How To Live A Naturally Healthy Life In Our Electromagnetic World Transcript

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Introduction to EMFs and Lloyd Burrell

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel. And I have Lloyd Burrell today, and we're talking about how to live natural, healthy life in our electromagnetic world.

Lloyd is the creator of the EMF summit, the healing with Vibration Summit and bestselling author of the book healing with vibration and founder of the website Electric sense.com, which has had over 4 million visits since its inception in 2009.

His passionate about educating people about the dangers of electromagnetic fields, sharing solutions and helping people reconnect with the healing forces of nature.

Welcome aboard, Lloyd. Thank you. Thank you so much, Doctor Greg. So you have really been out there at the forefront on bringing awareness to electromagnetic, frequencies and the effects on the body.

Let's start out there with is it safe just to use cell phone and WiFi? That's a great question and one that everybody should be asking themselves, but few people do.

And there is so much research behind this about these exposures. Now. And this is really there's like the will that most people live in where they've clueless as to these dangers.

And then there's the science, which really exists.

Health Risks of Cell Phones and Wiu2011Fi

And we're talking peer reviewed science, thousands of studies which show quite clearly that, Wi-Fi cell phone, all this which we call wireless, which is actually radio frequency microwave radiation causes these adverse biological effects.

And it's like, okay, well, what does that mean? Well, what it means is so these are actually electromagnetic fields, manmade electromagnetic fields. And they impact us in multiple ways.

But very simply, I'm going to break this down so people can understand the impact is at the energetic level because we're actually energetic beings. And you know that.

And I know that first and foremost, we're energetic beings. And we can we can go into that if people aren't clear on that. But also the impact impact is at the physical level.

And but at the physical level, what's the most basic physical level is, is actually at the cellular level. So we're talking DNA, we're talking cell membranes.

We're talking stem cells. We're talking all of these which is going on behind the scenes. And then obviously once we've got this damage, which is this disruption, this energetic disruption, then that, feeds into, tissue damage, organ damage, bodily system damage and symptoms and from symptoms to what I call dis ease, which most people call disease.

And we're talking, yeah, cancer, we're talking Alzheimer's, we're talking Parkinson's, we're talking cardiovascular disease. And in fact, we're talking so many things.

It's like you, you name it. And yeah, there's a connection, there's a study. So that's why just like putting the cell phone to your ear and even having Wi-Fi in your home is not necessarily a good idea.

And there are some caveats to this. It's really about how you use it. But that is which I can go into. But the science is there few people know about it.

And yes, it is concerning. You know, it is. It's got to be hard, right? When you have the information and people aren't willing to listen. What do you think that is about?

It's about several things. I would say primarily it's actually about money because, there is so much money to be made out of these technologies that the cell phone industry and similar industries, utility companies, even, they're playing with the science.

They're not like the science is being gamed. What people are being told is not the truth. You know, our perception of truth largely comes from the media and, you know, and then, you know, there's this whole thing, fake news and people are so confused and there's so many things which I see as being actual truth and which bomb, they call it fake news, like cell phone radiation is dangerous and yet we've got all this science behind it.

So it's money. People are being misled. But then also people kind of want to be misled. I think. Why? Because, you know, I I've got a cell phone now, I didn't have a cell phone for 19 years because I was so sick.

And that's how it all started. But I do now. Obviously I use it in a certain way, which I can explain, but yeah, this technology so seductive. And I'm sure you agree that this is amazing and everything that this can do and similar devices and iPhone but similar device, it's amazing.

It's just and it evolves and it's I'm in awe. But at the same time okay. Don't be drawn in by this. Be aware of the dangers. And that's what I want people to know because the dangers are real.

And the thing is, it's not because you can't feel these effects that they're not impacting your health. And that's what the studies are telling us. And the second thing is, and I repeat this over and over, because it needs repeating, is that the studies are telling us that these dangers are cumulative.

So the more we use it, the worse it's getting. And we're fine, we're fine, we're fine. And then one day, boom, we're not fine. Okay. So let's get into that because this is, you know, often times, you know, it's overwhelming because it is everywhere.

And I think that's the component where we we tend to want to put the blinders on and say like it's going to go away. So on, on that front, like, let's talk about what what do the exposures create?

Because there is we can't see it. And until you hit that tipping point.

Symptoms and Sensitivity to EMFs

So what are some kind of telltale signs or components that maybe at the beginning and then as it accumulates, like I know you're saying it's involved with every system, you know, really every disease disease process on the planet for humans.

So how do you get into that? Like make it real for us here in, for humans, plants and animals. That's what the science is. But yeah, to make it real, well, I can't get any realer.

More real than the my symptoms. What I live. So what happens for me is one day, 2002, from one day to the next, I suddenly had a reaction to my cell phone.

And this is like it's difficult to comprehend for and difficult to explain, but a feeling, a very, very deeply disturbing thing in the gut. But actually it was in the brain.

It was in my head that I felt it, and it was this pain which became a searing pain, which became a hot head, hot air, hot and prickly skin tingling skin, dizziness, sensitivity in my eyes.

And those were the kind of the, immediate thing. So I've got this burning sensation on the side of my face, and this is just over the course of a few phone calls.

And then medium term, we can say this massive fatigue, like just dog tired all the time. I mean, I could sleep and sleep and sleep and get up. And I was tired.

Brain fog, confusion, anxiety, depression and then longer term weight, weight loss, weight gain, leaky gut because we know it affects the brain. It attacks the blood brain barrier.

Well, it also attacks the the the god's lining and just bodily aches and pains, joint pains. And that was me. Other people. Very common is tinnitus, memory issues, which I perhaps had, I can't remember.

Yeah. Skin rashes. That's another big one. And we've got signs behind that muscle activation syndrome. And there's science actually behind all of that.

And it's just this, you know, mishmash of neurological, immunological, psychological complaints, stroke symptoms. Wow. So it is it is literally it's nebulous.

So it's throughout all of the systems. And I think you you really did explain that at the beginning of saying, you know, this is at the cellular level, that the disruption is occurring.

So that's why it becomes, you know, it's not like we're running into a wall, literally, but figuratively we are because we're swimming in it. So, you know, you're not allowed, right?

And I'm not allowed. I, I totally, I see the effects in my patients on a daily basis as well. So that's why a big component, why I wanted to have you on this bioenergetics summit.

Because we are energetic beings. That's what our our listeners and viewers are tuned in to that. And and yet we're now swimming in this other fields, these manmade fields.

What are some of the effects in nature? I want to get into that. And then I want to talk about, you know, what do we do about it? Yeah. Yeah. Well, the effects in nature, we've got studies on how it's affecting the birds, the bees, wildlife, populations of wildlife, like the erect cell towers.

The sparrow population suddenly falls off. We have, you know, when Marconi first introduced wireless on the Isle of Wight, south of the UK, little islands back in the 19 the beginning of the last century, the it decimated the bee population.

Literally overnight. The bees did come back. That's the good news. But we're seeing the same thing now.

Effects on Nature and Wildlife

And because, I mean, that was just one, you know, that was just literally the radio wireless of the of the day. But now, I mean, there's no comparison to what was happening in the 1930s to what's happening today, you know, in the, 2020s in terms of the density, the, you know, the all these different frequencies and the complexity of these frequencies, because, there's there's all this there's there's all these carrier frequencies and then these data on all of these frequencies.

And so, yeah, it's impacting every form of life, including plants. We've got studies on all of this, and I talk about this little because most people are interested in like me, you know, how does that impact me?

But the science is there to on basically all life forms. You know, we've got anecdotal evidence also with, you know, like trees next to cell towers and stuff like that.

You know, it really is. And then as we understand, you know, in terms of what it's doing at the cellular level, we can

actually we see the same thing, obviously, in animals and a slightly different thing in plants, but it's not it's broadly the same effects.

Sure. So and that really is showing we really are, you know, fields. We're we're particle waves and particles, right. Wave form and particle together in that we can see this like physically in the matter realm.

So what what's the appropriate use. Right. Because the stuff is obviously it's not going away. And you know, you've navigated it yourself from a significant sensitivity to creating illness into, well, now you carry a cell phone.

So what are some techniques that we can think of on, you know, limiting or appropriate use of technology. Well, very, very quickly. Number one is the cell phone.

It's how we use a cell phone. And the most important thing to remember when we're dealing with emfs is distance is your friend. We're always trying to put as much distance between the device and you.

And so with a cell phone that means never, ever, ever, ever doing this, sticking it right next to your ear because that's right next to your brain, which is your most precious organ for most people anyway.

And so it's distance is your friend. And why? Because of this exponential effect of how these electromagnetic fields, these fields exist in space.

Reducing Exposure and Safer Tech Use

And so just by gaining a very simple way and I'm simplifying the science a lot, but just by gaining literally millimeters, we can reduce our exposure by thousands of times.

So what I recommend is use all speaker phone to perhaps an air tube headset. It's like your regular headset, except it's got a bit of air tube in it. You can buy that online if you if you, Google and to use put your phone on airplane mode, deactivate every all the wireless functionality.

Yeah. The Bluetooth, the cellular, the Wi-Fi loop go through spend time do that. Understand how that works. At some point you're going to want to buy yourself a meter and which is a meter like this, for instance, which is a I've got a bag full of meters here, which is a corner meter.

So it's a meter which measures. That's what I recommend is getting a meter which can measure three different kinds of EMI, radio frequency radiation, like cell phone radiation, electric field, magnetic fields.

That is so important at some point, at some point investing, to do that. And there is just a whole education around the cell phone, really, because people say to me, and I had somebody like, actually somebody in our little work group who said, oh, I've got a ten year old, what sound do I buy?

And and I'm like, well, it's not about that because we don't even have the reliable readings. It's all skewed in the industry's favor. We don't have like a chart where we can say, oh, that sounds safer than that one.

So it's all about how you use the phone and distance is your friend. And those are some tips. Another very quick tip is looking at the bars, making sure you've got maximum bars, all the time.

You do not want your phone ramping up the. If the bars go down, that means your phone is having to work hard pushing out more radiation. So that's really in terms of the phone, in terms of the Wi-Fi, very, very quickly unplug it at night.

Unplug the Wi-Fi at night. And if you want to take a further step because who needs Wi-Fi when you're sleeping. Yeah. Well this will do your body a huge favor because as you know, Doctor Greg, it's when you sleep, your body heals.

You've got all this cellular rejuvenation. Regeneration. Detoxification. Your body's producing melatonin, and it's just the most beautiful time for your body to heal.

And if you're able to reduce your EMF exposures, principally your Wi-Fi, you don't need a huge fiber. Got it. Those very quick things. Yeah. Cell phone and Wi-Fi.

That's awesome. You know, I think all of those little steps do add up. And it's a cumulative cumulative event. Right. Because when you start getting into this the information is overwhelming.

And I'm curious. So I want to kind of now pivot a little bit for us because there's the evolution of Lloyd Burrell. You know, you've come through a lot and you really are digging out the research, kind of putting it in, convenient place for people making it easy for us to see this truth that can get downright depressing.

And, you know, when we're talking about fields around the globe that we're swimming in and they're talking about the internet of things and more and more of these frequencies around us tuning into it.

So before we got on to this, our interview is like, okay, well, where do we go with that? Because I want to produce and and give people that that hope, not false hope, but real hope won on the potency of nature and tuning into the healing frequencies of nature.

Because we are energetic beings and, you know, we are influenced by those fields, but we also manifest and create fields. So where are you going with this?

Because we I've been saying for years that the future of medicine is in frequency, sound, light, etc. how do we harness this for the benefit of ourselves?

Right. So there's you know, I think in environmental medicine is reduce, reduce, reduce. So that awareness has to be there. And then cutting our use of the technology appropriate use.

And now where do we take this. So your analysis is is absolutely right. And it is something of the burden really the whole EMF thing. It can be something of a burden for anybody that lived through this who's been who's gone through this thing called experience, this thing which we call electrical hypersensitivity or EMF sensitivity.

Because for most people, they don't shrug it off from I don't I'm not actually hypersensitive anymore. You know, I've gone through this and it took me about ten years to, to overcome this.

And I still talk about emfs and the dangers and the solutions. I consider it my duty to do this. One of the reasons is because I've actually experienced it firsthand.

It's not that I'm the best person to talk about this, but I. I speak about it in a way that people can perhaps understand and connect with, certainly those that are struggling.

But I'd say you, Doctor Greg, what I really love talking about is the whole connecting with the beautiful, healing forces of nature. And because, you know, we are part of nature and we forget this and we forget that there's this whole energy out there.

So, yeah, we are an energy system. You know, we're just a combination of fields at different densities, densities. And we just so we can happen to see this density here.

And I'm seeing your density and how you look in your same mind. But we're much more than that. And it's the same with nature. Nature is much more than we can see.

But it's just opening up to that. And what one thing practice that I like to talk about, and there's many practices which I personally engage in and which are part of my healing story and which I share with everybody that wants to listen to it, quite frankly.

And I share with my group, you know, people that, but I, you know, I want to get this message out to the world because it's so important and it's so potent.

Healing Through Nature, Grounding, and Light

And the healing power of nature is there's nothing greater than the healing power of nature. But it's, you know, how do we connect with that? In, in in a practical sense? Well, there's many ways.

And one of them is quite simply earthing or grounding. This practice of earthing and grounding, which is physical contact with the earth. And what does that and how does that work?

Well, it works in many different ways, actually, but one physical way it works is this, enables you to contact with the negative electrons of the Earth.

Yeah, just like our cells have this, negative, potential on the cell membrane, positive inside. It's the same with the Earth. So we're connecting, with this energetic field of the direct light plug in, and we just plug in into the earth, and that's what we're doing, kind of.

And that has a normalizing effect. And when we say that, it kind of underplays it because you think normal okay, that's not doing much then, but it is because you show me a pillar, a potion which can normalize you know, pills and potions don't do that. Pills and potions.

You know, those places for pills and potions? I know, but the problem is it solves one problem and very often it creates another. It does not normalize.

It masks symptoms. And this earthing does not my symptoms. It normalizes your body's processes. We've got a good science on this. Over 20 peer reviewed, not thousands, but over 20 peer reviewed studies on this, practice.

And, you know, like inflammation, I mean, where there's an epidemic and inflammation. Well, earthing 20 to 30 minutes of earthing can significantly reduce acute inflammation.

Science 1 to 2 seconds of earthing, 1 to 2 seconds can relax your autonomic nervous system. And then we just got a whole load of other effects. Cascade of effects, you know, improved sleep, accelerated healing, increased, HIV.

I could go on, but the science is there. You know what I love about this? It's free. It's like out the back door. Get your shoes and socks off. Yes. Be careful, but get your shoes and socks off.

Get in the gum. Get down the beach. If you've got one locally, get out there and earth. You don't have to do this for hours. You can do that because it's instant.

This connection is instant. And the way to do this, and actually, before I came on to talk to you, what did I do? I went out my garden. I did a little bit of gardening.

I, collected some, tomatoes and some courgettes and. Yeah, I earth. So you can do this while you're doing all the stuff. Don't do it while you're holding this and texting.

I don't know who, connects with the earth. So that's one thing you can do. Something else I talk about a lot now is forest bathing. And I'm sure you've heard of this forest bathing.

I love, again. We've got this energetic shift going. It's, you know, people saying, oh, yeah, it's going for a walk in the forest. Yeah, but he's actually a bona fide, scientifically validated therapy.

You know, we've got a lot of research on this, a lot of it from Japan, which shows that spending time amongst trees who show immunity reduces stress, lowers blood pressure, reduces cortisol, activates your parasympathetic nervous system.

It's like it's free and it's out there. And, that so that's the forest. And then we've got this and I'm sure this is. No, I'm teaching you nothing here but the healing power of light and this light that homes and light that heals.

And yeah, of course, the light that homes is the screen lights is that, you know, lights from stuff like this light at the wrong time. It's the blue lights at night. We need to be really careful.

But it's light that heals. Nature's got that all 24 seven. You know, because even moonlight is healing. I've spoken to people that I've actually used moonlight as a healing therapy. So.

But most of the time what I talk about is using sunlight, natural daylight as a healing therapy. And it is it resetting your circle in rhythm, you know, this this sleep wait cycle.

You can do this just by going out in a morning, going out at lunchtime, going out in an evening. And just keep doing that again. You don't have to go out for hours.

It's out there, it's free. And you know, and there's so many ways that we can, reconnect with these healing forces of nature. But those are just three of them, I love it. Thank you.

You know, that component is, you know, really reminding us that it is our home, right? We are home on the planet, and we can't just gravitate up into the gray matter of our brain pretending we're not separate and and putting our, you know, we have healing frequencies of the earth, like you're saying, you're putting your body on the planet.

We have become so separated from that reality that it is it's making us sick. I love it that, you know, we we're having now, we have to have peer reviewed science to say going outside in nature is healthy for us.

It's insane. But I say this because because people want to know about the science. Yeah, and I get that. But it's a lot of this is just common sense. It really is.

And, you know, I call my website Electric Science. You know why? Common sense, electric sense, it's all common sense. And we seem to have lost that in today's world.

And that's what I love about events like this is a lot of it is, is is just, common sense. And we've got some more obviously, more sophisticated, technologies that we're sharing with people that you're sharing with, people that I like to share with people.

But a lot of fundamentally, if we have common sense, that is really our best guidance. It's not what the guy on the TV says or what they say in the local rag.

So true, you know, that information isn't coming top down. It's coming out in summits like this. Lloyd Burrell, thank you so much for coming on the bioenergetics summit.