



DR ELSTEIN'S WEEKLY HIGHLIGHTS

from the world of health and nutrition

Mobile/Cell Phones and Brain Cancer The Evidence

Mobile phones and coffee have become part of our daily oxygen. Without them we'd be on life support. Could this dependence be misguided and could they really be bad for us?

It depends on whose data you want to embrace. A consortium of experts from Sweden and Australia have reviewed evidence from 14 nations and have found that using a cell phone for ≥ 10 years approximately doubles the risk of being diagnosed with a brain tumor on the same side of the head as that preferred for cell phone use.

An American study examined the trends for cell phone usage and brain cancer from 1992-2006 and found no increase in brain cancer in that part of the brain that would be more highly exposed to radiofrequency radiation from cellular phones. A British study evaluating the incidence there yielded similar results.

Putting this all together experts seem to concur that longer exposure increases the risks, making children and the younger amongst us especially vulnerable. Unfortunately this is falling on deaf ears. I catch the bus to work every morning and it's not uncommon to see a member of what would be classified as the younger age group involved in a protracted mobile phone conversation, lasting the duration of the journey and beyond.

Research on animals suggests that taking antioxidants reduces the damaging effects of constant exposure to electromagnetic fields from electricity, which generates high levels of free radical stresses. One experiment found that the herb ginkgo biloba found in Memozeal neutralized this form of free radical damage quite effectively.

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