EMFs: The Unexpected Player In Gut Health Transcript

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Introduction to EMFs and Gut Health

Hi, it's Sinclair Kennally, your host, for reversing chronic gut conditions. And since it's day four and we're talking about surprising factors and gut conditions, I really wanted to unpack for you EMFs and their role in gut health.

So EMFs are short for electromagnetic fields. And what we're actually talking to, talking about when we're in regards to EMFs is like several different types of electrically driven distress in the body.

So that can be radio frequency, which is often what we mean by EMF. That's really RF for short. And that can be wi-fi, cellphone towers, you know, your smart devices in the home, your cell phones.

And then of course we have dirty electricity, we have body voltage and we have even lighting in the home and what that can do to interrupt your own circadian rhythms.

And so all of this is considered EMF distress. So I wanted to unpack this for you today because this is a core part of what we do in our practice and in our gut courses like Rapid Get Reset, we talk about, you know, resolving mold, resolving toxins, resolving heavy metals.

We also talk about EMFs. And I am not a technical person.

Symptoms and Research on EMF Distress

When I was learning about EMFs, I was super frustrated like, Oh my God, what do you mean? There's one more thing I have to learn about. So if that's you, I totally get it.

And we're going to make this really easy because there's absolutely two steps you can take today to make life easier for your body and make your gut more resilient.

And it doesn't have anything to do with pills. In fact, the more committed you are to taking simple steps to reduce your EMF stress on your body, the less pills you may have to take over time because your body is able to use the information more effectively.

So let's dive in. Let's see, where do we want to start? I want to talk to you about RF because that's all about the wi fi stuff. So we have really normalized used RF very quickly in just the last couple of decades and it didn't even really exist in the same way before that.

So but to do that, I want to make sure that you understand just how many symptoms have been linked to EMF Distress and why this might matter so much to you.

So EMFs have been linked to slower healing, disrupted sleep anxiety, depression, overwhelm, irritability, brain fog and background noise disrupted attention hyperactivity memory issues, disproportionate reactions to stressors, weight gain, headaches, fatigue and lack of stamina, digestion distress, elevated blood sugar, disrupted sleep.

We said that fertility and libido issues rapid aging and of course my favorite, parasites. So one of the couples that one of the things I want to start out by highlighting for you today is actually that there are some really interesting studies on this.

Some people think, oh, in this that's edgy, it's unproven. We'll see. And there's actually over 14,000 studies that have been done on the detrimental effects of EMFs on your health.

So you can look them up on PubMed. They're right there this is not edgy stuff. You know, there's a lot of amazing

scientists in the field. Dr. Martin Paul, Mo Jarvis there's just wonderful people that are helping us to demystify this from a scientific perspective.

And I'm really not a scientist. I am a clinician, and I'm here to help make this easy for you. So a couple of the studies that I thought would be really interesting to you, just to highlight really quickly, is that can really drive home this concept.

One is this amazing one where we discovered that EMFs can actually interfere with both the skin and gut microbiota. So your gut microbiome causing increased multiplication and or resistance in certain strains of E.coli.

So this could have implications for those of you suffering from dysbiosis, because mobile phones and smart devices are often held so close to the body.

Right. And even right up against your gut. So this is something to consider, right?

How EMFs Affect Gut Microbiota

These little things might be what's getting overlooked when it comes to reversing your chronic conditions. And here's another study that's actually highlighting something that is really when you compare the two of these together, a whole lot starts to make sense.

So another study was done in 2016 that showed two probiotics that have some of the most well-studied microorganisms. That's lactobacillus, for one. And likes of planetarium are highly susceptible to EMF detrimental effects.

So Lactobacillus was actually exposed to radio frequency EMF, and after the exposure, researchers found a significant decrease in their population. And the intensity of this effect increased as they upped the radiation's frequency.

So what does that mean? What that means is the the stronger the signal that was getting blasted at the good bacteria, the less of them there were. They were not able to maintain their population.

They were under too much distress. Oxidative stress is one mechanism of action that makes that possible because amps are so good at generating oxidative stress in your body and then if you look on the flip side of that, EMFs can actually encourage pathogenic strains like E Coli to proliferate faster.

So you can see how quickly things can get out of whack just from hanging out around your cell phone, your laptop, your tablet, you know, your nest, you know, whatever else was in your house.

So I don't want you to stress about this. I want you to learn about this and go, Oh, wow, something I overlooked. There's something I can do about that. Very cool.

And we don't want to talk about like you can move to the woods and live in the dark on leaves. That's entirely a possibility. I certainly consider that for a period of time.

Prioritizing the Sleeping Area

But what I want you to do is make smart choices about this so that you can heal faster. That's R and let's start with the lowest hanging fruit. So we always want to consider healing with in terms of environmental mitigation, focusing on the sleeping area first.

So I had one client of ours who we knew she had parasites. She checked all the boxes. It was all the science and it was really driving her chronic conditions.

And she had tried everything because she's getting so frustrated and she was on some of our favorite antiparasitic

and she hadn't seen results yet and she was getting worn out.

She was tired of it. She's like, When can I come off of this? I don't think I have parasites. I've never seen them. And we convinced her to finally do her EMF readings in her bedroom, and she actually had very high body voltage where she was sleeping and her Wi-Fi router was very close to her bed on the other side of the wall.

And when she was able to turn the Wi-Fi router off at night and turn off the circuits to her bedroom, suddenly multiple types of EMF distress totally lowered and resolved.

And she actually, within 24 hours of turning off her Wi-Fi router and her circuit breakers and to her bedroom while she slept, just while she slept. So she was still working with both of these things on during the day.

But just while she was sleeping, within 24 hours of that, she started seeing large gut worms just pour out of her. And that continued for six months because her immune system was finally not getting suppressed anymore and her body was able to have enough energy production and be able to, quote unquote, see the parasites in a whole new way and have the energy it needed to kick them out and to return to its own state of health.

So it took a few months, but it was finally like the clouds parted for her. It was like the answers were there. And I have to tell you, there's so many stories like this that we have where we inherit clients from other practices.

And, you know, our students often sound like this and they come into rapid get reset. Oh, I've tried everything and no one can figure me out. I've been unable to heal my chronic conditions.

And one of my first questions to them is, do you know your body voltage in that? Do you know how much EMF distress is impacting your body where you sleep?

It doesn't mean that you have to, you know, avoid electronics while you're awake. That would certainly be beneficial in some ways, and I'll teach you how to do that.

That's actually surprisingly simple to do. But we always want to focus on where you sleep first. And I can't tell you how many times people who have been, quote unquote, incurable.

It turned out they were sleeping in 19 volts and anything over one volts is considered catastrophic to your health by building biologists anything over one volt and they're sleeping in 19 volts.

So yeah, it's going to be really difficult to heal in that environment or, you know, one of our clients was considered incurable by other people and she was actually a practitioner herself and she came to us with similar gut woes like distress, you know, SIBO bloating that was just unlivable.

And she was down to just a few foods. She reacted to everything very weepy, a lot of distortion of emotions.

Real Client Examples and Body Voltage

You know, her family were at her with their medicine, with her, and she was actually sleeping in 12 volts. And what she was realizing when she used these meters to go through her house and assess this, which is very easy to do, was that not only was she sleeping in an environment that was absolutely catastrophic to her health, again, according to Melanie, biologist, but she was so tired, she couldn't make it through the day.

And she had found the one area in the house that had the lowest body voltage. It had like a half a volts and that. So she was going and sleeping in her son's game room in the afternoons to try to recover a little bit.

So her body naturally subconsciously sort this out. It was desperate for just a little bit of rest without being in such a highly toxic environment. Just make no mistakes.

EMFs can be considered toxins and we can absolutely do something about this. And it's simpler than you think. So

we always focus on your sleeping area first.

And let's say I just want to make sure that I covered everything else for you today about EMFs. There are a lot of conditions linked to EMFs that are, you know, obviously digestive in nature.

And it also just really want to underscore this, that you're not going to hear this on the evening news. You're going to have to go digging yourself, are going to have to walk you through it in one of our courses, because there's so much profit tied up in doing business as usual.

So now we have on average over ten smart devices in every home in the U. S.. That's insane. That's our average. My goodness. And so we have absolutely created a problem in a very short period of time for us.

And this might in part explain why kind of conditions have just exploded in recent years. Right. I know that for me, I didn't want this to be true because I was so dependent on my my little conveniences and when you're really tired and you don't feel well, suddenly it sounds necessary to be able to tell Alexa to turn on the lights or turn on the music or lower the volume when you would be able to do those things.

No problem for yourself without thinking before, right?

Practical EMF Reduction Tips

So in this way we get dependent on these conveniences and actually the best thing that for us to do is to unhook from them so that our body can go back to managing its own energy.

So just a few mechanisms of distress to consider. As you listen to the other experts today, EMFs are not just distorting your gut microbiome and encouraging proliferation of pathogenic species and killing off happy species.

And they are also contributing to oxidative stress and they also create cumulative DNA damage. They've been proven to raise your heart rate, to raise your blood sugar, to disrupt your gut barrier and to disrupt your blood brain barrier.

And they've even been shown to be to increase your histamine load by as much as ten x. And that's really significant for those of you that are histamine sensitive, who mast cell issues or are simply struggling with that chronic condition still.

So I just invite you to consider this and how many solutions are actually lurking in your own home and how simple it might be if you just gave your body a little bit more space from a smart device or turn it off if you're not using it, how many times are you really using that smart printer that's sitting on your desk and blasting you all day long?

Is it once or twice a month? If so, you could turn it off and you can even unplug it. And that would give your body so much cumulative relief. Over time, you may not notice anything at first, but if you find a few of those and you do that consistently, what becomes possible for you?

The question must be asked. And you're right, there's not a lot of money until you're telling you to turn things off. So we have to use some common sense around that, too.

You're going to be the one that takes control of your own health journey. And I just invite you to get curious about how EMFs are impacting your health and above all, to review your sleeping area first, because you never know what's going to be the difference.

That makes a difference for you. All right. Let's dove into today's content together.