

Biological Impact of Microwave Radiation Levels (4G and 5G)

Acceptable Levels of Exposure

$< 0.000\ 001\ \mu\text{W}/\text{m}^2$	Natural cosmic microwave radiation.
$3.0\ \mu\text{W}/\text{m}^2$ or less	Building biology acceptable exposure levels for daytime.
$< 0.1\ \mu\text{W}/\text{m}^2$	Building biology standard for sleeping areas.

Levels of Microwave Radiation Exposure Biological Damage From Cell Phone Towers/sWTF

Health effects listed for various EMF exposure levels (listed in bold), radiation levels are in units of $\mu\text{W}/\text{m}^2$ (micro-Watts per square meter).

500: Children (8 – 17) experienced headache, irritation, concentration difficulties, and behavioral problems.

10,000: Sperm DNA fragmentation and decrease in sperm viability in-vitro. Also, bodily effects of headaches, dizziness, fatigue, insomnia, weakness, chest pain, difficulty breathing, and indigestion.

25,000: Altered Calcium metabolism in heart muscle cells.

40,000: Changes in hippocampus, affecting brain memory and learning

60,000: DNA damage in cells.

100,000: Changes in behavior: reflexes of avoidance (after only 30 min exposure at this radiation level)

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