

## ANDERSON UPPER CERVICAL

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### Cell Phone Usage & Risks

In 2011, the World Health Organization (WHO) listed cell phone radiation as carcinogenic to humans.

Swedish researchers found a higher risk of tumors on the side of the head where the cell phone was held.

Cases of breast cancer have been linked to tumors growing where the woman kept her cell phone tucked in her sports bra.

Children's skulls are far thinner than adults and their nervous systems are still developing, making them particularly vulnerable to damage by using or being near cell phone radiation.



### Common Sense Cell Phone Protection Practices:

#### Create distance when using it

- Keep your phone further away from your body by using speakerphone (not a Bluetooth)
  - At two inches from your body, electromagnetic radiation is 75% lower & at three feet away it's 50x lower

#### Keep it AWAY from your body

- Don't keep your cell in your pocket, under your pillow, or in your bra
  - If your cell is 'On', it's transmitting signals to cell towers & exposing you to radiation

#### Text more, talk less

- Texting reduces the length of radiation exposure closer to your body – when you hit 'send', hold the phone away from your body.

#### Don't use your cell as an alarm clock

- Or if you do, put it on Airplane/Off-line mode to avoid sleep-disrupting cell phone radiation

#### Don't use when you are moving at high speeds

- Radiation increases as your phone tries to connect with each network antenna.
  - Avoid using your phone in cars, trains, buses, planes & elevators.

***\*Never text & drive\****