



Safe ICT NZ

Safe Information and Communication Technology for New Zealand

NEWSLETTER JANUARY 2026

This Newsletter covers:

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- Eyes and screens p5
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Autism

An older-teen, was in the playground, attempting to self-regulate by pacing wildly, vocally stimming and squealing and then running. His mum had to follow his elopement to ensure his safety. She told me he had been moving restlessly since 5.30 in the morning—that day and I expect everyday.

It certainly looked tough for everybody. I had just had some new research linking the turning on of genes for autism when exposed to RF (Radio Frequency electromagnetic waves i.e. cell phones, Wi-Fi, Smart gadgets) come into my inbox, so I jumped on the computer to email the Ministry of Health to try and get this research looked at,

RF exposure and aberrant overexpression

The research from Yale says that exposure to radio frequencies (RF) on human lab grown tissues, generated an aberrant overexpression of a part of the brain called the retrotransposable element. Autism Spectrum Disorder and other neurodevelopmental disorders show this same aberrant overexpression. The studies used Bluetooth at levels far lower than our safety standards allow.

Gone are the days when autism research was based on “refridgerator mothers, but genetics passed down has dominated research thinking and messaging to the community. Studies that link RF and autism have been animal studies in the main. This study identifies a **specific, measurable** biological effect of an environmental impact on **human** brain tissue, so this is a bit of a breakthrough.

Harvard research backs up the Yale research

Electromagnetic fields (EMF) i.e. non-visible energy from Wi-Fi, Bluetooth, cell phones, power lines, etc, have been linked with autism for a very long time. When Harvard Medical school neurology professor Dr Martha Herbert wrote a 40 000 word paper on this for the Bioinitiative report she included 550 citations.

As well as doing research in this field Herbert has worked in clinical settings with autistic children at a pediatric hospital.

Herbert finds the parallels between autism and RF EMF (electromagnetic frequency and radiofrequency) exposure striking. Both have multileveled disturbances of underlying biology.

Both autism and RF exposure have:

- altered brain wave coherence and brain inflammation
- disturbed mitochondrial function and peroxidised cell membranes
- disturbed immune system / increased histamine / impaired tissue repair
- disturbed sleep architecture
- increased vulnerability to seizures

Herbert wants us to understand that autism is generated in a moment-to-moment fashion by a vulnerable physiologically challenged brain.

Autism is NOT fixed for life. She finds that peoples' belief that autism is hardwired into the brain is a roadblock to change which is not based on evidence.

Herbert says: With dramatic spectrum disorders that are coincident in time with the deployment of wireless technologies, we need aggressive investigation of potential ASC - EMF/RF links. The evidence is sufficient to warrant new public exposure standards benchmarked to low-intensity (non-thermal) exposure levels now known to be biologically disruptive, and strong, interim precautionary practices are advocated.

In clinical studies Dr Dietrich Klinghardt has found protecting children from EMF has had life-changing results for children with autism spectrum disorder. A six year-old child was taken from

having no language to speaking 800 words in six months. The child after no ability to use eye contact with others, no connection with others etc, was within two years assessed as neurotypical, using Klinghart's protocols which heavily mitigate EMF exposures (Pg 66) <https://bsem.org.uk/wp-content/uploads/pda/2025/05/002-Dr-Dietrich-Klinghardt.pdf>

In theory new research is investigated by the Interagency safety committee. On the following page is the text of our email requesting this paper is looked at. We also wrote a follow-up email requesting a response, we have not had a reply to either email.

EMF protection enabled a child to go from non-verbal autistic to assessed as neuro-typical.

Our email to the ministers of health

Subject: inclusion of new autism research in the governance discussion

10 Dec 2025, 10:12

Honorable Simon Brown, and honorable Matt Doccy, as ministers with responsibility for health, I am writing to implore you to take an active part in establishing the agenda of the committee that looks at the safety issues of nonionizing radiation ie cell phone radiation etc (Interagency Committee on the Health Effects of Non-Ionising Fields) and table new autism research and the safety of the foetus during cell phone exposure, for the meeting.

You would probably be surprised to know that the Russian government's radiation protection agency has issued strong recommendations that emphasize no mobile phone use whatsoever by pregnant women. Their scientists are the best in the world on this subject, doing extensive research in this area and their committee on this subject comprises forty expert and active scientists in this field.

There are at least three reasons for this advice:

One: Cell phone etc frequencies (RF) relation to autism: Recent research coming out of Yale, and older animal research also, points to a link between exposures in the womb, and autism spectrum related gene expression.

Two: The cell-phone exposed foetus has significant tachycardia, ie heart rhythm is significantly increased, the smaller the foetus the worse the effect.

Three: exposure causing harm to cells that go on to become reproduction cells in multiple animal studies.

Like the Russians we need to warn pregnant women not to use cell phones, to explain alternatives, and ensure viable alternative options exist.

We have seen that the committee in charge of this area relies on reports from an non-accountable International committee that was found to be inadequate by peer review when first used by the health department and the inadequacy of their reports hasn't changed. (It was found that they were not using well established principles established in both toxicology and in protection from ionizing radiation).

This committee uses a decades old pattern of obfuscation, quite clever obfuscation, but obfuscation nevertheless; always implying science with unfortunate findings is inadequate, or a caveat that more

research needs to be done to establish where something is really true. This includes cancer findings produced by the 30 million dollar study by the National Toxicology Programme. Surely, when there are alarm signals the precautionary approach should come before more science?

The Interagency Committee on the Health Effects of Non-Ionising Fields is a closed shop. Honorable Simeon Brown if you are brave and truly stand by your words of belief that debate creates good governance, you would open this committee up to members recommended by Safe ICT NZ, Safer Tech NZ, or Safer Tech Aotearoa New Zealand, by at least two members who are not industry representatives.

Thank you for your time, I look forward to engagement on this incredibly serious issue. Do not let the increase in autism spectrum harm, or increased infertility, be another issue like the asbestos where the Ministry was warned for decades about harm but was never ever proactive on the subject.

Some research papers in relation to discussion:

1. Autism: (https://www.cell.com/cell-reports/fulltext/S2211-1247%2825%2901009-5?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS2211124725010095%3Fshowall%3Dtrue)

2. Tachycardia: <https://pubmed.ncbi.nlm.nih.gov/18246230/>

3. Reproduction: <https://www.sciencedirect.com/science/article/pii/S1687850725007228>

https://www.researchgate.net/publication/6749157_Cell_death_induced_by_GSM_900-MHz_and_DCS_1800-MHz_mobile_telephony_radiation

In summary, at a minimum we would like the individual research papers on the potential for harm of the foetus discussed at the next Interagency committee meeting. This includes relationship between Electromagnetic frequencies (EMF) and Autism, EMF and changed heart rate of the embryo, and changes to cells that become reproductive cells. Additional members added to the Interagency Committee on the Health Effects of Non-Ionising Fields that prove that the government is operating a closed shop for the telecommunications Industry.

I will make this an open letter.

Sincerely Anthea Grob

Chair: Safe ICT NZ

Send an email in your own words to these MPS, to show support of this letter: Simeon.Brown@parliament.govt.nz, matt.doccy@parliament.govt

Tell your ministers what you think of their continuing lack of response.

A great resource on autism and EMF: <https://www.facebook.com/groups/AutismEMF>

Eyes and screens

Kids on screens 42 hours plus. What could go wrong?

Dry eye

In this digital age I am sure you have all felt it, after two hours of screen time, you get that stingy, grainy, burny, scratchy feeling in the eyes and even a persistent headache, that ophthalmologists call Dry Eye.

Extended screen time means we blink about 1/3 of normal. Instead of 15 to 20 blinks every minute, focus on screens, brings it down to 6 to 8 blinks per minute. We also don't complete our blinks looking at the screen.

Now blinking is vital for several reasons:

1. it helps you think— that momentary break helps to boost focus and attention.
2. blinking distributes tears— the tear film is the first lens, that wet smoothness makes vision clear
3. it washes away debris
4. tears feed the eyes nutrients

With screen use the lack of blinking means the quality and quantity of tears changes dramatically and the tears aren't sticky enough to stay on the eyeball. The eyeball feels sore and is inflamed. Some meds for acne and allergies reduce tears and

cause you to have a dry eye.

The screen constantly refreshes and the rate creates a microscopic flicker. While we aren't aware of the flicker, our eyes and brain are and they get strained and pained by it just like any overused muscle. Reflective blue-light shielding glasses do not protect from this.

Keeping our eyes continually at a specific distance causes the focusing muscles to become fatigued as well.

OECD data in 2018 showed that youth in Aotearoa used digital devices 42 hours per week on average, compared to 35 hours globally. And studies have shown that children's screen use has increased since then.

Screens emit blue light, largely due to LED backlighting. Blue light has an effect on the secretion of melatonin at night. To ensure good sleep and eye closure time, we need to minimise it at night.

**“Guidelines are vital for safe screen use, especially in education.”—
Dr Alex Muntz—
ophthalmology
researcher**

Blue light has other effects worthy of a whole newsletter so we will leave off that subject for now.

Optometrist Dr Glen Steele who has a fifty years of looking at eyes, is finding alarming new eye patterns in gamers: they have a larger pupil size, the pupils are smaller during focus and larger during defocus. He is also finding reduced depth perception and reduced flexibility in changing from looking at near to far.

Dr Alex Müntz an academic at Auckland University whose research specialises in dry eyes says in an article for eyecare professionals. "...it seems that it's the chronic use of screens that challenges our eyes' functional reserves to restore and preserve ocular surface homeostasis day in, day out. Whether screens are to eyes what sugar is to teeth, only time and research will tell." Dr Glen Steele who has a

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<https://www.eyeonoptics.com.au/live-articles/our-kid-s-screen-use-is-no-dry-issue/>

<https://www.sciencedirect.com/science/article/>



Trying to be the healthier Apple

There is a tech startup company; the Daylight computer company, who are trying to be the healthier Apple. Making a computer to compete with the dominant market leaders but which is much healthier for our eyes, less addicting, and allows us to be outside more.

Their founder was affected with seasonal affective disorder i.e. winter depression. His electrical engineering background made him want to create a computer that didn't prevent people from going outdoors when using their computers and he has succeeded.

The Daylight computer company has made a tablet style computer that you use your favourite apps on and it is the first blue-light free and flicker-free computer.

With the backlight turned off these computers are able to be used outside with an experience similar to reading on paper. Sun on your skin and bare feet grounded sounds like a great way to work.

Because the harm from RF can occur even at low levels we would recommend using these with the wireless radiation switched off and ethernet cables used for internet access.

We do not have any relationship with Daylight computers, we have not been paid to spread the word, we haven't even tried them, but we are very aware of the health risks from flickering blue-light screens. Your nervous system is heavily impacted by flickering lights, even when you don't actually notice it. The Arnold Wilkin's study

found the old type of fluorescents with higher flicker gave office workers more headaches, and the newer ones with less flicker ones reduced headaches and eye-strain by more than half.

There are several aspects of the computer that help curb addiction, Research has shown changing a device to grey-scale can lower addiction by up to 20-40 percent, so the Daylight computer company has made theirs automatically in greyscale. The overall interface is minimalist and designed for focus, not engagement. It minimizes pop-ups, vibrations, and notifications.

The lack of colour would be a drawback in the design industry—even if



cinematographer Alun Bollinger might be NZ's finest cinematographer because of his colour-blindness and the fantastic use of light and tone in his work. The Daylight company is thinking a future computer might have colour.

These sell for \$729.00 US which converts to about \$1272.14 NZ. <https://daylightcomputer.com/>