Testimonies of Vancouverites

EFFECTS OF CELL PHONE RADIATION

by Michael Meszaros

"Ten times more women get cancer living near a cell antenna than elsewhere." — Wolf R., Wolf D., 2004

Please don't pay cell phone bills. That money is what's financing the harmful cell tower antennas.

Please turn off all wireless devices. They are what's "increasing the demand" so that more cell tower antennas and more wireless routers are going up to accommodate the demand.

"Using a cell phone just 2 or 3 times a day causes 54% of babies to develop hyperactivity and difficulties with conduct, emotions and relationships by the time they reach school age. If children later use cell phones, they are 80% more likely to suffer difficulty with behaviour." — study of 13,000 children

Please don't use cell phones anywhere near pregnant women, babies or children.

Please do not allow people under the age of 16 to use a cell phone (like in India, Japan, and France prohibit youths from using cell phones).

In fact, please don't use a cell phone at all, and don't pay cell phone bills. You are harming yourself, others, nature (e.g., bees), and the future.

Introduction

One million Canadians are hypersensitive to electromagnetic radiation (EMR). These are people who have to move their home or dramatically change their lifestyle to survive.



Magda Havas, PhD's, research states that 35% of the population have negative health sensitivities to electromagnetic radiation. That's over 11 million Canadians whose health and quality of life are being negatively affected by man-made radiation.

On May 31, 2011, an international warning was issued that cell phones are "possibly cancer causing", by the International Agency for Research on Cancer, World Health Organization. The research showed a 40% increase in brain tumours from using a cell phone only 30 minutes a day and less.

As a professional engineer with a Masters in Engineering, I had studied wave theory and physics in university; however, when I became classified by my doctor as being hypersensitive to radiation myself, I realized I knew almost nothing about radiation. Since then, I personally spent thousands of dollars on radiation meters, shielding, and hiring professionals as well as hundreds of hours reading research, actually trying out the research, talking with people, and helping myself and others recover from EMR health problems. As I began talking with people specifically about radiation, I was amazed at how many people are negatively affected. The following are quotes from conversations I have had with people in Vancouver, Canada, specifically with regards to cell phone radiation.

Note that cell phones radiate at approximately the same frequency (speed of vibration) as microwave ovens.

Testimonies

Note that testimonies have historically been the precursor to health science, so these testimonies have a lot of weight in terms of prevention. These are all true stories that people have shared with me:

"My husband died from a brain tumour because of his cell phone. The tumour was the same size as the cell phone antenna behind his ear. It was his work cell phone, so he thought he had to use the cell phone for his job. When the doctors found the tumour, it was too far developed for them to do anything about it and he died."

— Lily Laird, housewife

"My wife lost the low frequencies of her hearing in her ear from using the cell phone." - Dr. Chow, medical doctor, GP.

"I find that I lose my peripheral vision when I am on the cell phone while driving. I have consciously noticed this and so won't use my cell anymore in the car." — Laurence Reynold, professional engineer.

(Note that there have been extensive studies that show cell radiation breaks down the brain-blood barrier. This allows more toxins into the brain. Recent studies found that cell phone radiation increases the amount of protein transthyretin in one's blood which is associated with a fluid that is trying to cushion the brain.)

"When I checked my client's heart beat, it was skipping eleven beats every minute. I asked my client if he was aware that his heart was skipping beats and he had no idea. When I asked if he had a cell phone and where he kept it, he said he did have one and it was in his shirt pocket. The cell phone was next to his heart. I asked him to remove it, keep it far away from his body and to come back in a week. By the next week, his heart was back to normal and wasn't skipping beats anymore."

- Dr. Yazdegerd, herbalist practitioner with his doctorate in wholistic medicine

(Health Canada warns not to place a cell phone within 2 -3 cm of artificial heart pacemakers. Note that our natural heart has 2 natural pacemakers.)

"My friends' wife died of cancer a few years ago. At the time, they thought it was because of her kidney transplant, but she had been fine with the



transplant for 20 years. It sounded to me like her body had actually been weakened by cell phone radiation so I asked where they had been living at the time. I took my radiation meters to the apartment building and there was a cell antenna directly across the street and beaming right into the 3^{rd} floor suite where they used to live. The radiation meter readings at street level were from 600 to 1,300 $\mu W/m^2$ so the values would be even higher at his suite level on the 3^{rd} floor. So, in fact, my friend's own cell bill payments were financing what killed his own wife."

Istvan Curtiz, professional engineer.

(Note that per the National Institute of Standards and Technology, both glass and drywall are transparent to cell phone radiation. According to the Building Biology Evaluation Guidelines, above 10 μ W/m² is a "severe health concern".)

"One of my friends' daughters died. He was living across the street from a cell antenna. I told him he should move to get away from the antenna. He didn't move. Within two years both he and his son also died."

- Dr. Yazdegerd, herbalist practitioner with his doctorate in wholistic medicine

"We never heard the word 'stress' when I was growing up. This word came into common usage around the 80's."

Beth Morton, housewife born in 1927

(Note that cell phones and their antenna network started radiating across the North American population in the 1980's. The first public cell phone was available in 1984. The radiation creates stress on everyone's bodies.)

"Today, everyone knows at least 3 people who have or have had cancer. That's an epidemic to me. I asked a 75 year old lady, do you agree that there is a cancer epidemic today? She said yes, everyone seems to know someone who has cancer. I asked, when did the epidemic begin? She said, she hardly ever heard about cancer in

the 60's and 70's. It was in the 80's that cancer seemed to begin to be everywhere." — Lady interviewed: Susan White, vocal coach

(Note that cell antennas went up in the 1980's.)

- "People are under an illusion that they need their cell phones for emergencies. My buddies and I went hiking and we had an emergency. None of us had our cell phones because we all thought 'the other guy would have his'. We were able to solve the emergency fine without a cell phone."
- Jeff Boyd, Tradesperson
- "With my radiation meters, I found a car route to travel to and from work which does not pass near cell tower antennas. I used to feel drained by the time I got to work and now I realized I used to pass 3 to 5 antenna towers before I got to work. By no longer passing the cell antennas, my energy level increases as I am going to work and I am even more charged up than when I left home."
- Istvan Curtiz, professional engineer
- "When I became hypersensitive to radiation due to my new work computer, $50~\mu\text{W/m}^2$ across my pillow at night from a cell antenna 900 ft away gave me a headache by the morning. When I moved to where the radiation was less than $5~\mu\text{W/m}^2$, I didn't get a headache anymore."
- Andrew Toth, professional engineer
- "I was having problems sleeping so Michael asked about my cell phone. I said I charge it at night right beside my bed. Michael suggested powering it off and leaving it off forever, or at least moving it to the other side of the house at night. I tried moving it far away from my bed, and I gained 2 hours more sleep per night, and feel much better."
- Keith Khan, student
- "The natural energy field around people's bodies indicates the health of one's body. As a comparison, if someone is near food they are allergic to, their energy field may drop down to 70%, for example, of what it was. When someone is talking on a cell phone, their body's energy field goes to zero. This happens whether the person can feel or is aware of any affects from the cell phone or not."
- Karl Schiller, dowser

And many other quotes, like "I can feel my head warming up around my ear when I use a cell phone, and I'm sure it's not from the heat of my hand." "When I use the cell phone too long, it gives me headaches." "I need to put the cell on my desk because it bothers my body if I carry it on me." "When I use a cell phone, I get a ringing in my ear."

- technologists, clerks, contractors, managers

What's missing from the Research

The problem as I understand it is 3-fold:

- 1. those with money, or investment, hired professionals who would find a way to make the cell phone industry appear safe. These papers flooded the market and those in authority, so that it has become a greater task to overcome perception than to the acknowledge the truth.
- 2. radiation is invisible. So, people look at other people and themselves, and think that nothing is wrong. Meanwhile, their heart is getting weaker, they are starting to get headaches, they don't know why they are depressed, and they don't know why their children are misbehaving, and because radiation is invisible, it is not obvious to them that the cause is radiation.
- 3. demand. As a result of the above 2 problems, the vast major of Canadians have cell phones and demand is politics and "freedom of choice".

What can be done? Constantly more research is coming out to warn people that cell phones are not a "public benefit" but a "public hazard". Please join the healthier way and save money by stop paying cell phone bills.

In October, 2011, a paper was issued which compared the "controversial studies" on whether cell phones are hazardous or not. Upon removing bias, the paper concluded that the risk is even much higher than the IARC/WHO's report indicated in May, 2011, i.e., 100% compared to 40% increase in risk.

In December, 2010, the Standing Committee on Health for Canada reported Health Canada's acknowledgement of the following: "There were certain gaps in the existing literature related to long-term low-level exposure and brain functions and reproductive outcomes, as well as the effects of long-term exposure among children using mobile phones." So, more studies were recommended.

The following is an example of "lack of acknowledgement" of the research.

Note, in this study, there was no difference between "holding" or "hands-free" cell phones in a vehicle, i.e., both showed equally more car accidents when there was a cell phone on in the car. So, the problem is the radiation. It limits one's mental abilities. However, the Health Authority did not acknowledge that radiation affects people, so because the Transport Authority did not have authority over health concerns, they could only use "hand distraction" as a justification. So the law became "hands-free", whereas the research showed the solution to have less car accidents is, "no phone in the car".

"The study case of 700 road accidents in Great Britain showed that telephone conversation increases the danger of getting into car accident by four times. Moreover it was noted that there is no difference between a phone a driver is holding in a hand, and a phone that leaves your hands free."

There is a growing recognition that cell phones cause brain tumours; however, that is being downplayed by the BC Health Authority. There is also little recognition by the radiation and health authorities of other quality of life factors, such as headaches, sleep disorders, ability to digest food, skin color (healthy red versus pale green), increased number of allergies, ringing in one's ears, heat, or human energy levels relative to cell phone radiation. These are some of the initial signs of biological effects. Here is an example of one such study:

"A pilot study was conducted in 2004 of six California fire fighters working and sleeping in stations with towers. The study, conducted by Gunnar Heuser, M.D., PhD. of Agoura Hills, CA, focused on neurological symptoms of six fire fighters who had been working for up to five years in stations with cell towers. Those symptoms included slowed reaction time, lack of focus, lack of impulse control, severe headaches, anesthesia-like sleep, sleep deprivation, depression, and tremors. Dr. Heuser used functional brain scans - SPECT scans - to assess any changes in the brains of the six fire fighters as compared to healthy brains of men of the same age. Computerized psychological testing known as TOVA was used to study reaction time, impulse control, and attention span. The SPECT scans revealed a pattern of abnormal change which was concentrated over a wider area than would normally be seen in brains of individuals exposed to toxic inhalation, as might be expected from fighting fires. Dr. Heuser concluded the only plausible explanation at this time would be RF radiation exposure. Additionally, the TOVA testing revealed among the six fire fighters delayed reaction time, lack of impulse control, and difficulty in maintaining mental focus."

The conclusion was:

"...be it further RESOLVED, That the IAFF <u>oppose</u> the use of fire stations as base stations for antennas and towers for the conduction of cell phone transmissions until such installations are proven not to be hazardous to the health of our members."

The following study is on headaches from cell phone use LESS than 2 minutes per day:

"Onset of the headache . The research carried out by the Swedish National Institute of Labour and Norwegian Administration on Radiation Protection showed that even people who use the phone less then for 2 min per day experience discomfort and side effects. The research lasted for 1 year and in it participated 11 thousand of volunteers. According to the received data 84 % mobile phone users felt skin heating back of the ear while talking on the phone, some even stated they had burns. Part of the users also experience blackout, dizziness, headaches and increased fatigability. Almost one forth of respondents have memory problems, a half suffer from heavy headaches, and about 65% experience drowsiness. One third of the respondents claimed degeneration of attention concentration during or immediately after the conversation; especially it was noticed among people under 30 years old who intensively use the phone. Subscribers who use the phone four or more times per day, in 3,6 times more frequently complained on headaches, in comparison to those who made less then 2 telephone calls per day."

At the back of one cell phone manual I read, it stated that "no research has been conducted for greater than a 3 year period"; however, cell phone radiation from cell towers takes 3 - 5 years to create serious health issues. Compare this to asbestos which takes 15 years to become dangerous to one's health.



Cell Tower on top of a hospital. Residences nearby have cancer.

Humans are very skilled at justifying and accommodating things that should be discarded, especially if one's occupation is thought to be involved, or "convenience" is involved. Cell phones not only affect the cell phone user, they also build up stress on other people over 40 ft from the cell phone. The challenge is to explore ways to stop using cell phones all together, rather than trying to accommodate for them.

The whole concept of "cell's" is that radiation towers are distributed across a populated area at various cell nodes. This concentrates endless hours of radiation

levels greater than the healthy levels of 1 μ W/m² onto many people who live near the cell towers — even if only 3% of the population are within 5 blocks of a cell tower, that is 1,000,000 Canadians — and cell networks concentrate exposure upon 90% of the population, as they drive by cell antennas, in repeated intervals too close together to recover from one before being exposed to the next one.

Proof

Many people say they would like proof and are confused by the media's statement that the "research is inconclusive". Here are some proofs:

- 1. Proof that cell phones are hazardous to your health is all the testimonies noted above. In particular, many cell phone users who claim to "not feel anything" have told me that when they sleep with their cell phones, their sleep is disturbed (even if they don't get a phone call). When they move their cell phone to the other side of the house at night, or power it off at night, their sleep immediately gets better. This proves that cell phone radiation even just in standby mode disturbs one's body, even over short periods of exposure. Imagine what is happening to one's body during the day when the cell phone is on and near to one's body all day. It is disturbing it.
- 2. The World Health Organization conducted studies from 2000 to 2004, and released these studies in the fall of 2009. Six of the eight studies found an increased risk of glioma (brain tumours) associated with cell phone use.

If you had found out that 6 of 8 studies by the Health Authority showed that food from your favourite restaurant was <u>killing</u> some people (let alone temporarily making their stomach sick), would you continue to go to that restaurant?

3. Japan, Russia, India, France and Israel all have limitations or "no use" laws for children under 12 years of age (and in some cases, "no use" up to 18 years of age).

Before continuing, may I ask, how much proof does one need?

Authorities' Responses

A number of authorities have responded already to the problems of cell radiation.

- The International Agency for Research on Cancer, part of the World Health Organization, (31 scientists from 14 countries) has officially added cell phones as a 2B cancer risk classification.
- The Vancouver School Board prohibits cell antennas within 1000 ft of schools.
- The City of Toronto has lowered Health Canada's max. permitted radiation levels by a factor of 1,000.
- The Firefighter's Association prohibits cell antennas on Fire Halls.
- Global TV has aired a number of episodes on the negative health effects of electromagnetic radiation.
- The British Columbia Superintendent of Motor Vehicles limits the use of cell phones while driving and Transport Canada has issued a strong recommendation not to use cell phones while driving.
- The Canadian Human Rights Commission classifies radiation as an environmental sensitivity. It has published the following statements regarding environmental sensitivities and the workplace: "Minimizing exposure to radio-frequency radiation should be considered." "Wireless-free zones may improve both worker health and security of communications."

The current national "safe radiation limit" is based on the radiation level that causes a one degree increase in temperature. Note the duration of radiation exposure in these tests is only 6 minutes. This radiation level has not been lowered yet because the scientific research is "inconclusive". Note, however, that this process of "inconclusive scientific research" was the same for other illnesses. For example, it took decades of scientific studies before warnings were required on cigarette packets. Many people died from lead poisoning before lead pipes were prohibited.

Cell Phone Myths

The current trend is for people to put their cell phones farther away from their body by placing it on their desk, in their bags, or use speaker phone. This is to try to reduce the radiation exposure from the cell phone, but the question is, is that now "safe"?

How much radiation is reduced by distance?

The first fact is that electromagnetic radiation does not reduce through air or through space. As an example, light from stars is electromagnetic radiation (at higher frequencies). It travels for light-year distances without reduction. Similarly, cell phone radiation travels light-year distances. So, it impacts the body however far away one is (unless there is another object in between that absorbs some of the radiation).

The second concept is that some scientific studies measure the radiation by a meter, which is a small point in space. To a "small point", moving farther away achieves a great reduction. Our bodies on the other hand are not small like a meter. Every part of our body that is in line with the sphere of radiation gets hit by the same intensity as if it were right beside the phone. So, the "reduction in radiation" is relative to the amount of the sphere that one's body takes up. Thus, holding a cell phone in front is less but not nearly as "less" as some people think.

Thirdly, static electrical charges cause disease by interfering with the nervous system and the bio-chemical processes. Our bodies are generally isolated from electrical ground because we wear rubber soled shoes and walk on wood or concrete. Radiation is voltage travelling through the air. The cell phone sends out radiation voltage through the air, our bodies becomes electrically charged, and this creates a stress on our body. As example is the spark that often happens if one touches electrical ground after someone nearby has been talking on a cell phone. The cell radiation has electrically charged everyone's body nearby.

Fourthly, putting the cell phone on the desk, or holding it farther away from one's own body does not move the cell tower antennas farther away from people's homes. That cell phone is still deteriorating other people's lives. People who drive by cell towers and people who live near cell towers are bearing the suffering costs for cell phone users' convenience. Each cell phone bill that is paid is financing the cell antennas that are radiating 24/7 on the neighbourhoods.

I recommend touching metal that is connected to electrical ground (e.g., an unpainted screw head on an electrical outlet box) and see if you can feel that your body relaxes. I have found that the feeling of "stress" in one's body is from high amplitude voltage that is coming through the air (radiation) and leaving an electrical charge on one's body

Radiation Levels

Before cell phones, nature radiated on our bodies $0.000001 \mu W/m^2$ at the cell phone frequency (0.9 GHz). Now, cell phones radiate on our bodies approximately 600,000

 μ W/m^{2 (Footnote 1)}. That's 100,000,000,000 times more than our bodies used to get from nature.

From my radiation meters and the effects on my body, cell phones are hazardous to more than 40 ft away. Please, I encourage anyone with a cell phone, not to talk on the cell phone in a restaurant or in a church, or in other "multi-occupant places", as that is dumping your radiation on other people.

Even in standby mode, cell phones throw voltage out in all directions as they try to reach the nearest cell tower antenna. In addition to charging up people's bodies nearby, this voltage also creates an imbalance in the natural electrical flows in our bodies (e.g., nervous systems are at very low energy voltage balances, for example heart stimulation electrodes operate at a low 0.5 V, and the direction that ions flows in your body is changed by radiation across your body when your body is in the earth's magnetic field, and for example this impacts hormone and other delicate balances).

Per NIST (National Institute of Science and Technology), cell phone radiation passes transparently through drywall as well as glass (no reduction in the radiation power level). In church services, staff meetings and group settings, multiple cell phones cause cumulative radiation on others. Is your cell phone closer than 40 ft to someone who has a weak heart, or is pregnant, or has sleeping problems?

Quoting from one study, "Spasm-causing histamine nearly doubles after exposure to cellular phone frequencies... Nearly one in 10 American kids now has asthma."

One's cell phone may be further weakening one's neighbour or contributing to mental disorders or asthma in a nearby baby. One study measured brain wave disturbances in adolescent who were using cell phones. From 2 minutes talking on a cell phone, it took 2 hours for the brain waves to return back to normal.

Note that I find the GSM cell network (Rogers) is much more intensely negative than the CDMA Networks (Bell and Telus, though I understand some of these plans have already switch to GSM). This is both because the GSM transmission strength is greater than CDMA (though the radiation during conversation is slightly less), and because GSM transmission pulses the signal at 217 Hz (by dividing the transmission timeslot into 8 different users), compared to CDMA which is a continuous data flow. This additional 217 Hz cycle is "in the



range of normal bioelectrical functions both in and between cells". So, I am expecting the number of cancer victims to increase with the introduction of GSM.

¹ Cell phones typically transmit between 0.2 W and 0.6 W. I measured the cell phones at my work place and they were higher than the maximum of my meter, greater than 200,000 μ W/m² (0.8 - 2.4 GHz radiation meter).

The amount of radiation coming from cell tower antennas is typically around 7,000,000 μW/m². From scientific studies used to establish the Building Biology Evaluation Guidelines, sustained radiation levels above 10 uW/m² are considered a 'severe health concern'. Thus, people's health is being harmed typically up to around 5 City blocks away, including all the people who are driving by. This widespread touching of society makes a strong correlation that the cell phone network radiating across the nation has been a major cause in the increased widespread health problems, including poorer resistance to cancer, poor digestion, increased allergies, and increased stress in the past 30 years (not to mention depression, asthma, and possibly disturbed weather patterns from the increased electrical energy in the atmosphere). The antennas are constantly radiating on the surrounding neighbourhoods 24 hours a day and seven days a week without a rest. So, those who sleep in the cloud of radiation are affected the most, but also those who drive and walk by have their energy levels disturbed by the repeated exposure. Cell phones can cause almost immediate negative health effects, such as stress, poor digestion, loss of peripheral vision, headaches, ringing in the ears, etc. For those in the cloud of radiation from the cell tower antennas that serve each cell phone, it typically takes a few years (3 - 5 years) for the radiation to wear down one's body such that life threatening health deficiencies can occur.

As a comparison, it typically takes 15 years for asbestos to manifest as a life threatening health hazard.

Cell antennas are there for and financed by the cell phone users. The owners of the buildings that the cell antennas are on receive tens of thousands of dollars of rent. Those in the neighbourhood who bear the cost by their ill health receive no financial compensation. In fact, many die and so can't fight to stop the problem or participate in health studies.

There Is So Much Radiation All Around?

Some people tell me that "we are bombarded with so much radiation that we cannot escape". This perception cripples them from doing anything. I have found that all sources of radiation that you own (computer WiFi networks, cordless phones, microwave ovens, and cathode-ray tubes), you can unplug (note that "turning them off" does not stop the radiation — they need to be unplugged or their power-bar turned off). So, these are within your control.

If these sources are in your neighbours' house, even though your computer can register the signals, they are generally at relatively low power levels by the time that they pass into your house, or you can talk to your neighbour about it. Of note is that though your computer registers a "strong link", the power amplitude level can be well below the human body's safe level. For example, the sensitivity threshold of cell phones to receive a call is $0.001~\mu\text{W/m}^2$, whereas the safe level for your body is $1~\mu\text{W/m}^2$.

On the other hand, the radiation that is too great and is the most difficult to control is the multiple "large outside sources", and cell phones and cell towers are at the top of the "worst problem" list because their power transmission levels are so high and because people transmit with them everywhere.

Another way to understand cell phone radiation is to compare radiation to bacteria. Bacteria are all around us, just like there is radiation all around us; however, if someone sneezes directly into your open mouth, a concentration of bacteria is passed onto you. That's what happens when someone beside you gets a phone call on their cell, or is talking on their cell, within 40 ft of you. There is a sneeze of radiation from their cell phone thrown onto you. In addition, the cell towers (base station antennas) supporting the cell phones are constantly "sneezing" radiation 24/7 onto the near-by communities and passers-by.

Please help to stop cell phone radiation.

Solution

The first step to protecting one's body and one's family's bodies is to power-off and stop using the cell phone. The next step is to cancel one's cell phone bills to stop financing the cell base station antennas, which are constantly radiating on others. Not paying cell phone bills will save you money too! Returning messages from a "land-line" (phone connected by wires from the handset to the wall) is completely acceptable. In fact, those with cell phones powered on also return messages. So, by not having a cell phone, one can return messages, avoid the radiation, *and* stop paying for antennas to radiate on others.

I think the most difficult things for people are:

- 1. if they don't feel the radiation themselves, they think it should be fine.
- 2. if they like the convenience, they will compromise on their health and other's health
- 3. if they feel pressured from their work to have a cell phone, they feel obliged to have one.
- 4. if they imagine that they need one for their family or emergencies, then they compromise and get one
- 5. if they think "everyone has one", "see it in the movies", and think they need one to "fit in"

Regarding "emergencies" (or for work), it seems to me that the logic is actually them being brain-washed. For example, how did people for thousands and thousands of years "feel safe" without a cell phone? I recommend comparing how long it would take one to resolve an emergency without a cell phone and how often those emergencies come. I wonder if using "a cell phone for emergencies" is, in reality, only saving 3 hours of emergency time once a year; however, during that same year, that cell phone is financing cell towers which are wasting hundreds of hours of other people's time in hospitals, feeling stressed out, creating health emergencies, and making it politically more difficult for authorities to protect the general population.

The World Health Organization has listed cell phones as cancer causing. So, I would recommend to change to use something that is not cancer causing, like landlines, or asking your neighbour for help instead of phoning someone, or asking your secretary to come get you from a meeting, or retrieve messages and call people back.

Be a Part of the Solution

Let's boycott cell phones!

I hope this article has helped to show that the cell phone damages are real and that if you care about yourself, your sick friends, and the health of our society, please stop using a cell phone and stop paying for a cell phone.

...our bodies are "sensitive medical equipment".



STOP paying *your* cell phone bills

...who wants to use their money to hurt other people?

Share your comments at www.michaelzm.com/cell