Heart On The Line: The Real Dangers Of Cellphone Radiation Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Guest Background

Hello, everyone. Doctor Jack Wilson, cardiologist here. Back with another episode inside of the heart Attack and Stroke Prevention Summit. And I'm here with someone who I've known for years and just admired his knowledge inside of the space.

You're gonna be really excited to see what Mr. Nick, the EMF guy, you know, like the wine? You know, like the wine, is, you know, is is our guest today, and he's number one best selling author, author of an excellent book called The Non Tinfoil Guide to EMF.

It's a small read, but it's good. It's funny. It's very practical and an advocate for safe technologies. So through his unconvinced approach to blending humor, science and common sense, he's become a leading voice on the topic of electromagnetic pollution and how it affects our health.

And we'll be diving into cardiovascular health as well. And this is just such a monumental topic. So he's, you know, for the last few years, he's been interviewing some of the best minds.

And I think he really has kind of culminated that into his own. And, you know, really knowledge base by studying some of the people who've done a lot of the basic research, people like Martin Paul and Arthur Furstenberg, maybe, and others that we can talk about.

And, you know, he's got a lot of educational materials and he's, also has a fantastic summit, that's going to be, coming up next month. As well. So you'll want to stay tuned and we'll give you the links for all that.

And certainly if you want to learn more about Nick, you can go to the the EMF guy.com. That's the EMF guy.com. So Nick, welcome to our summit. Hey, doctor Wilson, it's a pleasure to talk with you again.

Well, thank you so much again for being on. And, you know, the title of this presentation, it's kind of like, you know, we talked about, you know, cell phone radiation impacts the heart.

That's certainly a big thing. And we'll we'll talk about that because I definitely think that EMF or electromagnetic fields leads lead to heart attacks.

And we're going to learn more and more as time goes on. Hopefully the truth comes out about this. But, you know, listen, the heart's an electric organ.

The body's an electric organ, and we're talking about these manmade emfs. So maybe do this talk about electro magnetic fields, EMF, and then talk about the, you know, the manmade electromagnetic fields.

Sure. But the EMF, fields are really an entire spectrum of frequencies that we've some some of them, are found in nature.

What EMFs Are and Why Standards Fall Short

Of course, you talk about, you know, visible light to all of these are frequencies that we have co-evolved with, including also invisible frequencies in the form of UV, for example, UV radiation of or part of the infrared spectrum that we cannot see.

And yet we know that they can be beneficial. They can be harmful in certain scenarios. And we have co-evolved with so many types of different frequencies.

There's also human made emfs that we generate using, you know, antennas to connect one thing to another. That's an example of a human made emps. For example, your cell phone must connect to, Wi-Fi router or to a cell phone tower enabled it, and to be able to send a signal and receive a text or send, video or, you know, navigate the internet.

So these are common examples of new exposures that we really are our, our grandparents or even our parents were never exposed to, at least not in their in their youth.

So these are brand new exposures. They are increasing. And then they are increasingly linked with different types of biological effects that really our safety standards don't account for at the moment.

So I like to explain to people that if we're having a one on one conversation in the same room, that 150 years ago, for example, we're having this conversation and between us is air and solar radiation, as you said, from the sun, maybe some cosmic radiation.

And then, of course, there is electromagnetic, electromagnetism, maybe more so magnetism. That is released from the Earth that is existent with. Sure.

But that's all that there was between us now, right? If we're in the same room, there are literally an infinite amount of electromagnetic frequencies that are passing through.

Right? I mean, whether it's, radio waves, television waves, and then now and that's where our parents generations would have come in to start all that.

And then now you get into where we are today, do we have any idea of the impact of what all this is doing? How would you answer that question? Well, let's look at how cell phones are tested.

They're tested on a mannequin head that is not even reflective of the average user. It's a mannequin head that is bigger than my head because I'm just A55 guy.

You know, I'm one 135 pounds, so I'm pretty light. Small head. The mannequin head is for a 220 pound, six foot man from the military. That's what it was based on.

So right there, you have a problem of, unrealistic ways that they're tested. They're tested for six minutes, and it's one single exposure. And our safety standards are based on whether that signal, that cell phone signal, will overheat the water mix inside the mannequin head in the laboratory.

And that's not the way that biological effects happen. For example, you might have you might have a cell phone signal that is below this heating threshold.

They will not overheat your brain. You will not fail. You will not have this impact on your face. And yet we know that it can cause oxidative stress, for example.

So that's, you know, something that can happen at the cell level. That's still a biological effect that can also compound over time. So all that to say that the way that we test cell phones or even Wi-Fi and Bluetooth is all based on this assumption that the only thing that matters is that we avoid almost, you know, being overheated by your phone.

So that's completely ludicrous. So in other words, right now, our safety standards and the way that we limit the amount of emfs that your kids are exposed to, that you're exposed to is completely inadequate and protects exactly from nothing.

So we're really left with a big question mark about the cumulative health impacts of all these different sources. But there are some parts of the data that are more concerning than others.

One of them is the fact that Emfs might be, carcinogen. Right. And that that has been debated over. Okay. Does it cause, brain tumors if you talk on a phone?

It has been linked with different types of tumors of the head, including, glioblastoma, the most deadly types of brain cancer you can ever develop or, sometimes acoustic neuroma that can lead to complications including death or parotid gland cancer or thyroid cancer.

So all of these are cancers of the head, but also in animals. What we saw in the biggest study ever funded by the US government in 2018, the NTP study, the National Toxicology Program, they wanted to elucidate what is the long term impact of these fields on animals, which is animal testing in that context is the gold standard, because of course, we don't take humans put them in a room and blast them with cell phone radiation.

Right. It's unethical. So therefore we use rats and mice. And what they found is clear evidence that the rats develop, a rare type of tumor of heart tumor called malignant Schwann omas.

Heart Risks, Cancer, and Oxidative Stress

These one omas are basically the Schwann cells are the cells that are at the surface of the myelin sheath protecting our nervous system. So these were hard tumors.

They also saw adrenal gland tumors and brain tumors in rats. So it was very, very concerning findings that reinforced the idea that these fields in the long run will increase your risk of developing cancers when it comes to heart health.

My biggest concern about that and and whether it's dangerous, for example, to keep a cell phone right next to your heart is the lack of data. It's not what we know that is the most concerning is the fact that no one seemed to care, and no one studies that stuff.

But get this the biggest studies that we have, or let's see the most data that has been published, is not about the effect of a cell phone. And how it might interfere with a heart that is in good health, but it's with people that already have poor health or need help from, for example, from an implantable, cardiac device, right, a pacemaker those that have a pacemaker have received now warnings from in certain cardiac journals from scientists.

For example, in 2018 I found this study magnetic interference on cardiac implantable electronic devices from Apple iPhone MagSafe technology. So what Apple did starting at iPhone 12 is that they added a very strong Mac in their technology and the back of the phone.

So that way you can use wireless charging. But they forgot about the potential interference between this cool tech, this new, exciting tech, and then the fact that some people put it right next to the pacemaker.

And what they said in that study is that the magnet can have interference and has the potential to inhibit life saving therapy. That was these are strong words.

It means. In other words, it can put you into real trouble if you have a pacemaker. But what about people with, you know, a real, a heart that is completely functioning?

Can it impacted long term? To this day, I haven't seen any data, and the cardiology scientists are not really interested in the topic. Or at least, you know, this is a very, poorly funded topic.

Of all topics, I think it should be massively funded. And of course, that's what scientists have been arguing for for decades. But to the contrary, the more we've developed this technology and we've rolled out, you know, from 3G cell phones to 4G, 5G, and now we're looking at six g, stronger Wi-Fi, more Bluetooth.

The more that we roll out this technology and the less we study its impact. So to me, this is very, very concerning. And the the effect on the heart is a big black box of a question mark right now.

But for sure, yeah, I've had anecdotes, one, one cardiologist that, was especially prominent and in my thinking is, delayed. Doctor. Sinatra. Who? Stefan Sinatra, who told me that he had seen, different patients with heart arrhythmias and he could pinpoint that the cell phone near the heart in a pocket, for example, was directly linked with the symptoms.

And is it is it that hard to believe that this could be the case? No, not that hard. But if you say that to maybe the average cardiologist or doctor or guy on the street, they would kind of be very surprised.

My God, there's no way the phone has enough power to interfere with a heart. But the heart rhythm is is decided by these pacemaker cells, right? And or and greatly influenced by them.

And we know that they might be change or their functioning might be change by the MPs. And how that's possible is simply that the EMS will change what is happening inside the cell, and especially change how ions of certain certain minerals go in and out of the cell.

That's one of the primary mechanisms that could explain why, even, yes, low level of cell phone radiation. This is not, you know, an electric shock that is very powerful or else no one would be using it.

Everyone would be feeling its impact. So it's a low level, low grade radiation over time. This explains how is it that it could lead to, for example, cancer or to just tissue damage and oxidative stress?

To be noted, though, you know, the studies on oxidative stress in, in a review in 2017, Bandera and al the they said cardiovascular disease is time to identify the emerging environmental risk factors for heart disease.

Right. And they said cell phone radiation is one thing to look at because of the studies on oxidative stress and the fact that we know if you have more oxidative stress, you probably you very likely have more risks for your heart.

These said, a staggering 89% of all studies identified out of 242 showed that the cell phone radiation could induce oxidative stress. If that's not enough evidence, I don't know what is.

Yeah, the oxidative stress is certainly a big story. We talk about that a lot. We talk about different ways to test your levels of oxidative stress. And in short, there are things that naturally occur in the body that generate oxidation or that are pro oxidative.

And of course, we should have a lot of antioxidants on board that would balance the two. But when we're out of balance and we have more oxidation particles and we have less or, you know, less of these protective mechanisms, we see oxidative stress. And that could be measured.

And as you said, it's all a matter of what's the cause of oxidative stress. All cardiologists know that oxidative stress is bad. But the answer is that.

And drugs and aspirin and kind of throwing their hands up in the air. But in our scenario when we're talking about what is leading to that. And one of the one of the factors here undoubtedly, is electromagnetic, you know, radiation from all these devices.

It's been one of my pet peeves. And I immediately stopped someone who's in my office, or I'll even stop someone in a grocery store. And it's typically the man who's got the, you know, he's got a cell phone in his in his, you know, front pocket over here.

And I, you know, advise him on that. The other thing that really, gets me and I guess I'm using wired, a wired headset, wired earphones. But let's talk about the, earbuds that so many people and the children are using.

I know you're so passionate about the children. Your next event is really going to be geared towards the children. Yeah. Talk about these, these earbuds and why they're dangerous.

And are the wires better and what's a better solution here? Well, look, if you're replacing a cell phone and using a Bluetooth earpiece instead, you're replacing, you know, a cigaret with a light cigaret.

That's that's really the answer here. So it's not a it's not a good option to have Bluetooth in your ear. To the contrary, a lot of people who stop talking on the phone, especially the younger generation, you know, they never want to do a phone call.

I guess it's it's almost part of my generation to millennials like, oh, we text instead. We never call. Okay. That's good. In fact, you know, not having a phone to the head, I think is a good strategy to avoid most of these dangers, too, especially the car, the carcinogen is the aspect to cell phones.

However, Bluetooth is the same thing, right? There's a similar frequency and it operates even deeper in the ear and closer to the brain. So the risks are there.

And the fact is a lot of people wear these earbuds. You know, the whether it's the Apple AirPods or any competitor, it's for extended periods of time.

So some people I've seen, you know, wear them as a fashion accessory and they don't even listen to anything. They're just in the ear. Right. So or you have a business people that still use these Bluetooth technologies, the handsfree technology, but they keep it basically all day, every day, ten, 12 hours per day in the ear.

That's equally as bad as talking on the phone. So these are real dangers. And the longer you use them, the more risk that you face. And we have, very good, modeling from scientists that showed that when you talk on a phone as an adult, you could have the signal penetrate about half your brain for some younger children, it penetrates all the way through to the other side.

And this is really, really clear that the way these things have been tested again, on the mannequin had that six foot two, it has nothing to do with these children that use a phone or they don't use a phone, right.

Instead they use the Bluetooth thingy in the ear. So these risks are increasingly concerning for younger and younger children. And the reality is that we have four years old now that use cell phones or that use earbuds.

And I know we're going to see younger and younger people use them. The alternative is wired. I wouldn't worry about it. If you're using a wire to connect, you know, to your cell phone.

I wouldn't worry too much about the the signal that could go up the wire or all these different issues. Yes, it's a thing. You can have something called, air tube technology that will not not even use the electricity to carry the sound to your ear.

That's even better.

Bluetooth Earbuds and Wireless Exposure

But to me, this is a more advanced thing to consider if you really want to minimize your exposure. I would rather tell the very simple message that do not use wireless for your earbuds or headphones, or use it very sparingly, and which is usually the opposite of what people do.

And you know, you pick your poisons and in a sense and if you want to use them sometimes because it's practical, please be my guest. But personally, I never use them.

And especially when I'm stationary, I'm in my home office recording this I there's no reason to be on wireless, right? It's almost silly. So, yes, I know a lot of people use them for convenience, but if you're listening to this, you know that convenience sometimes comes at a cost.

So if you eat at McDonald's every day, it's convenient, it's tasty, it's fast. But you know what comes next. And that's

a big health troubles in the future.

And the EarPods, you know, whatever they're called, AirPods, you know, AirPods. Yeah. You know, and different, you know, brands of that whatever. It's I mean, there's a battery as I understand it, there's a the battery is in one side.

And then the Bluetooth signals. Now obviously it's connected by Bluetooth to that battery operated device. And then on the other side it is another receiver.

And so that one, AirPod sends the signal to the other AirPod. And of course in between is your brain. Yeah. I never could verify if that's the case, but in any case is going to send a lot of signals towards your brain.

Right. What is crazy about these devices, doctor Wolfson, is that to this day, manufacturers are not even shielding the user from these emissions because everything is within safe.

The limits that I explain are completely inadequate and really are almost a farce as this point that that they keep sticking to the safety limits that are completely outdated and inadequate to protect the public.

And so basically the the earpiece would emit in all directions and not preferably towards the exterior, which would prevent a lot of signal from going towards your body. Right?

It would it would minimize the risk, minimize the problem. But at the moment the industry is not even interested in making their product any safer. There's not even a discussion, and I think it will take a lot of consumer awareness and demanding safer technologies for this to happen.

But this is really why we're we're kind of left, south navigating this space and trying to minimize our exposure as much as possible. All right. So we talked a lot about the, you know, the cell phone and the headsets and stuff like that.

But what about just the Wi-Fi in your house? Everybody is I mean, all the homes these days, they're building things. It's all smart technology. It allegedly smarts. It's pretty stupid, right?

But, smart cities, smart houses and, you know, the Wi-Fi. And then when you tell people to turn off the Wi-Fi, especially at night while they're going to sleep, then you kind of run into this problem where it's like everything is controlled on the Wi-Fi.

So it's like, if you shut it down, the house explodes. So talk to me. Talk to me about Wi-Fi. Is that a practical, important thing? I mean, again, we live in or, you know, and what's cool is you turn on your device and you can see all everyone else's Wi-Fi, around you.

So what impact does that have? And then, of course, what kind of frequencies we're getting from from the towers that are sending us those signals. But talk to me about in-home Wi-Fi and does it make a difference, do you think if you turn it off at night.

Yeah. So we have to think about this just like we think about, let's say, toxins in food, right? No one expects you to stop eating all toxins in food.

For example, pesticides or heavy metals or whatever is is sprayed on our food these days and it will change from week to week, I think. So what what you could do instead is try to have the bulk of your food, be cleaner, as clean as possible by eating organic or local, making sure that you know your local farmer.

You start developing a relationship with them and you realize they don't even use pesticides. That's tremendous. So when it comes to emfs is the same thing.

You have to think about total body burden and try to minimize first the exposures that are touching your body,

because these are the most intense. We talked about those right cell phone here or keeping in the pocket or even in the in the front pocket or back pocket.

There are impacts on fertility as well that, we could go into, but that's all. That's a whole rabbit hole. But when it comes to impacts, yes, your neighbor's Wi-Fi will technically impact you.

But take care of your own devices in your own home first. And that's really the message here. You can think about, you know, air pollution. But there's little you can do about the smog in the city of Dallas or Montreal or Paris right now.

You cannot change society that way. You can choose, though, to filter the air inside your home, for example, which is a great action step in itself for environmental, reduction of environmental toxicity for emfs, turning off your own Wi-Fi at night is is a good action step.

Even if you have a 100 neighbors, right? You know, across the street, the reality is that the intensity of your own Wi-Fi router will likely be, worse than the intensity of your neighbors.

So this is really a good action step to start doing. If, unfortunately, you're like my uncle and you have these smart homes, I remember we have this, this shared, you know, vacation home, for, for, my mother's, family side.

Wi-Fi, Smart Homes, and Electric Vehicles

And we went there and I told my brothers, okay, let's turn off Wi-Fi at night, and it's going to be great. We turned it off, and the firemen came because the fire alarm, you know, sounded, and everything went crazy because everything was smart.

And let me tell you, I didn't feel good in the summer vacation home at all because I am slightly reactive to these fields. And it just shows you that if you over rely on Wi-Fi, it makes it.

Not only is it, you know, something that is stressful in your life, but also if you lose power, all sorts of you have a can be created. So I, I don't think it's, it's a great direction to take to have everything connected with each other that way.

Not only is it, you know, a source of oxidative stress for your entire body, including your heart, it's also a way to make you more depend on this technology.

So I would try to avoid it as much as you can. Personally, I'm not even on Wi-Fi. There's no Wi-Fi in my home. In my condo, I have wires going from my router to my computer.

It is called, you know, a good old Ethernet cable. And believe it or not, in, you know, as we're recording this, we can still wire up different technologies, including your personal computer or an iPad, for example.

Excellent. What, what are your thoughts about electric vehicles? Electric vehicles? I think some of them are quite bad. I've seen, battery placement being a big issue for certain people that are more sensitive and others are just getting the oxidative stress and not realizing that, for example, the battery packs are underneath the driver's seat or the back seat.

I think it's very poor placement because when you're right next to the battery like this, you would be exposed to large field that this is not wireless radiation, but it's still a human made field that would be measured as a magnetic field or electrical field.

And it's not good, right? If you can avoid it, avoid it. But it's difficult to tell. You have to really ask about these things if you purchase an electric vehicle.

But what I see in vehicles nowadays is that all of them, whether they're gas powered or hybrid or electric, they're all

getting worse. Because you have Wi-Fi hotspots, you have Bluetooth options that sometimes can be turned off, sometimes not.

You have different wireless technologies that are being used. So unfortunately for car manufacturers, they're just moving with society, right? Everything is going wireless and they're very excited about it as well.

They're offering everything wireless. So when it comes to a vehicle, the first thing that I do is I turn off Bluetooth, especially when I don't use it.

Right. This is a needless exposure, and I would personally avoid an electric vehicle if I have the battery packed underneath my butt. Sorry. There's just, you know, to me, the risks are not worth it.

To my fertility, to all my organs. And then, especially if I spent a lot of time in my car. So if you have a long commute or maybe it's part of your job, like my dad, who's a realtor, is always on the road, then think very hard about what vehicle you might be purchasing, because these things are going to impact your everyday, you know, levels of extra stress and will just be a big part of that EMF stress you're getting on a daily basis.

Great, great information there. What about, what about Starlink? What about all the satellites going up into the sky? I understand that there is absolutely nothing we can do about it.

I understand that we are best to, eat well and live well, think well amongst everything that we can control for. But, you know, any any comments about the electric, you know, electrification of of of of Earth.

Yeah. Well, how to address this? I mean, it is daunting. Right now there's there's no one, there's no pilot on the plane when it comes to satellites. Literally, there's no one looking at what we're throwing in space.

Whether this is healthy for the planet, for humans, for animals, or, you know, any, anywhere in between, whether the amount of pollution that is generated by the rocket launches because you have a rocket bringing the satellite, the rocket burns a ton of fuel.

This has been, modernized. And scientists we're seeing, no one is looking at it, but this is maybe just as bad as the entire, global aviation at the moment.

For, commercial flights. So basically, they're launching a bunch of satellites. They're improvising. Some people are saying, well, now we're going to have problems with astronomy being to look in the sky because there's all these satellites that are causing light pollution.

So I think it's a big issue. People need to realize that we have to be against these technologies. It is tempting to use Starlink and other satellite technologies if you live very remotely, and that's the only thing that's available to you, even, one lady wrote to me, two weeks ago, she said, well, you know, I used to be on broadband and have my router and everything.

I was happy, but then they disconnected the service. Now they want me to use Starlink or some other satellite service. And I said, My God, she's being forced to use these technologies.

And that's just where society is headed. So I'm personally, you know, also an activist to go against these companies and say, look, we need at least to have some sort of regulatory framework to try to work this out.

How many satellites should be, around Earth, is it safe for human beings, is a safer ecosystems. And right now we're just in a space where, you know, whether it's, Elon Musk or, or any other, billionaire out there.

There's many companies in more, more than a dozen that want to launch satellites or have already launched some. And I think it's, a very stupid idea for, for the planet.

It's just the flavor of the moment. Technology is being perceived as something, I think, inherently positive. And, you

know, this is progress. I don't think it's progress.

And if people knew how little scrutiny there is towards these projects, they would be very concerned as well. No one is is is looking at it. There's no, you know, international space, like who's who's who's regulating space.

Starlink, Satellites, and External EMF Sources

I ask myself this one day and I ask an attorney and he said, you know, no one, no one at the moment, they it's it's literally you have the satellites from Starlink, they're all over America.

And if they go over Italy in one of their rotations, they are in direct breach of the international agreements that were placed by Italians about light pollution.

And the FCC in this U. S. says, well, it's not our fault. We launched the satellite and allowed Starlink to launch them. But if there are over Italy, then it's it's an outrage jurisdiction.

So people are playing around with words. And, you know, no one is taking responsibility for these projects. So it's to me, we should be against these technologies.

But very, there are very few avenues to stop them at the moment. But I think that trying to avoid them spreading the word and there are some organizations like, Bebe, I alley and.org, this is a consortium of international attorneys that are trying to bring some, some sense in this madness about satellites, and they're trying to sue the FCC and, it will be true lawsuits, I think, in active ism that we'll be able to at least have some sort of balance in, in, in these projects.

But right now it's really anything goes. Yeah. Everybody's worried at this time about seed oils. And they're protesting companies like Kellogg's and Nabisco while the world is getting electric electrified.

I think that they're, you know, they're they're missing the mark on on really what's important I'm not I'm not promoting seed oils. It's not something that I consume, but I think there's much bigger, you know, things that are out there. Talk.

Is there any way to mitigate, you know, that, you know, regarding your house? I mean, so are there other just a couple simple protective strategies, without building what's called a Faraday cage of your home.

But do you think that there is anything that people can do in some way, maybe to mitigate the effects of Starlink? Is that what that also be helpful for cell phone towers and, electrical towers around?

Is there any way to mitigate against that? And it's not necessarily, I wouldn't say these these strategies are simple, but there are ways to mitigate the environment that, you know, the exposures, are VMs that come into your home from the from the outside.

So this is really why I always teach, you know, first what's touching your body, second, what's in your home. And third, what's outside your home that you have very little control over because you can protect individual rooms, you can protect entire homes.

But we're talking about more more money, more time invested, along with a professional that can come to your home. These professionals are called, you know, building biology, consultants or EMF mitigation experts.

They can help you take readings in the home. And, and this is where these more advanced shielding strategies can be applied. And they would be equally valid against satellite and against cell phone towers.

And for sure, if you are exposed to a cell phone tower within a few dozen feet, it would be to me a a type of an example, a very concerning type of exposure.

Because yes, you can turn off your phone, but if the cell tower is blasting you with so much power, you can be in trouble. There are good examples of people, feeling very, very sick after a few weeks of having a cell phone installed, for example, the right next to their, bedroom window.

That's an extreme example, but it happens every day. Why does it happen? Because anything goes. And the cell phone companies are so excited to roll out more and more towers because they're, they're, they're they're really the the limits are so permissive.

So unless we fix the limits, we're going to still see that. And some people are left to have to protect their homes against these exposures, which is, just, just a crime in my, in my opinion.

What about, smart meters? Maybe we can wrap it up on this. What about smart meters? How do we protect against smart meters and kind of. What's the status for most people right now is they call their power company, and they say, I want my smart meter removed.

Of course, they always get like, it's always this confrontation. Maybe they'll have to pay more money. So tell me, what are smart meters? What are they doing?

And then what do we do about it? Yeah. So smart meters are utility meters for electricity or gas or water or all three that are emitting wireless radiation.

The problem is that the way they've been engineered is, again, very stupid. And the emit up to some of them emits six times per second sending your electricity information or water usage or gas usage to the company.

If if we're talking about usage, why is it sending a signal six times a second? And the engineers say, I don't know. That's how we've decided that in some boardroom they don't even know.

Right. So the problem is too many emissions. It should be once a day or something like that, right? So too many emissions. And then the strength of that signal can be very, very high.

The main problem with smart meters is if you are sleeping right next to it, or living right next to it, right? Proximity again is an issue. So if you cannot move away from it, you have your your bedroom here.

Smart Meters and Home Mitigation Strategies

And there's an entire wall of smart meters that happens in many situations in apartment buildings or condos. Then you can literally have the same problem.

I talked about that when it comes to a cell phone tower, you can turn off your Wi-Fi, turn off your phone, follow all the advice that the EMF guy just gave you.

And yeah, the smart meter wall will still disrupt your biology, so there are some things to do if you have one smart meter, you could try to opt out. So it means going back to a meter that is non wireless.

It could be an old analog meter with little spinning metal quadro. And or it could be a digital one. Without wireless there are different options but sometimes the companies can charge you up to a few dollars per year to what I've seen in one state in the US, I cannot recall which say this is $60 per month.

And I said, oh my God, I wouldn't even pay that myself. I mean, that's $720 per per year. That's like over over ten years of like seven K for what? For having someone take readings.

It seems completely overblown as a cost. So in that case I would look into shielding strategies. There are things, metal, sort of metal casing with a mesh that you can put over the meter to reflect the radiation back and try to dampen the signal up to sometimes 99%.

So it can greatly reduce the, the, the, the extent of the problem. And in some situations, if you have an entire wall of smart meters, for example, I would try to have a professional assess the situation because trying to, you know, apply, I don't know, paint the aluminum paper to the wall and all sorts of people tell me about the their do it yourself jobs.

And sometimes you take readings as a professional and then you realize, yeah, it's not really useful. Right. It's not helping you because the radiation will seep through everything.

It goes through most building materials, except maybe concrete. So it will go straight through walls. Right? That's why you have good coverage in your home and goes through, you know, wood and and, you know, any type of standard wall and doors and all of this.

So don't try to attempt such jobs, especially if it's a costly job to do. Try to have a professional come in first and then try to mitigate it. But for sure the smart meter situation, it most of them have been replaced at at this point.

The, the rollout of smart meters began maybe two decades ago and now has been completed in most cities, so most people have them. If you're smart, meter is not even close to anyone in your home or it's even remote.

I see them on, you know, the corner of the garage. It wouldn't be my first priority to mitigate against, but if it's close to someone's bedroom and it just happens that this person has, you know, very light sleep or has insomnia, then you can say, maybe it's a factor here.

And you would see, you would likely see better sleep if you try to mitigate, that thing. Yeah. Know for sure. Right. If you have any sleep issues, this one thing.

But listen, this is the heart attack and Stroke Prevention and Recovery summit. And if you've got these issues, I definitely think EMF is is a problem.

And just because they say it's safer as as Nick just said, it's it's it's not been proven safe. In fact, there's a lot of data that says that it is, unsafe.

So, you know, and I and I'll tell you, I shared that when I was on your summit a few years ago, I shared the story of the summer we saw she was in her late 30s, and she had this huge scar on the right side of her face, and we started talking.

And we're both doctors, my wife and I. And then she confessed to us that, yeah, she had a gland tumor. And that's what that just very disfiguring scar was from.

And we said, what do you think caused it?

Closing Thoughts and Final Recommendations

And she said, for, you know, for ten plus years, I walked around with the cell phone, you know, working as a real estate agent, you know, attached to my face, and, and here we go.

So, in any case, Nick Pineau, you know, with, he's the EMF guy, the EMF guy, dot com. If you want any information, as you should know, about electromagnetic frequencies and radiation and how it's impacting you and what to do about it, check out his website, read his book.

The the non tinfoil hat, which, which is great because you were just talking about tin foil and how protective it is. So, those of us that are walking around with a tin foil hat say it's probably a good thing.

So, again, thank you so much. Nick. Pino. Doctor Jack Wolfson for another episode of, inside of the Heart Attack and Stroke Prevention and Recovery Summit.

We will see you next time.