Your Wifi is Killing You: Connecting the Dots Between 5G, EMF, and Autoimmune Disorders Transcript

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Introduction to EMFs and Autoimmune Detox

Hello everybody. Doctor Keesha here and welcome back to the Riverside Women in Disease Summit Series. This of course, is 4.0, the fourth iteration of this series.

And we're talking about autoimmune detoxification. This time, I'm delighted to bring to you Lloyd Burrell, who's on a mission to raise awareness about the dangers of electromagnetic fields from cell phones and similar devices, and to share solutions.

He's the founder of the website electric Centcom, creator of the healing with Vibration Summit and the EMF Health Summit, which introduced EMF to an audience of over 200,000 people.

He's a regular speaker at International Online events, podcast radio shows, and hosts his own bi monthly EMF health podcast. He's the author of two ebooks on EMF, and his latest book is called EMF Practical Guide.

Welcome to the series light. Thank you. Thank you so much for the invitation. The way that I think about autoimmune disease is we're at war with ourselves, and when you're at war with yourself, there's no winner.

And so when we talk about that, there are many ways that we can get it out of congruency with our systems. Right. And I think about it and I always say we're all puzzles, and we have four corners to the framework of our, our solution.

One is genetics, one is healing trauma of all kinds. One is healing the gut and the other one is really dealing with toxic load. And the toxic load component is what we're talking about primarily in the summit.

But they all interrelate with each other. So high EMF load as a toxicity, a burden will actually influence how our genetics express themselves. Humor flood causes drama.

You know. So we have they're they're not separate. It's not linear. So as we walk into this conversation, I just want to kind of get our listeners in that place where this isn't a line we're talking about.

It's kind of a messy scribble, right? So what how did you get interested in this? Well, I always say, I didn't find emphasis MFS that found me, and I just answered myself, one day and it just started from that.

And I had this reaction, which was a bit bizarre, and it went very quickly from being bizarre to being just unbearable. And people said, well, you know, how did you know it was your cell phone?

Wow. Simple. You know, cell phone. Just terrible pain. No cell phone. Fine. And, over the course of just a few telephone conversations, it got to the point where, well, it got so bad, I had to spell it.

See, my doctor, this is the punchline I've been sharing for quite a long time now. When I tell this story, because I'm not really one for going to the doctor a lot.

And, let's say I've barely had a day off work. You know, all my life, I've really always been a driven person. And this thing hit me and, it was, it just came out of nowhere.

And, the doctor unfortunately didn't have any answers. He was sympathetic. Doc's actually a good friend. Still my doctor, and, but he didn't have any answers.

And he sent me to a whole lot of other doctors who didn't have any answers. And this thing just got worse. And, you know, literally in a few days, I was unable to use my cell phone anymore.

And, I was getting symptoms or on my computer, the TV, the radio in the car, even using my regular corded landline. So this was like nowhere to run, nowhere to hide.

And for two years it got worse and worse and worse. And I kept telling myself I was okay and I wasn't okay. So I was kind of living a lie, but it was the only way that I could deal with it.

And then one day I came across an article in a in the Daily Telegraph, which is a British newspaper, talking about the CEO of a British food group who, couldn't use a cell phone, couldn't use a computer, was having to dictate everything to his wife, was running around in a clapped out old car, and, they gave a name to this thing, and it was electrical hypersensitivity.

Wow. Hang on a second. I'm not on my own. I am not going crazy because that's what I thought.

Lloyd Burrellu2019s EMF Sensitivity Story

I was going crazy, and, it all sort of started from there, and, pretty much ten years of searching, before I got to this place where I wasn't getting these debilitating symptoms anymore.

And now, you know, here I am in a room with very bright lights for this recording with two computers on the go. And I work, very long hours in front of the computer, much to my wife's, distaste and, Yeah, so I do still I still do still feel these, energies, but I don't have the debilitating symptoms.

And this was just how it all started. And, what I really learned. And we're going to talk about science in a little bit. I know, but what I learned from the science is when I start looking at it, because initially I just wasn't looking at it, to be honest.

I was just so frightened, you know, it was very scary and there wasn't any solutions. And I was already in kind of fight or flight mode and reading stuff about you because I don't have, a science background.

I've actually changed as a chartered accountant, which is, in the US, an f anyway, so it's, like a qualified accountant and, and I a CPA. Exactly. So I just really, you know, figure things out myself because there was no, there was no, like, roadmap for this at that time.

And, and, and this is kind of what I've developed, so this is my mission is really to help people on this and, yeah, to to share the solutions because there are the solutions.

I know we're going to talk about solutions as we get on, but, raise awareness about the dangers because people think that because they can't feel these emfs that they're not being impacted.

But the science is saying just the opposite, okay. And the science is saying very clearly, you might may not be able to feel emfs, but your cells can.

And certainly with everything, you know, those four pillars you talked about at the beginning, that is exactly it. They're coming at you from all directions.

You know, the genetics, the trauma, the creating, the trauma. There is this a very clear toxin effect. And this is very clear, synergistic, toxic effect interaction between the EMS and everything else that's going on, the chemicals and the toxic metals and the heavy metals and all the rest of it.

So let's talk about what they are, an EMF. If somebody hasn't heard about what that is, and I know you have some slides to talk a little bit about the science and the link between autoimmune disease and yeah, I'd love to invite you to share those.

Okay. We love just love okay. Yeah. Lately it makes you a little bit more interesting in the science. And you're going to get some references. I'm going to share that just very quickly. What is an EMF?

So when I say EMF, what I mean is electromagnetic field. Some people when they say and I mean like experts and I'm not like, I never I'm not putting myself out to be an expert.

I'm sharing this information and you will decide. And that's not really what's you know, that's not what we're talking about today. It's about, learning about this.

And that's what I'm doing. I'm trying to, serve people in the best way, and particularly parents, because it's really important for, parents to understand just how devastating these exposures are, for children.

So, Yeah, EMF, electromagnetic field, that's what I mean. Some people mean electromagnetic frequencies. Other people say EMR electromagnetic radiation.

But we're talking about these manmade forces, which all these devices, which we're using, are emitting and there's two categories of device. There's the wireless and there's a wired.

And I'm always, keen to talk about the two that people remember that the two, because we're at, we're now kind of talking a lot more about the wireless, notably because of 5G thanks to 5G.

I like to say, and, but the wired is also important. So what is the wireless? Well, actually, what wireless really is, is radio frequency microwave radiation.

Okay, who said that again? It's rather long. I know radio frequency microwave radiation. And you know, when we're talking about EMF, it's always we're talking this to, characteristics which are important.

These are wavelength and frequency and which are inversely proportional. So as one goes up, the other goes down. And these radio, this radio frequency radiation tends to be on the high side compared to these other emfs we're talking about.

So, high frequency, short wavelength. And then if we increase the wavelength like on electrical wiring, then we have a shorter, frequency. So those are, just some notions.

And so. Yeah. So the wireless, it's it's a cell phone. It's, it's it's the Wi-Fi. It's the smart meter. It's the Bluetooth. It's it's everything. Which is communicating wirelessly.

And even though you don't believe it or you don't suspect it, your home is filled, I'm sure. Keyshia, your home is filled with these devices. Or maybe you're a little bit more aware of this, but most people's homes are filled with these devices.

Everything. And we turn it off at night. That's, you know, but what I, what I can say is, so if you don't have one of these and I'll explain what one of these is, then you won't even begin to realize to what extent your home and your life is being impacted by these, frequencies.

Okay. And because, you know, I'm talking your dishwasher, your TV, your vacuum cleaner, hoover, whatever you call it in the States, I don't know, your may, you know, like, my wife's got one of those blower things for the for the leaves, and I can do the gardening. No.

So to, even that's got Bluetooth, you know, we've got we've got, we've got toothbrushes with Bluetooth. Somebody was saying to me the other day, I don't I've not verified this, but there are nappies, babies, nappies which have a wireless connection.

I mean this is sick. So it's like things you can never imagine. And, and we're surrounded by it. And again, unless you can actually measure it and I'm going to talk about how you can measure it because it's really easy, then you

can't begin to comprehend just when we have baby diapers that have it now.

Yeah. Exactly. Well, I call those nappies, but yeah, I can light it. Oh. Thank you. Yeah. That's it. So, it's everywhere and it's the wireless and it's the wide, remember?

And so I'm going back to that because. So people are bigger and. Yeah. But hang on a minute, Lloyd. You've lost me there. If it's in a wire, then we're good.

Yeah, it's not a problem. Unfortunately not because the wires are plastic. Most, wiring is plastic. What's call them what we call real mixed wiring. Because it's cheap.

And, these, these wires emit these other electromagnetic fields, which are actually, decomposed into, magnetic and, electric. And that's how they're going off like this at 90 degrees from, from, off the wire.

And also, dirty electricity, which is another form of electro pollution, which is another long story, but it's very bad news. And there's links to this with cancer.

So I went around and I checked our outlets and I couldn't believe how dirty our electricity was. I mean, it was it's easy to check all of this. It is very easy to check all of it.

And so it is everywhere. That is the message. And it's it's like the thing you least expect, even that has got a wireless connection often. And anything that you plug in, basically anything electrical is emitting some in some shape or form an EMF, an electromagnetic field, people wearing watches and rings to bed that are gathering data while they're sleeping.

What do I think about that? Well, you know, I'm not here to I'm here to share the science. And that's what I'm going to do in a sack. But when you look at the science and you really understand, you know, that we are subtle energy beings, you know, and, if you, in the words of, Doctor William Addy, who's, a very, pioneering researcher, one of the first researchers on this, along with, Becker.

What EMFs Are and Where They Come From

Robert, Becker, who who wrote the book, Body Electric. And, you know, this goes back this these recent I mean, this is like 1970s and 1980s, but, Robert Becker, for instance, he did 50 years of research on this.

But, I mean, if you look back to the 17 and 1800s, they were already, researching this and already understood a lot of things about it. And yet somehow, you know, like, amperes, Faraday, all these, these, kind of words which are part of physics now, the language, well, they were doing the research and they understood this, a Tesla.

They understood Nikola Tesla, they understood the relationship between these electromagnetic fields and our body and how they impacted us. And to quote, William Eddie, he was he said that, you know, our cells are whispering.

And what that is to say is so. Okay. Yeah. Okay. It is about chemicals, but it's not mainly about chemicals. He didn't maybe say that by am, but what he said was it's about chemicals.

It's about emfs. It's about electronics. It's about, photons. Bio photons. It's about a photonic. Sound, and it's thermal. And this is how the our cells are communicating.

So to just say that the human body is somehow some cold, mechanical thing. We can just, you know, swallow a few pills, and that's going to sort us all out.

Sorry, it doesn't work like that. And we have to understand that, you know, when given that our cells are communicating in this way, it's not surprising that these emfs, these manmade frequencies, which, you know, just taken over our lives, notably with 5G, which is, now, you know, a reality, that that this is impacting us in so many ways.

And perhaps what's behind this, rise in chronic disease, over the last, 20, 30 years, really, is it since the cell towers have been introduced and since we've been using this technology?

Not exactly, but it's accelerated certainly within that time frame. Then if we just look at electricity, pandemics are right in line with when we have a big surge in our technology.

You know, it's something really if you read, Arthur first and Puig's book, The Invisible Rainbow, then you're looking, yeah. Which I gather you have. Yeah.

You can say that these, all these, pandemics really? Or epidemics. Anyway, right from when electricity was introduced, you know, right back to the, 1800s from when, you know, we got this surge, we got the Spanish flu.

We got, when, radio was introduced with the Marconi, we got, you know, there's a case on the Isle of Wight and how the population was decimated and, you know, the homing pigeons were suddenly losing their way and all this.

So it's not even about us humans. It's about life on Earth. This is. This is a big deal, folks. But anyway, we're going to talk about autoimmunity. Otherwise, I'm going to rattle on for hours.

But I want to take one little pause. And I'm want to come back to the question I asked you about. What do you think about wearables during the night that have to get plugged in?

And I'm going to say, because you said I don't have I'm here to just to give you the science. And I'd rather people, look at the science and then they'll make their own opinion. But you can give your opinion.

Your lab is your show right now. Don't wear them. You have to give yourself a break at night. Please. Your body's trying to detox at night. I'm giving my opinion, guy.

That life. Well, I share your opinion, of course. But, I think people need to make their own mind up about this, and I'm not trying to, you know, like, it's like Lloyd says.

So it's more like, come on, folks, just, you know, wake up and look, at the science. And, it's really obvious, what what is going on here? You know, it's, it's really obvious to.

To what? You know, to what extent these, these emfs, are impacting our life and, again, impacting the lives of, you know, everything. Everything. Everything, all living things.

The birds, the bees, the whole living shebang. It's impacting all of it. And again, we've got studies on this, you know, on the insects, on the on the bees, on, on, on, you know, in fact, most of the science which is being carried out is on animals.

Yeah, it's not on humans because there's obviously, you know, many things which they can't do on humans, notably with regard to, all the science that's been done on the reproductive, you know, on the on the effects on the reproductive system.

So let's talk about emfs and auto immune disorders. Time to connect the dots so that people they don't have to believe you or me on how bad, you know, the Fitbit is or whatever, or that ring which connects and, you know, you can actually switch that ring off, I believe.

I'm not going I'm not going to give the brand name, but so it's recording, but it's only transmitting. And this is like, so, you know, and this is what we're going to talk about this in the solutions.

It's about smart use of the technology obviously, because people want to use this technology, but want to use it more safely. So time to connect the dots. Yeah.

So common. Triggers to autoimmunity. It's this kind of thing, I guess, which you, which most people are talking

about, you know, like leaky to gotten the nutritional deficiencies and the toxins and the chemicals and the chronic infections and the mental and emotional, all these things feeding into this, immune, regulation.

That's the kind of the classic model. And so the question is, is there tribute, which is being, you know, there is beta, there's a trigger which has been overlooked.

And this is my hypothesis, if you want, at this stage, and that is the side of the camps and the questions we're going to address is, you know, how how are emfs a trigger for these auto immune, disorders?

That's so what does the science say and how big a trigger, are they? So how are you able to trigger for these autoimmune disorders? What all these chronic conditions have in common?

Okay, rheumatoid arthritis, fibromyalgia, etc., etc., etc. everything I've written on that page, in fact, what almost 100 auto immune diseases have in common is.

No surprise. Maybe you were thinking about that. Maybe now inflammation. So inflammation is a really big part of, what's going on with autoimmune disease.

And so this inflammation is the silent killer that, you know, is is slowly eating away. I mean, your body's body from inside out. Even the World Health Organization, who I'm highly critical of, by the way, given they because I know quite a bit about Emfs and their track record on the EMF thing is not good at all.

But even they say it's one of the greatest threats, to human health, the, the, World Health Organization. And so the link between emfs and information is that emfs are a driver of inflammation at the cellular level.

Yeah. And so how how what, like. Well, in many ways. But one of the leading bits of science I have to share is it has been done by a gentleman called, Doctor Martin.

Paul from who's professor emeritus at Washington State University, who's done this, brilliant work on the voltage gated calcium channels between our cell membranes.

And what he's found was that these wireless exposures. Yes. So when you're using your cell phone, when you're around Wi-Fi or anything wireless causing these voltage gas, calcium channel, these VJC to stay open, which creates these free radicals, which then creates this reactive molecule called peroxide nitrite and causes this oxidative cascade.

And which is to say it's bad news because this damages your San'a, your cell membranes, obviously protein stem cells disrupts, cell division and mitosis and your mitochondria and, your mighty mitochondria, you know, as you know, I'm sure acts like this so that these energy factors in our cells and this is, what is determining our, you know, our energy levels and, you know, our cells are filled with these, mitochondria and the there's a lot of science on that, on how the emfs are impacting our damaging our mitochondria so long term, this molecule, this paradox in nitrite causes inflammation and ultimately damages your tissues and contributes to a long list of diseases.

And I'm simplifying things here, you know, is more complicated than this. But put simply, EMF set off a series of biochemical reactions that are inflammatory in nature and can affect virtually every system in your body, every system in your body.

Yeah. So is there, Any evidence for emfs this, this this regulating the immune system?

How EMFs Affect Inflammation and Immunity

Well, there is actually quite a bit, quite a bit. In fact, there are hundreds of studies on how EMF these regulate your immune system. And, just to summarize, the effects have found that, white blood cells are reduced, reduced antibodies.

Lymphocytes, T helper cells are impacted. Melatonin is impacted. Melatonin super important for the regulation of, immune responses. And there's, a boatload of studies just on this melatonin aspect, how EMF exposures, particularly at night, impede the production of melatonin, this, super important hormone hormone, which many regard as the master hormone, the most important hormone, perhaps, I don't know.

But anyway, so, there is this dysregulation of the, immune system, and actually, it is actually working what in the studies are saying, up regulation and down regulation.

So we just, you know, let's just say this regulating. Yeah, it's a it's a spanner in the works. It's a spanner in the works for the, immune system. And, and then we've got this other evidence which is important to share here.

A recent study by Professor Trevor Marshall showed that blocking the EMF exposures, produce significantly reduced symptoms in 90% of patients with auto immune disease.

So. And that was actually with a shielded cap. This, and he got this rather amazing, result and also research by Doctor Dietrich thing. Heart, I'm sure you're aware of that, has shown that EMF shielding is more successful at treating Lyme disease than antibiotics, for instance.

And, you know, a number of, practitioners, MDS, which are ahead of the game, you know, they're they're now incorporating this, EMF mitigation, in their, in their protocols.

So question how big a trigger are emfs in auto immune disorders? Well, that's really for you to decide, you know, from from what I've shared. But if you want to see more studies, if you want to, you know, plunge into this a little bit more than that, that I've put, shared some resources, places where you can go by initiative report, which is just, an amazing collection of, review of this peer reviewed science which exists, that came out in 2007 by independent scientists.

And that's one of the problems in all this is, you know, there is, there is censorship here. You know, my information is censored, my website is censored.

I've got a book, it's censored, it's on Amazon. But I can't promote it. There's a whole load of things that I put on Facebook, but it's not shared. And this is new.

But so I've, I know this is going on, but I guess I want people to really hear this, carefully, because the same thing is happening with me and many of our colleagues.

Yeah. That they're that our, our viewers are actually not even aware. Because if you don't see it, you don't know. But those of us that put information out, that goes against the lobbies that you know, are attached to companies that make a lot of money in our society are very powerful and censorship that's been happening for quite some time now.

And so and people are unaware of it, like you can do a search and you just won't get anything. It's not like it has a big red square, you know, an an X across it that says you're not allowed to read this, you just don't know it exists.

Exactly. And and I think it's really important for everyone to understand and to know that, that where it's getting worse and worse and worse. Yeah, it is, it is.

And so with regard to Emfs, you know, I read about the censorship, I read about the scientists like Doctor Adam Frey. He's brilliant work on the blood brain barrier and how, you know, the military said, look, you stop looking into that.

Otherwise we take your funding away. I read about a Doctor Gandhi, his brilliant work on children and how radio frequency, cell phone radiation was impacting children.

And he got the same threats. And, Professor Henry Lee, the same thing. And this is all documented in my book. It's

documented in doctor McCullough's book, Who's another whistleblower.

Our books came out about the same time. He actually wrote the foreword to my book. I know he censored two and many, you know, people. So that's. Yeah, people need to know this.

And, but people need to know. So that's why I put the URLs on there. Yeah, because otherwise you won't find it necessarily. Well, and I put out information on, alternatives for people with autoimmune disease to vaccine, you know, the Covid vaccine that hasn't gotten any research behind it for, you know, and I put out information and I got a letter and I got censored and I got my site taken.

You got a letter? I got a letter from FTC. Okay. Yeah. So, you know, I mean, and I'm not the only one, there are people that have as part of their job in the United States, to go look for keywords and make sure that people aren't putting them out there.

And when they find them, then they get warned and their stuff is taken down. So this is real. This is real. And it's it's extremely concerning. And that's what people need to really listen up here.

Because, you know, if this continues then, you know, all these platforms which we're, currently sharing information. Then I think, you know, maybe we're counting the, the final hours of these platforms existing.

And, you know who now? Because what happens is they, they buy out these companies, and, and then they take control and then they, you know, they only put on the, the content, you know, which you seeing in the mainstream media, and that's what they do.

And yeah. So just, that's what's happening. And I've experienced it firsthand, as you have and with, with regard to Emfs, this is extremely sensitive because it's quite simply because there's so much money behind all this.

You know, when they sell off the licenses, you know, when they sell off, just sold off the 5G licenses to sell them off around the world. It brings in billions, billions.

And so we've got the money and then we've got the tremendous power which these emfs can wield. When you understand that, you know, these 5G frequencies, for instance, they're being used for crowd control when you understand that since the 1950s with understood, we know with science has shown that, we can but people's, mental and, emotional, behaviors can be impacted.

Through this radio frequency, microwave radiation, you know, similar frequencies to cell phone. Then you understand how powerful this is when you combine it all together, and then you use and then you begin to understand well.

Oh, right. That's maybe that's why it's the first time I'm hearing about this from this guy with this weird British accent. Well, there's a there's a couple of researchers from Princeton who have put out research about something they call the deaths of despair, which are suicide.

You know, more depression and anxiety, more addiction, cirrhosis as a result of these. And as I looked at the trends on the deaths of despair, they go up sharply in the same accordance to this rise in technology.

You know, I mean, this is affecting us on a population scale, and it's very important for us to really look at these trends and not expect someone to say you're safe, it's okay.

And then look at the data and say, no, we're not. We're not doing well. Our indexes, you know, our indices of well-being are way down in all ethnicities, in all socioeconomic strata.

Their research shows that white males over 50 are killing themselves right now in the higher level than any, any other time in history. You know, so it isn't just about some of the things that we've pointed to in the past about poverty or, you know, the socioeconomic disparities between races and some of the things that are true and real,

that this is also transcending all of that and it's just population of humans wide.

And I think that's important. Like, you don't have to have the government come and say, this is a problem. You can look at this data yourself. You can and people should, but not everybody is going to do that.

And so this is why we have a role. So people will connect with you and they'll connect with me. And I think this is you know, that's how really it works.

And then we'll say, well just said, well yeah, doctor Keisha, she knows about this autoimmune thing. You know, they follow you a little bit and then they begin to take your advice and then, you know, things will start working.

Maybe, you know, that they'll they'll experience an improvement in their, in their symptoms. And, perhaps the same with me. And I've, you know, I've heard I'm sure you've heard that, and I've heard that, too.

And it's not to say that I have all the solutions. But certainly with regard to emfs, you know, a lot of this stuff is not that difficult. You know, it doesn't a lot of it doesn't cost anything, and it's not that difficult. Just need a bit of discipline.

Yeah, yeah. But should we just finish off, on the slides here? Oh, so that is the end of the slides. But there was something. Yeah. So what I wanted to say was, so there's this very clear.

There's a science on how these emfs are impacting the immune system. Yeah, which I've explained. But then there's this interaction. We're back to what?

Really what you were saying at the beginning. And so that it's it's it's okay is impacting the immune system and you've seen that it can but then it's how it's into playing with all these other things that are going on here, you know, like with a leaky gut, which is very important for the immune system. Yeah.

80% of the immune system, how emfs are actually making the bad bacteria worse that they're making the good bacteria into the bad bacteria. How it's impacting our microbiome, how it's these MFC contributing to these nutritional deficiencies.

And what research on that, for instance, food in a microwave oven. We know, you know, we've got science which has shown us that it's pretty much devoid of, you know, any nutritional value, on how it's impacting, you know, blood sugar on the toxin chemical thing, which was talking about notably with, again, heavy metals, because that's a really big one.

Censorship, Research, and Population Health Concerns

The interplay between these emfs and the heavy metals, because our food supply is full of it, and also because a lot of people have got fillings, you know, metal fillings, which like I used to have and that leaches out, you know, you got people, one story I had was, I think it was the dentist who told me this, that there was a guy who was picking up, a radio station, literally, on his teeth, on his fillings.

So because we've got, this, you know, interaction between the saliva and, and the and the metal fillings. So it's everything that we're, you know, that you're talking about with regard to, or to immune disease, the these emfs interact with all of that in some shape or form.

Very probably. And there is science behind pretty much all of this. You know, I've spoken on all of these topics, all of these topics, you know, hormones, adrenal fatigue, infections.

I've not actually spoken on infections, but obviously infections. And, you know, the, the, the immune system, the T helper cells and all that. Obviously, if we knock out the, the immune system, then, infections are going to run rife.

So yeah. So that's really the end of my little, what I wanted to share with you on my, slide to so people get so

people can't sell. Well, yeah, but there's no science.

So, you know, we can't prove this. It's not a question of proving this. You know, there is so much compelling evidence here. The. You just have to start taking steps to protect yourselves and above all, protect your kids.

Let's talk about those steps. So those steps. So, my ten years, with this EMF thing. So it start in 2002. In 2012, I wrote a book, I didn't actually write put this this protocol in the.

But what was borne out of this ten year period, if you want, is what I call the, and the, stands for you for understand and for measure and and for mitigate, and the understanding and that's what we're doing at the moment.

We're understanding what these EMF saw, these thing, you know, these different frequencies, that there's these four kinds of exposures, radio frequency radiation, electric fields, magnetic fields, dirty electricity.

The four times you need to you need to be looking at all of those first thing and understanding that. And then it's measuring it and measuring it with something like this, which is what I showed you before, which is an EMF meter.

And I like this one because it's easy to use, relatively inexpensive, and it measures three categories of VMs. And you switch it on and you get a magnetic field reading it makes it a nice sound.

You turn it and you get an electric field reading. And so that's for measuring the EMF of your electrical was, for instance, you go around and, you know, in your bedroom notably and measure that and also, put it on RF and it measures this thing radio frequency, microwave radiation.

If you put that to the cell phone, which is switched on, then that thing goes berserk. So that's, what you need to be moving towards. I'm not saying did I go out by that.

I said, yeah, if you can, if you can afford it. Absolutely. But, what I'm saying is maybe do some of these steps which you're going to share in a moment, things you can do to, minimize your exposures.

So the you for understand the M for measure and the third, the third letter M for mitigate. And there's three ways to mitigate also, the first one is just to switch it off, whatever that thing is, which is causing those emfs just to switch it off.

Switch the darn thing off if you can. If you can't, then second thing is increase the distance. Increase the distance between you and the device. And with Emfs.

The thing to remember is that distance is your friend. What that means is emfs propagate in an exponential manner. So if you just give a little bit of distance between you and the cell phone, then you can decrease your exposure levels, by thousands of times, possibly.

So it's very significant this, increase your distance game. And the third way that slide, like when you say distance, what kind of what do you say? What I mean is literally millimeters.

So if you're using a cell, pretend that this is a cell phone. Right. If you move out a few millimeters, then you can reduce your exposure by thousands of times.

Okay. But I do not recommend using a cell phone next to your brain. Okay. Because if you look at the science again, we know that the brain is particularly susceptible, to being impacted by these exposures and particularly the blood brain barrier literally pokes holes.

Like with the leaky gut, leaky brain pokes holes in the blood brain barrier. And that's what will happen if you keep using that and literally, pokes holes almost immediately starts to poke holes almost immediately.

And this research, by the way, has been around since the 1970s, but nobody's talking about it again, because he

was this was all swept under the rug, with all the rest of it.

And so this group in the UK came to I'm on the faculty at the Institute for Functional Medicine and came and delivered a talk many years ago. But a researcher from the UK, not the US, and she showed she showed imaging studies, scans of teenagers with tumors in their breasts that were the same size of a cell phone, the same shape.

The same, you know, like, this isn't this isn't made up stuff. You know, this thing. Yeah. Don't. Yeah. It's like your body. Don't put it up. It's like it won't happen to me sort of thing.

Yeah. You know. Yeah. And I think, I think people are kind of fooling themselves with this a bit because the technology is incredibly seductive and cell phones are in many respects wonderful things.

I mean, it's just I find it just mind boggling, really. Everything, that you can do with a cell phone. And I don't own a cell phone. My wife has a very good cell phone.

And, I mean, what can't you do with a cell phone? Yeah, I was creating an account on stripe, today, and I've got to have a cell phone to, get the authenticate all certification.

And this is. So it's the way of the world. So we it's about it's about being. It's about understanding the dangers and about using this technology, safely.

And so the third thing, just to finish off in this little protocol, in this mitigation part, is to shield. And I won't go into that because that's rather advanced stuff.

But just know that you can shield, if you have to and and yeah, so that's really a last resort, kind of solution. But so yeah, so that's kind of the, the, the, the protocol in a nutshell is and then in terms of what you can do, I can share some tips if you want, with regard to things you can do.

And I'd also love to hear what your, opinion is on. I know you have a wearable device and or a shield there, and the ones you can put on your cell phone and the ones you can put on your laptops and things like that.

I get those questions all the time, of course, and I would love to have you weigh in on them. Okay. So I will weigh on on that first, if you like, just to get that one out of the way, because that is really just a question.

That gets asked over and over. And, you know, when I became sick and I was really sick, I mean, it was like, yeah, it was nowhere to run, nowhere to hide, no solution.

Doctor doesn't understand. No. Nobody understands. So I just pretend that I'm okay, but wasn't okay and getting worse. And so it's like. It's like, imagine. Yeah.

Like you get cancer, but nobody knows what cancer is. That's so, it's like, you know, when you get something, you want people to understand, even though I'm not particularly that person who likes to talk about, you know, what's going wrong with me?

I'm not feeling too well. You do actually, at some fundamental level, you know, the other person to understand. And so that is, incredibly difficult.

Measuring and Reducing EMF Exposure

And so what did I do when I became this person who was reacting to everything, who had got all these, debilitating symptoms, who was like a zombie who, you know, not only the prickly skin and the tingling and, you know, just burning up around anything, electronic.

I was, I got, digestive issues. I got aches and pains all over my body. Muscle cramps whenever I do any sport, you know, I was just a mess. What did I do?

I went out and I bought everything and everything. Everything and anything I could just to make this go away. And I bought, you know, the thing, for the cell phone, thinking, well, this would enable me to use a cell phone.

I bought things I could plug in, I bought things I could wear. I spent a fortune on all of this, and this was like, back in 2002 to 2005, something like that.

And quite simply, nothing worked. I started my website in 2009. I start sharing about, you know, the dangers initially, and I saw it interacting with people and, and then people started sharing stuff and about stuff that worked.

And I was always skeptical and I'd try stuff, and I actually never found any of that to work. And so there are, there are people that are so I've, you know, I've reviewed this more recently.

And what I can say is, is, you know, because the people you have to listen to other hyper sensitives because they can feel it, because anybody else who buys this device.

And then all of a sudden, yeah, my cell phone's safe. The danger is, that you are giving yourself a false sense of security and that this device, which nine times out of ten is impossible.

Well, it's impossible for you or I to actually, know with any degree of certainty if this is really doing what it's doing, because, you know, I don't have a laboratory.

I have some EMF meters and yeah, I've, I've studied this greatly and I've studied, you know, everything around this, you know, the, the scalar and the, the quantum.

And, everything, you know, all these, the Tesla coils and all these, different, technologies that these devices use, and all I can do is come to an opinion and the opinion is this is the one thing that does work is what I've just said is that protocol okay?

And I didn't invent that protocol. I just put it in that form into the, But I didn't invent that. You know, it's just something I picked up. I learned over time.

And then so, you know, the Institute of Building Biology, for instance, what they talk about, it's it's pretty much it's very similar to what I, you know, what my, my, DirecTV line is all nice.

And other EMF, consultants are on. Some of them are saying, you know, go buy this or whatever. And, in my community, I've just started sharing these different devices, which people can buy.

But what I always say to people is, look, this, you know, try this, go and try this. It might work for you, but first, you know, do this, do the protocol.

It's my protocol is based on measurable mitigation because that does work, that I know it does work. But the stickers, the diodes, and and all the rest of it, then it might work, but, we don't know for sure.

And, you know, it might work for Catia, but it might not work for for Lloyd. And so, so that's what's important and bad diabetic where you eat a Snickers bar and then you give yourself extra insulin and you think that's going to take care of it, but actually you've done a ton of damage to that single bar.

And the insulin's only done a little bit to mitigate it, but not right. Staying away from the Snickers bar is what you need to be doing. Yeah, exactly.

Yeah, exactly. So all that first, what I've just said, they, And it's not difficult. Yeah, it does require a bit of effort. It requires buying a meter of some sort. Not.

There's not just our review. All the meters, on my website, but you're looking at about 150 to $200, whereas these some of these devices, they cost thousands.

Yeah. And people are buying them and they haven't got the money and that I, I have a problem with. So do this first and then add that in and then if that works as well.

Okay. But well we're back to the thing about really what you talking about before about giving your power away, you know, and because when you, when you really, you know, what it all boils down to is, is how you feel about something.

And, and that is another reason that I'm rather reluctant. For instance, I don't have any devices like that. The only thing I have is actually, I have shown God and Shonga it's a bit different.

And there is some research on, Shanghai and, and, it's, it's, you know, it's about how I feel and the Shanghai, it suits me. And it's just a rock. Yeah.

So it's not like, come from somebody's brain and it's not something I plug in on. So. Yeah. So that's right. Yeah. That's to answer your question let me I've got, I've got big hunks of that around me around the computer, you know.

So there's in a number of different ways. So yes, yes. So the Shanghai actually wearing a, wearing it, I think, and this is actually like Shanghai on steroids.

So it's, it's actually, it's not your regular regular. So it's different qualities of Shanghai. And then it's, this one is actually, in a, in a cradle, which gives it, which is like having a booster effect.

That's the way I see it. And, I think if you want to go somewhere that is a set and it's inexpensive and the Shanghai and then either a ball or a pyramid, I've got a big pyramid which is right in the middle of the house here.

And that said, this has nothing gadgety. And I love gadgets by the way. But for Emfs, I don't want the gadgets. Yeah. I don't want to be messing around throwing these at because I'm very sensitive to energy and these, and I work with energy every day.

Every morning I'm working with, my energy every morning. And I don't want this, messing up that. I want it all clear. Right? I want the clear connection.

So, yeah, with with regard to tips, if I can just share some tips, maybe for people, I think that'll be useful. So first thing is cell phone. Let's talk about cell phone. Yeah.

Because everybody in the dog's got a cell phone. And yeah, a lot of people are saying, well, what's the safest cell phone? I don't know, I can't I don't have a laboratory, I can't test it.

And the testing that is being done is, is totally unreliable. The SA, the specific absorption rate testing, it's an industry, test. It was devised by them and is to set purposes but not our purposes in terms of protecting our health.

So given that we don't know if, cell phone A is safer than cell phone B in terms of the exposures, then what we're left with is using a cell phone more safely.

And that comes back to really joins what I've said before, which is about the distance is your friend. And that is kind of the backbone to a lot of this, EMF, classic here at what I call classic enough protection.

So if distance is your friend, what does that mean? It means, you know, getting that phone as far away from you as possible, as much as possible. And then, and again, you know, so even a few millimeters is making a difference.

And putting on airplane mode. So not having on your body switched on because it's, when it's on your body, when he's switched on, it's communicating, thinking, dictating all the time with the cell phone tower.

How many times depends on, you know, which company you are with. And on the, the brand of the cell phone. But

you want on the airplane mode and looking, you know, look what airplane mode does.

So ideally again why that's why you need a meter. Because very often, the phone, when you put it on airplane mode, it's not on airplane mode, it's not on full airplane mode.

That's to say it'll switch off the cellular connectivity. Let's say the connectivity with the cell phone tower, but the Bluetooth, and the GPS, and the Wi-Fi will still be switched on sometimes.

So you got to go in the thing and figure it out. And it's only if you've got one of these that you can be sure you and then, you know, and then you put it next to it, and then you can see that you can test that is easy to test.

And that's the only surefire way, you know, and a lot of this is and so my website used to get I used to get a lot of people commenting, obviously not now because nobody can find it anymore.

But and then people have be asking me stuff and very often the quite the answer is, listen, I'm not going to speculate on that. You need a meter. And then if you got a meter, you'll find that it's that induction hub at home is giving off a humongous magnetic field, which it probably is, by the way, you'll find out if that TV is a smart TV.

You know, you'll find out if, the oven is a smart oven, etc., etc. you'll be, that your car is also emitting all of this. Now, you can be sure. You can be sure. You can be sure. Yeah.

Because, you know, so many cars now have got Bluetooth. The more high end your car is the, you know, the the more of this technology it has in it. And it's even got, you know, like 5G frequencies in there, like the mirrors, you know, the thing where you're on the what I call the motorway, you call the freeway, and it can detect if a car's behind you that's using like, 70GHz frequency.

So very, very high frequencies. So, you know, we'd be again, we're been impacted by all of this. Yeah. That's what the studies are saying. Yeah, it's not me.

It's the studies are saying this. So, yeah, with regards to the cell phone that you have, airplane mode, distance is your friend. Keep it as far away as possible.

Frankly, I be only using the cell phone in emergencies. So if I go out, if I go out on my own, I take a cell phone with me. Otherwise, I got my wife with me.

She's got a cell phone. It's never switched on when we're in the car. And when she's around me, she switches it off. And, you know, when she's. Soon as I go away, she switches.

If I can't, them. But. So, yeah, it's a personal choice. All of this is a personal choice. But she does benefit from, tremendously. I like to from from all my EMF protection.

Although she doesn't say always that way. No, I'm just kidding. Here. But, so this is cell phone. Yeah. And also text. Don't talk. Does that mean you can, you know, text is perfectly safe?

No, of course not. And, you know, just again, look at my website. There's so many people talking about that. And I've got friends and they say, you know, I've got these pain, you know, pins and needles, when I'm texting and stuff like that.

So that is very common too. So don't overdo it on the, on the texting. So yeah, with regard to this, we're at the end of the time. And I just wanted to say thank you so much.

Thank you so much. And I know there's a free gift that you're offering. Our audience will make sure that that's connected to everything. And your website is here.

We're going to put it right with everything so they can find you an electric fence. And, be able to get Ahold of this

information. And I just so appreciate you.

Thank you. Well. Thank you. Thank you so much for the invitation. I really appreciate the invitation opportunity to talk about this. Thank you so much.

All right, everybody, until next time, be well.