How Wireless Devices Are Stressing Your Gut Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to EMFs and the Guest

Welcome back. We're continuing our conversation on reversing Crohn's and colitis and really all autoimmune and gut conditions. It's a big swing, but this topic today is so important to address and understand in depth in this day and age.

So I'm really excited to unpack it with you. I'm your host, Sinclair Kennally, and today I am joined by the wonderful Nick Pineault who is the EMF guy.

He's the number one bestselling author of the Non Tinfoil Guide to Emfs, and an advocate for safe technologies. Through his unconventional approach blending humor, science and common sense, he's becoming a leading voice on the topic of electromagnetic pollution and how it affects our health.

For the last few years, Nick has been interviewing some of the best minds on health and technology and facilitating the creation of courses and educational materials to raise awareness on this very important issue.

You can find out more about Nick at theEMFguy.com. Okay, so today we are going to dive into one specific aspect of Emfs. But I would love for you to just quickly, help the audience understand that, you know, how is EMF an umbrella term?

And it's actually different types of stressors before we get into RF does it sound good for sure. Yeah, it's some good EMF stands for electromagnetic fields or electromagnetic frequencies.

And we're really talking about the whole spectrum of electromagnetic frequencies. Some are natural, some are artificial. So it means many things. there's part of the spectrum that we can see with the human eye that's called, you know, the just the visible light spectrum.

And there are many parts that we cannot see. And then we know that certain parts are more dangerous, especially when we get in the very, very high frequencies in the form for example, of X-rays or even, you know, ionizing, nuclear radiation, that you can even, get some of these exposures, x ray exposure as you get in a medical setting, but also when you fly, for example, on the plane.

So all of these are examples of emfs. But the reality is that one part of the spectrum, as being especially saturated by a new type of human made artificial emfs, and that's, that's like the introduction of processed foods, in a sense.

Right before we had processed foods, most people had access to foods that were natural. Well before we had these artificial emfs. All we had access to are all we are were exposed to were natural emfs, sun rays.

You know, that's a type you have, UV exposure that you cannot see. You have visible light and you have infrared that you cannot see, and yet you can, feel it on your skin.

Natural vs Artificial EMF Exposure

And part of this, this, this infrared spectrum is invisible. And then you also have extremely low frequencies that are just generated by planet Earth.

And, part of it is the Schumann resonance at 7.8, three hertz. And that's a very low frequency exposure. And yet we know on a scientific standpoint that these exposures can modulate how our brains function and can also have an impact on what's called the circadian rhythm.

So the circadian rhythm is our sleep and wake cycle. So all that to say that natural emfs can impact in fact, us in

fact our biology in profound ways.

And if we introduce new artificial emfs, it's only logical that we are also impacted by these exposures. And of course, you can already guess if you're not familiar with Emfs, if we talk about artificial things, artificial does not necessarily mean bad, but in many cases it means that it's potentially harmful to the body.

Just because our bodies have not evolved with these things. This is, you know, a general, I guess, statement we can do on processed foods. If you always have things that are heavily transformed, your body doesn't know exactly what to do with those things.

And we cannot really thrive on junk food. And I think most people listening to this have already figured that part out. But what many people don't realize is that we cannot really thrive on junk emfs either.

And that's really where there are many different types of exposures that we get from the environment. Some, that are artificial, some of it is in the form of light, and we can see that.

And yet, you know, many people get exposed every night as they go to bed and they're staring at their device. Right? That's a type of EMF that is artificial.

That's the type of light that will keep you awake more than you should and more stimulated than you should. And your melatonin, which is your primary not only, anti master antioxidant, but also a very important sleep hormone will go down.

So your body responds in a way that is uncontrollable. You cannot change anything about that. But the reality is that these light exposures are artificial emfs that are detrimental.

Today I want to talk about another type of EMF that you cannot see. And that's the tricky part that the wireless communications, also, we can call it RF or radio frequency radiation.

And that's the part of the spectrum that is lower in frequency compared to what your human eye can see. But all of these exposures can still have biological effects.

And in fact, they can almost mimic what light is doing to your body. And trick your body into staying awake. That's one of the side effects we'll discuss about how emfs, in that sense, will mean radio frequency radiation from your phone, or Wi-Fi and Bluetooth.

All of these devices are messing around with your ability or your brain's ability to have normal sleep. So of course, if we're talking about, you know, trying to get your gut better, trying to reverse chronic disease, it is a key part of just ensuring you have good recovery at night.

And unfortunately, a lot of people maybe get the light part right. You wouldn't sleep with all the lights on and you would be annoyed, and you eventually would literally become crazy in this type of environment.

But a lot of people sleep with their phone and sleep with these radiofrequency radiation exposures, which will simply lead them to have, suboptimal sleep and recovery from anything that they're trying to deal with.

Yeah, I think that's an excellent point. And we know that we're much more susceptible to EMF damage when we're trying to sleep. You know, the body is simply not in a position to do what it has to do when we're sleeping, if we're in a high EMF environment.

So this is really crucial, like in our Rapid Gut reset course where we take people through reversing their chronic conditions. We have a module for every major root cause, and we have a whole module just for emfs for this very reason.

They're so immune suppressive they can tell your histamine, you know, load in your body like this this. There's so

many different mechanisms of damage that I think people are, you know, associating RF still with like, oh yeah, I probably shouldn't like, oh at the smoking of our time.

Like, well, maybe eventually that will become a problem. And if so then I'll deal with it. Well, it's actually a problem right now in this 100%. And you know, something that is almost self-perpetuating by people like me who talk about emfs is the cancer link.

And that's true. I'm guilty of this, you know, saying radio frequency radiation. You know, you put a phone to your hat, it will increase your risk of brain tumor.

That's true. And that's an important line of research, especially to warn the public against keeping devices on your body. And, you know, my number one advice would be do not keep, a phone or anything that is producing radio frequency radiation on your body for extended periods of time over years.

That's a surefire way to increase your cancer risk. Not everyone will develop tumor, but that's a fact. However, if you focus on tumor and you say, well, you know what your tumor is later, you know it's not impacting me right now.

And and also it's a small risk. So really, you know, everything causes cancer these days. And it's true that it becomes very overwhelming, doesn't it?

So I eat, you know, lettuce and there's glyphosate. there are traces of pesticides. And this increases my cancer risk. And then I have, you know, drinking water.

How RF Radiation Disrupts Sleep

Oh, no. Microplastics. And then I also have cancer risk. So it becomes a little bit, for people easy to dismiss the cancer link. However, if we talk about wellness, just the impact on sleep might be even more important to discuss about or the impact on the histamine that you mentioned or the direct impact in, on your immune system.

If you're trying to get these autoimmune conditions, like Crohn's under control, then it is a very delicate balance getting your, immune system back on track.

So we're not talking about cancer, and yet we're emfs impact to you every day, every time you use a device. So the reality is that it's doing more than just cancer risk, but sometimes it gets lost in that conversation.

Yeah. I really appreciate you saying that. That's so true for Americans. We're very, very short term focused. So it's like I like to boil it down like you're not sleeping, which means and you may be, you know, unconscious for several hours.

And if so, congratulations. That's super important. But you you actually have to be detoxing and repairing while you sleep. Your body wants to go into overdrive in repair mode, and which includes preparing, you know, toxins for excretion includes really crucial immune work.

So if you have an autoimmune condition, if you have a high toxin load, if you have a gut condition, you have to be in a non EMF environment or at least a low one while you're sleeping.

Well, we got down the sleep rabbit hole and right away. And of course guys we're going to talk directly about gut impacts. But before we transition into that can you just describe a little bit about the the direct impacts.

Like what is the science. Tell us about emfs disrupting our sleep quality? Yes, this part is especially damning. And you'll see why in a second, because the research has already been done.

And there's an article in 2008 published in Scientific American, of all places. So very mainstream scientific journal, or, you know, outlet where they talked about experiments, made on people who don't necessarily consider themselves sensitive.

So, no, we're not even talking about electro sensitivity. We're talking about people who don't necessarily believe that EMF is a thing or that their cell phone can impact their sleep.

So these healthy participants were exposed to 30 minutes of an old phone exposure. It was 2008. And they use older models. So you imagine this brick phone right to next, next to people's head.

You have certain participants that have a real phone. Certain participants have a sham exposure. So no exposure, but it looks like you have. And then they compare how much is it leading to what they call, basically cell phone induced insomnia was the term that they use.

So what they saw by measuring brainwaves is that 30 minutes of exposure led them to have a one hour period of insomnia at the beginning of their night, and sometimes it was conscious, but sometimes it was not conscious.

So you think you're sleeping and you're unconscious, and yet your brainwaves don't go right. Right where they should in deep sleep and the right cycles.

So there's so your entire night imagining this. You're trying to get seven hours of sleep. Most people need to get 8 or 9. We don't know. One does. It's it's very difficult to get that much sleep.

But imagine you're trying to get seven, but you only go to sleep an hour later. It means you get six, and then you wake up in the morning and you're more fatigued and you should.

So that's the type of things that they saw. But the researchers themselves, I think, is part of that culture of no effect around society, where they really, minimize the importance of these findings.

And they said, you know, we cannot say that cell phones are dangerous because the arousal effect of that radio frequency radiation. So how much it was a stimulant is just the equivalent of half a cup of coffee.

And they said it that way in the article. And I said, wait a minute. Well, wait, wait wait, wait. I literally screamed in front of my computer. I said, wait, these people are not in public health.

If you talk to any researcher in public health, they would tell you that people are not sleeping enough in the amount of hours and they don't get the quality that they should, and that this has vast consequences on everything.

Right? Our ability to keep information in check, to keep our blood sugar regulated, to keep our energy levels up, and people rely on more and more caffeine and stimulants.

So there's a downstream effect from half a cup of coffee. And then they also said this. Maybe for some people it would be worse. Right? There are some people that respond even more dramatically to radio frequency radiation.

But the reality is we don't know exactly who these people are and we need more research. Of course we need more research. But has more research been done?

Not that much to this day. Most sleep researchers and people that I talk to in the sleep realm don't believe that radio frequency radiation can impact sleep.

So they haven't read the science. And in fact, most sleep labs these days using more and more Bluetooth sensors and Wi-Fi and radio frequency radiation emitting devices in order to track sleep.

So that's where we are, folks. So it means that, you know, it's not because something is published in a journal that it makes it to policy, or that researchers from other fields are even aware of it.

The reality is this your phone should come with a warning, turn it off at night, or charge it in the next room because this might impact your sleep. You know we can be prudent about it.

Say might. The reality, I think, is it will impact your sleep. And for some people it might be a small effect, but for some other people it might be a dramatic effect.

And that's where really a lot of people tell me I don't feel sensitive. I don't know if this is really, you know, an issue. Nick. I tell them on my newsletter, just turn off your phone for three nights or put it on airplane mode, or charge it in the next room.

That works. And some people come back to me, they say, oh, my God, I sleep so much better. So sometimes by eliminating the offending agent, you see a difference.

And if you don't, well, you think you sleep pretty well, right? Your baseline is there and you realize only when you remove the offending agent that all this time your sleep was basically hindered or you the quality was reduced by this phone that's on your nightstand.

Yeah. This is such a great point. And for folks who are skeptical and by all means, we're assigning you this homework right now. And I'm psychic. I'll know whether or not you do it.

So I was really skeptical about this, to be honest with you. I was very sick myself with multiple autoimmune diseases, with Lyme, with mold poisoning.

I was very low functioning and I didn't think that sleep was part of my problem. I thought waking up was my problem. But, my partner Michael dove into the MF research before I did, and he threw out the router with no warning.

And I was so angry at him because I was so fragile. I was relying on these little crutches like, you know, emfs. And I was living with my laptop on my lap, you know, laying on the couch, frying my guts.

I was always clutching my phone. To me, that was my security blanket. It was stimulating me enough to keep me going through my pain, you know? But I had to acknowledge that not only did I sleep better immediately when he did that, and I actually remembered what real sleep was.

But I also noticed that my cats immediately stopped fighting. They they were best friends when they were little sister and brother and they had like been very mean to each other for years.

And then as soon as we threw out the Wi-Fi router, they started cuddling again, cleaning each other. And I felt so guilty because I basically put them under attack.

They were trapped in our house, you know, with this poison that I couldn't even see. Yeah, it's. And just to show you guys, because I know many people listening to this might have, you know, histamine intolerance or mast cell activation or some people, the effect that they feel when they're near a router.

And this happened to me before, near a router or phone or Bluetooth is a type of aggression.

EMFs, Histamine, and Immune Stress

It's almost as if, my wife, for example, she's very sensitive to mosquito bites when she gets bitten 12 times in five minutes because we go in nature and I don't know what happens, but she gets eaten alive.

She becomes almost, you know, angry and almost aggressive. You know, where the histamine flushes is profound. But even for some people that have, a greater level of responsiveness or let's say sensitivity to emfs, they can have skin rashes, which is hard to deny, isn't it?

Right. Your next router and you have the skin that looks as if you got sunburned. And that's a histamine reaction where you have the, the, the histamine releasing cells that are going towards basically migrating towards the first, the first skin, layer there and you have the visible sunburn, almost right, wi fi burn.

And that's rare, relatively speaking, but it's something that just tells you that some people have this histamine reaction and it's visible. However, some people have this histamine reaction and it's not visible, which is even more sneaky.

Right? Isn't it? You're trying to get your histamine under control. So maybe you control your foods. You control how much, mold you're exposed to. And when it's the pollen season, you have certain strategies.

And some people react to all of this, but they forget that just like you, they use their laptop over and over again and their phone. And these habits over time will just keep them in this inflamed zone or with this histamine release.

So it is especially difficult to start to reverse that trend because we are so close to technology. But it does not mean you cannot use your laptop. And we'll get into solutions, of course, but, it's just using it a different way that minimizes this impact.

Really? Yeah. I'm so glad you said that, because that we're not talking about this guys to scare you. We're we're sharing it because it's so fixable. And we're on tech right now.

Nick and I are I'm I'm on tech all day long. But I'm very intentional about how I use it. And that's part of what helped me heal. And I really appreciate you bringing up the histamine and the muscle issues, because so many times people think, oh, histamine sensitivity, that's the flushing.

That's the post nasal drip, the running eyes, the the itching, right. The rashes. But it's also diarrhea. It's also bloating. It's also nausea and vomiting. It's also joint pain.

It's notably things like headaches and shortness of breath and anxiety. And you have no idea what a body burden your EMF exposure is to you. And you're trying to fix all of this with pills and pills have their role.

They certainly do. You can't skip that biochemical layer. We're just inviting you to explore the bioelectrical layer because it does mean less pills for you.

You will heal faster. I've got a, wonderful. I have so many stories like this, but there was one client who was, you know, she called herself a gluten free Yogi who still felt like crap.

You know, she was doing everything right. Yeah. You know, she played a perfect game, and she still had colitis. She was still, you know, really in pain.

And she had tried so many diets. She was extremely compliant with, you know, whatever any practitioner gave her. But she was so disheartened by the time she got to me and I knew that she had parasites.

And so I worked her into a parasite protocol, and we had reduced her sensitivities quite a bit by then. But she hadn't seen any parasites come out, and she'd been on her antiparasitic for over three months. And, almost four at that point.

And she was like, I don't have parasites. I haven't seen any fireworks in the toilet. Can I stop taking these yet? Like, no, you definitely have them.

When are you going to tackle your emfs with me? And she finally agreed to do it. And she removed all the emfs from her bedroom. And the next day, rope worm started pouring out of her big, long, fibrous, scary structures with like big adults and so like, oh, okay, now I'm convinced.

And why is that? It's because Emfs have an immune suppressive, you know, damaging effect, right? This is really difficult for the body. Yeah. And you know, we can we we could get into the, the the biophysics and everything that's been published on it.

It's, it can be an immune, stimulating effect in certain conditions, but it can be immunosuppressive in other

conditions. In reality, we, we have only scratched the surface on studying what these mice are doing to the immune system.

And that's the concerning part, right? That would be, would be, personally reassured if we had studied it so much that we knew exactly what kind of damage is, does or it does not do.

But the reality is that the hands that we have on animal studies in vitro in humans. Epidemiol. The combination of all this shows it's probably not good.

And the reality is that you are not only exposed to your own devices, but you are also living in an environment that is more and more EMF polluted. And that's that's really that's really why, you know, just like we cannot, go out and we cannot tell people, well, if there's, you know, bad air pollution in your city, you should stop breathing.

It doesn't work. You cannot clean the outside. So therefore, the right solution is to clean your own home, and where you spend a lot of time and maybe look at the workplace, if that's another place where you get, air quality issues.

But the same can be applied to emfs because in reality, you can worry all all you want about neighbor Wi-Fi and cell towers and all of these, you know, dangerous things outside.

But the reality is, fix your home, fix your workplace, fix your devices, and try to, adopt safer, practices around technology. And what people see is sometimes they get these bumps in the healing.

All of a sudden things start working again. And is it because sleep is better? Probably. Is it because now we don't have this, this antioxidant sapping effect?

Because it will reduce your go to tie on your, your, your inner reserves are all of a sudden they can start building back up again. Maybe there are many things we could talk about, but in the end is just if we make it simpler for people to understand is that, you know, your stress bucket is full and it's not just the chemicals, it's also the emfs.

And that's the part many people tend to overlook. And I cannot tell you EMF is 10% of the stressor. Is it 90%? We don't know. The reality is that this will vary from person to person.

And this will vary depending on how many devices do you have? Where do you spend your time? Are you a computer worker like me, spending your time in front of Wi-Fi all day, every day? 4050, 60 hours per week?

That's something other people know. I just, you know, I work, outside, and I'm not exposed to a device that's a very different type of exposure. So it is it has to be looked at through the lens of, okay, what are you exposed to?

But the reality is that all of these people would benefit from minimizing exposure. It's the same thing as, you know, food toxins. Oh, Nic, I don't I don't feel that there's arsenic in my fruit juice.

So therefore I don't, you know, I don't care for it. Well, the reality is that you don't need more arsenic, right?

Gut Health, Microbiome, and Leaky Gut

It's a poison, right? It doesn't make or more, you know, lead or cadmium or these, these heavy metals that can accumulate in your body or that are hard to process.

The reality is that we should try to minimize our exposure. Right. Eliminating it completely is not realistic or is not an attainable goal unless you, you know, you go live on another planet.

but minimizing it can be done. And it's not that complicated. Once you start introducing these action steps. I really appreciate you saying that. Before we get into the solutions of, like, the top ways to minimize EMF radiation, can you just quickly help the folks in the audience who need to who need those data bytes to have this conversation with their skeptical partners and family members?

Can you help share the data that we do know that how emfs impact gut function for sure. Are you aware of? It's it's a complicated portrait because there are many different effects that we know Emfs have on human cells.

But then we also know that emfs can disrupt the microbiome. But the microbiome research is brand new, right? 20 years ago, we barely talked about the gut microbiome, the brain, the gut being the second brain or even the brain gut connection and all these, these new lines of evidence are coming out or kind of appearing and building on each other.

But the reality is this we have hints of data that show that emfs can act as an antibiotic. So not only in soil where you see a reduction of certain species of bacteria in the soil, but in the soil in your gut.

Right. Because we do have there are links between what is found in nature as far as bacteria goes and the it's not all about good versus bad bacteria, but the ratios that these bacteria are present in certain ecosystems, they are supposed to be in certain, ratios and in certain populations.

And sometimes you might have dysbiosis where one species of bacteria becomes too strong and takes over or takes all the resources. So that's really where your gut flora is, is disrupted.

And what we know is that emfs might cause this in nature, and it's likely that the same can be said in humans, this type of antibiotic effect. So if we have an antibiotic effect and we have so many users that are using a phone next to the gut because they're texting, right, that's a new habit that I see.

I don't see that many people these days with a phone like this on the ear. I see many people with the phone on their stomach, though, or directly over the heart.

But, you know, it's very close to the abdomen. So, this is probably not a good habit and one we want to minimize. But it's also there's also an effect on antibiotic resistance.

So it's a it's a bit of a different line of research. But I know that some people that are treated for Lyme disease, for example, or for different, if you're trying to get rid of certain gut bacteria, you will take either natural antibiotics or, you know, pharmaceutical antibiotics.

But the reality is that researchers in the last decade have found that certain strains of E.coli, which all of us have, if my understanding is correct, and there's also staff and, difficile and, and a bunch of different pathogens that are very dangerous in hospitals because some patients can literally die from these infections, these strains of bacteria and pathogenic infections are becoming more antibiotic resistant when exposed to Fi.

So researchers said this. They said, well, antibiotic resistance is a new problem, a relatively new problem. It is increasing and we are installing wi fi.

Well everywhere, right, including in hospitals. So they said we need to look at it. We need to fund more research. To this day, I haven't seen anyone really, you know, look into policy and say, well, maybe Preventatively speaking.

We should keep wi fi just in certain rooms and hospitals. But now it's it's even, you know, even the monitoring machines are using Wi-Fi and Bluetooth, so we're really going steps ahead in, in the wrong direction when it comes to maybe what these are doing to our gut into our, gut microbiome.

There's also one last type of evidence that I'll share, and that's one where, it's about, gut permeability, leaky gut. many practitioners tell me, Nick, you wouldn't believe it's almost 100% of my patients have leaky gut.

So now people say, well, it might be glyphosate, you know, or certain pesticides that are known to, destroy the integrity of your gut barrier. Something that is very, very thin.

I think one cell, you know, one cell thick is smaller than hair. And and if you disrupt that, then you have certain food particles that get in the bloodstream and you develop these intolerances and, and even could develop autoimmune

issues.

So that's something to take care of. You know, how permeable or impermeable is your gut. And and fixing this leaky gut. But the thing is that radiofrequency radiation has been shown to open an outer barrier in the human body, the blood brain barrier.

That's a barrier that functions probably differently than the gut barrier. However, it has similarities. And if we put a phone to your head, there's chances that this blood brain barrier will be breached.

And there are many lines of evidence in rats and humans in vitro that showed that this is the case. So researchers have postulated years ago, and to this date, we don't even have a good answer, because I haven't seen a single study on cell phone exposure and leaky gut.

But we need more funding. I don't know who would even do these studies, because I'm I'm not aware of a gut researcher really involved in mouse, but to all that to say that there's this there, it's plausible that each time you put a phone to your gut or a laptop on your lap, you are directly contributing to this problem of leaky gut.

And some reason some practitioners have told me, Nick, when my patients were taking, you know, many glutamine and alloy. I don't know, like so many supplements to try to get their gut under control.

It was working, but, you know, not perfectly. But when they stopped using a phone or laptop to the lab, all of a sudden, okay, the leaky gut gets way better.

So it's a factor that you have to at least be prudent about. And I think most people overlook it. And that's really the problem in this EMF conversation.

Many people would recognize, you know, if I have more pesticide exposure, so this is probably not good for me, but more EMF exposure. A lot of people dismiss it or don't want to think about it, you know, because it's inconvenient.

I agree with you. And I also like the way that you're saying that piece about these small shifts. We're not talking about throwing out your laptop. We're saying let's be intentional about where it is in relationship to your body, because it will ultimately mean less pills for you.

You will heal faster. So you're already here. Your health already has your full attention. That's why you're spending time with us today. So let's be kind to our bodies and understand we didn't evolve with this stuff.

And let's give our immune systems and our cellular repair mechanisms a leg up, right. So what are your top favorite ways to do that? For people that are just getting started on EMF mitigation?

Well, I think just a, just a rule of thumb could be can you create distance between the devices in your body if you can't, if you can create an arm's length distance between your devices in your body, you're going to be in a much better position.

So what it means, okay, if I want to use my phone, it means you know, I could use speaker phone or I could use wired ear sets like this and talk on the phone instead of just using it right next to the body.

It also means that if I'm carrying this phone around, it wouldn't be touching my body. It wouldn't be, you know, in my front pocket here that I see a lot of men do, a lot of women.

I see it talking in the sports bra or in the yoga pants right next to the ovaries. I see a lot of men, putting it in the front or the back pocket, especially front pocket.

So all of these things, if your phone stays there for hours and hours on end, it's, it's the highest exposure you can have from a phone is very, very close to your body.

Practical EMF Mitigation Strategies

So just be aware that when you're transporting that phone, it can be on the airplane mode, it can be turned off, or there are special special cases that you can use or sling bags or even, you know, a handbag is way preferable over talking it somewhere that is touching your skin.

So that's one way. If you were talking about the laptop, unfortunately it says it's in the name laptop. It shouldn't. originally these were so heavy that I don't know, I don't think people with the original laptop use them on the lap, but nowadays they're so thin.

They're so cool. They're very convenient. And with Wi-Fi, it's very easy to, you know, carry it around the home. But that's a very poor habit because you're, again, you have exposure right on the lap, which is exposing your gut, your.

Yeah, every organ that is in the reproductive system can also be negatively impacted, including fertility issues or hormonal disruption. And that's another discussion.

You know, there are so many angles on this problem. But just think about you're putting the stress on your guts area, which is the opposite of what you want to do.

If you're trying to recover from gut issues at like like Crohn's, for example. So what you want to do instead? Arms length, it means the laptop is in front of you on a table.

You know, it's not that complicated. It's almost, you know, child play. But it means, okay, well, I won't work on my favorite sofa. Instead, I'll work on the table.

It's simple. And yet that makes a difference. Why does it make a difference? Is because the signal intensity drops off exponentially as you create distance.

So you have 100% exposure on the ear. Let's let let's say. And then at one feet you have an 80% drop in signal strength. At two feet you have 90% drop.

So that's why really these gains can be easy if you start changing your habits. And this is also it. This is a part that people don't like. And maybe they're going to tune out.

But I don't like Bluetooth because again what is Bluetooth? A lot of people ask me what's the difference. You know, cell phone, Wi-Fi, Bluetooth, all of these are sources of a radio frequency radiation.

They have different frequencies and different intensities, and some claim Bluetooth is low power, but it's still way above the power levels that have been shown to disrupt cell biology.

So therefore Bluetooth is a poor replacement for a phone on the ear, and it's certainly a poor replacement for the good old wired had said that we used to have before, you know, 2018.

Nowadays a lot of people switch to the Bluetooth earbuds, and it's not something I can recommend because of the fact that we we don't we don't generally listen to podcasts or music or our favorite shows on our phone for 30 minutes per day.

A lot of people will listen in all day, every day while they work, while they, are on their commute. some people, before going to sleep, they have these on.

So sometimes we use these ten, 12 hours per day. So the reality is that going with wired solutions for here, phones or earbuds, especially when you are static, when you are at your computer or in your home and you don't have to, you know, have a long commute where the the wires get all tingly.

It's it's a good opportunity to have another set that is wired and maybe stop using Bluetooth as much and see how you feel. Because, you know, if it were from me, I would just say, you know, seldom don't do that.

But it's it's a tough sell. A lot of people say, no, what are you what are you talking about, Nick? No, my Bluetooth earbuds, I love them, of course. They're convenient.

The sound can be extremely good. I know that the new, Bose models are incredible. It's is the new, sexiest technology, and I'm telling you not to use it.

Right. So very inconvenient. But it's touching your body, so it goes against you know, the basic EMF hygiene rules. And if you if you want to do that instead of selling them, try to discontinue the use for a week and see if it makes a difference.

Some people are fine. Wow, my mood is better or I don't feel as drained at the end of the day and then you can you can make it true for yourself. You know, if you run the experiment, then you see a difference.

It means that it was impacting you and a lot of people that especially those that have chronic disease, just realize that, yeah, I have to be honest with myself, this is impacting me.

And and then you make your own choice. You know, you can decide to use them during workouts and not the rest of the time. You can decide to sell them. You can decide to.

It's really up to you to make that decision. I want you to be judgmental about it, but the reality is that Bluetooth and any device that is touching your body, these are the biggest contributors to the EMF problem.

I agree with you. I think that this is, and I'm going to push, our audience a little further because if you're spending time on your health right now, if you're out here looking for solutions, why wouldn't you be kind to your body and have to take less pills and do less work later because you're damaging yourself less now?

So I love these guys. I love these air tube headphones, and I actually get huge headaches if I try those Bluetooth ones. And I wonder, just how fatigued people really get from those Bluetooth headphones and that they're just used to in the chalking up to life stress or computer stress in general, or, you know, job stress, you know, fatigue at the end of the day.

And they're blaming their diet. And that may all be true, but it could actually just be the toll that the EMF is taking on you, because Bluetooth is extremely irritating to the body.

So it guys, you're adults, no one is going to force you to do this. but why would you be unkind to your body when you know that there's enough data here to prove this?

And why wouldn't you make it easier on your body to heal so that you can stop having this be said? It. You know, for some people with autoimmune issues, this is like a full time or at least a part time job to recover from this.

So if you're here, you absolutely deserve, you know, better. Smart is devices are dumb. That's what I tell the practitioners in my mentorship. Stop endorsing this stuff when you wear them for your Instagram.

Wear all the stuff. You look stupid, you look like you're not up on the data, and you are implicitly endorsing this and making it okay for other people to harm themselves. This is self-harm.

So that's what Bluetooth earbuds are, you know. So and it's such an easy fix. You it is. You need that convenience because you feel like crap right now.

You don't need convenience of no wires, you know. Oh my gosh, a wire. Can you imagine how hard my life is with this wire? It's because that's true. Fragile.

That's a small inconvenience. It's true. And sometimes I get the give the analogy going back to junk food. If you know the convenience is there the taste of junk food, the availability, sometimes the price, many times the price.

I can go to McDonald's and grab, you know, a burger for a few dollars. So convenient. But most people listening to this would say, oh no, McDonald's. I mean, you know, no, I'm past that.

I don't I don't go there. So the reality is that with technology, we're really adopting junk technology that unfortunately has been sold to us with this promise of it's going to make our lives more convenient.

But people were not properly informed that there are downsides, there could be downsides. And that's really what makes me still to this day, you know, work on this line of work and really spread awareness is that most people don't know.

I know for a lot of people, this is the first time they heard about it. So please take a few days to, to, you know, gather yourself from the initial shock.

But the reality is that at least, at least do yourself a favor and run the experiment. Turn off devices at night, remove devices that are touching your body, or move them away and see how you feel.

Take it. Take notes. If you if you want to really, you know, be scientific about it and then put them back and see how you feel. You if if you are a tune in someone that has been spending all this money and all this time recovering from something that your body is struggling with, such as Crohn's or gut dysbiosis and other gut issues, then you will likely see a difference because you are already sensitive and in tune to what works for you.

So you might discover that this is something that's going to bring you to a new level of healing and possibilities for you. And that's really what I wish for everyone listening to this.

I agree with you. You know the data is there, guys. It's not like I wonder if this will prove to be true. There's over 14,000 studies done on the various harmful effects of emfs on the human body.

And, you know, there's so many, scientific voices talking about this. And if you're asking yourself, why haven't I heard this on the evening news, I, I hope you already know the answer to that.

There's so much money in selling you this tech and all the smart function in your appliances and stuff that's there for the manufacturer is benefit, not yours.

They're able to gather data on your usage of the appliance and how you interact with other appliances in the home, like that's for them. And they're allowed to sell that data that's not for you.

You only think you need that convenience as well because it's been marketed to you. You think you need an Alexa in every room because it's your to exhausted to get up and turn off the lights yourself, or turn on your own music.

And guess what? When you do a little bit of work, just a little bit of hygiene, you can still love your tech and you can have plenty of energy to love your life again too.

And that's what we want for you. You know, I really appreciate you neck for being such a tireless advocate in this space for, you know, really helping people translate the data because this is so important to understand what is emerging now and the, you know, latest studies because we're our relationship to tech is evolving so quickly.

And how you translate it into doable simple action steps for people. So thank you so much. And where can people find you? Sure. People can find me at theEMFguide.com And that's where they can find my book courses and my podcast where I talk about, you know, how to develop a healthier and safer relationship with tech.

Thank you so much. Thank you.