



GENERAL ACUPUNCTURE

## Raditation & Your Smartphone: Is it Worth the Risk?

Ross Rosen, JD, LAc, MSTOM, Dipl. OM (NCCAOM)

If radial arteries could talk (and in my experience they can to some extent), they would say, "Step away from the smartphone." At least that is the message I am receiving loud and clear as I feel the pulses of many patients.

### Smartphones & Your Pulse

Back in 2008 I began noticing a disturbing trend with regards to a specific pulse quality in young individuals. This quality, called "Leather-Hard," had typically been felt only in patients exposed to radiation therapies during cancer treatments.

However, between 2008 and 2009 this "Leather-Hard" quality found its way into a large majority of patients between the ages of 10 and 40 (with findings in some older and younger patients as well).

What was alarming about this finding was that the "Leather-Hard" quality signified a pathophysiological condition in which heat toxins have "scorched" blood vessels and connective tissue in the associated anatomical region/organ, compromising the individual's internal landscape.



It indicates a pattern that creates extreme vulnerability in the correlated areas and sets the stage for a variety of debilitating and degenerative illnesses. Often this pulse quality turns up in a specific area of the body or organ system, but it can also present over the entire pulse indicating a systemic condition.

#### The Impact of EMF

After sharing my findings with Dr. Leon Hammer and discussing this trend, we realized that this pulse was revealing a burgeoning medical crisis regarding the impact of electromagnetic radiation (EMF) on our collective physiologies. This prompted us to write an article (*The Pulse, the Electronic Age and Radiation: Early Detection*) on this topic back in [2009](#) to alert the profession.



This "Leather-Hard" pulse quality is showing up more prevalently over the years and has become a significant marker in understanding a number of previously unexplained illnesses, as it demonstrates how people are becoming increasingly deficient and toxic as a result of exposure to EMFs.

#### Other Doctors Take Notice

Over the years I have been contacted by a number of medical doctors resonating with the findings in the above referenced article and having little means to offer as support to their patients within the Western medical paradigm.

Eight years after these initial findings we continue to witness a rising trend in the level of deficiency and toxicity related to EMFs.

Increased use of cell phones (not to mention the increase in the EMF output of "new and improved" smartphones), Fitbits, additional towers, prevalence of Wi-Fi, younger and younger populations with access to smartphone technology, as well as the additional time we spend being exposed to the ever-broadening spectrum of EMF sources all combine to create significant imbalances in our system.

#### Location is Everything

The pulse diagnosis that I specialize in is uniquely able to perceive the changes associated with these findings. One of the very common places I am finding this quality is in the pelvis in men who carry their cell phones in their front pockets.

In fact, I can tell in which pocket my patients carry their cell phones, based on which side of the pulse I find the "Leather-Hard" quality. This becomes an important finding in the prevention of lower body/pelvic pathology, e.g., prostate and testicular cancers.

## Cancer Prediction

Prostate cancer affects one in seven men and is the second leading male cancer, and testicular cancer has been rising over the past decades. I predict these numbers will sharply rise with the upcoming generation of boys pocketing their cell phones unless corrective changes are introduced.

I find the "Leather-Hard" quality in many anatomical locations are affecting many organ systems, often times even systemically over the entire pulse. And unfortunately, women are also vulnerable, as many women carry phones in their back pockets, over the sacrum, which has a strong energetic influence over the reproductive organs.

As the impact of radiation increases, one will see changes with menstruation (cycle timing, pain/cramps, clotting, diminished and darker blood), abdominal discomforts and hormonal and reproductive organ changes. I even see women carrying phones in their bras, a hazard to breast health (one of the leading locales of disease in women).

The good news, however, is that despite being bombarded with EMFs from Wi-Fi, etc., there are some things we can do to protect ourselves.

## Prevention is Key

*First*, the biggest damage comes from proximity of these signals to the body. Using protective barriers (keeping phone in purse), or EMF reducing cases (i.e. SafeSleeve and Pong Research), or simply not keeping the phone on your person when you don't need it can make a significant impact.

Similarly, don't hold the phone to your ear, use a head-piece/earphone (not a Bluetooth or wireless one, as they magnify and increase radiation). Keep phones and other devices on "airplane mode" while sleeping or make sure your phone/charging station is situated away from where you sleep.

*Second*, we can start to recognize the impact of EMFs and radiation. In Chinese medical terms we consider these heat toxins that burn up our fluids and "scorch" the vessels/tissues (if you pay attention, you will feel the heat coming off your phones and devices).

This creates an inflammatory situation which becomes the catalyst for a whole host of pathological responses. To minimize and offset some of this damage it is important to stay well hydrated (not just with water, but also with healthy raw organic oils like cod liver and coconut that can "moisturize" our internal landscape).

I also suggest spending time outdoors in nature, meditating, proper rest and sleep, healthy diet, sea salt baths, and of course, doing acupuncture and taking herbal medicines as appropriate and tailored by a qualified licensed practitioner.

In the article referenced above — *The Pulse, the Electronic Age and Radiation: Early Detection*, we discuss multiple strategies for treating and combating this particular form of toxin.

As with all things, we need to find opportunities to create balance. EMFs are intensely yang. Incorporating the cooling, quieting, hydrating aspects of yin can help offset some of the pathological possibilities of the excessive yang that regularly impact our bodies.

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