Introduction and EMF Basics

Welcome back to the conversation. I have one of my favorite people with me today, Nick Pineault. Thank you for being here. Thanks for having me, Laura.

It's a pleasure. It is. This is the third time we've done this together. You're known as the “The EMF Guy” You're the number one best selling author of this book, The Non-Tinfoil Guide to EMFs I actually read this book years ago and said to myself, I have to know this person. I have to know who this is.

Because not only did I learn more than I've ever learned about EMFs, I also laughed my butt off while I read this book. So you're a master of blending humor, science and common sense, which is why my community loves you and why you're also a leading voice on the topic of electromagnetic pollution and how it affects our health.

So we're going to jump right in and talk about this whole concept of hypersensitivity to EMFs. EMFs contributing to inflammation in the body, EMFs contributing to chronic inflammatory health conditions.

And it really being one of those Silent Killers, like one of those toxins that's in the body. So let's start by helping our audience understand how do EMFs contribute to this inflammatory situation and this problem that we're seeing on the rise?

Yeah, there's many aspects to this EMFs from. We're talking about the signals emitted by your phone, wifi routers, Bluetooth, anything. All these invisible signals are contributing to your overall stress load.

If we put it in a very simplistic manner directly, I would say when it comes to inflammation. EMFs prevent you from healing normally. One of the ways they do that is you have your phone by your nightstand, like 99% of the audience, and your phone is pinging all night because it's updating, it's receiving messages.

And even if you put it, put it in silent mode, your body is not experiencing the silence. Your body is experiencing all this noise from the EMFs being emitted by this phone.

And we know from a ton of studies that it will impact your brain waves. Right. We have natural EMFs that are emitted by our body. Among them, there's a feel that is emitted by the heart.

Is your nervous system uses electricity and your brain and it's different waves that can be measured? Well, researchers looked at these effects years ago.

And in 2008, there has been a good article in Scientific American talking about the fact that the researchers were surprised that when participants in a study were exposed to a cell phone a little bit before sleep, they couldn't go to sleep as easy.

They had a sleep onset of one hour. So they were restless insomniacs, if you will, for an hour. And that does does correspond to a lot of people listening to this right now.

So a quick experiment is just turn off that phone or put it on airplane mode, or if you want to keep it open, maybe you expect a call. Or you have teenage kids that are starting to, you know, come go out at night.

So you put it as far away from your pillow as possible, and that's good enough because creating that distance is going to fix every moment. Like this is me.

You're describing me to a teen, 18 year old. And she's starting to you know, she's in college now. She lives at home and she's starting to stretch her independence and she's like, okay, mom, I'm going to go out with friends after, you know, the football game or whatever.

And I get, what time are you going to come home? And we talk about it. And so I've got my phone and I'm literally putting it across the on the other side of the table, the bedside table, as far away from me as I can get it.

But having it on in case she calls it, needs my help. And that's good. Those nights. I hate those nights when she's out because of her obvious reasons as a parent.

How EMFs Disrupt Sleep and Healing

But it's like my sleep is disrupted for those hours because the EMFs are there, they're coming at me and my phone is not on airplane mode. Right. And so I feel a difference.

It's not just the mom worry, it's because it's the same thing is when I accidentally leave my phone on on off of airplane mode by accident. It's happened a few times where I'm like, I wake up in the morning like, why did I sleep so crappy?

And then I look, Oh, I didn't put this thing on airplane mode. Yeah, there goes. You know, the researchers in that 2008 study I was talking about just a minute ago said the disruptive effects of the EMFs we saw from the phone on participants was the equivalent of the arousal effects of half a cup of coffee.

So imagine just having half a cup of coffee and chugging it right before going to bed was going to happen. I know for me, I'll be. I'll be too hard, then I'll be too cold.

I'll be kind of spinning around in a sea of of, you know, my pillows. And, you know, it's going to be a crazy night, like nothing that you want. So it's very exciting to try to your nervous system to have these EMFs around.

So if you lower EMFs, you can better control your inflammation because most of your healing happens during the night. But it's even worse than that for EMFs because a lot of people realize that where they put the phone, it will create inflammation.

So it prevents healing, but also it creates inflammation. It is an inflammatory factor for your body. So, for example, there's one anecdote that Dr. Daniel Pompa told me years ago is someone in this toxic vacation space and she's, you know, one of these help geeks like you that likes to find the root cause.

Why is something not healing well is sun that is was a teenage basketball athlete at the time couldn't heal is right knee and no matter what they did they did PRP shots they did I don't know if they even tried stem cells they tried everything under the sun, but it could and heal this right knee wouldn't heal.

And then you put two and two together. He said, Wait a minute. When my son is playing video games, he computer tower is right there along with the router.

And these camps are directly, you know, you know, kind of blasting is right knee for extended amounts of time and I've been a teenager playing video games.

I played, you know, it was a full time job. So a lot of hours spent right next to this router. Well, when they removed this exposure by moving the computer further away, the knee started the healing.

So there are a lot of anecdotes like this where you see that it creates inflammation and prevents healing. Is it? And oftentimes it's both at the same time.

So in that sense, EMF is really a sort of Silent Killers because it prevents you from just having a normal healing response. And it's not just your cell phone, it's your router, it's it's your neighbors.

It's your neighbors router. It's, you know, it's the 5G that's being pinged, you know, off your phone. It's and we may not have time to get in this today, but we can also talk about body voltage and dirty electricity and all the assaults on the body, even beyond electromagnetic fields.

Right. Radio frequencies that are hard on our bodies as well. Well, we're really focusing on EMF today. Can you tell me just know everyone the whole more.

It's just the amp. Right. But could you talk a little bit about that? Just you already started getting into it with Dr. Pompa son and the knee pain. So that's one sign maybe that EMFs are affecting you and causing inflammation, but what are the common symptoms that people might experience with kind of if they're and some people are more sensitive than others?

Right. So what are the symptoms that you see when people are sensitive? Yeah, it's symptoms that resemble a lot of different things, a lot of different sensitivities, if you will.

People that are mold sensitive are more prone to being EMFs sensitive people that are chemically sensitive are also more prone to be EMF sensitive. So oftentimes many functional medicine doctors have been have had the honor of interviewing in the last years, as the EMF guy told me, it's not oftentimes it's not one sensitivity, it's multiple.

But the EMF part is oftentimes forgotten or ignored because people haven't heard about it, which is why I keep spreading this message. So if you ignore EMFs, you're not going to be able to get those other sensitivities or toxicities healed as fast as you could.

And really, the top symptoms for EMF sensitivity, one of them is tinnitus. Some people get tinnitus. And is it the lightest or is it something else that is closely linked, which is called the microwave auditory effect, the free effect.

It's actually very mainstream science that some people can hear EMFs emitted by phones and Wi-Fi and Bluetooth because it's a type of microwave radiation.

Your microwave oven emits a similar type of frequency, except that a much higher power because it can cook food, right? Your phone cannot cook an egg or cook your head or anything like that.

It's it's a low level radiation. I debate that. It's cooking our brains. Well, to some degree, we could say that it's cooking it very slowly until it's just perfect.

Over 40 or 80 years of exposure. Right. And that's a bigger concern long term is the brain tumors that are on the rise in certain brain tumor types. So for sure, there are good reasons to not put a phone to your head or not keep it in your pocket all the time.

But where Bluetooth all the time or. Where Bluetooth all the time. A lot of people hate this part of the top of my presentation right there because they say, Oh my God, I just purchased these new AirPods.

They're so cool. Well, you know, cell phones are a class, too, because cinnamon in because they emit this microwave radiation and then you're putting a similar type of device except even deeper into your ear.

So what what do you think is going to happen? It's nothing good, right? And we don't have the science, the definitive proof of harm that some people are going to waiting on.

But my goal is a message of preventative measures and not a message of, well, here's how to survive from a brain tumor. That's not my mission. I don't want people to have a brain tumor in the first place.

So when it comes to sensitivity, that's we're not talking about, you know, and of live situations with brain tumors, but we're talking about everyday wellness.

Common EMF Sensitivity Symptoms

So if you have tonight is or if you have other common symptoms of electro sensitivity like fatigue or inability to sleep, insomnia is very common as well.

Depression, anxiety, some people have heart arrhythmia also. And these, like I'd say, these almost lucky people that have tinnitus or heart arrhythmia, they're able to quickly tell that I'm standing near the router, I have tinnitus, I move away.

I don't. Right. For some people, they kind of have an on and off switch with symptoms and in a sense, it's easier for them to pinpoint, okay, well, the EMTs are greatly affecting my body.

But the thing is, when you start reducing your exposure to these EMFs and you start moving away from the wife around or you turn it off at night, then you do different things that I teach people how to do in my courses and my book.

Well, what happens is that they get less sensitive, and that's good because let's face it, even if you start playing around in a different way with your tech, you're still exposed to the outside environment.

That is a lot of electrical pollution. So the reality is if you're sensitive and you become hyper sensitive and in this day and age, you're in trouble, just like you're in trouble if you're chemically sensitive in today's society because everywhere you go, a grocery store, you go to Walmart.

I mean, you're going to freak out if you are chemically sensitive or that. That's what I heard from these people that have this experience. So the more you minimize your exposure, the less likely you are to develop these sensitivities in the first place.

Can you can you just go down kind of a list of the common exposures? We talked a lot about cell phones and routers. I know people are wondering where else am I getting like, can you just kind of tell us the big common offenders.

Pressure is the devices that can be held in your hands like cell phones or tablets or, you know, graphic tablets, any any sort of small or phone or bigger phone or bigger tablet that are touching your body, including laptops.

Right. That a lot of people put it very close to their body, on the lap, on their belly and whatnot, all day, every day. And then it's also the Bluetooth devices, including wearables.

And all of these are touching the body. So they constitute Canada. The first line of exposure right there. Then you have watches, Apple watches, you know, and. It's yeah, I mean, it just goes on and then we talk let's talk about devices people have in their homes like like the oh, I don't even know because they don't have them.

The Google, the routers, they have the smart everything these days. So people bring in their home. They have a smart toaster, a smart their smart oven.

And then a lot of people will use the the Alexa the the wireless Bose speakers. And I mean, it's not nothing against Bose. I mean, I could talk about a thousand different brands that do the same, right?

It's everything every electronic in your home that can be connected. Your Bluetooth is a potential source of exposure. So what is happening. Is your security cameras and.

Exactly. It's the security systems is the TVs. So what is happening is that the average household and that's from a few years ago, a survey looked at how many devices people have.

It's a it's an average of 23. But I have a colleague that does EMF surveys in households. Sometimes it's over 100 that people have. So it's just, you know, a cumulative offense or against your body.

So if you start to reduce seeing this amount of devices, for sure, you're going to create a more a calmer environment, if you will. Oh, my gosh. I mean, it's I think people's heads are exploding right now watching.

It's going, oh, my gosh, I just thought it was my cell phone and my router. There's so much more to this. Can we

just get political for one quick second?

Sure. Why do we need a washing machine that has wi fi connection? What's really going on here, Nick? I think it's the industry is creating a lot of needs for consumers.

They're very happy to tell you you're going to be a happier and more complete person if you can. You know, you're you're on the road, stressed out and already risking your life just driving because it's a pretty dangerous thing to do.

And then you go on your phone. Right. And you say, oh, I want to start the the washing cycle. I mean, it's just these these use cases are so obscure. We we usually don't need these exposure cars or these features.

And that's that's a case for a lot of things, including, you know, if you have all your thermostats, there are ways to to have all of this, including wired.

The wired security systems have all of this wired rather than wireless. I think that convenience is winning and is being offered to everyone and everyone is taking it.

But what they don't realize is a trade off. That convenience comes with the MF stress, and that's not something that is being considered in their calculation.

They just think, well, it's going to be super easy to install, plug and play. And then they realize, well, sometimes it's slow, sometimes when my rifle router doesn't work, now my thermostats don't work.

And it also creates other problems in your life. So there's something to be said for simplicity and for looking at this a different way. Do you really want the convenience of the junk food restaurant?

Well, a lot of people have chosen that. Yeah, it might be tasty. But, you know, every time I go for a cam for convenience, my gut doesn't feel good. Well, the same can be said for tech.

How we consume tech, what do we choose to install in our homes? We have to go with with what's going to make our home healthy rather than just convenient. Yep.

And I've also heard experts say that the telecommunications companies are actually using your purchase devices, tapping signals off of so your washing machine is helping connect their signal to the next spot.

And so it's more than just the Wi-Fi towers that are coming up in neighborhoods.

Major Household and Personal EMF Sources

Your devices are actually helping move signals along. So they're actually using you to move signals. That's what I've heard. Yeah, there's data, there's even cybersecurity risks that are very, very emerging right now from installing all these devices.

For example, you have a I think that's one of the best and the stupidest examples that I saw in the last year is a casino in Vegas, got hacked out and lost money.

And I don't know what happened with that, but they had hackers come in to their security systems through a Bluetooth sensor in their aquarium. So what is happening now is that you have so many connected devices that you have increased access by people that want to do harm.

And the reality is these cyber crimes are on the rise. So that's another angle against having everything wireless because it's so unsecure. Yep. Okay.

So in the last few minutes that we have here in this first part of our talk, could you just touch a little bit on how outdated the research is in human studies?

And, you know, why are we getting away with this? Why why are telecommunication companies and the government getting away with giving us this dangerous technology without the updated research to show the true harm?

Yeah, you know, it's really because the health agencies are ordering military agencies have been captured by industry. It's the regulatory capital is something a lot of people talk with big pharma, with big food and they are there are all you know, people are revolted that big food has paid off scientists or influenced certain laws to pass to kind of say that processed food is equivalent to Whole Foods and stuff.

That is completely crazy, right? Because we know that's the opposite of the truth. Well, we have the same phenomenon is happening where at the FCC, the Federal Communications Commission, where this is an agency that their main role is supporting the industry and installing cell towers and renting space, that where they can emit in a certain frequency.

And that's really their main role. And when you ask them, well, do you have health expertize, they say, no, no, we don't. So that's why we asked someone else to do the studies and that someone else was the A. P., the National Toxicology Program.

And they released a huge rap and my study in 2008. And the conclusion was this is clearly a carcinogen. And that was in 2018. And you know what happened next? Nothing.

Nothing has happened since. So no warning to the public that we that I mean, the conclusion is we've done the toxicology in the right way and we've invested $30 million of taxpayer payers money.

And what was the most important study probably in history for EMFs? And nothing was done. Nothing was changed. So it was swept under the rug and really what is happening happening at the moment is that in North America and a lot of of the G20 countries, we don't have any funding for EMFs science.

So it's a very it's a topic where if you want to study it, good luck. You're kind of destroying your career as a scientist or you'll be trying to scrape for money and find funding your entire career.

And a lot of colleagues I have are EMF scientists are struggling to find the funds to do the most fundamental studies around the real world devices. For example, almost all the studies all out there are on previous technologies, 2G and 3G phone systems.

Well, 3G is barely being used at the moment. We've rolled out 5G. Now they're thinking about six G, so we're so late that I think eventually it's going to become so ridiculous that we're going to be studying technology from 50 years ago on a scientific standpoint.

So it becomes almost irrelevant. And what we know from those studies is that the stuff from 20 years ago was already a problem. That's what they're finding now.

And we barely have any study whatsoever on Bluetooth, for example. But people have been using Bluetooth for now. Well over a decade. So that's really the problem I have with it is we have a huge uncertainty around the topic and I think that being more prudent towards adopting these new technologies is, is just the smart thing to do because we saw so many agents being rolled out and damaging people's health, but 50 or 80 years later, you find out that this is the case and people are are left with almost no recourse, right?

Oh, sorry about that. As best those turns out was something very bad. Right. This is what happened. And I don't want history to repeat itself, but I think that, unfortunately, it's kind of the the same cycle we're seeing for so many toxic exposures.

Led, oops, led is bad. We shouldn't put that in paint. Right. There you go. Yeah. I mean, this has been so enlightening. And I think the big message here is you're on your own to do this.

You know, I'm saying this to our viewers right now. You're on your own to find out this information, learn it and figure out how to solve it. Now, in in this first part of our conversation, we really kind of unpacked what's happening here.

And Nick, I want to thank you so much for joining us today for this talk on EMFs and to our audience. I hope you found this first half of our conversation insightful and helpful.

If you're a summit purchaser, stay right here, because we're about to dove even deeper into this discussion with Nick. We're going to talk about solutions and how to mitigate your home.

What works, what doesn't work? Wearable devices, do they are they really solving the problem or what to look out for?

Convenience, Wireless Tech, and Security Risks

If you're not a summit purchaser, click on the button on this page to get access to a continuation of this conversation. And many others and get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Nick, thank you for being a valuable member of our community. Now let's dove right back in. So Nick, this is a perfect segue way into solutions now, so I'd love for you to start at the beginning.

What do we need to do besides shutting our phone off when we sleep? I'm turning off our router at night. Beyond that, what do we need to do to solve this?

For sure. So when it comes to the phone, it's when you sleep and also when you carry it. I have big concerns and I'm not alone. Fertility researchers around the world are starting to wake up to the fact that if you put a cell phone in your pocket, keep it there for most of your waking hours, you're damaging as a man and as a women, your fertility.

Not only that, it's also linked with lower testosterone in men. So and the same thing can be true for women. And we don't know to what point this will disrupt their hormones.

So people some people don't want any kids any or any more kids. And you kind of laugh when I tell them, well, your sperm count is going to be lower, but they don't laugh when I tell them your testosterone is going to be lower, right?

Your libido is going to be lower. Or maybe you'll have, you know, hints of erectile dysfunction. Men don't like this idea at all for. Growing breast tissue.

Exactly. Exactly. So it's really if you carry it in your pocket, that's a problem. If some people carry it in their bra, that's another problem. There are indications it could be increasing risks of breast cancer.

So what do you do? Well, there are some special cases that you can use or there are, you know, just using it in a bag, a handbag, a backpack will create some distance from that phone.

Besides, you're to work towards your body. So the goal is just to create distance. And if you enter your office environment, like I'm in my office right now, I see a lot of men, especially they have it in a front pocket regardless, even if they're sitting down.

Well, just put it in front of you. Right. 1 to 2 feet distance, one foot distance. It is 80% reduction in EMS, two feet 90%. So two feet. I don't I personally do not worry about my phone if it's an arm's length away because I'm exposed to levels that are equivalent to the background levels in a city any anyhow.

So that's how you mitigate the phone if you take a call, I use wired earbuds or speakerphone if I can use it without annoying everyone. A subway train. Please don't do that.

But I mean or tell them that neck and neck told me to do that, right? So do not put it to your head again because just because of the what we talked about in in the first part of this interview, the brain tumor risk is just too risky.

If you have a short call a few minutes here and there, it's not that much of a problem. But if you talk on the phone for four or 5 hours per day, like my dad, who's a realtor, well, now you have to find mitigation strategies because it's the cumulative damage, a cumulative exposure that really matters.

Not not the one call that you did on a Sunday because you had an emergency. Don't worry about it too much. Think about where am I spending most of my time during the day.

And that's where you want to mitigate next. If you spend a lot of time in front of a computer like me, I'm a computer worker. I'm an author. I work on my laptop.

Well, can I try to have a cable that runs from my router to this laptop? That's a cabled solution, a wired solution. This is way preferable than being on FI and you'd be surprised.

I don't think most people would be surprised to find that 99 point I don't know something people are on wi fi even if their computer is not moving around, their computer is stationary, but they are on the wi fi just because again, it's convenient.

But if you can eliminate this exposure, you're not only eliminating for one hour per day, you're for me would be 8 hours per day, right, that I'm spending in my office.

So I would turn off wi fi in my computer settings and then just have a cable running to this computer. That's my number one recommendation. And then the bonus is this if you connect via Zoom calls and we know that since the pandemic, I think Zoom, you know, zooming is almost a word in the English language now.

So people use a lot of videoconference and they want good connectivity. Well, the cable is way more stable and more F and faster on all levels compared to the Wi-Fi.

So you get a great connection and that's it. In fact, in this office I had wi fi five years ago when I moved in and I was getting super frustrated because I was starting to give summit interviews, podcast interviews, and my my image was all blurry and I was dropping words and the audio wasn't so good.

And when I was cabled in all perfect. So right there you have a more secure, faster connection. So there's also in fact, there are, you know, a lot of perks to being wired.

And then when it comes to exposures in your home, I want you to think not only about your office space, but in your bedroom. So it's not just the phone, but sometimes people have multiple different devices in their bedroom.

Outdated Research and Regulatory Capture

Try to make your bedroom a sacred space where I'm not going to have a lot of Bluetooth stuff in there. I don't mind if you have it near your sofa and your entertainment center and the video games and everything, but try to make the bedroom the exception where you do not bring these devices in.

This includes an alarm, not let's say let's say a your your alarm. That might be Bluetooth. Well, there's Bluetooth is not only being emitted if you connect your phone to this this alarm clock, but it is being emitted 24 seven.

And that's the reality for most electronics that can be Bluetooth enabled, they are always looking for a signal. So this is a super annoying way of designing technology, but it is again a convenient one because they want you to be able to connect to the machine any, any, any time of the day.

So that's why the machine is constantly sending a Bluetooth signal. And this will disrupt your sleep as well. So just look at look at every piece of electronic you have in your bedroom and look, is there a wi fi capability, a Bluetooth

capability and if there is, try to replace it with something that's non Bluetooth and just, you know, put it on Craigslist and give the problem to someone else.

Right. So that's that's what I would do. I would add to that Bluetooth goes right through your wall or the wi fi signal goes right through your wall, so it's not safe.

So, for example, if you're home, if your entertainment center is on an inside wall of your home and it's shared with the headboard of your bed, it may as well be in the same room as your bedroom because it's just on the other side of the wall.

And the wall doesn't stop the EMFs from. Correct. So, so our setup is our TV and our whole entertainment center is actually on an outside wall of our home.

It's not sharing an interior wall of our home, so it's not on the opposite side of where somebody's sleeping. So if you can set it up that way and if you live in an apartment or condo situation your neighbor might have there, they might.

Yeah, you're right. On the other side of your bed. It's possible. So I mean, it's but we'll talk about other things we can do to help mitigate here. So there's some there are some shielding that can be done.

I mean, let's say you're in an apartment situation or condo situation where you have no control over this. You can't control your neighbors, you know, Wi-Fi and signals coming right through your wall into your bedroom.

What are some of the things we can do in terms of shielding? Well, the most advanced strategies are creating, you know, a shielded space in your bedroom.

For some people that are stuck on this sensitivity spectrum, it helps them a lot because you not only have relief from your own devices, but now you get you can have relief from the outside exposures, which include the cell towers like you said, neighbors, wi fi or anything they might have, and knocking at your neighbor's door and saying, turn off your Wi-Fi, you're bothering me.

It's actually not something that can be done in this society right now, which is very annoying. But you can try to educate your neighbor, but forcing it on them, it doesn't work at the moment.

So if you if you really want to shield your bedroom, which is I'm. Thinking of sorry. I just have. No problem with. Cigaret smoke. So back in the day you would never ask somebody not to smoke around.

That's true. But today we can comfortably say that because we know it's widely accepted how dangerous cigarets are to our health. 100%. Not widely accepted how dangerous EMFs our health.

So we have a long way to go, but that's a good analogy. Now we can tell smokers to beat it, get away, be exactly that. I don't want to be. Yeah, well, you can create an EMF free or let's say smoke free environment by putting a bed canopy over your bed.

And that's something that can be done even if you're just renting the place because the install, you know, doesn't leave a mark. So the bad canopy, which is usually made out of cotton and sometimes copper or another type of metal that is woven in will block the vast majority of outside signals.

So that's one possibility. If you're a homeowner, what I prefer because it's more seamless and doesn't look, you know, like it doesn't have something that that will change the look of your entire bedroom.

It's shielding via the use of shielding paint and that's a a kind of black looking carbon paint. And then you will paint with regular paint over that so your entire room can be shielded.

And it doesn't look any different compared to a regular room, except you don't get cell phone signal. So you have to accept that the bedroom, while I cannot play on my phone in the bedroom or you bring in the cable inside the room

and then you can still use your phone but in a wired manner.

So that's really the shielding strategies. I'd argue that every nook and cranny it also you also need to have shielding below you like a 360. Degree entry, 60 approach, correct?

Which of course, if anybody's ever built a home, there's cracks between the sheetrock and your floor and the I mean, it's not 100% probably a better method is the canopy, I would say, because you could actually put shielding sheets below you, above you, to the sides of you.

You can actually put yourself in a cocoon easily. Yeah, both strategies can work, but they have for sure the the shielding shielding the entire room with the pain strategy needs to be or is a big s investment because sometimes you might want to remove the flooring and put a membrane there and also put something in the windows.

But when when is done by the right people, the those certified building biologist or EMF mitigation specialists, they know their craft. Then they can actually measure before and after using professional equipment.

Practical EMF Reduction Strategies

That's when you know that you have, you know, a room that is just more compatible with your biology. Because, let's face it, a lot of people think, you know, oh, well, this is weird, you know, shielding an entire space.

Well, what you're doing is not something very bizarre in the end because you're just trying to go back to ancestral levels of EMFs. Let's say this is a kind of paleo lifestyle, but not for food for signals, right?

Because 100 years ago we were not exposed to any of this, any of it, any any exposure in that frequency came from space. And it was a signal a quintillion times lower in intensity.

So in other words, in the last hundred years, the intensity of those signals in the microwave range has increased by a billion billions. So that's that's really what's crazy out there is that when you tell you tell people, I have something over my bed to shield signals, oh, you're crazy.

Well, I think that everyone else is crazy because we're exposing ourselves to so much intensity in these stressful signals. Really? I want people to think about if you've ever gone camping in tents, tent camping where you're sleeping on the ground, where there's no Wi-Fi signal and how rested feel when you wake up and how different your body feels.

I think Nick and I would both argue that the most important time to protect your body is during sleep. When you're at your most vulnerable repair and restore parasympathetic state, and you need to be able to have that to solve your health problems in the next, you know, last 5 minutes that we have here.

Nick, could you talk about wearable devices and how they because there's lots of stuff out there, how these actually work because it's it's kind of like people under a mist conception that it's actually protecting them from EMFs and that's really not the right word to use.

So can you talk about that? Yeah. You know, a lot of people use pendants or they put certain chips on their phones and certain things that use sacred geometry.

There's a lot of different technologies. Shanghai It also is a type of special rock or special crystals. All of I wouldn't say all of them are valid, but there's, there's, there's a lot of products are valid on the market and a lot of them offer benefits in the sense that they might alleviate symptoms of electro sensitivity.

People feel calmer. So in that sense, I wouldn't say they're EMF protection. I would argue there are EMF resilience options, so they will help you better cope with EMF exposures.

But my point towards these, and I think where some people fall short is that it's not a replacement for EMF

reduction, right? It's like saying if I think that I on I don't need to worry about heavy metal contamination in my food anymore because I can detox.

Well, if you both take a load of iron and then eat organic or try to go with lower low toxicity food, it's better, right? So the same thing is said for EMS.

If you turn off your wifi at night, try to handle your your phone differently, not keep it in your pocket all day. And then you use some of these subtle energy devices.

I'm all for it, but sometimes I think they're a little bit oversold and people were all looking for a magic bullet. So if you tell me you wear this now, you're protected.

It's tempting, but the reality is now you are more resilient, which is good, and you can go in this world and feel better about all these exposures that's you have no control over.

You see a cell tower, you see people on their phone and you're like, well, at least I'm a little bit more protected. But it does not mean that this is an invitation to be reckless with all your order exposures.

Shielding and Wearable Devices

If you do both, you're going to really see the most benefits you can you can experience. A great example of this is people with diabetes who are on, you know, maybe insulin or medications.

This is not a hall pass to. Yes. Foods that get your diabetes out of control. You would never do that. You would you would still want to follow a diabetes and low inflammatory and low sugar diet.

Same thing, same concept. Well, Nick, this has been so enlightening. I mean, we could go on on there's so many strategies. You have so much information for our viewers.

And I want everyone to know how to get a hold of you and share with everyone that Nick is a trusted person for my community as well. And I promote bringing his programs into mine because he teaches it better than I can and this is what he lives, eats and breathes. Right?

Is helping you prevent chronic illnesses due to EMFs. So this is the guy I trust and this is the guy you should trust too. How do you. How do our people get a hold of you?

Sure. theemfguy.com, there is my book, which is a great introduction to the topic. A great follow up to this interview. If you're still shocked and say, oh my God, I had no idea, get the book.

There is a consumer course electro pollution fix to help you clean up your home. And there are several other resources in there, including professional training.

And this is really where I keep people updated through my newsletter and social media as well. Yeah. So theemfguy.com. Correct. Perfect. Thank you so much, Nick, for your support here, for your knowledge, for your dedication to this.

Every time we do this, I learn more. And I love speaking with you. So, so appreciate you. Thank you. It's my honor. Really. Thanks so much. And until next time, everyone take good care.

Bye now.