EMFs & Your Mitochondria: The Disturbing Science Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to EMFs and the summit

Welcome back to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura Frontera. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Lloyd Barel. Hi, Lloyd. Welcome to the site, Laura. Thank you so much. Yeah. No, Lloyd, this is a really relevant topic we're going to be covering today.

We're going to be talking all about Emfs and your mitochondria and really the disturbing science behind that. Now you are the creator of the EMF Health Summit, the healing with Vibrant Vibration Summit, and bestselling author of the book healing with vibration and founder of the website electric Centcom, which has had over 4 million visits since its inception in 2009.

I mean, that is that is relevant. People want to know this information. Your passion is really educating people about the dangers of electromagnetic fields and sharing solutions and helping people reconnect with the healing forces of nature.

So, I'm really excited to jump into this. Before we get started, can you just explain to the audience and share how how you got into this? Why this? I mean, this is a topic that, it's kind of not popular to be the guy saying, you know, 5G might be hurting us.

So, how did you get into this? Yeah. Now, it's not popular. So popular. Like, with my, social acquaintances and things. You know, it's not, a popular topic telling people that, their cell phone could be dangerous.

But that's what happened to me was, I realized literally, from one moment to the next that my cell phone was dangerous. And I had this reaction, and this happened in 2002, and I answered my cell phone one day, and I began to experience this pain.

And people say to me, well, you know, how did you know it was a cell phone? Well, it was like really simple, really obvious. You know, phone next to the airplane, phone away, no pain.

And, over the course of a few conversations, because people were calling me, I was running a rental business. I was on this, out in nature, in a forest, basically.

And it was great. The cell phone was great. Enabled me to do so much and grow my business and everything else. And, a few phone calls and I was like, I was really not in a good way.

And it was it was just so obvious. You know what? That it was a cell phone because it was at the side of my head where I was getting these symptoms. This what I now call hot head, prickly skin, this burning sensation, on the side of my face, hot air, and a kind of a headache was a dizziness and, sensitivity to light.

Lloyd's personal EMF sensitivity story

So that was kind of the immediate symptoms. And then there were other symptoms that came on, in a very short time afterwards. And it was this massive fatigue.

And I've always been sort of a go getter and never had a day off work kind of person. And really, I was just like, I could sleep and sleep and sleep and I get up, barely managed to get up in the morning and I was just zonked.

No energy at all. Brain fog, confusion and anxiety and even depression. I'm not a depressive type at all. And this and that was. And then there was a kind of these longer term symptoms, weight loss, weight gain, leaky gut.

And this whole kind of mishmash of, neurologic, immunologic, psychological, problem symptoms which developed over time. That's what happened to me. That's what happens to certain other people.

And, you know, so it was a cell phone with me, and then it was the computer, the TV, the radio in the car, even the corded landline. And so I was in this, like, nowhere to run, nowhere to hide kind of situation.

2002 and there wasn't all this information out there then, and, thankfully it took me the best part of ten years to get my health back on track. And, thankfully, I can say today I no longer suffer the debilitating symptoms.

But just to be clear, is that the cell phones and the emfs, the electromagnetic fields don't impact everybody. Like the impact, Lloyd. But there's a growing population. They do impacts.

But what this. And we're going to get into the science I know I'm going to share talk about that a little bit. What we do know what the science is telling us really very clearly is that these EMF exposures impact everybody.

They affect everybody. And, and, and also that there's this cumulative effect over time it grows. So it's like, it's not because you can't feel it. The EMF sound impacting hence the relevance for everybody.

Yes. So what a profound I mean looking back at it now, it's like, thank goodness this happened to you because it it puts you on this path to helping people.

There's always something good that comes out of this bad experience. Right. But at the time it must have been horrible. And then to realize, oh my gosh, it's this simple.

Every day tools that we have that are causing a problem. And like you mentioned, not everybody reacts the same, but it is affecting all of us. Don't be fooled just because you don't have the symptoms Lloyd did it doesn't mean it isn't affecting you on some other cellular, kind of silent way.

So can you talk to us? Let's break down. What are emfs? What are emfs? And how do we get exposed to them? What are the meanings? So what? When I say emfs, what I mean is electromagnetic fields.

Some people, experts even say emfs. They mean electromagnetic frequencies. Other experts say EMR for electromagnetic radiation. And there's all these terms, but sort of the the term which is most commonly used is EMF electromagnetic field, or what we're actually talking about is man made electromagnetic fields, because we actually live in a electromagnetic world, and we're actually in an electromagnetic universe, you know, and, when we look down at the cellular level, what's really going on, you know, we talk about you go to the doctor and they're giving you pills and stuff, and which is chemistry.

But what's above the chemistry is actually, electromagnetic electrical. It's charges. It's charge potential, voltage, cell brain. You know, just the cell itself.

It's the cell membrane potential is like one of the ways we understand how healthy a person is. We can actually measure that. So emfs and there's really two categories of EMF.

Very simple. There's the wireless and there's a wired, and there's a growing awareness of the wireless in, you know, the 20 odd years now that I've really been, exploring this topic.

Thankfully, there's a growing awareness. And one of the reasons is a growing awareness is because of different episodes, like, there was a smart meter episode in about 2012, 2014.

And then lastly, there's been the 5G episode, and there's been a lot of fear, fear mongering about the whole 5G. And we can I can address that specifically if you like.

But, all of that is while it is actually radio frequency, microwave radiation, all of these words that are being used, smart, Bluetooth, you know, they're like marketing words.

But what we're actually talking about is radio frequency, microwave radiation. And there's a word in there, probably that people say, hang on a minute.

I've heard that word microwave. What, you mean like microwave oven? Well, yeah, just like a microwave oven. It's actually very similar frequencies. Practically identical ish.

2.4. So certain phones. It depends where you are in the world as to what frequencies are used. But, and we it's we can't can we say, you know, microwave is worse or the cell phone radiation is worse, or the Wi-Fi is worse.

It's it's very difficult to compare, but what we do know is that the, all of those, all of those like, Wi-Fi and cell phones and so on, they're frequencies laid laden with data and their complex frequencies.

And that's the problem is, we did not evolve as a species to be surrounded by these aliens frequencies. Basically, they're not natural. They're not what this planet generates, and this planet generates its own frequencies, the frequencies of nature, the frequencies of the magnetic field, you know, which is in this core of the Earth.

We've got that, that, core which generates this, magnetic field which can be measured, which your compass you can actually, that's how a compass works at all. South.

So we're we're in this very electromagnetic world. We're electromagnetic beings. And so, you know, like, go figure. Oh, yeah. So cellphone radiation impacts the.

Yeah, that's the why is because that's how our cells, that's how our bodies communicate. We're surrounded by this bio field of energy. We've got hard science behind that which is not talked about a lot either.

And how the cell phones and wireless and so on impact that bio field, which is above this, physical structure, which we see. So we've got the wireless and then we've got the wired.

And I'm always keen to talk about the wireless because, it's a little talked about, but it's another big danger. And it's like people are thinking, well yeah, hang on a minute.

So wired. But, you know, wires are okay because, you know, the electricity is in the wire. Well, yeah, the electricity is in the wire, but unfortunately it doesn't stay in the wire because most of the wiring in homes is plastic coated romance.

And, it emanates out into the room and into you. And this cannot be measured. Is this what we call dirty electricity is. So it's part of that. So there's dirty electricity, there's magnetic fields and there's electric fields.

And so those are really the four categories. And so it's the radio frequency, microwave radiation wireless. And then we've got those three kinds of, EMF, which are the dirty electricity, the magnetic fields in electric fields and all that is emanating from wires principally.

Yeah. So, I mean, we can't get away from this. Our homes are wired, our businesses are wired. Unless you live in a, you know, a tent or a cabin out in the middle of nowhere.

We're exposed to this. We are. Yeah. We can't we cannot, we cannot live in this. And that was my challenge. How to live in this modern world. And live.

What EMFs are and where exposure comes from

Well, when you're when you become sensitized to all of this because all this is just kind of theoretical until it really hits you and you do feel it and, you know, you share the story with me.

You felt it in this, stadium where you went to see this, artist and, and the people are feeling it in different ways, but they're not always putting 2 to 2 together.

And I was fortunate because it was so clear, with my cell phone, but. Yeah. So that was basically that's basically what we're talking about. We're talking about wired and wireless.

It's true. We can't get away from it. But it's it's true. There's a lot we can do to minimize the exposures. And I can get onto solutions in a little bit, you know, to make so that we can live normally so that we really can live normally.

And I even have a cell phone today. I had no cell phone for 19 years. And I'm back to using a cell phone again. Not like, you know, not putting the cell phone to my ear.

And I explain how I will use it. But yeah. So it's all about really, it's a lot of this is just simply understanding, it's education and, people and, not aware of the danger and they're not aware of what they need to do to protect themselves.

And so now we've got these two categories we've got wired and not wired, and we've established that, these emfs are around us now, can we talk a little bit about danger because we are electromagnetic beings.

As you pointed out, the Earth has an electromagnetic field. There's this, you know, electromagnetic field up here. Down here. What? Why are the dangerous?

Are they dangerous? What's the problem here? We have got thousands of studies saying that, showing that not only are they dangerous, like clear links to cancer.

I mean, this is going by actually, since before, we started dishing out pills willy nilly. We had an understanding of the body as an electrical system.

And, you know, the pioneers of medicine. They were studying this and they understood this. And then somehow money got in the way. And it's all kind of been, sidetracked.

But if we look back, the father of modern electricity, Nikola, Tesla, he not Nikola Tesla, Tesla and Dawsonville, a doctor back in the 1890s, they were doing, studies on this, and they found that, electricity exposure to emfs, impacted perspiration, respiration and body weight.

And even before that, I mean, like I say, right back to when they discovered electricity, they were doing these experiments. And unfortunately, many of these brilliant minds of the past, including, Tesla got very sick, the kind of Marie Curie effect through their, experiments.

And then if we look into the 20th century, then we've got really some of science. The Russians have done a lot of research on this. Early on and postwar 1930s, 1960s.

We have now in the West, thousands of peer reviewed studies, thousands of peer reviewed studies. We've got reports like the Bio initiative report, if people want to go online and look, bio initiative report or buy initiative.org, I think it is they're, which brings together these, these peer reviewed, studies and, you know, we've got federal studies which has shown a clear link between, for instance, cell phone radiation exposures and cancer.

And we've got science on all of this. And why? It's because it's it's how these exposures, these manmade electromagnetic field exposures, impact to a cellular level.

And one of the things, one of the key things of how the impactors, one of the key ways they impact us is how they impact our mitochondria. Okay. So let's go there.

What do we know about EMF damage and mitochondria. And what's the what's the science here. And I'm a I'm assuming that you know for people who don't have the type of reaction that you did where you have a physical response, they may be having a response at the cellular mitochondrial level, and the symptoms manifest in ways that they don't even realize.

So, exactly. That is exactly it. Unfortunately. So one of the primary ways emfs damage your cells is by increasing oxidative stress. And the principal way they do this is by letting too much calcium into the cell.

And this is being really, looked at right. Well, very closely by, a gentleman called Doctor Martin Paul from Washington State University, professor emeritus.

And I'm not going to go down the rabbit hole of explaining all of that, but it's a dysregulation of these voltage gated calcium channels for people who want to get really geeky and look into that.

They can, but that's the big picture, letting too much calcium into the cells. And if we go a bit more granular and zoom in, we also know that emfs disrupt the flow of, calcium once inside your cells.

So they allow too much calcium to pass into your mitochondria. So your mitochondria and I'm sure everybody knows what they say. But just to be clear, if this is like the first interview you're listening to, it's these little, organelles which are in most of your cells.

Many of these cells have hundreds of these mitochondria. And what's important about the mitochondria is that they produce they've got the machinery, the enzymes to produce this energy, this ATP molecule, which is the energy primary energy currency, of your cells, when the calcium inside your mitochondria increases.

Yeah. Which is what the MFS do. That's where the damage takes place. Notably, we have a reduced ability to create the ATP, the energy currency, and we have increased oxidative stress, and that is like, just on its own.

It's, red flag. It's very, you know, it's not just the emfs that create oxidative stress. Toxins generally are creating oxidative stress. And we, you know, we live in this toxic world.

So that all of that eventually contributes to perhaps premature cell death. In any case, all of that opens the door to what I call this is, and, you know, so broadly, how do Emfs impact our cells at the cellular level?

They release this excess calcium into the cells, which initiates this cascade of, molecular events, and that ultimately results in an increase in free radicals, these, you know, these highly reactive, molecules, these free radicals that then damage your cell membranes, damage the proteins, damage the mitochondria, the stem cells, your mitochondrial DNA and your nuclear DNA.

By the way, all this leads to nearly exactly the same damage as being exposed to ionizing radiation and organizing radiation. You know, x rays, gamma rays, Chernobyl, all of that.

That's what that's the bottom line. It's just like you slower a slower smolder than the the rapid damage caused by that clip because it doesn't have the energy.

And that is basically the definition between ionizing and non-ionizing. Some guys, some scientists draw a line down the electromagnetic spectrum and they said, this is safe. This is not safe.

And then non-ionizing, which is what I talk about, these manmade emfs we've declared that they're safe, and yet we've got these thousands of studies which prove the contrary.

And, you know, people, thousands, millions of people around the world that are, living these very, restricted lives because that's what it happen. That's what happens.

And then these millions of people, so they bred there are millions of people like me. They might put the two and two together. And then these other millions of people clueless.

The emfs, driving. These are contributing anyway, at very least to whatever, health challenges that they're facing. Yeah. So let's talk about those health challenges for just a second.

So what you've just established is how damaging F's emfs are on the cellular level. And we also know from all the other talks on this summit that mitochondria are critical for your well-being, your health.

We also know when mitochondria are dysfunctional. It leads to chronic inflammatory diseases, cancer, heart disease, autoimmune disorders, gut imbalance, neuro, brain disorders, neurodegenerative disorders.

So this is a huge critical piece. And, you know, I I'm going to ask you to go somewhere right now. I mean, we're going to get into what we can do to protect ourselves, but is it safe for you to talk about why this is happening?

I mean, it's like, follow the money trail, right? So if these are so damaging and we know it and the science is there, why why so much, advancement in technology?

Why 5G? Why why are we not pulling back on this money, money, power? Why are all these things happening? We're not going to. I mean, when I'm going to talk about Covid or any of that.

Right? But, you know, when you if you look at what's really happening, you understand what's really happening.

How EMFs damage mitochondria and cells

It's it's really not that many people making the wrong decisions. And then it's really a lot of people not asking questions, just following like, shape what everybody else is doing.

Yeah. And, you know, there are clear cases in terms of these emfs of scientists which are doing the research. Yeah. And they have and the research has been buried.

They've said, you know, and they were getting they were getting funding, from the military, for instance, Doctor Fry, who did some brilliant work in the 1970s, on the blood brain barrier and how and, and now we've got this, you know, so how the, wireless regulator, radiation impacts the blood brain barrier.

This barrier which protects your brain? Yeah, the word says it all. And it's very, very clear. And he was told. Listen, my friend, you either you stop doing this research or we take the money away.

And all the scientists have been told the same, over and over again. And then, the science has been war gamed the it's coming out and, environmental health trusts have done some brilliant work on this.

Doctor Deborah Davis, formerly with the Clinton administration, has written about this, he's doing just amazing work sharing, what's going on? With regard to, 5G, notably and, I believe they started about this at the time of the smart meters when they were like, came onto the scene.

But yeah, it's about money, unfortunately, because every time there's a new, you know, the new the new thing has been the 5G. But every time they bring out a 5G, it's just a marketing term.

Really. That's that's what it. Because 5G doesn't mean mean anything, particularly specifically because it means different things in different countries.

But it's all about driving the demand to sell the phones, to build the infrastructure and to feed the beast. Absolutely. Thank you for taking a minute to go there.

And it's and it's a hard thing to accept. We all rely on our devices, our lab. I mean, I'm talking to you on a laptop right now. I'm communicating and running my business through a cell phone.

My husband owns a business. If it weren't for his cell phone, we'd be in trouble. So how do we live? Let's go there now. How do we live our lives safely in a healthy manner, using technology to our advantage, but minimizing the effects that it has on our health?

Because I know you've had some good tips here. What do we do to protect ourselves? Well, I'm going to share three. I'm going to address three aspects.

And those three aspects, how to use a cell phone safely there, how to use Wi-Fi safely. And also I'm just going to talk about wiring very briefly. But before that, I'm just going to share my protocol because it's a great little protocol and it's a bit of fun.

And it's called the, and so already when you say it, it makes you feel great. Yeah, yeah. But what I, what Lloyd's, actually means is you for understand, for measure and, for mitigate, and it's a way of thinking about emfs and doing something about it and dealing with them and whatever EMF we're talking about.

Then we apply the, and the first thing is to understand. And that's what we're doing today. We're beginning. If this is the first time you've heard about this, you need one.

My God, who is this guy with a strange accent and talking about this? Tell him of a cell phone is dangerous. And, But, yeah. Don't believe me? Go online.

Do you know, go to my website or not? But there's research on there. Look at the independent research. Anyway, I'm giving you a few references today. Places you can go and look at independent research.

It's understanding all of this. And it is a bit complex initially. There is a bit of a learning curve, but it's not rocket science. It takes a bit of time, but boy, is it worth it because we're in this electromagnetic world, which is going crazy.

It's going haywire. All of this. And we need to protect our cells, protect our kids, and remind me to talk about kids. Lastly, because that's super important.

That's why I started this. But, so we understand we need to understand really the dangers, because if we don't begin to understand the dangers, we won't ever really going to do anything about it.

All we we just it's just going to be another abuse, a bit of it, you know, useless information which we've acquired, which we don't do anything with. But once you begin to understand this, it's actually pretty freaky.

I mean, it it's kind of freaking out. People, is like, I don't want to know anything about it. And then they start looking about it and it's, oh my God, can this be true?

So that's the first thing of the, it's to you for understand. And then it's to measure. At some point you're going to need to have to measure because otherwise you're in the dark. Yeah.

And, it's really simple now to measure, we've got these inexpensive meters, EMF meters, and I've got one here, for instance, to show you, which is a try field, TF2.

And it measures. I'm not saying it's the best meter. It's American made, and that's helpful. These days. You know, with all the supply chain, problems.

And it measures three kinds of, EMF. And you just, you know, it's a point and shoot kind of meter. It costs about $180, something like that. And it enables you to measure electric fields and magnetic fields.

It makes a noise. It shows on the dial what the reading is. And radio frequency radiation. Super simple. You need a meter like that. And with a meter like this, which is the stats are either meter, you can measure the. You've got one of them.

I've used that one in my house. My parents house. Yep. So imagine, you know how simple that is. I mean really that's a no brainer. Simple. It measures dirty electricity.

And you want a reading below 50 units. They're proprietary units. So really quick, while we're talking about it, I measured my parents house. It was built about 30 years ago, and there were rooms that were over a thousand.

And when I plugged it into. Exactly. Yeah. And so I want to make sure we talk about how like it's not realistic for them to rewire their whole house. So I know there's some solutions. So I want to get into that too.

So let's show okay. Keep going, keep going, keep going. Meters. Yeah. So the I'll just send em full measure at some point. Not tonight or today when you've finished, you know, listening to this.

But that's where you need to be going. That's the direction because otherwise you don't know. You need to be measuring or get somebody in like a building biologist and EMF consultant who can do it for you.

But in any case, you want a meter, you want your own meter because it's, you know, for me, it's as important as having a screwdriver in your home because everything you bring into your home is a potential source of EMF, and you need to know what's going on.

And you particularly need to know what's going on in your bedroom, which I can talk about. Also, if we've got time, that's a lot. But anyway, so that's the you for understand EMF for measure and then the other aim is to mitigate.

And that's like the doing something like the solution. What do we do with this? Okay, I've got a reading now, what do I do. What does that mean. So, there's three aspects to mitigation.

The first is turn it off. Turn it off. Just turn the darn thing off. Turn it off. Who would've thought this guy's brilliant. I never thought of that. I didn't know it.

Got an on off switch. You know who turns their friends off? I mean, you don't phone off. Nobody turns their phone up. Only when it doesn't work, it won't work.

Well, you know, bang it on the desk. It. Well. Oh, I better turn it off. Turning back on again. But yeah, turn it off. Whatever it is. Obviously if it's your fridge freezer and you've got your joints of lemon, whatever, you don't want to be turning it off and you'll be looking for other solutions.

But that's the first thing, whatever it is in your home, I'm not. So all of these, mitigation strategies can be applied differently to what it depending on what the exposure is.

So, yeah, you can turn off your cell phone and yeah, you can turn things off in your home. If you can't do that, then you increase the distance. And one of the things really, which is super easy to remember, and if you only remember this from this whole talk, then it's this distance.

Is your friend. And we all need friends. I think we need friends more and more to that. I don't know about you, Laura, but it's, the will's going crazy, into, like, two friends.

Difficult to find. It's like, I don't know, it's getting a bit screwy, I find, but distance is a true friend in terms of VM's. Distance is a true friend.

And so, it's not, like, just slightly better when you gain a little bit of difference. Just millimeters can reduce your exposure. Millimeters between you and the cell phone.

And I'm not saying hold it there instead of there. Now get on the cell phone in a minute. But just millimeters away can reduce your exposure to, for instance, cell phone radiation.

There's radio frequency, microwave radiation, thousands of times millimeters. So imagine what centimeters or feet or whatever unit you're in can do. So distance is your friend.

And then the don't put the router in your bedroom. Yeah. Right. Okay. Got it. Yeah. And other things as well. I'll get

to that. But, yeah. The bedroom super, super important.

And the third thing we can do in terms of mitigation is to shield, but that's I'm not going to go into that because that's kind of a bit technical. And shielding is actually a last resort.

And the thing is, once people realize the dangers it's like, oh my God, you know, how do I shield? Listen. Yeah. But that's we only shield when we have to and we only shield when we've taken readings with the meter.

We know where we are. We have a specific protocol measure before shield, measure after shield, a bit more to the bow. And that's how it goes. So that's how we do.

That's Lloyd's protocol. So yeah. So you're not telling everybody to go build a Faraday cage in their bed. All right. Off the bat. Okay. You know, I talk about here's the thing, and you read it in my bio and it was the last, sentence.

And it's about this. It's about nature.

Why EMF science is controversial and suppressed

It's about reconnecting with nature. You know, all of this. It's a disconnect. Reconnect. And that's. And that's what this technology does the other way around.

It connects us into this crazy world of social media. And all is doing the screens, you know, the blue light and the emfs. And it's a whole package of nastiness, which is, destroying our health.

And we need to disconnect from that and reconnect with nature and going and living in a Faraday cage. And I'm not saying it's according to circumstances, and this is something to be determined with a professional, really, if you're going to go that far and find like Faraday canopies, can be bought for about $1,000.

So it's a pretty big investment for most people. And that's something you put over your bed. But, it's last resort. Shielding is always last resort. And it's.

And we can do so much by looking at both sides of the coin. And that's, that's what enables has enabled me to to honestly, I never felt so great. I'm 55.

You know, it's like, I really I've never felt so great. And this all happened 20 years ago, and I felt crap. I just felt like crap with let's talk about what are some of the simple things.

So let's say people get meters. They're they're finding sources. They've got dirty electricity in the walls. They're finding, you know, their their router, their alarm system on their home, their laptops that, you know, their office space.

What are you going to recommend people do if shielding is a last resort and how do they solve it? Well, I'll tell you what. What I, what I recommend the people do is I recommend, firstly, let's start with that little device, which for most people is perhaps the single biggest exposure.

And obviously that is a big generalization because it depends where you live, what you do, your home mainly it's your home really. And for certain people that work, but it's really mainly about the home, what goes on in your home, which is actually all under your control, or most people anyway, less or less.

So if you're in shared accommodation and rented accommodation. But we've all got some purchase on that. And so it's a cell phone. It's just what we do with that cell phone, isn't it, because everybody's got a cell phone.

Even Lloyds got a cell phone after 19 years. And it's about learning how to use it more safely and learning how to use it more safely is actually about deactivating it as much as possible, deactivating everything wireless around it.

The Bluetooth, the cellular, the GPS, whatever. However it communicates, deactivate it. And we can do that, deactivate it on most phones by going into airplane mode.

And so the phone when we do that already, that is a massive. So here's something tricky that I've noticed has happened with recent upgrades. When you go to airplane mode, it doesn't necessarily deactivate everything.

Exactly. You have to go into the settings and you have to and that and that's back to why we need one of these things is because of the way otherwise you're in the dark even with your cell phone.

And it's super important. But in any case, you don't want to be carrying your cell phone on your body. So for a woman, it's easier because women have bags.

Personal things. But for a man, men in France actually have those two, so it's okay. But you don't want it on your body, because it's in your battlefield again, these purse dispersal energy field which surrounds us all.

You want it out of that? Ideally, but certainly, again, distance is your friend. Yeah. Away from your as far away as possible. And there's certain places you don't want to be using.

You want to be looking at the bars. You want all those bars to be on there, you know, you know how they've got the bars. It tells you the signal strength.

Well, if you're like down to one bar, that means your phone is working its little socks off to communicate with the cell tower. And that is bad news. And we're talking and it depends on the phones, but maybe a million times I'll ping.

It's game your phone to maintain contact with the cell towers. Yeah. So that's why the cell phone look at the bars. Airplane mode. Keep it off your body and not to be.

So all of that means not to be using in a car because it's unlikely you can get the full bars on a car because you're in a metal cage, which is already a bit of a Faraday cage.

And you don't want to be using it in basements and places and, you know, elevators and places like that. And it's just when you begin to think about it, it's a lot of common sense and, text don't talk and not saying texts is 100% safe either, because I've got, you know, hundreds if not thousands of people which have commented on my website saying, I've got this pain in my hand, throat, from what I'm doing, texting, and I've got friends even who've said this to me too.

So that's not completely safe either. So that's the first thing very, very quickly. And there's more to be said, obviously, but I'm just trying to give people a taste of what they can do, and they can do simple things to make it, safer to use your cell phone.

You can also buy a case, the and the special cases which exist to make it safer. I can develop on that if you want. So that's the cell phone, and then we've got the Wi-Fi.

So what do we do? So what's the deal with the Wi-Fi? Well, the deal with the Wi-Fi is because it is radio frequency microwave radiation, mostly 2.4GHz, five or so gigahertz.

And, it's 24 over seven, and most people are sleeping in Wi-Fi 24 seven. So, here's my number. One recommendation to start with is to switch the darn modem router off at night when you go to bed.

And, I had this idea about ten years ago with a Christmas tree, in our living room was we got this timer, and it was switching on and off, and I was thinking, that's what people need to use on their modem routers.

Costs $10, and you plug it in via the timer and it switches itself off at night. And that's, super important recommendation. Yeah.

Practical EMF protection: understand, measure, mitigate

The the thing that we come up against with that, is people's alarm systems and cameras on their homes are now wireless. And so you shut them, you shut the Wi-Fi off, and you're sleeping at night without your alarm system.

So the solution there, I'm assuming, is go wired. A wired alarm is a solution. There is to go wired. Yes. And, which is an expense and it's and then it's it's a choice.

There's all, you know, we've always got these choices and some of the, some of them are a bit tougher than others. And there's other ways of doing it.

There's other ways of having the communication, without it going through the modem router, or we can move it further away, or we can shield partial shield, bedroom, more sophisticated solutions.

But that's like, a solution, which I'm guessing most people don't have alarms that are watching this. So. Yeah, we've got an alarm. I guess you've got an alarm.

But anyway, everybody doesn't have an alarm, right? And certainly so that's, so and Wi-Fi generally, the second recommendation is, is to replace it with hard wiring.

Yeah. Ethernet cable, you know, so I'm on this little laptop because it's got this great little camera, but it's all wired. Now I've got the desktop, I've got the printer, keyboard and the mouse all wired.

There's wires everywhere I agree, but it's so much safer. So what do we do? What do we do about the dirty electricity in the walls? So people use the stats eraser.

They discover that they have a greater than 50 reading. That readings up in the multi hundreds, up to a thousand. What what do you do? Well, let me just answer with regards.

I'll come back to that in a second if that's okay. But I'll just want to say to people the first thing to do and this significantly reduces the dirty electricity, in your bedroom is to and that's the most important room there is in terms of EMF exposures.

So it's like the cell phone, the Wi-Fi. And there's, you know, there is a very clear logic to, explaining because we're hitting the, you know, where we're getting the most bang for our buck.

It's the bedroom, because it's when you're at night, the all the magic happens in terms of cellular rejuvenation, regeneration, hormonal processes, creation of, secretion of melatonin, etc.

and, EMF exposures, notably Wi-Fi. It shuts all this down. It compromises all of that, therefore compromises your health. Therefore, it's to be avoided at all costs.

And one easy way to possibly tackle this, and I say possibly, is to just go to the breaker panel. You know, that box with all the fuzes or all the chips and switch off the chip to the bedroom, perhaps switch off the chip for the adjoining circuits.

And that will, eliminates almost, electric fields, magnetic fields and dirty electricity. There might be some residual on there and there might be some circuits which you can't, you know, which are nearby.

But that really is so easy to do. And I say possibly because sometimes people's electrical systems are a bit weird and wonderful. I mean, even electricians don't understand why that causes spike when we've done that.

And so it can cause an issue. But what I say is do that for seven, seven nights and see how you feel. Unlike the number of times I've recommended this and people have said, you know, they've done it one night and then the next morning they've said to me, wow, it was like peace.

It was like, I don't know. I've forgotten what that felt like, you know, because it was such a change for their cells and what it was doing. And they were like disruption.

And it was suddenly maybe not eliminated, but significantly reduced. So that's something, easy to do. And again, we're always I'm always saying to people, you know, listen to your body, listen to your body.

Don't. Okay, listen to the back, listen to lower a bit, listen to other experts. But above all, listen to your body. Really? And, so to answer your question, with regards to the electricity, when you put your little meter in and, and it gives you a thousand and I had that, I had 1600, I was doing a video showing of how the thing loads with my son.

In the bathroom. And it was I switched on a light bulb, the shower, and it went to 1600. Oh my God. And, you know, I thought my house tested all of this, but the with a a fault on the bulb, an electrical, just, you know, because bulbs can, like, fusion together a bit the, filament, and it can create fault, it can create dirty electricity, simple things like that.

And that can be from one day to the next. And that's why you need the meter. Because it's it's constantly changing all of this. Your EMF environment is constantly changing.

And you don't know unless you get the meter out every now and again taking readings. And so what to do instead? Would they steal the electricity? Well, there's several things to do when you get that reading of 1000 or 1600, as I did with my 1600 reading, it was easy because I isolated it, because I got the meter and oh, light on.

And that's why I never I mean, how many times do you, you know, you only switch the shower is the light above the shower. You only switch that on when you go in the shower.

And it's like the one light. You don't really use that much and not for long. And so you just replace the bulb and that solved the problem. Yeah. And other times it will be so often we do the electricity and we're getting a bit more technical than I usually get.

But the starting point is actually to firstly make sure your wiring system is all tiptop and there's no wiring errors because a number of homes with wiring errors that are creating magnetic fields, that are feeding into this, the, the electricity, it is off the scale because unfortunately homes can be, brand new homes can be put on the market.

So people move in and they meet electrical codes. But they do not, they do not protect people from these emfs unfortunate. That's that's where we are.

So that's what to do. Replace that thing or introduce filters. And we have filters if you can't. So if it's that, you know, thousand dollar fridge freezer or, I don't know, stereo system or whatever, or.

Yes, great. Big, TV, flat screen TV, whatever. Then it would be to introduce a filter. We have, filters, technical solutions that you either put on the electrical outlets, you can put it on yourself and then you measure.

Or is it gone down? We need a second one. Will you get an electrician in and he install something at the breaker box for the whole house? Yeah. I'm so glad to hear there's a solution.

And this is why you say, you know, shielding is a last resort because you really want to work on all these other, you know, you want to get to the source of the problem.

You do. And the only shielding. Yeah, the problem with shielding is people want to rush to shield, and then they actually make things worse. And they might not make things worse in any way because they might be do the follow the protocol with the meter.

But any kind of shielding, you're introducing non-natural materials into your home. You're introducing sophisticated shielding products. And again, you know, did we evolve to live surrounded by sophisticated shielding products?

No, we didn't know. Something else comes to mind. This is something that I experienced. You know, in my years of working in Western medicine, people would say, well, I'm on a drug for cholesterol and diabetes, therefore I can eat whatever I want because it almost seems to me like you go crazy shielding and now it gives you this false sense of, well, then I can have everything I want on, and I can have Alexa in my house and I can do the wearable devices and I.

Safer phone, Wi-Fi, and home electricity strategies

So that seems like a it just for that alone. That analogy actually is a good one, and I would apply that to the whole EMF gimmick harmonizer resonate to kind of thing.

And I'm such a little bit, kind gimmick because. Yeah. And that's a question people ask a lot. You know what, which of the you know what works? I mean, and now I mean, that's that because what I from one day to the next became electrically sensitive.

Did I want to learn about Emfs? No way. I just wanted to buy whatever I needed, put in my home, put on my phone and it all to go away. I wasn't interested in learning any of this.

And so people, you know, people said, what's the what's the best pendant, harmonizer, etc. to buy or a sticker to put on your phone, you know, to put on.

Yeah. Well, the best thing to do is the arm, because the arm is a scientific approach and it sounds a bit cocky. I mean, Lloyd, you put it to, okay, you made it into, those three letters, which we can remember, but this is what, EMF consultants have been using for decades.

This approach, more or less. That's the same, framework. And do the, first, do the, as best you can and then go out and buy that pendant, then go out and buy that home room harmonizer, then go out and spend, you know, so I mean, some of these things are 3000, $5,000 and they do x, Y, z.

And some of them have got science. And people say, well, does it work. Well, yeah. Some of it works for some people. Some of the time. Whereas the that works for everybody, measurable mitigation that works for everybody.

And it's, it's like it's a bit like putting money in the bank. Because then it gives you certain freedoms in terms of your everyday life and particularly when you go really rigorous in terms of EMF protection around your bedroom.

Honestly, I think it's the most important, one of the most important things you can do for your health is reduce EMF exposures in your bedroom. Frankly, when you look at the science, because it's not just about emfs, you know, we're talking about EMF today.

It's not just about EMF, what it's really about. It's Emfs and all the other toxins. That's what that's the problem. And that I learned the hard way because I dealt with the EMF, said I was still really sick, and it wasn't till I started looking big picture holistic that I began to make some, you know, gain some traction.

Yeah. So this has been really practical advice, and I'm really appreciative that you're not telling people or you got to by shielding paint and paint your whole house and you got it.

You know, I mean, this gets into multiple thousands of dollars of solutions when it could be as simple as switching off a breaker, putting, you know, distancing yourself.

Why are in your computers? I mean, these are really inexpensive solutions over the long run. So I really appreciate because, I think a lot of people get some pretty crazy advice out there.

And, and it becomes, you know, kind of World War Three between you and your spouse and the family and trying to I mean, it's really upsetting and disruptive.

It is. It creates massive conflicts because you get the one person, for instance, maybe you're like, oh, yeah, this is I've understood. I've looked at the science and then your husband partner doesn't want to know anything about it.

Okay. You know, I've got my cell phone and I've got my life and yeah, this is where the meteors come in handy, because you can actually measure and see and the kids get involved.

So when we measured our house, we got our teenager involved, and she could see when she holds that iPad on her lap and we measure her. We were measuring her body voltage as well.

And she could see like, oh, this is really doing something. And on that note, something else you can do, you know, I like to use devices, healing devices, like PMF, for example.

Well, we have a solar battery that we plug into when we use that on our body. If I want to sleep on a PMF mat all night long, I'm not going to plug it into the wall.

I'm actually going to plug it into a battery because it's significantly lower body voltage at that point. So just the other solutions like that, like get a solar battery.

You know, there are times when I've actually I can hook this whole office up to a solar battery instead of plugging everything into the walls. And it significantly reduces my. Absolutely.

But with any solution like that, what I the first thing I will be doing is getting a meter around that solar battery. Yeah. Making sure that there isn't an issue in any way.

Yeah. It's not nothing. Right. It's decreased. It's not zero. But it's better than when I plug it into the wall to use the device, for example. So for example, my daughter has had a struggle with cystic acne.

And one of the things that we can use is red light therapy to, to help heal the acne. But it it's a whole device that she sits under. It runs off of electricity. You got to plug it into the wall.

And I just I tested her body voltage when she was under that and it was off the charts. So we put her. We then plugged her into the battery, instead. And it was much better.

So she gets the therapy in the healing of the red light. So this is an example of using modern technology. Red light healing. Red light therapy is amazing. It's amazing.

There's this side. Yeah we've got brands also the of address the EMF issue like sauna space Brian Richards that sauna space study this with the an EMF consultant also Robyn Openshaw who's got product influenced sauna status.

She's looked at this also with a building biologist. So there are solutions out there for that. And that is. Yeah, anything electrical is a potential EMF source.

And so we're back to the meter. We're always back to the meter. But already I think today. And what I've shared, you know, you've seen that so many of the things you can do which are in your power to do, which cost nothing, which is require a little bit of effort.

And that's where to start. Absolutely. You had mentioned, don't you forget to talk about children. So in the few minutes we have left here, would you mind talking about children and what your thoughts are there? And yes.

So that so I started talking about this in 2009 because it upset me deeply. And it still does. I'm a father. I've got two kids. When I was seeing little kids with cell phones in their hand, speaking on cell phones.

And that's what, you know, because I'm not really one to get up on a soapbox. And this was like it was. I couldn't sleep, really. It was really just getting to me.

And that's why I started talking about this. And the science is really clear. The science is clear about the populations that are particularly vulnerable.

It's the elderly, it's pregnant women and it's children. Children are obviously, you know, that their children are future and, children are particularly vulnerable to these exposures and particularly, cell phone radiation, this radio frequency, microwave radiation.

I mean, how many kids. And I'm sure your kids don't do this. I don't know what. Maybe they're a bit older, but how many times have you heard kids sleeping with cell phones under their pillow?

Go to bed at night with a cell phone. I mean, my God, when you've looked at the science, which is really clear, which has been small, it again, which is absolutely disgraceful.

Then it's it's the children are more vulnerable in many ways.

Children, resources, and closing advice

Suppression of, immune system, smaller skulls, thinner skulls, you know, children are not little adults. They just know they can't they don't have the defenses to deal with this.

So, yeah. So it's our duty. And, I'm glad you asked me this question because it's perhaps the most important thing. And it's not that mitochondrial health generally is not important, of course.

But we've all got this duty, I think, to do right by our children. And doing right by your children is, frankly, not give them a cell phone as children.

Really? And I can't even give you an age where we can say it's safe now. Okay. You're good to go. But what I will say is that, you know, it's the smaller they are the children, the more the greater the danger.

And again, there's a lot of science, behind this, dating back over 20 years, which, if people want to an environmental health toss of. I've got some great science on their website.

Trust the org. I think it is. So, yeah, please, please do not give cellphones to your children. And it's not even just about cell phones. I've really had had some horror stories.

Children getting cancer, children dying. Clock radios, electric clock radios that are that you plug in, you know, that, regular clock radios generate massive magnetic fields, electric fans, big electric fields, kids sleeping in, fans in hot rooms and stuff like that.

Just. Yeah. So be super careful. If it's not for you, then protect your kids. Yeah. Thank you for for stating this, Lloyd. I want to, make sure everybody knows how to get a hold of your information.

This has been so enlightening and so easy. You make it so easy to understand. And I know people are ready to go out and get a meter and, you know, really get your own protocol and understand it.

They have a taste of it now. So how do we find resources from you? How do we get a hold of you? So go to, Electric sense.com. That's my website. So it's all one word sense as in common sense.

Electric sense. Dot com. And, that's very, user friendly. That's what I've tried to do because it is a fairly complex subject and I've tried to make it, more friendly and understandable.

And I do regular podcasts, the longest running podcast on this, I've interviewed hundreds of people, explored every angle, scientists building biologists, even mediums, you know, people that can see literally what this radiation is doing to people seeing their bodies.

But it's a lot of it's mainly the side of science. And, there's a newsletter you can subscribe and it's, it's free. I mean, go there, get the newsletter and, and start that bit of learning curve and just dip into it, you know, that's that's what I recommend, and start doing stuff.

And this I'm sure there's one thing you can do, and that's what I recommend people do, is just, you know, think back what I've said today about cell phones, Wi-Fi and, the electricity in the bedroom and just think, well, what can I do?

Where do I start? Baby steps to start doing one thing. Yeah. That's such sound advice. I mean, with anything that you people are learning a lot of strategies on this summit, and, you know, they're learning.

Oh, what I'm eating probably isn't good for me. And the toxins from my body products. It's one thing don't change everything at once. Pick one thing and build the muscle.

Build the habit. And once you master that, I promise you'll be looking around for the next thing. You'll be looking around to do the next thing, and you know, and enrolling your family into being on board with you.

Those meetings are really helpful. It's kind of fun. You all kind of fun. Exactly what I was going to say. Yeah, you might even enjoy it, you know? Yeah.

You go around every room and you're like, oh my gosh. And, you know, getting the readings. So let's go check over here and let's go check here. What happens if I'm holding this device and measuring at the same time.

And what happens when I turn on this light switch, and what happens when I shut it off and. Yeah, it's kind of fun. So. Yeah. Well, thank you so much, Lloyd.

I want to acknowledge you for your work in the world. Like I said at the beginning of this, what you do is sometimes not popular. In order to be a leader, you, you you have to be willing to not be liked.

And you have to be willing to talk about the things that are hard and to talk about the things that people don't want to hear. So that is the true definition of leadership is what are the what are you, what are the prices you're willing to pay?

And clearly you're willing to pay them because you care so deeply and because you learn so much from your own experience, you have to share it with the world.

So thank you, for the work that you do. Thank you. Very sweet of you to say that. Yeah. Thank you. I'm just doing my bit. I think you, in a world, if everybody will just do their bit.

I'm not talking about emfs, but just do your bit, you know? Acts of random acts of kindness to other people. If everybody could just start doing that, then there'd be a ripple effect and wouldn't that will be a better place, wouldn't it?

Well, with that, will both of us make sure and go do our random act of kindness today? For sure. And until next time, Lloyd. Take good care now. Bye.