Introduction to Nick Pineault

Hey y'all! I'm super excited to introduce you to my dear friend Nick Pineault, better known as the EMF Guy. Nick is a leading voice in the movement for safer, smarter science backed technology.

He is a popular podcast host, the number one bestselling author of the Non Tinfoil Guide to MPs, and one of the most well respected pioneers in the field of electromagnetic health.

With a unique blend of humor, hard science and practical wisdom. Nick helps people understand the real dangers behind electromagnetic pollution and electro sensitivity, and what you could do today to protect your family.

You can learn more about Nick at the EMF guy.com. And now let's get ready. You are going to love this interview. All right. Nick. Thanks so much, my friend, for being here.

Thanks for having me. Doctor Z is a pleasure. Oh, man. I got a couple things on my bucket list. Skydiving. Hiking mountain. Interview the EMF guy, and I'm really. It's been.

It's been on my list for years, and I'm just so grateful for you to open up your calendar and do this. Let's just dive right into it. I mean, the EMF guy, I mean, how did he become the EMF guy?

And why are you really so passionate about this topic? Well, the story really starts around the cancer that my mom, was diagnosed with in 2016.

How EMF Became a Personal Mission

You know, prior to that, I was interested in environmental toxins, especially the toxins that we don't hear nearly enough about, including, you know, what's in our tap water.

There are carcinogens there and other substances and toxins that can accumulate and eventually, you know, just lower our ability to feel good on a constant basis and also are linked with various chronic diseases, including cancer.

And that was my research prior to 2016. But at the beginning of 2016, my mom called me. And of course, you know, when you hear about someone near near you getting diagnosed with cancer and at the beginning you don't know exactly what type it is, what how bad is it?

So I wasn't shocked and so was the entire family. And in the end she had early stage three breast cancer. So, we were fortunate enough for her to recover quickly.

When I say quickly, it's within, you know, 8 to 12 weeks. She was way better, which was shocking. But at the same time, you know, we did the, a mix of traditional oncology, but also holistic principles, seeing, an integrative doctor, doctor Daniel, Chris Murphy in Montreal who knew about breast cancer treatment on all levels, including what which herbal supplements to take.

And I was very, very surprised because I did not know that people had this expertise, but it really made me think after my mom started recovering, you know, I could, bring back my mind to my research.

And I said, how on earth is did she develop this cancer? Right. There are a lot of different carcinogens. And I started thinking about one carcinogen I had started reading about at this point, that is emfs and not all of people realize, but this is one of the fastest growing type of potential carcinogens in our environment.

This stands for electromagnetic fields or electromagnetic radiation. That's the radiation that is emitted by a phone, by a Bluetooth earpiece or air pods that so many people have in their ears, almost 24 over seven these days by cell phone towers, by even Wi-Fi.

All these examples are new types of emfs that essentially, you know, 15 years ago, most of them were not necessarily present. And the early cell phones, of course, date back further.

You know, for 40 years ago, started in the 1980s, but most of the population wasn't exposed before the early 2000s. And when it comes to our children, for example, they've just started, you know, a few years ago, being exposed a decade ago with tablets and with AirPods and these new technologies that now bring Dsm's closer to our body compared to any time before in human history.

So of course, before that we had the TV wave, the radio waves, all of these are examples of vrms, but it's been the fastest growing in the last decade, and every decade it's accelerating.

The main prob lem. Why is it extra really accelerating to so much? Well, obviously people are excited about these new devices, the iPhones and AirPods and iPads and everything, and it's not just Apple.

Any competitor also emits the same types of vrms, but also it's been the lack of regulation around emfs just like when you have a new agent, you know, when they came up with, asbestos.

At first I read about the history of asbestos. It was used in the industry. And why people were so excited about it is that it is almost a miracle material to work with in the industry, to do all sorts of things in.

They use them. They use as best tools in cars for, you know, to make breaks more resistant to, tear down, and to, not normal use in various industries.

It was really a revolution to have more asbestos in products. But of course, the early warnings in the 1930s by a handful of scientists were ignored. Because, look, I understand that you're maybe concerned that people working in an industry with asbestos end up with lung disease.

But, you know, it's too exciting. It's a new revolution. We're essentially in the same spot in the history, but later with the new agent called the Emfs.

And that's really why I was fascinated in 2016 about a topic. Is that, my God, everyone ignores Emfs and also it is the fastest growing. So if the scientists I have been reading about in various, different books like Doctor Martin Blanc from Columbia, who unfortunately passed away after reading his book after writing his book in 2017.

But he had really dire warnings around it. He said, look, emfs is an environmental toxins, just like lead and mercury and other toxic metals that we know are extremely dangerous for our brains and are also, thought to increase your risk of cancer.

So to this day, you know, the awareness is a little bit better.

EMFs, Cancer, and the Smoking Analogy

But a lot of people, including unfortunately, politicians and regulators are very content to keep their heads in the sand and say, and say things like, oh, all emfs are perfectly safe.

But in reality, even the research around emfs and cancer is getting stronger and stronger and stronger, to the point where I think we're almost reaching the point where it will be impossible to ignore very soon.

You reminds me also of cigarets and you. Same thing you've said many times. So the new smoking. I'm sure you've seen those. Those advertisements back in the early 20th century of doctor smoking and saying camels are the recommended brand by doctors. Wow.

Wow. Shocking, right? It's humbling. Walk us through that. I mean, is, is our emfs really the new cigarets? Well, this is, you know, an analogy. I do not say this lightly.

And this is an analogy that scientists have come up with, scientists that usually are on the, you know, are very prudent about what they say. But they literally said some many of them back in 2018, looked at the cancer data and the cancer data is of course, most of it is epidemiology, which is unfortunately, you know, some scientists that are a little bit, more maybe discouraged about their work, say, you know, epidemiology is studying and counting the body bags because you're studying how many people died from, for example, a brain tumor.

And then you try to figure out how many of them use the cell phone on the right side and how many used on the left side. This is called ipsilateral or same side type of brain tumor.

And the reality is that many cancer epidemiologists that, had been studying other topics prior to Emfs, including Leonard Hardwell, EES essentially has been the first scientist to sound the alarm about Agent Orange that was sprayed during the Vietnam War and the fact that not only Vietnamese people, but also US troops came back with bizarre types of cancer.

And he said, look, I think it's, it's a carcinogen. And he was right. Of course it is. A it is very dangerous to this day. You know, a different formula is using, as a pesticide.

Unfortunately, you know, glyphosate and these formulations. So same manufacturers, they're Monsanto and these big agrochemicals. But basically what he said is once I started publishing on Emfs, no one wanted to hear about it.

And it was more difficult to work in Emfs because you went directly against the big rise in cell phone use and the tech boom, the early 2000 internet boom.

And everyone saw that, look, the future is using more EMS. We need telecommunications everywhere. We need every person with a cell phone. And eventually, of course, the smartphone.

The, the you know, I think Steve Jobs to this day is probably credited with this idea with the iPhone. And at first I even I was laughing about it with my wife Jan, you know, 15 years ago were like, who's going to use an iPhone?

It's like, $150 per month. And it's kind of clunky. It's kind of we thought it was lame, you know, for two years or three years. I thought it was a very stupid invention.

And I regret this wholeheartedly, I did not I was so wrong about this. People adopted it and eventually I have an iPhone. To this day, I don't use it like most people do, trying to avoid emails, but just going back to cancer epidemiology here to not lose track.

The reality is that the data on cancer and using a cell phone to the head is strong enough for the scientists to say EMF is a new a new smoking. Back in 2018, it was the cancer epidemiology and the risks of ipsilateral cancer acoustic neuroma, where you can develop a non it's not a cancer per se, but it's a type of tumor that can lead to complications including, becoming deaf on one ear.

Or or literally you could die from it. But also glioblastoma, you know, the deadliest type of brain cancer. And many scientists are now saying we do see an increase in global blastoma.

It's not that common. But if you have just a slight increase, imagine a fraction of 1% or even, you know, a 10th of that. You do have a big mortality rate around the world. Why?

Because almost every human being uses a phone, right? So the dangers of this technology surpass smoking in a sense, or the risks associated with that technology, I should say, because we have more people who use phones and people who smoked.

And the reality is it's not just the phone. Now, there are researchers looking at, you know, what happens if you don't

use a phone, but you use, for example, not a phone to your head, but a phone in a pocket, for example.

So if it increases brain tumors, could it be related to testicular cancer that we see increasing in our youth? Could it could it be linked with, stomach cancer, with colon cancer, with ovarian cancer?

And what concerned me at the beginning of my work and still concerns me every single day I do this work, is that we do not have the data, and we do not have the scientific funding to look at these questions.

So there are many scientists that say, look, the cancer data is strong here. So wherever you put the phone, you decide where you want to increase cancer risk.

And there are good set of studies where women put a phone in their bra for extended periods of time for over ten years. By, the scientists, a medical doctor is, John G.

West, who, I think is from a Californian university. And he found bizarre cases of breast cancers that, you know, you had tumors that essentially mimic the shape of a phone, multiple small tumors.

And, you know, I think these women were able to, to live breast cancer is not the deadliest type of cancer there is. But of course, it can be life changing, life altering.

And I know for my mom, she thanked, thankfully, you know, almost ten years later, to this day, she still lives. And she is, I think, in a better health than prior to our cancer.

But for sure she it was an incredible shock and just the treatments and she did go through radiotherapy and different things. It's not something I wish on anyone.

So to this day, what is especially troubling is I don't see warnings on phones like, do not keep this machine too close to your body for extended periods of time and this is what many scientists have been trying to argue.

Sleep, Symptoms, and Everyday EMF Exposure

At a minimum, we should make it so that users are informed about the potential risks when it comes to cancer, but also to other aspects of their health, including fertility, for example, I go back to the 1980s and 90s.

When I was a kid, and whether it was a 60 minute segment or some other newscast, I can't recall. One pretty sure was 60 minutes. I vividly remember the segment on electrical wires and connecting the the potential causation and correlation between leukemia and other childhood cancers, and seeing the families just pour out their heart broken that we were told it was okay to live right by the electrical wire.

And Mike and they you see these babies, you know, with with visible tumors and then the ones that had leukemia and others that left an indelible mark on me.

But by that time, you know, I was okay. We didn't have a cell phone, and we actually had a rotary from Nick back in the day. I'm that old, I guess when my parents were that broke and they were that old fashioned.

And so when the when I was introduced to my first cell phone, I never connected the two because it's on an electrical wire, right? Electrical wires, a physical presence.

I never connected the two. And then it took years for me to understand, even conceive what emfs were. And so we have this we have this mass awareness lack of there should maybe we could say, yeah, that how do we clearly communicate without sounding like the crazy tin hat people.

Right. Tinfoil hat people. How do we how do we communicate this in a way to say, look, the the one thing that you literally need to survive in our planet to work?

I would argue it's almost nearly impossible not to have EMF type of devices and thrive unless you're completely off grid. But for 99% of Americans that live in the city, it's unavoidable.

But it's completely unavoidable. You can't provide for your family. You can't go to school. You you you can't have entertainment. How do you convince people that, first off, the awareness that the invisible can possibly be harmful?

And I think that's the biggest thing that I've struggled with, is communicating that. I'm curious what you say. It's kind of like health of angel ism.

And as a Christian, you know, I'm here to talk to people about Jesus, and I'm here to tell people like what Jesus did for my life. And people are like that.

That takes convincing that takes a personal experience, that takes a there's a cognitive disconnect at times that people need to understand for me to get that point across.

And I find quite frankly, that what I do, and I'm sure you do too, is like health evangelism. We're trying to convince people. I'm just curious, like for someone listening at this point, you're probably sold on the idea that EMS are harmful.

We're preaching to the choir. But what I get a lot, my friend, is people ask me how do I share this with my daughter? How do I share this with my son?

How do I tell my grandkids this? What? What's the first thing without freaking them out? Like you're a tin hat person? It's it's a very tough sell because a lot of people don't feel it.

And I, I say the number one thing I tell people is probably don't start with cancer, right? I think people have been almost, desensitized to carcinogens.

Because there are so many of them. And, you know, eventually you tune out or you hear on TV there's a new carcinogen in town. You're like, okay, what else?

You know, I've heard that a thousand times. A new study links, whatever, whatever. With cancer. It's like you don't hear it anymore. So when it comes to Emfs.

Yeah. Has the cancer risks are there? But I've never really heard about someone developing a tumor within, you know, a few years. Usually it's a lifetime of exposure.

It is a long term risk. So if people are completely, you know, do not hear this message, short term risk. Is this device can impact your sleep. And now a lot of people think about that devices that way, they think, okay, if I have notifications on and things being in the middle of the night, obviously it's going to disrupt my sleep.

I'm not talking about that. I'm talking about just the fact that your phone is near your bed stand. Or for some people, you know, they sleep. They sleep with their phone, you know, under the pillow, almost charging and things like that.

A lot of users have phones under the pillow. I think it's probably a third of all people. So if you have it that close to your brain, it will change the way your brain is able to get into deep sleep.

And just, around 20 years ago, you had researchers, sleep researchers that wanted to verify can a phone disrupt, brainwaves and disrupt deep sleep? And what they found, they really thought it would not disrupt it in healthy participants.

People who didn't think either, that the phone would impact them for a 30 minute exposure before going to sleep in a sleep lab. What they found is that there's about an hour of cell phone induced insomnia that it triggers.

And what the is that? Insomnia is not like you're tossing and turning and you know that you're doing it. It's that your

brain isn't quite reaching the right types of waves that are conducive to the right type of sleep cycle you should be in right now.

So it's a sort of, you know, phone induced coma where you think you're sleeping, but you're not really sleeping. So that's why that's part of the reason participants didn't feel as recharge in the morning.

You think you're having you know, your if if we're lucky, the average person gets six hours of sleep, I get seven. I tried to get eight and I struggled to.

I know a lot of people struggle to get five in today's day and age. Hopefully in this audience that is more, you know, focus on their health. Hopefully they get six.

But if if you got all this cell phone exposure throughout the night, how many hours of real quality sleep do you get in the end? And researchers didn't have that answer.

We don't know. And to this day, what is very bizarre is that I. I have a hard time coming across a single sleep researcher that is aware of EMF disrupting brain waves.

And in fact, what is ironic is that most sleep labs these days, where do you do these studies? Use more and more emfs in the form of Bluetooth sensors and Wi-Fi to do the sleep studies, polluting the data with different types of sleep disrupting technologies in order to track sleep quality.

So obviously some people sleep sleep okay with their phones, but how much better could you sleep if the phone was off or in a different room, right? Or on airplane mode?

So why I tell you this, is that this is, I think, one of the key ways to convince your spouse or your kids that this might have an impact if you restrict devices before bed or try to educate them about, okay, let's turn off the phones before bed and let's turn off the Wi-Fi in, you know, wherever it is in the garage or in your living room.

Set it on a Christmas light timer, these outlet timers, so that at 10:11 p.m. it goes out. And many people in the household write to me, I get, you know, the last feedback from almost the last ten years doing this.

Many people say it's very bizarre. You know, my husband slept through the night for the first time in years. So the reality is that when you remove the exposure, this is when you find the benefits and you know you don't.

You're not talking about cancer, about something super scary, but you're talking about something that's going to make them wonder, wait a minute, how else was it impacting me?

If it can disrupt my sleep? And the reality is they're going to find many benefits if they start lowering exposure. But I think that sleep is a great way, to get them in that conversation about some other little symptoms that people might not be recognizing.

I'm thinking anxiety. I'm thinking, any sort of mood condition, gut issues. I'm just curious, like, if you could round robin and list out ten or 15 or 20 off the top of your head, like, what are some things that people like, hey, that could be EMF.

Yeah. For for some people it's excessive fatigue. After working on a computer, on Wi-Fi or talking on the phone. Brain fog is very common. Depression, anxiety.

One that is especially telling. And these people tend to avoid cell phones is if you get a headache. Of course, if you talk on the phone for more than a few minutes and you get a debilitating headache or migraine, more likely than not, you're going to stop doing it.

You're going to use speaker phone and be prudent. But most people do not initially feel that or or maybe haven't pinpointed that, they're okay talking on the phone for a few minutes, but, you know, above 30 minutes, they start

feeling it.

And for some people, it's one of the ways they discover they have this sort of, you know, EMR syndrome that used to be called electro hypersensitivity.

These people that have direct symptoms from the technology, it's almost, you know, a blessing in disguise in a sense, because your body is telling you right away.

Look, I don't know what this is, but this isn't good for you, so you avoid it, right? It's like people who are more, who have found, you know, oh, sugar doesn't sit well with me, so I'm going to avoid, you know, eating too much of it.

It's almost a blessing in disguise. Of course it's inconvenient, but you're that much more likely to be healthy if you generally tend to avoid sugar because you know it doesn't sit well in your stomach. For example.

So it's the same idea. Other things that people have reported, including, included, the heart arrhythmia, that's I felt it myself with cordless phones where I had this, sort of oppressive feeling on the heart, where my heart is kind of weird right now, and I feel like almost, you know, irritable.

So it's a sort of change of mood that, can happen when you eat certain things. For me, I would feel the same way if I have, I don't know, half a glass, half a bottle of wine the night before I wake up in the morning.

I feel exactly that way before my coffee. But when it is triggered by technology, it can be, you know, you're walking around in a Starbucks, you're not feeling well.

And one time it happened to me where I could feel my energy levels going down and my mood being very negative. And I was sitting right underneath an industrial strength router.

And when I got away, I instantly felt, oh, I felt calmer. So it's a sort of, you really feel like a sort of anxiety induced by the technology. And a lot of people don't.

It takes years for them to really pinpoint. And it's every time I go by this thing, you know, I heard a story of a man who, every time he was on the highway at a certain point, he started feeling anxious and got very weird symptoms in his heart.

And he told himself, My God, am I having a heart attack? But it's bizarre, that heart attack, right?

Ranking Household EMF Sources

An imaginative heart attack is always at 815 in the morning and he's like, wait a minute, and it's only five days per week. It's on my commute. And it turns out, after talking with his doctor, his doctor was, Doctor Zach Bush, who is very well known online, you know, triple board certified.

And it was a bizarre case because for Zach Bush, it was one of the first time he saw someone electro sensitive in his practice. And they discovered, through trial and error and discussing what is happening at age 15, he was going by this huge cell tower near the highway, and it was triggering the symptoms for him.

And thankfully, when is health status improved? He was able to tolerate the environment more. But that's just, an example of someone who it took years literally before a man could pinpoint, oh my God, I am sensitive to cell towers.

Because, of course, if you look online and you search for cell towers, everyone keeps repeating everything is safe, but in reality it is impacting us at a low level and it is a stressor.

But some people react almost, to them like an allergy or literally. But sometimes, you know, they, they haven't discovered that it's really that bad. Wow.

And that's a really good list. And y'all and I one encourage you to listen to that again, so many people just have unexplained symptoms and not to say directly 100% correlating and relating to Emps, but directly attributed to it is a contributing factor because a lot of those symptoms, can be caused by a number of different things, and it's like you got to experiment, right.

And, and going on. And I would love to hear what your thoughts are in a minute about an EMF fast, for example, like just going camping or doing something like being intentional about going in nature, significantly distanced away from your devices and just enjoy, right joy.

Some forest bathing. But before that, though, I'm curious. I like these lists. These are really helpful for a lot of people like myself, or taking lots of notes.

I would love to hear your ranking of household items or everyday items that were exposed to from worst to least in terms of exposure and things like for example, microwave smart technology, refrigerators, the TV, your phone, all that.

I'm just curious if you could rank them just so we can create context. And I would just love to hear as many items that come off the top of your head.

And then I want to go maybe a little bit further about how we can protect ourselves for sure. So I would start with, you know, different categories. The first category of danger, that is, you know, let's say let's let's call them the the red, the red zone when it comes to cancer or, you know, the number one priority is anything that is physically touching your body and emitting emfs.

So think about a phone. If you put it to your like, it's on your face, on your ear, or it's in your pocket, it's close enough to the body. It's essentially, you know, body contact.

So phones, wearables including, you know, this this is a Garmin watch. I don't use the Bluetooth, but many people have a Bluetooth enabled watch or a chest strap or, you know, AirPods would also fall in that category because of course, they're touching the body.

So I would say anything that's touching the body, including, laptops or tablets that people hold very close to their body or on their body. Many people work with a laptop on the lap.

So anything that's touching to the body would be in the worst category. When you create distance from these machines, then you dramatically lower exposure.

For example, if I held the phone on my face, it would be, you know, 100% of the danger and at one foot of distance, it would already have dropped off in intensity by 80%, 90% at two feet.

So that's why, you know, we're going to talk about strategies. But just creating distance makes, a lot of sense. Then you have other machines that I would say most people are exposed to, very close to the body or in close proximity, but they're not necessarily on your body.

I would include in that computers that you're using at a distance, but on the Wi-Fi you would be at one two feet. Most people would be on a computer these days.

Connected your Wi-Fi and also a Bluetooth antenna. Also Wi-Fi routers, especially if they are, relatively close to where you spend a lot of time. So if you work at home, where is that Wi-Fi router?

For some unfortunate people, it's been placed very close to their office area or maybe very close to the bedroom, and they don't even turn it off at night.

So it was the case of my dad, who eventually, told me that, you know, my dad is an extreme kind of guy. I mean, he has the same passion as I do. So I told him about emails and he said, you know what happened?

I discovered my router is right next to my screen. Like, you had the screen, the router and a hard drive and his computer tower, I think. And he said, I took the thing and tossed it in the trash.

And they said that you didn't have to do that. You could relocate. But, you know, he's kind of it took it takes everything I say very seriously. So I said, well, at least he's taking action.

But, you know, you realize that it didn't feel good at that workstation. And, of course, I mean, it had been working for a few years that I think one foot from the Wi-Fi router, which is uncommon.

But this is one machine that is quite strong. And also these warfare routers nowadays are getting stronger because people, realize, well, have poor connectivity in this area of my home.

Now we're going to use this industrial strength router with five antennas. So of course when you have better coverage, it's another it's synonymous with more emfs throughout your home.

So Wi-Fi routers are a big priority. And I would say also the entertainment centers that we have now have, you know, Apple TV, Roku, gaming consoles, media centers, Bluetooth speakers, all of these different machines are, you know, quite strong.

And sometimes people use them just on a weekend, but the rest of the time they are still emitting radiation. So all of these things are in close proximity.

And then of course, the last there are certain things like, you know, even, a microwave oven that could be an EMF hazard, but how many minutes per, per year are you using your microwave oven?

Right. And staring at it at a very close distance, which you probably shouldn't do. It doesn't represent a big fraction of your overall cumulative exposure, because you're not spending all day, every day cooking in your microwave oven, which I don't really recommend using.

I don't like the taste. And there's also the concerns if you use any plastics inside the microwave oven. But yes, the microwave oven will emit some microwaves.

And that's the a similar type of exposure compared to your Wi-Fi and cell phones. But again, you know, if you have to worry about these things, I start always with things that are touching your body, then things that are close by.

And that's you are spending many, many hours per week close by. So an example, someone, told me, you know, I have this vacation home and I cannot turn off the Wi-Fi router.

And, you know, should I be worried about it? And I told them, okay, well, how many days per year do you spend as your vacation home? 14. You know, just two weeks.

Okay, well, it's two weeks out of, you know, the other 50 weeks that you're not in this home. So this is not your top priority. Your top priority should be.

Where are you spending those 50 other weeks? Oh, well, my regular home. Okay. Well, try to mitigate there because you we have to think about the overall cumulative exposure and not necessarily obsess over one source or another, especially the ones that where you're not spending a lot of time, in close proximity.

Cell phones, AirPods, wearables. That's my top three. I agree, and I would say laptops for computer workers. You can't that that's too personal. That's home. That hits home to me.

I, I can't see I see that's a problem. You hit it home to me. There you go. I'm a writer, Nick. Yeah. See, that's the problem. I'm going to choose those other three because I.

It's those are easier to control my laptop. But I promise you, I'm going to come up with a good solution. It has to be

functional for me, right? Yeah, it has to be functional because I'm saying that in jest.

Because my wife, she likes your AirPods. And I'm like, honey. And I've tried every. And I'm talking like depth of my heart love. And I've been firm. I've done tough love. Nothing works.

I've done honey I love you I don't want you to get brain cancer. I've made jokes about it. I've been sincere. But everything like. And it's personal because her brother in law, our brother in law, passed away from, glioblastoma.

Glioblastoma? I, you know, it's one of those things where unless someone is convicted and in her mind, it's a necessity because always on the go, seven kids, she needs to be hands free, blah, blah, blah.

I'm like, okay, so that's one of the things that she's working on and I hope and pray she works on. But just as a thought like you got to choose a couple things out of the whole list that just gave you all, you got to choose a couple things that you can commit to.

And then yeah, ladies especially, I've seen it so many times, do not put the phone in your bra like guys, myself included. Don't put it in your back pocket and you know, or on your side holster, like, this is not a gun.

You're not the wild, wild West. Y'all remember Nextel. So what can we do? I highly encourage everyone. Please. You don't need AirPods. Nick, thank you for being a man of integrity and having wired headphones.

For those of you who are listening, you can't see Nick is wearing a headset or he's wearing headphones, but they're wire. Yeah. It you know, I'll end with this because I'll, I'll rant on this, but boy oh boy, it shocks me.

And it is a criticism and I'm going to make a judgment call. All of these natural health influencers and crunchy moms and all these people doing this stuff, functional medicine practitioners, when I see them on a podcast and I see them. Yeah, Bluetooth, AirPods, I'm like, it's but that's it's sense.

It's something no, they haven't been convicted of. And I'm like, okay, I pray for them. But I think we need to hold each other accountable, right. And same thing.

People like, you know, people can pinpoint things that I do of course. But boy oh boy, oh boy. Anything else you can say about AirPods? Because man blue it beats audio.

Reducing Exposure and Family Buy-In

Nick. The problem is the culture. It's it's it's I know it's becoming cool to be retro and have cords, but cordless is the culture. Kids love it. The athletes, the celebrities, the musicians.

It's just how do you how do you go? Counterculture cords are clunky. Cords are ugly cords. My daughter complains about it. It's like it's a fight, man.

It is. It is very tough. I would say. You know, one thing that I share lately is with parents. If you can convince your kids if they're stationary, use wires.

And if you're under, go use wireless. So maybe you have both options at home and at least have I don't know, the spot where you study have these wires there.

And then of course they have to remember to do it, which is, you know, a big change of habit. But even for yourself, for I, you know, I've, I've done podcast with entrepreneurs.

They have AirPods in their ears. I don't judge them for it. I don't believe in, you know, being judgmental or. Yeah. Or having this, you know, this like, like being angry towards them or anything.

I've seen this type of activism. I don't think it's very effective. I think that it might create the opposite of what you're

trying to do. Also, as a parent. I mean, doing that to your kids, especially if there are, you know, teenagers.

I don't have a teenage boy. He's only seven, but it sometimes it feels like he's becoming a teenager very fast, to be honest. In how he responds. And I'm like, okay, this is not the type of relationship that I want.

So maybe it can be, you know, trying to find compromise. Like if you're studying in your, in your little spot that you have for your homework, I want you to have the wires.

Right. Or can can we agree to that? That would be more appropriate, especially if they're older. So same thing for entrepreneurs. When I see them recording podcasts or being in front of the computer for hours on end, why do you need the wireless in this scenario, you probably don't write it.

It's not that annoying to have the wire, but each hour that you spend less on the wireless will reduce your risks, right? There there is one type of product that I've heard about for AirPods specifically, I wanted to share with you for your wife.

It's called wave block. It's a type of sticker. It's not it's not, you know, harmonization or anything like that. It is physically blocking part of the radiation that would be emitted towards the user.

It goes in the brand of the AirPod and they claim 80 plus percent reduction towards the user. You know, even if it does, a fraction of that is probably better than nothing.

And I'm always hesitant to, you know, recommend them and other solutions that do not block 100%. If you block hundred percent, a machine doesn't work.

If you block a large percentage, you're always left wondering, is it enough to mitigate the risks? People should not be using them in the first place.

I think we have to find, you know, compromise and try to, graciously offer different options to our to our loved ones. When it comes to myself, I want to use the wireless things.

Of course, I have to walk my talk, and, if I use a phone is for, very, very short periods of time and I create distance. But when it comes to AirPods, it's a you have to be counter to society to decide not to use them.

And it's a tough, tough sell, I'll give you that. It is, it is. And just encourage each other to do our best. And it's you know, Nick, I've been I've had a revelation and I'm glad because it seems like we're so online in, in this, I was really hard on myself.

I was hard on my wife. I was hard on my family for many, many years, to try to be nontoxic, which is impossible. Like, you cannot live a nontoxic life.

I mean, it is. And this is the primary thing, and it kind of was EMF. It hit me like, I can't avoid these things. Like even I could create my own bubble.

But there's still a 5G tower not too far away or whatever it might be. Or I might be up at the airport, or the person next to me is kind of like, we're all dealing you.

You didn't mention this, but I'm curious if we're going to get more of this secondhand smoke mentality. Like secondhand smoke is just as bad as regular smoke.

Like, what about second hand EMF exposure or like, you know, so that's the other thing. When you're on a subway, you're getting it from everybody. You don't need to have it on yourself. So, I really appreciate this.

I really appreciate this. It's been really helpful to me and to encourage me to, like, live a lower toxic life, to do our best one little swap, one little change.

And I love it. It's very it's so much more. I don't know just what else to say. Loving, compassionate, to realize, you know, you can't avoid 100% of the parabens and phthalates that go on your skin, you know?

Yeah, you can't avoid all this, but if you make effort to minimize the risk, it will serve you in the long run. And that's what I want to encourage people with.

We're 100% fragrance free family. We're 100% sugar free family. We're 100%, you know, gluten free. Whatever we we've done well in those areas. There's some areas that, you know, Emfs I'm being vulnerable here.

That's that's a battle. We're still working it out. There are other things like we're not 100% paraben free, but we're probably 98% okay. And if we incur if we work on that as well, I want to applaud you for your work because it's like we need to celebrate those separations.

And I am finding that the more that I do, the more I'm in power to do more, and the more I learn, the better I get. And as I get older, it becomes easier and easier and easier.

So I'm with you. I don't have a pair of AirPods and I'm okay. I don't mind speaker phone, and I rarely ever have the phone in my ear. Ever. I love wired. I just got used to it. Right.

And in the context of this conversation. So thank you so much. I mean, you really take a very compassionate, non-judgmental approach. And that's what we need, especially with our kids and our family.

One last question. Unless you have anything else, I really appreciate your time. But, you know, I want to highlight one thing. As a researcher, the struggle we're having, and I think it's reality, we're never going to get the research that we need.

And I think we need to understand this. It's impossible to get a long term randomized, controlled trial. I mean, it will be impossible to do there. There's no control group of an unexposed no, you know, EMF populations anymore.

And it's becoming, impossible. I agree with you there. Yeah. So we need to understand this. So with that said, this is the this is we need to have a level of faith.

And that's why I want encourage the listeners right now we need to have a level of faith that, yes, this is dangerous, potentially very dangerous. And we need to do our best to minimize our risk and minimize our exposure.

But the reality is it will. It is literally impossible to have a ten, 20, 30, 40, 50 year randomized control where people have not been exposed versus people that have been exposed.

And there's so many variables. So what we're going to see is muddied research that's going to unfortunately, the tendency is to lower the risk ratio in the data and suggest it's other things.

The burden of proof is on us, truly. And and this isn't a conspiracy theory, but the reality is there's so many other factors that have been proven that the researchers are going to naturally lead to.

And so this is one of those faith aspects. And I want to encourage everyone to follow Nic's advice, go to his websites, check out his work to find out maybe other things that you're not thinking about that could be a cause of.

Or maybe this is the reason why you're experiencing these kinds of things. But with that said, and you know, it's sad. It is, but we don't always have to be data driven.

And it's like, okay, certain things. And this is one of them. I think it's common sense. I think it's a level of common sense that we can accept. And okay, if we can all accept now, what would you like to leave people with?

And, where can people find you, your work? Where can they learn more? And any other parting pieces of advice? Yes. Well, I will say it is sad that we're in a space where it's up to people listening to, you know, an interview like

this to protect themselves.

I would want the industry to come up with safer products. The only way that's going to happen is if we, learn about a problem, then tell others about the problem and try to have this grassroots effort to demand safer technology.

That's not the only way to make things happen. I am connecting with attorneys that are going the legal route. That's an angle. I am aware of politicians that are trying, you know, the governmental changes, regulatory route.

That's another angle. My angle is tell everyone you know about it. Let's start a conversation. And at a minimum, try to commit to one change you're going to make in your household.

Just people who told me I turned off the Wi-Fi at night. I do nothing else, Nick. I don't listen to anything else. You've you've told me. That's fine.

I'm happy with people having done that change, because when they have relatives that are, sleeping over and they say, well, you know, in the middle of the night, I woke up and your Wi-Fi is off.

What's happening? Well, there you go. You spark a conversation about, well, you know, we've realized that we see more, we sleep more soundly. Eventually the industry is going to realize that.

And then I say, wait a minute. We're going to make it so that every router turns off at night, or at least, you know, gives you a prompt on your computer that says, do you want to turn me off at night?

Faith, Research Limits, and Safer Technology

Because it might help your sleep? And even more than that, we're going to see an industry coming up with lower EMF radiation routers that promise the same level of connectivity, which, almost at the moment is almost impossible to think about because the engineers are not forced to really develop in this direction.

So I do envision and I want to hold this vision for everyone. I do envision a future where we can have safer technologies, have Ethernet cables in homes or cables that make make it, make it so that your media center can be wired.

Doesn't have to be wireless. Your computer, your security cameras, all everything that's moving towards more wireless could be more wired and safer and more secure on internet security standpoint.

And there's going to be a future where we will look back at the, you know, 20 tens, 2020s and 2030s proudly and say, EA, these guys, these guys were all wrong.

And we're pretty stupid to be honest. And how much EMF they were using. Now we're using a fraction of that. And we have infrastructures around the world that provide fast internet through fiber.

And we know that the emails that we use are much safer than these, you know, these clueless generations before used to use. So I think we're pretty much in this, in this space where we are in the early stages of the smoking epidemic and in these days you had researchers that were sounding the alarm and getting smoking.

They must have been very discouraged seeing how many people smoked and the smoke in airplanes, you know, for a flight, an 18 hour flight to Australia.

Right. It was crazy, crazy, crazy times, right? When you sometimes I read articles about these old days and I'm like, oh my God, it's still in some of the planes.

Bloody well. Exactly. You see that? Old ashtrays. It's so, so basically I want I want to just tell everyone, look, the goal here is try to learn about the topic, but stay sane if that's possible.

I think it is. But stay mindful. Learn what you can try to try to minimize what you can. You're going to be happy that you did so when you know, ten years from now, it's going to it's going to come out and people will say, We need to dramatically lower EMF limits.

You're going to be one of these pioneers that. Yeah. You know I've been doing that 15 years ago and I'm glad that I did because I can when I, when I see these early warnings I can listen to them.

And especially when the action step that I want you to take doesn't cost a dime, you know, turning off your router at night might just save you a few cents per year in electricity bills, you know?

So try to do your best and start there and start today and not, you know, in 15, 20 years when the mainstream is going to catch up because it is an uphill battle, is going to take a while.

And, you know, I plan to, still be there saying the same thing. You know, I have a few gray hairs. I think by the time I'm done with this, I'll have, you know, a full gray and I'll be an old man with my 15 book on the topic, published.

But, you know, I hope that it won't take time, but the reality is, you know, it's a massive kind of boat we're trying to steer right now, and it's tough.

It's going against an entire, segment of society that thinks, oh, if we lower air mass, we're going to stop technological changes. No. If we lower emfs, we're going to spark technological changes in the right direction that is conducive to more health and not to people feeling more lonely and crazy and anxious.

And also EMF blasted with different technologies that shouldn't shouldn't be at these exposure levels. They're too intense. So, you know, I know things are going to evolve in the right direction.

In the meantime, do your best to protect yourself. That's all. I love that. I want to thank you. I really do want to thank you for being a pioneer in this space.

My mentor Enoch's 81 years old, healthiest guy that I know. And over 40 years ago, God told him, don't use the microwave, don't eat microwave food. Everyone thought he was crazy.

His wife thought he was crazy. His friends thought he was crazy. Hasn't had a microwave in his house, I personally don't, and now we've found, in addition to emfs, what microwave actually does to the food and and it's just not good.

And it's one of the things where I want to encourage everybody. We need discernment. We need spiritual discernment. And this isn't a conspiracy theory.

This this is the highlight. There are well-intentioned people trying to help the world. And I don't know if I told ever this, but my father in law helped developed GMO corn.

He's an actually he's a PhD. He worked for Dow Chemical. He worked with Monsanto on behalf of Dow Chemical. He developed GMO corn. And he believes to this day that he was helping feed humanity.

Well intentioned, loving man. Love the guy. We couldn't think any differently on this topic personally. And I will tell you, this isn't the point. The finger.

But you know, I want to encourage you, Nick, and I want to encourage everyone else listening. The movement and this is recorded, summertime of 2025. It's almost every week right now.

We're hearing headlines of product manufacturers stopping and claiming and proclaiming they will be removing artificial dyes, artificial flavors, artificial this and that, seed oils, all these things.

There's been such a movement and an outcry from people. Ultimately, we vote with our dollar. And like you said, I

think this is going to happen sooner and hopefully before you get a whole gray hair ahead.

But the reality is this has to happen next. It's food ingredients. It's artificial dyes, is artificial flavors. It's the fragrances. That's my next on my list because that should be outlawed.

And this is something we need to regulate. So thank you. It's going to happen folks. In the meantime we need to trust. Trust our instincts. Trust our gut.

Trust the preliminary signs that we have and realize there are things we can do to mitigate our risk and to protect our families. How many more drugs need to be recalled?

How many more apologies do we need to be heard? How many more times do we need to say, oh yeah, we were wrong. Smoking cigarets is bad. We need to think and we need to think for ourselves.

And this is one of those areas where I believe the enemy of our souls, the devil, has been really deceptive, and it's a challenge. It's a challenge especially because it's so crucial and vital.

So, Nick, thank you so much, folks. If you haven't, check out the EMF guy.com, the EMF guy.com. Learn from Nick. Just dive into his world. He hosts live events and summits.

And for those of you who are a podcaster, reach out to him. This his interviews. This information needs to be out in the world. If you're an influencer, reach out to him.

He's got great products and services that can help you. And just a lot of love, man. So thank you so much for checking off my bucket list. Next will be skydiving.

But truly it's been on my list interview for for quite a while. My friend and, Thank you. Thanks for having me. It's a pleasure. All right, everyone, thanks so much for tuning in.

And as always, Doctor Eric Alinsky, my hope infers that you and your family truly experience the abundant life. God bless. We'll talk to you soon.