

1. DOCUMENTARIES AND WEBSITES:

Watch this documentary as a start to educating yourself, your family and friends.

GENERATION ZAPPED - Dangers of WiFi radiation technology

https://www.youtube.com/watch?v=xRQb_m_5FUw

I have watched hours of documentaries over the past 4 years and read a vast amount on it. These are a couple of the many sites I have been using in looking at research done by doctors and scientists.

<https://ehtrust.org/about/>

<https://bioinitiative.org/>

<https://generationzapped.com/resources/>

<https://www.emfsa.co.za/news/>

<https://emfcenter.com/emf-information/>

<https://magdahavas.com/>

<https://klinghardtinstitute.com/>

2. WHAT KICKSTARTED MY RESEARCH

Over the past 4 years, I have spent time researchING the effects of wifi/Electro Magnetic Frequency radiation.

This research was triggered by a question that one of my 80++ year old clients asked me:

"Have you heard of 'Operation Paperclip' - World War 2?"

This led me down a rabbit hole - among various topics, amongst which was microwave radiation

that military divisions still work on/with today, financing technology and programs like google, facebook, alphabet, to manipulate the masses

through televisions and the two way mirrors we hold in our hands, Programming/controlling people's behaviour with electro magnetic frequencies; weaponising/ silent warfare with everything SMART.

It is said that it is used for the protection of our countries during a time of war.

Yes they know about the health effects - and have covered them up.

Do you trust your government?

Microwave Frequency Warfare, The Real Cold War

<https://youtu.be/SLKw4ujcRMw>

The abuse of microwaves as a secret and covert stealth weapon, has been around for at least 50-60 years.

This type of weapon has taken many different forms over the years and it is still used in many different types of targeting, even to the point of death around the world. The basic knowledge about microwaves and how they influence the human body and mind.

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From there we went on to cover Dr. Barrie Trower's long career,

and finally we went into they abuse of microwave weapons and what can be done to protect against them.

3. SYMPTOMS - see the symptoms listed at the end of this email

Symptoms I was experiencing were listed in this journey of discovery.

The symptoms got gradually worse as they accumulated in my system

I spend hours and hours each day on computers - and on my phone.

I eventually got someone to come and test my home to see where the radiation was coming from.

My computer area is not a great zone - it has magnetic fields that effect me,

so I have been trying to put various structures into place to minimise my radiation.

What made it SO REAL to me:

I was shocked at seeing the amount of radiation coming from my cell phone as my meter measured it; even in airplane mode.
 No wonder my fingers felt like they had electric shocks coming through them; a couple of them were often burnt.
 I have taken my rings off as metal is a good conductor and found I was becoming increasingly sensitive / being shocked.
 Arthritis increased in my thumbs and other fingers - inflammation as my body tries to cope with fighting the radiation.
 When I used my wireless mouse, i felt the electric shocks coming up my hand and arm as it communicated intensely through bluetooth to my computer.
 My favourite Apple bluetooth mouse and keyboard has to be replaced with wired.

I found out that I had constant pressure in my head, brain fog, chronic fatigue, problems with sleeping, forgetting things I should remember and becoming increasingly stressed.
 I mix up up my words and spelling despite me always being able to spell well, (it wasn't what the predictive text was doing - it was me!) and my immune system is broken.
 I found my symptoms were the same as the studies done on symptoms of electro magnetic sensitivity.

People I meet / teach have been experiencing these symptoms as well. We just think these symptoms are 'normal'... due to stress or bad eating or something else - which is true; obviously it's about all the toxins one is exposed to at so many levels.

But one of the toxins that we are surrounded with is two way electro magnetic radiation. It's like living in a world filled with **toxic smoke** - walking down the streets, sitting in our homes, in our cars with peoples phones and cell towers all around us searching for/sending data - connecting from cell tower to cell tower; we are being radiated with two way microwave radiation - continually. Did the big tobacco companies care? Follow the money.

4. MANY SOURCES OF RADIATION

- Cordless phones are a big culprit
- Microwave ovens
- TV's, Airconditioners
- Fluorescent lighting
- Underfloor heating
- Circuit breakers, electric sockets.

I am going to focus on CellPhones, Computers and Tablets.

5. HEALTH HAZARDS:

We wonder why there is
 an **exponential increase in cancer and autoimmune diseases**
 in younger and younger people,
 as the low frequencies of two way electromagnetic radiation,
 which is **constantly spiking**, invades our bodies.
 Our bodies become **inflamed** as they struggle to repair themselves
 and to protect us from this invasion.

6. WHAT ABOUT PROTECTING THE CHILDREN?

Men carry their phones in their pockets damaging the very DNA of the sperm,
 or increasing the risk of **prostate cancer**.

Sterility has increased to about 49% -

When it gets to 52%, a species is on the edge of extinction.

Many women struggle with **hormonal issues**,
 and **spontaneous abortions/miscarriages** have increased.

Moms carry their phones right next to developing babies,
 or take **photos of their children with 3G on**,
 radiating their children's developing bodies right through to their bone marrow,
 or use it right next to the children's heads as they talk to friends or post photos of the children
 who they also allow to play with the **phones/tablets as pacifiers**.

Baby monitors are put in the rooms
 which continually search for signals and radiate their sleeping children's bodies.

Little girls play on the iPad on their laps,
 with the ready eggs they have been born with in their ovaries being irradiated; DNA damaged.
 And the children sit in classroom all day being "wi-fried",
 dulling down their minds as they struggle with **concentration problems**.

Depression is on the increase, especially in teens
 as they struggle with not only radiation which messes with their brain patterns,
 but with their social image and lack of communication skills - social media addiction.
 ADHD, concentration problems, autism is on a sharp increase.

7. SPORT:

Sports people carry their phones in their pockets or bras: **breast cancer** is on the increase.
 They pace their steps with a **SMART watch** to gain rewards with their medical aids;
sweat is a good conductor into the body.
 There is an increase of **heart attacks** in athletes
 as the irregular pulses/frequencies affect their hearts and increased blood pressure.

8. CANCER:

- **Brain tumours** have increased -
- 30 minutes a day with your phone to your head increases your chances of tumours by 40%
- **Colon and rectal cancer** is on the increase - as **phones are carried in back pockets**,
- The **aluminium** in deodorants is a good conductor through the sweat glands into your body.
- **Mercury** from amalgam fillings/the fish you eat
- **Fluoride** in your toothpaste and bottled water you drink, is pushed through into your brain
- as the **blood brain barrier is broken down** by two way wireless radiation

- and the heavy metals are drawn into the inflamed brain
- as it desperately tries to protect itself from these foreign invaders.
- **Cerebral spinal fluid** is leaked.
- **Multiple Sclerosis** is on the increase in younger people.
- **Fibromyalgia**
- Statistically 1/3 people are in a position of getting **dementia/Alzheimer's** - world wide.
- Our precious **eyes** are being harmed - and we cannot reverse this -
- we need to protect our eyes at all costs.

9. 5G IS BEING ROLLED OUT

And they are now rolling out **5G** world wide - for faster downloading - so we can become part of the 'Internet of Things'.

This is the new tobacco, the new big Pharma, Monsanto - with big companies controlling the census; the agenda.

There has been no testing on 5G - only on 2&3G ... 23 years ago!
30 million US dollars was spent on a US government funded tests, and the tests were covered up as they proved that DNA is damaged and cancers formed.
Hundreds of independent peer reviewed research documents are available by top doctors and scientists showing this cell damage at the lower level than the so called 'acceptable' tested levels put out by the industry..

However - a few countries have opted to stay STOP.
we must wake up ;
become aware;
and say STOP in our own life,
one person at a time,
starting at home
before we can say STOP in our communities.

10. IT'S UP TO US

We need to become informed -
there are many resources I have available for you.

Don't believe the lie that everyone believes:
IT WILL NEVER HAPPEN TO ME -
until, like me, it does...

I have to change my behaviour.

My phone will be off most of the time -
I will check it from time to time - in-between clients.
Message/email me if you need to get hold of me.
If you phone, it will go onto voicemail - leave a message and I will reply when I can.
In future I will prepare messages ahead of time
and then switch my phone on and send them as a batch-send
before switching it off again.
If you want to call, send me a message first.

I didn't know how addicted I was to my cell phone;
until I changed the way I used it.
yes I use it for work -
but the addiction was definitely there.

11. BASIC QUESTIONS:

- How often do *you* pick up your phone to check it - even when it hasn't pinged - to see if there is a message?
- Do you carry your phone on your body?
- Is it in your hand much of the time ?
- Do you sit with your iPad/table-t on your lap in radiation mode, instead of using it on a on a table.
- Do you sleep with the phone next to your bed?
- Do you ever switch it onto airplane mode?
- Is your router on all day?
- Do you switch off your router at night? Switch it off at the plug?
- Night time is the time when your body repairs itself
- It can't do this when your router is on - no matter where it is in your house.

Not so long ago we used to have to dial into the modem and wait for it to connect.
It cost money for all the time we were on the internet,
so we made sure we switched it off when we were finished.
Today?

We just forget that the wifi is on.

It is time to remember to switch if off after we have used it.

12. BASIC STEPS TO START WITH

**Just start with this as your first step -
SWITCH OFF THE DEVICE when not needed**

- Get your laptops and routers, printers wired, get fibre. It is safer and faster.
- Switch off the wireless settings - on your devices and computers - your devices have 5 areas that need attention.
- Switch your computer on when you need to be on the internet - Switch it off when you don't
- Always place the mobile device on a solid surface
- Viewing distance should be a minimum of 12 inches from the screen
- Get rid of cordless phones - go back to the good old fashioned wired one.
- Switch your phone onto airplane mode when you are in the car - don't use the bluetooth speakers.

DISTANCE IS YOUR FRIEND.

I have bought a meter to measure two way microwave radiation in homes.

Already I have found this to be a necessary teaching tool which I will use with those people I teach.

One lady asked me to come and test the mirror in her bathroom - *what?! -*
she said there was something wrong with it.

One of those pull-out-from-the-wall-magnifying-mirrors for makeup.
The meter hit the red immediately.

I realised that her wireless router was in the study on the other side of the wall
and this mirror was amplifying the radiation.

I would never have thought of testing a mirror!

The more I study this, the more I connect the dots.

My aim is to help people create best practices in safe technology.

Set up a time to see me for a lesson

so we can test your devices

and discuss how we can work towards making your home safer.

14. COMMON SYMPTOMS OF ELECTO MAGNETIC SENSITIVITY

	Prickly skin – your skin feels tingly and itchy, or you might feel a burning sensation when you are around WiFi devices and computers
	Headaches – you experience strange debilitating headaches, pressure to the head like your head is in a vice or you experience moments when you feel zapped and confused....this is one of the most common symptoms
	Heart and respiratory problems – heart palpitations and tightness in the chest are common symptoms, you might feel like your heart is pounding or racing
	Difficulty concentrating – you find it harder and harder to concentrate, experience mental blocks and memory loss
	Poor digestion – you have stomach pains when you eat certain foods that previously didn't cause you any problems
	Difficulty sleeping – this interferes with your daily energy level, mood, and ability to accomplish your tasks
	Dizziness and loss of balance – you feel dizzy and disoriented, especially when talking on a cell phone or around WiFi
	Tiredness – no matter how much you sleep, you are in a permanent state of fatigue
	Ear pain and ringing in the ears – you can hear a ringing or buzzing in your ears. A buildup of abnormal growth in the hairs of your inner ear are not unusual as your ear tries to protect itself
	Pain in joints and muscles – you experience unexplained joint pain and muscular pain
	Stomach pains – you have an increasing sensitivity to different foods and difficulty digesting
	Muscle cramps – often in the feet and legs. Muscle spasms, particularly at night, are common
	Depression – you experience feelings of hopelessness and despair
	A metallic taste in the mouth – particularly if you have metal filling

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