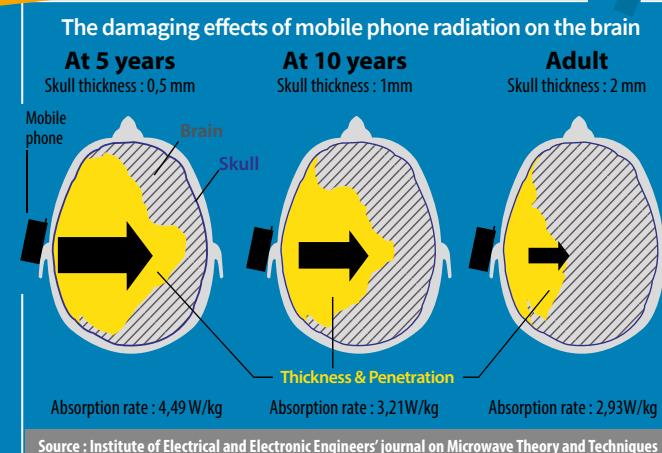


## WHY DO THESE REACTIONS OCCUR ?



### EVERY LIVING BEING IS A SENSITIVE BODY.

Your body is made up of billions of cells that communicate with each other through biological currents. In addition, all your tissues interact through the central, peripheral, and autonomic nervous systems (organs, viscera). Everything is connected !

Artificial electromagnetic waves disrupt cellular and neurological functions. These cells then send abnormal electrical signals to your brain and to other nerve centers that regulate the physiological balance of your body. The mechanisms of self-regulation are disturbed, and various functional and organic disorders may then appear.

## OFFICIAL RECOMMENDATIONS

- Abeille Law (France, 2015): Wi-Fi banned in childcare facilities for children under 3. Principles : sobriety, transparency, information, and consultation.
- WHO (2011): Artificial electromagnetic waves classified as possibly carcinogenic - Same category as DDT and gasoline vapors.
- Council of Europe (Resolution 1815, 2011): Called for a ban on Wi-Fi in schools.

## TESTIMONIES FROM EHS SUFFERERS

Wi-Fi is convenient, but Wi-Fi is toxic! These people suffer from the lack of understanding of those around them.



## GOOD NEWS !

In March 2018: Recognition of EHS by ANSES

(French Agency for Food, Environmental and Occupational Health & Safety)

For more information,  
contact us

POEM 26 : Electromagnetic Waves Prevention - Drôme

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ARTAC: [www.artac.info/](http://www.artac.info/)  
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CRIIREM: [www.criirem.org](http://www.criirem.org)  
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SOS MCS: [www.sosmcs.fr](http://www.sosmcs.fr)  
PHONE-GATE: [www.phonegatealert.org](http://www.phonegatealert.org)  
ESC (Europeans for Safe Connections): [esc-info.eu](http://esc-info.eu)  
Ministère de la santé: [www.radiofrequencies.gouv.fr](http://www.radiofrequencies.gouv.fr)



## INFORMATION & PREVENTION HANDBOOK



With the cordless  
**PHONE** you're  
putting your **LIFE**  
ON THE LINE



Création : Info Propulsion - 11/2025 - Ne pas jeter sur la voie publique

– POEM 26 –  
Prevention of Electromagnetic Waves – Drôme  
[www.poem26.com](http://www.poem26.com)

Association recognized as being of public interest since 2014

YESSSSS !!!



BUT...

All these devices emit **polluting electromagnetic waves** that disrupt your body's functioning and growth.

These **artificial and constant waves** also affect your friends, your family, and your neighbors, from the youngest to the oldest.

## OTHER SOURCES OF EMISSIONS

DECT : cordless telecommunications



Wireless gaming consoles

Smart meters  
Smart thermostats



Drones



Connected devices :  
watches, bracelets,  
Bluetooth earpieces



Cell towers

Tablets

4G  
2G 3G

5G

And all WI-FI devices such as TV, Printers, etc.

## IMPACT OF RADIATION

SICEM [ Electromagnetic Field Intolerance Syndrome ]

Headaches

Hyperacusis

Insomnia

Tinnitus

Dizziness

Muscle pain

Joint pain

Digestive disorders

Urgent need to urinate

Chronic fatigue and exhaustion

Cardiac arrhythmias

Stress and anxiety

Panic attacks

Irritability

Hyperactivity

Cognitive difficulties

## ELECTROSENSITIVE PEOPLE

These **physical, cognitive, and behavioral symptoms** can become so unbearable that affected individuals can no longer live in their usual environments : **they have become Electrohypersensitive (EHS)**.

They can no longer take the train or bus, go to school or work, attend public events, parties, hospitals, or even visit a doctor - and often have to seek a new place to live.

This often leads to **misunderstanding and rejection** from family, schools, workplaces, and the medical community, resulting in isolation and social exclusion.

## BEST PRACTICES

ONCE YOU TRY THEM, YOU'LL NEVER GO BACK !

- Disable the Wi-Fi on both, the computer and on the router, and connect to the internet by using an Ethernet cable (many devices have Wi-Fi enabled by default).



- Avoid using your laptop or tablet on your lap with Wi-Fi enabled, as this may have adverse effects on sperm quality and on the fetus during pregnancy.

- Prefer text messages ! Limit your phone calls as much as possible (maximum 6 minutes per day).



- Only use your phone when you have full network coverage.

- Prefer using the speakerphone or a wired earpiece when making calls.

- Do not use your phone in transport or while walking.

- When your phone is in airplane mode, make sure to switch off Wi-Fi, Bluetooth, and mobile data.

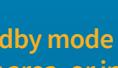
A phone on standby still emits waves, so keep it switched off as much as possible or in airplane mode, especially at night. Never place it under your pillow!



- Make sure not to use your phone near a pregnant woman or a baby.



- Avoid carrying your phone in standby mode close to your abdomen, your chest/heart area, or in your pants pockets!



- Substitute cordless home phones with wired models for safer use.



- Prefer 3G over 4G, and be cautious with 5G, which is considered even more harmful!



For more precautionary measures visit [www.poem26.com](http://www.poem26.com)