

# The 5G Hazards

## Editorial

It is my pleasure to write this editorial for journal of Applied Bionics and Biomechanics (MOJABB). With recent development in the Technologies we are expectantly looking forward for the advent of the 5G next generation mobile networks and internet of things. Where everything will be connected to internet and will be able to communicate with its environment. 5G and next generation mobile network promises us a new environment in which everything whether in your office, school, college or workplace will be connected to internet. The machines will be able to interact with each other. Now no worries, if your printer cartridges are empty because printer itself will interact and order new cartridges from store, your refrigerator may automatically order to replenish the supplies of your fruit juice and so on. According to latest survey 5G will connect billions of device 100 times faster than 4G. 5G will work in millimeter wave range, having frequency band between 30Ghz to 300Ghz. At first glance this situation seems to be very pleasant as ease of operating everything will increase as everything you can imagine of will be able to connect with every other device with the help of internet providing better user interface and ergonomics. However there is a severe downside of using 5G technology as very soon we are going to surround ourselves with invisible web of radio frequency. For tradeoff between efficient communications of internet enabled machines human will be more surrounded to radio frequency radiations. These radio frequency radiations are very harmful and cause serious health hazards. Although every other agency is denying to the potential risks of exposure to 5G radiations, but the risk is for real. A low powered RF (Radio Frequency) dissipation (millimeter wave) is very harmful to living beings. The longer the exposure time more is the risk. Exposure of RF radiation caused due to 5G mobile radiations is linked to cancer, headaches, depression, anxiety, sleep issues and other ailments. Even long-term exposures to 5G mobile radiations can cause a cancerous growth in heart. The 5G wavelengths can even result in serious skin diseases, allergies and various eye diseases like redness, dry eyes, soreness heaviness etc. 5G emits radio frequencies that can even damage DNA of human beings it can lead to mutations causing genetic disorders and crippled off-springs. Exposure to 5G radiations can even cause development of cancerous cells, tumors it can also result in oxidative damage which causes premature aging, disrupted cell metabolism. It is the high time to take necessary precautions to protect ourselves from 5G radiations.

### Suggestive precautions:

- Maintains distance from 5g towers as much as possible.
- Periodic calculation of levels of radiations around your surroundings
- Purchasing and installing an EMF shield according to the level of radiations around your surroundings.
- Planting radiation absorbing trees around your home.
- Eating balanced healthy diet, regular exercise/yoga and practicing meditation.

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- Get Earthing done for your household
- Switching off the wireless devices, Smartphones, IOT enabled devices at night.
- Practicing digital detoxification at least once in a week and for at least 15 days in a year. A real picture of advertisement by Soluna Resort, Ramnagar, Uttarakhand, India is shown in Figure 1 which offers digital detoxification.



**Figure 1** Digital detoxification offered by Soluna Resort, India.

Using Faraday cage i.e. shielding made of aluminum wire/foil can be used to block RF waves.

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I have based this paper on the materials collected from several courses I've attended. Some of this information is also featured in various tutorials available online. In addition, I have also consulted several web pages while writing this article. I would also like to thank Mr. Amit Saxena and Ms. Deepti Shinghal for their valuable support, without their help this article would have been impossible to complete.

## Conflicts of interest

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