



Foreign Communities of Alba
ASSOCIATION

THE INVISIBLE STRESS

A WALK THROUGH THE CHALLENGE OF ARTIFICIAL EMFS

By Gustaw Fit
<https://fcaassociation.org>



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Graduated as Telecommunication MSc in 2004. Worked for big telecom companies (Nokia-Siemens) for 4 years in technology managerial roles. Afterwards ran my own companies and worked in startups of varied flavors (sales, IT consulting, web-development, insurance). Been a massive fan of technology then.

When significant health troubles presented themselves (for myself and my family), I've started a different journey. This led me to participate in an electrosmog consultancy "EMF Busters", to which I dedicated 3 years of my life. Then moved onto ICF coaching qualifications and naturopathy, which kicked off something I called Bioregenerative coaching. This gave my life meaning for about 4 years. Then moved to UK. Been a director in an investment bank and currently am directing Zoopla.co.uk technology department. Continuously running various coaching and life-affirming initiatives on the side. I preside over Polish-rooted charities in Scotland - GOCC, FCA Association and recently MAPA.

I'm big believer in deep thinking and the deep feeling of life. Lately, I've been nurturing a concept I call *Informed Civic Dissent*, which involves a conscious, informed, but stealthy practice of challenging the status quo on an individual level—a kind of "sneaking," making people participants, not consumers of life.

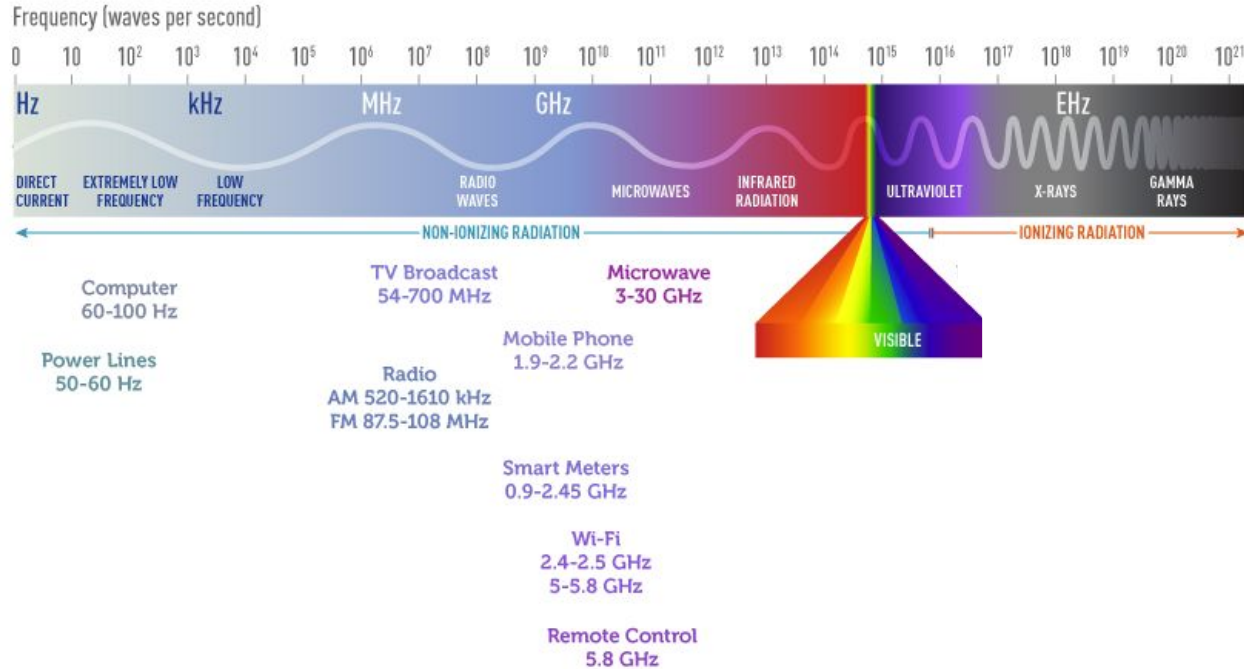
You can read more about me, and of my reflections at:

<https://guerrilla.blog>.

WHOM IS THIS DIRECTED AT?

- — —
- NOT FOR THOSE WHO JUST WANT TO TICK THE BOXES AND SAY “THE LESS YOU KNOW, THE BETTER YOU SLEEP.”
 - NOT FOR THOSE WHO BELIEVE THAT CURRENT RULES FULLY PROTECT US FROM THE EFFECTS OF MAN-MADE ELECTROMAGNETIC FIELDS — AND DON’T WANT TO HEAR OR THINK ANY DIFFERENT.
 - THIS IS FOR THOSE WHO WANT TO LEARN MORE ABOUT HOW ARTIFICIAL ELECTROMAGNETIC FIELDS AFFECT LIVING BEINGS.
 - FOR THOSE WHO WANT PRACTICAL, SIMPLE WAYS TO CHECK HOW BIO-COMPATIBLE THEIR ELECTROMAGNETIC ENVIRONMENT REALLY IS.
 - AND FOR THOSE WHO WANT TO KNOW HOW TO MAKE THAT ENVIRONMENT HEALTHIER — BY REDUCING HARMFUL AND UNNECESSARY EMISSIONS — TO CREATE A SPACE WHERE PEOPLE FEEL BETTER, WORK BETTER, AND ENJOY WHAT THEY DO.

WHAT ARE THE ARTIFICIAL EMFs?



WHY RELY ON SCIENCE?

FEELINGS CAN BE OVERRATED



YOU CAN **FEEL NOTHING**
AND THINGS CAN STILL
AFFECT YOU

YOU CAN **FEEL SOMETHING**
AND IT DOES NOT MEAN IT
CAN HELP YOU

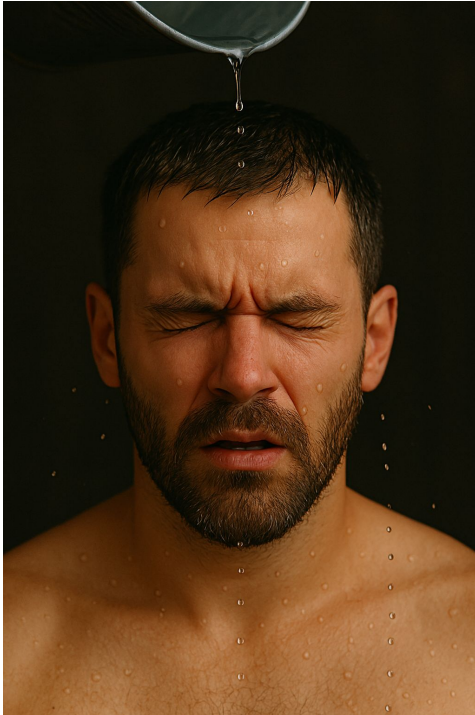
LET ME EXPLAIN

EMF METERS SHOW



WHAT ARE THE EFFECTS?

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A FRIEND OF MINE COMPARED
ARTIFICIAL EMFS TO A
WATER-DRIP TORTURE

I AGREE TO AN EXTENT, BUT YOU
LIKELY WOULD KNOW WHEN
YOU ARE BEING TORTURED

ARTIFICIAL EMFs ARE **WORSE**

MOST OF US CAN'T FEEL OR SENSE ARTIFICIAL EMFS
AND WILL ATTRIBUTE THE EFFECTS TO SOMETHING ELSE

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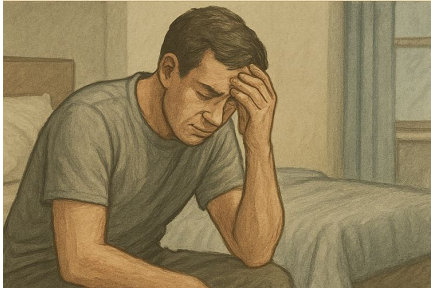
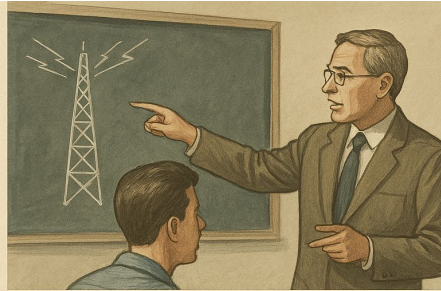
HUMAN MIND IS A WONDER

ARTIFICIAL EMFS ARE ONE OF THE MOST PREVALENT
SOURCES OF THE INVISIBLE STRESS

THE SILENT INTERFERENCE TO THE PROCESS OF LIFE

HOW DO I KNOW THAT?

— — —



A FEW FROM MY **PERSONAL EXPERIENCES**

STORIES FROM WWII, OF SOLDIERS
WORKING ON RADAR STATIONS, RUNNING
IN FRONT OF THE RADAR ANTENNAE AHEAD
OF DATES TO PREVENT UNWANTED
PREGNANCY

MY OWN TRAINING ON UNIVERSITY ON
ANTENNA THEORY AND REMARKS FROM MY
LECTURER TO STAY AS FAR AWAY FROM THE
ANTENNAS AS POSSIBLE FOR HEALTH
REASONS

FURTHER HEALTH PROBLEMS BEFORE AND
HEALTH IMPROVEMENTS WHEN
REMEDIATION APPLIED

HOW DO WE KNOW THAT?



A FEW EXAMPLES OF **RESEARCH**:

M.D. ROBERT O. BECKER - **THE BODY ELECTRIC**

PROF. FRITZ-ALBERT POPP - MAX PLANCK
INSTITUTE - **LIGHT AS A TRIGGER AND A PROBE OF
THE INTERNAL DYNAMICS OF LIVING ORGANISMS**

PROF. OLLE JOHANSSON - KAROLINSKA
INSTITUTET - DIMITRIS J. PANAGOPOULOS, **OLLE
JOHANSSON**, GEORGE L. CARLO: **POLARIZATION – THE
KEY DIFFERENCE BETWEEN MAN-MADE AND NATURAL
ELECTROMAGNETIC FIELDS IN RELATION TO BIOLOGICAL
ACTIVITY**, PUBLISHED IN *NATURE* IN 2015.

M.D. DIETRICH KLINGHARDT - KLINGHARDT
INSTITUTE - **THE FIVE LEVELS OF HEALING**

HOW DO WE KNOW THAT? - CONT



MORE EXAMPLES OF **RESEARCH**:

IMPACT ON DNA CHROMOSOME DAMAGE IN IMMUNE SYSTEM CELLS (LYMPHOCYTES) – SYNERGY OF ENVIRONMENTAL FACTORS
BASED ON THE STUDY BY DIMITRIS J. PANAGOPOULOS: "COMPARING CHROMOSOME DAMAGE INDUCED BY MOBILE TELEPHONY RADIATION AND A HIGH CAFFEINE DOSE: EFFECT OF COMBINATION AND EXPOSURE DURATION"

THE STUDY COMPARES CHROMOSOME **DAMAGE TO THE IMMUNE SYSTEM** CELLS CAUSED BY CAFFEINE (AT A DOSE 290 TIMES THE MAXIMUM ALLOWABLE AMOUNT FOR AN ADULT) AND BY A 15-MINUTE MOBILE PHONE CALL (UMTS), AS WELL AS THE SYNERGISTIC EFFECT WHEN BOTH FACTORS ARE APPLIED SIMULTANEOUSLY.

AND MORE

ABOUT 4000 STUDIES ON EFFECTS OF
EMFS PUBLISHED JUST ON PUBMED
1964-2021

WE ARE NOT LIKELY TO GO BACK

BUT WHAT IF WE COULD?

REVERSING THE TREND

— — —

**THERE IS NO MAGIC INVOLVED IN DEVELOPMENT OF
WIRELESS TECHNOLOGIES**

THEY ARE ALL SUBJECT TO LAWS OF PHYSICS

AND RESTRICTED BY RETURN ON INVESTMENT

IF WE WANT TO ACHIEVE FASTER DATA TRANSMISSION FOR A
GREATER NUMBER OF USERS, THEN AS A RESULT, WE MUST
INCREASE BANDWIDTH AND THE DENSITY OF POWER RADIATED
INTO THE ENVIRONMENT. PERIOD. YOU CANNOT CHANGE THE
LAWS OF PHYSICS.

IN OTHER WORDS, EVERY SO-CALLED "DEVELOPMENT" OF
WIRELESS DATA TRANSMISSION NETWORKS WILL ALWAYS BE
ASSOCIATED WITH EMITTING GREATER AMOUNTS OF RADIATION
INTO THE ENVIRONMENT—RADIATION OF AN INCREASINGLY
COMPLEX, UNNATURAL CHARACTER (WITHOUT PRECEDENT IN
NATURE).

DRIVEN BY NON-EXISTENT NEEDS OF A CONSUMER (YOU),
WHICH MARKETING DEPARTMENTS ARE PAID TO MAKE BELIEVE,
THESE ARE YOUR ACTUAL NEEDS

HOW CAN YOU HELP?

SHIFT YOUR BELIEF TOWARDS: "MARKETING
IS USUALLY 99% BULLSHIT"

USE ALTERNATIVES: FTTH - FIBER OPTICS, Li-Fi
- INTERNET OVER LIGHT (PART OF VLC),
ETHERNET CABLES

STOP CARING ABOUT YOUR SOCIAL MEDIA
STATUS

REDUCE YOUR EXPOSURE

STOP BUYING WIRELESS 'TOYS'

**START BEING A PARTICIPANT, NOT A
CONSUMER**

INFORMED CIVIC DISSENT: LIMITING OR REDUCING THE EXPOSURE TO ARTIFICIAL EMFS

REDUCING THE EXPOSURE, INCREASING SANITY

— — —



SOME OF MY SUGGESTIONS INVOLVE:

BAREFOOT WALKING FREQUENTLY

REDUCE MOBILE PHONE USE SIGNIFICANTLY

NO WIFI AT HOME

MOVE OUT OF CITIES

GROUNDED FARADAY CAGE FOR SLEEPING

LIMIT SCREEN EXPOSURE

NO LED OR FLUORESCENT LIGHT BULBS

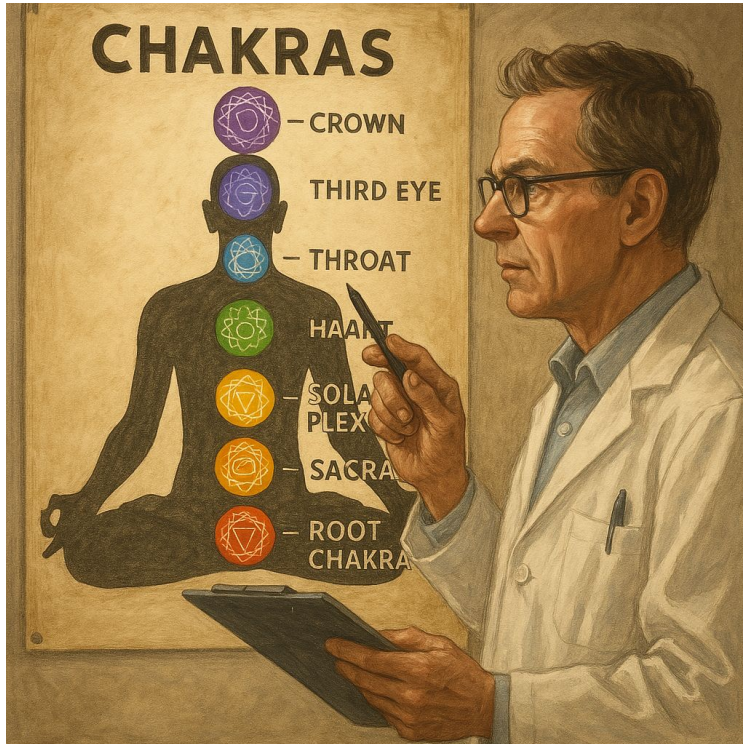
EXPERIENCE NATURE WITH NO ELECTRONIC DEVICES

LEARN CONTINUOUSLY

[\[1\]](#), [\[2\]](#), [\[3\]](#), [\[4\]](#)

WHAT ABOUT OTHER POPULAR REMEDIES?

THE WORLD OF MAGIC?



SHUNGITE, PENDANTS, PHONE STICKERS, AURA SOMA, POLARISERS

ONE STUDY ON RATS COMPLETELY SHIELDED RATS WITH SHUNGITE (FARADAY CAGE) - HAS SHOWN IMPROVEMENT, BUT IT MAKES SENSE, AS THE MATERIAL IS A CONDUCTOR:

<https://pubmed.ncbi.nlm.nih.gov/14968159/>. IT DOES NOT MEAN A SHUNGITE BAR IN YOUR POCKET WILL HELP THOUGH.

STICKERS, PENDANTS AND POLARISERS WERE ALSO TESTED, BUT SHOWN NO EFFECTS:

<https://pubmed.ncbi.nlm.nih.gov/12483667/>.

THERE IS NO AVAILABLE RESEARCH ON AURA-SOMA.

TO STAY A LITTLE POSITIVE, THERE IS [SOME RESEARCH](#) ON SIMILAR DEVICES HELPING WITH GEOPATHIC STRESS (BUT IT'S A FORCE, WE CAN'T RELIABLY MEASURE; WE DO KNOW HOWEVER THAT IT CAN SOMEHOW IMPACT OUR VITALITY)

STILL NOT CONVINCED?

ASK YOURSELF WHY LLOYDS REFUSES TO UNDERWRITE HEALTH
RISKS RELATED TO WIRELESS TECHNOLOGY USE?

<https://www.lloyds.com/news-and-insights/risk-reports/library/emf>

<https://ehtrust.org/key-issues/electromagnetic-field-insurance-policy-exclusions/>

SOME RESOURCES

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<https://theemfguy.com>

<https://www.yshield.com/en/>

<https://www.emfsa.co.za>

<https://emfbusters.pl> (IN
POLISH, BUT YOU CAN USE
GOOGLE TRANSLATE)

[https://pubmed.ncbi.nlm.nih.](https://pubmed.ncbi.nlm.nih.gov)
[gov](https://pubmed.ncbi.nlm.nih.gov)

<https://emf-protection.co.uk>

CONSULTATIONS



ONE CONSULTATION - £80 PER 1H

INDIVIDUAL WORK - SERIES OF 5
CONSULTATION SESSIONS (EVERY 3 WEEKS) -
£60 PER 1H

GROUP WORKSHOP (UP TO 20 PEOPLE) - 2H -
£200

*to support FCA Association, details on:
<https://fcaassociation.org/our-team/#how-to-describe-your-payment>

IS THERE MORE?

FOR ANOTHER TIME

— — —



OTHER SOURCES OF INVISIBLE STRESS

EPIGENETIC, GENERATIONAL TRAUMA

DENTAL ISSUES

SCAR TISSUES

HOMEOPATHIC MIASMS

GEOPATHIC STRESS

FOOD TOXICITY

SUB AND META-FILTERS OF CONSCIOUS THOUGHT

AND MORE...

ON OVERALL CONNECTEDNESS TO THE PROCESS OF LIFE AND
ACHIEVING HIGH VITALITY

THANK YOU VERY MUCH!



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APPENDIX 1: ATTENTION SPAN

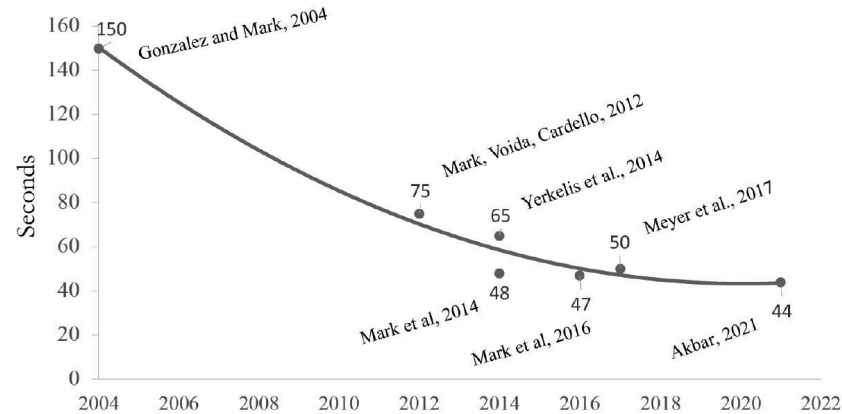


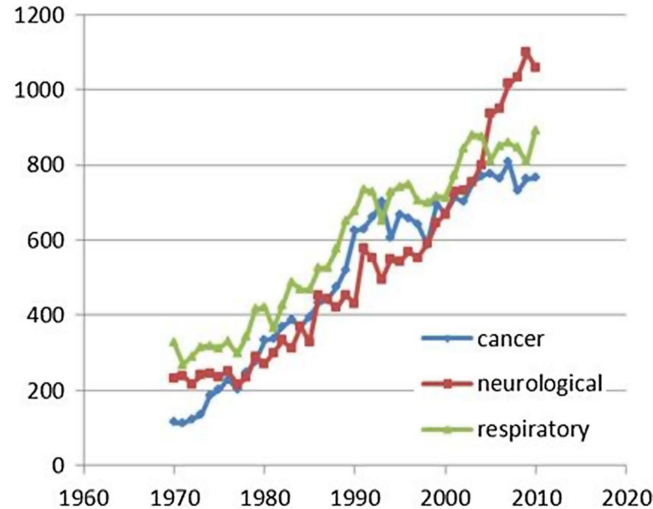
Figure 1. *Average attention duration on a computer screen, 2004–2021.*¹²

DECLINE OF THE AVERAGE ATTENTION SPAN IN
HUMANS OVER THE LAST 20 YEARS [\[1\]](#) [\[2\]](#)

APPENDIX 2: NEURODEGENERATIVE DISEASES

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[...] Increases in early adult neurological deaths suggests this cannot be solely explained by an aging population. [...]

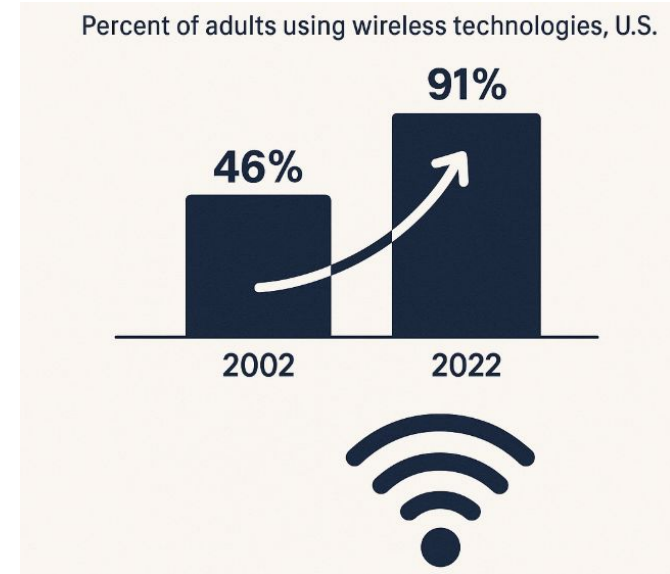
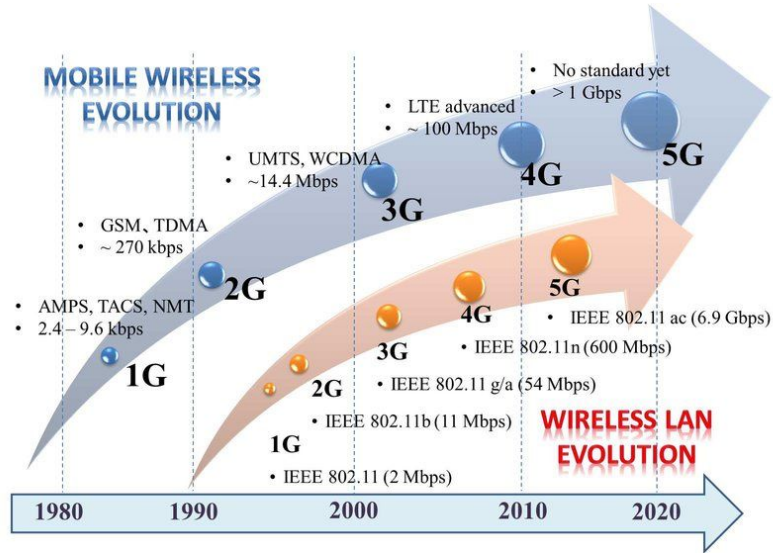


[...] In England & Wales death rates have increased 348% for Alzheimer's, 235% for Dementias, and 105% for Parkinson's Disease in contrast with falls in most other cause mortality. [...]

OVER THE PAST TWO DECADES, THE UNITED KINGDOM HAS WITNESSED A SIGNIFICANT INCREASE IN NEURODEGENERATIVE DISEASES SUCH AS ALZHEIMER'S, DEMENTIA, AND PARKINSON'S DISEASE. FOR INSTANCE, BETWEEN 2001 AND 2019, DEATHS DUE TO DEMENTIA AND ALZHEIMER'S DISEASE ROSE FROM 9.6% TO 12.5% OF ALL REGISTERED DEATHS IN ENGLAND AND WALES. ADDITIONALLY, A STUDY REPORTED A 105% INCREASE IN PARKINSON'S DISEASE MORTALITY RATES IN ENGLAND AND WALES OVER A SIMILAR PERIOD. [\[1\]](#)

Note: While diagnostic criteria for 'cause of death' may be debated, a key issue remains: medical professionals are increasingly observing a rise in neurodegenerative diseases. In many cases, they do not—or cannot—attribute the cause of death directly to cancer, respiratory, or circulatory conditions.

APPENDIX 3: ADOPTION OF WIRELESS TECHNOLOGIES



IN 2000, APPROXIMATELY 7% OF THE WORLD'S POPULATION HAD INTERNET ACCESS. BY 2023, THIS FIGURE HAD RISEN TO AROUND 63%, UNDERSCORING THE WIDESPREAD ADOPTION OF WIRELESS TECHNOLOGIES WORLDWIDE. [\[1\]](#) [\[2\]](#)

APPENDIX 4: ADOPTION OF WIRELESS TECHNOLOGIES CONT

Estimating the exact number of wireless devices produced daily can be challenging due to the variety of devices and manufacturers. However, we can get a rough idea based on annual production figures.

In 2023, it was estimated that around 3.8 billion Wi-Fi devices were shipped^[1]. This translates to approximately 10.4 million Wi-Fi devices per day. Additionally, the number of mobile devices worldwide was expected to reach 18.22 billion by 2025^[2], which suggests a significant daily production rate.

Considering the inclusion of Bluetooth and IoT devices, the daily production number would be even higher. For instance, IoT devices alone are seeing rapid growth, with billions of units being produced annually^[3].

So, combining all these categories, it's reasonable to estimate that tens of millions of wireless devices are produced daily.

References

[1] [Wi-Fi® by the numbers: Technology momentum in 2023](#)

[2] [Number of mobile devices worldwide 2020-2025 - Statista](#)

[3] [WLAN connected devices worldwide 2016-2021 - Statista](#)