Children's Health Defense

10 Reasons to Bid Farewell to AirPods



1. Airpods Emit RF Radiation Near Your Head and Body.

AirPods utilize Bluetooth Wireless Technology, which means they emit radiofrequency (RF) radiation near your head and body for prolonged periods, increasing your risk for serious health issues, including cancer and neurological, reproductive and DNA damage.[1] Experts say, "My concern for AirPods is that their placement in the ear canal exposes tissues in the head to relatively high levels of radio-frequency radiation."[2]

2. Airpods Pose a Greater Health Risk to Young People.

Children and teenagers absorb more RF radiation than adults because they have more absorbent brain tissue, thinner skulls and smaller heads,[3] making them especially vulnerable to the health risks of AirPod use.

3. Airpods Increase Your Risk of Brain Cancer.

The WHO IARC classifies RF radiation as "possibly carcinogenic to humans" based on an increased risk of brain cancer associated with RF radiation exposure.[4]

4. Airpods Open Your Blood-Brain Barrier.

Exposure to low-intensity RF radiation (like Bluetooth) has been shown to open the blood-brain barrier, a layer of brain cells designed to prevent toxins from reaching the brain, which may lead to brain cancer and neurodevelopmental and neurodegenerative diseases.[5]

5. Airpods Send Magnetic Fields Right Through Your Brain.

The left and right AirPods communicate wirelessly via a magnetic induction field, continuously sending artificial electromagnetic energy back and forth right through your brain.[6]

6. You're Conducting a Health Experiment on Yourself.

AirPods have not undergone safety testing on humans.[7] AirPods were introduced in 2016, less than a decade ago, so the long-term effects of prolonged use remain unknown. Public health experts say that if you use AirPods or other wireless headphones, "You're conducting a health experiment on yourself."[8]

7. Airpods Increase Your Risk of Hearing Loss.

1 in 5 teens will experience some form of hearing loss, which experts believe is partly due to the increased use of headphones.[9]

8. Airpods Interfere With Medical Devices.

AirPods and Airpod charging cases contain magnets and radios that emit electromagnetic fields that can interfere with medical devices such as implanted pacemakers and defibrillators.[10]





9. Airpods Could Soon Track Your Brainwave Activity.

Wearable devices such as headphones have sensors that can pick up your brainwave activity, including your emotional states, the faces of people around you and even the PIN to your bank account. Technology experts admit that if implemented poorly, wireless headphones (like AirPods) could become "the most oppressive technology" ever introduced on a wide scale.[11]

10. Safer Alternatives Are Readily Available.

Air tube headphones are a safer alternative to AirPods and other wireless and wired headphones. Unlike traditional headphones that transmit audio signals directly through wires or Bluetooth connections, air tube headphones use hollow tubes to transmit sound from the audio source to the earpieces, reducing overall electromagnetic field exposure from the device.[12]

Find out more at ChildrensHD.org/EMR

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