that use mmWave radar technology. Depending on the model, these systems can emit radiation from the front, rear and/or sides of the vehicle.

Some believe that mmWave radiation cannot pass through glass, but untreated window glass offers no protection. You can easily detect this radiation from other vehicles while inside your own. This demonstrates how poor decisions by others regarding the use of technologies involving harmful man-made electromagnetic radiation can unfortunately have an impact on those who are more cautious about managing their personal exposure—a pattern you see time and again in a healthcare practice.

The increasing discomfort experienced by the most sensitive clients and their growing difficulties with travel clearly indicate a problem. Although we can't definitively say that mmWave exposures are the culprit, they

should be considered a prime suspect. Electromagnetic suffering doesn't always come with a return address, making it challenging to pinpoint the exact sources of exposure.

As with many other RF radiation-emitting technologies, those involving vehicular radar present a trade-off, offering perceived benefits in exchange for increased personal exposure to mmWave radiation. The bait for this particular trap includes adaptive cruise control (adjusts the vehicle speed to maintain following distance, using radar to detect the speed and distance of the vehicle ahead)**; automatic emergency braking** (uses radar to automatically apply the brakes)**; blind spot detection; lane change assistance; rear cross-traffic alert** (alerts drivers to vehicles approaching from the sides when backing out of a parking space)**; and parking assistance.**

Car travel is increasingly problematic for those seeking to avoid mmWave radiation. If you take a good RF meter that detects microwaves with you while driving, your RF meter might show continuous extreme levels of mmWave exposure for several miles. When you change your position in traffic, the mmWave radiation levels go to zero. Unknowingly, you have been driving down the highway with a radar-equipped car both in front of and behind your vehicle. Without this meter, you never will know. This concern extends to pedestrians and bicyclists as well, who are a risk of exposure while walking or biking near roadways where vehicles equipped with mmWave technology frequently pass.

Another concern related to vehicular radar technology involves sidewalks. You can find mmWave emissions from vehicles easily corrupt surrounding sidewalks. This is a problem for sidewalk dining, as you will receive mmWave radiation exposures from passing traffic. Awareness of these dangers enables better avoidance strategies, but it is regrettable when the simple pleasure of sidewalk dining has to be sacrificed. Unfortunately, the number of spaces that are intolerable or uninhabitable for those who need or prefer lower personal radiation exposure, is growing.

Residences located near roadways can also be affected by mmWave radiation, as the radiation can easily pass through untreated glass. This exposure can extend to balconies, yards, and gardens that are close to roads, potentially impacting the areas of home where people spend significant outdoor time.

FIFTH-GENERATION WARFARE

Why are we observing the malignant spread of Wi-Fi? Why are we embracing millimeter-wave RF exposures tied to food procurement and travel? We see the world, not as it is, but as we are—or, as we are conditioned to see it. Thus, some of us want to believe that it's all a mistake: The people in charge are just misinformed and don't understand that these technologies are causing harm. Failing that, some of us cling to the hope that it's just some sort of a Gee whiz, "boys will be boys" money thing. But does this hold water? Could it be something else? Could it be intentional that we lack biologically-based exposure guidelines supported by legitimate scientific evidence?

Could the normalization of personal radiation exposure over the last forty years be intended not for good, but for harm? Could the increasing levels of radiation be the objective? If increasing levels of involuntary personal radiation exposure are the goal, then many other aspects of the EMF picture (including others not discussed here) **begin to make sense as soon as we consider another type of "5G" called fifth-generation warfare. In fact, fifth-generation warfare—which has distinct features that differentiate it from previous forms of warfare—seems the perfect context for understanding the reckless spread of harmful man-made electromagnetic radiation everywhere. It can explain why we put Wi-Fi in schools, ignoring safer ways to access the Internet; why we hide RF emitters in kitchen and laundry appliances; why we replace safe electric utility meters with radiation-emitting "smart" meters; why Bluetooth hearing aids are legal; why radiation-emitting baby monitors exist; and much more.**

Through the lens of 5G warfare, we can also understand why we replaced the term "microwave sickness" with "electromagnetic hypersensitivity," why we marginalize suffering people in the Big-pharma-funded media, why the allopathic medical community is kept in the dark regarding EMF harms and also continues to gaslight patients, why wireless providers can put cell phone towers anywhere they like and why we turn a deaf ear to health effects.

Are we under attack in the electromagnetic spectrum? If so, it is a pretty clever strategy because it is just beyond the understanding of most people. Who could imagine, for example, that we can be attacked through our home lighting appliances? Is this why the safer incandescent light bulbs are illegal? Is this why their replacements (LED and compact fluorescent lights) **generate copious dirty electricity and an altered, arguably toxic light spectrum?**

It's time to be wise, recognize the situation for what it may be and become aware that someone may be intentionally causing us harm. Withing the history and philosophy of warfare, the term for the awareness of being under attack and taking definitive action is often referred to as "situational awareness." This concept is crucial in military strategy, emphasizing the importance of responding effectively to ensure survival and achieve tactical objectives. Situational awareness involves continuously scanning the environment for potential threats and devising appropriate strategies to counter them. It's a dynamic process that requires quick thinking and decision-making under pressure.