Explore The Link Between EMFs And Cancer Risk Transcript

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Introduction to EMFs and Cancer

Well, Lloyd Burrell, it's such a pleasure and honor to have you on this segment of the Cancer Breakthroughs. It's, It's going to be an amazing topic we're going to be talking about.

Thank you. Thank you. Dr. Karlfeldt, it's it's a real pleasure to be here and to be talking about this cancer and EMFs. It's so important, as you were saying before we came on.

So yeah. EMF it's it's one of those things that people don't really recognize the impact because we, we can't really see it. I mean, we we can, you know, we we can measure a lot of things and we can yeah, we can see toxins, you know, that, you know, that's out there. We.

Yeah. But but EMF it's, it's just one of those things that we really don't think about. I mean, so what to tell me a little bit about what that is. Yeah. Well, you know, EMFs are actually very fundamental, fundamental to, to all of life and, all of life in this world and in every world and out in the universe and in the cosmos.

So we are, living in this electro magnetic universe and the fundamental forces of nature are electromagnetic. well, you know, old, old plants have, electromagnetism, and all planets have in electromagnetism, you know, these cross.

We've got this, magnetic geomagnetic field and, you know, physics knows about this. And, I wouldn't say it's widely known, but, and then when you look sort of down at the level of the microscope, then we've got these electromagnetic forces in atoms, you know, subatomic level protons, electrons and neutrons and all of that.

And it's, it's this, that which determines the physical and chemical properties of, of matter. And so we're made of matter and, from, we're made of matter and which from that taking this from a quantum science, perspective, which is, in my view, the most valid science out there is that this is also energy.

So there's the two sides, the observer effect I'm sure you're aware of, but perhaps not. so these these forces, these energies are really primary determinants of who we are.

How EMFs Affect the Body

And our health. So that's sort of a little bit big picture. But when I talk about EMFs really I'm not talking about all of that. That's to give people an understanding, a broader understanding of this question.

What I'm talking about is, man made EMFs. And when I say EMFs, just to be clear, I'm talking about electromagnetic fields. And so what does that mean?

Well, that means a whole lot of things, which are really rather wonderful in many ways, but really very dangerous or potentially dangerous in others. what I'm talking about, cell phones, Wi-Fi, Bluetooth, anything smart.

So smart. Smart meters. Some people have heard of those. Some people haven't. But now our homes are full of smart devices. It can be your cooker, your fridge freezer, your washing machine, your toothbrush.

I mean, these it's all over. These taking over our world. very often it's presented, the marketing is very seductive and it's presented in a way which is, very advantageous.

Never talks about the downsides, but there clearly is downsides. And and that's what I've been talking about for a long time now. talking about the downsides, but more importantly, talking about the solutions.

So yeah. So that's sort of, where we are in terms of, you know, what Emfs, in a broad sense and more specifically an indication of what the problem might be.

Yes. I mean, so every kind of function in the human body, you know, requires electricity, you know, magnetic, you know, you have the transport of nutrients to cell walls.

You have, you know, signals from the brain to an organ to, you know, a body, you know, to a limb, how the brain communicates. All of those are kind of electrical activities.

So it it would kind of reason if you cannot change fields and you bring in strong, electromagnetic fields, that that would have an impact on those functions.

Right. Exactly. And I'm glad you said that because we tend to forget that, you know, if you've got a problem with your heart, then you go for an ECG, electrocardiogram.

And why do you do that? Because it measures the electrical activity of your heart. Problem with your brain EEG, same thing, electrical activity. So we're very much electrical, electromagnetic, vibrational beings, these resonant beings.

A frequency is another way of thinking about it. And again, our whole universe as a whole, cosmos is in a state of vibration. We're in a state of vibration.

And so on a physical level. We're composed of all of these cells, trillions and trillions of these cells and there's, a very distinguished researcher called Ross, 80, with a 50 year career in EMF research, probably heard of him.

And, one thing that he said in in all of his wisdom, he talked about cells whispering, which is kind of sounds a little bit unscientific, but he was talking about cellular communication and all the forms that this takes.

So chemicals are part of this process that we call life. But they're not the driver. They're the result of an energetic communication. And by the way, it's not just EMFs.

There's other forms of electromagnetic, communication. but so that's really fundamental. And something else which is fundamental to all these energetic beings.

And we have this energetic anatomy and people saying, oh, well, this you know, that's a bit woowoo and but it's not actually there's a growing body of science, to support this, one of, one of the parts of this science which is developing is something called the bio field, which is this, this organizing field of energy which surrounds us, which permeate says, which surrounds and permeates all living things.

And we all have bio fields, and we're all, we're all these bio fields immeasurable. So they're very real. It's, you know, it's not something just, you know, in some weird research paper.

It's a very real thing. The ancients knew about this. They call it the aura. They call it the battle field. And now we can measure it. So it's there. It's real.

And one of the interesting, very interesting things is that, research shows that, electromagnetic fields are notably wireless. Wireless, emissions disrupt our, bio fields.

So what I'm saying is, when we have disruption at this energetic level, then this, this permeates down to the physical level and our and our well-being.

And this is what's happening. This is one, observation of what's happening. But and there are others. But this is the actually the real problem is what is happening at the energetic level, but what all the science is talking about, which, by the way, nobody knows much about, you know, the the EMF science is what's happening at the physical level and what's happening, notably at the cellular level.

And there's a lot of things happening. and there's a lot of research, on this, which I'm just going to, kind of overview a little bit, but one very important, piece of research was that, published by Doctor Martin Pohl.

and you might have heard of this, is on these voltage gated calcium channels. So peer reviewed research. so all these cells have, like these channels and these they've got these gates and these voltage gated calcium channels, disrupted by EMF exposures.

That's to say they're opening and closing. They're opening too much then too much calcium. And and so these this creates these free radicals, these carbonyl free radicals.

EMF Research and Cancer Links

And people have probably heard of free radicals generally. It's not good news. and this creates this molecule paradox in nitrite. And it creates this whole oxidative cascade which throws a whole load of things, disrupts, cell division, mitosis, damage to cell membrane, the cell membrane enzyme damage, DNA single double strand breaks, stem cell damage.

And notably notably, damage to the cell conduit. Now, this is important. so and I'm sure you're aware of this, but mitochondrial dysfunction is at the core of many diseases, not to mention, cancer.

and so that's just a quick, a quick look at the science. But there's two points I want to make from this to people that are watching and listening. The first is the EMFs impact everybody because people think I'm okay with my cell phone.

It doesn't affect me. You think you're okay, but that's not what the science is telling us. so we can there's a very, measurable effect. so many, right from the cellular level to whole, organ systems, whole body systems, right away, up through two to the energetic back and forth, both directions.

So they are impacting you even if you can't feel it. It's just some people can feel it. And that's how I started talking about this, because I was one of the canaries in the coal mine, so to speak.

And the second really important thing to take away from today is that these exposures, the cumulative. So the more you are exposed there is this build up, in your, in your body which you find, you find you find toxic barrel or toxic bucket kind of, analogy.

And then one day, boom, you're not fine. And it might not be called EMF sensitivity, but it could be called because all of this is just labels, isn't it?

You know, cancer, Alzheimer's, Parkinson's, whatever. And there is a significant body of science linking these exposures to so many of these chronic diseases.

Now, of the of the 21st century. Yeah. You mentioned a lot of things that are happening kind of cellular and and we know cancer like you're talking about that's it's a, it's a metabolic event.

You know, it's a metabolic dysfunction. But also you mentioned the word free radicals. You know, where you know, things to get oxidative and disrupted.

And and that has been linked to cancer in a lot of ways. So, it almost becomes and that emphasis is like a, a cancer causing toxins, you know, even though it is not a fiscal subject that you can weigh and, and, you know, that, that that's there, that you can see, but in itself, the substance of it can then really cause cancer, with, because of all these kind of cellular effects that it has.

And like you said, I mean, it is accumulative. I mean, you have all these trillions of cells. So let's say you have you know, a million of them that that are impact, that are now start to become dysfunctional.

And maybe they're not kind of fully dysfunctional to start to become cancer, but they are kind of moving towards that process. And then you add a little bit more stress and then a little bit more damage.

And all of a sudden now they can't compensate anymore. And now they start to behave like cancer cells. And then all of a sudden you have a million of them and then, you know, 1.5, then 2 million, and then all of a sudden you have a tumor. Yes.

You know, there's a lot of things I think, I think we probably both agree that that can cause cancer. and I'm not here to say that it's all about emfs, but I am here to say that it's it's not what you think.

I think I just want to address that, in saying that, what I mean is a lot of people think it's like it's in your genes. It's bad genes, right? That can happen, but it's extremely rare.

Okay. So that's the first thing. the second thing is related to that. It's more because the genes are just there, right? It's not the genes, it's the expression of the genes, which is the epigenetics.

So that's what's important. The genes, you know, which are being turned on and off and so the causes of cancer are many. but there's kind of three broad categories which, we can talk about.

The first one is toxins. The second one is trauma, and the third one is thoughts. So it's not exactly thoughts, but I'll get to that in a minute. But I'll just talk about toxins first because we're in this very toxic world, increasingly toxic world.

And the the thing is, with the emphasis that they have this ability without you knowing to impact absolutely every it's not even every tissue, but every every aspect of your being.

Because I'm thinking back to energy, right. Energy energy field. And then we've got these different densities. And so they're they have this ability to impact is in a way that no other toxin can.

and in terms of the science. We have so we have there's two categories of radiation. There's the not there's the, there's the ionizing radiation. Now, ionizing radiation is like nuclear warheads and fallout from Fukushima and all that kind of thing.

And this is a very high energy radiation. It has the ability to break bonds, in, break molecular bonds and, directly damage DNA, non-ionizing radiation.

What I talk about cell phones and Wi-Fi and so on. Can't do that. And what, governments and the cell phone industry and so many industries that make so much money out of all of this technology, want us to believe is that that all of this technology is safe.

And clearly what the science is telling us is that it's it's not safe and what the science is telling us. Again, sort of overview of the science is that.

Indirectly, the it the result of these exposures is nearly identical to the ionizing radiation. So that is really, it comes in difficult to accept because if it's out it's like, okay, if it's not dangerous, why am we protecting ourselves?

Well, there's a whole load of reasons. rather twisted reasons why we're not, why this is not public knowledge. but so what I'm saying here, you know, there's there's decades of research to support it.

and I'm talking peer reviewed research, talking multi-million dollar studies. And I'm not going to cite the mobile site just a few. one of them is the, P study, which dates back to the 1990s, $28 million study, absolute, funded by the cell phone industry themselves, with the objective of proving that cell phones are safe.

What did they find out? They found out just the opposite. And I've, I'll I'll read out what the conclusion was from doctor Josh Calo, who was his former head of the program.

He was fired initially straight after he made this statement. He said in his conclusion that there's a definite risk that the radiation plume that emanates from a cell phone antenna can cause cancer and other health problems.

So very, very clear. in his, wording there, another big, big study in 2000 study, 2010, multi-million dollar study. again said that using a cell phone for just 30 minutes, 30 minutes.

Just imagine this just using your cell phone for 30 minutes a day. For most people, this can increase your risk of a brain tumor by 40%. Now we're talking 2010.

That was published 2010. So it's on research, which was quite a few years before that. You can imagine what the cell phones were like. You know, there weren't there weren't certainly weren't using 5G.

and they weren't the, you know, the, the, the data, on them. And there wasn't the sophistication and there wasn't the, you know, the, the potential, that there is now to cause harm, which, you know, which is just growing, with as the technology as it technology gets better for the user, it gets it seems to get worse.

You know, for us, in terms of the health aspect, and thirdly, there's the National Toxicology Program, NTP study, $30 million study, which was published just a few years ago now.

And they came out, again, Doctor Ronald Melnick, who was the the lead scientist, at the time. the consensus is that there was a carcinogenic effect. He's talking about cell phone radiation.

This was, it was on rats and, a study, exposing, rats to, cellphone radiation. So those are the just a few of the studies. There's a lot of research, on this.

And one thing I just want to mention also, and I'm sure you're aware of this research, which is not EMF research, but it's the work of, Doctor Otto Warburg.

and he talks about what he found back in the 1930s that when cells are starved of oxygen, this creates these really great conditions for, for cancer growth and so what this means is that anything which contributes to this, which stokes this fire.

Can contribute to cancer. And clearly emfs fits into that category. It fits slap bang into that category. So so that is why it's so important to be aware of this problem and to be able to protect yourself from emfs to, to to begin to take some protective measures in your life, notably for your kids.

because unfortunately, kids are more vulnerable, kids are more impacted by these exposures than adults. And that's why I, started talking about this, because I was impacted.

Three Main Causes of Cancer

And as a father, I wanted to everybody to know about it, basically. and then just to zoom back out again. So talked about the toxins, talked about emfs, the toxins, the trauma.

You see, it's not it's never one thing. It's emfs and emfs and the chemicals, it's amps and the mold, it's EMS and the trauma. And I'm just want to mention trauma because it's such a big thing.

And we're talking about trauma with a small, tiny little things. I'm not talking about the earthquake, the the train crash or whatever. I'm talking about the small, the little things that have happened during your life.

The the kid that bullied you at school added to that, told you off because you spilled tea on the carpet, things like that which we store in our bodies and we have.

And this creates imbalances, blockages and that is an EMF that is contributing to this also. And thirdly, I mentioned three teas and I said thoughts. And really what I'm saying here, what I'm talking about here is, is the mind and the

power of the mind and how that is important.

And I'm talking about consciousness and I'm talking about elevation of consciousness and all of this actually all of this, which we call disease or disease, as I like to call it, it's it's really all about that.

And that is actually the primary determinant of your health. So they will I Yeah, this is like a gazillion questions that I want to have. But one of the things that's a little bit of a tangent, you know, when you're talking about thoughts, you know, so here we have Wi-Fi in our home and the Wi-Fi sends a signal.

And on that signal, all the information that exists, you know, that can be transmitted is piggybacked on that signal. Right. So, you know, because when I turn on my cell phone and I want to can I search something on Google or I want to, you know, listen to a YouTube video or any anything that I want to I want to have access to that becomes immediately available through Wi-Fi.

So it means that the potential of all that information is piggybacked onto the Wi-Fi signal, which means that that exists then in our home, you know, all those thoughts, all those opinions, all those, expressions, all those all of that has just been opened up into our home and as an impacting our consciousness, our thoughts and kind of in training how we are believe but what we are believing in.

However, viewing the world, however, viewing ourselves. 100% energy and information, that's what consciousness is. That's what we are essentially, fundamentally.

And this when you look at what a Wi-Fi signal is, or a cell phone signal, all of these technologies, energy and information, that's what it is. And but it's it's it's a non-natural form of energy.

And that's the problem. And it's not it's not compatible with optimum health. It's not compatible with vibrant health. And we can't make this go away.

But there's we do have more power than we think we have over this. And you know, I'm living, breathing example of it because I was very sick and I was lucky because cell phone makes my pain cell phone away, no pain.

So I realized straight away, as soon as I got this reaction, I knew it was my cell phone. I didn't know what all of that meant. I didn't know it was going to take me ten years to figure this out.

I didn't know that I'd be still kind of figuring it out 20 odd years later. but yeah. And so and then again, it's not just so there's this thing EMF hypersensitivity, which is which just means that you've understood the emfs impact, your health, but emfs impact our health in so many ways, but that the expression of this damage can be called lots of things.

And one of them is cancer. Yeah, yeah. And and you, you kind of you were saying like EMF and mold EMF and this so we have, you know, mold is existed around us, you know, for you know, ever I mean that it's always been there, but it hasn't been mold and EMF, you know.

And so when you bring that in, I mean, we know how that impacts us. But then the impact it has and on like mold, Lyme disease on viruses, so now they are changing how they are behaving.

And now that becomes an added stressor that is cancer causing on us. Exactly.

Practical EMF Protection for Cell Phones

And we do have most of the signs. The EMF signs is well, most of it is with animals obviously. and most of it is just looking at emfs we're not looking at emfs and all the toxins, but for instance, there was some research done by Clean Heart Doctor King Heart a few years ago with mold, and he saw a 600 ton 600 tons proliferation of mold, mycotoxins with EMF exposures, with cell phone type exposures.

and when you think that our got we've got this microbes, which is more bacteria and microorganisms than it is human cells. and when you look at the really much more emerging sites, there's not a lot of science on this, but there is some science which shows just a few hours, I think it's eight hours with a cell phone, causes proliferation of things like E coli and all kinds of nasty, bacteria, which and when you look at, well, particularly in the US, you know, how many people are suffering from, gut issues from, what is it, gluten, gluten sensitivity and all of these things.

So, yeah. Okay. Does, does that rather nasty molecule, gluten, which, is a problem for sure, but it's the emfs with the molecule also for sure, you know, and so it's all of this and all of that is, is, is is complex and difficult to prove.

But already on what we've got with the peer reviewed science, we've got that no matter where you are in your life, you know, if you're, single, if you've got a family, if you're young, if you're old, then there is a very good case for taking some elementary steps to protect yourself from these EMF exposures.

Yeah. And, and just another point I wanted to make as, as well. And then I want to get into, you know, what can we do? You know, practically, you know, because obviously, you know, we we recognize that this is an issue.

It is impacting our house and it is cancer causing it is causing a lot of different things. But for people out there just just thinking that, you know, we know that if we had old technology of our cell phones in the world that we exist today, our reception would be very poor.

So, so then because there's so much more, electric smog. So to say there's much more signals, more radiation, more frequencies. You know, it's just much more dense around us.

So then we have to turn up the intensity of the signal in order for us to be able to receive. So if we think then of our brain, our nervous system, you know, we have signals that need to be sent from one point to another for functions to take place.

And here we have trillions of cells, and each cell has millions of activities each second. And all of that needs to be orchestrated, which means that when we have this extra stress around us, these extra interferences, all of our communication with our bodies, then we have to turn up the energy in order to be able to make sure that that signal is sent from point A to point B, which requires so much more energy.

And here we have cancer, which we know is a cellular energy, a deficiency. You know, it is a metabolic issue where we are not able to repair the genes appropriately, and then the cells have to revert and into more of a fermentation type of process because is not able it is energy deficient.

So, so just kind of having that in mind, you know what, what is taking place around us and, and hence the importance of creating a sanctuary where we're not bombarded by all of these things and minimizing the exposure to reduce the the energy deficiency that's created within our body because of all of this.

Yeah, absolutely. you know, so I'm actually thinking more about quality of energy than quantity. And you're right, quantity is important. But there's something about the the quality of energy.

And so if I was to express this simply, it would be the all of this technology. It's a very poor quality energy which is not compatible coherent with human beings.

and, and we have this very coherent energy and so does nature. And that's a clue to the solution is, is, is, is is tapping into these beneficial energies of nature.

And that's really my approach, which is a two pronged approach. You on the one side, it's protection. And I'll go through some tips if you'd like, on how people, can protect themselves from this technology.

I'm backed actually all of that protection. But, it's all rather done on dusted very quickly. It doesn't take months to do. but the other bit does. It's kind of an ongoing it's a life long process.

In fact, the whole tapping in and, you know, finding your life's purpose and, and all kinds of things which are which, which get in the way of who you are and which can, which can bring on, ill health.

So, yeah, I think, that's what I would like to say is, is it's the, it's the quality and it's about and also to make people think about, well, what I was saying at the beginning about this vibration and how that's important and, and frequency and we are energetic beings of frequency.

And I say that and it seems a bit throwaway, but when you look at what's going on in the cells, then all living tissues have frequencies. They have optimum frequencies and health is about optimum frequency.

And so if you can create this optimum frequency in cells, in organs, in organ tissues and so on up the chain, then that brings out into the picture of, you know, creates this picture of health.

so yeah. So that's I think really hopefully helps people understand. But yeah, if you'd like me to share some tips as to what people can do, I'm happy to talk about that.

Yeah, I've, I would love to. I mean, I love to because we, you know, like like you mentioned, we're integrating, you know, smart freezers, you know, smart fridges, smart stoves, you know, smart cars.

You know, everything is smart. You know, we got the little Bluetooth and we have those, you know thing in their ear. And so all of these things have impacts.

So what can an individual will do practically. Yeah. To be able to, to kind of live a normal life. I mean, you know, we, we don't want to be in a cottage, up in, North Pole, South pole, you know, we we want to be able to interact with society.

And, you know, how can we do that and still minimize the impact that we have? Yeah, absolutely. So the good news is it is possible. And the good news is it's not that difficult.

And and it doesn't take long to do. so just sort of EMF 101. There's four categories of emfs. there is radio frequency radiation. That's everything wireless.

There is magnetic fields, electric fields and dirty electricity.

Reducing Wi-Fi Exposure at Home

And most of what we've talked about today is, is a wireless because, you know, smart Bluetooth, cell phones, Wi-Fi, all that's wireless. But actually there's really again, we can split these emfs into two categories wireless and wired.

And most people are like, what? You mean, why is it dangerous. Yeah. Because unfortunately well electrical was the electricity doesn't stay on the wire.

It permeates out into the room unless it's shielded wiring, which most of it isn't. It's permeating out into the room. It's permeating into you. Which means you're being exposed to these manmade, non-natural magnetic fields, electric fields, dirty electricity.

So maybe those terms don't make much sense to you at the moment, but. And it is there is a bit a bit of a learning curve on this. It's not that difficult. Okay.

so those are the four categories. And so I'm going to share with you three things you can do in terms I'm going to anyway. Look at three aspects I'm going to look at cell phones Wi-Fi.

And I'm going to look at wired. But first choice is going to give people a little protocol, a little wire strategy of dealing with all of this. And I call it the, and the, is not the Buddhist, the, it's Lloyd's.

and that means you from the stand, M to measure and M to mitigate. So what's the first thing is you from the stand. So, for instance, with, cell phones.

What are we talking about with cell phones? Well, actually, we're talking about radiofrequency radiation and, in order to measure, we need to know what we're talking about because we have meters, inexpensive meters to measure this.

And that's what I would love everybody to do, is to invest in a meter or two to have in their home so that you can monitor this because it's constantly changing.

I mean, you can I mean, by all means bring in an EMF consultant, a building biologist, or whatever. But it's really great, honestly, to have an EMF meter or meters, you usually need two.

and I'm not saying go out and buy em straight away, but this is, you know, ponder this and so we would measure what our exposures are because the problem is with a cell phone, we don't even know really when it's switched off electromagnetically.

I mean, in terms of the radio frequency, in terms of the wireless, we don't it's very difficult to switch off. So I have I mean, 19 years without a cell phone, I now have an iPhone.

My wife bought me this so I could do things online because there's so many things you can do, you know, verification codes and all of this in this. Well, we live in if you don't have a cell phone and you take great pictures and I mean, obviously, you know this, I love technology and I love gadgets.

so I now have a cell phone, but you notice my cell phone is in airplane mode. It's got that little airplane on it, top right corner. And the problem is airplane mode depending on different phones.

So we want to be in airplane mode. You want all the time to be in airplane mode, because when it's in airplane mode, that should cut all the wireless transmissions.

Probably. Sometimes it doesn't. Probably it sometimes it doesn't switch off the Bluetooth doesn't switch off the Wi-Fi doesn't switch off the hotspot.

Different phones are different protocols. The only way to know is with something like this. To know for sure to have an EMF meter on a like this. So this is not like the best EMF meter out there, or this is just for the price.

If you can measure three of those EMF electric field magnetic fields and dirty electricity, and you switch it around here to RF, and that means RF radiation.

And this is not doing much because I'm all hard wired. I'm a good boy. I'm all hard wired. And, my cell phone is on airplane mode, and I've got this pretty much figured out.

and you can see it's not really doing a lot at all. so a tri field TF2 American built and designed, is a great investment for somebody who wants to take this further.

So going back to our, you from Stan, we understood cell phones are RF radiation because noise just told us we can measure it using something like this, and then we'll.

How do we mitigate? Well, mitigate. It's just another word for reducing. We're just. Well, how can we reduce our exposures? Well, there's lots of ways.

But actually the obvious way, the simplest way and three ways actually is to turn the thing off. So turn the thing off can actually mean just turning the thing off.

But then you go, well, yeah, but nobody can reach me then. Well that's true. another way is you can increase the

distance between you and the device. So what's that mean?

Well, that means that you should never, ever, ever use your cell phone like this. Never. When you if you just go and look. And I'm not really talked about the research, but ipsilateral tumors, tumors on the same side of the head as which we're using the cell phone, women put in their cell phones, in bras, in the bras, getting, breast cancer, people putting cell phones in their pockets.

noticed how many hip replacement, people are and how much hip replacements, going on now compared to before. I've no research on that one. but yeah. Distance is your friend, I think energy energy field.

So you certainly don't want it on your body. And if you do have it on your body again, you want to be in proper airplane mode, checked with your EMF meter, preferably.

And if you are, speaking on your phone, using your phone to speak, texting is safer. But sometimes you maybe you've got to speak. Then distance is your friend, meaning not using it like this, using it like this.

And another good investment is something called an air tube headset. And this is like a normal headset, but it's got a bit of a tubing, air tube in it.

It's a bit of tube, plastic tube, and it hasn't got the wire. so it doesn't, actors and transmitter, capturing all the ambient radiation and being able to your brain.

And that's the problem with a conventional, headset. and then in terms of the cell phone, the reason I'm talking about cell phones is because for most people, they are the most significant exposure, EMF exposure.

And most of it is because of how they use it. It's because of how you use it, people. So you need to know how to use it and think this. Remember, this distance is your friend.

So all of this technology, not just cell phones, but all of it, you can apply this to everything wi fi as well and all these other things. I'll get onto Wi-Fi in a second, but distance is your friend.

And so and then there's places you don't want to be using a phone, like in your car or in a basement, you know, whenever you've got less than five bars, you are exponentially increasing your exposure.

Five bars or four bars is no industry standard, but whenever you go, don't have maximum number of bars on your phone, you know, for the signal, then you are exponentially increasing your exposure.

We're talking thousands of times. It's it's yeah. So that's for the cell phone. Very, very quickly. And I can talk about Wi-Fi, if you like, in wired a little bit if we've got time.

Yeah. Yeah, I'd love to because it's, it's such an important subject. So in regards to Wi-Fi. Yeah. Tell. Well what can people do there I mean what. And we have the same in our home.

You know we hard wired. Yeah. Put things on airplane mode. We turn off switches. You know we have you know, so it's a lot of, because it's so important for an individual's health and especially, like you said, your father, you know, children, you know what what what's impacting their brain, you know, as, as they're developing.

Exactly. So it's important for everybody. And pretty much everybody's got Wi-Fi. I never even had Wi-Fi actually going now. But he switches off. It's just this, modem router that I've got, you know, with, France Telecom around and, so in an ideal world is the answer is not have Wi-Fi.

but most people want Wi-Fi.

Creating a Low-EMF Bedroom

And so if you don't want if you want to go the, the, the, the whole, the whole hog, then you would replace your Wi-Fi with a wired connection, which is what I've gone here on my little laptop and that is Ethernet.

And like, I like kids. They don't even know what that is. You know, like younger people, you can connect to the internet with a cable, but yeah, that's how we used to do it in the old days.

and so that would that's the best solution, because then you don't have Wi-Fi in your home from your Wi-Fi modem, right? You still get it from everybody else. So I'll get to that in a second.

but what we can do is something very simple. Most people have got Wi-Fi, which emits 24 seven. What I recommend is switching it off at night. what I recommend is just pulling the plug.

And the reason I recommend pulling the plug, as opposed to doing anything fancy with the Wi-Fi. router or anything, is because you kind of have like the automated on the, in the settings.

But when you get a software update, those settings can be lost. And so before you know where you are, you sleeping Wi-Fi. And I pull the plug. That's the simplest.

It's not necessary. I mean it's it's easy. The difficult thing is to remember to do it. there is a, not a more automated way of doing this, that is with a little timer, you know, like one of those timers you put on lights to fool the burglars.

so you would set it to go off, you know, switch off between 11 p.m. and 7 a.m. or whatever. Just doing that. You're doing your body a tremendous favor because it's at night when your cells are doing, you know, all of this cellular regeneration, rejuvenation, detoxification.

So when we heal and so whatever is is impacting that is, is down regulating that healing process, which clearly we know the Emfs do. And wireless particularly.

And there's lots of studies around this, notably how it reduces the production of melatonin, a very important hormone. reduced all over your body. Actually, that's what the research is saying now, pretty much all over your body, but notably, the pineal gland, where it's produced also.

so lots and lots of reason that is such. If you can do that, you give yourself such a gift already. Just in doing that. and then there's more advanced solutions, which there's actually a guy out Holland who designed the thing it was for his kids school.

He's got like five kids. It's got like a cricket team for, you know, home and, maybe not quite cricket team. And, and he developed this thing electrical engineer and developed this, route.

It's called the JLS, which is his name, J. S big pardon. And it kind of automates this whole thing, but but from an EMF perspective, it's really designed to do this.

And it's a really short technology I think it's GS um.com. so that's if you want to take it to the next level. And, and lastly, if we've got time, I'll talk about the bedroom because it's rather special if you've got I don't know how we are on time, but we can I'd.

Rather, you know, yeah, I'd rather go for it. I'd rather kind of have. Have you? Because, like you mentioned, the bedroom as some part. And you know what we got around us?

The wiring in the wall. Yeah. Where do we put the cell phone? Where do we put the charging station? What's going on with the wife? I mean, all of these different things, you know, it becomes so important.

Yes. Yes, please. Absolutely. So, Thank you. So, went in the bedroom, all of that. You just said the charging station and the cell phone. You don't want any of that in your bedroom.

You do not want anything plugged in in your bedroom. You want a bedroom. You want to sleep like a monk or non, I don't know how they sleep these days, but maybe they've got cell phones as well.

But anyway, it's an image. so as little technology as possible. Obviously very dark. and you as low as low EMF as possible. So you're thinking, well, that's good then.

If it's very dark, then it's really low EMF. If I've kicked all of that out of the bedroom, then I'm good to go. Unfortunately not because your electrical wiring, even when you not even when there's there's nothing switched on and you're just chilling, trying to sleep or sleeping in your bed.

You are exposed to electric fields 24 seven and therefore potentially dirty electricity, which is a whole subject which is not talked about. But there's quite a bit of science linking, notably dirty electric Russian research, dirty electricity to cancer.

And so the solution here and I'm given solutions which are sort of step by step. So it's something you can try, doesn't cost anything. And then you go, you know, you might want to buy something or get something to do.

So electrician to change the wiring so on. But so lights out completely in the dark. You think I'm good? No. EMFs. No. There's an electric field which is measurable 6 to 8ft.

But obviously it's going further than that. But it's measurable already 6 to 8ft for this thing where your bed is, where your wall is, where the light switches in the wall, then you begin to understand that most people listening to this, like 90% of people are sleeping in an electric field every night.

Soon as you switch the light on boom magnetic field, we've got the electrons moving. As soon as electrons move, that creates a magnetic field. So we've got electric fields, magnetic fields and dirty electricity in our bedroom.

Worst place. This is the place. If you want to get obsessive about this, this is the place to get obsessive. It's a bedroom. It's nowhere else. And it's not in any other aspect of your life.

Don't get obsessive about, you know, any of this. But in the bedroom, it's worth doing this properly. And one thing you can do to test this out is to switch off the electrical circuit.

Go to the breaker box, switch off the electrical circuit to the bedroom, maybe also the electrical circuit surrounding the bedroom. I don't know because sometimes you can get something kind of weird, wonderful, effects with electricity, which even electricians down the stand where you get surge because you've switched up one circuit.

But what you will know is you don't really have to just do this very simply. Do this for a week and see how you feel. And if you feel better after a week, then you know that this is something you need to look into.

And I have an automated system on it. And it just when I switch my lights off, I've got something on the breaker box and it just kills the whole thing.

So that that is again, is such a gift and something else that people can do, if they think just lastly, if they think they might be sensitive to EMFs if they listen to this because we've not really talked symptoms.

but there's a whole load of symptoms. We're talking brain fog, tinnitus. the obvious is like, well, prickly, tingling skin. But you won't necessarily get that.

But there's, all kinds of neurological symptoms which which can sort of be a precursor if you want to this, any, any EMF impacts, you know, like, okay, EMFs actually, I can actually feel this now I need to do something.

And one thing you can do is go camping without your cell phone in a field which is away from high voltage lines and not near a cell tower, go away for a weekend.

Don't take your cell phone with you. Or if you take it down, switch it on. And you know this is really litmus test time. And very often, I mean very often just the thing in the bedroom, you do that one night and people wake up and they go, wow, this is really cool.

I've never I've slept so well in a life. so yeah, just simple things. You can do that. I appreciate that. Well, Lloyd and they can go on on your website.

You have a tremendous amount of resources where where people can just kind of jump on and investigate and see tools and things that they can use in order to be able to, to protect their home and protect their health.

Absolutely. So electricsense.com. I invite you to sign up for the free report, and then you'll get my newsletter and, and you'll, you'll begin this journey of understanding what emfs are, which you've hopefully understood a little bit with what I've shared today, how they all, in many ways they can impact your health, impact your family's health, impact your kids health, impact your animals health.

You know, these frequencies impact all living things. more importantly, learn what you can do. And I have a a bi monthly mod car podcast and lots of resources, to help people on this journey.

Right. Well, Lloyd, thank you so much for, for your crusade, I should say, because it is such an important crusade, because you're doing this with such fervor and such energy and such power.

So so I appreciate you sharing this information on, on this very important topic. Thank you so much. Thank you. Thank you so much.