

Molly Knight 0:00

Welcome to Health Australia Party. I'm Molly. Tonight we're welcoming Dr. Julie McCrudden. Julie has a PhD in cognitive science and cognitive psychology. And she has a master's in counseling. So she wears a lot of hats. Julie, welcome to tonight's Talk. Thank you so much for joining us.

Unknown Speaker 0:23

I'm very honored to be here, Molly. Thank you.

Molly Knight 0:28

Tell me Julie, how did you get from teaching university students and other students how to use technology? How did you get to this side of it where you looked at all the health effects of 5g and the electromagnetic fields?

Dr Julie McCredden 0:49

Well, I after my PhD, which was actually modeling the brain using artificial neural networks, I went to work in the real world for a while and came back to university. And I came back to university working in an applied area, which is, was in education, trying to help lecturers to help the students to grasp difficult concepts. In particular, we thought that the time that use of technology would help facilitate this. I was part of the wave really, when first of all, we started getting lecturers to record their lectures on Blackboard so students could replay them. But then along came the iPad and we got over excited about what we could do with that. And we thought at the time that I thought at the time, along with other educational designers that we could use technology to help engage students and to help them to process information more deeply. Well, that was, that was the hype and for a while I wrote on that wave and believed it was happening, it was possible. But after a while, it became clear to me that it wasn't making the young people smarter. And in fact, what I was seeing was this cut and paste them into reality, and an inability to build complex thoughts into thinking a linear, sequential, logical way, but rather, this kind of series of distracted thoughts from all different areas. And I thought this isn't making our kids smarter. And I started to question what I was doing. And, and, but we were being wined and dined at the time by Apple in particular, who was donating lots of equipment and iPads to universities and schools. And they've been doing that in primary and high schools for decades. And so, so same with Google and Microsoft and running but running their own conferences, education conferences, making an appeal, like their education conferences, but they're actually promotional conferences. Anyway, so I, I started to become concerned about the effects of this technology and I started looking into it. And I spoke with Victor Leach, who is an ex retired radiation officer. Now at the time, he was still working at the university and he told me about how the precautionary principle wasn't being adopted. And he'd worked in ionizing radiation for decades. And they use the precautionary principle quite stringently there to keep the public safe but just wasn't being used with this non ionizing radiation. And in fact, yes, it was really just open slather. Anyway, so I started looking into it. I didn't believe him

at first, because I was in love with my iPad. I was carrying it around everywhere. And I was trying to get lecturers to use iPads for studio learning where students could walk around and look at each other's artifacts and mock them. Anyway. Cut long story short, I looked into the site And I went into shock, and started to see that there was really some serious harm being has been found and being suggested. And so consequently, Victor and I, and another person, Steve Weller, who used to be in an organization called stop smart meters in Victoria, but he's, he has a degree in microbiology, we decided to form also because we thought the most important thing is to gather the science to actually prove, you know, to ourselves into the public, is there actually something to this? Because the debate was raging about debates always been well, the debates always been going on in the background in the public. And I went into shock, partly because I was promoting this technology. And I had lecturers under me who were trusting what I was telling them and thousands of students under them. And when I found out that there was harm Couldn't believe that our authorities wouldn't be telling us the truth. And moreover, that they would be covering it up. And it's very hard to believe it's, it's very, very hard to believe in when you go into what you find out that this goes as high as the World Health Organization

and the compromising of the science and partly because the science is so complex, it's very easy to pull the wool over people's eyes. So that in fact, I have heard people from Telstra and from government say, Oh, the general public won't be able to understand this. And they're almost banking on the fact that people can't and so I don't believe people can't I think people are logical, and it is possible to explain most scientific concepts in everyday language and that's my intention now, to try and help educate people. So that They have an awareness and can then make an informed choice about what they do with their family and their children. And whether or not they get involved in this politically. And I'm so grateful to be here talking to Health Australia Party, because I understand that there are people who do I do see that helps, is number one before everything else if we don't have that we don't have a functional society or functional place.

Molly Knight 6:26

Exactly. Yes. Yes. So um, yeah, I love my iPad, and I love my phone because I feel safe when I go out at night and I've got a phone with me. I guess for me, I just need to know how to use it safely. That's the big thing. So how, tell me how Wi Fi and mobile technologies actually work because although I understand the frequencies a little bit, I really don't get how they do work.

Dr Julie McCredden 7:00

So what I'll do is I'll begin my talk by sharing my screen and I've got slides to help me answer these questions as we go. So

Molly Knight 7:11

lovely. Yeah. Thank you. Hey, so

Dr Julie McCredden 7:20

Okay. So the first slide there and I'll just minimize myself on this screen or I might minimize this all Is that okay with you, Molly? I just use purely sorry. I've just minimize this all so you can see the whole screen without our photo? Yep. Yeah, that's okay. Yeah. So I usually start my talk with explaining the natural global electromagnetic circuit that we all live in. Most people don't realize that we are completely surrounded by moving charges through us and around us. What's actually happening all the time, as we live and breathe is that from the sun is coming electromagnetic radiation in all different frequencies, and it comes down to the earth. And it wraps around the Earth, first of all making the plasma making the magnetosphere and then the X rays and ultraviolet rays being trapped up in the upper atmosphere. And the electrons being stripped and, and those stripping the electrons off the particles up there and creating a shield around the Earth called the ionosphere. And that wraps all the way around the earth. And then inside of that, in this in the lower atmosphere, we have some cosmic rays coming through from the sun, and we have radiation coming from the soil and the rocks. And all of those rays create the movement of particles, the most important force that creates a movement of particles, of course is lightning. Now, what happens is the the earth is actually negatively charged, and the sky is positively charged. And when we walk on the earth, our feet are negatively charged. And now head is positively charged, and it's about 150 volts between our head and our feet, dipping their toe area. Trees bring up the negative charge from the earth up through their branches up into their leaves, and they attract the positively charged clouds to bring the rain. And that's why when we cut down the trees in the forest, we don't get rained because we don't have the trees attracting the clouds. And then there's the lightning discharging this sorry, so there's this you can see this, this flow going round and round and the lightning discharges the positive down to the negative and it's it's actually striking The Earth It's hard to believe this, this actually striking the earth at 100 beats per second somewhere on the earth. What? Yeah, what is it doing? every second, every second somewhere in the earth, there's about 100 lightning strikes somewhere around the earth. And what actually happens is it sets up this pulse that goes around the Earth inside the inside the lower atmosphere, it's pulsing. And it's actually pulsing at around eight cycles per second at eight beats per second, which is also called eight hertz. And that is the same frequency as the alpha waves in our brain. This frequency happiness, it's called the Schumann resonance. It has eight and then it has some other higher frequencies as well, but all seem to correspond with brain frequencies. The Schumann resonance is actually essential for life and this constant flow of change. is essential for life. When the Schumann resonance also is important for the replication of DNA, and it sets our sleep wake cycle. And these charges that are moving through our bodies are creating electrical currents that are gently moving through our bodies are essential for all of the biological and electro chemical processes going on through our body. If we muck around with the global electromagnetic circuit, we are mucking around with this beautifully balanced delicately balanced system. And so we are mucking around

with it.

Molly Knight 11:44
Yes, we are out with

Dr Julie McCredde 11:45
so yes we are so what we're actually doing is man made electromagnetic fields are actually surrounding us now. And on the left hand side this is actually in an artist's in question of what it would look like if we could see the man made electromagnetic fields that were surrounding ourselves by, if you take a one and put 18 zeros after it, that's how much stronger than man made radiate electromagnetic radiation is compared to the natural background radiation.

Molly Knight 12:19
It's an image that's massive. Its massive.

Dr Julie McCredde 12:22
And there's a lot of concern because birds and bees use the magnetic field of the Earth to navigate and we're actually blinding them by blanketing it with this man made system. And on the right hand side I have my non artist's impression of what it's like for a child sitting in school. So he we have perhaps the cordless phone in the corner which is putting out an on the teacher's desk, which is putting out a square wave, which affects the heart. We have their mobile phone in their pocket connected to the local tower. So you Here amongst, we have the signals from those mass beaming into the school and often you find massive towers right next to schools, the mesh on the ceiling that sending the the broadband signals down to their laptop, and they're being exposed to this five hours a day at school and several hours more at home. Oh, and as well as that there's the satellites, which are damaging the ionosphere, sending signals down to the GPS, and to fix that light if you're living in the country. So the question is, is this affecting the kids? So I'm just gonna explain very briefly, because the next question is, are you next question is, what is electromagnetic radiation? Is that right? Correct. Yeah.

Molly Knight 13:49
It's so complex. I've looked at it so often and it's just like, Well, okay, it's double dutch to me.

Dr Julie McCredde 13:58
Well, yes, I mean, and Dutch That's partly why it's so hard to, to come to terms with it. But hopefully the pictures will help. So if we understand that at the center of the sun, there's these. There's these radioactive emitting processes going on nuclear processes where energies being released. And energy gets released in forms of photons, or waves, depending on which way you look at them. It's both. But anyway, let's just say that they're waves and they're coming from the sun in all different wavelengths. This is a long wavelength. And these are short wavelengths. And long wavelengths have low frequency frequencies, how fast it goes up and down. So a

long wavelength goes up slowly and down slowly. So that's got a low frequency. And short wavelengths have go up and down very fast and so they have high frequency. The lowest now so most of the energy that's coming from the Sun is actually coming the electromagnetic energies coming in the visible light spectrum, which is wonderful because that's important for life on Earth, we're getting all that beautiful visible light and all of the different colors of the rainbow. And then we get a fair bit of ultraviolet and x rays. And, but we don't get very much we get a little bit of infrared, but we don't get very many microwave frequencies, and we get radio waves as well. But this end of the spectrum, we don't get very much at all, only a tiny, tiny, tiny little bit. The waves that we mostly get are up here, because then the ionosphere protects us from everything else. But down here, these this is where the man made frequencies are being placed in the non natural spectrum and the lowest frequency or the longest wavelength length wave. So the radio waves there, they can be hundreds of kilometers long. The long ones actually travel further, because they're slow, they actually penetrate. And they just carry further through the atmosphere. The short ones don't travel very far at all. But so here we've got radio waves. And then as the as the wavelength gets shorter, and the frequency gets faster, then these are about the length of the height of skyscrapers. These radio frequencies, which are the microwave radio frequencies used for 3g and 4g, they are about the length of human limbs and the size of human heads, which is unfortunate because that means that they're maximally absorbed by those things. And then as we get to shorter wavelengths, which is their centimeters long, and then even millimeters long, that's when we're getting into the 5g spectrum and they're at the size of it. canals or the length of insects. So that's the spectrum. Now, you might often hear that, oh, this, these frequencies can't hurt you because they're non ionizing. You hear Oh, only ionizing rays can harm you. Now, that's not true. It is true that non ionizing rays do cause DNA damage. And they do cause cancer. But just because these aren't ionizing, it doesn't mean that they don't, doesn't mean that they, they can't cause harm. Now, what does it mean to be ionizing? Well, these rays here, they're the ones that will strip an electron off an atom. One, you can, you can bombard something with x rays and gamma rays and they will strip an electron better Kind of like a one to one reaction you're talking about one particle being dislodged, or one component being dislodged. These don't do the stripping. But what they do is they create a force field that still moves charged particles. And I'll show you that in the next slide.

Every electromagnetic wave has two components. It has an electrical component, and a magnetic component. And in radiation, these two things work together. They're they're in sync, and they're proportional to one another. Now, it's mostly the electric field that we talk about. And it goes positive, negative, positive, negative, why is it called a field is called your field because everything's lining up all the positive, everything's going up in the same direction, and then down in the same direction, up in the same direction. That's how the force is moving everything in these parallel. They're described by parallel vectors, and that's why they

called field. So how does a microwave work? Well, this is how it actually works. Because of this positive negative positive negative movement of the electric field. It's actually moving water on a slightly negatively charged more towards the oxygen side, and hydrogens on the other side is slightly more positively charged. And so what happens is when the field is going up and down, and up and down, it's actually moving oxygen, up and down and up and down. So this makes the water molecule vibrate, which heats your food. So that's how microwaves work. So it's actually not about stripping electrons anymore, but it's about moving charged particles inside molecules. And more than that, when molecules are inside structures like water, this is water here with a whole lot of oxygens, and hds hydrogens and oxygen so you can see these hydrogens here attract this oxygen here. It's up to oxygen here and tracks. hydrogens here, when you start mucking around, that's this and that creates the structure of water. When you start mucking around with how these, you start moving these around, then you're actually changing the structure of water. And this becomes even more important when you're looking at compounds making up complex molecules in our system such as such as proteins, because protein folding is dependent on where the positive sit and where the negative sit, and that's what makes proteins stick together. So one of the things that microwave radiation is known to do and in particular 5g frequencies is to unfold proteins. And that's not good. So I asked you as a practitioner, would you say is that is that good, Molly?

Molly Knight 20:50

I would think that's not good. So what would you say to someone

Unknown Speaker 21:00
pattern.

Molly Knight 21:02

Sorry, did we just get disrupted? Yes, I didn't hear him. Yep. So given that the human body is mostly water, um, that, to me without the knowledge that you have, I would have to say that that's got to be quite destructive to the human body. Yes. Be in these fields.

Dr Julie McCredden 21:23

Yes. So it's, you can see because what we're doing is we're actually mucking around with the building blocks of, of what makes our tissue and muscles and all of the processes in our body work. It's not that we're particularly giving anyone any particular disease, what we're doing is mucking around with the bricks and the mortar

and which is you know, the proteins in the water.

So, in that way, this is where we actually need a paradigm shift in health because traditionally, medicine is CERN with biology and chemistry, they think about cells and they think about chemical reactions. They, they do know medicine does know that all the chemical reactions are based on charges and sharing of charges and you know, needing to fill valence shells of atoms and molecules, but they don't think about that very much. It's mostly biology and

chemistry. And on the other hand, we have the physicists and the engineers who are creating the electrical grid and the mobile phone technology systems and they don't know anything about biology and chemistry. In fact, for a lot of them, it makes them squirm. And that's why they went off and did physics at school. The problem is, and they're not, they're not bad people. They're just ignorant. And so what we actually need to understand what's happening right now on planet Earth is we actually need to understand how those three systems interact. Nature doesn't say, Oh, I only care about biology. I don't care about physics. Therefore electromagnetic fields are not going to harm me because I'm not physics I'm biology. Nature is not like that nature is holistic. We have these tiny little electric currents going through us turning into chemical reactions, and it's happening interchangeably all the time. neurons in the brain of electrical impulses going to neurotransmitters are Hardys electrical reactive, but if you muck around with the chemistry in the heart, you will muck around with the electrical activity. Most biological reactions and the biochemical reactions in the body due to rearrangement of charged particles. For example, there's the electron transport chain and the membrane of mitochondria, which creates a proton gradient which is important for ATP for energy. So everyone knows that the mitochondria is the powerhouse of the cell. So if you start mucking around with what the electron transport chain is doing, which is known that fire GE will do as well, then you're going to be affecting the production of energy and and the uptake of oxygen. So it is a paradigm shift. And people in biology and chemistry will need to come to terms with physics. And people in physics will need to come to terms with biology and chemistry if we are to survive on this planet.

Unknown Speaker 24:22
hmm

Molly Knight 24:25
yeah, it's um, I guess it's like in medicine, they have all the specialties so the heart specialist or the the rheumatologist and so on and they don't necessarily look at all the bits together neither. So you don't get an overall view. And so it's the same sort of thing,

Dr Julie McCredden 24:42
isn't it? Yeah, that's right. And it was only really in the 70s. When people started to understand that, you know, living near high voltage power lines was affecting the body. And because children who were living the high voltage wire All had Transformers near their house on poles near their homes, they were more likely to have leukemia. This is like these are low frequency electromagnetic fields. But it really started there this understanding that they are affecting us. And the science has been growing, but it's still not taught in medical school. And that's unfortunate because there's so much of it around. The doctors need to know. And partly and alternative medicine practitioners also need to know So, yes, so here we are.

Molly Knight 25:36

Yeah, that's right. It's it's certainly not, not well, not well looked at at all and not well understood. And I guess there's probably reasons by companies that have something to gain by perhaps keeping information separated, I guess.

Dr Julie McCredden 25:58

Yes. I have watched a YouTube video clip written by a woman who used to work at Harvard. And she was actually asked on two occasions to write about the effects of electromagnetic fields on health for a medical textbook for two different medical textbooks. And on both occasions, just as she had finished writing first the chapter or the couple of paragraphs for the book, it was pulled for no reason. Yes, so that's why doctors haven't heard of it because it's actually been taken out of. And in one case, it was the whole chapter was pulled in the other case, I think she ended up getting one or two sentences and that was all.

Unknown Speaker 26:44

So

Molly Knight 26:47

just makes me very sad that these things happen. So Julie, you said with the power lines, which is obviously affecting children more, is it the same with 3g? 4g 5g, I would expect the children are more susceptible.

Dr Julie McCredden 27:05

Well, it hasn't been well researched. But I'll show you what we know so far. And so first of all, last year out came the the Blue Cross Blue Shield, just an insurance company in us their annual report. And it showed that the health of young people in the US is now starting to decline at age 27. At 27, that's when it's starting to take a dive weeks, we would be expecting them to say 57 around my age, but no, it's actually 27. And what they showed that they actually looked at the health of Gen Xers and millennials and they found that the millennials was significantly more unhealthy and that we're only talking, you know, a time period of four years there. Talking about that within the last three years, there's been a 15 to 30% increase in major depression, type two diabetes, hyperactivity, cardiovascular conditions, digestive conditions and 20% more for women with the protein, depression, diabetes and other endocrine issues. Now, what has happened in the last three to four years has lifestyle change that much has smoking change that much has the amount of chemical toxins that people are surrounded by change that much. All of these things have changed slightly. But the one thing that has changed drastically in that time, is the ubiquitous uptake from 2013 to 2017. of of Wi Fi technologies and smart devices by young people in schools and work in universities. It's an element In the room. Similarly, when we look at the cancer map of the world, people probably don't know this because it's not publicized that Australia has the world's highest cancer rate, and New Zealand's second highest. And a Victorian report that came out last year showed that brain cancer is now more prevalent in children less than

15. And it's the biggest cause of cancer death in children, it's overtaken leukemia. The causal factors for for what's causing this cancer in Australia are obviously not being well managed, and radiofrequency electromagnetic fields, which is all the microwave technologies that I'm talking about telecommunications, that's one of the factors. And so, as I said, it's an elephant in the room and it needs to be discussed and that's why we're here,

Molly Knight 29:54

sir does and you hardly see a teenager or younger without Have a mobile phone on them? Yes,

Dr Julie McCredden 30:01

this is a typical, this is the typical image that you see. And

see when we were young, oh say back in the day.

My parents said, sit six yards wasn't meters and you just sit six yards back from the television, something like that. And because they knew that there were electromagnetic fields coming from the TV, so now what we're doing is we're putting almost like putting a television in our pockets and walking around with it all day. People are forgotten. So I'll just cover the research now and my in my particular area of interest is the brain and the emotions. So there's a whole lot of different health effects that could be discussed here. I'm not going to discuss cancer anymore. It's a whole issue on its own. And often the focus is on that but there are all these other health effects. going on, that needs to be brought to people's attention. So I'm going to cover mostly the brain starting with Okay, so what's the evidence so we've military research was done in the 1970s. Now you know, you need to believe military research because they don't muck around, even back then. Even back then a couple of thousand papers, looking at the effects of microwave radiation results showing neurological pathologies resulting from breaching of the blood brain barrier, headache fatigue, irritability, agitation, tension, drowsiness, sleeplessness, anxiety, forgetfulness, lack of concentration, and the ability to control control externally by sound effects. Then we have the bioinitiative report in 2007. And then again in 2012, which is a collection of papers and a report compiled by a group of independent scientists when we say independence. Scientists we mean scientists that are not affiliated with industry in any way. A couple of dozen of them from around the world have gotten together and created this report with its own update in 2012. And these are the main sections of the report showing children and more vulnerable effects on autism. electro hypersensitivity. Oh sorry, I'm going to just disconnect for him effects on the blood brain barrier, brain tumors, nervous system, Alzheimer's disease, and synchronize neural activity. So all of these effects have been known and they're documented I recommend, if you want to start reading, go into that report and read, even if you just read the executive summary and look at the tables in the back showing all of the effects classified into these categories and where they occur. It's very, very well written very easy to read.

So then along, we came also. And we've actually compiled a database, our own database of papers, and classified them. So we're a group of scientists, researchers and clinicians. It's a not for profit organization, but it's a recognized scientific organization. Association, sorry. And we've been looking into the health and biological effects of wireless radiation and we want to know other effects. And if there are we need to tell people about them. But where are the effects? So with the database, we don't just put them all in one big blob, they're actually classified. So in there, we've got the in vivo papers in vitro papers. So in vivo means live live animals or live humans live plants, in vitro is in test tubes and Epidemiology is when you do counts of people living around a tower to look at their effects. And we have all of the papers that we've been able to find From the year 2012, and then we've worked backwards to the beginning of this century. We've also got a collection of Henri Lai, who's a famous researcher, he sent us his whole collection. And we have all of our pens as papers in here now Panzer is the Australian radiation protection body that is that advises the government on the standards. And we've taken all their papers and looked at them to see if you can see here, when you look this this to me, this table is the proof because these are all the papers showing effects went out of search of 2003 papers, when we look for those papers that show effects. So 52 papers showing brain tumors, six papers, breast cancer 220 biochemical changes 38 fatigue, immune system 65 oxidative stress, this is the biggest one 256 pages Papers, if you know oxidative stress in Mali, which you probably do, oxidative stress underlies many, many conditions, cardiac conditions and autoimmune conditions, such as diabetes, Alzheimer's disease, depression, many, many different conditions are affected by oxidative stress. And it's the biggest effect that we're seeing, except for altered enzyme activity over here, but this is this is a huge effect. And when we looked at our Panzer, they didn't look, they didn't classify oxidative stress, it was like they had a blind spot for it. But you can see 157 papers showing DNA damage, mutagenic and genotoxic effects. So

Molly Knight 35:50
behavioral effect as well.

Dr Julie McCredden 35:52
So they're the ones I'm interested in the neuro behavioral cognitive things 194 papers. So you can see this is quite serious. I'm extremely, and I can go to our database, see their www, there's also there's the website, you can go there, our database is free, you can go there and search, do searches in the database for anything that you're interested in. And, and you can download the papers in, see a list of papers in CSV form, you'll get the, you'll get a whole lot of different bits of information, you'll get the abstract the URL, the author's, whether it's industry funded or not a whole lot of information about the paper.

Molly Knight 36:33
Yeah, that would be interesting.

Dr Julie McCredden 36:35

Yeah. So if you just look at the main effects, if I just list them out simply, these are all effects of non ionizing which is you know, microwave radiation, and it's also low frequency as well. So once again, the ones that I'm interested in are the oxidative stress neurodegeneration, changes in neurotransmitters, blood brain barrier, cognitive function and developmental impacts. But as you can see, there are other various piercings on mitochondria and DNA damage and damage to sperm that you can see a kind of very important to the propagation of the species. So if I go into the author database, and I just put in a search term for example,

these terms

these are the papers that that I'll get out under each term and Orange Show the effects and blue show the papers that show no effects. So if I type in cognitive, they'll get just I get about 90 papers showing effects. And about we'll see 2040 about 45 papers that are showing no fix. Depression most of the papers show affects your eye transmitted alterations they all show affects anxiety. Most of the papers show affects memory and hippocampus. Interestingly anxieties the biggest issue in schools today it's overtaken others Issues like autism, developmental problems and, you know, refugees, it's now kind of the number one issue that that teachers and principals are having to deal with.

Molly Knight 38:13

Is their age related during any? Like, is it more primary or high school kids that are affected or uni?

Dr Julie McCredden 38:20

It's both. I'll go I'll go. I'll show you some of the papers later on. In particular, I'll go into some detail of the papers that have been looked at with anxiety, but it's both and even young children. And if we if we go and look for papers on children, adolescents, there's 81 papers 22 of them show effects of radio frequency, microwave radiation, nine show no effects and 15 show uncertain effects, which means we can't tell one way or the other we need more research. You can see there's not a lot of papers on this. The effects on children and adolescence hasn't been studied. Well, and there haven't been any studies on the long term biological fix. And that's so surprising given that this technology's being propagated and rolled out left, right and center surrounding children night and day from the cradle to the grave. And the studies have not been done.

Molly Knight 39:20

Well, it's Yeah, it's, um, it's quite staggering, that the studies aren't being done. And I guess from a business perspective, if the studies were done, it may put a damper on rolling out all this technology. Exactly, exactly. In fact, when

Dr Julie McCredden 39:37

we go into the database and look at the papers that have been back here, I show you when we look at all papers together, we did a study a couple of years ago, out of almost 2000 papers, 67% of them showed a fix. But then when we looked at who was funding the papers, the papers that have funded by industry are more likely to show no effects. The palace founded by independent institutions and government bodies are more likely to show effects and it's a very, very significant difference you can see between those two groups. So, if you look at the details of the paper and I'm not going to go in one by one and look and describe every paper and what they did, but here you can see the numbers of people in the study. And these are these are children all these are effects on children. And what was found so 2042 in Taiwan, headache and migraine 781 in China, fatigue with mobile phone usage in New Zealand 370 increased risk of headaches, feeling down waking in the night sleepiness at school and tinnitus. 94,000 almost 95,000 people in Japan After lights out if you're using your mobile phone, shorter sleep duration Poor Sleep, sleep during the day and insomnia 1500 about 1500 children in both area exposure to these frequencies and conduct problems for both adolescents and children. 28,700. This is the Danish national birth cohort, they looked at mothers who were exposed while they were pregnant and then afterwards, and when they they had were using cell phones in both time periods. There were more behavioral difficulties that is hyperactivity and attention, emotional symptoms, peer problems, conduct problems and pro social behavior problems. This is a study remember, that's huge. This is a study with mice showing it doesn't mean they were all affected. It just means that that effect was significant. Yes, this this study with my sexual They showed that they had changes very, very similar to ADHD. And this then so then this was a follow up study looking at that with boys. And they found that boys who lived the new neuro trend sorry new radio frequency transmitters, they actually had reduced verbal expression. And they had a more more likely to have obsessive compulsive and post traumatic stress disorder. Then control sets at 123 boys in Spain in 2016.

Molly Knight 42:31
between nine and 11 g

Dr Julie McCredden 42:33
Yeah, that's all huh. Here we go. And I won't go into the numbers we can see the numbers down there reaction time attention focused attention, memory, perception, neuromuscular and cognitive function that's perception, light and sound recognition, attention, semantic memory, that's understanding of the meaning of of words, increased fatigue, and all cycles. So slowly psychosocial logical indicators were affected by safer use of devices. So it made a difference whether they had safe use or not of the devices. Memory affects more memory effects. This is figural memory, which is spatial memory. And eg so that's brainwaves and memory tasks showing that there's a 48 hertz or saying eight hertz before that's the alpha waves. Yes. And eg frequencies during processing of auditory memory and memory search tasks. So I want to show you in particular one study was actually done is a very, very clean study because you can't you

can't sign up children to an experiment to expose them to radiofrequency radiation, right? It's not ethical. Though you can put a tower next to their school and no one has to ask any questions. So there isn't, there is a global experiment going on with ethical clearance being handled in the lab. But this study was actually happened just just serendipitously because there were all these ICBM missile stations, detection stations in the Eastern European countries, this student to in 1971 and the late 1980s 1990s, his schoolchildren were exposed because see here, these were the ICBM, radar pulsed radar was being sent out to detect whether missiles were being were incoming, and on the slope here. There were children living in the homes here. And then there were children living behind the radar. And so it was possible to compare the effects on these children with the effects on these children and they also had another group of children living in a town nearby. Now this is a very clean neighborhood. They weren't chemical toxins. It was very rural, everything was just clean and pristine and simple. So really the only fix that were happening on the children was this pulsed radar. First of all, when they looked at it, they found that actually, when you look at the children looked at the children who were living on that hillside, there were 25% less grade nine boys alive in that exposed areas. And as an aside, they also fix on pine trees and cows in this area. And this radar was post and it was had a phased array type of structure, which is like 5g, though it had a lower frequency than what 5g is. And these were the results of the study. I won't go into it in detail, but you can see the graphs between these are the exposed and these are the unexposed. This is their reaction time how long it takes to react to something, females, males. So you can see the females who were exposed were taking longer to react to the stimuli than the females who were not exposed. Same for the males. And overall, the exposed group slower, because their reaction time was great. It meant there was slower reacting. Yes. This one is there tapping. So they've just asked to tap left, right, left, right, left, right. Like this. How, how able, were they to continue that and do it accurately? Well, this is the age group along here. Okay. And once again, this is their rate, how fast they could go. So these are the nonexposed. And these are the exposed children. This is such clean data, you don't get data, so cleaning experiments that there is no overlap. It's just consistently lower. Yeah, yeah.

Molly Knight 46:53
quite significant.

Dr Julie McCredden 46:54
It's very, and this is their capacity of their working memory. That's the memory Use for thinking problem solving, planning decision making. So this is how how many you know how much complexity they could do in their thinking, expose children you can see right down here, really, really low capacity compared to these are the ones in front of the radar. These are the ones behind the radar but still living in town. These are the ones living in the town nearby not exposed at all.

Molly Knight 47:28

Wow, that's a huge difference. Yes,

Dr Julie McCredde 47:31

this is really, really quite concerning. We don't have working memory. We don't have adult thinkers and problem solvers for the problems of the world that we will be facing in the future. So needless to say, I'll just go back here. When this was dismantled, when you know the Eastern Bloc countries dismantle the ICBMs the Latvian government got in an American corporation to come in. Blows The radar up the towers up and all the people went out in the streets and clink their glass of champagne glasses and celebrated.

Unknown Speaker 48:09

A bit surprising.

Dr Julie McCredde 48:13

So my concern is the hippocampus in particular, because that's a part of the brain, that little blue place. It's called hippocampus because it's supposed to be shaped like a seahorse. And it's really important for short term to long term memory transfer. So that's laying down of memories. What I'm telling you now, your hippocampus will be tonight, actively storing that into your long term memory in other parts of your brain. If you go to sleep, if you don't go to sleep, it won't do its job. It's also really important for spatial memory and spatial memory is what we use for navigation. But it's also spatial memories also used to tag memory. Because it's part of memories, remembering where you were when something happened. And that's a really important aid in retrieving the memory later on. And if spatial memory goes, then we have problems with navigation. And we have problems with memory retrieval. And he became says also where new cells have been generated. And so if you get damage to the hippocampus, we know that that's implicated without timers, depression, bipolar disorder, and the ability to create memories. So here we have a couple, I'm going to show you a couple of studies with rats where they're looking at the hippocampus. And what they do is, these are called water maze studies. So they drop a rat into a tangle of water. And then the rat has to find a platform because when gets the platform it can get out redstone like swimming around in water. They try and get out and it learns using its spatial memory in his brain, it learns how to get to that platform. That's That's what a healthy rat does. But if you expose the rats to 900 megahertz, which is the frequency is being used all the time for communications, the control ones who weren't exposed show no effects after 14 days of exposure, no effects, but after 28 days of exposure, their spatial memories impaired. The author's said what they saw was blood brain barrier damage in the hippocampus and in the cortex. And they also said that oxidative stress was probably a huge factor in this. And here's another study where I've particularly chosen this because it's got pictures of the mitochondria. Once again, the rats were being trained in the water maze. And they were exposed six minutes a day for either two and a half days, five days, sorry, sorry, to either two and a half five or 10 megawatts per centimeter squared from one day up to one month and

so they looked at the Strength of exposure and they looked at different lengths of exposure. And they found for the rats who had longer exposures or higher exposures, they were unable to find the submerged platform. And the hippocampus cells were damaged, reduced in numbers. The vesicles were congested and hemorrhaged. And the mitochondria was swell and disordered. So there's a nice healthy mitochondria, and there's a swell and damaged mitochondria. The authors said there were alterations in the structure and function of the hippocampus. There were altered levels of neurotransmitters in the hippocampus, and this disrupted learning and memory ability. And so if we go to an overview paper done by the military research in 2015, I once again as I said, the military don't muck around Partly trying to look at microwaves to see what damage they can do to people so they actually, or what damage can be done to their people. So they look in great detail and they studied people you know, they studied facial expressions and eye dilation heart rate everything in great detail in animals and humans. This was this review paper says as the fourth largest source of pollution after air, water and noise, the fourth largest microwave radiation induces many biological effects. The brain is the most sensitive target organ, and here mitochondrial injury occurs earlier and more severely than in other organs. So if you don't believe anything else, believe the military if you don't know which scientists to believe, you know, should I believe Dr. Julie mcraeven, from alsa. Should I believe our Panzer scientists should I believe Professor Rodney Croft when he's on the television saying there's no harm. You might be confused but all I can say is believed the military, they don't muck around. And this is what they're saying. And, and for those who care about the pollution of the planet, they're actually saying it's the fourth largest source of pollution after air, water and noise. Yeah.

It's quite serious,

Molly Knight 53:17

very serious. And it's more serious because nothing's being said about it. Yeah, that's right. Nothing's

Dr Julie McCredden 53:24

being done. That's right. It's a silent stealth. Attack, would I say attack? I mean, it might be conscious or unconscious, but it's really the source of continual damage to everything that produces life on the planet. So people ask about, you know, will a local base station harm the tower that they're putting up the street. So this was a study done in Bavaria in 2011. And the people in that town were actually coming concerned about the tower. And so because of that, they decided to have tests before the tower went up. And then afterwards I had urine tests and blood tests, and they looked at their hormones and neurotransmitters. Now, half of the participants in this study were children. Okay, so there was a tower installed in 2004. And of course, different people being exposed to different amounts depending on where they live, because if your house is directly in line of sight of the tower, you're going to get more exposure than someone down below in a galley or someone behind other houses. Anyway, so they looked at the people. So the more exposure

this is what they found this so this is before and then this is six months after a year after and a year and a half later after the tower went up. And this here is the level of neurotransmitters now what happened this is a typical graph. So stress hormones, adrenaline and noradrenaline, they grew significantly. dopamine levels decreased phenylethyl aiming decreased. And there were problems with sleep CO concentration and allergies. And overall, the authors concluded that these people were showing the beginning stages of chronic exhaustion and stress. And the interesting thing is he you could actually say, Oh, the stress hormones increased because the people were worried, you know, they actually just worked themselves up into a fervor and that's why their stress hormones increased. And that could be true could just be in that case psychosomatic effects on your own hormones. However, the dopamine the phenylethylamine the P a neurotransmitter it's not really mostly a neurotransmitter. It's actually a regulator of other neurotransmitters. It regulates histamine and serotonin. For example, those levels dropped. They're not under conscious control. And this was greater for overweight participants. So there's effects that were happening here that weren't under conscious control. And, and they weren't restored.

Molly Knight 56:18

Hmm, interesting jury back in 2004, we wouldn't have had the frequencies then that they now have coming out from these towers either.

Dr Julie McCredden 56:29

Now these would have been 3g frequencies.

Molly Knight 56:32

Hmm.

Dr Julie McCredden 56:33

Yeah. So even then, so it's not and now we have 4g and now we have 5g being added to it. So I've just got a list if anyone's interested of all the different neurotransmitters changes that have been shown by radio frequency. These are the neurotransmitters that are affected. And these are the effects they cause. And you can see a lot of the country decisions that we're seeing today in children and in adults are related to these neurotransmitter changes. Interestingly, a lot of people think they're, they've got tinnitus is ringing in the ears, but it could actually be due to the frequencies, or my Intel is that frequencies don't travel well in water. So if you're gone to water your tinnitus stops. It's not tinnitus, it's actually radio frequency. Oh, that's interesting. Yeah.

Molly Knight 57:30

So, um, we have a question coming in from Margaret marunong. And she said, Is there a test we can do to record our baseline blood health and do ongoing monitoring? So you could test some of these neurotransmitters?

Dr Julie McCredde 57:47

Yes, you can test neurotransmitters and there are other tests as well you can do now. There's tests for oxidative stress. There's the doctor who does most of these things. test at the moment Dr. Russell Cooper in Tasmania, he has now created a kind of set of tests which are biomarkers for the effects of electromagnetic fields, but also the effects of chemical toxins on various various functions very systems. There's a paper by a doctor a medical researcher, Bill pomme, who actually found that a set of biomarkers reliable biomarkers for multiple chemical sensitivity and electro hypersensitivity so they can be used, in particular the oxidative stress test I recommend because as you can see, oxidative stress is one of the biggest the biggest biomarkers, sorry, the one of the biggest effects. So, yes, so they're available and yesterday Get in touch with Dr. Russel Cooper. But you can also have a look at bill pumps paper which will show you all of those and they're being they're slowly slowly being developed. People also do live blood analysis to see whether or not there's any effects I myself because I'm assigned have the scientific brain or went in and did my own tests with a natural a naturopath who does live blood analysis and we had it you know, Sunday morning completely not exposed went straight there with first blood test, a little bit of oxidative stress showing a little bit of fib few February nergens and that type of thing, but after then 20 minutes of swiping on the iPad and the iPhone I then had a post after a post test and all of my blood cells were all clumped together in reuleaux formation And, and the most remarkable thing was the lab dropped

Molly Knight 1:00:07
out as a bit their jewelry

Dr Julie McCredde 1:00:08
sorry. And the most remarkable thing was not just the real life, real life formation in my blood, but the lack of white blood cells. The naturopath didn't really know very much about it, she was probably like cumali you know, she put maybe heard about it. And she was so shocked to see that my white blood cells were gone. She said, you look sorry, your immune system just dropped out

Molly Knight 1:00:31
again.

Dr Julie McCredde 1:00:33
Anyway, so that was 20 that was 20 min after 20 minutes exposure. So I recommend anyone who can do live blood analysis, do it on yourself and see do a pretest and then do just exposure to an iPad or an iPhone, swiping on it for 20 minutes and then do a post test and look at the difference. Take photos and take data

Molly Knight 1:00:56
and be very interesting to do some children who are in Wi Fi all day at school wouldn't introduce different studies.

Dr Julie McCredde 1:01:05

Yes, if you could do them at the beginning of the day before they're exposed, but you'd have to make sure that they will not expose during the night you know, you'd have to make sure that you cleaned up all the Wi Fi at home and then gave them exposures. But you know, there are very there are many tests you could do but yes, that's that's one live blood analysis though I don't think is recognized by the mainstream. recognized by natural

Molly Knight 1:01:33
Yeah, agree. Yeah.

Dr Julie McCredden 1:01:35
So I won't go jump that one. I'm just gone off again.

Molly Knight 1:01:42
Yes. Hello. Hello, are you there? Um, yeah, I was just going to say you said you know, you'd have to make sure the kids had a we're free of electromagnetic medic frequencies. During the night so how do we do that? How do we keep ourselves safe and have some protection from

Dr Julie McCredden 1:02:06
these? Okay, well, I'll jump over 5g and I'll go on to how to keep ourselves safe.

Unknown Speaker 1:02:16
personal safety.

Dr Julie McCredden 1:02:19
So, first of all, with your phone, okay, everybody worries about the terror outside but they don't realize that their phone is the greatest source of electromagnetic radiation. With your phone, you need to disable all of the signals on the phone. And people say oh, just turn it off, or that doesn't work. Because when you turn your phone off, all you're doing is turning off the software that's all those bright lights at the front of the of the phone that make all the fancy pictures and you know, send photos in the back of the phone. If you turn it on. Over in the back are little pieces of metal which are the antennas and they keep sending and receiving even when your phone is off. Loose pletely off. Yes, they use low level battery to continually track you. Now too, so what you need to do to disable the antennas is two main things and I've got them here. If you go into settings on your phone everyone who's listening to this if you've got a phone right now if you pull it out and have a look and find settings, the first thing is to turn airplane mode on. Okay, that's what you need to do when you go into an aeroplane because you have to disable your phone on many flights still. So you turn it on as if you're going on to an airplane and that was stopped all of your plan your phone plan your text messages in your incoming phone calls. Then you need to go into location services and turn that off. Location Services is used to locate you wherever you go. And it talks to the GPS system into the satellites and local GPS towers. Now to find it on the iPhone, you've got to scroll down from from airplane mode, you scroll down about eight things. I think it's under battery. There's something called privacy. Yes, fine privacy,

click on privacy will take you into location services and then press off. Now, you should leave that off all the time because that's wasting your battery power. If nothing else, you don't need to be located wherever you go. You don't need Google or somebody like that to be knowing that you've gone to the hairdresser's or to the coffee shop or visit your friend up the street. That's what that information is being And it's also being sent by apps to say to locate you, it wastes your battery The only time you need Google Maps. So Location Services is for Google Maps. And if you if you go into Google Maps and try and turn it on, and you've got location services off Google Maps will say you need to turn location services off to us on to choose this app. Do you want to do this? And you say, Yes, I do. So that fixes the problem, but then make sure you go and turn it off afterwards. So that should be off all the time. Okay. And in particular, that antenna actually, because it has to travel further to the GPS system. It actually transmitted mits at 10 to 100 times stronger than the antenna that's being used for your phone messages. And it's even worse when you're in a car because when you're in a car or a bus or a train, you're in a partial Faraday cage because the metal is actually blocking it. And it's like you're in a mini microwave oven. Yeah. If so when you're sending a message or receiving a message inside the car, your phone actually has to increase its power to get out. And so because of that, you're actually therefore creating more havoc on your body. If you're using your phone inside the car. Really, we should actually have the antennas for Google Maps on the outside of the car, we should be able to connect the phone inside the car with the antenna transmitting from the outside of the car, so it's not actually needing to get outside. You know what I'm saying? Yeah, yeah. But anyway, back to this. So this is what you need to do all the time is keep Airplane Mode off and location. So airplane mode on getting on the plane and location services off I don't want to be tracked that sort of and then tell you friends and your family going to do this but after breakfast, morning tea lunch, afternoon tea dinner, turn Airplane Mode off. Check your messages, send your messages and then put Airplane Mode back on. So that way you get your life back.

Molly Knight 1:07:10

Yes, instead of being pinged every few minutes, but yes,

Dr Julie McCredde 1:07:13

you do not have to be pinned every minute, every few minutes and that way you don't have the phone checking in with the local tower. Do you have a message for me? Do you have a message for me pingping backwards and forwards every couple of minutes, which is going through your body and through the bodies of the children in the house with you and your neighbors as well and your pets? You can actually keep yourself this is good phone hygiene.

Molly Knight 1:07:37

Yeah, that's great information. Julie. Thank you.

Dr Julie McCredde 1:07:41

Yes. And here we can actually see that you shouldn't use wired

headsets either because they bring the EMRs directly into your brain and increase the risk of tumors. Instead, you can actually get air tubes, which are little head headphones that go into your ears but the last 10 centimeters is made of air. So it's using air pressure to send a signal so you're not actually sending the signal into your brain. So I also have a tip sheet which I can send you with a lot more information about how to keep yourself safe. Basically, everything needs to be wired. Everything at home needs to be wide. Everything at school needs to be wide. That's the way the world was before we went wireless was just because we didn't want dirty, you know, messy wires on the floor where you can do it cleanly. You can run it through conduit, you can run it under the skirting boards, you can run fiber optic cables through the earth. That's how schools should be connected in businesses. But as far as the homes go, don't think as a woman. Oh, I want a tidy floor because as I said, the mess on the floor is much less than the mess in your body.

Molly Knight 1:08:54

Yes, yeah, great point. Okay, or if you could send that to me. Perhaps we could put that up on a Health Australia Party shore for people to look at. So right,

Dr Julie McCredden 1:09:06

yeah, you're welcome to do that. I share it left, right and center. And of course, it's changing all the time. But you know, that's my latest update is about cleaning up your dirty electricity in your home, about safe use of phones, and yet safe use of devices. They're the main things what people don't know is that solar is not safe. It's a very, very wicked problem that we have because solar is good in terms of reducing energy. But the inverters in the solar system systems in houses create cancer. And they create a lot of dirty electricity around the home, which is linked to things like multiple sclerosis as well as just headaches and sleep problems. So really, what we need to be doing with solar on its own so they have smart meters tied to their coattails and smart meters have created havoc with people's health. perfectly healthy people in Victoria, get a smart meter in, in stored in their power box. And within two weeks, thousands of people have been affected, have blood noses can't sleep, dizziness, pain, and become hypersensitive to other things like phones as well, just because they made a boxcar change to one that sends a signal to the power station using microwave radiation. And that's often connected. Now when you get solar, they tell you you have to have a smart meter, which isn't true, but they tell you you have to. So smart meters are touted also as being green and clean because they monitor electricity. But I can tell you this because I work in data and data collection and I also worked in a project looking at ways to reduce people's energy consumption about a couple of decades ago. collecting data doesn't change people's behavior. And so that's a big smokescreen in a way. What we need to change people's behavior is help them by giving them things that are easy to use that reduce energy, like energy saving, device energy saving what hot water system as an energy saving nozzles for the shower, you give people those, then they'll save energy as well as

water. But if you just give them data on how they're using their electricity, very few people have changed looking at their own data. They don't even really understand it, unfortunately. But they will change if they see their neighbors conserving energy or water that will affect their behavior. Anyway, back to the point. The point is that solar is a wicked problem and if pressure was put on On institutes who are developing solar to do it cleanly and safely, it could be done. When you put limitations on engineers, they're great at coming up with wonderful creative solutions. And that's what we need. We need to say we want solar but we want, we don't want dirty electricity and we don't want harmful inverters. Please try and work it out DC or some other way.

Molly Knight 1:12:25
And that's possible.

Dr Julie McCredde 1:12:26
Well, everything, everything is possible with ingenuity. as engineers, are they very ingenious you give them funding, you give them research money to design to come up with the designs to problem solve, and they will.

Molly Knight 1:12:43
Huh? Yeah. So a lot, a lot to be done, really to make this technology safer to use because I think, to be fair, people were so used to me have our phones. We're so used to the iPads and this technology and it is convenient. And I love my iPad. Absolutely love it. I keep it on airplane mode, but I see I might have to change that location thing.

Dr Julie McCredde 1:13:16
I have a tip sheet that I send, you can actually even connected via an ethernet cable.

Molly Knight 1:13:22
Oh, perfect. Perfect. Yeah, that's what we need. We need to know how to do this safely, because the technology is not going to go away. Now, um, and we don't necessarily want it to, although I think there's a few things with 5g that are a little bit questionable. Yes.

Dr Julie McCredde 1:13:41
So can I can I talk about 5g? Yes, please. So I'll just go back to 5g because so this is the new one. So 5g, as I said uses those tiny, tiny little wavelengths. And they are really high frequency. And that's why five G's wanted because they want to be able to train more data faster, huh? Yes. Why do they want it? They want it mostly for at the moment the same for driverless cars. And for us to be able to download a movie in a second.

Molly Knight 1:14:15
Very important jewelry. Now, when

Dr Julie McCredde 1:14:19

you look at the priorities that we have on the planet right now, in terms of the really big issues that we're facing, being able to download a movie, having instant data is not our top priority. We're being hyped into believing that it's a top priority. But I personally don't believe it's a top priority. I agree. Okay. And moreover, we already know that wireless technologies use a substantial amount of the Earth's energy. And we know that we're approaching an energy crisis and we're trying to get people to conserve energy in many many other ways. Yet

the biggest consumer

The internet is YouTube use. And if you look at it, it's actually consuming about 5% greenhouse gases. It's huge wired technologies use much less power than wireless. Why you think about it, because a wireless transmitter has to send the signal 360 degrees in all directions. It doesn't know where the device is. But a wired connection just sends it along the wire, it knows exactly where to send it. So it doesn't, it's not just more secure, it actually takes less power. And it's believed that within five years, that when we add 5g, we're actually going to increase the consumption of energy by 150 to 150%. So it's not even though it's being touted as being cleaner. It's not 5g. 5g signals don't require as much power for each device. There's going to be thousands more of them everywhere. And 4g and 3g isn't going away. That's staying there five G's being added to it. So how does 5g work? Well, to get all this criss cross connectivity across the world with everything connected, the Internet of Things, everything your home, your coffee pot talking to your fridge. How do we do it? Well, the little five g waves, as I said, don't travel very far. And if you had normal mass that go out in all directions, they can't they interfere with one another. So what they're doing is instead of sending them out like a normal mass, send out 3g and 4g is sending them out in beams, so the waves go up and down like this. And what's happening is see all these little, little components here. They're all tiny land handlers, and each one of them is sending out a millimeter wave. And this sending them out in sync. So they all go up together and they all go down. Together, they all go up together, and they all go down together. And that's how you get a whole lot of weak waves combining to create a strong wave. And then they're focused into a beam. So this is called beam. This is called phased array, and it's called beam forming the focus into a beam. And the beam is going to go from a local small cell on a pole in your street, to your house, or to the driverless car, or to the person walking down on their mobile phone, it will be going zip, zip zip in these beams, to get them to work. They're going to have to cut down trees because trees stop them. People in neighborhoods around the world are complaining about this. And there's going to be have to be lots of them everywhere, because as you said, they don't travel very far. This is the engineers model of what the world will be like and what the beams will be like. What do you notice about this picture?

Molly Knight 1:18:02

The one at the top, down and

Dr Julie McCredden 1:18:03

up down in the bottom right of the model. What do you notice that? Well, what I noticed is there's not many people.

Yes, and there's not many trees.

Molly Knight 1:18:14

See, where's no trees? Yeah. Oh yeah, a couple of years, one per

Dr Julie McCredden 1:18:17

house every everyone gets one tree.

You can see that the thing is that engineers Don't think about biology, the only we don't factor into their models, they they see us as whitespace. Except they do understand that our head will reduce the signal by six decibels that gets in the way. And this is a problem. But you can see that when the beam is going between the tower and the car, it goes through that person. So that person might not be wanting to send or receive a signal but it's actually going through their body, that phased array beam will be going through them. And so this is how it's right and this will be on a pole outside somebody's home with their children sleeping inside, and it'll be beaming 24 seven. Now, has this been tested? Know the effects of this? No. But what you know, you have to do pre market testing. If you're going to roll out toothpaste, you have to know what the effects are on human health. Yeah, this hasn't been pre market testing. And at least there needs to be honesty about that. We don't know even if they don't admit harm, which we saying there is potential harm. And there's a lot of evidence for it. But even if they won't admit that they have to say, we don't know if there's harm or not, it's up to you to decide if you want it. The problem is that people are feeling disempowered, because how can they stop something on a tower outside their home, and city councils around the world are starting to become active and starting to stop using their own means to stop this rollout. In the shires and in this suburbs. So what do we know? In terms of the science? There is limited science. This is the problem. It hasn't been tested. But what do we know? There are some positive effects are very, very short term exposures can actually suppress tumors by switching on triggering the immune system. But there are other papers that show with long term effects. There's an array of negative effects here we have changes in heart rate, damage to DNA and gene expression, effects on the nervous system immune system, changes in bacterial growth and antibiotic resistance. This is an early Russian study from 1977, which has recently been declassified, showing very concerning effects. The Russians have actually been studying this for quite a long time because because they're not capitalists. The effects of, you know, an industry don't play don't come into so much play over there. It doesn't stop them from being able to expose and publicize and fix so that their standards, their exposure limits that they're allowed to expose their public tour a much, much lower than 1000 times lower. So the Russian study they showed this is 5g, punched in damage notes in the skin and layer surface surface

layers, changes to protein and carbohydrate metabolism, disturbance of the immune and blood systems. This author concluded high biological activity in an unfavorable influence on the organism. Now Western science is showing permanent skin tissue damage, because what happens is the millimeter waves you can imagine that they're like a machine gun going to do on the same little tiny area of skin. Over and over. Now one of those little blasts isn't going to heat the skin. But when you they're repeated over and over, they're actually causing these intense heating spots, which cause permanent skin tissue damage. Okay, even the conservative scientists some have recognized this. And this is going to happen within sorry, this is predicted to exceed the limits that the amount of heating because our exposure limits only look at heating, they don't look at all the effects on cells and biology and mitochondria. They don't consider any of that our safety limits that we live under in Australia. only consider that a heating is of concern nothing else. But even that limit which is so weak will be exceeded by these intense hotspots. We also there's also some suggestion that sweat glands are the skin they Act like many antennas, which will antennas, if you know about what Nintendo does, it actually amplifies in effect amplifies the signal.

And when the 5g waves which will be post when they come into the body, because when they enter the biological tissue, they're likely to create these secondary waves called beryllium precursors. This is just a mathematical model. But these waves will penetrate much deeper into the body, potentially unraveling proteins and causing intense heating. So even our pants or our advisory organization that has that says that we should use this exposure standard which is so weak and doesn't protect us from many effects. Even they say the main areas of concern are skin and eyes and protein unraveling. But when asked publicly, they don't speak about that.

Molly Knight 1:23:58

It's interesting, isn't it? Corinne just go back to that first point that she made some positive effects. Yes, true suppression? Yes, with short 30 minute exposures. Now, my understanding 5g is 24 seven all the time, it's on all the time. So you wouldn't ever have a 30 minute exposure, would you? No, no.

Dr Julie McCredden 1:24:22

This is, um, see, because the Russians have been experimenting with this for a long time. They've actually found ways to use millimeter waves therapeutically, just for very short term exposures, just like now you know, ultraviolet light is being used for skin conditions. In very, very short exposures, or even ionizing radiation with very, very short exposures it's given to people before they go for radiotherapy, you know, for for cancer treatment, because it does actually trigger an immune response to actually create like a healthy response, but that's only because You know, when when the system when the immune system is under stress or the body systems are under stress, of course, they trigger on all of their repair mechanisms, you know that that all switches on in the short term. And that's, you know, that's the inflammatory responses while we get

the inflammatory response. It's actually a healing response in the short term. But if it then goes on and on and on and on, it turns into a long term stress or creating oxidative stress, which leads to DNA damage in cancer. So that's probably the same thing that's going that you know that that will be happening here.

Molly Knight 1:25:36
Yes. Hmm. Interesting.

Dr Julie McCredden 1:25:38
So that's 5g in this, there's effects on pollinators on on bees, and insects. They're all that are all listed here. This is not 5g. This is actually what's already known about Prejean for 4g. But then as we can see, above six g which is when we go with 5g, high 5g frequencies, okay, this paper here showed that the insects would absorb more of the power because as we said before, it's the wavelength of their body. So that is where they will maximum Li absorb those wavelengths. And we don't know the effect but we already know from the existing ones that we're getting declining colony strength and a glowing rate that there's no honey or pollen. There's reduced motor activity and then the communication signals are being affected. The other environmental effects that I'm quite concerned about a water and oxygen because both water and oxygen absorb because of their molecular structure and size. They maximally absorb 5g, high 5g frequency wavelengths his The oxygen oxygen actually absorbs and will actually maximally absorb 60 gigahertz, which is being used for Point to Point radiation. But it's also now being proposed for lots of short distance radiation between devices in the future. And also, water absorbs 5g frequencies. Now, engineers see this as a problem because they say, oh, when it rains, you know, the signal fades because the rain is absorbing the signal. And so we have to turn up the strength, but they are not actually thinking about what's actually happening to the molecule when it's absorbing the radiation, okay? Because when the molecule is absorbing that radiation is actually changing the molecule at the quantum level. So these high frequencies 5g waves that are coming are going to be changing the molecular structure of water and oxygen.

This is a real concern.

Molly Knight 1:28:13
Certainly use that. I mean that it's insane.

Dr Julie McCredden 1:28:17
And it hasn't really tested. They haven't thought about it, they just see it as a nuisance. You know, they haven't actually looked at, well, what's the effect of this on, you know, the electron transport chain on the uptake of oxygen in cells, the effect on trees, the effect on rain, the effect only has as we said before, we're made up of, you know, 50% of our of our makeup is water, or more. What's the effect of this and if we change the molecular structure of oxygen, will we be breathing oxygen what we will what will we be breathing, you know, what we'll want to be if it's had

its rotational energy affected These things haven't been tested. There's a blinkered view on this.

Molly Knight 1:29:06

I don't understand I just don't get how they cannot be screaming out for tests to see what happened. Well, I guess I do understand it because a lot of dollars involved here, I think.

Dr Julie McCredden 1:29:19

Yes. So right up to the top of that the who the World Health Organization has an organization has a group in a call that looks at the effects of non ionizing radiation on health. It's called the HU EMF project. And, but a lot of the people who are in the who mF project are actually also in economic which is the international body that sets this exposure limit that Australia uses, but they have such close ties with industry. So those same people and now that are in this high EMF project and they're the ones that are supposed to be looking at the health effects. What they do is they keep the discussion on cancer. They don't look at all of these other effects that I've been talking about. They keep the debate on cancer. And even that has been shown there's been in the last couple of years papers have come out showing serious and statistically significant results with rats showing cancer, especially rare, aggressive cancers. They look at worker exposures, but they don't really look at people being exposed 24 seven in their home, and they only as I said before, their standard only considers heating. They don't consider biological effects or how can it actually be of any a really of any use to us of any purpose, okay? They only look at power levels, whereas we know from the papers that there are so many more things going on with the signals that this frequency pulse rate modulation, that's how much it's being how much up and down is going on the carrier wave, there's a carrier wave. And then there's a wave on top, which is the signal that's being sent. And that's the modulation. All of these things have different biological effects. And we know that pulsing is more bioactive, it doesn't matter. If you're, if you're measuring the power levels you can get at the same power level, you can get different effects depending on the shape of the wave. And that's not surprising when you think the brain is actually set up to process frequency. You know, we light is frequency sound is frequency, our brain is set up to recognize different frequency means different things to our brain, same to ourselves. We are frequency and energy receptors. So if we change the shape, our body recognizes it as something different. But engineers don't understand that they only look at power. And that's why they don't understand the biological effects. So the reason It's a clear and to claim that the current limits are keeping us safe is incorrect. Actually, under the current limits, we are showing lots of different harmful effects. A public regulator of the signals is the Australian communications media authority ACMA in their act, this is their act. This is a duty to care for the health and safety protection to persons who operate work with or use wireless equipment via an establishment of standards. A standard is actually usually a 3030 page plus document that says when and where and how and why in which people can actually do something with some

technology or some chemical or some object. But we don't have standards, what they call standards, they're actually not standards, the standard has not been created. They're just guidelines. And they come from me. And that's what Australia uses. So instead of having upsetting this standard and sticking to their mandate under the Act to worry about our health and safety, this is what they've said that if we worried about precautionary principle, you know about being careful in the face of all these harmful risks, this would place a regulatory burden on industry, which would require a strong justification. And the ACA, which of course regulates all the frequencies that industry uses, does not discern this justification. So the way that we see it is it's the foxes guarding the henhouse.

Unknown Speaker 1:33:43

Yes. So

Molly Knight 1:33:49

it's quite scary, actually. Isn't it for the future of mankind basically, and Planet Earth and every living creature or insect? Yes, sir. It's very scary when when you really break it down and start to look at it which people aren't doing the general public have no inkling that anything is other than as it should be. And he's all, all is. Well. That's right.

Dr Julie McCredden 1:34:16

Though there are our groups, you know that we've heard of groups starting up all over Australia as well as city councils were being asked by city councils to talk to them to explain to them these harmful effects because they're at the the buffer zone between the rollout of 5g and they're the people that they're responsible for to protect. And city councilors, you know, are mostly honest, hard working people who are trying to look after their constituents and they need to know what's going on. And they can't believe that the authorities aren't protecting us. I though it comes as a shock to everyone. But unfortunately, that is what's going on, in particular in schools is being rolled out. It's been shown to cause harm, and no one's monitoring it. And no one's even telling the children and parents and teachers and principals that this is potentially harmful. And you need to do things to reduce your exposure. No one's being told.

Molly Knight 1:35:18

Hmm. So there's some work to be done. There is

Dr Julie McCredden 1:35:23

there is I need to let you know if you don't believe any of the science believe the insurance industry, they recognize the risk. Lloyd's of London will not insure and they've advised insurance companies around the world. They will not insure against harm done by radio frequency, and microwave radio frequencies.

Unknown Speaker 1:35:45

Hmm.

Dr Julie McCredde 1:35:46

They've done their own studies and they recognize the risks and they don't want to lose the money that will they would lose if they insured people for loss or damage from harm from mobile phones or iPads. The other thing is if you go into the small print of the iPad, you'll actually see that it tells it to keep tells you to keep it half a meter away from your body. And to keep it keep the antenna facing away from your body. Most people don't know that they don't even go in, they don't go in and read it and they don't know that. So children are keeping it on their laps all the time. And most people are they don't realize they're actually sending the microwave radiation straight into their stomach in their ovaries and their lungs.

Molly Knight 1:36:34

Well know that half a meter that's that's like an arm's length, isn't it?

Dr Julie McCredde 1:36:39

That's right. It doesn't make the iPad so appealing. That you can connected via an ethernet cable if you have a look at my tip sheet. All of the advises to governments around the world all seem to be somehow compromised with ties to industries both research centers and public protection. Authorities, they all seem to be repeating the same no conclusive evidence of harm statements in public. They, they choose handpick papers, and when we talk about any harmful effects, they just watered down the results. They use pseudo science it seems to cover up and water down effects because it's not in their best interest to actually admit to harm. Moreover, many of them, Aigner the HU EMF project in our Panzer, they don't have people with medical expertise in those bodies. They're physicists and engineers. They don't have they might have people who have a qualification in medicine, but not in RF medicine. You know, they're in some area, other area of medicine that hasn't got to do with radio frequency. They do actually not have the biophysicist that they need and the independent by physicists that are trying to get this word out. Actually are ignored and they don't get air space. There's a lot of media muscle behind these voices. And also what we've done is we've actually drawn a diagram of how all these bodies form what we call the club. This is in our 5g submission to the parliament tree. So this is our submission to the 5g parliamentary inquiry. You can see, for example, how Telstra is connected to the CMA which is the peak body for mobile telecommunications industry. They're related to the A CMA, our Australian Centre for Research is has links with them and with the industry. And the chairperson, sorry, the ex chief investigator of our research body is now the chairperson of economic, which is the international body that sets the standard that has links with telecommunications industry, government regulators like our pens or look to Aigner, they It, they take their guidance from ic nirp and from the scientists who are linked to ignorant industry, and they don't do their own independent research, even though they say they're monitoring it. They haven't even had the equipment to monitor it and I don't believe they have the equipment yet to monitor 5g, the World Health Organization as I

said before, the people in that project come from weakness. And look here we have told the Telstra 5g rollout strategist working for Telstra is also the person who is the chair chairman of the radio frequencies safety program for our peak body for telecommunications. And the same person is also the Commissioner of the International electrochemical commission which is supposed to be setting the standards. Right, the same person. So when he comes out in public and says Oh, Telstra is following the international standards. What we're not told is he's the chairperson of the Commission. That's

Molly Knight 1:40:06

actually setting those standards. Oh, it's disgraceful. It's nothing short of disgraceful. It's so incestuous.

Dr Julie McCredden 1:40:14

It's unbelievable. Yeah, it is. Really, it's all smoke and mirrors. And because the World Health Organization has such high esteem, people don't understand that it's so compromised. This part of the World Health Organization is compromised anyway, the EMF project and who's left, governments are left looking to the who are looking to parents are in Australia, the FCC in the US and underneath them, the families and children of Australia who are being affected by all of this going on determining what we are being exposed to. In our offices are children and being exposed. Switch school and now what's being rolled out now streets. So I recommend people look at this. I've got this link here how the wireless industry made us believe that mobile phones is safe. It's an article in an Independent Journal online journal. news news, why do I say newspapers and online newspaper The nation? Anyway, George Carlo, he was an industry favorable scientist. He was known to be kind to industry in many other fields. So because of that, the wireless industry commissioned him in 1995. I gave him \$26 million to do a study called the wireless technology research project, looking into our the harmful effects of wireless. They expected of course, that he would be very kind to them. But lo and behold, Georgia hollow he'd been very conservative and in many other fields hadn't been willing to say there were effects. He found effects. And he sent a letter to his superiors saying there are there's a risk of rare tumors on the outside of the brain is more than doubled in mobile phone users. Okay, there's a correlation between brain tumors on the right side of the head and mobile phone use of the head. And there's clear evidence for functional genetic damage. You need to let people know. But instead, they didn't listen to him. Of course, he lost his job. He informed he wanted them just to allow people to make an informed choice, but he didn't. Instead Motorola decided to in quote wargame the science, you can actually look up. There's a link of proof of a memo when Motorola actually say that explicitly. We will walk out in the sun What that means is we will present science to the world, just like tobacco science did, to cover up the truth, to water down results and to sow seeds of doubt. And that's been going on now for about 50 years. And that's why people are so confused.

Molly Knight 1:43:18

Hmm. It's so disappointing, Julie, that human beings would do this

to some dollars and the power, I guess, I don't know. It's, it's very disappointing.

Dr Julie McCredden 1:43:35

It's extremely disappointing. And it's a human rights issue. You know, that you actually people need to know, they need to know that there's a risk they need to be taught how to keep themselves safe. And then it's a poison just like other poisons. But other poisons at least you get a choice to use it. But here you know if I blow cigarette smoke in your face, I'm assaulting you, you know, and I can be charged back. But we have towers, if you can visualize it the towers is like the billowing out cigarette smoke. From the towers from every mobile phone, it's putting out toxic. If you imagine it putting out toxic fumes day and night, we're surrounded by it. People don't have the information. And they don't have a choice because everybody's everybody's passively smoking. And when it goes in a poll outside your house, you won't have a choice. So what they were talking about personal safety, but wide national safety. This is what we need. We're talking about a policy for a political party. And for government agencies, we need wide connections. We need reduced exposure, and we need an independent body to create and manage the standards. Not at Penza. Yes, exactly. Anyone who's compromised by industry, and the people have to be independent and they have to have the required medical expertise. To make informed decisions, and to advise government in informed way, this is how safety management has happened with ionizing radiation. Now for decades, Australia's done it before with ionizing radiation, we decided it was too dangerous, even though would give us unlimited power. We didn't want it. And we can do the same. With non ionizing radiation, we can decide we're going to reduce it and we're going to wire everything at the same time. We need to reduce the industry influences. And we need to be funding proper research, looking into the effects so that we know how to go forward into the future.

Molly Knight 1:45:39

Yes, yeah, quite agree. Yes.

Dr Julie McCredden 1:45:43

There you go. So thank you very much. I was thank you very much for that talk, and for giving me this time to talk

Molly Knight 1:45:50

and I'm sorry if I put everybody to sleep. Now. It's been quite fascinating. I'm really grateful. Julie, thank you so

Dr Julie McCredden 1:45:58

much to share now and if If anybody has any questions, I can answer them or everybody left and I just

Molly Knight 1:46:08

I can't see the feed the Facebook feed. So I don't know if questions are coming or not. That's okay. My so yeah, Julie look, thank you. You're, you're an amazing source of information. And I guess it's, well, I'm disappointed, you know, government bodies and the

authorities, I'm disappointed in humanity for certain people and industries being so focused, I guess on the dollar, because that's, you always follow the money, don't you and, and I guess at the end of the day, that's where it comes to. We love for technology, but we do need to make it safe and for people to be aware of the dangers. Like the shops, I look at the amount of people who have a phone in their hands. pocket or not so many in their bras these days, but certainly in the pant pocket and for kids in prayer, little toddlers with the iPhone on their little bellies just looking at it. Yes. And it's disappointing that we live in a society that isn't kind to humankind. They're not kind to people. Not so caring for each other more for I don't know, what can they get out of it all? I don't know, disappointing, I'm disappointed

Dr Julie McCredden 1:47:35

is I'm sorry to be the bringer of bad news. But that like if I can say this is that everybody, to some extent still has a choice. Even though industry might be doing this, each person still has freewill about what they do in their own home. You know, it's been shown for example, that children are really angry. I feel betrayed by the amount of time that their mothers spend on the mobile phone in their presence. You know, families can do things like have a basket at the door, where all devices get disabled, like I've shown you to do. And you leave them at the door when you come inside, and then you have family face to face home. The children would love this. It's not, you know, we are their role models, in terms of how to use technology. And I think the love of fail technology is starting to wind down, you know, we're not so bedazzled. They're starting to realize in schools, for example, that it's not making kids smarter. And in fact, when you look at the latest Gonski report that's just come out. Children are actually less able to concentrate principals and teachers are seeing this, but they're also having more emotional and behavioral problems and less empathy. 80% of them are noticing less empathy. When you say about that inability to care, you don't I mean, this kind of this detachment from reality that's happening. And we need to weigh up. You know, like, the thing about being grown up in the world, is that the world is not simple. You know, we have things on a balanced scale on one on one hand, we have health, planetary health, human health, mental, social, emotional health. And on the other side of the scale, we have, we have progress and making money, okay? Now you can actually bring some money over with health inside, you can still make money and be healthy, you know, but where's the tipping point and at the moment, the side of the scale that's weighing much more heavily is the love of money, and the love of power and the love of control. People still have at the end of the day, they still have their free will They still have a choice to inform themselves and to look after themselves. And that's my hope that by bringing this message that I'll help promote that in people and trust that they can that the ordinary everyday people still care enough, especially about their children that they will actually look into this

Molly Knight 1:50:26

was woods. Thank you, Julie. Thank you so much for joining us

tonight. It's been a long talk but incredibly informative. And I'm very grateful for your time because I know how very busy you are. So thank you very much, Julie.

Dr Julie McCredden 1:50:41

You're welcome. Molly, please, just break it up and show it to whoever whoever you want to. Okay, all the best in your endeavors with the party, and I really hope that it can go forward to help you know, promo guide health in Australia,

Molly Knight 1:50:57

huh? Yes, absolutely. Well, we say We are working on that. And the more members we have the more power we have, I guess. Yeah, to do things and to have a voice. Yes.

Unknown Speaker 1:51:11

Thanks very much. Good night.

Molly Knight 1:51:12

Thank you. Good night. Good night. Good night, everyone. Thank you so much for joining us tonight.

Unknown Speaker 1:51:18

Good night.