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Telecom industry physicist: No doubt that the health damage from WiFi, mobile phones and 5G is significant

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Austrian Peter F. Mayer has a doctorate in physics and was editor-in-chief of a journal for the telecom industry for many years. He now writes about science and politics.

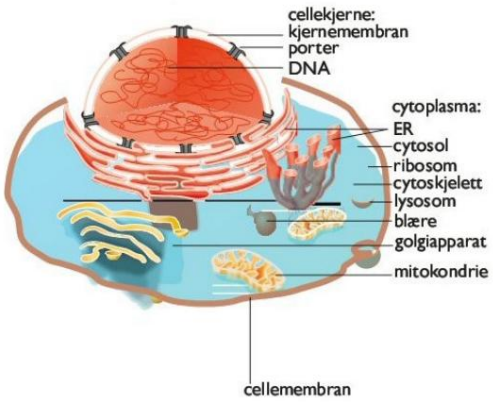
Among other things, he goes into depth in biophysics and explains in detail to laypeople and scholars how radiation from modern telecom weakens public health and makes us more susceptible to a wide range of health problems.

Here you can find one of his articles – translated into Norwegian. The perspective he takes is well-known in modern biophysics: viewing our cells as small quantum computers, which "read in" information and "print out" it. commands. This is an article to get wise to.

[As usual, I have added small explanations of technical terms and some references in square brackets].

Einar Flydal, April 23, 2026

How radiation from cell phones, Wi-Fi and 5G affects the cells' "operating system"



April 17, 2026 by Dr. Peter F. Mayer

(German original version: https://tkp.at/2026/04/17/wie-strahlung-von-handys-wlan-und-5g-das-betriebssystem-der-zellen-beeflussen/)

Modern electromagnetic fields (EMFs) from cell phones, Wi-Fi, and 5G are not just a kind of "background noise" in our environment. The fields directly disrupt the information processing of cells, triggering a double threat: they disrupt the "read signals" of the cells and also impose defective "write commands" on them. The result is oxidative stress, mitochondrial dysfunction, and tissue damage over time.

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These mechanisms are called “bioelectric dissonance” and have been described in a number of scientific studies that demonstrate precisely these effects. Cells function as probabilistic computers [they work based on probabilities, as opposed to deterministic machines that are almost mechanical]. Cells use ultra-weak emissions of photons [“light particles”] and bioelectric gradients [voltage differences] from mitochondria to “read” their environment. And DNA functions as a neural network at the atomic level. The “writing” follows with the help of adjusted calcium influxes (Ca^{2+} currents), which then initiate repair, cleavage or aging. Modern pulsating EMFs – the low-frequency envelope curves [explained in blog post 17.04.2026] from mobile communications – acts like jamming in a quiet library. The EMFs increase the entropic noise [here: the natural, weak EMF background noise everywhere in the environment] while also hacking the voltage-gated calcium channels (VGCC). [For an audio sample of the difference between the natural background noise and the man-made one: blog post 15.02.2021]]

Geneticist and basal medicine practitioner Martin L. Pall described this mechanism in detail already in 2013: EMFs activate the voltage sensors of the VGCCs, leading to massive Ca^{2+} influx, production of nitric oxide, and formation of peroxynitrite – the direct trigger of oxidative stress. 23 studies confirm that calcium channel blockers block these effects or greatly reduce them. [Norwegian-subtitled video of Pall's lecture at the House of Literature in Oslo 2014: https://youtu.be/_Up8bqiJN2k?si=vFlH92eTKeNHP1-S]

The “ion forced oscillation” hypothesis describes precisely this central hacking mechanism: The cells interpret the unnatural calcium storm as an emergency and increase the production of ROS (Reactive Oxygen Species). Mitochondria are damaged, the amount of antioxidants decreases.
decreases, and inflammation and DNA damage follow.

Studies show clear correlation

A review article from 2016 (Dasdag et al.) reviewed dozens of in vitro and in vivo studies and concluded: Cellular and WiFi radiation has been shown to cause oxidative stress. Georgiou et al. (2021) demonstrated that EMFs specifically create ROS via NADPH oxidase [an enzyme in the cell membrane] and VGCCs and through this promote disorders
which is associated with oxidative stress.

Sperm cells and brain cells are particularly susceptible to such effects. Santini et al. (2018) documented increased ROS production upon EMF exposure during spermatogenesis [the formation of sperm cells], reduced antioxidant activity, and damage to mitochondria.

Panagopoulos (2021) has summarized it as follows: Man-made EMFs lead via dysfunction of the VGCCs, oxidative stress and DNA damage to the biological effects we now know from them.

Studies specifically on local wireless networks [WLAN/WiFi] also confirm this picture: Increased ROS, disruption of mitochondrial permeability and cell damage after just a few hours of exposure (Biomedicines 2023).

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Cells have a kind of operating system that is operated optoelectronically [by photons]. EMFs disrupt the “read phase” with their noise and the “write phase” with erroneous commands that lead to calcium influx. This is not just theory – it exactly matches Pall’s descriptions of VGCC mechanisms and of the ROS effects and it has been demonstrated in hundreds of studies.

In physiology and cell biology, "calcium channels" are the term for channels in the cell membrane that are more or less specialized so that calcium ions (Ca2+) can pass through when they open. A distinction is made between voltage-gated and ligand-gated calcium channels. Therapeutically, the voltage-gated L-type and T-type channels are of particular interest. This has also been addressed by a study at the University of Zurich. and it demonstrated that via these mechanisms, 5G signals are capable of creating sleep disturbances.

Changes in calcium concentration within cells are crucial for many physiological processes. They cause electromechanical coupling during muscle contraction, lead to the synthesis and secretion of neurotransmitters [signaling substances secreted by nerve cells] and hormones, regulate gene expression [the cell ensuring that the instructions contained in the DNA are followed], and control enzyme activities.

The majority of the calcium that enters cells comes through voltage-gated calcium channels. The stimulus that opens them is depolarization of the cell membrane [reducing the voltage difference between the inside and outside].
Coenzyme Q10 is crucial for the control of this mechanism. More about this in this TKP article: Emergency medication for heart attack and stroke

An effective way to damage your own brain is to put [wireless] Bluetooth headphones in your ears – so that you get as little protection as possible between the radiation and the brain and at the same time the shortest possible wavelength [and therefore high frequencies].

[How much radiation is needed to affect biology? In the book Radiation Fog – Health and Environmental Pollution from Microwaves by cell biologist Susan Pockett there is a calculation (p. 191) that shows that the fairly normal radiation from a mobile phone mast measured at her own bus stop is enough to split water molecules, i.e. create ions and thus have the potential for damage.]

Why this is ignored by the dominant forces

Despite this evidence – and despite the fact that various regulatory bodies already in 2011 classified cell phone radiation as “possibly carcinogenic,” the official line from the government and the media is that there are “only thermal effects.” The industry and many regulatory authorities point to a “lack of evidence” for non-thermal effects. But research studies show the exact opposite: The effects occur at intensities far below the threshold values.

We are experiencing the same mechanism here as with other issues where commercial interests take precedence over scientific facts. The cells of our children and grandchildren are bombarded daily with artificially created frequencies that have never existed before during evolution.

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The result is increased oxidative stress, mitochondrial exhaustion, neurological problems and the possibility of neurodegenerative diseases occurring earlier than they otherwise would [see also blog post 12.01.2026].

Conclusion

The double threat of EMFs via oxidative stress is real. EMFs don't just hack
the cells' operating system – they force the cells into a permanent state of alarm. Anyone reading the studies (Pall, Panagopoulos, Dasdag, etc.) can no longer ignore this: We
urgently needs a reassessment of the limit values, real protective measures and independent research instead of industry-funded studies.

Until then: Keep your distance, prefer wired connections, keep radiation low in bedrooms! Our cells
have not received any software update for 5G & Co., and they are already suffering from it.

The most important findings and studies about 5G mobile communications are summarized in this book from TKP:

- 5G Freqenzen: And the effects on our health information and Study results 2. Circulation.

Other articles by the same author on the topic of radiation, health and the environment:

Unsichtbarer Einfluss: Wie 5G-Signale über biochemische Kanäle den Changing brain rhythm

Strahlenschutz-Expertin über Gefahren von 5G, WLAN und Mobilfunk

Sind 5G-Sendemasten vor Wohnhäusern gesundheitlich unbedenklich und permissible?

5G and WLAN: The ignored fact

Versteckte Kosten von 5G: Negative Effects auf die Gesundheit von Industrie ignored