Introduction to EMFs and Hormone Health

Hello. Hello. Welcome back to Mastering Your Menopause Transition 3.0. I'm your host again, Dr. Sharon Stills. And it is a pleasure to be here with you all, bringing you important information you need to know about how to have a happy, hormonal journey, and that it is not just about balancing your hormones.

That is, of course an important piece of it. But as you know, I am obsessed with the whole terrain and your whole body, your emotions, your toxins, your energies, everything.

And today we're going to talk about a topic that is really, really important because if you've heard me talk, you hear me say often that a lot of the things that are affecting our health in a negative way are invisible things.

There are things we don't see, whether it be changes in the pH in your terrain or cells not communicating or negative thoughts you're thinking, or electromagnetic frequencies, which are now a huge, huge problem that I am seeing just globally in my patients population, and something that I'm really passionate about helping to spread the word about, because I want you to be thinking of these things even though you can't see them.

So I went and got none other than the EMF guy, Nick Pineault Like the wine. He's the number one bestselling author of the non tinfoil guide to Emfs, and he is a wealth of knowledge on this subject.

I'm really excited to pick his brain, so please, please grab a pen, listen up because you may not realize it, but emfs from cell phones from white, five from Bluetooth.

These are all endocrine hormone disruptors. So welcome to the summit Nick. It's great to have you here. Thanks for having me. It's a pleasure. Yeah. So I got to just ask.

This is the first time I've ever interviewed you. So how did you become the EMF guy? Like, what got you into that? Do you have a personal story or just.

It was just something you were interested in? I just got interested in the topic. After studying many different types of environmental toxins. like you said, a lot of what is keeping us, either sick or not in the in a as good health as as we wish we were able to achieve it.

It's all these factors that we don't know about, and we know we should exercise and watch our diet and, watch our thoughts and meditate. And these things are it's it doesn't mean they're easy to do.

Right. Do you require still work and, being conscientious, developing habits. But there are also factors that we don't know about. And this is really what, personally, I got angry about when I was studying the topic of environmental toxins as a citizen journalists, I realized there are many toxins that we are exposed to at levels that are specific and to disrupt our hormones, to disrupt our mood, to, you know, make our skin break, to, lower our ability to just enjoy this life and be energetic and live a long, happy, healthy life.

And to me, this is very concerning. And I also got angry about it because the authorities, the health agencies that are supposed to regulate these substances and toxins are really failing at their job. They're overwhelmed.

And there's too many different factors in the environment to deal with at the moment.

How EMF Exposure Affects the Body

So it's really up to us to try to minimize these things while hopefully we have better regulations. I realize that about, you know, certain pesticides on our food and tap water and the the toxins that can still remain there even after the

filtration of the treatment center.

But then I stumbled upon the topic of electromagnetic fields. Emfs, and all the new technologies that we have been exposed to in a very brief period of time in history, 15 years for Wi-Fi smartphones, 15 years in many cases is ten years.

in the case of children these days, this is the first generation that will have exposure to tablets and phones from basically the moment they're born until the moment they die.

So it's it's really a new situation and new types of exposures. And when I see scientists that say, you know, these emfs are not substances that are inside your body, and yet they still impact your body in a way that we can see is a classic case of endocrine disruption.

So in other words, these emfs, even though they're invisible and even though many people don't feel their effects in a on an immediate basis, they don't get a headache from their phone or they cannot necessarily tell what is doing to their body.

Their bodies is really registering this, this chaotic information. And it can it does disrupt your hormones. and the other thing that made me very, very uneasy about this topic, or let's say that that made me stick with this topic, is that some people are exquisitely more sensitive than others to emfs in a way that, maybe, you know, you have a couple husband and wife, and oftentimes it's unfortunately, women that are more effective than, than men.

So you might have, one of the two spouses that cannot sleep if a cell phone is in the on the nightstand and the husband sleeps just fine. So it makes it very difficult to tell them, well, you know, I'm affected by this radiation.

And for some people, it's a little bit of radiation can create immense impact on their hormones and and sleep quality for example. Yeah. I look at health as like a backpack and we have all these factors that go into it.

And some of us get really small backpacks. So the more toxins or foods or whatever we're exposed to, our backpack gets filled very quickly and it overflows.

And that's how we experience symptoms. And so we really want, as human beings on a health journey. We want to take care of the factors that we have control over.

Right. We really can't control what they're spraying in the skies above us, but we can control whether we put our cell phone on our nightstand, or we have a good hygiene habit where a cell phone is off and the Wi-Fi is off and it's in another room.

So I think that's super important. I like that you brought that up, I think. Is there a way for the women who are listening to know, like, how do I know if my symptoms are being created by EMF exposure?

Yeah, it's tough because, you know, just it just it'll tell you how difficult that could be. Dr. Elizabeth Plourde, who's a physician, who wrote extensively on EMF.

She's one of the the physicians who inspired me to keep going on the MS A tour book, that is, Hold on. I'm going to find the title here. it's, EMF freedom, solutions for the 21st century pollution.

So it was a very inspiring book because she recalled, case studies from patients where women thought they were going in early menopause. Really? Sometimes in the, you know, 30s, early 40s.

And they said, I have hot flashes, I have headaches, I have, you know, my hormones are all over the place. I cannot sleep, I'm hot, I'm cold. And they said, well, I think, you know, my hormones are just disrupted.

And what she discovered is that they, they hired building biologists or EMF consultants with EMF meters where you can quantify this radiation. And they discovered that specifically, the installation of a smart utility meter near their

bedroom was the culprit in some situations.

in some other situations, it might be, you know, I got a new phone and it's stronger or this one is impacting me in a way where the the older phone was not and this is very commonly seen.

But at that point these women were their hormones were so disrupted by this radiation that they really thought, you know, maybe it's just that I've aged one more year and now you know, I'm doomed, right?

It's kind of the this attitude in my is it aging or is it all the factors that I'm carrying in my backpack, as you said? So it's very difficult to tell.

But one of the ways that environmental medicine doctors recommend to to to be able to test if you are indeed very electro sensitive, is to get outside your normal environment and see how you feel, especially in nature, and especially if you can go without devices for about a week.

so a sort of digital detox, if you will, and what some people realize is that their sleep improves and their hormones improve. And, you know, if if you're in the city, in your condo and you feel horrible, you barely sleep and then you go camping and you have great sleep, then something is wrong with your environment and your condo.

Not necessarily with your body in that sense. So it's really the environment. It shows you how much the environment might be a factor in your inability to sleep, and that's worth exploring, right?

It doesn't mean that you cannot necessarily live in back in your condo, but it means that maybe there are additional action steps that you need to take to minimize the amount of radiation.

And of course, there are other factors at play that, could be, present in your condo, including, you know, work, stress, everyday life. Of course. and chemicals and mold.

But EMF is an often overlooked factor. Yes. Which is why we're talking about it here, because I find we've been trained as a society. People come to me Dr.

Recognizing EMF Sensitivity and Environmental Triggers

Stills, I want you to test my hormones even for mold because that's so similar where like if you get out of the moldy environment, you feel sure. But we can test for mold, right?

We can do a urine test. We can look for mycotoxins. So we're so used to, you know, looking at a test. And we want the test to tell us what's wrong, but with EMF.

So we have to step a little bit outside the box. And we have to realize that they can be affecting us, even if there's not a test to tell us they are that we have to.

We have to put that in the equation of what could be upsetting our body and what can be upsetting. Like you say, sleep is such a perfect example of how it affects us and migraines.

And tonight is and cancer and infertility. And I could go on and on and on about how I have seen Emfs play a role in my patients disease processes. So let's talk a little about what our natural emfs and what our human made emfs.

If you can make that distinction, I'm. Sure there are emfs everywhere in nature. And men, all of them are beneficial. And if you have the right dosage, an example is sunshine, of course.

the studies are on vitamin D now, I don't think most people need convincing anymore that if you get in the sun and get enough sun, right, not too much, you produce vitamin D, and this is extremely immuno protective.

And in fact, scientists call it, the vitamin D hormone rather than just a vitamin because it's almost, been

misclassified as a vitamin at first. So it's literally the sun is giving us this hormone that is quite unique and needed, required for us to thrive.

So that's an example of natural EMF exposure. There's an entire spectrum of frequencies that are emitted by sunshine. another one is simply when you are on this planet, you're exposed to the Schumann resonance, to a natural magnetic field created by the planet, by the fact that the planet is rotating and made, out of certain materials.

So just the fact that you are on planet Earth gives you, you know, it makes you, in a sense, addicted or linked to this natural frequency. There are studies where they tried isolating people and where they are not exposed to that Schumann resonance for, several days and people start getting depressed.

And also they see a circadian disruption where they cannot sleep at the same time or wake up at the same time. So it's not just the sunshine that sets our circadian rhythm and our hormones.

It's also the magnetic field. And these are are all natural examples of emfs. And the vast difference between these emfs and the unnatural kind is, you know, it's like comparing apples to oranges or maybe more apples to a brick, you know, something on edible, it's really it cannot be compared because the signal characteristics of these things are completely different.

Sunshine, for example, is emitted in all direction, whereas the cell phone radiation is emitted in a specific direction. That's something quite unusual and unnatural, never seen before in nature.

You also have pulsations. Often when a cell phone sends a signal to a cell phone tower and back and forth, or a Wi-Fi router to your computer, these signals have certain characteristics that are completely chaotic, and I think that people need to hear it in order to understand how chaotic these frequencies are.

If you have a a consumer level EMF meter and you have the sound function, it's not something you use that often because it's very aggravating to your ear.

It sounds, you know, like a screeching noise, like something that if, if you look at the how, how ugly this sound is, you understand how the body perceives this unnatural EMF.

It's really a sort of noise that your cells can can hear to some degree, but that unfortunately, other body parts you we cannot we cannot see it. And in the case of some people, some people can feel it immediately.

And it's not necessarily a good skill to have because it means that they are quite sickened by the technology. imagine if every time you had an EMF exposure near your body, you felt a migraine.

that's the case of some people, and it makes it almost impossible for them to live in Montreal city like me. Because you're right, on the subway, you have someone on their phone, and, you know, right there, you get a migraine.

Then you go to that, that bakery that you like, and there's someone waiting in line with Bluetooth earbuds, and then you have a migraine again. So it would be, you know, just a 24 over seven migraine for a lot of people.

So and to this day it's it's still quite unclear why certain people are more sensitive. There's a genetic factor just like with this is also the case with certain food intolerances.

And there's always a genetic factor. But there is also the accumulate ation of different stressors in the environment that can be linked with the development of sensitivity.

So it is something that can be reversed, in the and in the case of those, going back to these women that, you know, felt like they were in early menopause because of the installation of a smart meter, there's an there's a happy ending in the sense that once they hired a building biology consultant, he came to the house and realized, well, that machine near your bedroom is highly problematic.

And it turns out that it looks like your symptoms change since this thing was installed. Well, when they reverse it and remove the machine, most of these women go back to normal hormones and health.

So there are ways to, you know, find what your threshold is. And since complete elimination of EMF is completely impossible, just like, you know, wishful thinking around, I'm not going to have another toxin in my life is completely irrational at this point.

Well, there's there's ways to at least minimize emfs in a way that you're going to be sure is going to support everything else that you're doing to try to live a healthier life.

Yeah, really. And I've been practicing for over 22 years as a physician and we didn't have these things back then. Right. So it's become this new differential diagnosis that has to now go in.

When I see patients that I didn't have to do at the beginning of my career because we weren't being, you know, bombarded with all of these things. So I was as you were talking, I was writing down a few questions I wanted to ask you. So, well, first of all, I love that you brought up the Schumann resonance because I just pulled this out.

I put this into my computer. It's a device, based on Doctor Ludwig's work in Germany, that I plug into my computer, and it creates a positive magnetic field.

So when I'm.

Natural vs Artificial EMFs

Because I spend a lot of time at my computer, because obviously there's the, the negative, but there's also all the benefits of what the emfs, you know, the technology we're getting that's enables us to be here talking for sure.

Some it so we have to find ways. So what is your favorite meter. Do you have a meter that you like for people to buy so that they can test. Because I have one of those that makes the noise.

And it's like just when you're saying it, it's like fingers on the chalkboard. To me, it is so irritating. It is. It is highly irritating. At the same time, you know, if people in your household don't believe it, it is highly irritating to them and in a way that maybe will convince them.

Well, at least you know the radiation is there. Yes, I believe you. it is a tool that, you know, will give you eyes for this radiation. So to speak. So one that I recommend for beginners is called the Sam Pro Tech 33.

it's on my website. the EMF guy.com. it's a meter, created in France, and it's good quality for around $200. There are many other, models that are popular on the internet.

Try field cornet. all of these are good. but I find that the interfaces of some of those are confusing, and they end up on a shelf because, you know, I cannot figure this out.

There's too many units of measurement. I was there myself a few years ago, and I got very frustrated. So the simple tech is very simple. Also to use, which is now a requirement for me to recommend any meter because there are some EMF geeks that love it when it's complicated and that's, you know, a few engineers out there.

But for, for the majority of people, it's very discouraging when things are extremely, extremely, you know, you're they're met with, a huge learning curve.

So, this is one I recommend. And, you know, it's it's I want to I want to say something about meters. A lot of people purchase a meter and it might give them, you know, needless anxiety.

The goal with a meter is not that much to, you know, every time you see a source, everything is dangerous. This is not the conclusion you should come to.

It's identifying what are the hotspots and trying to figure out is there a safer distance that you can have from devices for examples? so, so it's really a tool that can help you, you know, uncover what is in your environment, but don't make it a tool to become neurotic about it.

Which is another thing people have told me I bought a meter. Now I'm anxious, everything is dangerous. And my family, of course, thinks I'm crazy, which is, you know, it's an easy trap to fall into.

At first, but I encourage people to take it lightly and just just, you know, use it like a tool that you can also bring on your travels. You enter the hotel room.

What is in my room sometimes there is, you know, a wireless phone that you can unplug. Sometimes you find a wireless router that you can unplug, and then you have a better night of sleep.

And you're able to find these sources because you, you go around and you detect them. So it's really it has to be just taken as such as a tool that's going to be able to, help you uncover these sources.

Yes. I just want to I'm so glad you said that. I just want to echo that, that everything we talk about is for, for balance. And if you use this tool and it starts to dysregulated your nervous system because now we're getting anxious and you know who you are.

I have patients that I'm like, you're not allowed to do that because you're going to take it to the umpteenth end, but exactly using it, it's knowledge is power.

And to understand. So just keep that in mind. You want to be breathing while you're doing this and not get, you know, all the way to the extreme. And so keeping all that in mind, I'm going to ask you a few more questions about things such as phones.

And is there a phone that's better than another phone as far as EMF, are they all pretty similar and could you just talk a little bit about phone hygiene?

Sure. Please don't put it next to your head and please don't put it in your bra. Yeah, well, exactly. We'll we'll start there. You know, there's no such thing as a safe phone at the moment because the safety limits are based on the wrong assumptions.

Basically the the science, it's, you know, it can be quite long winded, but I'll try to make it as short as possible. The science around safety is has not been done the right way.

It would never it was never done the right way in a way that, you know, prevents people from getting negative health effects from their phone. So what they're looking at is thermal effects and ignoring the hormonal effect, ignoring oxidative stress and many things that we know the phones can do to your body.

So if you have a there's no such thing as a safe phone on the market. So regardless of the phone you have, you need to use it in a way that, minimizes how much it will emit emfs towards your body.

You mentioned phone to the head. That's the most dangerous use of a phone, because we know there's an increased risk in cancer, of the head, especially glioblastoma, which is, very dangerous brain tumor that I wish, no one would get in their lifetime because it's quite deadly.

And if you don't place it to your head, you shouldn't place it in your brain either. Or just keep it in your pocket for extended periods of time, because, of course, you're just exposing different organs to the same dangers.

So if you carry your phone around, I'd rather have you carry it, in, a purse, for example, which creates some degree of separation or there are special, solutions that have been created by different manufacturers, including one like it is called shields your body.

they do, you know, EMF blocking, sling bags or different solutions that can also be pretty and part of your lifestyle so they don't have to, you know, be ugly or weird or anything that people need to know about.

There are certain cases. Also, men tend to prefer to cases because they put it in, in a front pocket or back pocket. For example. So that's a healthier way to, to carry your phone around if you are in one spot and not moving, there's no reason to keep your phone on your purse, and you can simply have it in front of you.

Mine is here. It's on the airplane mode, of course, because I walk my dog, but I just toss it in front of me. And even if you have a two feet separation from your body, that doesn't seem like much, but it's already a drop off of 80% in radiation, so it's quite substantial.

EMF Metering and Reducing Anxiety

Even if you don't hit airplane mode like I do, because you maybe there are more people that need to call you during the day. That's one way to do it. Or simply when you are home, you can still, if these are available in your corner of the world, have a landline and simply turn off your phone and have the landline pick up the calls and said, that's still a thing.

in some in some areas, because I know that landlines are increasingly difficult to get, and they're uninstalling the landlines in most areas. And, quite unfortunately, as far as hygiene goes, I'll also mention sleep, since it's well-established that the phone can interfere with the proper brainwaves that, that are linked with great sleep stages and deep sleep.

So what happens is that for some people, just the fact that they keep the phone on their nightstand and the phone is constantly pinging back and forth between the phone and the cell tower, is sufficient to disrupt sleep.

And over time, of course, I'm not necessarily worried about one bad night of sleep, but a year of bad nights is is quite detrimental to your health. And of course, it's going to take a toll, cumulatively speaking.

So turning off the phone altogether or is possible hitting airplane mode is another option. Or if you need to expect a call again, put it in the next room.

charge it in the corridor or charge it then, some people tell me as a kitchen table, it all depends on how your your home is configured, of course, but charging it in the next room is a way that many people tell me they've successfully kind of changed their habits before bed.

They just plug it and the phone stays there. And if someone in the middle of the night needs to call them for an emergency, they feel good knowing that the phone is still available.

And if that's you, that that can be a possibility. and I'll also mention Wi-Fi hygiene. Turning it off at night is essential in my mind. at a minimum, if you never use Wi-Fi, you don't need it.

You know, I, I have, turned off Wi-Fi for good, six years ago at this point. And we use Ethernet cable or wired solution for our computer and even for my phone, which is, something I teach on my YouTube channel.

And, a lot of people are very surprised that you can still wire a phone. And that's the thing you have, you know, a converter between Ethernet and let's say the, the lightning port on an iPhone and the phone will automatically be on the internet that I can do everything in the morning.

I'm on Instagram, I download my apps on the internet, cable. And the thing is, an Ethernet cable is faster than any wireless network by a very large margin because the data is in the wire, right?

It travels inside the wire and not in the air. So there's this, perception that, you know, all 5G is faster and, it's more you know, more data faster.

But no, it's not faster than a cable, of course, because the cable is immensely faster than any type of wireless exposure. So then this also goes for your workstation.

last thing I'll mention is, you know, if you have a computer in it, you don't move it around like a laptop that you put, I don't know, on the sofa and things like that.

If you're just, at home and work from home like me and your laptop doesn't move around, why not have a cable run from your router to your computer and then turn off Wi-Fi?

So that way you have the internet on your computer. It's fastest reliable, but you don't have this radiation for every hour that you work, which for many people is 30 to 40 to 50 hours per week in front of that computer.

So it's, it's a low hanging fruit really having a wired connection where you work also. That's that's brilliant. And I just, I, I know are from shield your body.

I'm getting I'm getting gloves from him because I feel like even if I'm touching my phone and like, swiping, I like, I felt like my finger was getting radiated.

I started realizing that where I hold my phone and the finger I swipe with started getting this weird throbbing, and I realized right away, oh, this is from the radiation from the phone.

Phone, Wiu2011Fi, and Car Hygiene

So I'm I just keep getting more and more divorced from my phone. Although I need it. I run a business and a lot of it goes through my phone. But there are ways that we can protect ourselves.

And one of the things that I learned was, that in the car, because I used to always think, I'll get my car and I'll just catch up on all my phone calls and can you just talk to how bad it is, like talking on your phone in the car and it.

Sure. Yeah. It's a it's a situation, you know, where it makes things worse because you're in an enclosed space where the signals will tend to bounce around a lot.

And then there's also the fact that the lower that the connectivity is between your phone and the cell tower, the higher the radiation because your phone, in other words, if the connectivity is one bar out of five, it will ramp up the radiation in order to, let's say, try harder to connect to the antenna.

This is, often what happens if you are driving around in the city and you encounter tunnels and buildings and a lot of things that will put the connectivity in the lowest possible zone on your phone.

So therefore you'll have more exposure. So when it comes to, you know, driving around, of course the phone is a useful tool, but, if you input your destination.

So with you get out of airplane mode and with, you know, the network, you can put your device in destination, you can put your phone back on airplane mode even if, and, and the GPS will still function because the GPS is a passive function, it's, it just receives and doesn't send necessarily a signal.

So that's one way to navigate your way around the city. Or you can also, you know, while you're at home, you can download a lot of podcasts or even songs on Spotify.

Spotify is, I think, a great idea, for an app that personally, I've been paying for it for, a few years at this point. And I like the fact that you can download entire playlists, and these phones now have incredible amount of data in there.

You can stock a lot of, a lot of photos and a lot of songs without you know, having it always, you know, warn you it's full. So there's no way there. There's no real reason to always be streaming this content and streaming new songs, because the fact that you're streaming is always a very EMF intensive activity.

So there are ways, you know, it requires a little bit more planning than what you might usually be accustomed to, but especially if you do a lot of commute or, you have a commute coming up, like me this summer, I'll be, driving to to the beach in, North Carolina, I think is going to take 12 or 14 hours.

So I will pre download the content on my phone and also on my son's tablet to avoid him having to connect to, you know, a cellular network while having the tablet near his body for 14 hours.

Instead, he could be watching movies and Netflix does this and Disney Channel does this. It's all downloadable in a way where after that the tablet can be completely offline, and yet he can do everything that he needs to on this tablet.

So there are many ways to be smarter about your your technological use and it might not seem like much, but over time, all these steps that you're taking will minimize.

You know, how much you're exposed to radiation and it's like it is the same mindset we need to have around food. You know, if you eat organic, you know, each bite doesn't seem like much.

And maybe each time you choose at the grocery store, it doesn't seem like much. But the idea is not that one time. It's your overall habits and how much organic food you've eaten over the last five years.

And then I think you get the benefits from not having been exposed to these pesticides or herbicides. So that's that's the same mindset we need to develop around.

Emfs. Yeah, I was just thinking the same thing. And again it goes back to that not becoming neurotic like, you know, I keep an organic house, but I travel a lot and I just ate something and it was an organic.

But the majority of what I do is organic. And so it's the same with your EMF. So like, if you, you know, I mean, I'm coming, you know, I'm coming true here.

Like I have talked on the phone in my car, even though I have learned that it's like excess emfs, I just I don't do it as much now. I'm really conscious about it.

But sometimes I have to take a call in my car. So it's it's getting the knowledge and then implementing it to the best of your ability. And yeah, like like we download for my granddaughters, we download their Disney stuff all the time for them so they can be watching it if they need to.

So before we wrap up, I just want to ask because I, I could like literally talk to you all day and pick your brain, but I just like to hear what you have to say about 5G and like, think about 5G and how harmful is it actually?

Well, you know, 5G is a really, technological step in the wrong direction is what it is. You know, we had 4G, LTE that was immensely fast and reliable.

And then the industry came up with 5G, which is mostly marketing and not a lot of, increase in, in speed in some, in some networks. Yes. The they got some increase in speed, but overall it's a technology that was really, let's say a higher cost for consumer is for no good reason.

But also it came with more radiation in the sense that they installed many, many cell cellular antennas that are 5G closer to people's bedroom and living spaces than any, any time before, which is quite problematic because again, I told you about this smart meter installs, but some other people see a cell tower from their bedroom just being erected, you know, within a 100ft.

And this is an overexposure in a major way, but it's quite difficult to talk about. These are and come up with solutions because of course, you're being exposed.

You barely have any legal recourse. And even if you turn off your own phone, you're still exposed by this very

intense radiation. So it creates really a sort of, I'd say humanitarian crisis at the moment where everyone wants the technology, but no one wants the radiation, or no one wants the towers.

It's. Oh, no, irradiate the neighbors, not me. And with 5G, what they've done is just install more and more and more of these towers. So therefore, you have a few unfortunate folks that are right next to the antenna.

And this is really why it's bad. Then on top of that, of course, the technology is becoming increasingly complex in many different types of ways. Engineers are modifying signals.

5G Risks and Protective Devices

And, a lot of people in bio physics and doctors think that the technology is therefore becoming increasingly more stressful, even if you measure the same amount of radiation.

So imagine that before we had ten units of radiation from 4G, now we have ten units of radiation from 5G, and yet we might have twice the amount of biological effects.

so that's really the the concerning thing is, you know, the best data we have on a scientific standpoint about these EMF dangers is from rats and mice that had been exposed to 2G and 3G.

And yet we're rolling out 5G and planning for six G. So in other words, what what this means is this by the time we'll be done studying, 5G will be at ten GS, which is completely backwards in how we should be rolling out the technology.

And really, this about sums it up. We're very, very behind on studying the health effects. And yet the the machine of big tech is rolling so fast that, we're just, you know, moving forward, steam, steam ahead, which is going to create a lot of problems in the future.

do you like like I wear this? I don't know if you could see, but I wear this bracelet around my wrist. It protects from emfs. Do you do you recommend wearing things or do you just recommend unplugging?

And it's mostly the engineering approach. Is, is is the one I follow, which is, you know, creating distance, turning off sources. There are products that, people have reported feeling better when they, they're wearing.

So I think they might they might, play on other levels, such as strengthening the bio field or, maybe minimizing the, the biological effects of emfs. But, I think that in some cases, the messaging around these devices is not correct.

And the talk about, you know, full EMF protection, which might give people the sense that, okay, well, you know, if I have this bracelet, I can use a phone to my head.

And I think it's a dangerous proposition because of course, we know there are brain cancer risks. And it's not something to to take very lightly. But at the same time, I'll mention that some people do feel better, especially the most sensitive people.

They do feel better with certain necklaces. There are certain technology that are coming on the market that are interesting for sensitives, but I think if they are, if people use it in that context where they understand it's, you know, I'm going to use the bracelets and, and subtle energy devices along with the change of habits, then I have no problem whatsoever with those.

Yes, I 100% agree. I don't think you can bracelet your way out. Okay, here we go. So take yourself. So where can people learn more? Should they go to the EMF geeks?

do you have a YouTube channel? Because we're just brushing the surface here. So I want you all to go learn more. So is it your website or. You're you're you're the EMF guy.com.

They can find my YouTube channel through there. Smarter tech is the name of my podcast, and I have a, video version on YouTube as well. every month I release a few videos, usually 1 to 2 videos about simple tips that people can apply to their life.

And also, we have the EMF circle, which is more of a, monthly Q&A that I do with my colleague as well. So we do have, let's say, continuing education and support.

if people are interested. Awesome. So please go follow him. Doctor's orders. This is important stuff. This is important stuff that, you know, not just for you, but for your family, younger or older.

We we need to be supporting our younger generations to preserve their health and to make them aware of these things, because this is the world they're growing up in.

So they need to grow up knowing how to protect themselves. So thank you so much, Nick, for for coming and sharing such an important, important topic that is, you know, it's not going away.

So we have to keep educating. And like you said, you know, from 5 to 16 it's only amplifying. So go follow him, the EMF guide okay. and we'll be back with another talk.

Thank you again for all the work you do and the information you put out. I can't wait to check out your YouTube channel myself. Thanks for having me. It's a pleasure. Thank you.