The EMF conversation shouldn't be completely siloed in a world where we're not exposed to other toxins. In fact, certain scientists said that the blood-brain barrier angle where Welcome to the Natural Heart Doctor show.

I'm cardiologist Dr. Jack Wolfson. Heart problems don't come from a drug deficiency. They come root causes where cardiologists never look. On this show, I sit down with experts who challenge the mainstream rhetoric and talk about what actually builds a heart built to last.

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And today I've got someone who I have known for a long time and is very well known in the health space, if you will. This is Nicholas Pinot. So Nick is better known as the EMF guy, but we're going to talk a little bit about how he's got a documentary coming out called Body Burden.

What she's going to talk about, of course, EMF and just all the other toxins that we were just being bombarded with 24 seven, and then, you know, strategies on what to do with it.

But he's started off as an investigative health journalist. And I think that's still kind of what his passion is, author and advocate for safer technology.

background in communications and journalism. Since 2016, he's focused on taking the research into electromagnetic fields and then helping people kind of deal with strategies, cope with that.

He is probably maybe most famous for, in addition to summits and appearing on podcasts and other places, but the non-tinfoil guide to EMFs and the host of the Smarter Tech podcast.

Nick, welcome to the Natural Heart Doctor show. Hey, thanks for having me again. It's really a pleasure to be here. Well, it's great to have you on and, you know, we've both been in the space for such a long time.

I think we're really moving towards some great information right now. A lot of the truth is getting out there and really this populace is waking up. Just some people that I talk to on a daily basis who are going to really understand the dangers.

But one thing that really bothers me in the health space are the. You know, gurus or, you know these biohackers that wear the wireless earbuds. Yeah. And, um, I don't know.

Talk, talk me through that. What is, what is the data behind the wireless earbud? Cause I'll normally take that as a default where I won't even, and I will tell people, don' even listen to someone who's using the earbuds.

Like they just don"t get it. And whenever you see egregious errors like that, it automatically, you know, kind of wakes you up to, to their overall knowledge base or how deep they are into all these various things.

But am I, am, Am I being a little too critical? Well, I think it's a huge blind spot to be fair with a lot of people. A lot people that I respect are just scratching the surface on EMFs and yet I follow them for other topics like vaccine safety and everything, the madness that happened the last couple of years or other environmental toxins.

And EMF, I think, is one that's one of the hardest to swallow. I had a conversation with Dr. Tess Lowry, who's an expert in evidence-based medicine and a researcher.

And she's the head of The Better Way Health, or the World Council for Health and then The better Way health

conference that I attended a couple of months ago.

She told me that as a professional researcher in public health and evidence base, it took her two years full-time diving into DMF research until she understood, my God, this is an issue.

That's because the literature is mixed and you find, oh, disorganization is saying, no, everything is safe. And these other scientists there, why are they saying everything's dangerous?

How can you reconcile both positions? So it's super tough to get into it. Then it is super convenient not to do it because It's still almost a very inconvenient topic that some people think is just equivalent to being a tinfoil hatter.

So just like you have these monikers like, oh, you're an anti-dis, anti dad these days. And that way you can put people in a corner and super convenient.

That way, can say, no, now you are not credible. You're anti dis. Therefore, everything you say from now on is invalid. With EMFs, it's like, well, oh, you know, one of these tinfoil hat conspiracy theories, quacks, and I feel like there's still this stigma around EMS.

So when people look at the topic, they have every incentive in the world not to look because they own these machines that emit EMs. They're surrounded, just like you and I to some degree, to Wi-Fi from neighbors and satellites and cell towers.

And there's this, you know, prevailing thought that I had at first when I dove into the topic. Around 2015 is really when i started reading one book after another.

My first response was fear. It was like, oh my God, we're surrounding, were fried, or cooked. The reality is that, yes, We're in trouble and i don't think the current exposures are anything They're definitely not safe.

However, the reality as I matured in the topic is that there is a lot you can do about it starting with any device that's touching your body, right? If you talk on the phone with the fun on your ear, you're inviting yourself to the highest degree of risk.

future development of brain tumor that's something you could say all well the evidence is next blah blah okay fine but still if there is a risk the public needs to hear about it and right now you know the the international agency for research on cancer in twenty eleven said that the cell phone radiation to the head.

And that entire radio frequency spectrum, which includes Wi-Fi and Bluetooth and cell towers and satellites, this entire spectrum is a group 2 or class 2b carcinogen.

So that's the lowest level of classification, except this is old data now. And we're, you know, 15 years later, we have new data and many scientists said that, no, it should really be reclassified as a Group 1 carcinegen.

putting EMFs from your phone, Wi-Fi, Bluetooth in the same category as tobacco smoke and asbestos. And this is something certain scientists would say is correct and that's the read of the evidence.

You would have other scientists that would think we need more data, blah, but in face of that, the question now becomes what do you do right when there is a scientific debate?

And what we should follow, because it's barely being followed in today's society, is the precautionary principle, which states very clearly that in the face of scientific doubt, you should act on the safe side of things.

It's just common sense. What does it mean? Well, it means that the public needs to be informed, that they can minimize their exposure, And what's happening instead of following that is the public is uninformed and the Public is being told that everything is fine.

So what is public doing right now? It's now adopting technologies closer to the body with wearables and with AirPods and one smartphone here, another one for my job.

And I have Bluetooth sensors everywhere in the home. The point is this. Yes, there is uncertainty. But what we do know about cell phones, especially about 2G and 3G technologies that were older, is concerning enough that according to certain scientists and public health researchers, we should never even have rolled out 4G, let alone 5G.

And now these things are rolling out, all on the presumption that everything before that was safe. So the industry and governments and then everyone follows along the entire society is moving in the wrong direction of this debate where we should err on the safe side of things try to have the minimum dose of wireless radiation in all situations but really what is happening is we're going maximum power levels that are allowed And then they're not even following these guidelines that are super permissive.

So when I see an influencer with AirPods in his ears, I would love to tell them, you know, this is the same type of radio frequency radiation that many scientists agree should be reclassified as the next tobacco.

Keep that in mind. It's in your ear and now it's not an exposure of 30 minutes oftentimes for these people that use the air pods it could be 12 hours a day for all I know or more.

So it is also the time of use so when I see them giving a podcast or an interview without the wires on I think it just There's no justification. You're not doing a workout.

you're just stationary. So in those cases, I tell them, have a pair of wired headsets that you can use at the computer. At a minimum, you minimize your time of use and you greatly reduce the risks associated with the technology.

Well, and those, so it's the battery that's in the wireless earbud. And then it is my understanding that the way that they, you know, one ear bud communicates to the other ear, but is through Bluetooth.

So you're getting this signal, basically going a Bluetooth signal right directly into your brain. I don't know if that older tech. Or if again, is it the device that going to both earbuds separately?

It doesn't go through the brain from what I could gather, at least not the latest technologies, because it wouldn't be convenient. The brain is just a very poor conductor because you have bone, of course, so there's no reason they would have it go though the brains, especially at lower power levels.

However, it's closer to the bring compared to even a phone on your ear. So the argument of Bluetooth is lower power level doesn't really stand to scrutiny.

And then, of course, we just talked about cancer. Look, if cancer if if health is the avoidance of cancer, then I don't know what to tell you. Right. This is not health.

Health is. Feeling good, having normal neurological function in your old days, it's feeling good on a constant basis. It's a lot of things, but it certainly not just avoiding brain cancer.

So when it comes to that conversation, we have to also talk about the impacts on sleep, the impact on cognition. the impacts on, I don't know, it could be other measurements, including the oxidative stress that it causes in the brain and also in inner ear.

And I've had this argument online. Someone told me, Nick, The primary cause of hearing loss is loud noises. And I said, well, don't you think we should look at radio frequency radiation as one of the factors that causes oxidative stress in the inner ear?

And he said no, no. There's there's no proof whatsoever that an air pod or a cell phone might cause hearing lost or

exacerbate hearing. Loss. Well, you're right.

That's the point. Shouldn't we study? a factor that's in the ear of millions and eventually billions of people every day when we know that radiofrequency radiation might induce oxidative stress in human cells and that seen in other body parts.

So the point here is that the lack of science and the blatantly dangerous that we should change that and we shouldn't fund the scientific studies that should be independent except again what is happening is defunding systematically and then the agencies that are supposed to regulate EMFs are the most captured of the bunch.

So if you think big pharma is a problem and how much they are able to manipulate the science, Congress and do this and that, you have to wake up to the fact that the same thing is happening across many industries.

Whatever you might think of him, but when I interviewed RFK Jr. two times, I told him how do we fix the FCC if you're president? It was back in 2024 when he was running.

He told me I would fire the top half of the FCC because these people are just pro industry and they have a mentality that everything is safe so to change a culture you would literally need to either prune the agencies of you know 50% of staff or give the give the rights or that give that job of wireless safety to another entity, which it used to be.

It used be the APA. it was systematically defunded at the end of the 1990s. So, you know, the agencies are almost want nothing to do with EMFs and it's a hot potato that they've been, throwing around.

Well, you have to also you mentioned the precautionary principle, too. And that's really where it's like, oh, there's no data on harm. Well it turns out there is, people like Professor Martin Paul and many others who you know in the health related research.

They are doing the research on this, but there there are no When there's no research that's looking at the dangers here, you can't just automatically, it's innocent until proven guilty.

You got to really prove that they're safe. It's almost becoming impossible because there are so many different, not only EMF frequencies that are out there, But the you know, obviously all the toxins in general and the populace is so sick that it is hard to parse out individual things but to the point of precautionary like hey Why not be careful on what we're doing?

And that's one thing I didn't like about RFK that he was saying as far as all the wearable tech, I hate the Wearable Tech. I don't find it useful for the vast, vast majority of people, especially someone who's like every night they go to bed with an ORA ring or they're wearing their HRV monitor 24 seven.

Like we don' need that kind of real time data. And I'll tell you one more thing too, because I think I told you this when we talked Years ago, my wife and I were in California.

We were talking to a real estate agent and she had this massive scar on the side of her face and She said oh, you're both doctors. You're probably wondering what this was She was a 39 year old woman who had a parotid gland tumor, which is extremely rare And we said to her, just talking, like, what do you think caused it?

And she said, for years, I walked around with my cell phone just right on my face. And you hear enough of those stories, and again, common sense. You can be smart enough, especially with the children.

Certainly, there's no long-term data on any of this stuff. People, as ubiquitous as cell phones are, it's really been 20 years since we've been so glued to these devices.

Yes, and that's an important thing to say in the EMF conversation is that if the population was in great shape, no chronic disease and very rare cancers the way it used to be, we wouldn't be having this level of scrutiny for every

single environmental toxin.

Everyone is looking for the culprit, except that, if you have indications that the population is becoming more insomniac and you have EMF studies showing sleep impairment.

If you, you know, people having more heart arrhythmias and have some indications, that maybe the EMS, I don't know. There's something about the heart control that is just being disrupted in some people.

So the reality is that Since we have more cancer, we need to look even more closely at potential carcinogens. We have almost half of all adults that will have a cancer in their lifetime.

The autism rates are just skyrocketing and then individual symptoms around memory loss, depression in teens, and all sorts of things are also skyrocketing.

So when I look at the evidence, I also look the lack of scrutiny and research when it comes to EMS. A good example is teenagers and the increase that we're seeing in cancers of the growing area, younger and younger, right?

There's an epidemic now of bladder cancer, testicular cancer or ovarian cancer colon cancer. cancer for sure you think about yeah and their device they're carrying.

So do you you might think it might be linked to laptops on the lap, phone in the pocket, well I don't know if it's caused by it but what if its just pushing the cancer over the edge where it is uncontrollable because we know that EMS might impair apoptosis, repair mechanisms and in fact certain researchers said we think that the main concern with Ems is not the fact that it might be a carcinogen by itself, but a co-carcinogenic.

And this is what kind of led me to the body burden angle where I said, what do they mean by co carcinenogen? Well, in animal studies or in tissue, they would test for a certain toxin, let's say lead or mercury.

We know these are neurotoxic, dangerous, and they will find that those where they do not see an impact or an effect then they would add a phone or equivalent radio frequency signal and all of a sudden those that used to not cause any effect or any damage now does.

So it looks like there's a synergistic toxicity between EMFs and other toxins. which then brought me to question, well, does that mean that our lead limits are wrong because we are now in a new environment that is filled with EMS?

The answer is probably yes, but we know lead should be zero anyway, and all of these limits or things that we found to be tolerable, But every decade that passes, they say, we think the amount should Be lowered because We see more neurotoxicity.

So in reality, the EMF conversation is not, you know, shouldn't be completely siloed in a world where we're not exposed to other toxins. In fact, certain scientists said that the blood-brain barrier angle where EMR seems to have an impact that is negative on the Blood-Brain Barrier making it more permeable to utter environmental toxins and they said, that's one of the huge concerns.

in fact that might be one the reasons that it might increase your tumor risks. Let's say if you're exposed to a bunch of other carcinogens, and now I'm weakening your defenses, making the carcina genes go in the brain, then all of a sudden, it's a co conspirator of that tumor, right?

So I think that starts to stack up. Yeah, exactly. And when you mention oxidative stress too, oxidive stress is linked to every health condition, every sickness condition if we will, whether it's cancer, heart disease, brain disease autoimmune, skin, gut, everything.

It's all linked. So, you know, this as a smoking gun for oxidated stress, I think really needs, continuous exploration.

But nonetheless, obviously, like you mentioned, it's best to unplug as much as possible.

As it relates to mold mycotoxins, because I talk a lot about mold and the dangers of mold, mold is a living, breathing, adaptive organism. There's been some conversation, I want you to shed if there's any truth or speculation behind it, how is mold more angry?

Is it in more defense mode? is it releasing more of their toxins, which are not conjecture? I mean, there are hundreds of mold mycotoxins that are tested and studied and we can do urinary analysis of those particular toxins.

Some of them actually become pharmaceuticals like citrinin and cyclosporine. My other favorite one, if you will, is mycophenolic acid. They put into a capsule and they call it cellcept and it shuts down the immune system and people who get organ transplants.

So are we making mold angrier with EMF and maybe with everything else in general? But how do we think about that stacking situation? Yeah, a lot of people in the health space have repeated that fact and I looked into it deeper and it turns out one unpublished study was by a colleague of Dr.

Dietrich Klinghardt, who's a German pioneer in chronic disease. Now he went back to Europe to continue his work. But he told me that, unfortunately, his colleague passed away before publishing.

So I said, OK, well, why was his his colleagues thinking that when you expose certain mold species to Wi-Fi, for example, or cell phones, like, what was the thinking between this experiment?

And I started looking into the mechanisms of how mold decide to get to to let go of these mycotoxins. And it turns out that the the primary mechanism is through oxidative stress.

In response to oxidant stress in the environment, when they release mycotoxins, it buffers that oxidated stress, so it's part of their almost vaginal coping mechanism when the perceived stressors.

So we don't have direct evidence, but it is so obviously plausible that the more EMS you have in the environment, then maybe you'll have more species that could perceive this as oxidative stress and emit more mold mycotoxins.

So when I found that, I was blown away because I had no idea what are the biological mechanisms that explain mycotoxin. Of course, we have to also talk about how Ems might impair repair mechanism.

disturb sleep, everything that would help you cope with this mold in your house and maybe you feel okay, then you start crashing down faster if you have more EMFs in you home because overall we can talk about the load on your body is just too high.

So again, I think we're playing with environments where we don't fully appreciate or even study the consequences. But another angle that is a bit of a subtopic that I've been talking about because Professor Holly Johansson from Sweden told me about it years ago.

It's the antibiotic resistance that's now at a very dangerous level in hospitals. And the fact that they install Wi-Fi routers and more Bluetooth equipment in the hospitals and there are experiments showing that the more Wi-Fi certain Listeria strains or E.

coli strains are exposed to, then the faster they grow or it changes how antibiotic resistant they are. So again, it just shows you that whether it's a human or a donkey or dog or bacteria or mold, everything biological is impacted by EMF so in certain cases it might be you know that it stunts growth but in other species it may be that if it will kill its pathogens or its parasites or it's competitors in the environment and it'll accelerate growth of certain things so, in reality it is a big black box where there's a question mark like how is it impacting even our microbiome there's barely any research on that which is just stunning and again it's just like the lack of research and scrutiny is mind-boggling given that now the microbiomes research has exploded and yet you don't see necessarily more conversations about what happens if you put this machine called the smartphone right next to your gut for hours on

end, for example, which would be a very interesting experiments in real living human beings, being able to see how the species might perceive that stress because when we look at soil bacteria that Some of them end up reflecting in the human microbiota.

We know that it EMS from a phone might act as what they call like a low level antibiotic in itself. So it's very, very concerning when I see. top microbiota researchers say, oh, you know, we find that human beings don't have these species that are keystone species in the gut.

And we don' know why. People say glyphosate, they say pesticides. Yes, probably. It's all part of it. But EMS? I suspect that it's also in What if your heart could actually get better, not just managed?

What of your recovery didn't depend on adding more prescription drugs, but on finally understanding why your is struggling in the first place? I'm Dr.

Jack Wolfson, cardiologist at Natural Heart Doctor, and we believe heart disease isn't random, it's a message. It's message that inflammation, toxins, nutrient deficiencies, or lifestyle stressors are driving your symptoms beneath the surface.

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

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

the answers that can help you achieve your best heart health. Your next chapter with a simple free discovery call should start now. Yeah, you know, listen, obviously as a cardiologist, the heart is, an electromagnetic organ and the brain.

And when we do the EKG, we're measuring the electrical activity of the Heart and Depolarizations and you have the Brain EEG and EMG. How do people just not have the common sense to think this either definitively must impact the system or yeah, I would be interested in getting more data on that before, you know, using said technology and it's always been a pet peeve of mine since I went holistic and woke up to the truth out of The Matrix in 2005. for the men who would come into the office and they got the cell phone sitting in their front pocket on top of their heart on the outside of the chest.

Sometimes the women, I tell a story where I was in Whole Foods one time and I went up to a woman who was at her cell-phone tucked into one of her, you know, the strap on her sports bra.

sitting over her heart and I said excuse me I'm a cardiologist and she said wouldn't you know that I get skips and flips and palpitations all the time and nobody could figure it out and they got me on beta blockers and and the symptoms are getting worse and i'm like well let me tell you that may be one factor you As you know, Furstenberg has been, I think, certainly one of the leaders in reporting on the issues regarding the invisible rainbow and stuff he's published.

And I don't follow him that closely, but I believe that I've heard over the last few years, he is much more concerned about what's happening at a satellite level.

Before we started recording, we spent a lot of time outdoors and camping. You know, certainly as a child, you would never see a satellite at night. And then now, as soon as you open up your field of vision at Night, if not immediately, within a minute or two, You are seeing a Satellite cross through your visual field.

What is that doing to us, Nick? Oh, geez. Well, Furstenberg passed about two years ago, unfortunately, and it was in very rough shape. That was, you know, a very difficult loss, of course, for everyone in the EMF movement.

He was a pioneer and he has one last book. I think it's called The Earth and I that I failed to read, I should read. And I invite people to still look him up where I'm trying to to see what is happening with his library and books and did talk to a couple of people who want to continue the work.

So that's nice to obviously, but Furstenberg made me aware that the satellite question was a big problem coming in the future, especially again about the lack of scrutiny, you know, and it's not like For me, Elon Musk is just one of the billionaires looking into wanting to launch large satellite constellations.

If it's not him, it is going to be someone else in reality. But he was on Joe Rogan years ago and said something stupid like, you know, no, the cell phones cannot do anything to you.

Even if you had 100 cellphones strapped on your face, they wouldn't do a thing. Is he unaware or is that a PR move? I don't know. But, you know, to this day, it kind of has has left a sour taste in my mouth because, of course, in the last couple of years, we saw Starlink now surpassing 10,000 satellites, just StarLink alone.

but you have multiple corporations that want to do the same. And when you look at when I started asking, one of them was an international attorney who really, really shocked me because I asked him, well, Let me know, how does that work if you launch a satellite?

Whose jurisprudence is it if the satellites are stationary or if they move? And he said, Nick, it's a bigger mess than you can understand because it is almost as if space is a no man's land.

It belongs to everyone and no one. And there's the FCC can say, which is the Federal Communication Commission in the United States, can we approve this satellite launch.

And then the satellites launch and eventually they end up over Italy. Now they reflect some of the lights from society and that causes more light pollution, Which is in itself another problem that the satellite are creating.

Our inability to see the stars, is causing problems for astronomers. But he said, now they're in breach of the Italian law. But what the FCC says is, well, you know, that's not our jurisdiction.

It's Italy. Italy should complain over these satellites. So you see how everyone is playing ping pong here and it's pretty much a mess. blanketing the environment with more radiation, even if the measurable levels that I could find are lower than cell towers, it's not a good idea to use entire sectors that are quite large to blast them with the low level radiation.

But even those low levels of radiation are much higher than back in nature. You know orders of magnitude higher so it is an experiment and we don't know what is doing and you know It's not one of my favorite topics to be honest with you because like what do you tell people right?

Don't go outside hide in a bunker It I I find it I found it a little bit irritating as a conversation because when I just induce fear in people it leaves me Myself feeling like am I contributing or should people be blissfully unaware?

I don't know at least it should be in the conversation that You know the satellite technologies need to be regulated and we need To study these impacts and it's it at many level, but you know, it is a mess right now to honest with you Well, you know, I think though, but it just, it gives people the information to say, like, there's certain things you can do something about, and there are certain thing maybe you cant.

So, if we know that this onslaught is happening in these different areas of EMF that you cannot control, well, then you better do everything you could about the stuff that can control.

And I really think that's coming out with your documentary Body Burden too. It's like hey, You know, the, endless line of toxins is continuing. How do we survive and potentially thrive through all of that is obviously critical.

Yeah, and what led me to it is that in the last 10 years as the EMF guy, so many people who wrote to me suffer

from something called the EMR syndrome.

It used to be called Electro Hypersensitivity. And these people, many of them tell me, Nick, I'm getting worse because what triggers me? um gives me symptoms heart arrhythmias or migraines or tinnitus or all sorts of symptoms that might be attributable to other sources or look like you know ms or or different diseases but it tell me i feel unwell when i'm exposed to ems and i tell them well you What do you do?

Well, I run in the woods and I live outside of society. But then eventually they run out of space because the cellar towers continue rolling out and now it's the satellites and they are constantly triggered.

It's like being a celiac living in a middle of Paris and you live near a bakery. Try to thrive. Yeah, exactly. You breathe it in and you say, well, I don't know why, but I'm constantly triggered.

You know, my body cannot heal in this environment. And then I connected with some doctors in a field that I really knew nothing about called environmental medicine.

and I said, Well, they probably know about the environment and they knew about EMFs, the new about mold and heavy metals and all of it. They said Nick, The problem with a lot of these people is that they don t know that the Yes, avoiding EMS is good for them, but it's not the way they're going to heal.

This is the they are going cope with the environment for now. They have to look at heavy metals, they have look about, you know, to mold exposures. All of it matters.

And what is difficult is that when you discover, well, if all of that matters, what's my first order priority? And of course, this is where the clinical side of things came into play.

I visited the clinic like that in Charleston, South Carolina about two years ago. And I filmed my experience and I thought, you know, I would look at what do they do with patients?

What kind of intakes? Do they IVs? what did they tell them? And what modalities did you have? But I ended up testing my own body and they told me, Nick, You have very, very elevated lead, like the levels of lead that we saw in your body when you were 37. I'm 39 now.

are the equivalent of someone who would have welded their entire life like a huge amount of lead primarily stored in bone mass as I learned later and they told me you have elevated mycotoxins and also you Have elevated mercury and this is just what we can test for right because we don't want to pay another five to ten K just to find more of what's wrong with you.

We know that these things are here. So then they steered me in the right direction. And when I started feeling, you know, following these protocols, which was just going back to like more sauna, and I knew about sauna and had a sauna.

It was somewhere. gathering dust. I'm never doing it because of course I am too busy, right? So it brought me back to like, okay, I need to do more because even though I think I do everything okay I have this burden of lead and to this day I don't even know where it came from.

And what ended up happening is that After a year, I included that in the documentary. I saw a big improvement in my mental function. I saw my ambition come back and I realized, my God, I was fading away each year a little bit more.

My cognitive function is going down, but it's so subtle that it is difficult to grasp. And I wasn't in a space where I could have a doctor tell me, Nick, you have this problem and then I'm going to give you a pill.

So I was an athlete. I felt, you know, I would have told you I've felt pretty good or pretty average, and I wasn't a high functioning entrepreneur and writer.

But to be told with you, like after a couple hours at a computer, my brain was very foggy. so I definitely was seeing a loss of performance. And some people might say, as a joke, oh, You're getting old, but 37. You are not supposed to see that cognitive decline.

We see it in teenagers now, so it really woke me up to the fact that if I thought I was healthy and yet my body burden is so high that I'm starting to feel it, what is happening with the average person and what should they do about it?

Short documentary, it's an hour, is really my exploration of that question. And it comes down to very simple principles that are unsexy, that aren't a magic supplement.

You can click add to cart and I want to purchase 12 bottles right now. It's mostly things that you do on an everyday basis to move your body. sauna or sweat.

And then, of course, making sure that the air and the water is clean at home and of, course EMFs. But the reality is, you know, it brought me back to almost a larger view of everything I've been doing and advising people to do because it's like that when you develop too much expertise in a silo is that, off course when have a hammer, everything becomes a nail, right?

As the saying goes. So in the end you say, oh, that's an EMMF problem. you have an EMF problem, you haven't, but in the end, yes, we all have any problem and some people definitely feel it, and react stronger than their neighbor that maybe doesn't feel, it but we have a body burden that is too high and it's getting worse in a case of a lot of people.

So it brought me back to very simple changes I can make in my home and in You know, the documentary was so well received by environmental medicine organizations who said, my God, that's a nice way to introduce people to what we do that I said.

Well, now it's almost becoming a mission, you know where I think more people should hear about the environmental. Because they have developed specific protocols for decades, and it is not something a lot of people talk about these days.

Let me ask you, what about Cell phone cases, there's a lot of stuff that's going around with that. What is the evidence behind that? And then what about some of these various pendants?

Again, whether it's cell phone case or the dots they put on the cell phones, the pendents that people wear, are they total gizmos and have no effect or what?

Yeah, it's such a gray area. You know, 10 years later, I still don't have a good answer that I feel good about that would tell you like, oh, just put the sticker on your phone and everything is safe.

I personally do not believe it. And the reason I do believe is that what the manufacturers give us when it comes to these so-called harmonizers is they would show us, for example, well, you know people who wear a pendant, When they are exposed to a phone, they feel calmer and we've measured their HRV and this and that, which is good.

That's an effect. Is it a protective effect in the sense that will you completely nullify the cancer risks? It's not something that's demonstrated to me.

What it feels like is that you have an EMF support, helping you better cope with the EMT environment. But what you do not have is an emf protection. And that is really the difference.

I know it's almost playing a game on semantics, but it matters a lot. No, it doesn't matter. what people think is that you wear a pendant and now you're protected so you have a bubble of you know energy around you and it bounces that's not how it works that being said I cannot discount the fact that many people told me well you My

experience matters and I feel better wearing it.

Okay, that's perfect. I don't have any problem with people experimenting with devices but physically blocking the signal or eliminating the signals in the first place is the way that we know will lead to the most benefits.

For example, instead of AirPods, I have a wire. I know that the electricity will mostly go through the wire and will not have this pulsation right in my inner ear all day for hours.

There's no battery up here. No exactly no battery and yes there is a tiny amount of an electric field and what not but you know it's orders of magnitude lower than Bluetooth so you it is inherently a good strategy if I turn off my phone this phone is safer than the phone that's turned on so it pretty basic but What I can tell you is that certain cases might be useful, yes, but we have to be careful with the products.

There are certain brands that I recommend to this day if people want to use their phone while it's connected to the grid as they are walking in the city and they do not want their phones on airplane mode because they're on call or they want Most people think heart health starts with what they eat And it does, but it also matters what your food touches before it ever reaches your plate and your mouth.

Because every egg, every stir-fry, and every piece of fish and sauteed vegetable sits directly against your cookware. And if that surface is old, scratched, or coated with synthetic, non-stick materials, your heart-healthy meal may be picking up things you would never ever willingly put into your body.

Most of us are unknowingly swallowing thousands of tiny particles with everyday cooking, and it can come from the non-stick pan we use over and over again.

One study found that a single scratch on a Teflon-coated surface can release over 9,000 plastic particles into our food. And those particles do not just pass through you, that's for sure.

Microplastics have been found in the bloodstream, brain, and even arterial plaque in your neck. One landmark study found that people with microplastic in their arterio plaque were over four times more likely to suffer a heart attack, stroke, or cardiovascular death.

So if you're already eating clean, filtering your water, and taking your heart health seriously, your cookware should not be the thing quietly working against you.

So ultimately, that's why I use Chef's Foundry P600 Ceramic Cookware. It gives you the convenience people love about the nonstick cooking, but without the Teflon, PFAS, or plastic coatings that are touching the food.

The P600 uses Swiss engineered ceramic so you can cook everyday meals on a cleaner ceramic surface instead of a synthetic nonstick coating. And this matters because cookware is not something you use once in a while.

It touches your food every single day. So replacing a questionable non-stick pan with a clean or ceramic option is one of the simplest health upgrades you could make in your kitchen.

That's why I recommend making this switch as soon as possible. Right now, Chef's Foundry is giving my listeners 50% off the P600 series. And for a limited time, you can take an extra 20% with code WOLF20 at checkout.

Enjoy your food and the best of heart health. Yeah, years ago, I forget the name of the, uh, and I don't have any affiliation with them. I want to say it's like SLNT, but it would be silent without the vowels.

Um, it is an envelope. It's a gray envelope and stuff like that. And what's nice too is I get to keep, you know, cash in there, credit cards. That's kind of like my little like man purse that I can carry.

But it, is it an envelop. If you walk into someone's house, what is one thing That you, uh, one low hanging fruit that you would have them change in, in any particular house.

So one bit turning off wifi at night. Yeah. I turn up wifi as night and make sure I would tell them, look, if you have 10 bucks by a Christmas light timer, put your wifi on there and set it to a moment where everyone in the household is sleeping and then tell everyone, Hey guys, just wanted to let you know that during these hours, the wifi is turning.

And it will turn back on. No one will even notice. And that way you have this amount of time where you reduce time of exposure. Many people tell me they sleep better just doing that and not even bothering the neighbors with what they are exposing them to.

So that's really the key is that When some people tell me even in cities where we are exposed to a thousand wifi's at a time, the one that still matters and still makes a big difference is the on in your living room.

Or for some, people it wasn't their bedroom or my dad had it like right next to his computer monitor, like two feet from his face. And he said, yeah, I don't feel good at this computer.

I said that you know what to do. He changed it, but it just shows you that people don' know. We had a woman who came into the office and we told her about it and she's like, I don't even know where the Wi-Fi router is.

And she went home and it was under the baby's crib. Yeah. Well, and that's so common. Tell me, so when does body burden come out and how can we watch it?

Yes, it's going to come out on October 19 to 26 as a free screening and the URL is always the same. It will be at BodyBurdenMovie.com and it is a Free Watch.

I decided to offer it to everyone. Basically, I just want people to see it. And I'm excited, you know, for people to give me their feedback and I think it's going to be a new angle.

If you feel discouraged with like, oh, everything is toxic. What do we do about it? This is kind of that second half of, okay, exactly what you should and what can do.

This incredibly. concerning exposures that you're getting and the fact that they are accumulating over time and also a lot of hope because there are real patient testimony some you mentioned mold you know in our conversation you've got some people that their main issue was not emf it was mold and they went from you nearly suicidal and bedridden to a functioning individual and it turns out they were going crazy literally but not Because of a problem in their life or just because of work stress.

It was literally neurological Damage that they were getting from the environment and you know that firsthand. So it's it really When I met these patients some some of which I've met in person I was inspired because I said my god It is difficult to get rid of the large body burden and go back to a normal health but it is not impossible and now we have these physicians that are really developing protocols where things can be made more efficient.

And there's even new technologies that I'm following from Europe, like you probably heard about, you know, filtering blood plasma, plasmafrenesis and inusfrenasis, all sorts of new development that, I hope, will come eventually to North America and be affordable because, geez, we're full of microplastics.

I mean, if we can have that that eventually makes it part of the mainstream medicine. Everyone will be detoxed from the environment. It's a bit of a post-apocalyptic idea in a sense, but here we are.

Our environment is contaminated to a point of no return. And if humans are suffering because of that, we have to do something. You talk about lead and you talk in the microplastics.

But the thing about mold is that it's a living breathing organism and so is water damaged bacteria. We can't forget about the bacteria because a house has mold or bacteria or both.

and these are living, breathing organisms with defense systems. EMF is not deliberately trying to injure something else and neither is lead in paint or in pipes, but the mold is, and it's been here longer than we have, so its survival

mechanisms are better.

But to the point, because mold as mentioned in the Bible, in The Book of Leviticus, In the Old Testament, And the medical doctors have no clue now. Why is it worse now?

Because, yeah, there you got all the stacking of all of the toxins that leads to so many people. But there is recovery. What there's not is a recovery in the mainstream medical space.

That for sure. There's nothing that you can do over there except for, you know, Medicaid or have surgery on the consequences. and that's unfortunate. But Nick, I'm so excited for Body Burden to come out.

I am so exited for my listeners and followers to see that and I appreciate you taking the time to be on this episode. So for everyone here at the Natural Heart Doctor show, thank you so much for tuning in.

We will see you next time and cheers to your 100 year heart. Thanks for listening to the Natural Heart Doctors show. If this episode challenged what you thought you knew about heart health, make sure you follow the show so you don't miss what's next.

And if you're ready for a deeper personalized approach, you can schedule a complimentary discovery call at naturalheartdoctor.com forward slash discovery.