Introduction to EMFs and Healing

Everybody. It's Dr. Tom Moorcroft back with you for this episode of The Healing from Lyme Disease Summit. And I am this is such a special treat in this episode.

We're getting to talk to Nick, the EMF guy Pineault. And you know, when I think about EMFs, I just think there's so much that we don't know. There's so much baloney out there, to be frank.

And there's so many different things that people are saying that are scaring us. Yet we know that it's really critical to our healing to understand these and be had to take certain steps that allow us to really take back control over healing.

And just like the whole summit, we're not only giving you just like this amazing information to learn from and go home with, but things that you can practically do.

And so this is why I love our opportunity to talk with Nic tonight, is because when I first met him, he was the first person that combined two major things in EMFs for me, and one was the research because I'm a scientist and I want to know what we know, but then how do I practically apply this at home without worrying about like bells and whistles and gadgets?

Sometimes they need them, but if I'm going to use them, I want to know which ones to use. But really, what are the things that I can do today at home to protect myself and my family?

So, Nick, when when we first met, that was like the thing that jumped out at me. So I'm just so privileged and honored to have you here with us and welcome.

Well, thank you so much. I'm I'm humbled, really. And this is what I've been trying to do for years now is just. Yes. To give you the information that tells you.

Okay, well, EMS. Well, first what it is, because some people are still confused about it, then where is it? What emits EMFs and how what can we do about it?

Not not some topic where EMFs are everywhere. They're damaging you and there's nothing you can do about it. How about that? That's. That does not sound good to me.

So what can you actually do about it to minimize exposure in the scope of healing from Lyme disease or just being a healthy individual? But when you are affected by Lyme, when you have something chronic that has been going on for years, you feel weak, you do not feel good in your body and your health is not in a state where you feel it should be at Dan you need to focus on EMFs even more than the average healthy person.

Yeah, I think it's so critical and we've we've heard about it over the years, but like you said, I mean, it's like how do we live a healthy life? Because my goal is for everybody I see to get better, right?

My goal of becoming a doctor is basically to see how are messing up the body so that I wouldn't do that and I would help people stay healthy. Then I realize there is this whole world of chronic illness.

So what we were planning on talking about is how are EMS slowing down your recovery? And I think with what you said a moment ago, which which is so critical is let's just like sort of step back and well, I want to know what EMFs are, but also I'd love maybe to get a little backstory is like, what?

Gotcha. What are they? And then what actually got you interested in EMS? Like, why are you like known as the go

to person for synthesizing all of the research and all of this stuff we can do in the whole world?

Yeah, I guess I'm like, I don't know if I'm, if I, if I'm that guy, but I want one of the guys. I mean, I've been I've been at it for several years now.

What EMFs Are and Why They Matter

I really stand on the shoulders of giants, scientists, research ers, doctors that have been talking about it for decades, engineers. But it's not the most popular topic.

A lot of these people are being ignored. And this is really what got me into the topic is realizing, wait a minute, we have very credible scientists. Biophysicist, the late Martin BLANKE from Columbia.

We have one one guy, you, Taylor from Yale, who has been pretty much screaming about it for years, saying, you know, EMFs is not safe in children. We should do something.

You have Dr. Devra Davis, who won a Nobel Prize for her work around environmental toxins, and she switched to M. S. saying, look, the limits we have on these these EMF exposures are anything but safe.

And why would she and all these scientists that are credible and have in their careers, why would they risk their career for a topic that is pseudoscientific?

This is really that was my question. And the answer is, well, they're not they're not risking their career. They're really trying to tell the truth. And the truth is that the safety elements that we have at the moment are not safe.

We don't know what the safe levels of EMFs are, but we know that there are effects from everyday gadgets. And why do we know that? Well, because there is a tremendous amount of science that has been published in the last decades.

And we know that it impairs Ealing in different ways. And this is really when I realized that and I said, wait a minute, you're telling me that my phone in my pocket, the computer in front of me, the Wi-Fi router in the corner of my garage, or even worse, in my living room right next to my kids.

You're telling me that all of these things are what are they doing? They're toxic. Yeah, well, they're a stressor. We have to think about it in that way.

If you have bad air quality in your home, it's a stressor. You're breathing it in. You're not dying right away, right? I mean, obviously, if you're dying right away, well, there's going to be some action taken in today's society if the air is unbreathable right away, there will be something that people do remove the chemical if there's asbestos.

Right. There are certain situations, if there is a chemical spill over, if there is a fire and there's smoke, obviously we do something. But it is more difficult for people to grasp and for health authorities also to grasp like what are the long term effects?

And for most people, EMFs, it's a matter of long term exposure over time for the most sensitive people over there, the effects can be quite dramatic and quick though.

And this is really when it comes to Lyme, I was talking with Dr. Neil Nathan, who's one of the top authority environmental medicine, and he said there are two main factors that will cause EMF sensitivity to develop.

The first one is Lyme disease, he told me, and that was from a few months ago. The second one is mold exposure. A lot of people with Lyme have had mold exposure or other toxic exposures that made their condition become chronic.

They cannot recover from it. So right there it tells you that not now. You don't only have Lyme that you're trying to

combat, but you also have EMF sensitivity where you might not realize it.

But maybe you're at a coffee shop. That happened to me a few years. Several. When I was traveling in Thailand and I was at a coffee shop. I entered a coffee shop feeling motivated to work.

And at at this point in my life, I was I felt very weak in a sense that I don't think I had Lyme disease or anything like that, but I just had recovered from chronic fatigue and being very, very fatigued as an entrepreneur at 26 years old, that was I had 2 hours of juice in me per day, I mean, at 26.

So it was very, very bad, to be honest. And I barely slept for for two years prior to that. So I really, really burned a candle at both ends trying to make it as an entrepreneur, writing about health.

Ironic, right? So now I try to to want to talk a little bit more. But long story short is I sit down at this Starbucks and all of a sudden I start feeling almost depressed after about 15 minutes of productivity, I feel depressed and and almost negative towards my work, like, oh, this isn't good.

Nothing is working. And very depressed, very bright, very foggy. And I look up and right there on the ceiling and then industrial strength router these ones that can basically be accept hundreds of set of connections at the same time they're very, very powerful.

And I was right next to it a few feet from my head. What I did immediately is I leave the coffee shop. I go grounding my my feet are barefoot on the earth, right in front of the Starbucks.

Looking a little bit weird in Thailand now. A lot of people do that, I can tell you that. And after 15 minutes, I feel fine and my brain fog clears out.

And I realize at this point, my God, I really underestimated how sensitive I am to wi fi routers. And I had the same thing happened several times in coffee shops in people's home, where I'm at the dinner table and I just feel, you know, almost angry, irritated.

And I looked right there and the five hour router was a few feet away. So for some people with Lyme or chronic disease, this is how they would figure out that they have sensitivity.

Maybe it's you put the phone on your head and then all of a sudden you you start getting that brain fog or you start feeling agitated. It might be depression, it might be anxiety, it might be your heart beats bizarrely, some people get hard to witness or just an elevated heartbeat.

It might be the opposite. It might be that it slows down too much. So it is very difficult to to see if you have these EMF sensitivity symptoms. But one thing is sure, if you remove the exposure or you stop using your phone next to your head or maybe you turn off the Wi-Fi router and you go with the wired drought and Ethernet cable to your computer, you will feel the difference.

So it's by removal of toxic agent that you feel the difference. And this is really the key here. If you have Lyme or even if you're super healthy, you don't have anything.

You're just listening to this summit to educate yourself on it. And it's such an important topic. Do the experiment, turn off the wi fi at night and remove your phone from your bed.

Stand for a few nights and for it. I know it happened to you, Dr. Tom. It happened to several scientists, physicians, engineers, everyday people from soccer moms to athletes.

I tell them the same thing and a lot of them come back to me in disbelief. They say, Oh my God, they're not in. Well, they were in disbelief. Now they're in shock.

And they say, Oh my God, I sleep way better. And I and that one time I forgot to turn off the Wi-Fi router before

bed, I was sleepless. Your body, I think, gets acclimated to these toxic exposures when you remove them.

Lyme, Mold, and EMF Sensitivity

Your body is a little bit disturbed for a few nights and then you have better sleep. I think it is equivalent to when you have a sudden change of diet or even the removal of mold, you know, or getting in the cleaner environment might trigger a strong healing response in certain people.

So this is all of it that this is I don't I don't think even though it was an answer to a question, but this is really why I got into the topic is the confirmation that this can help people very quickly.

This is really what made it for me that made me say, oh, my God, there's such a marvelous potential for healing if we only teach people a few key action steps to reduce exposure.

And this is really what made it for me, what made it so important. You know, I think it's really interesting because as you mentioned, I mean, for me, I felt I was overlying to be the heavy metals I went to this time where I learned about EMFs.

So I turned off the Wi-Fi router at night and out of the blue I have insomnia for a couple of weeks. Right. Like I know. Right. And so it's like it is.

And this is one thing I think is really important, like where you're bringing in what you talk with Dr. Nathan and stuff is a lot of it's just like I always use the cup, right?

And I just say, look, you have this much toxicity you can handle. And it's like, okay, I got Lyme, I've got balled up now I've got the EMF thing and your cup kind of overflows.

So the thing I also love, what you point out is some people are right near the top and if they get an exposure, they're very sensitive. But as you mentioned, a lot of people, it's it's kind of more like the insidious EMF over time.

And I think that that's really important for our audience to know is that it is it's not always just cut and dry. And for me, it was that removal that was almost like a detoxification reaction.

And I guess I don't know if I told you this. I talked about this one year after in I conference on a on a virtual event and then I got this like nice hate website created about me and they put a little like, you know, somebody who sort of looked crazy like me with a, with a tinfoil hat on which is all my.

Gary because you have the non tinfoil hat. Yeah but and they were literally like they were like I was talking about how when you make a shift that moves in the positive direction for, for your health sometimes you'll go through that healing response some I've heard it you know our Horkheimer die off or whatever yeah a lot of my friends go in osteopathy, call it a vital, vital response.

Your body's coming back online. So I think what you're pointing out, Nick, is not only that, we might not be to figure it out so easily, and but the removal allows us to go through a process of of like resetting the whole body.

And then what I learned and then, you know, talking with you and stuff is that like eventually I was the person that if the wi fi is left on at night, I know it. So, you know, I think that's really interesting.

So but we keep saying this EMF thing, we're talking about the wife. I think a lot of people know about Wi-Fi and phone but but what are EMFs technically and and so like we can define for people what we're actually kind of riffing on.

Yeah, there's different types of electromagnetic fields we're talking about EMF. Electromagnetic fields are electromagnetic radiation that can be classified in different, different types of fields that we we are exposed to on a common basis.

We're talking really about the artificial fields that are brand new and foreign to our biology. The reality is we didn't have wireless exposures even 20 to 30 years ago.

You know, the first Wi-Fi router was used in Silicon Valley at the I think at the end of the nineties. But, you know, the consumer the consumer is they didn't start to have them before, maybe to to I don't know if we're 23, 25, and then you get into the launch of the iPhone.

I remember it was a practical joke among my friends in 2010 when we heard about the iPhone. We're like, Who pays that much for a phone? I was laughing about it.

I was ridiculing Apple. I'm like, okay, the iPhone, what kind of joke is this? Oh, now Nick owns this seventh iPhone, so I guess they got me the in reality, everything is a what do I do with my talking about the iPhone?

The well, the advent of the smartphones is so new. And yet in our minds, it's so old, right? Oh, it's like ages ago. We we've always had a smartphone.

No, it's very recent technology and what this smartphone emits is a type of radiation at a frequency that, if it were, it's not seen in nature. We are getting a little bit of these exposure in the radio frequency range of frequencies in nature, but it's a minute fraction of the intensity of your phone, so it cannot be compared.

It's like apples to oranges. So what happens when you introduce something completely artificial to the body? Well, is it's the same idea as introducing food.

Does your body does not recognize if you have extra or ultra processed pasteurized milk and you mix it with ultra processed sugar and ultra processed flour and you have an ultra processed cake, what do you think is doing to your body?

Well, the body is kind of okay, well, let's eliminate that as quickly as possible. It's not nutrition. You cannot thrive on this kind of ultra processed foods.

And most people have realized that. And and even I don't think it's such a controversial idea in even mainstream nutrition. Now, that well may be just eating cake all day.

Every day doesn't work. It's nothing new. So artificial is not necessarily bad because you can have artificial frequencies that are healing and that that's the thing that confuses some people.

I think if you have a red light therapy panel or a pulse electromagnetic field therapy device, PEMF that you might hear about in the summit or others.

These are machines that have been engineered to induce a healing response. You use them for a certain duration of time. They use specific frequencies, specific signal characteristics, and then we know with scientific papers to prove it that there is they will speed up the healing response.

We also know, though, that even in very sensitive patients, you some of them cannot tolerate even the red light panel because it's a stressor. And then you recover from it and you get the benefits if you just stress the body and cannot recover from it because your body is already you know, it's you don't have any energy.

You don't have your back way. Yeah. Yeah, exactly. Your toxic level is too high. Even the red light therapy might be too much for you. So in reality, the amount that we are exposed to from everyday gadgets, including the Wi-Fi routers, it might be the cell phone towers right.

But your cell phone, the Bluetooth earpiece or earbuds, the wearables, smartwatches, and there are so many different sources that emit wireless that when you're exposed to those, you don't initially recover from it and you don't have a period where you're not exposed.

And that's really the key here, is that our bodies are trying to adapt to these signals and it is likely that they could adapt. If you have 5 minutes of exposure, exposure per day total, and then you go back to nature and they're zero exposure, you're probably okay, but it's really 24 seven continuous unabated exposure.

How EMFs Affect Sleep and Recovery

Chronic exposure, just like chronic exposure to toxins becomes highly problematic. If you're if you're very healthy, you go in a moldy environment for a few hours and then you don't go to a moldy environment.

You go come back to a normal place and you have a healthy home without massive amount of mold. You're probably okay because your system can adapt. The problem is that unabated exposure.

So this is really, I think that the main issues that we're seeing is really with the wireless increasing so fast, it's one type of EMFs. There are other types of EMFs we can talk about.

Even artificial light could be said to be one type of EMFs. So how much we look at screens before bed and this is why you have these a bono from U2 looking glasses when I do interviews is I try to mitigate the screen.

I just feel that it's calming down my eyes and for a lot of other reasons. But there are ways to mitigate all of these EMFs and to try to minimize our exposure to these different types of EMFs.

But I think wireless is the worse because it's the fastest increasing one. While we're talking, you know, people are getting contacted by telecom companies who say, well, you know, this one router with two antennas on it that you have in the corner of your garage, it's not strong enough.

You got to have the version with eight antennas and now you going to have a booster on the second floor because your daughter wants better wi fi for her use of tiktok.

I don't know. But the reality is households are becoming more and more and more polluted as we speak. And this is true inside the home. This is also true outside the home with the installation of more and more and more cell phone towers, for example.

So this is why usually I focus on wireless. This is one where you have a lot of control over and this is one where, unfortunately, a lot of people are moving in the wrong direction with it.

Yeah, it's interesting because as you were starting to kind of talk about all that, I went about Silicon Valley. I was like, Oh my God, Steve Jobs. Like, right.

I mean, like, why did he die of pancreatic cancer? And it makes you wonder because these guys were the first people to be exposed, like probably at a level.

I mean, probably not the level that we're all exposed to today. But, you know, it just it kind of dawned on me and I think that the analogy with Mycotoxins illness is really important, that there are people who get Lyme disease and never get sick or they get sick a little and their body takes care of it all because they had a low toxin load, their immune system was working well.

They and then also with mold exposure, it's like a lot of people can't get away from mold, but it's a it's the amount of mold that you have in your environment and your ability to handle it.

And like you said, Nick, it's like constant exposure. Yeah. Is like is potentially worse than just a higher level here and there. But it's really that recovery time that we give our body.

And I'm just thinking a lot about like your story, like, hey, I was an entrepreneur. I got started. I wasn't sleeping a lot. I was working really hard. I was going for it.

Well, you're never giving yourself yourself the time to recover. And then we get people with chronic Lyme and chronic mold exposure and then their but over they have to have the latest and greatest wi fi in their house.

So now, you know, they're just getting overwhelmed and hyper bombarded by this. So when we when we look at I think these these points are so critical to understand that none of these things, in my opinion, at least, are evil.

It's just that it's a dose and a frequency of exposure, duration of exposure. That's an issue. And everybody's unique to you pointed out and I always like to kind of summarize some of these things for our listeners because you summarize it, some people can get exposed to wi fi and not have an apparent problem right away and others are very sensitive.

Same with the red light therapy. I've had people with PMF, I put it on like, you know, the the frequency of the planet. It should be like being in the womb.

And we put it and it's like, you know, but it's like it starts at 50% of the max intensity and I have to go down to 1% and it's still bugging them because I pushed them too hard.

So I just think that the points that you're bringing out are just amazing knowledge bombs for people to remember how to put this in perspective. So I would love to talk a little bit about like how the EMFs really work on the immune system and what some of the science might be.

But firstly, you keep kind of hinting about focusing on on routers and stuff. What are some of the things that I can actually do in my house now that like, is there like a tip that would like that I can, you know, because we're we're kind of bashing on Wi-Fi routers and I know we usually talk about that this at the end, but like this is to me is one of the most important changes I ever made in my life.

So I kind of want to let you share share this with people. Yeah. The Wi-Fi router, you know, it's the I of a router. If you get good connectivity from your own Wi-Fi in every room in your house, what is connectivity?

That's another word for electro pollution. So the reality is, you know, coverage, if it's good in your home, your home is electro polluted and that's just how it is.

You can decide to have wi fi, but if you decide to have wi fi at a home, you're in in introducing a stressor for your biology, and that's fine, but at least turn it off at night because you certainly don't need it in the middle of the night.

So if you reduce exposure by seven or 8 hours during the night, you're doing something very good for biology and also more. So I would say we know or it's hypothesized and I think is extremely likely that this is the case, that our wireless exposures, our exposure to any EMF is much more damaging to our biology when it's during the evening and at night, because there seem to be a strong effect, a negative effect on sleep when you are exposed to these wireless frequencies.

So therefore, eliminating them at night might might prove way more beneficial than eliminating them during the day, just like it's the case with artificial light, for example.

So there's something to be said with just throwing off the wi fi at night. And of course, if you turn off the wi fi, but you have two phones and two laptops and how many different wireless devices in your bedroom may be not the best idea.

So I would say try to get these devices out of the room if you can, and if you can't have them as far away from your pillow area as possible, because creating distance will make a massive difference in how much intensity you're getting and how much your body is absorbing.

Yeah, because I think that like when I and I know that on your website you have like timers. And so because I am a big fan of get a timer, plug your Wi-Fi router in it, set it and forget it so that it just you don't even have to think about it.

And it also reminds you when you're supposed to go to sleep so that you're not just screwing around on your phone on that. But one of the things a lot of people tell me is like, hey, my neighbors, I live in a townhouse or an apartment, but my neighbors have wi fi.

So really the key is there is a benefit of distance. And so the closer it is to you, the worse it is. Yes, exactly. And your neighbors, wi fi, sometimes it can be problematic if it's right on the other side of the wall, for example.

Yes, in a rare occasions it can be problematic. I'd say send this interview to your neighbor, if possible, if you have such a good relationship with your neighbor, if you know his name.

Oh, a lot of people don't. And that's just the world we live in. It's a little bit more difficult to to keep good relationships and don't try to impose on your neighbor to turn off wi fi, though, because it might be perceived as a personal attack.

You know, a lot of people are very, very concerned. No, no, no, my, what are, you know, my wife. Why are you kidding me? It's it's almost enough fence, you know, but people need to be educated first to be able to understand why.

Why is it justified to turn it off at night? And in the end, there's benefits for everyone in the building. That being said, focus on your own stuff first, on your machines, on your things that you can turn off at night and if you start with your Wi-Fi router, you're already doing good.

You know, for some people who live in a city, they have 120 different wi fi lists. If they look, I'm their wife, Alice. It doesn't end. It doesn't end.

There's like you could you could detect more than that. I think it just shows the ones that are more detectable but it can be your computer can detect wi fi is that are hundreds of feet away.

Practical Ways to Reduce Exposure at Home

It does not mean you can you can necessarily connect to them with good connectivity, but you can find it. So the signal is there somewhere. So there's a lot of electric pollution in those cities.

And the reality is you will be exposed to large amounts of EMFs from these neighbors and these cell phone towers. That being said, for even for these people, when I tell them to turn off their own Wi-Fi router, sometimes they see benefits.

So there's something to be said to just focus on what you can control. And the rare occasions, if people feel extremely EMF sensitive, they haven't had a good night of sleep in years and they live in downtown New York City.

They look outside the window. They can almost touch a cell phone tower. Well, it's like living in a moldy home while trying to recover from mold toxicity.

So at one point, maybe your home is not placed in the right place for you to support healing. So there's rare occasions where people have to literally move away or even temporarily, so move in nature for a few months to recover from these EMF sensitivities.

But that being said, for a lot of people, they do see the benefits even when they're exposed to these outside exposure. So, yes, even you cannot cop out on this and say, oh, well, the neighbors are exposing me anyway, so I will not turn off my own wi fi.

No, in reality it will make a difference regardless of outside exposures. And so one of the other, I have found it to be one of the most beneficial things ever because some of the places I've lived hard wiring has become was challenging and you know, and a lot of my living environments, I have these very long cords that wrap around the whole house so I don't have to have the wi fi, but you can always do that.

So if I'm turn it off at night, the other thing that you mentioned that I know a lot of people will have in their bedroom, even, you know, even in even if we tell them not to have it in their bedroom, maybe you're using your phone as, you know, whatever a what's it called, an alarm clock or whatever.

Yeah. Are there other are there other things that I need to do at night with my phone or with the other gadgets I have to minimize? You know, if like I turned off the wi fi, is that all I need to do?

Are there other things that I can do in that area? Yeah, well, if you turn off your your phone completely, it can help. I know that a lot of people, though, didn't want to do this.

They they expect calls, for example. So they cannot even put it on the airplane mode necessarily. If you cannot put it on an airplane mode, put the ringer at the maximum loudness possible and put it in the next room or in the corridor charging or just as far as possible from your pillow.

So maybe it's a draw or, you know, the opposite side of the room is good. It's going to make a big difference. But again, some people fall asleep with their phones or they listen to a meditation app and then fall asleep.

But they don't realize that it's emitting 4G, LTE Wi-Fi, Bluetooth all night. Right. So that's not good. Right. And what about like the like let's say I do have a kiddo and I and I have the phone like, you know, on on it's not on airplane mode, but do it.

What's up? I mean, if I turn off the wi fi and I don't have a Bluetooth device next to me, is it okay to leave those on on the phone or is there a problem with that?

If there still a problem, in fact, if you have the the Wi-Fi and Bluetooth icons activated on your phone, even if there's no Bluetooth around or no Wi-Fi around, it's still looking for a network.

So it's emitting a pulse of I'm looking, I'm looking, I'm looking for something. And you would be surprised because even how it shows you how poorly our technology is built, there is, for example, alarm clocks in in the average hotel room that I go to when I do business travels in keynotes.

The average alarm clock in your average hotel now is emitting Bluetooth 24 seven. Even if you don't this year, I, I don't plan to use the alarm clock because I use my phone on the airplane mode.

I don't think twice about the thing, but when I have my detector and I go towards it, it's always emitting, sometimes multiple times per second, or it might be every few seconds.

So it is a hidden source, a completely useless source of wireless that is emitting all the time. And the way that technology is built is that engineers are being lazy about it.

It's maximum exposure all the time because that way it connects faster is faster to to your phone. Whenever you decide that you want to connect your phone to the alarm clock to play because the alarm clock happens to have a Bluetooth speaker and now you can play your favorite songs on Spotify.

Yeah, cool. But the reality is, if you don't use the thing, it's still emitting and still impacting you. So of course you get to unplug it. And sometimes, yeah, you just have these different machines that have a Bluetooth capability and unfortunately it rhymes with Bluetooth always emitting to it, just emitting like that.

The, the alarm clock will be saying, I'm here, I'm here, I'm here, sending signals to hoping that there's someone who cares. Right. And then your phone, if, if you have the Bluetooth on, it's always says, you know, I'm here, I'm here in case I need to connect to some Bluetooth thing.

So make sure that these icons are completely crossed off, which says that the Bluetooth is off, the Wi-Fi is off. And then if you need to stay connected to the cellular network at night, I just put the phone as far away as possible from where you sleep.

I love it. Yeah, I think it's so important because it's like the one of the things that I've seen with sleep is like it. It's that constant pulsing that's irritating to the parasympathetic nervous system, which is supposed to allow you to rest and rejuvenate.

And so many people that I just have them turn off the if I do those couple of tips, you said, you know, for the for the phone their insomnia gets dramatically better.

And as a reminder to everyone the primary time our brain detoxify is at night when we're sleeping and deep sleep is the critical piece of this. So it's really important to me.

It's like if you want to know, like the greatest thing for detoxification of your brain and fixing your brain fog, it's not a supplement. It's not an IV, it's not a medical treatment, it's sleep.

And so if you want to get really good sleep, the first thing that you can do that's probably a lot of people haven't come across is turn off your wi fi and set up your phone so that you're at least minimizing what you're exposed to.

And definitely like that 12 foot rule. Incredible. You know, it's just I love keeping it as far as possible away. And and it's interesting when you live this lower EMF lifestyle, when you're traveling, you're like, oh my God, like my sleep, you know?

You know, it's like somebody had a war in the hotel room after I go there because I'm like unplugging, like, literally everything or the same thing. The TV, you can feel the television.

It's like it's on. Every time I walk in the room and I'm like, Oh my God. So 100%. Yeah. And this is this is something, you know, that shows you when you travel.

You can also apply these steps as best as you can. Sometimes the the wife a router is right there. You can turn it off. Sometimes I bring my cables. The reality is I bring my cables.

I'm in I'm in Osaka, Japan, as we're recording this and I have a long cable, I think it's might be 50 feet. And the Wi-Fi router is a long way in the room.

And I have about 35 feet of going around the kitchen and tape, electrical tape, and then I'm plugged in. So here I have zero exposure and this is my office environment.

This is a room where I'll be spending the next three months. So there's something to be said with how much exposure you're getting from your computer.

And I want everyone to consider this regardless of the Wi-Fi use. If you can not use Wi-Fi on your computer if you're someone who works at a computer, then you're getting tremendous benefits because these this I don't know how many hours I spend in front of the computer.

I don't want to see the real figure year, but it's in the thousands of hours that I'll be spending right here.

Phones, Bluetooth, and Bedroom Hygiene

So the exposure is about, you know, 18 inches or maybe closer to my entire body is where the Wi-Fi chip is. So sometimes your computer is even worse than the Wi-Fi router itself because maybe you're not close to the wife or router.

Maybe it's it's 20 feet from you or 30 feet or 50, but your computer is right in front of you. So the number of hours you might be spending in front of this machine might be tremendous.

So if you can invest in having cables, Ethernet cables go from your router regardless of whether it's Wi-Fi or not, and go to your computer and then on your computer you turn off the Wi-Fi.

There's also massive benefits right there because for for me, to be quite honest, I told about my Starbucks story at the beginning of this conversation.

I don't get brain fog anymore. Maybe if I push it and I work on wi fi right next to my face all day, maybe I'll get something or I'll feel fatigued, but I don't get that instantaneous effect.

So it could be tempting for me to be if maybe if I wasn't the math guy, I wasn't doing all this, maybe I would have forgotten about the topic, you know, and just.

Okay, I don't feel it now, so it's probably fine. It's not if you're not symptomatic from an exposure, it does not mean that it's not hacking away at your reserves, at your antioxidants, at your energy levels.

So it is still doing something. So if you can eliminate that exposure at a computer, there's massive benefits that are right there. It's a it's a low hanging fruit really well.

And I think it's so critical because, you know, like my goal is for everyone listening. If you have Lyme mold toxicity, even other, you know, tick borne co-infections or heavy metal, whatever your environmental exposures that you hear.

And I'm planning right now when we work with our patients for when someone's better and and because when I'm planning the steps, teaching them the lifestyle of, you know, things that they should follow when they're healthy, that means, one, we're getting in the mindset of being healthy, and so then we're more likely to achieve it.

But two, living a healthy lifestyle is what allows your body to heal. It's not like I will heal and then live a healthy lifestyle. It's the healthy lifestyle.

So I love it. And you get into the habit of it when you're when you don't have as much resilience or like you said, some people are listening to us who have just learning and getting do this stuff.

It's so important. We want to prevent things like cancer and immune suppression. We know that all these things that these will do to our bodies. So I just think it's so important to be armed with this knowledge.

Now, one thing I do want to ask you is there's a whole bunch of gadgets out there, right? I can buy I can wear things. I can you know, I can draw things.

I can cover my bed with things. Is there anything that's really known to work to minimize your EMF exposure other than actually not being exposed to amps?

Yeah, well, elimination or reduction is really the first step because if if you're just relying on gadgets, I think you're just doing it wrong. It's like is the equivalent of saying, well, okay, I'm going to eliminate toxins from my diet, so I'm going to take Luther tie on, I'm going to take an antioxidant and call it a day, you know, Oh, now I'm detoxing.

Like it doesn't matter how much mercury is in my tuna, how much arsenic is in my chicken because I'm taking these supplements. Yeah, well, you're better doing both, probably because you're getting exposed to a lot of toxins anyway.

So it's really we have to be smart about it and try to do the habits that are honestly more difficult than popping a pill. It's a little bit more complicated having your family agree with turning off wi fi entirely might be a big battle for some families.

I know some people have been following me for years, are on my Facebook group with with our, of course, electric pollution fix. And some people have not achieved that yet, but they achieved turning it off at night.

So it's it might be complicated, but anyhow, you got to focus your time on these practices first. And then if there are certain tools that can help you minimize exposure, well, that's good news.

And there are certain things you can use on your person. For example, certain cases that are legitimate view the company, shield your body is pretty good and treated by an engineer and is is the son of the late Martin Lang that I talked about our blank and our blank is himself a software engineer, someone from the tax base who learned about these dangers to his father, who was this EMF scientist at the highest level.

And now he's developing these solutions. So there are a few cases you can use. Or if you have to go round your day and you have a phone, you don't want to put it in your pocket, don't want to expose your private areas to it, or you don't want to put it in front of your heart or in your bra.

So where do you put it? Well, there are certain bell toasters or other accessories that can help you minimize exposure while you're carrying a phone, for example.

These are valid. There are other solutions, like laptop tablets where you can put your laptop on it. But I think these are you know, these are have solutions.

And I had good conversations with are and he's very realistic about it. He has a company of EMF protective devices, but he also educates on, well, you know, you should not wi fi, but if you do use a platform to protect, you know, your fertility.

So there are there are solutions in there that are well-engineered, but usually they are, you know, the lesser of two evils kind of things. But they can help and they can help also if you have family members that don't want to follow any of this advice, maybe you can say, okay, yeah, look, I, I know I understand that you don't agree with it or understand it, but can you use this with your laptop, for example, and they will get benefits from it.

They will reduce some of their exposure. So there are a few tools like this that are legit, and I think we should really go with this route of products that have a measurable reduction in these VMs.

There are an entire category of products that claim to harmonize EMF signals, and that's a whole another story, almost an entire dedicated conversation to be had.

But the long story short is some of these gizmos that you can wear, including stickers you put on your phone, there are some pendants that are being sold.

Some people seem to have good success in the sense that it minimizes their symptoms, their immediate symptoms. I think that what more might be happening and that's just a theory, but also has been, let's say some I confirmed by some scientists this may be they are strengthening the human bio field.

Wired Connections and Computer Exposure

So certain natural e-mails that are produced by your body, your brain is emitting EMC, your heart is emitting EMC. Every cell, every mitochondria, everything is EMF in your body.

You're a bio electrical being. If there are certain things you can put on your body where your natural your mouse will resonate will with certain materials, it might help you, let's say, strengthen your body.

So maybe you'll wear something on your person and now you're exposed to these these a mouse and you don't get that brain fog immediately. Now, maybe you have a little bit more resilience.

Well, that's good. It's hard to judge which thing works or not. So it's really an experiment you'll have to do by yourself. But again, the problem here is some people where these things feel better and start exposing themselves more.

That's the wrong approach these days. I'm not exposing myself more, even though I don't get that immediate brain fog from these exposures. So just I guess if you use it in in with an understanding that regardless of your symptoms, you should minimize exposure, then by all means, there are several things on the market.

Some of them are approved by doctors I've seen, so that's good. I would if I had to purchase such a device, I would go with some a recommendation from a doctor who's had good experiences in a clinical view, like my patients are using this pendant, they feel better.

Okay, well, that's something because I think that these people can figure out the truth very quickly with with the clinical reality and not necessarily the studies.

So I think that when the results are rooted in the real world result, there's there's something to be said about those. But why I don't like this entire category of product is that sometimes how they're marketed is kind of, oh, well, you wear them and now you can expose yourself as much as you want.

So that part I don't like it should be you wear them and you also do the MF mitigation, because I don't think I'm not personally completely convinced.

And I talked with several scientists who follow the same line of thinking, I'm not convinced that they make you invincible to your mouse. And that's this is something kind of kind of claimed or presupposed in their marketing.

So just be aware of that and if you use them with with all of this, in that big caveat in mind. Well, by all means, they can be they can help you maybe be more resilient in environments where you can hardly turn off the cell phone towers.

Right. So if you go in a city and you feel bad, it can help you feel stronger. By all means. It can be a great tool. Yeah, I think it's just such a great synopsis and I've seen so many people have an individual response to a lot of the gadgets and the stuff and you know, and I think a lot of it your own unique bio resonance, but I would 100% agree these are almost like additional layers of optimizing your health, not giving you the opportunity to just live a shitty lifestyle and be exposed to the IMF all day.

And again, like, like you're saying like if you're traveling or you're going somewhere where you can't follow your typical routine, they may help you with that.

All right. I mean, and I certainly I mean, I was just before we are talking, my wife back was bothering to literal. I gave her an osteopathic treatment.

And one of the things that one of our mentors did is teach us how to to sort of clear the body of sort of the almost the electromagnetic fog like that comes over the nervous system where the nervous system gets all wound up.

And yeah, we, we have clearing plates and they have little drawings on them, but it's mostly my attention, intention and attention to release that on her body.

But it's also a person that I've lived with for over 22 years, and we're very highly trained in energy medicine and but we only use it like we use it as an added on, right?

And so our lifestyle is exactly the way you've explained it. And I just I'm so honored and just I love your message because like I said in the beginning, like there are people doing a lot of the science and there's a lot of people talking about EMF.

But I really appreciate the fact that you're here to tell us about the science and then what everybody else is talking about and not afraid to call bullshit.

Because the most important thing to me is that we get the right information in the hands of people. And I think the way you just summarized, because I know that's that little piece of this gadget is the hot topic because everybody wants to buy the silver bullet or the medallion that's going to say yes.

Yes, yeah, it is. It is tempting. You know, I'm not blaming anyone. It is tempting to find a device on the Internet that tells you you wear this. Now you can forget about it.

I'm I'm tempted personally. I'm like, oh, yeah, what if what if I come across one device that works? I can tell you, though, from my my own research, a few months ago, I interviewed Dr.

Gaetan Chevallier, who's an expert in Earthing, but also is the head of the sci tech labs in California.

EMF Protection Devices and Biofield Support

Cytec does basically they are trying to to demonstrate scientifically with different instruments the benefits of energy healing, of products that augment the bio field and other frontier sciences phenomenon, including meditation, for example.

So it is very it is a scientific endeavor that is quite cutting edge. And they have confirmed with me that some of these devices that are in that category of EMF harmonization show great benefits for the user in the sense that they can they will talk on the phone without the, let's say, dependent or the chip on their phone, and they will see a reduction in biofeedback that can last for hours showing immense stress to the bio field.

So basically your energy reserves go way down after a few minutes on the phone and then it takes a few hours to recover. And it goes back to baseline with these modalities.

It does not do that, or sometimes they go above baseline after a call. So it seems to have, let's say, a protective effect in that sense on your bio field and on your energy levels.

And some people can feel it, so they don't need that experiment. They say, well, you know, I tested it and it works and I feel great. So so that's that's good.

So I cannot discount this entire category of product for that reason. And I my hope and, and I know that this is coming is that we're going to have better testing for these devices in the next few years.

And there are some scientists working on it. They lack funding, I think, and it's quite an endeavor. But if we at least have a few trusted brands and we know they've been tested independently by this lab or by others, then I think consumers will will be in a much better position where they will be that much less likely to get scammed.

And by something that is just a plastic toy, because there are there are some of those on Amazon that are completely not legit and a straight up scam.

And on the other hand, you have credible work that deserves to be known. So it's an emerging field, unregulated, so it's quite difficult to navigate. But again, trust your physician on this.

If you find a doctor that has as endorsed something young that can strengthen your bio field and make you feel better by all means. I think it's it's you don't really don't have anything to lose really.

If you understand EMF integration is still important. Right? I think so. So well said, Nick. And I think, you know, for me, the number one thing is those gadgets can help.

I agree. It's science. Let's get the research and find out what are the ones that we can measure. But that, like you said, the human biofilm, the number one thing you guys can do to really start to understand that is to actually start to feel your own energy field.

And we'll be diving into that in the summit. Your and you know, breathwork, meditation, prayer, whatever it is for you that gets you to calm down in your body and actually have an experience of being within your body, feeling that energy.

You can rejuvenate it because then when you start to talk with your physician, you start to work with your maybe you try a device to give you the added boost, you'll actually better feel it yourself.

So this conversation could, like you said when you started talking about the bio energetics, you're like, Oh, we could talk about this for a whole nother thing, but I just want to honor your time and say Thank you so much for being here and sharing this wisdom.

I'm sure like everyone's going to run one to run over and learn more about the work you're doing and have a really great resource that they can count on as trusted and vetted by us to, you know, tell them about EMFs as things continue to develop over time.

So where can people find out about you? It's at that EMF guide dot com. There's my book there. I have also a course to learn how to minimize the amount at home and there's all always new things coming up.

I have a podcast also on Safer Technology, so if people are interested to learn more about me that I'm I've got to come. This is where they're going to find all about.

It sounds wonderful again Nick the EMF guy Pineault and I just again deep gratitude so many thanks for being a part of this summit. And everyone, I'd like to thank you for joining myself and Nick for this awesome EMF conversation as part of the healing from Lyme Disease Summit.

And I'm really looking forward to see you in our next episode. Thanks so much for joining us.