

National Association for Children and Safe Technology

Newsletter | January 2017

Dear Members:

A comprehensive paper addressing EMF-related health problems and illnesses is now available. We find this work significant, as it may be presented to medical doctors, offering an introduction and confirmation of EMF-related symptoms and illnesses that are now impacting children, *especially* those in wireless classrooms. Please share this valuable resource with doctors and other medical professionals:

25 July 2016

De Gruyter

EUROPAEM EMF Guideline 2016 For the Prevention, Diagnosis and Treatment Of EMF-Related Health Problems and Illnesses

<http://x.co/MEDEHS>

Belyaev, I., Dean, A., Eger, H., et al.

We are pleased to announce Iris Atzmon, MPH, author of [Cellular, It's Not What You Thought](#) (Hebrew) has endorsed NACST's *Turn It Off 4 Kids* Initiative!

We continue to work on completing *The Anatomy of 21st Century Education Reform, Part II* and hope to have that to you as soon as possible.

Wi-Fi In Schools and Libraries

February / March 2017

PaleoMagOnline.com

The Kids Are Not Alright | How Wireless Tech Is Harming Our Youth And What Parents Can Do Right Now

https://alisonmain.files.wordpress.com/2017/01/2-17_pm_the-kids-are-not-alright.pdf

Alison Main

14 January 2017

Military Technologies

Sprint Announces 1 Million Project Pilot Participants In 11 Cities To Provide Free Wireless Devices and Service To Students

<http://www.military-technologies.net/2017/01/14/sprint-announces-1million-project-pilot-participants-in-11-cities-to-provide-free-wireless-devices-and-service-to-students/>

Military News

14 January 2017

Towards Better Health Blog (translated from German publication)

Parents, Put Down the Phone! Campaign Launched by Augsburg

<http://mieuxprevenir.blogspot.co.za/2017/01/parents-put-down-phone-campaign.html>

Meris Michaels

"Teachers are talking about a 'smart-ridden generation' that is just growing up and cannot even focus on one thing for a quarter of an hour."

Medical / Scientific Advocacy

24 January 2017

U.K. - Daily Mail Online

'Global epidemic of blindness' on the horizon, experts warn: Hours spent staring at screens 'will rob millions of their sight decades early'

<http://www.dailymail.co.uk/health/article-4149734/Global-epidemic-blindness-screen-time-blinding-kids-adults.html>

Mary Kekatos

April 2016

Kaiser Permanente

Limit Screen Time For Healthier Kids

[https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/FcpNDolwEEDhs7hwWYcCleoOtFxB2w1paqEN_cs4cH5l-b48UPAGlftuF00-Jx3-](https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/FcpNDolwEEDhs7hwWYcCleoOtFxB2w1paqEN_cs4cH5l-b48UPAGlftuF00-Jx3-LY1NZPFunA8f5qwO5OAFClRBvUQNMMVmtHH2sLVMX5eRzEYT2tkiWgS5lkvG5VzRThumPM_HqpG8CRZk14yCd6JldSs6xrng7PYcGtaPYuSPerjxqpcS47WJ_ekHPuXqVg!!/)

[LY1NZPFunA8f5qwO5OAFClRBvUQNMMVmtHH2sLVMX5eRzEYT2tkiWgS5lkvG5VzRThumPM_HqpG8CRZk14yCd6JldSs6xrng7PYcGtaPYuSPerjxqpcS47WJ_ekHPuXqVg!!/](https://healthy.kaiserpermanente.org/health/care/!ut/p/a0/FcpNDolwEEDhs7hwWYcCleoOtFxB2w1paqEN_cs4cH5l-b48UPAGlftuF00-Jx3-LY1NZPFunA8f5qwO5OAFClRBvUQNMMVmtHH2sLVMX5eRzEYT2tkiWgS5lkvG5VzRThumPM_HqpG8CRZk14yCd6JldSs6xrng7PYcGtaPYuSPerjxqpcS47WJ_ekHPuXqVg!!/)

Reviewed by Mark Groshek, MD

Scientific Research

20 January 2017

Stralskyddsstiftelsen - Swedish Radiation Protection Foundation

Brain Tumors Are Increasing In Denmark

[http://www.stralskyddsstiftelsen.se/wp-](http://www.stralskyddsstiftelsen.se/wp-content/uploads/2017/01/denmark_cnstumorsrising_2017-01-20.pdf)

[content/uploads/2017/01/denmark_cnstumorsrising_2017-01-20.pdf](http://www.stralskyddsstiftelsen.se/wp-content/uploads/2017/01/denmark_cnstumorsrising_2017-01-20.pdf)

"The number of people diagnosed with tumors of the central nervous system (CNS, including brain tumors) in Denmark has more than doubled since 1990 according to new statistics and the largest increase has been in the last 10 years until 2015. Among young people aged 0-39 years, tumors in the CNS are the type of cancer that has increased the most."

18 January 2017

Medical Express (Provided by Massachusetts General Hospital | Molecular Autism Journal (2016). DOI: 10.1186/s13229-016-0110-z)

Blood-Brain Barrier and Intestinal Epithelial Barrier Alterations In Autism Spectrum Disorders

<https://medicalxpress.com/news/2017-01-blood-brain-barrier-intestinal-permeability-individuals.html>

Maria Fiorentino, et al.

08 January 2017

U.K. - Deccan Chronicle

Children Glued To Smartphones Show Symptoms Of Dry-Eye Disease
<http://www.deccanchronicle.com/lifestyle/health-and-wellbeing/080117/children-glued-to-smartphones-show-symptoms-of-dry-eye-disease.html>

"The report published in BMC Ophthalmology revealed that children who spend more time on their phones have more symptoms of dry-eye disease. And when those children went without their phones for a whole month, their symptoms were reduced."

03 December 2016

U.S. National Library Of Medicine | National Institute Of Health
Late Use Of Electronic Media and Its Association With Sleep, Depression, and Suicidality Among Korean Adolescents

<https://www.ncbi.nlm.nih.gov/pubmed/28038844>

Mortazavi, S.M., Mortazavi, S.A., Paknahad, M.

Articles / Various

10 January 2017

Screen-Free Parenting

25 Conversations To Have With Kids About Screens

<http://www.screenfreeparenting.com/25-conversations-kids-screens/>

Dr. Delaney Ruston, MD

"The filmmaker, Delaney Ruston, suggests having regular conversations about technology in the home. She calls them "Tech Talk Tuesdays" and I agree with her that the many issues that can arise with screens merit multiple discussions. A simple contract or set of rules will do far less than analyzing the challenges together on a regular basis."

09 January 2017

New York Times

Hooked on Our Smartphones

https://www.nytimes.com/2017/01/09/well/live/hooked-on-our-smartphones.html?smid=tw-nytimeswell&smtyp=cur&_r=1

Jane E. Brody

"Screens are stealing time that children and adolescents should be spending on physical activity and sports, reading, or creating and engaging directly with other children, all of which are critical to healthy physical and social development."

07 January 2017

The New York Times

Yes, It's Your Parents' Fault

https://www.nytimes.com/2017/01/07/opinion/sunday/yes-its-your-parents-fault.html?smprod=nytcore-iphone&smid=nytcore-iphone-share&_r=1

Kate Murphy

"...the (attachment) theory's underlying assumption — that the quality of our early attachments profoundly influences how we behave as adults — has special resonance in an era when people seem more attached to their smartphones than to one another."

17 November 2016

Dr. James Dobson's Family Talk Blog
Protect Your Kids From Harmful Media

<http://www.drjamesdobson.org/blogs/dr-dobson-blog/dr-dobson-blog/2016/11/17/protect-your-kids-from-harmful-media>

Dr. James Dobson

"The National Center for Missing and Exploited Children reports that one in seven children ages ten to seventeen who use the Internet have been sexually solicited online—and 34 percent of them were unwillingly exposed to images of nudity."

"Get informed + Take action + Pass it on"

Thank you for being a part of NACST!