Could EMFs Be Making Your Menopause Symptoms Worse? Transcript

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Introduction to EMFs and Midlife Symptoms

Welcome back to the conversation. In today's interview, we're going to be talking about what the science is actually showing about Emfs and why some women may feel more sensitive during perimenopause and menopause, and how emfs impacts some really important things like your sleep, your stress resilience, your ability to recover.

And then we're going to cover simple, practical things you can do to create a more healing environment without the fear and the obsession around emfs.

So I think this is really going to be an eye opening conversation today. My guest is Nick, the EMF guy, Pino. Welcome, Nick. We're so glad you're here.

Thanks so much for having me. It's a pleasure. Yeah. This is not our first rodeo, right? We've been around the block a few times together. You're actually kind of a permanent installation as faculty in my detox programs, and we bring you in every single season to teach this.

So I'm really excited to bring this to the wider community today. Let me introduce you to everyone I mentioned. Your known as the EMF Guy, and you are the number one best selling author of the Non Tinfoil Guide to Emfs.

We can get more into this book. It is my favorite book on emfs. I have a funny story about this that we can we can share in a bit, but you are truly an advocate for safe technologies and you really have this unconventional approach.

You truly do. I mean, I wanted to know if you were a journalist, right? Was your background journalism because you blend humor and science and common sense in a way that you just make it so easy for people to understand what electromagnetic pollution is and how it affects our health.

So let's dive right in. Does that sound good to you? Yeah, let's do it. Okay. So today we're going to talk about this topic that feels controversial right.

Like for some people it's I mean it's very polarizing. Peoples like Emfs is no big deal. Why would they put 5G on our phone if it was a problem? You know, this can be overwhelming to people who know that I feel a sensation in my body.

I know something is off when I'm around emfs and I'm getting gaslighted by, you know, whatever information is out there, my doctors, my my friends and family members.

So, you know, it's easy to dismiss this because it's not something we can see, touch or really feel. And it's something that more and more women are becoming curious about as they move through perimenopause and menopause.

So we're going to talk today about what the impact of emfs are on the nervous system, sleep, energy, overall health, because here's what so many women are experiencing in midlife.

They're exhausted, but they're simultaneously wired. They can't sleep deeply anymore. Or they think they maybe stay asleep all night, but they wake up just completely exhausted.

And they're overstimulated. They're anxious, they're snapping at their maybe they're their spouses or their kids. They're emotionally reactive. And you know, we get it gets blamed on hormones all the time.

And hormones of course, play a role. But many women are also starting to ask, could the environment could emfs

could something else be causing this? So today's conversation is going to be really impactful.

We're going to bring awareness and and at the end of it, I want to help bring empowerment to our women. So my first question to you, Nick, is why do you think that Emfs may be one of the most overlooked contributors to the big symptoms that we're dealing with?

Poor sleep, the mood changes, the anxiety, the anger, the nervous system. We just know it's dysregulated. It's not working well. And that feeling of wired and tired in women going through this phase in life, perimenopause and menopause, well, at a minimum, I would say the way I would phrase this is that it's certainly one of the most underappreciated causes of poor sleep, or of these symptoms that are often related to menopause or perimenopause.

So the thing is, a lot of people don't suspect that their phone might be one of the reasons why they cannot sleep soundly. And this is really the problem I have with that is, of course, we're not warned about this.

No one is teaching us that, you know, as part of adulting. We don't have an MFA 101 course. I'm trying to do that for the world, you know? But I only can talk to so many people online.

Why EMFs Can Disrupt Sleep

So in the end, a lot of people are just unaware that the research is really solid when it comes to how much your phone and the signal it emits. I'm not talking about the sounds.

I'm not talking about the vibration. I'm not talking about the blue light, which are separate issues that might make you go crazy near smartphones. If you're like most people, because, you know, we are too often on a screen and we react to certain things and it's a source of stress, social media and, you know, at all walks of life, we know that these things, it's a sort of love hate relationship.

If you're like me, where you know, okay, the phone is useful for certain things, but if I spend all my time doom scrolling on Instagram and oh my God, what happened? I'm missing my appointment now what?

So is that a good contributor to your life? That's another question. But all these things aside, just the signal that is emitted by your phone and the fact that it connects to a Wi-Fi router, it connects to via Bluetooth, it can connect to, you know, AirPods and different accessories.

It will connect to the antenna. This is called wireless radiation. It is a type of radiation that is a non-ionizing signal in the radio frequency radiation range.

Can you do a quick work quick before you go on? Can you tell the difference between ionizing and non-ionizing for people who maybe don't know, just give them examples.

Yeah. So ionizing radiation would be x rays right. And the x rays were used in the past all around the place. We don't remember it. It was before my time, even a little bit before my parents time where they use X-rays anywhere in society, everywhere.

They use X-rays in shoe stores just to make sure that children's feet would fit in the shoe so you could look. Oh, look, you see your skeleton. And it's funny.

Now we know. Oh, that was super dangerous because it is a type of ionizing radiation. It can directly cause the any damage. The prevalent thought, which is a wrong, you know, a wrong assumption.

Now that has been proven wrong by, you know, thousands of studies is that people thought, well, if it's not ionizing, for example, a cell phone signal, there's no way it can harm the body as long as it doesn't overheat tissue.

That assumption has been pushed by industry to say, no, look, your phone is all benefits and no potential harm.

That's completely false. And the first one that I'll talk about is sleep, right?

If it doesn't overheat tissue is it is that cell phone near a bed stand able to disrupt how your brain operates so that it lowers your sleep quality? We have many indications that it does.

And the latest one is just from 2024. So essentially there's the first randomized double blind crossover trial where a 2.4GHz device was at the bed head.

And it was I don't know if they use multiple devices, but 2.4GHz is essentially Wi-Fi, right? It could be. It was a I mean, so, Nick, when I think about it, when I go to hook to my Wi-Fi in my house, I have a choice of a 2.4 GHz and maybe A55558.

Yeah, exactly. I'm like, I know that number. I see it on my own. Exactly. And, you know, cell phones will be a little bit below that. But now we have cell phones that would be a little bit above that with 5G.

So you know, the bulk of exposures that we're getting essentially they were looking at wireless radiation. And what is very special in this trial is that the one group that was the most affected by that device preventing them, it was in a sleep clinic, right, to give context.

So double blind, they don't know who is getting a sham exposure. It means it's a fake emitter and one is a real emitter. You have different groups. So you you know for sure that if there's an effect, there's going to be a real effect.

And even the researchers double blind, they don't even know who is getting the exposure. And now they look at the data. The women, aged 40 to 50 were the most affected group out of anyone.

You are kidding me. More than no, I'm not kidding. I'm not making this up. I know this is, you know, exactly. In the two days topic, I was reviewing this study, I'm like, oh, wait a minute.

The most affected group. Interesting. You know, every menopause and menopausal women. Exactly. Oh my gosh. And more than that, it gets worse. 27.3% met the clinical insomnia criteria during the active exposure condition.

So what it means if you have a phone, you're a bad stand. You had in this group. A third of all these women were insomniac and have essentially when they look at what defines insomnia, it might be a certain amount of tossing and turning.

They have criteria. It did meet these requirements with a phone near your your head. And it means, you know, if we talk about a phone, it might be a phone, but it might be something else that's wireless in your bedroom, it might be a laptop, it might be a smart TV, it might be AirPods that you fall asleep with.

Okay, listen up, everybody. Listen up. It's not just your phone. It's not just the phone. In fact, ironically, and I know this is a little bit beyond this conversation, but ironically, baby monitors emit 2.4GHz.

So, you know, this is the irony of it all, is that you're trying to to monitor your baby's sleep, but you're probably also making your baby slightly insomniac.

Or at least, you know, we know that certain people, because you've got the monitor in your bedroom and your own. Yeah. Double whammy. Exactly. So here's why this matters is that we had indications for many, many years that this is this was happening, in fact, 20 years ago, 20 years before that 2024 study, there were sleep researchers that said, we don't believe that cell phones can change brainwave architecture, right?

Your brain, when you go to sleep, it's supposed to do certain things to go through, you know, REM sleep, deep sleep, light sleep. And these are sleep cycles.

And there's an entire way that your body knows how to sleep. It's not like, you know, we have to to teach it.

Although now in modern society, we're exposed to a lot of things that disrupt this.

So the researchers said, we do not believe that this is possible. A cell phone is low level signal. It is not a nice guy. So everything is fine. It turns out it's not.

In fact, they saw that a 30 minute exposure to the head with one cell phone caused a one hour of what they call the cell phone induced insomnia. So again, you had it 20 years ago and it was in healthy male participants.

And now you have it double blind crossover trial in a sleep clinic where you see women are even more effective than these male participants, but with the male participants.

20 years ago, the researchers said, you know, it's not really a big deal. We cannot say that your phone is dangerous because the arousal effect of that radiation.

So how stimulating it was to people's brain is just like half a cup of coffee. Look. Such dismissal. This is what I hate about certain researchers. So benign. Right? Like, oh, it's completely benign.

No big deal. Look, give me half a cup of coffee before bed and see how I fare.

Other EMF Sources Beyond the Phone

I'm very sensitive. Oh. Me too. You know, I would not sleep well. I would be tossing and turning. I would be in a fever. Geez. Having just half a cup before bed. Nick.

Nick, I just have to tell you. Funny story. I have a girlfriend that we see each other a couple times a year, and we'll go out to a happy hour and dinner, and she's drinking espresso martinis, and I'm like, if I did that, I would not sleep all night.

Me too. Right. Yeah. No, I don't even know how people do it. And that's the thing. The lesson in these studies is that certain groups, like women 40 to 50, or it might be also with certain genes.

So like I'm caffeine sensitive and it has to and so are you. But if I ask my dad, he could have, you know, double espresso before bed. We'll follow. Right asleep.

That's nick that's that's that's genetics. And you can have different, you know, different genetics. My wife doesn't is is barely affected by caffeine.

So the thing is certain people I'm sure if we tried to have larger trials and I hope they do it, certain people could be multiple times more sensitive.

So it means that for you, the test that I want you to do tonight is to put your phone on airplane mode, or if you're not sure how to do it, put it in a different room and see if you sleep more soundly.

That's one font experiment to run for yourself doesn't require you bothering your husband or wife about it. And then I can tell you about a second experiment that's always nice to do is to turn off the Wi-Fi at night, unplug the router, see how you fear, and we can go back to these steps later.

Here's the deal, Nick, I need to I need to give safety to everyone. Right now, people are afraid to unplug the router because they jumped through so much electronic gymnastics and somersaults to get that thing set up in the first place, and to have the, you know, the cable guys come out and they hook it up and they're thinking if they unplug it, nothing's going to work tomorrow when they plug it back.

Can you just reassure everybody that that's fine? It's okay. You know, I had I had the it's funny you tell me that. I had a woman ask me on Instagram probably two days ago.

Well, you know, my my electronics guy that came in the cable guy exactly. Told me, no, no, do not unplug the router because you know it will deteriorate the electronics, blah blah blah.

I mean, to some extent it might, but these things are changed every couple of years anyway because they're going to upgrade you. So it's not you know, I would rather prioritize my health than the health of my router.

Yeah. I mean, let's let's face it, a router is like, what, are you paying 100 bucks for a router every few years? And if it dies and most of your cable companies and internet companies, if you ask them, they'll just give you the updated one for free.

Exactly. And so I wouldn't worry about it. The downside of unplugging the router is that in the morning, you're going to have to plug it back, and it takes a whole 3 to 5 minutes to come back on 3 to 5 minutes to check what happened on Instagram.

Yeah, exactly. So you got to be patient with it. But something that that you can do automatically is just to set it on an outlet timer. That's something I often recommend.

That way you know that a certain time it's going to turn off at a certain time is going to come back on. So when everyone wakes up in the household, oh, look, magically is back on.

So we cannot even complain about our lack of Wi-Fi signal during the night. Right? So that's the one thing I would tell you is that just that alone. Right?

This is where I get riled up and you say I go on these rants like, why isn't the public warned about the possibility that, you know, some people might sleep very poorly if they're exposed to cell phone radiation and all these electronics that are so ubiquitous.

Most people listening to this, I'm sure. Do you sleep with their phone? Everyone does. It's very standard that people do that. And it's not to to blame you.

It's just to say that, you know, no one knows. So this is really the problem I have with it. And then the lack of follow up studies, we should have a large study worldwide around, you know, the different factors that impact sleeps.

And there's barely any funding in these fields. So at a minimum, I want you to consider this is one of the factors that you must not forget about when it comes to just getting over that phase of your life where poor sleep is, you know, something that a lot of women experience.

Yep. So let's talk about some other. So we may have some pretty advanced women here watching right now that are health seekers. They're already doing this. They're not sleeping with their phone.

So I want to make sure that we cover other areas they might not be thinking of. And for the women watching who have not yet learned to shut the phone off, put it another room shut off the Wi-Fi router.

I'm hoping that you'll take this information and do it tonight. There's nothing stopping you from doing it right now. In this moment, while you're the day that you watch this, just do it for a few days and see what happens.

So what are some other areas, Nick, that people might not be thinking of besides cell phone? Well, it's, you know, besides cell phone, there's the Wi-Fi router, but there's anything Bluetooth a lot of people use, you know, sleep trackers.

I'm not completely against sleep trackers. I use the aura. It can be on an airplane mode. But, you know, even the the Apple Watch, watch, Apple Watch, you gotta make sure it's on airplane mode while you sleep.

It will still track sleep. And that's the thing. If you use your phone to track your sleep, usually these apps can be still gathering data as you sleep while it's on airplane mode, but you get to verify. And that's the problem I have with it.

If we use technologies that emit the signal that now has been proven to be disruptive, at least in some people, more disruptive than others to track your sleep, then I have a problem with it, because it's a huge Irani that you know you're using something that will disrupt your sleep in order to track your sleep.

So I you know, it is crazy when we think about it, but most people don't realize that this is the fact because of course it is invisible radiation. It's not like it's screaming at you.

If you had a loudspeaker in the middle of your room, I'm sure you would. You would notice, you would notice and you would say, okay, no, no, this has like this is waking me up.

But a lot of people might not realize that these factors and these wireless radiation sources are waking people up. There's also another angle very interesting for women that I wanted to share about the research.

Not a lot of people think about their phones that way, but we think about, you know, and the crime disruptors, everything that can mess up your hormones and the current disruptors when they're physical, they're a substance.

Like, for example, certain ingredients used in plastics, like BPA. I mean, everyone has heard about this. Oh, I have a BPA free bottle now. And the problem is that there are other types of BP, the best class of chemicals that can also screw up hormones.

And the way they do it is that they take a spot on their hormone receptor. And now your hormones cannot get in the receptor. So there's a physical blockage and a physical endocrine disruption happening.

So we know and know that a lot of women have heard about these chemicals and say, well, I should probably reduce my exposure. What most people underestimate and do not understand is that when EMF researchers look at a phone that's in your pocket, in your bra, near your body, this is equally an endocrinologist rupture because we know that it will disrupt your hormones in a different manner.

It is not a physical blockage, but it is a sort of stressor that will change the way your hormonal cycles work. So in the end, I want you to think about your phone Wi-Fi.

Bluetooth as in the crime disruptors, because this is what they are. And the thing is, they don't exist in isolation. It's not just one oh, that's the BPA, that's the problem.

No, there's many different endocrine disruptors. There's probably hundreds to thousands of them. But you get to add cell phones and Wi-Fi and Bluetooth and everything wireless to your long list in your head of these things can impact my hormone.

So therefore I should try to minimize my exposure. And it's hard to do, because I was going to suggest before you brought this point up, are people thinking about the Bluetooth in their cars, the Bluetooth in their washing machine and their dishwasher and their refrigerator and their coffee pot.

And they're like, it's everywhere at this point. It's everywhere. We can't seem to escape it at this point. So and there's even there's even a Bluetooth connected to your water meter or your electric meter on your house, so that people don't have to physically drive out to your house to read the meter anymore, to know how much to bill you.

It's actually being sent to them via Wi-Fi, via Bluetooth. Somehow they're getting the information from your meter on your home.

Smart Meters, Cell Towers, and Environmental Exposure

Yeah, the smart meter portrait is especially relevant when it comes to this conversation today, because there's a PhD clinical scientist called Elizabeth Plourde, who wrote a fantastic book on Emfs a few years before mine in 2017.

So it must have been 2013, I think, and I read it then. I was blown away as part of the reason I'm doing this work, in fact. So I gotta give her, you know, an incredible credit here.

And basically she said that she had 180 different patients who had these symptoms that looked like early onset menopause. And when she looked into it there timeline for almost all of them, they got worse.

And these symptoms that they thought, oh, this is me, you know, aging. And now I'm kind of stuck with insomnia, hot flashes, anxiety or depression headaches.

It corresponded to getting worse after the installation of a smart meter in their home. So what you realized is that half of them had no idea that the meter was even installed.

But when they look at the history, the the the ask, you know, sometimes is the husband. Oh yeah. I was with the installer on that date. Wait a minute. It's when I started.

It's around the time that I started to experience these symptoms. So in the end, it's not that the smart meter was causing all the symptoms, but if it's just, you know, it was a major contributor and all of a sudden my sleep is not the same or I, I used to not wake up multiple times.

Now I do what's happening with me. It's a stress that we are adding to our environments on top of the phone, on top of the Wi-Fi that we have. So the smart meter problem is real and for some people more than others, because it depends on where is this smart meter installed.

For some unfortunate people, you know, they have a home with a certain configuration and it's installed right next to their bedroom. So they have close proximity, in which case they have a high intensity wireless radiation to their head, even if they're turned off their phone.

So in which case, you know, it can be shielded against it can be replaced with a regular meter without the radiation. But it's becoming, of course, all of it is in a society where wireless is king now.

And it's getting, you know, increasingly difficult to say no to these technologies. So it is an uphill battle. So don't feel discouraged if you have a smart meter.

Most people do. Here I was this very morning. Some tenants here in the building wanted access to the smart meters. I found myself finding the key and opening, you know, these these things that the outside of the base of the building here.

And I had 12 smart meters in front of me. I was like, that's not good. But imagine for us there's a brick wall, which is, you know, at least that's something.

But for some people it's just, you know, just plastic, very thin walls. And for some people that are very unfortunate, their apartment happens to be on the other side of 50 of these meters for large apartment complexes, for example.

So there are certain cases where you want to look at, okay, where are these smart meters? Are they close to my bedroom? You know, if they are very, very close and you sleep super, very, very bad, the next thing I want you to look at is do I sleep more soundly when I'm not in this bedroom?

And that's a big you know, that's something that the physicians that are aware of these environmental stressors do. First they you know, some call it, you know, a camping experiment with the family.

You know, it can simply be, okay. Can you go to can you go on vacation, seven days in the woods, camping, or and try not to play on your phone too much or do not even bring your phone for, you know, added verification here.

And can you tell me, do you sleep better outside of this environment? And that's at least an indication that the environment might be problematic. And of course you have a lot of cofactors, but for some people it is day and

night and they will say, well, if I'm over at my relative's house all of a sudden, I can't, you know, I do not wake up at night like what's happening there.

So the environment is not just what you eat. Of course, if I have wine before bed, you know, okay, my sleep is going to be poorer. If I have sugar, all these things matter.

But also there are invisible factors in your environment that you have to take into consideration once you know what they are. And this is a huge one.

You know, it's interesting as I'm sitting here listening to you, I'm thinking about where my you know, where my wireless meter is at in relationship to my bedroom.

And thankfully, it's the absolute furthest point. My bedroom is on one side of the house, the wireless meter is on the other side and on the other side of the garage on top of that.

So there's an entire garage between me and then the rest of the house and my bedroom. So I'm one of those lucky people. And there's nobody, nobody lives close to me on that side of the house.

So I know everybody right now, after they get done listening to this, they're going to go look and see where is that meter and where are my neighbors meters.

And if you happen to be renting or in the market to buy, make sure you're looking at this. If you're buying in a condo, condominium type situation or situation where multiple people live close together, don't buy the unit that's right next to the meters.

You know I want to I want to get into shielding in just a moment. But before we do that, I want to go to page 65 of your book, and I want you to laugh with me here. So this is a sticky note that I put in this book years ago when I bought the book.

And you can see it's faded by the sun just because it's been in there so long. But the page that I put the sticky note on is page 65. And in on this page you reference a study by Santini et al.

And this what I was what I was highlighting here were the rapid aging syndrome electro hypersensitivity symptoms. How do you know you have been exposed and emfs are problematic.

So let me just read this quick list to you okay. And then we can talk about this study. Fatigue, sleep disturbance headaches, feeling of discomfort, difficulty concentrating, depression, memory loss, visual disruptions, irritability, hearing disruptions, hearing disruptions, skin problems, cardiovascular dizziness, loss of appetite, movement difficulties, nausea.

Now, I'd argue our our menopausal perimenopausal there like lots of appetite. I'll take that. But I mean that's probably a unique a unique one. But the rest of these wow.

So what is the deal with this study here. So essentially it was one of the various large epidemiological studies where the study populations and the closer someone lives to one cell tower in particular, the more the experience these symptoms, you have certain distances that they're going to measure, okay.

The homes at 500m, the homes that, you know, 400, 300. And then of course you have a correlation, a very nice correlation, where at 50m, when they are very close to the cell tower, they experience more symptoms.

So the cell towers need to be accounted for. Also in this conversation it's not a conversation that is my favorite because of course if you see cell towers.

Hey, what can I do about the cell towers? Right? Do I need to move what I can do? I cannot control these exposures. The reality is that the cell towers do matter, and they contribute to this sort of electro smog or electro

pollution in our environment.

So it means that, look, if you're impacted by emfs in a way that for you, it's like you are EMF sensitive and like me, I am caffeine sensitive. So certain people are more affected by EMF than others.

If that's you and you already are living in a city like I am right now, the cell towers are there for a moment, unfortunately. And we're, you know, with activists, we're trying to change that and to have better regulations with lower amount of signals and the cell towers not close to where people live.

But in the meantime, we have a lot of this that is already a stress on your body. Now layer that with, oh, I forgot, my phone is next to my bed stand and my husband also has one.

And there's the baby monitor and there's the Wi-Fi router. And oh yeah, I forgot to remove my AirPods and I tried to fall asleep using, you know, this meditation track, but I have AirPods in my ear and I fall asleep.

And now I have my sleep trackers, all of it, and multiplies on another. So what you want to do is to start with before you do that, before we talk about what to do, I just have to share this with everyone.

Okay, so this study says that you shouldn't live within 300m of a cellular tower. Yeah. Now, of course, I'm American, and so we don't measure anything in meters.

We measure everything in miles and feet and, like, city blocks. So what I wanted to share with our audience, where we talk about how to solve this problem, is when it comes to those cell towers, the 300m is about 900ft, and that is about like, like 2/10 of a mile almost.

It's really short distance. So I want you to think about this. Like depending on the size of a city block, it would be one and a half to three city blocks away from a cell tower.

Just to put that into perspective, because I know a bunch of our listeners are gonna be like, I don't know how much is. And I would say that good luck finding a home in a large city, including Montreal.

If I look, I look over here, you know, I'm here in my bedroom slash office. I look over there, there's going to be a cell tower that is within the distance.

I look straight ahead. Same thing in all directions. You have these towers. Why? Because users like you and I want better signal inside the city. So we're.

We have to deal with this reality now. And eventually.

Practical Bedroom EMF Reduction Tips

I know things are going to get better, but what I want you to focus on is not initially the cell towers, although they do matter, but the things you do have control over, right.

That's we're going to go there. So before I interrupted you, you were talking about all the things that this that this woman are menopausal women is exposed to.

Right. So she's got her cell phone, she's got her ear earbuds in, she's got her Apple Watch and her sleep device, her her ring on. And she's got the maybe she doesn't have a baby monitor anymore.

Maybe she's watching the grandchildren and she's got a baby monitor for them. You know, hopefully our man, a woman has teenagers by now, right? Or, you know, women are having babies late, so you never know.

Who knows? Yeah. Yeah. I have a friend who had a baby at 50. So, I mean, crazy stuff happens these days, and I just. Hats off to you. If you're having babies that late, I could barely handle it when I had one at 32.

So, So here we go. This. How do we now protect ourselves? What are the basic common sense things? And you also are dealing with people in the family. You maybe have a spouse, like you said, with his cell phone on next to you.

I mean, I'm a broken record player player. And we go, did you put your phone on airplane mode? Did you put, you know, right, because we're using our phones for alarm clocks and then you got your teenager.

So I'm going into mine's 21. So I'm going into her room. I'm like hey did you put don't forget to put your phone on airplane. I'm just like the Nagy which. Right.

Like everybody airplane mode. So what can we do? You want to look at the devices that are the closest to your body first. And that's the ones that you have control over.

You have personal responsibility over. So even without blaming others in your room, I want you to blame yourself if you have. Oh no, I have a phone right next to my head.

What should I do about it? Airplane mode is good. However, nowadays phones are bizarre in the way that the latest updates make it so. Or at least since the advent of the iPhone.

You can be on airplane mode, and you can also have the Wi-Fi on and the Bluetooth on. So you need to manually make sure that all the antennas are off.

If that's too tricky, just charge your phone in the next room and that's even something that is good. Is good cell phone hygiene, because it makes it so that you know you will not spend too much time on your phone right before bed, maybe have a book instead.

And I know this is hard. You know, it's just a habit that is very hard to shake up. But it's also for mental health. It's a good thing to be able to disconnect from whatever the internet or the news, or the social media apparatus wants to send you that night.

That might trigger, you know, I'm concerned about X, y, z. And now you go to sleep and you you still have that in the background of your mind. So make sure to take care of your phone.

It includes Bluetooth, anything if you have an alarm clock in your room, if you have a smart TV, if you have any sensor that has a wireless function to it, I want you to look at it.

Understand? Is it is it emitting all the time? What's happening with my alarm clock? Oh, wait a minute. It's it's Bluetooth. I don't use Bluetooth. Replace it with a non Bluetooth alarm clock because I can bet you probably $100 that it's always emitting Bluetooth looking to connect to something.

So it's alarm. Alarm clocks have Bluetooth now. It's wild. For what. Yes 100%. And you know some people install in their room. They're going to install, you know, LEDs that can become that can be controlled with your phone.

It's a fun feature, except that now your LEDs are also part of the problem. And even if they're turned off, there's a Bluetooth signal that goes on. So I'll tell you another one.

I'll tell you another one. Clean. Yeah, you know one. All of us with our wireless security systems on our home, our windows have a little wireless. You know, when you open the window, it disconnects, disconnects from the the little phobia and then boom, your alarm goes off.

And so this is the case for wired alarm systems. Yeah. And they still exist to be fair because wireless itself is is a hazard for, you know, being hacked and you know, people that are very knowledgeable.

I have one of my friends is a, you know, what they call the a white hat hacker. It means that he's hacking companies to help them reinforce their security systems.

So he tells me things like, you know, he's like a internet security geek and he knows that, you know, Bluetooth. It's easy to hack into a Bluetooth system, into Wi-Fi, that is, you know, public Wi-Fi.

So the point is that, you know, the security systems should be wired and you still have certain companies that do it. And just, you know, if if anything, if people think you're crazy because you you start talking about EMF risks, just tell them, well, I want it to be more secure.

So everything wired. But, you know, there you go. That's another reason not to engage in this technology. If you have a smart TV, which most new TVs nowadays are smart, smart, yeah.

Sometimes you might be able to turn off the wireless antenna, but the behavior of certain TVs is that even if you go to your remote and click power off, you still have a Wi-Fi Bluetooth antenna in there that looks for a signal, which is stupid because the TV is off, so it's wasting your electricity.

It's adding a stressor in your room, and all I want you to do is to unplug this TV if you can, at night. So these are literally action steps that anyone can take.

They require a little bit of thinking. But what I want you to think about is, you know, are you okay with just going for convenience? Just like someone who eats fast food all the time?

Or are you willing to compromise and, you know, do the action steps? So Nick, let's highlight why we're talking about the bedroom. Because I know people are thinking right now like, oh my gosh, my family room, my the bedroom.

We're having you focus on the bedroom for a reason. This is where it's most important to reduce EMF exposure. Could you explain why? Well, it's mostly because sleep is so important to health and that, you know, the audience for this summit is people who are very likely suffering from one sort of another of sleep deprivation or poor sleep quality or insomnia in the worst cases.

And that's something that is multifaceted. You know, sometimes maybe a supplement will do it and you'll have your camomile tea and all of a sudden your sleep is good.

But for those of you who have tried certain things, they they work a little bit. What you need to do is, is try them all and EMF is is part of it. So why is this important to mitigate at night is that this is when recovery happens.

This is when repair happens. This has to do with, you know, one one night of sleep deprivation and the next day you have impaired cognitive function, brain fog.

In fact, some studies I don't recall exactly, you know, how bad it is, but a few nights of sleep deprivation essentially make you drunk, makes you a drunk driver.

It's as bad as that. Like you, you're like forgetful. You don't know where you're going. Slow it, slow reaction time, and then your blood glucose regulation goes out of the window after a few nights of poor sleep.

So I don't have to explain all of it. I'm sure if I want you to hit. This is what I want you to hit. Well, well, I mean, I mean, people who are in some that are like, yeah, I feel like that all the time. Right.

And that's something that I have to recognize is just a horrible thing to live with. So at a minimum, all these action steps, they might not fix all your sleep problems, but at least you got to start reducing all the potential factors that are in a strong correlation, that are factors that you know are not conclusive to great sleep and EMS.

I can tell you most people miss that. So that's really why the bedroom is important. And then it does mean, you know, if you start, if you only do the bedroom and not think about emfs, you know, for one more minute, I would be a very happy man and I would be happy for you because of course, it represents, you know, 6 to 7 to eight hours of your life per day.

That's also where you spend a lot of time physically. The second place that I would say is the is the most important to mitigate is like your workstation, if you're a computer worker, where you can opt for wired internet rather than wireless, or you can look at where are you placing your phone, the ring that they are you talking at in your bra?

You're talking it in in yoga pants? Or is it fun of you at a distance? Right? I really hope our audience is sophisticated enough to know not to put your phone on your body.

Distance matters, in fact. So there's some nights when my phone just needs to be on. My dad was just in the hospital. My mom was needing to be able to call me at nighttime.

I don't have a landline anymore. My daughter is 21. She's going out and exploring nightlife around San Diego now, and so she's not coming home until 3:00 in the morning.

Sometimes I'm like, oh, like I need to have my phone on. So what I do, because I learned this from you was to put it far away from me. So it's not right on my bedside table.

It's about 5 to 6ft away from my head in such that if I had to take a call, I'd actually have to physically get up and reach the phone because it's not right next to my head.

So that is something that everyone can do because I know people are thinking, but I have to have my phone on because of my family or my this or my that.

Yeah, let's talk about this quickly. The distance thing is not something when you don't understand.

Advanced Shielding and Closing Thoughts

Emfs. And when I first got into this, you know, over ten years ago, I was confused because I was like, okay, well, if the phone is in the room with you, isn't that also impacting your health?

You know, the signal is bouncing all over the place. It is bouncing all over the place, but the intensity of the of the signal will drop off exponentially as you create distance.

So it means that, you know, if if the phone was one foot from your head compared to right next to your ear, there's a drop off of 80%. Wow. And it's exponential 90% at two feet.

And then at six feet it's probably 99.9 something percent of reduction, which does not mean technically that the phone is doing nothing, but at least the intensity is dropping so much that for many people it is a it is a way better situation than having it very close by.

And there is to a certain extent, the dose makes the poison. So in the end it does make a difference. And this is what I want you to think about. And this is why I focus so much on what is close to you at night, is that the devices that are touching your body, or within an arm's length will be the most problematic in your life.

So before thinking about, oh, all my neighbors are using Wi-Fi, there's nothing I can do. This is a false assumption. This is a false conclusion. The neighbors yes, they are emitting something.

It is making the environment stressful. But you can bet that your own phone and your own smart TV and your own Wi-Fi router are way worse than whatever your neighbors are emitting.

So it puts you back in the pilot seat where you can decide, okay, it means that you know, I am in control of these exposures, and I don't have to knock out my neighbor's door and ask them to change their behavior.

Could you shut off your router at night, please? You could. You could hand them my book and say, get addicted. I hope you have a good relationship. They might not they might not cooperate if they do not.

And this day and age is still a topic that is not mainstream. A lot of people think is kooky thinking, but it means that you can decide what you do for your own person.

And then with the family, you can decide on new ways to be more prudent about these exposures. Hey, Nick, can you talk a little bit about shielding that's a little bit more advanced?

So we've talked about things that you can we've talked about distance and shutting off devices and kind of figuring out where they're all located in your home.

Now we have some people that are looking for some more advanced strategies. And, you know, shielding is one of those things that is definitely there's a lot of confusion around it.

How do you actually create a fair like a Faraday cage right around your bed, around your bedroom? What are your best tips on shielding? I would say do not improvise.

When it comes to shielding, there are some situations where some people read something on the internet and then she'll just one wall because they see, for example, a smart meter on the other side and they say, oh, that's all right.

I will just apply ML blocking paint or some sort of blocking materials that can work in theory. However, when you have engineers that are EMF mitigation specialists or building biologists that are the equivalent of a mold inspector, the remnant specters, they come to your home, they have instrumentation that can be very expensive, several thousands of dollars per meter.

And sometimes they see that either the shielding job was not done properly, but especially if you shield one wall, it doesn't take care of all the problem, and it can create bizarre reflection effects because you have, you know, things that are coming from the window, from outside cell towers.

You have. If you're in a apartment complex like me, I have this condo, but my neighbor will emit to, you know, from his or her ceiling to my apartment.

So in the end, if you want a shield and have a completely shielded enclosure, it needs to be all four walls. And, you know, be a complete Faraday cage that would block everything from the neighbors, everything from the cell towers and everything that is in the rest of your home.

And that's called having a shielded bedroom. I have some of my colleagues that do that, and it requires testing beforehand. It requires applying ML, blocking paint or sort of bed canopy over the bed.

That's another option. It exists. It is legit. Do I think it's a good idea if you have the budget for it and you really have incredible issues with your sleep?

Yes, I think it's worth it, but it's not something you want to take lightly. You have to test before and after to make sure that within the enclosure at the end.

Do you see on an F meter and you verified that the levels are close to zero, or are are as low as you were able to achieve in with this? You know, engineering job is really what it is.

So I wouldn't improvise. I wouldn't worry that everyone needs to do it. And this is not of course, it's an advanced strategy that you you mentioned because regardless of any shielding that you do, some people just take my advice to turn off the Wi-Fi at night and they say, My God, I sleep better.

So everything that you do to minimize exposure is a step in the right direction. So do not feel like you have to do the advanced strategies. However, I have heard many reports of, you know, women lowering their needs for certain tired medications or seeing a hormonal shift in this low EMF environment.

And it's important to say that if you're creating a Faraday cage or a shielded bedroom, you're not doing something

that is very bizarre. You're just going back to the levels of EMF that we had 100 years ago, right.

Which is what you would get in the middle of the woods is just that not a lot of people want to move in the middle of the was maybe when you're retired and you want to go to a, you know, a place of the grid if that's your thing.

But for a lot of people, they live in the city, their life is here and they just have to cope with the environment, do the best that they can inside their home.

And then having a shielded bedroom in these environments where there's high electro smog is certainly a strategy that can help you achieve better sleep.

So good. Well, fun fact for you, Nick, I actually grew up in a log cabin in the Sierra mountains, off the grid in the middle of nowhere, and it certainly helped.

You was a good sleeper my whole life, but I've lived in the city a long time now. But yeah, we did have electricity, but it was definitely as off grid as you can get and still have some amenities, but a true log cabin and no no central heat, nothing.

We heated with a wood stove, so I mean, there wasn't even like the amount of electrical in the house was minimal. It's just it was. So I mean, I really was blessed in that I want to make sure everybody knows how to get Ahold of you, how to get Ahold of my favorite book.

I mean, you guys, I have a funny story about this book, Nick, and I've told you this before, but I want to share it again because, you know, I ordered you book.

I don't even remember when I met you or how, but it was probably two years after you published this book. Probably. And I ordered the book on Amazon. It came in the mail and and I remember it was lunch time.

I was in between. I was working that day from home and it was lunchtime, and I sat down with the book and I was eating my lunch, and I was browsing the book and I was thinking, oh, this is probably let me just check this out.

It's, you know, it's about emfs. It's got to be boring. And I started reading the book and it was so fascinating and done so well and was making me laugh as I read through it, that I actually canceled the rest of my day.

And I sat there at the kitchen counter and I read the entire book cover to cover. It's not hard to get through because there's a lot of images and graphs and pictures, and so I read the whole thing in one sitting, and then I got Ahold of you and said, I've got to know you.

I need to bring you in on my summits, on my programs, on everything. So I still recommend this book years later to my community. I bring you in every year to teach.

I highly recommend people read this and buy it and give it to people for Christmas present and give it to your neighbor. But how do they get Ahold of you? How do they find the book?

Sounds good. Yeah, the book is at emfbook.com. And like I said, you know, I hope to have a new book ready by at least the end of 2027 as a sort of a ten year anniversary of the launch of that book with a lot of new information.

But it's still, you know, regardless of new technological updates, the principles in that book still remain true. Most of the science hasn't involved, which is a shame, but at the same time, it means my book is still valid.

I guess that's a plus. But you know, the book is a great way to get started if you're overwhelmed. But again, you know, I feel like everything we talked about just pick one thing, commit to one thing to get started, and at least you'll be, you know, moving in in the right direction.

As far as my website goes, it's the emfguide.com. I have plenty of other things going on, as you'll discover, but the

book is a great way to get started.

It's so good. Nick, I know you helped a lot of people today, as you always do. And you know, I'm just thrilled to be able to help get your voice out to the world because you do this in such an easy way for people to understand and benefit from.

And and you have such good, sound, simple advice, right? And you just take kind of the mystery and the scariness out of this. So I really appreciate you in that.

And, you know, for those of you watching still here at the end with us, definitely make sure you go check out Nick and his websites and get his book. And and if you're enjoying this summit, I really recommend that you get long term access to it because every speaker is this good, and we just can't wait to hear back from all of you watching how this impacted your life.

So, Nick, thank you so much. I can't wait till the next time we get together my next detox program for sure. We'll have you in there. I'll give you the dates.

Actually, it's coming up. We were just talking about it with my team. It's around the corner, so I will. I will get that info to you. And for everybody watching.

Until next time, take good care, everyone. Enjoy your day by now.