

## Welcome to ACHES

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Over the past 5 years, the world seems to have undergone a transformation that is undeniably not in the best interests of human society at large. The many changes and challenges we have witnessed have given millions across the globe huge pause for thought, prompting us to reflect on our society and how it is heading for an irreversible collapse, unless action is taken. It is inconceivable that we live in a world where public health policy, healthcare, technological and environmental decisions on a widespread scale are being made by bureaucrats with almost zero input from the public, or any regard for our wellbeing and the wider implications of these policies. Our aim at [ACHES](#) (Adult Child Health and Environmental Support) is to challenge these decisions and to help protect human and environmental wellbeing.

In 2020, many like-minded individuals who did not agree with the 'official narrative' during the unprecedented times of the pandemic, also noticed an immense number of new 5th generation (5G) wireless telecommunication infrastructures that had mysteriously appeared almost overnight across the country. As a result, many started to wonder about the legality and validity in terms of public health safety of these newly erected infrastructures. Disturbed by these concerning new applications, several individuals initiated weekly zoom meetings on Sunday evenings that soon blossomed into a campaigning effort to understand the legal, societal and health aspects of such measures. This spearheaded the establishment of ACHES in 2023.

Many are becoming increasingly aware that we do not live in a democratic society and the socio-political decisions, often made illegally by our governments and so-called elites, are not in the best interests for the public or humanity. Our [homepage](#) posits: "Do We Still Have a Functioning Democracy?" The harsh reality is that democracy has vanished and the wishes of the people are being trampled on. In particular, this relates to harms caused by the implementation of current and emerging wireless technologies, which includes 5G. ACHES has uncovered the lack of liability for many of the decisions and policies made at the local and national governmental levels. There seems to be a blatant disregard for medical and scientific information demonstrating the absence of safety combined with obfuscation of potential harms caused by current and emerging technologies.

Many don't realise that radiofrequency radiation (RFR), which is a type of electromagnetic field (EMF) emanation that includes wireless radiation, is emitted from all wireless devices and electrical appliances. These devices include mobile phones, Bluetooth, Wi-Fi routers, computers, lighting, television, Alexa, other smart headset and headphone devices, power lines, electrical appliances, smart meters, cell phone towers, as well as large telecom masts. At the cellular level, the body recognises the need to protect itself from attack from these man-made fields, as

humans did not evolve to recognise these unnatural signals. As a result of these RFRs and EMFs, many people are experiencing nausea, headaches, fatigue, dizziness, sleep disorders, skin rashes, sore eyes, impaired vision, vertigo, and heart palpitations. There are a plethora of studies showing the harmful effects of EMFs. In fact, the US government commissioned a 10-year long [National Toxicology Programme](#) into the effects of cell-phone radiation, which found clear evidence of the development of certain types of cancers and DNA damage in rodent studies. Another [long-term study](#) in over 2,400 rodents conducted in Italy at the [Ramazzini Institute](#) also found central and peripheral nervous system cancers (such as gliomas and schwannomas) caused by exposure to RFR.

Multiple studies have further revealed another major mechanism of biological harm in humans from EMFs and RFRs. These frequencies affect [voltage-gated calcium channels](#) in cells, which may lead to a myriad of health complications. EMF emanations can include negative effects on reproduction and fertility (in particular reduced sperm counts), spontaneous abortions, deleterious effects on the nervous system, especially the brain, and the [plethora of symptoms](#) as mentioned above. With regards to [fertility](#), clinical studies conducted in [2018](#) showed that between 78% to 79% of men were in the low fertility or the no fertility range! Harmful EMF and RFR damage is one of many compelling explanations for the observed deleterious reproductive observations. Concerning effects have also been seen in human clinical studies, whereby ubiquitous [hormonal abnormalities](#) have been documented, along with oxidative stress and free-radical damage (precursor changes to the development of cancer), and chronic inflammation.

Collectively, the damage resulting from harmful man-made EMFs can contribute to virtually all chronic diseases, life-threatening cardiac effects, and the development of cancers, which have been extensively documented in the [literature](#). Studies in animals performed several years ago show that [rodent brains](#) exposed to EMFs showed effects indistinguishable to those observed in humans with advanced Alzheimer's disease. The neurological and neuropsychiatric effects are cumulative and the type and intensity of EMF, shows that these harms can be irreversible, even with 4G exposures. Concerningly, the age of onset of many chronic diseases is also beginning earlier. The reckless and widespread installation of wireless technologies by the telecommunications industry without any safety or regulatory oversight is frankly appalling.

Crucially, the safety guidelines for EMF-based technologies are not met because the guidelines used do not predict non-thermal biological effects – and therefore do not predict safety. Hence, none of these technologies can be deemed safe (see [Martin Pall](#) video). For years, the telecommunications industry has claimed that EMFs are too weak to cause health damage. However, this is simply not true, as the pulsation generated from each upgrade from 3G to 4G, and 4G to 5G, increases the harmful cumulative effects of RFRs on wildlife and mankind. In 2021, Forbes highlighted that

over 3,500 physicians objected to 5G. Incredibly, the combined output of a 5G mast array was found to be a staggering [47,000,000 milliwatts](#). ICNIRP guidelines state the safe guidance threshold is 1 milliwatt/cm<sup>2</sup>. 5G masts, for example, are energy harvesters because each mast requires 3 X more power than a 4G mast – equivalent to the energy output from [73 typical homes!](#)

Collaborations and individuals around the globe have been raising awareness of the environmental harms caused by technological infrastructures, and inappropriate policies enacted at the local and national level by governments. In the UK, we have made progress in raising awareness of these issues, creating a nationwide grassroots campaign to object to thousands of 5G cell towers and other harmful telecommunications infrastructures. We feel the time has come to educate and object to these dystopian existential threats to our freedoms, health and the environment. ACHES is raising awareness of these and other issues, and has created constructive educational material, hosted events, and initiated campaigns about the validity and legality - or lack thereof - of such policies!

We may look back and view 5G and harm from EMF in the same way as asbestos and smoking. Protecting and enhancing the health and wellbeing of all UK citizens is fundamental and central to the ACHES mission. Notably, this organisation is a not-for-profit limited company funded by donations and is not supported or influenced by any sector of industry, or local or national government. We would like to draw your attention to the [Councils & Planning](#) section of the website. Herein you will see multiple letters that, collectively, have been sent to 131,376 local councillors across the country to explain these various concerns - an incredible achievement! More recently, we have begun to contact schools (see our next blog) across the country to offer assistance in limiting vulnerable children to exposure to harmful technologies.

This is the first blog post of many, and we encourage our supporters and readers to regularly check our [Blog](#) page and the [Councils & Planning](#) section of the website. We look forward to providing regular updates on the progress our multiple objections and various projects are achieving in this broad mission. Our collective efforts will continue to raise awareness of these issues, and to help take back control of our lives, and push back against harms caused by local and national government decisions. Together we can support one another to enhance and protect the environment and human wellbeing.

#### **Suggested Pull Quotes:**

**“Forbes highlighted that over 3,500 physicians objected to 5G”**

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**“We feel the time has come to educate and object to these dystopian existential threats to our freedoms, health and the environment”**