Cell Phones and the Heart: What EMF Exposure May Be Doing Transcript

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Introduction to EMFs and Heart Health

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Welcome to the Natural Heart Doctor show. I'm cardiologist Dr. Jack Wolfson. Heart problems don't come from a drug deficiency. They come root causes where cardiologists never look.

On this show, I sit down with experts who challenge the mainstream rhetoric and talk about what actually builds a heart built to last. Get ready for a dose of cardiac longevity.

Hello everyone. Dr. Jack Wolfson, cardiologist here back with another episode inside of the heart attack and stroke prevention summit. And I'm here with someone who I've known for years and just admired his knowledge inside the space.

You're going to be really excited to see what Mr. Nick, the EMF guy Pinot like the wine, Pinots like wine is you know, is our guest today and he's number one best-selling author of an excellent book called The Non-Tinfoil Guide to EMFs.

It's a small read, but it's good. Its funny. Very practical and an advocate for safe technologies. So through his unconventional approach to blending humor, science and common sense, he has become a leading voice on the topic of electromagnetic pollution and how it affects our health and we'll be diving into cardiovascular health as well.

And this is just such a monumental topic. So he's, you know, for the last few years, he has been interviewing some of the best minds. And I think he really has kind of culminated that into his own, really knowledge base by studying some the people who've done a lot of basic research.

People like Martin Paul and Arthur Furstenberg maybe and others that we can talk about. He's got a lotta educational materials and he also has a fantastic summit that's gonna be coming up next month.

Uh, as well. So you'll want to stay tuned and we'll give you the links for all that. And certainly if you want learn more about Nick, you can go to the EMF guy.com and that's the emfguy. Com so Nick.

Welcome to our summit. Hey, Dr. Wolfson, it's a pleasure to talk with you again. Well, thank you so much again for being on. And, you know, the title of this presentation, It's kind of like, we talked about, cell phone radiation impacts the heart.

That's certainly a big thing. We'll talk about that because I definitely think that. EMF or electromagnetic fields leads, lead to heart attacks. And, uh, we're going to learn more and more as time goes on.

Hopefully the truth comes out about this. Uh, but the, you know, listen to hearts, an electric organ, the body's an electrical organ.

What EMFs Are and How Theyu2019re Tested

We're talking about these man-made EMS. So maybe do this, talk about electromagnetic. and then talk about the man-made electromagnetic fields. Sure. The EMF fields are really an entire spectrum of frequencies that some of them are found in nature, of course.

You talk visible light. All of these are frequencies we have co-evolved with. including also invisible frequencies in the form of UV, for example, UV radiation or part of the infrared spectrum that we cannot see.

And yet we know that they can be beneficial. They can't be harmful in certain scenarios. We have co-evolved with so many types of different frequencies.

There's also human-made EMFs that regenerate using antennas to connect one thing to another. That's an example of a human made EMS. For example your cell phone must connect to a Wi-Fi router or to a cell phone tower to be able to send a signal and receive a text or send video or navigate the internet.

So these are common examples of new exposures that our grandparents or even our parents were never exposed to, at least not in their youth. These are brand new exposure.

they are increasing and then they're increasingly linked with different types of biological effects that really our safety standards don't account for at the moment.

I like to explain to people that if we're having a one-on-one conversation in the same room, that 150 years ago, for example, we are having this conversation and between us is air and Solar radiation, as you said, from the sun, maybe some cosmic radiation.

And then, of course, there is electromagnetism. Maybe more so magnetism that is released from Earth, that has existed with the Earth. But that's all that there was between us.

Now, right, if we're in the same room, There are literally an infinite amount of electromagnetic frequencies that are passing through, right? Whether it's radio waves, television waves.

And then now, and that's where our parents' generations would have come in to start all that. Then now you get into where we are today. Do we have any idea of the impact?

of what all this is doing? How would you answer that question? Well, let's look at how cell phones are tested. They're tested on a mannequin head that is not even reflective of the average user.

It's a mannequin hat that's bigger than my head because I'm just a 5'5 guy. You know, I am 135 pounds, so I have a pretty light, small head. The mannequins head is for a 220 pound, 6 foot man from the military.

That's what it was based on. So right there you have the problem of unrealistic ways that they're tested. They're testing for six minutes and it's one single exposure.

And our safety standards are based on whether that cell phone signal will overheat the water mix inside the mannequin head in the laboratory. And that's not the way that biological effects happen.

For example, you might have a cell phone signal that is below this heating threshold. They will not overheat your brain. You will have this impact on your face.

And yet we know that it can cause oxidative stress, for example. So that something that can happen at the cell level, that still a biological effect that also compounds over time.

So, all that to say that the way that we test cell phones or even Wi-Fi and Bluetooth is all based on this assumption that, the only thing that matters is that avoid almost being overheated by your phone.

So that's completely ludicrous. In other words, right now, our safety standards and the ways that limit the amount of EMFs that your kids are exposed to, that you're exposed too, is completely inadequate and protects exactly from nothing.

So we're really left with a big question mark about the cumulative health impacts of all these different sources. But

there are some parts of the data that are more concerning than others.

One of them is the fact that EMS might be carcinogen, right? And that has been debated over, okay, does it cause brain tumors if you talk on a phone? It has been linked with different types of tumors of the head including glioblastomas, the most deadly types, of brain cancer you can ever develop or sometimes acoustic neuroma that can lead to complications including death or parroted gland cancer or thyroid cancer.

So all of these are cancers of head but also in animals What we saw in the biggest study ever funded by the U. S. government in 2018, the NTP study, The National Toxicology Program, they wanted to elicitate what is the long-term impact of these fields on animals, which is animal testing in that context is gold standard because, of course, we don't take humans, put them in a room and blast them with cell phone radiation, right?

It's unethical. So therefore we use rats and mice.

Cancer, Oxidative Stress, and Cardiac Risks

And what they found is clear evidence that the rats developed a rare type of tumor of heart tumor called malignant schwannomas. The schwanned cells are cells that are at the surface of the myelin sheet protecting our nervous system.

So these were heart tumors. They also saw adrenal gland tumors and brain tumors in rats. So it was very concerning findings that reinforce the idea that these fields in the long run will increase your risks of developing cancers.

When it comes to heart health, my biggest concern about that And whether it's dangerous, for example, to keep a cell phone right next to your heart is the lack of data.

It's not what we know that is most concerning. Is the fact that no one seems to care and no-one studies that stuff. But get this, the biggest studies we have, or let's say the most data that has been published, is not about the effect of a cellphone and how it might interfere with a heart that's in good health.

but it is with people that already have poor health or need help from for example, from an implantable cardiac device, right? A pacemaker. Those that have a pacemaker have received now warnings from in certain cardiology journals from scientists.

For example in 2018, I found this study magnetic interference on cardiac implantable electronic devices from Apple iPhone MagSafe technology. So what Apple did starting at iPhone 12 is that they added a very strong magnet technology in the back of the phone so that way you can use wireless charging.

but they forgot about the potential interference between this cool tech, this new exciting tech. And then the fact that some people put it right next to the pacemaker.

What these said in that study is that the magnet can have interference and has the potentially to inhibit life-saving therapy. These are strong words.

It means, in other words, it can put you into real trouble if you have a pacemaker. But what about people with a real A heart that is completely functioning.

Can it impact it long-term? To this day, I haven't seen any data and the cardiology scientists are not really interested in the topic or at least, you know, this is a very poorly funded topic.

Of all topics, I think it should be massively funded. And of course, that's what scientists have been arguing for for decades. But to the contrary, the more we've developed this technology and we rolled out, you know, from 3G cell phones to 4G, 5G and now we're looking at 6G stronger Wi-Fi, more Bluetooth, The more that we roll out this Technology and the less we study its impact.

So to me, this is very, very concerning and The effect on the heart is a big black box of a question mark right now, but for sure I've had anecdotes. One cardiologist that was especially prominent in my thinking is the late Dr.

Stefan Sinatra who told me that he had seen different patients with heart arrhythmias. And he could pinpoint that the cell phone near the heart in a pocket, for example, was directly linked with these symptoms.

Is it that hard to believe that this could be the case? No, not that. But if you say that to maybe the average cardiologist or doctor or guy on the street, they would kind of be very surprised.

My God, there's no way the phone has enough power to interfere with a heart. is decided by these pacemaker cells or greatly influenced by them and we know that they might be changed or their functioning might change by the EMS and how that's possible is simply that the EMF will change what is happening inside the cell and especially change how ions of certain minerals go in and out of the cell.

That's one of primary mechanisms that could explain why even low level of cell phone radiation, this is not an electric shock that is very powerful or else no one would be using it.

Everyone would feel its impact. So it's a low-level, low grade radiation over time. This explains how is it that it could lead to, for example, cancer or to just tissue damage and oxidative stress.

To be noted though, the studies on oxidated stress in a review in 2017, Bandera and Al, they said cardiovascular disease is time to identify the emerging environmental risk factors for heart disease.

Right. And they said cell phone radiation is one thing to look at because of the studies on oxidative stress and the fact that we know if you have more oxidant stress, you probably you very likely have.

More risks for your heart. They said a staggering 89 percent of all studies identified out of 242 showed that the cell radiation could induce oxidated stress.

If that's not enough evidence, I don't know what is. What if your heart could actually get better, not just managed? What of your recovery didn't depend on adding more prescription drugs, but on finally understanding why your hear is struggling in the first place?

I'm Dr. Jack Wolfson, cardiologist and natural heart doctor, and we believe heart disease isn't random, it's a message. It's message that inflammation, toxins, nutrient deficiencies, or lifestyle stressors are driving your symptoms beneath the surface.

That's why our approach goes far beyond the band-aid typical cardiology approaches. What we do is if we want to prevent treat and reverse cardiovascular disease, we help you develop a natural evidence-based plan to help your heart recover.

So if you're ready to move past fear, past confusion, and past just take this and wait, you deserve real answers. Visit naturalheartdoctor.com forward slash discovery and get the answers you've been searching for.

the answers that can help you achieve your best heart health. Your next chapter with a simple free discovery call should start now. The oxidative stress is certainly a big story.

We talk about that a lot. In short, there are things that naturally occur in the body that generate oxidation or that are pro-oxidative. And of course we should have a lot of antioxidants on board that would balance the two.

But when we're out of balance and we have more oxidation particles and less of these protective mechanisms, we see oxidative stress and that could be measured.

As you said, it's all a matter of what's the cause of oxidator stress. All cardiologists know that oxidated stress is bad, but the answer is statin drugs and aspirin.

kind of throw their hands up in the air. But in our scenario, we're talking about what is leading to that. And one of the factors here undoubtedly is electromagnetic radiation from all these devices.

It's been one my pet peeves and I immediately stop someone who's in my office or I'll even stop some one in a grocery store and it's typically the man, he's got his cell phone in his front pocket over here.

I advise him on that, The other thing that really gets me, and I guess I'm using wired, a wired headset, wired earphones, but let's talk about the earbuds that so many people and the children are using.

I know you're so passionate about children. Your next event is really going to be geared towards the Children. Talk about these, these earbuds and why they're dangerous and are the wires better?

And what's a better solution here? Look, if you're replacing a cell phone and using a Bluetooth earpiece instead, you are replacing, a cigarette with a light cigarette.

That's really the answer here. So it's not a good option to have Bluetooth in your ear. To the contrary, A lot of people who stop talking on the phone, especially the younger generation, they never want to do a phone call.

I guess it is almost part of my generation. The millennials like, oh, we text instead. We never call, Okay, that's good. In fact, you know, not having a phone to the head, I think is a good strategy to avoid most of these dangers to especially the car, the Carcinogenicity aspect to cell phones.

However, Bluetooth is the same thing, right?

Bluetooth Earbuds and Childrenu2019s Exposure

There's a similar frequency and it operates even deeper. in the ear and closer to the brain so the risks are are there and the fact is a lot of people wear these earbuds you know the whether it's the apple airpod or any competitor it for extended periods of time so Some people I've seen, you know, wear them as a fashion accessory and they don't even listen to anything.

They're just in the ear, right? So, or you have a business people that still use these Bluetooth technologies, the hands-free technology, but they keep it basically all day, every day 10, 12 hours per day in their ear.

That's equally as bad as talking on the phone. So these are real dangers. And the younger you use them, The more risk that you face. very good modeling from scientists that showed that when you talk on the phone as an adult, you could have the signal penetrate about half your brain.

For some younger children, it penetrates all the way through to the other side. And this is really, really clear that the ways these things have been tested, again, on a mannequin head that's 6'2", it has nothing to do with these children that use a phone or they don't use the phones, right?

Instead, they use Bluetooth thingy in the ear. So these risks are increasingly concerning for younger and younger children. And the reality is that we have four years old now that use cell phones or that used earbuds.

I know we're going to see younger people use them. The alternative is wired. If you're using a wire to connect to your cell phone, I wouldn't worry too much about the signal that could go up the wire or all these different issues.

Yes, it's a thing. You can have something called air tube technology that will not even use electricity to carry the sound to you ear. That's even better.

But to me, this is a more advanced thing to consider if you really want to minimize your exposure. I would rather tell the very simple message that do not use wireless for your earbuds or headphones or use it very sparingly, which is usually the opposite of what people do.

You pick your poisons in a sense, and if you want to use them sometimes because it's practical, please be my guest. But personally, I never use that. And especially when I'm stationary, in my home office recording this, There's no reason to be on wireless, right?

It's almost silly. So yes, I know a lot of people use them for convenience, but if you're listening to this, you know that convenience sometimes comes at a cost.

If you eat at McDonald's every day, it's convenient, tasty, fast, and that's a big hell troubles in the future. And the EarPods, you know, whatever they're called, AirPods, and different brands of that, right?

So, I mean, there's a battery, as I understand it, the battery is in one side and then the Bluetooth signals, obviously it's connected by Bluetooth to that battery operated device.

And then on the other side is another receiver. So one AirPod sends the signal to the another Air Pod and of course in between is your brain. Yeah, I never could verify if that's the case, but in any case it's going to send a lot of signals towards your brain, right?

What is crazy about these devices, Dr. Wolfson, is that to this day, manufacturers are not even shielding the user from these emissions because everything is within safety limits that I explained are completely inadequate and really are almost a farce at this point that they keep sticking to the safety limits that are completely outdated and inadequate to protect the public.

And so basically the earpiece would emit in all directions and not preferably towards the exterior, which would prevent a lot of signal from going towards your body.

It would minimize the risk, minimize a problem. But at the moment, the industry is not even interested in making their product any safer. There's not even a discussion and I think it will take a lot of consumer awareness and demanding safer technologies for this to happen.

But this is really why we're kind of left self navigating this space and trying to minimize our exposure as much as possible. All right. So we talked a lot about the, you know, the cell phone and the headsets and stuff like that, but what about just the wifi in your house?

Uh, everybody is, I mean, all the homes these days, they're building things. It's all smart technology, allegedly smarts. That's pretty stupid, right?

But smart cities, smart houses, and. You know the Wi-Fi and and then when you tell people to turn off the wi-fi, especially at night while they're going to sleep Then you kind of run into this problem where it's like everything is controlled on the wifi So it was like if you shut it down the house explodes.

So talk to me. Talk to Me about Wi Fi. Is that a practical important?

Wiu2011Fi, Smart Homes, and Electric Vehicles

I mean again, we live in you know, and what's cool is you turn on your device and you can see all everyone else's Wi fi around you so what impact does that have and then of course what kind of frequencies we're getting from from the towers that are sending us those signals but talk to me about in-home Wi-Fi and does it make a difference do you think if you turn it off at night?

Yeah, so we have to think about this just like we think, about let's say toxins in food, right? No one expects you to stop eating all toxins and food.

For example, pesticides or heavy metals or whatever is sprayed on our food these days and it will change from week to week, I think. So what you could do instead is try to have the bulk of your food be cleaner, as clean as possible by eating organic or local.

making sure that you know your local farmer you start developing a relationship with them and you realize they don't even use pesticides that's tremendous so when it comes to EMS is the same thing you have to think about total body burden and try to minimize first the exposures that are touching your body because these are the most intense we talked about those right cell phone here or keeping in the pocket or even in this in front pocket their back pocket there are impacts on fertility as well that we could go into.

That's a whole rabbit hole. But when it comes to impacts, yes, your neighbor's Wi-Fi will technically impact you, but take care of your own devices in your home first.

And that's really the message here. You can think about air pollution, But there's little you can do about the smog in the city of Dallas or Montreal or Paris right now.

you cannot change society that way. to filter the air inside your home, for example, which is a great action step in itself for reduction of the environmental toxicity.

For EMFs, turning off your own Wi-Fi at night is is good action steps even if you have a hundred neighbors right across the street. The reality is that the intensity of your Wi Fi router will likely be worse than the intensity of your neighbors.

So this is really a good action step to start doing. If unfortunately you're like my uncle and you have these smart homes, I remember we have this shared vacation home for my mother's family side.

And we went there and I told my brothers, okay, let's turn off Wi-Fi at night and it's going to be great. We turned it off. And the fireman came because the Fire Alarm, you know, sounded and everything went crazy because everything was smart.

And let me tell you, I didn't feel good in this summer vacation home at all because I am slightly reactive to these fields. It just shows you that if you over rely on Wi-Fi, It makes it, not only is it something that is stressful in your life, but also if you lose power, all sorts of havoc can be created.

So I don't think it's a great direction to take to have everything connected with each other. Not only is it a source of oxidative stress for your entire body, including your heart, it's also a way to make you more dependent on this technology.

So I would try to avoid it as much as you can. Personally, I'm not even on WiFi. There's no WiFi in my home, in the condo. I have wires going from my router to my computer.

It's called a good old Ethernet cable. And believe it or not, as we're recording this, we can still wire up different technologies, including your personal computer or an iPad, for example.

Excellent. What are your thoughts about electric vehicles? Electric vehicles, I think some of them are quite bad. I've seen battery placement being a big issue for certain people that are more sensitive and others are just getting the oxidative stress and not realizing that, for example, the battery packs are underneath the driver's seat or the back seat.

I think this is very poor placement because when you're right next to the batteries like this, you would be exposed to large fields. This is not wireless radiation, but it's still a human-made field that would measure as a magnetic field or electrical field.

And it's not good right if you can avoid it avoid but it difficult to tell you have to really ask about these things if your purchase an electric vehicle but what i see in vehicles nowadays is that all of them whether they're gas powered or hybrid or electric.

They're all getting worse because you have Wi-Fi hotspots. You have Bluetooth options that sometimes can be turned off, sometimes not. just moving with society, right?

Everything is going wireless and they're very excited about it as well. They're offering everything wireless. So when it comes to a vehicle, the first thing that I do is I turn off Bluetooth, especially when I don't use it, this is a needless exposure.

And I would personally avoid an electric vehicle if I have the battery packed underneath my butt. To me, the risks are not worth it to my fertility, to all my organs and then especially if i spent a lot of time in my car.

So if you have a long commute or maybe it's part of your job like my dad who's a realtor is always on the road, then think very hard about what vehicle you might be purchasing because these things are going to impact your everyday, you know, levels of exited stress and will just be a big part of that EMF stress you're getting on a daily basis.

Great information there. What about Starlink? What, about all the satellites going up into the sky? I understand that there is absolutely nothing we can do about it.

I, understand, that we are best to eat well and live well, think well amongst everything that, we, can control. But any comments about the electrification of Earth?

Yeah. Wow. How to address this? I mean, it is daunting. Right now there's no pilot on the plane when it comes to satellites. Literally, there is no one looking at what we're throwing in space, whether this is healthy for the planet, for humans, or for animals, anywhere in between.

whether the amount of pollution that is generated by the rocket launches because you have a rocket bringing the satellite, the rockets burns a ton of fuel.

This has been modernized and scientists were saying no one is looking at it, but this is maybe just as bad as the entire global aviation at the moment for commercial flights.

So basically they're launching a bunch of satellites. They're improvising. Some people are saying, well, now we're going to have problems with astronomy being to look in the sky because there's all these satellites that are causing light pollution.

I think it's a big issue. People need to realize that we have to be against these technologies. It is tempting to use Starlink and other satellite technologies if you live very remotely and that's the only thing that is available to you.

Even one lady wrote to me two weeks ago. She said, well, you know, I used to be on broadband and have my router and everything. I was happy, but then they disconnected the service.

Satellites, Starlink, and Environmental Concerns

Now they want me to starlink or some other service and I said my God, she's being forced to us these technologies. And that just where society is headed.

I'm personally also an activist to go against these companies and say, look, we need at least to have some sort of regulatory framework to try to work this out.

How many satellites should be around Earth? Is it safe for human beings? is it safer for ecosystems? And right now we're just in a space where, whether it's Elon Musk or or any other billionaire out there, there's many companies, more than a dozen, that want to launch satellites or have already launched some.

I think it's a very stupid idea for the planet. is just the flavor of the moment. Technology is being perceived as something I think inherently positive and this is progress.

I don't think it's progress and if people knew how little scrutiny there is towards these projects, they would be very concerned as well. No one is looking at it.

There's no international space. Who's regulating space? I asked myself this one day and I ask an attorney and he said, you know, no one. No one at the moment.

It's literally you have the satellites from Starlink. They're over America. And if they go over Italy in one of their rotations, they are in direct breach of the international agreements that were placed by Italians about light pollution.

The FCC in this US says, Well, it's not our fault. We launched the satellite and allowed Starlink to launch them. But if they're over Italy, then it is now our jurisdiction.

So people are playing around with words and no one is taking responsibility for these projects. To me, we should be against these technologies, but there are very few avenues to stop them at the moment.

But I think that trying to avoid them spreading the word, and there some organizations like BBILAN.org. This is a consortium of international attorneys that are trying bring some sense in this madness about satellites and they're trying sued the FCC and it will be true lawsuits, I think, and activism that we'll be able to at least have some sort of balance in these projects.

But right now, it's really anything goes. Yeah, everybody's worried at this time about seed oils and they're protesting companies like Kellogg's and Nabisco while the world is getting electrified.

I that they are missing the mark on really what's important. And I'm not promoting seed oil. It's not something that I consume, but I there's much bigger things that are out there.

Talk, is there any way to mitigate that regarding your house? I mean, so are there just a couple simple protective strategies without building what's called a Faraday cage of your home?

But do you think that there's anything that people can do in some way maybe to mitigated the effects of Starlink? Would that also be helpful for cell phone towers and electrical towers around.

Is there any way to mitigate against that? And it's not necessarily, I wouldn't say these strategies are simple, but there are ways to mediate the environment that, you know, the exposures of EMFs that come into your home from the outside.

So this is really why I always teach, first, what's touching your body. Second, What's in your Home. And third, what's outside your home that you have very little control over because you can protect individual rooms.

You can't protect entire homes, but we're talking about more money, more time invested along with a professional that can come to your homes. These professionals are called building biology consultants or EMF mitigation experts.

They can help you take readings in a home and And this is where these more advanced shielding strategies can be applied and they would be equally valid against satellites and against cell phone towers.

And for sure, if you are exposed to a cell-phone tower within a few dozen feet, it would to me be an example of very concerning type of exposure because yes, you can turn off your phone, but if the cell tower is blasting you with so much power, You can't be in trouble.

There are good examples of people feeling very, very sick after a few weeks of having a cell phone installed, for example, right next to their bedroom window.

That's an extreme example but it happens every day. Why does it happen? Because anything goes and the cell-phone companies are so excited to roll out more and more towers because they're The limits are so permissive.

So unless we fix the limits, we're going to still see that. And some people are left to have to protect their homes against these exposures, which is just a crime in my opinion.

What about smart meters? Maybe we can wrap it up on this. How do we protect against smart meters? And kind of what's the status for most people right now, as they call their power company and they say, I want my smart meter removed.

Of course, they always get like, it's always this confrontation. Maybe they'll have to pay more money. So tell me what our smart leaders, what are they doing?

And then what do we do about it? Yeah, so smart meters are utility meters for electricity or gas or water or all three that are emitting wireless radiation.

The problem is that the way they've been engineered is, again, very stupid and they emit up to, some of them emit six times per second, sending your electricity information or Water usage or Gas usage to the company.

If we're talking about usage, why is it sending a signal six times a second? And the engineers say, I don't know. That's how we've decided that in some boardroom.

They don' even know, right? So the problem is too many emissions. It should be once a day or something like that, so too much emissions and then the strength of that signal can be very, very high.

Smart Meters and Practical Mitigation

The main problem with smart meters. Is if you are sleeping right next to it or living right, next do it right proximity again is an issue. So if, you cannot move away from it you have your your bedroom here and there's an entire wall of smart meters that happens in many situations and apartment buildings or condos.

then you can literally have the same problem I talked about that when it comes to a cell phone tower, you turn off your Wi-Fi, turn of your phone, follow all the advice that the EMF guy just gave you and yet the smart meter wall will still disrupt your biology.

So there are some things to do if you have one smartmeter you could try to opt out. It means going back to meter that is non-wireless. it could be an old analog meter with little spinning metal quadrant Or it could be a digital one without wireless.

There are different options, but sometimes the companies can charge you up to a few dollars per year to what I've seen in one state in the U. S. I cannot recall which state this is, $60 per month.

And I said, my God, I wouldn't even pay that myself. I mean, that's $720 per year. That's like over 10 years, like 7K. For what? For having someone take readings?

It seems completely overblown as a cost. So in that case, i would look into shielding strategies. There are things, metal, sort of metal casing with a mesh that you can put over the meter to reflect the radiation back and try to dampen the signal up to sometimes 99%. So it can greatly reduce the extent of the problem.

And in some situations, if you have an entire wall of smart meters, for example, I would try to have a professional assess the situation because trying to, you know, apply, paper to the wall and all sorts of people tell me about their do-it-yourself jobs.

And sometimes you take readings as a professional and then you realize, yeah, it's not really useful, right? It's just not helping you because the radiation will seep through everything.

It goes through most building materials except maybe concrete. It will go straight through walls. That's why you have good coverage in your home. It goes through wood and any type of standard wall and doors and all of this.

Don't try to attempt such jobs, especially if it's a costly job to do. Try to have a professional come in first. and then try to mitigate it but for sure the smart meter situation most of them have been replaced at this point the rollout of

smart meters began maybe two decades ago and now has been completed in most cities so most people have them If your smart meter is not even close to anyone in your home or it's even remote, I see them on the corner of the garage, it wouldn't be my first priority to mitigate against.

But if it is close someone's bedroom and it just happens that this person has very light sleep or has insomnia, then you can say, maybe it a factor here and you would likely see better sleep if you try to mediate that thing.

Yeah, I know for sure, right? If you're having sleep issues, this is one thing, but listen, there's the heart attack and stroke prevention and recovery summit.

And if you've got these issues I definitely think EMF is a problem. Just because they say it's safe, as Nick just said, it has not been proven safe. In fact, a lot of data that says that it is unsafe.

Uh, you know, and I, I'll tell you, shared with that when I was on your summit a few years ago, the story of the summer we saw, she was in her late thirties and she had this huge scar on the right side of her face.

And we started talking and we're both doctors, my wife and. and then she confessed to us that, yeah, She had a prodded gland tumor. That's what that very disfiguring scar was from.

We said, what do you think caused it? And she said for, for 10 plus years, walked around with a cell phone, working as a real estate agent, attached to my face, um, And here we go.

So, uh, in any case, Nick Pinot, Pinots is the EMF guy, theemfguy.com. If you want any information as you should about electromagnetic frequencies and radiation and how it's impacting you and what to do about it, check out his website, read his book.

the non-tinfoil hat, which is great because you were just talking about tinfoils and how protective it is. So those of us that are walking around with the tin foil hats, it's probably a good thing.

Again, thank you so much, Nick Pino, Dr. Jack Wolfson for another episode inside of the Heart Attack and Stroke Prevention and Recovery Summit. We will see you next time.

Thanks for listening to the Natural Heart Doctors show. If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next.

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