

Twelve proposals and twelve basic caution advices in a way to limit the user's exposition to mobile phone radiations.

A - 12 Proposals of "regulation level" :

- 1 – Restoration with simplified specific adaptations and extension to every user of mobile phone of a licence called “Restricted certification of radio operators – CRR “ like it exists today for many radio a user of radio telephony. [[ANFR – CRR](#) (Fr)]
The allocation of this licence to the users would allow them to have a minimum of argumentative basic notions on radio frequency and their health effects. In concrete terms, on the actual existing bases the allocation conditions of a simplified licence called “**Mobile Phone Licence - MPL**” would be given after a session of two to three hours of lecture.
- 2 – To ban any phone call in a car, even at stop, because the car is like a Faraday Box (that is likewise used in a microwave oven), the whole of the electromagnetic wave effects are optimised by reflection on the inner metallic faces, and the user as well as the passengers specially the children and babies are greatly radiated. Consequently it's essential to get out of the vehicle before transmitting with a mobile phone. This ban being extended to all collective transports means (except in designated zones).
- 3 – To not allow any mobile phone possession for kids under 15 years old.(in a growing phase, with lower tissue mass, the radiations are more harmful). [[File & Comparative](#)]
- 4 – To not allow any mobile phone usage for pregnant women (the amniotic fluid in which the embryo is developing, and [the foetus](#) (Fr) is in a very absorbing environment to Hyper Frequency radiations).
- 5 – To not allow the use of a mobile phone at less than one meter from any person in a public area in order to reduce the people exposition to radiation [[Passive Phone Radiation](#)].
- 6 – To have the manufacturers to install a electronic device limiting the mobile call to a 6 minutes maximum with a warning bips at each 15 seconds starting at the 5th minute. This limitation stipulated in [the regulation normative bases](#) in force is absolutely necessary in regard to the body auto regulatory function, notably for the opening of the Blood/Brain Barrier [[BBB](#)].
- 7 – In built-up areas, to install a signal concerning the higher radiated zones with relay antennas (near beams and lobs) in order to have the mobile phone users being advised that they can call with a temporally lower risk (e.g. area with wifi) and vice versa the other people like old, sick persons and women with baby or pregnant will be warned of a area with strong radiation and help them to shorten their stay in.
- 8 – To devote 1/3 of the recto face, even the verso of the paper or digital monthly bill for mobile phone subscribers to any notice on prevention and public health. At the same time, to set up a national campaign of prevention well targeted for [general public](#) and medical environment.
- 9 – Requirement for manufacturers of a timetable of Specific Absorption Rate of the tissues called [SAR](#), in order to went by step for the head global SAR (brain) which is actually 2W/kg [[Interphone report](#)] to a value of the orbits and cheeks of 1,1 W/kg.
- 10 – Requirement for manufacturers to engrave and to screen the SAR on the mobile phone body.
- 11 – Requirement for manufacturers to engrave and to screen print the antenna location on the phone body for those with no appearing antenna. [[Open mobile](#)]
- 12 – To make a scientific and epidemiologic research study about the electromagnetic radiation in relation to the added type [aluminium in vaccine](#) (Fr).

B - 12 Mobile phone utilisation advices :

1 – To use a hand free kit and to keep the mobile phone at more than 20/30 cm from the user's body in order to limit the radiation effects [understand : France 2 report abstract – Dr George Carlo's scientific research study [[entire version](#) (Fr) – [short version](#) (Fr)]

2 – To not hold a mobile phone close to his body even on stand-by : [Security zone 20 to 25 mm](#) (Fr).

3 – To call or phone only in good reception conditions. As a general rule to not use a mobile phone in a close area like lift, under ground, mobile home, caravan, metro, bus, etc... The transmission force so the radiation force is tenfold.

4 – Do not phone when moving from place to place even in train. The transmission forces of the antenna radiations are decupled because those are all the time in search for a contact.

5 – Do not phone in a car even at stop. In a close metallic space there is a phenomena called the "Faraday Cage" that optimise to a maximum by reflection the harmful effects from radiation not only on the phone user, but also on all the passengers specially on children. Therefore, it's mandatory to get out of the vehicle to phone.

6 – Do not keep the mobile phone near your bed during night (deleterious effects, time/dose : even in stand-by the mobile phone searches and connects and radiate by phases)

7 – Preferably to have a mobile phone with an appearing antenna because the omni directional antenna is broadcasting at optimum and so at less power with regard to an integrated antenna even if the phone is of a lower play looking : make a choice for health instead of a choice for look.

8 – To warn old people or any people with a weak health condition against the use of a mobile phone (the radiations are weakening even more the organism : [The Microwave Syndrome](#).)

9 – To advice any people who have any metallic/magnetic element in or on his head of combination, prosthesis, dental device, plate, screw, clips, piercing, earring against using a mobile phone, this advice being extended to those using crutches, Zimmer frame or metallic rolling chair (e.g. [Chabeuil's College story](#)) against the use of mobile phone, this in order to avoid any reflection, amplification hotspot, etc...

10 – To advice those wearing glasses with metallic structure or metallic ribs of support against the use of a mobile phone (resonance phenomena in relation to the [wave length](#) = [passive retransmission](#) = [pathology](#)).

11 – To use personal anti wave radiation protection called mechanic. (Veils, box, etc...) that have a known positive effect. [[File](#)].

12 – To go from mobile communication to wired communication with no radiation and that are for most of them free of charge and with no limit with internet, even for international calls.

Nb : Some of those suggestions are given as recommendations (moderated) by ...Orange Business Service in : : [" A precaution in the use of mobile phone"](#) (Fr)