



NO CELL PHONE! Campaign Launched Worldwide Today

When I was eight years old, as I stood among the birds and trees in front of my cousins' country home, I suddenly heard a horrendous noise I had never heard before. "It is called a chain saw," said my uncle George, as he explained to me what it did. In my mind's eye I saw forests tumbling down all over the world.

Four years later, a TV commercial filled me with foreboding. It featured a bottle of shampoo falling to the floor of a shower stall and not breaking! The Prell company was introducing the wonders of plastic to a consuming public.

That same year, 1962, a marine biologist awakened the world to the devastation caused by pesticides, igniting an environmental movement that shook the world to its roots.

Yet today, 60 years later, the world poisons itself with five times as much pesticides as it did before Rachel Carson's monumental book. The few remaining old growth forests continue to be felled by machines with a power beyond anyone's control. And as marine mammals, seabirds and turtles choke on bottle caps, lids and grocery bags, the oceans will soon contain more plastics than fish, and we swim in microplastic particles that rain down on us day and night in the very air we breathe.

It is no one's fault, and it is everyone's fault. Today, without assigning blame, we have an opportunity to gather together in personal action for the future of life on Earth. An opportunity to change course. Microwave radiation is the first pollutant that is being spread intentionally over every square inch of the planet. And it is the first pollutant whose source and driving force -- the mobile phone -- is within the palms and pockets of the world's population at all times. This gives us a unique

opportunity to be proactive instead of just advocates. To be a movement *of* change and not just *for* change. To set an example of what must also be done with respect to the other environmental assaults.

Wireless technology is also the first pollutant for which there is not a dose response: the effect does not depend on the dose. Reducing the power level of a wireless device does not reduce the harm that it causes. For purposes of health and environment, a cell phone is a cell tower. We cannot have birds and insects and also have cell phones. Our children will not live to grow up if we do not get rid of cell phones.

The benefits of ridding one's life of cell phones -- the restoration of your health and vitality -- are immediate, startling, and far greater than the benefits that they provide. And as this action spreads, so will the benefits. A restored vitality of the forests, oceans, wildlife and birds that once gave life meaning will give people much more than they will give up when they throw away their cell phones -- and gladly give up, once they feel the difference and realize what they have traded away.

We ask you to join in pledging to do your part in putting an end to the greatest, most urgent, most ignored assault on the Earth that there is. To plant a seed that will be watered, grow, and proliferate. No one -- not legislators, not judges, not corporate CEOs -- can do it for us.

Please read and sign the pledge below. It comes in two versions, one for people who still own cell phones, and the other for people who do not. You can also read and sign them in these languages:

[Català](#)

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[English](#)

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NO CELL PHONE! Pledge **(for those who still have cell phones)**



Protect your planet, your family, your pets and yourself by getting rid of your cell phone now.

It's up to each of us to stop the destruction.

WHEREAS, your cell phone emits the same microwave radiation as a cell tower;

WHEREAS, making a cell phone call or sending a text exposes you to much more radiation than the radiation from any cell towers;

WHEREAS, turning on your cell phone causes the nearest cell tower to emit more radiation;

WHEREAS, for your cell phone to work when you want it to, all the cell towers on Earth have to be there;

WHEREAS, reducing the power of your cell phone, holding it away from your body, or putting it on a table, does not make it any safer and can harm you even more;

WHEREAS, in experimental animals, a two-minute exposure to a cell phone damages the blood-brain barrier, and a two-hour exposure causes permanent brain damage, even when the power is reduced 100-fold;

WHEREAS, cell phone radiation interferes with nerve conduction and brain function and is a predominant cause of multiple sclerosis, ADHD, autism, dementia, anxiety disorder, depression, and other neurological disorders today;

WHEREAS, cell phone radiation interferes with your metabolism and is a predominant cause of obesity, diabetes, heart disease and cancer today;

WHEREAS, your cell phone, when you call or text, directly exposes not just you, but your family, children, pets, friends, passersby, and the birds, insects, animals, plants and trees in your neighborhood to microwave radiation;

WHEREAS, most insects and at least one-third of all birds on Earth have already disappeared, having been killed in large part by the radiation from cell phones and cell towers;

WHEREAS, life on Earth evolved for billions of years without microwave radiation (the microwave radiation from the sun and stars being miniscule), and there is no safe level of exposure;

WHEREAS, microwave radiation is the first pollutant that is being intentionally dispersed over every square inch of the Earth, instead of unintentionally like every other pollutant;

WHEREAS, there are 15 billion cell phones in use on Earth today, and the microwaving of our planet will never cease unless and until the people decide to stop using them;

WHEREAS, microwave radiation is a greater and more urgent assault on the Earth than global warming, pesticides, or any other environmental threat, and is well on the way to destroying the rest of terrestrial life within a very few years;

THEREFORE, we the undersigned pledge that we will get rid of our cell phones by March 20, the Spring Equinox, 2023.

SIGN HERE

NO CELL PHONE! Pledge **(for those who do not have cell phones)**

WHEREAS, your cell phone emits the same microwave radiation as a cell tower;

WHEREAS, making a cell phone call or sending a text exposes you to much more radiation than the radiation from any cell towers;

WHEREAS, turning on your cell phone causes the nearest cell tower to emit more radiation;

WHEREAS, for your cell phone to work when you want it to, all the cell towers on Earth have to be there;

WHEREAS, reducing the power of your cell phone, holding it away from your body, or putting it on a table, does not make it any safer and can harm you even more;

WHEREAS, in experimental animals, a two-minute exposure to a cell phone damages the blood-brain barrier, and a two-hour exposure causes permanent brain damage, even when the power is reduced 100-fold;

WHEREAS, cell phone radiation interferes with nerve conduction and brain function and is a predominant cause of multiple sclerosis, ADHD, autism, dementia, anxiety disorder, depression, and other neurological disorders today;

WHEREAS, cell phone radiation interferes with your metabolism and is a predominant cause of obesity, diabetes, heart disease and cancer today;

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WHEREAS, there are 15 billion cell phones in use on Earth today, and the microwaving of our planet will never cease unless and until the people decide to stop using them;

WHEREAS, microwave radiation is a greater and more urgent assault on the Earth than global warming, pesticides, or any other environmental threat, and is well on the way to destroying the rest of terrestrial life within a very few years;

THEREFORE, we the undersigned do not own and will not acquire a cell phone.

SIGN HERE

Arthur Firstenberg, President
Cellular Phone Task Force
Author, [*The Invisible Rainbow: A History of Electricity and Life*](#)
Administrator, [*International Appeal to Stop 5G on Earth and in Space*](#)
Caretaker, [ECHOEarth.org](#) (End Cellphones Here on Earth)
P.O. Box 6216
Santa Fe, NM 87502
USA
phone: +1 505-471-0129
info@cellphonetaskforce.org
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For detailed information and documentation:
Radio Wave Packet: What You Need to Know About Wireless Technology
Download at <https://www.cellphonetaskforce.org>

Donations to support this work are needed. The Cellular Phone Task Force is a 501(c)(3) nonprofit organization, and donations from U.S. residents are tax-deductible. Our Tax ID Number is 11-3394550.

DONATE

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