



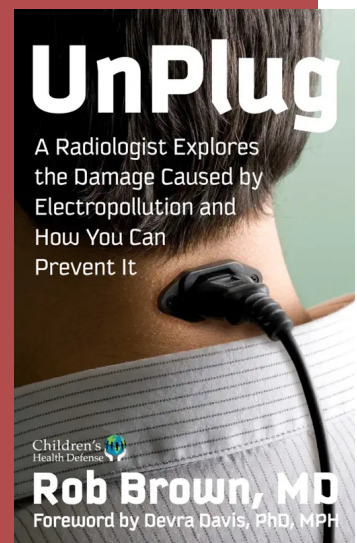
# Safe ICT NZ

Safe Information and Communication Technology for New Zealand

June 2026 Newsletter

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## Open letter response

Our open letter to the health ministers was published by The New Zealand Journal of Natural Medicine (on page 8, issue 58). Thanks so much Katherine Smith.

Dr Corina Grey, Director General of Health has said that she noted the research, and web links provided by us and said

**“The committee will consider your research article at their next meeting in September 2026.”**

Just to remind everyone we were asking for ***individual research papers on the potential of harm to the foetus*** discussed at the next meeting of the Interagency Committee on the Health Effects of Non-Ionising Fields.

We provided three research papers to them. We did not get representation and we have to apply through an OIA system to actually receive the minutes of the meeting.

A result after multiple follow-ups to our first December 10 letter.

Based on past evidence, we expect the committee to be biased towards radiation measurement and standards compliance, lacking expertise in epidemiology, human biology and toxicology.

The way the committee is set up ensures there is no process for reassessing the assumptions underpinning the prevailing thermal-threshold paradigm.

Previously it has ignored the breadth of the scientific literature, without substantial arguments for its findings. Physicians and Scientists for Global Responsibility New Zealand have detailed articles on this in their substack: <https://psgrnz.substack.com/p/a-palpable-under-representation-of>

## Michael Vaughan

We have sad news of Michael Vaughan. Despite his really encouraging messages about success in reducing his cancer markers early on, Michael lost his fight against pancreatic cancer.

Michael was a registered psychologist specialising in Children's well being. This wish to protect children extended to educating teachers and parents on the psychological and physical effects on children from excessive screen time and also managing conflicts within the family regarding this.

He communicated news to a mailing list, he did presentations, he did Tictok interviews, he distributed and stealthily planted stickers, and made tonnes of Facebook posts. He attended countless meetings, after meetings often doing the solid work of the action agreed upon, working together with Michael Fleck. As part of this he put forward more than 16 requests for information from our government. He explored avenues to redress the conflict of interest inherent in having someone paid by the telcos leading the committee that supposedly regulates it.

Those working for protection from EMF harm, miss Michael's contributions. Zoom meetings would have Michael scoot into the meeting at the last minute, with his half-started dinner, his cats seizing the opportunity of seeing him sitting, sharing the screen. Michael was caring, considerate, gracious and measured. He put in many hours to push government bodies to be accountable, finding that avenue opaque, he delivered public talks to inform people directly.

Thank you for everything Michael.



King Parrot  Pen Ash—Pixabay

## What is the effect of cell towers in National Parks?

King parrots were once common in the Australian Mount Nardi area. Their chattering was a remarked-upon feature of the forest but now is rarely heard. This is but one species affected by the increasing planting of the cell towers in the World Heritage Nightcaps National Park. Mark Broomhill ethnobotanist has witnessed and recorded a 70% species decline within 2-3 kilometers from cell towers.

What is more this is in the area of the park with the most botanically complex and biodiversity of the Nightcap National Park: The Mt Nardi-Mt Matheson plateau. The loss of wildlife, occurred in a fifteen year period from 2001–2015.

Broomhill outlined the gradual loss in a report for UNESCO. <https://ehtrust.org/>

<wp-content/uploads/Mt-Nardi-Wildlife-Report-to-UNESCO-FINAL.pdf>

Various impacts were felt as technology was added. In 2004 when Wi-Fi broadband technology was installed insects dramatically declined. 27 species of birds along with insect volume and species were lost when the enhanced 3G technology was introduced in 2009 the area lost .

Broomhill witnessed the exodus of a whopping 49 species when 4G was installed .

There was a tiny reprieve, repairs to the tower meant a three day cut to power during which termites left their nests and activated a “veritable festival of birds”

Some of the species are now completely gone from the park, some exist in pockets below the range of the towers.

# 70% of species declined within 2–3 kms from towers at World Heritage site

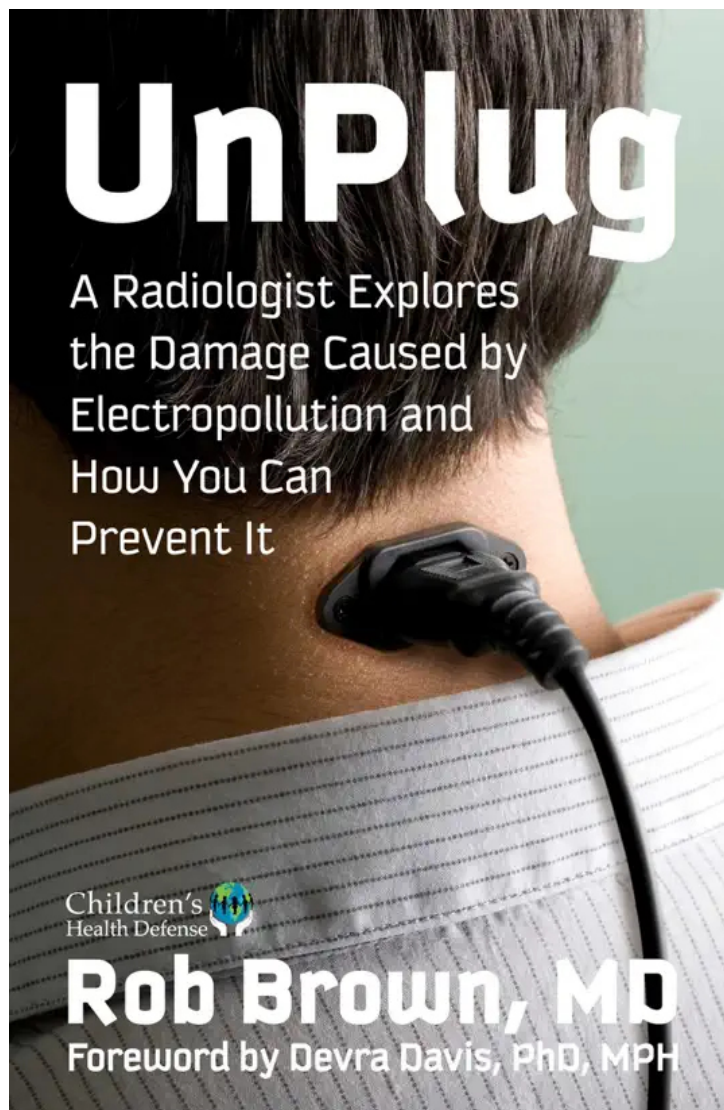
Broomhill witnesses changes in demand of these services can actually be seen in changes of birdlife. When less Wi-Fi is used because of the fluctuations in the nearby town's population he sees the difference. He advocates turning off 4G for a period of time and noting the return of the species. His conclusion is that "This technology is devastating the continuity of the World Heritage, causing genetic deterioration, on an insidious, massive and ever escalating scale."

This report's findings finish in 2015 with 4G technologies

What about 5G? There is a broad presumption of safety at ICNIRP/IEEE/

FCC due to 5G millimeter-waves superficial penetration ability to affect skin tissue in humans. But shallow penetration in humans can equal whole body penetration in insects. The sheer numbers of towers needed for 5G is likely to be even more devastating to the insects.

If we do not want diminishment of species we need to work harder to get ourselves, our friends and communities to avoid, curtail, and stop enforcing the use of endless mobile phone apps. Realise that every app on a mobile device has the potential to harm and unravel the threads holding together our ecosystem.



## UnPlug

UnPlug is the title of a new book by Rob Brown, who is the radiologist who managed to see, in real time, on his ultrasound screen, what cell phone exposure (and other EMF sources) is doing to our bodies. There are a bunch of other titles called this, but as you can see Rob's cover is distinctive.

Brown was able to witness the viscosity of blood change, the microcirculation change, as red blood cells clumped into a stack of coins formation called rouleaux. This condition when persistent causes blood clots, heart attacks and strokes.

It is good to know that an hour, or so, after exposure the blood in the healthy volunteer reversed and returned to its baseline position. But what we do not know at what point if age, health status, or environmental burden, might mean the

body maladapts. Brown's book invites us to see the invisible, the effect of exposure to the microcirculation of the eye, electrical pathways in the ear and thyroid tissues.

Brown writes in a manner that makes this difficult subject more understandable and easily scuppers the common arguments presented.

The book comes out on the 23<sup>rd</sup> of this month (June) it is put out by the Childrens Health Defense. You can pre-order it at Bookshop.org:

<https://bookshop.org/p/books/unplug-a-radiologist-explores-the-damage-caused-by-electropollution-and-how-you-can-prevent-it-rob-brown-md/fad840dd72682cab>



© Sara Kurfess Unsplash

LED lighting is being  
dubbed a “public health  
crisis on the level of  
asbestos”

creating infrared starvation,  
or modern-day scurvy  
by researcher Glen Jeffery

# Red light, blue light

## Red light

Researcher Glen Jeffery and others are finding that when we are exposed to sunlight (even with clothes on) the long wavelengths of far infrared, infrared and red within the sun's rays travel deep into our bodies and power up the microscopic batteries in our cells: our mitochondria.

Where we need a lot of energy we have lots of mitochondria—there are literally billions in the retina where we convert light to vision. In a single brain cell we can have from 200 to more than two million of them, and heart cells have more than 5,000 mitochondria each.

Fully powered up mitochondria can perform all their cellular functions well, giving us improved metabolism, eyesight, blood glucose regulation, mood, hormones, strength, reduced inflammation and more.

Research studying short lived creatures and long wavelength red light tell us a lot. Fruit flies exposed to red light showed significant whole body ATP—in other words their cellular batteries were fully charged all over their tiny bodies. The red-light exposed fruit flies flew and climbed much more than controls.

The fruit flies also had extended average lifespans; when more than 80% of the control flies were dead, all of the red light exposed animals were alive and zooming around, although exposure didn't extend their absolute lifespan.

Red light has even shown detoxification: Exposure to red light reversed immobility from Neonicotinoid poisoning in fruit flies studied.

In humans, in a pilot study red light therapy reversed early-stage B-cell

lymphatic cancer in humans.

Perhaps surprisingly—avoidance of sun has been found to be a risk on a par with smoking in terms of cardiovascular mortality. It is also a risk for some cancers (despite the risk from UV for skin cancer) and all-cause mortality.

In fact sun avoiders are twice as likely to die, over the time period measured than the highest sun exposed group. With life expectancy being 0.6 to 2.1 years shorter in sun avoiders.

## Blue Light

When blue light enters our eyes in the morning it stimulates cells at the back of our retina containing melanopsin. These cells signal to the brain that it is daytime. The brain then responds by altering body functions to promote wakefulness, — reducing melatonin secretion, and increasing daytime hormones such as cortisol. Our body clock or circadian rhythms are turned on. Processes controlled by circadian rhythms, which is ... everything, including how cells respond to proliferation signals, digestion, when we poop, reproduction, muscle function, mental health, and rate of aging, among others.

In sunlight blue light is balanced with red wavelengths. LEDs however, emit very little red light. Commonly used LEDs emit a high fraction of blue light, often peaking at 460 nm even if these lights appear white due to the addition of broad-spectrum yellow garnet phosphor.

Research is finding this unbalanced light harmful, so much so that fruit flies exposed to a schedule of artificial blue light for twelve hours a day, followed by darkness for 12 hours a day, died quicker than fruit flies exposed only to darkness.

Even relatively mild blue light exposure (without balancing red light) was seen to shorten their lifespan by 5–15%. These flies had accelerated aging. The blue light caused damage to retinal cells, and brain neurodegeneration—more cavitations in the brain cells were found.

Significant damage was found to the photoreceptor cells (rods and cones) that convert light into vision.

Mice also had problems. Mice exposed to blue light, in the range used in LED lighting and computer monitors (420-450 nm) gained weight rapidly within the first week of the study and at the end of the study of eight weeks had gained three times the weight of the control animals. Under Blue light they had reduced ATP in their cells (ie reduced battery charge) and reduced mobility because of this.

Also, with prolonged exposure to this unbalanced light the mice showed observable and measurable accelerated aging.

### Things to do:

- **Get sunlight before late morning**  
Without any glass, or contact lenses between you and the sunshine. Mitochondrial function varies through the day, exposure to morning sunlight in the morning resets your circadian clock, which is crucial for hormone regulation, etc
- **Sit in amongst trees**  
Trees' leaves reflect infrared light which is why they don't get hot leaves on sunny days.
- **Replace your LEDs with incandescents**  
Lobby stores that sell lightbulbs to keep stocking incandescents
- **Supplement blue LED lighting**  
with incandescent or halogen lamps
- **To avoid putting your circadian rhythms in the wrong setting, wear blue blockers in LED lit environments and when looking at screens/TVs after dark.**  
The amber ones allow about 4% of blue light through, the red ones allow 3% of the blue light. Blue coatings like on Specsaver glasses allow 80–90% blue through. Jeffery's research finds LED lighting being worse for our eyes than looking at blue light mobile phones and computer monitors.
- **Turn off blue emissions**  
find Night Light, Blue Light filter, or Eye

Comfort Shield settings on your phone. Compare Iris software for more effective decrease in the amount of blue light emitted from the screen and control of the brightness without the flicker.

- **Do not overdo wearing sunglasses**  
they are necessary when dealing with glare, however many light mediated autonomic processes such as hormone production occur via the eye.

**References:** Lots of interviews and references informed this article. Here are some of these for you to determine your own opinion.

Sun avoidance and all cause mortality study <https://onlinelibrary.wiley.com/doi/10.1111/joim.12251>

Light penetrating the body and improved vision research: <https://www.nature.com/articles/s41598-025-09785-3>

Mice weight blue light gain study: <https://pubmed.ncbi.nlm.nih.gov/39966413/>

Lifespan reduction and brain neurodegeneration, aging in fruit flies exposed to blue light: <https://www.nature.com/articles/s41514-019-0038-6>

Rethink one UV exposure and reference to the International Myopia Institute: updated advice [https://www.iidonline.org/article/S0022-202X\(24\)00280-X/fulltext](https://www.iidonline.org/article/S0022-202X(24)00280-X/fulltext)

Vitamin D deficiency in NZ kids: <https://pubmed.ncbi.nlm.nih.gov/19232150/>

Reversal of cancer pilot study: <https://pmc.ncbi.nlm.nih.gov/articles/PMC12073078/>

### Safe ICT NZ re-registered

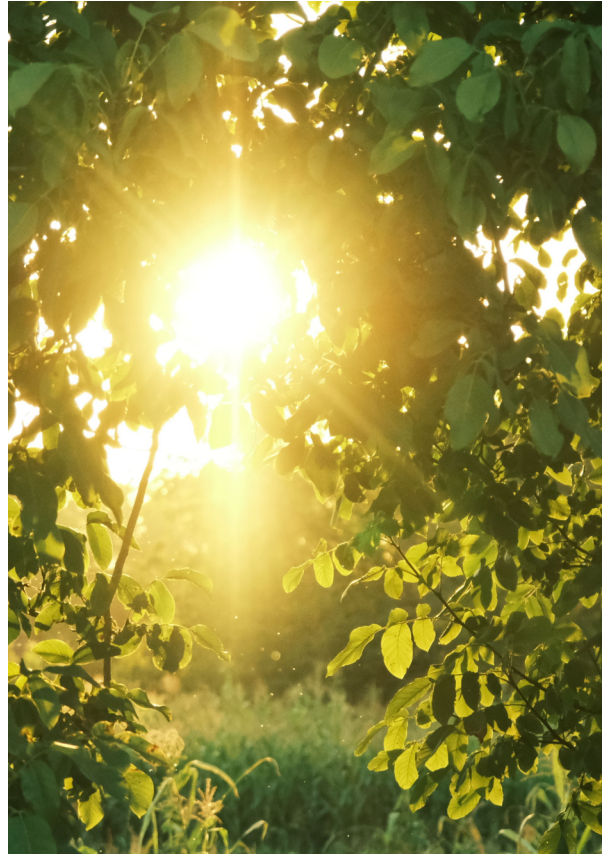
Thank you to all those who took part, or even sent apologies, for the special meeting to discuss our renewed constitution, We received a letter saying we were re-registered.

**Safe ICT NZ offline** The website is being updated and being migrated to another platform currently.

### ☀ LED blue light:

## ☀ Exposure to sunlight:

- increases energy of mitochondria
- reduces some cancers
- can reduce cardiovascular disease
- reduces blood sugar and lower diabetes type 2
- can improve vision
- can improve lifespan



📷 Rahime Gul — Pexels.com



📷 Pramod Tiwari — Pexels.com

- reduces Mitochondrial energy
- reduces lifespan in research animals
- gives spikes in blood sugar and increases weight research animals
- reduces colour and contrast sensitivity in human eyesight.