



**Transcript: #456 Phonegate What The Cell Phone Industry Doesn't Want You to Know!
with Dr. Marc Arazi**

Dr. Wendy Myers:

Hello everyone. I'm Dr. Wendy Myers. Welcome to the *Myers Detox Podcast*. And today, we have Dr. Marc Arazi on the show. He is a researcher that has written a book called *PhoneGate, What the Telecommunications Industry Doesn't Want You To Know*. And so he's going to be talking about what he found in his research. He'll be talking about what the cellphone industry is hiding from you and how they kind of fudge their research results to make cell phones seem safer than they are. And some other shocking details about how they put spyware on people's phones to change what looks like the thermal effects of the phone when they knew the government was testing the phones in the public area. He also talks about the dangers of cell phones, the increase in brain cancers over the last few years, and how there's a dramatic increase in deaths from brain cancers called glioblastoma.

And he also talks about what's going on, the issues with fertility, the issues with the increase in electro hypersensitivity that makes some people so ill that they're unable to work. They're not able to function. And he also talks about some of the simple steps you can take to make your cell phone safe. These are very, very easy things to do. So stay tuned to the end to get those tips. So I know you guys listening to this show are concerned about your health. You're concerned about detoxing your body in many, many different ways. And I have been focused the last few years on emotional detoxification because many people are out there looking for physical solutions to their physical health issues or even emotional and psychological issues. And I think what people don't realize is that emotional trauma affects almost everyone.

And the research is detailed that we have an increase in depression, cancers, and lung disease, an increase in so many different health issues, and an increase in smoking addiction rates and alcoholism with the more adverse childhood experiences that people have. And they don't have to have this horrible trauma.

It can just be neglect that causes them emotional trauma that leads to physical health issues, and it's shocking.

So I created this free masterclass that talks so much about what is emotional trauma? What are the five keys to understanding emotional trauma? And also, there's a test you can take to determine your number of adverse childhood experiences and what you can do about them. Nonetheless, there are very, very simple solutions that can go a long way to help resolve your health because I assure you the emotional traumas you have experienced are affecting you today even if you're not aware of it affecting your health, affecting your peace of mind. So go take this free masterclass at emo-detox.com, emo-detox.com . You will not regret that investment of your time.

So our guest today, Dr. Marc Arazi, is a medical doctor, and in July 2016, he launched an alert about the overexposure of our mobile phones, which has since been referred to as the *PhoneGate* health and industrial scandal. And for the last 15 years as a doctor, he's been particularly concerned by health issues related to mobile telephones. So he founded and shared in March 2018 *PhoneGate* Alert to inform, protect, and defend hundreds of millions of mobile phone users with the support of international organizations, scientists, health professionals, lawyers, and journalists. And in November 2020, he published the book *PhoneGate*, which retraces his years of investigation. And from June 2022, the English version is now available on Amazon.

Dr. Arazi, thank you so much for coming to the show.

Dr. Marc Arazi: Thank you, Wendy, for inviting me.

Dr. Wendy Myers: Yes, I was so excited to learn about your book. I learned about it from a colleague, and I wanted to have you come on to talk about the dangers of EMF or electromagnetic fields, in particular, the ones coming from cell phones. So can you talk a little bit about your background and why you came to write the book *PhoneGate*?

Dr. Marc Arazi: Yeah, sure. I'm a French doctor. I'm a French physician, and it's something like 20 years now that I've been working on this issue. And in 2016, I launched the alert, the *PhoneGate* Scandal and Industrial Scandal, and we are going to talk about that. And in 2018, with many people all over the world, I co-founded the NGO *PhoneGate* Alert, and now, with this NGO, with people all around the world, and we have a very important scientific advisory committee with many famous people, we are launching the alert all over the world.

Dr. Wendy Myers: Okay, great. And so why did you start researching the dangers of cell phones? What started this?

Dr. Marc Arazi: In the beginning, just to understand cell phones, people have to understand that cellphones are the most important exposure for humans. Most people sometimes think that it's the wifi or it's the antenna, and they don't really appreciate that the cell phone they use all day and give to the children or all the family is the first level of exposure for humans.

So it's very important to understand that we have to be very aware of the exposure of our cellphones, the first thing. Also, most of the time, people say there is no scientific evidence about the health risks of the cell phone. And it's completely the contrary because we have now 15 years, we knew that there has been a scientific consensus about the thermal health effects of cellphone exposure. It's very important to understand that because when you say, "No, it's not proven." It's the contrary. What is not proven is that the non-thermal effect of the cell phone is already not completely clear. Okay? But when you say something like this, "Oh, there is no evidence," it's not the truth.

Dr. Wendy Myers: So when you say the thermal effects, you mean holding the cell phone up to your head and heating up the tissue where the cellphone is placed. Can you talk about why that's a problem?

Dr. Marc Arazi: Yeah, when the cell phone is near the body, not only because when you do that, you put your hand near your head, but it's the same if you put it in the pocket. It's very important to understand that it's for all the body, not just for when you are giving a phone call, very important. The waves of the cell phone put energy. They put some energy on your body like microwaves. It's like the microwave oven, you say, okay? So it's exactly the same because your body and your cells, there is water in it, and when you put the cell phone, it's like you boil the water in your cells.

Dr. Wendy Myers: And what effect is that having, so what are you seeing with people that are holding their phone up to their head for a few minutes, and then the short-term effects and then the long-term effects or having it in your bra or in your pocket?

Dr. Marc Arazi: Yeah, yeah. We're going to talk about that at the event. Before, you have to understand that to protect because there is a regulation also in Australia too, and what they have done, we are using all over the world an indicator which is named SAR. I don't know if SAR, Specific Absorption Rate, will measure the quantity of energy that your cellphone is exposed to, it is the thermal effect. Okay?

So the first thing to understand in this scandal is that it is a very bad indicator. So why do we know that now in France, there is some test which has been done by the French government. It was in 2020 and 2012, and they made cellphone tests because they were afraid about how we use our cell phone next to the body next to the head. And they do hundreds of tests. Not as the regulation forced the manufacturer to do. But the regulatory test is at zero millimeters of the head or five millimeters, and they keep all those cellphone tests made by our national

telecom agency. It was from the French government, and they kept it secret for four years, okay?

Until 2016, and in 2016 our French national agency made a special report on the cellphone, and they put a few links, a few information about what was going on. And it was the beginning of the PhoneGate scandal. All we have is to force the French government to release all those data that show that we have all been overexposed since the beginning of this industry.

Dr. Wendy Myers: And so, in your research, what are some of the most shocking things you've learned?

Dr. Marc Arazi: The most shocking thing is that nobody is aware of that. If you make the test was done in France, it was at a distance of 15 to 25 millimeters from the body, okay? So nobody knew that the cellphone was tested like that. If people see that we tested at 15,25, and after a five and zero, it's something like 10 or 15 times more than the level you don't have to go over. So the level it's two watts by the kilo. In Australia, it was the same, and we found it was level like 7, 10, 20 more than 20 watts by the kilo for the cellphone testing at the real distance of use at zero or five millimeters.

Dr. Wendy Myers: And so they're publishing information based on cell phone usage that's not realistic in real life. People are not holding their cellphones 15 or up to 25 millimeters from their heads. That's just not happening.

Dr. Marc Arazi: Yeah, yeah. And nobody knew that size is the regulation, and you have rules, and all the manufacturers knew very well that this distance was absolutely not real. But what they prefer is to have good connectivity. I want to reach Wendy. Wendy wants to reach Mark. It's the most important, and our health was not really important. And it's incredible to see that the industry uses a very, very bad indicator and many tricks to deceive all consumers using a cellphone. And now we have legal proof to say that because we force the French government to release. We have something like more than 700 test reports now in France. And what we are doing and we make this all over the world, and now we just forced the Canadian government to do the same. And we now have something like 100 test reports, and what we see in Canada, for example, is that today they are always testing the cellphone at 10 or 25 millimeters of the head.

And now, we have done many things and are talking about that, but what's going on in France. But at this moment in Canada, it takes two years to obtain those data because it's a very important matter all the time. And we are going to do the same in Australia now and for all of Oceania, and we are working with an organization that you know, and we hope that in a few months or less, we will obtain all the data in Australia for all those Australian people because it's an international scandal. And all the people in Australia, you never underheard before your interview, but what's going on with the *PhoneGate*. It's the first time.

Dr. Wendy Myers: Yeah, this is happening around the world with telecommunications companies. They have put a lot of effort into keeping this information out of the newspapers. There's a lot of public relations that is done to keep this information, this deceit, to publish the false research, and to hide the real research. So what's going on there?

Dr. Marc Arazi: Yeah, you're completely right. So first of all, and I write this in the book, one of the strategies of this industry is to be the big media owner. In France, more than something like 50% of all TV channels or the most important media are owned by the telecom industry. So we have a real problem because they are engaged in this scandal, in the health scandal, but they also have the level, very important power with the press, the major power. That's a real problem.

And it's not only for France, but it's also the same all over the world. But what I can tell of my experience and I write all we have done to make the scandal be revealed. That we have very courageous journalists and very courageous people all over the world. So in 2019, I will give this example. I was reached by a journalist, an American journalist, in 2018, at the beginning of 2018. His name is Sam Roe, and I didn't know who Sam Roe was, a journalist for the Chicago Tribune. But Sam Roe is a four-time finalist for the Pulitzer Prize. And we have worked together to make this scandal revealed in the US. And there was a very important investigation made by Sam, and it made a lot of noise in the US and in Canada. And after that, the first class action was launched by the lawyers in Canada and in the US, for example.

So it's not so evident. They are very, very strong. They are giants, and we are very small, but we also have many forces because we have very courageous and clever people who are working with us.

Dr. Wendy Myers: Yeah, so let's talk about some short-term, long-term effects of cellphone usage. And this is information you're not seeing in the newspapers. This is information not being admitted to by the cell phone companies. What's really happening when we're using our cell phones and holding them to our heads?

Dr. Marc Arazi: There is also, I don't know if it is the same in Australia, most of the time when you say can you have head counts, most of the people say no there is no risk about that. And what we have is our French national or public agency's data, which was released in 2019, okay? So it's very recent data, and they show that during the 30 years and these 30 years were the most important for what we are talking about because in this period of 30 years there were a lot of cell phones being sold all over the world.

So what we see is that there was a four-fold increase of glioblastoma, which is a very, very bad cancer, and for information, it is like something that 50,000 people who died in the last 20 years just in France, and just for glioblastoma, not for all the head cancer. So you imagine that when you say that there is no increase, it's a lie. And the first thing you have to understand is that there is a

real increase, and we can say that with the data from France, and we see that for all the countries. That's for head cancer.

Also, there is a very important problem for young people because you know that all the young people, maybe you have a child and what they're doing all the time. They take the phone, they take care now not to put it near the head, but what they're doing, they put the cellphone in the pants pocket, it's a reflex, you don't know what to do. You put the cell phone in your pants pocket.

Dr. Wendy Myers: Or it's on their lap. The iPad is on their lap all day long.

Dr. Marc Arazi: So the problem now that we see, and we have many and many studies about the result of this, the way we are using our cell phone is that there is a problem with the fertility for women and for men. And it's so evident because you know that there is heat with the cellphone. There is a thermal effect. We can easily imagine that we are doing bad things by putting a cell phone like this in this place. So it's the second most important risk for Australian people but also for all the people in the world. And the third risk and-

Dr. Wendy Myers: Could you hold on one second there? I want to talk more about fertility issues.

Dr. Marc Arazi: Yeah, sure.

Dr. Wendy Myers: So this is a huge problem. One in four couples has fertility issues in the United States alone. It's a huge number, and many people, especially men, are putting their cell phones in their pockets. And when the scrotum is at a certain temperature, it's like two or three degrees lower than your body temperature. But when you start heating that up, you kill sperm, and you reduce the motility or their movement. Not to mention women, I don't know offhand the exact effects it's happening on women, but it's bound to be issued anywhere you're heating up the tissue on a regular basis with a cellphone.

Dr. Marc Arazi: That's correct, yeah, yeah. And yesterday I was sharing a new study from China, and what they say it's very interesting because they have tested, they are studying the way because the people they are using headset on, they give a phone call, but they put the cellphone in their pocket, okay? So they saw that there was danger for fertility with this use of the cell phone, and they put an advertisement to the people to say, "Oh, take care about that. We need more study. But don't use a cellphone when you have it in your pocket with a headset to give a phone call."

Dr. Wendy Myers: And women are also putting their cellphones in their bras, and there are reports of the cancers being the exact shape, the tumor, of the cell phone.

Dr. Marc Arazi: That's terrible. Yeah, you're completely right. That's something that came from the United States where the young woman, and now we have this in France, and we see most people need to keep time very close to their body. So we will talk

about that, but it's so easy to protect people's health, and I know that it's the most important thing for your actions in Australia. So what you can say to all the people, and we'll repeat and repeat, don't keep your cell phone near your body, not on your bra, not in your pants pocket, not near your head when you are giving a phone call, and it costs nothing. We are very lucky in this scandal because it cost nothing. It's free for you to change your habits, and you will be protected. And so it's why it's so important to explain that not in a way that all the scientists, like for climate, say, "Oh there is a problem," to protect yourself and your family.

Dr. Wendy Myers: And I think the biggest concern is people like myself that grew up in the '90s, and as soon as that cell phone came out, I had one. And I was holding it to my phone or holding it to my head. I mean, for how long? 30 years. And so I think, sadly, this information about the dangers of cell phones has been hidden. It's been prevented from being reported about, and I think people pay for that with their lives. They pay for that with their health and dealing with brain cancers, fertility issues, and many other health issues. I mean, it's a lot.

Dr. Marc Arazi: Yeah, yeah.

Dr. Wendy Myers: Yeah.

Dr. Marc Arazi: Don't worry. I was exactly like you before I began trying to understand what was going on with this issue, and for years, I had a cell phone near my head or my body. So what I say is that in the industry we have to answer about what they have done, and it's why I launched the alert, and I make such legal action everywhere now in the world. And I wrote the book for all the people to be informed because if you take some time to read, all the people will say, "Wow, it's crazy."

Just talk about France because people in Australia, now you are very, very late because now when I explain what we obtained in France, you would say, "Oh, it's incredible." Yeah? So in France, at this moment, with the legal action we have done, we forced the French government and the manufacturer, and they had to withdraw or update something like 34 different models of cellphones since 2018. Now, they make legal tests, and they have to withdraw all the cellphones from the market or to put or to put how to say? An update?

Dr. Wendy Myers: Like an update or warning with a warning label?

Dr. Marc Arazi: An update or software in the cell phone, to be sure. Okay?

Dr. Wendy Myers: Wow, so your legal action got most of France's cell phones recalled before the sale.

Dr. Marc Arazi: Not all cell phones.

Dr. Wendy Myers: But a lot.

Dr. Marc Arazi: Because it was 34 for the moment before that, no one in the world has had a withdrawal update. So for the first time, we obtained that there is something against this industry, and it was very important also what you obtained in 2019 because of our pressure on the French government, they asked our national health agency to make a special report with a PhoneGate Report. And the question of our government was to say, "What to do with the cellphone, with the SAR, which are much higher than the legal level?"

And the answer of our national agency, and you can read the report, is to withdraw or update all the cellphones sold or put on the market before June 2017. And then to put all the cellphones, not some models, all the cellphones. And after that, the French report was released in October 2019, and there was COVID. And it was a lack for this industry, incredible. And it was the way because the French government said that they would make a meeting with all the manufacturers in France, and they didn't. And at this moment, they do not put out all the cellphones from the French market, but we have this asking for our French national agency.

Dr. Wendy Myers: And yeah, it's really, really shocking is the amount of money that the telecommunications companies make and the amount of power they wield that controls all this information. And I really admire your work in trying to get this information, the what's really going on, the dangers of cellphones out to the public because the status quo right now is that cellphones are perfectly safe. They don't cause cancer. It just denies, denies, denies, denies. And that's what's in all of the media and the newspapers. So people have peace of mind to a certain degree when they're using it. I think many people don't think about it because they don't know that there's something to worry about because they haven't been warned.

Dr. Marc Arazi: Thanks, Wendy, for the compliment, but it's better with many people around this. So it's a compliment to all the team because you can't do this without all the help. And that's what I write in the book. I explain how I was alone at the beginning, and now we are talking with people all over the world every day.

So I'm very lucky to have all this support from everywhere, so what is important is also to understand that there was a lack of regulation. But it was not enough for them because it was a good opportunity for all the manufacturers. But there is a conference between maybe Apple and Samsung and Huawei and yeah. And what they've done because they wanted to sell more cell phones, what they have done like Diesel Gate. Do you understand what DieselGate is, the Volkswagen scandal?

Dr. Wendy Myers: Yes, absolutely.

Dr. Marc Arazi: Yeah, so it's exactly the same. They have done this because they need to have the best SAR, the lower SAR. What they have done is put spyware inside or algorithm inside the cell phone, and the cellphone at this moment can say, "Oh, there is a test from the French national telecom agency." And at this moment, what they do is they put the SAR that the manufacturer wants to put in the notice. But it's not the real SAR because it was so awful to see that there is such bad regulation.

But it was not enough just for profit and just to be the best seller of a cell phone. What they've done is to try also to deceive all the users about the real SAR, and how we know that because now we have people and I name each in the book, we have people now who are working inside the industry who are so shocked about the way all of this is going on, they help us to make all this evidence understand by the public.

And that my book was released at the end of two 2020, and no one said, nothing to say that all we are talking about is wrong. The book is in English. The book was in French. And no one says, "Oh, what Dr. Arazi is bullshit," because they know that everything we write in this book is the right information.

Dr. Wendy Myers: So your book is called *PhoneGate*. So, where can people get it? Where can people buy it?

Dr. Marc Arazi: So in France, I was very lucky because I had a publisher whose name is Massot Editions, when he read the book say, "Oh, I certainly want to publish," but with the COVID and we had this problem of finding an English publisher. So maybe someone is listening to us and would like to read the book and help us. But the best way now is to order it on Amazon, and you can order it very easily because on Amazon, you can sell it all over the world, and there is also the Ebook.

Dr. Wendy Myers: Okay, fantastic, fantastic. And that's easy enough. And so we know the problem causes fertility issues, brain cancers, and glioblastoma. Any other health issues that we should be concerned about?

Dr. Marc Arazi: Yeah, a very important one, and it was one I would like to talk about before. It's electro hypersensitivity. People who have a feeling completely different when they are using a cellphone or when they are in contact with wifi or the waves of an antenna. And we are not equal in the way we support the radiofrequency waves, which we know because we have a special report in France about electro hypersensitivity. And I suppose that you would be afraid about this number. We have three million people in France who are touched by electro hypersensitivity, 3 million people.

So you imagine for all the planet, something like 300 million people would be concerned by these symptoms. So nobody can say, "Oh, no, there is no problem." We have a lot of people now who are suffering, and some people are suffering not so much because they have headaches or some troubles/, but

there are people who are suffering so much they can't live anymore. They can't work anymore. And so it's not 3 million people like this, but there are now 3 million people who are directly suffering from the radiofrequency waves.

And I think that, and we are working with many scientists on this issue. We saw that with the *Phonagate*. Now we knew that there was an overexposure from our cell phone to the wave of our cellphone. And we think that it could be a contributor of maybe one. There is another, but we are working on this issue to see if this over-exposure could explain that some people now are suffering from the effects.

Dr. Wendy Myers: And so the electro hypersensitivity, a lot of symptoms of that can be easily confused with other health issues where it's very difficult for doctors to figure out what's wrong with these people and put them on medications they don't need. And there's no mention of, "Maybe it's your cellphone. Maybe it's your computer." What are some of the symptoms of hypersensitivity?

Dr. Marc Arazi: Yeah, and maybe 20 years ago, but maybe, I don't know what the other position in Australia, but in France 20 years ago, when people begin to talk about that, they say, "Oh, they are mad. They are crazy. It's not a medical problem. It's a psychological problem." And now, in France no more, we're not talking anymore about psychological problems.

They try, but it's really difficult, and we have the work of, I don't know if you know Professor Belpern in Australia, but Professor Belpern has made a lot of work on this issue and now just releases a study and an article which explained that there is a biological explanation and biological proof about this pathology. So we are learning more and more because we need to study. If you don't study anything an issue, put all the information as you say and full study too because a lot of studies were conducted by industry, by people working for industry.

So it's really difficult for the scientists to work on this issue, but they are working, and we now have more and more evidence about the risk and also for people who are suffering from electro-hypersensitivity.

Dr. Wendy Myers: Yeah, and so are they getting headaches, fatigue, insomnia? What are some of those symptoms like depression and anxiety?

Dr. Marc Arazi: Yeah, and this is for people who are not suffering too much, but some people can't stay in a place with waves. And so they have to go to the mountain. There are antennas everywhere, and there are waves everywhere now, which is a problem, but it's not just like this for those people. It's something that it's so difficult, their life is so difficult that maybe sometime they make depression or suicide, yeah.

Dr. Wendy Myers: And so how do we protect ourselves? So we know there's a big problem with cell phones. What do we do? What do we do with our cell phones? Are there any devices we can use to protect ourselves? What's your advice?

Dr. Marc Arazi: As I say, we are very lucky because all we can do is free. First, you put your cell phone out of your body every time. If you work, you put it on your table. When you come home, you put it somewhere near you. Not in a pocket or in your hand. So it's the way you can use it. When you want to give a phone call, for example, most of the time you can use the earphone, the loudspeaker, sorry, loudspeaker. All cell phones now have a loud-function speaker. Also, I see that you are using a headset because all the time, sometimes there are people around you, and you don't want that what you say going to be listened to by others. So you can use a headset, but the best headset set you can use is with what we name an air tube.

It's said with air inside, like this, you are really protected. But as I say, you're not going to give a phone call with the cellphone in the pocket on the headset like this. So you put the cell phone on the table and use a headset. For young people and not young people, it's a recommendation from the California Health Department from 2017 where they say when you are listening to music or watching a series or a film, not to use a headset because you have waves that are coming to the head. So you can put it in fly mode, for example. But the best is not to use a headset when you are using your cellphone for more than a few minutes. And its recommendation from 2017 from the California health department. So it's official. And what they say, too, is not to keep the cell phone near the body, and who is reading the recommendation?

So also for pregnant women, to be very, very careful not to put their cell phones near their bodies. Also, with people who are using a pacemaker. And people who are using a pacemaker have to be especially careful not to put their cellphones in their pockets near the heart. And also they need a very important distance. I don't know if you are using centimeters, but something like 40 or 50 centimeters. A very important one. For all the other users, you can put it at five or 10 centimeters, so yeah, it's great.

So with all this use, you will be perfectly protected. You don't have to put something on your cell phone. It doesn't cost anything. And there is no proof that there is better protection.

Dr. Wendy Myers: Okay, great. Yeah. So the good measure is distance is key. The farther away you have the cellphone, the better to turn it off or in airplane mode. You don't need to actually be using it. You don't need to get a message every five seconds. You don't need to see every message right when it comes up.

Dr. Marc Arazi: That's the problem with addiction. Another problem is the addiction to the screen. But yes, there is an expression in the US, the distance with your cellphone is your best friend.

Dr. Wendy Myers: Yeah, and also, people need to use the air tubes. Excellent, excellent recommendation. And then people also need to just be mindful and limit screen time with their children. The kids don't have that knowledge about the harms of EMF. Their brains are a lot more sensitive. They're growing. You've got to limit screen time with your children.

Dr. Marc Arazi: The problem for parents is that they must give an example. If you say to the children not to do something and you are doing what you say not to do to the children, it's crazy. The children say, "Oh, you see that you are eating, and you are on your cell phone and computer." It's for all the people to be on, for most of the parents who have to understand that we have to change something. There is a problem of addiction to screens. That's a real problem. And we also have a problem with the exposure or the overall exposure of the waves of our cellphones, and both it's like a bomb. The more you stay on your screen, the more you have waves, and the cocktail is very bad for your health.

Dr. Wendy Myers: Dr. Arazi, thank you so much for coming on the show. Everyone, if you want to get Dr. Arazi's book, *Phonegate*, go get that on amazon.com. So thanks for coming to the show. Is there anything you wanted to cover that we haven't discussed yet or any kind of thoughts about the book?

Dr. Marc Arazi: No, just thanks to you. As I said, it's the first time that we are invited to talk in Australia, and it's actually good that with the other Australian organization, we are going to have another time to discuss. But really thank you from France, from Paris, and we are very, very far. But I hope that we have the next time possible to reach out and see you in Australia.

Dr. Wendy Myers: Yes. Yes. Well, thank you so much for coming on the show and everyone, thank you so much for joining us on the Myers Detox Podcast. I'm Dr. Wendy Myers, and every week it's just really my joy to bring you experts from around the world to help you meet your goals with your health and help give you little pieces of information that help you feel your best because you deserve to feel good. So thanks for tuning in. I'll talk to you guys next week.