Unseen Risks: How EMFs Impact Your Health & What to Do About It Transcript

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Introduction to EMFs and the guest

It's really those, exposures very close to the body that are the most concerning, especially because the link between cell phone radiation and, you know, your your, your risks of increasing, or increasing risk of brain tumor is pretty well established at this point.

Of course, they're in heavy users. And we could argue is that in some studies is 30 minutes per day. So I don't think that's a heavy user to me. A heavy user in my mind would be 4 or 5 hours per day.

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This is Doctor Talks, real talk from real doctors on only issues that matter to you. Most. Hi everyone. Welcome back to the Integrative Health Podcast with Doctor Jen.

Today we're going to be talking all about Emfs. So stay tuned if you want to learn all about them. Or you need to have some more convincing evidence to share with your friends when they look at you like you're a little crazy.

So we have Nic. He is called the EMF guy. Nic. Pino and I love his last name. It's spelled awesome. So he's the number one bestselling author of the Non Tinfoil guide to EMF and an advocate for safe technologies through his unconventional approach.

Blending Uma science and common sense is the leading voice on the topic of electromagnetic pollution and how it affects our health. For the last few years, Nic has been interviewing some of the best minds on health and technology and facilitating the creation of the course and educational materials to raise awareness on this very important issue.

You can find more about Nic at the EMF guy.com. Welcome, Nic. So excited to have you here. Thanks for having me, doctor Jen, it's a pleasure. Yeah of course.

And I ask where he was from before we started because his last name is spelled very French like and. Oh, yeah. So. Yeah. So how would you think that EMF technology and awareness, the US versus Canada.

Which one's better if we can duel it out? I would say it is probably growing faster in the U. S because you have cert, you have the health movement I feel is stronger in the US.

The US is kind of leading the way in certain states. Whether it's now I guess Texas is kind of the new California the way I see it.

Why EMF exposure is growing

And you know, I'm going to be in Austin next month for the health optimization, summit or in fact, I guess as a recording this if it's released beginning of April, it's like mid April.

So I'm, I'm looking forward to seeing what the ambiance is. Is there like but you know, I feel like there are more voices in the U. S compared to Canada.

And of course it's a much larger country probably, you know, 10 to 13 times more populated. But also, I don't know, there's still even though, you know, a lot of people are screaming about, free speech and all sorts of things in the last years.

The fact remains that there are a lot of thought leaders that talk about emfs and that have emerged and that, you know, have, I've had a presence on big, media outlets.

And I also see that this conversation is growing now, especially because of alternative media, like, well, what we're doing right now is alternative media, right?

Is part of it. Now, this new education online where people are seeking answers by themselves and yes, they are told by, you know, the Federal Communications Commission, FCC or FDA, and they're told by the cancer societies that EMF is completely fine, but they start hearing conflicting opinions and then they can make up their own minds.

But I find that, in the US is, is flourishing at a rapid pace. And I'm kind of this part of the movement, you know, Ma, make America healthy again. And, you know, as a Canadian, I can stay completely nonpartisan because I'm not even a U. S. citizen.

You know, I didn't vote for left or right. I'm I'm going to just a guy exchanging ideas. And I find that these ideas anyway, when it comes to health and when it comes to what is impacting your health, it should have nothing to do with politics.

Really. It's just a question of, you know, what are we being told about certain things in the environment? And is that true? And are we taking precautions?

Because I feel like it's again, prevention, you know, prevention used to be so key in public health. And I feel like it's it's almost, you know, something that has been shelved so many decades ago.

And we need to go back to the good old thinking of, well, let's, you know, if we're not sure about EMF dangers, if we're not sure if cell phones are safe instead of doing nothing, let's start reducing exposure.

That's the precautionary principle that it's called. And it's really the opposite of what most people are doing these days when it comes to these technologies.

I agree with that. Definitely used to be about prevention, but there's not a lot of money in prevention and science. Science is good. Technology is good.

But I kind of agree with my nine year old where he always says, I wish technology would just stay like it would just stop and stay where it's at. Right. And and I agree with them.

I mean, I think that there can always be a sweet spot right, where you can do too much or maybe do too little. And I like to teach my kids a sweet spot. Right?

Because if we weren't at that sweet spot, I wouldn't even be doing this podcast with you, right? Like, I we have Starlink because we can't get internet service where we're at because we're so like out in the country, which I was happy with.

And I did an antenna search before we moved here to make sure I wasn't moving, you know, from Ohio to Tennessee, right next to a 5G tower. So, and these are just the things that we have to think about.

But let's let's kick it off because some people listening out there might not even know the definitions of emfs and why we should be talking about it, because our exposure has increased a lot in the last hundred years.

For sure. You know, it's it's really these human made emfs that are important to talk about. You know, there are natural emfs and, we are, closely. I'd say we, we need them, 100% like the sunshine or like grounding or earthing when you connect to the Earth.

Health risks from phones and wireless devices

These are natural frequencies that we have co-evolved with. But the reality is that a lot of, modern exposures of emfs electromagnetic fields or electromagnetic radiation, these are things that even, you know, our, our close ancestors or even our grandparents, grandparents were never exposed to.

So the scientists nowadays have calculated that our the average level of EMF pollution in a city has now increased by a quintillion fold in the last 100 years, a quintillion is 1 billion times a billion.

So, you know, that's a lot to say the least. We know that our exposure to certain other things within that time frame, are, maybe equally dangerous, but they're also artificial, for example, artificial processed foods or artificial chemicals that we are now exposed to in the environment, whether it's on food in the air and water.

So all of these exposures are artificial in their nature, and your body has to deal with them as a new stressor in the environment. So yes, life was difficult to some extent 100 years ago and certain people didn't had more malnutrition, for example, and we didn't have many medical advances that we now have.

However, they were not exposed to all of these new modern stressors. So when we look at the chronic disease epidemic, a lot of people look at pesticides and rightfully so at heavy metals, and rightfully so at mold and other stressors and, social media and, and all.

But they forget that the radiation emitted by their devices like smartphones, Wi-Fi, Bluetooth, cell towers, and just our overall use of electricity, all of these things are also modern stressors that we have to take into account if we want to stay healthy.

In this modern era. Yeah, it's it's really crazy, like you were bringing up the other environmental toxins, and not everyone talks about EMF, and it's prevalent.

And I remember a patient that I had her daughter's school, you know, got some stipend, got some money, and they put up a 5G tower right next to the school.

And her daughter started having headaches. And I'm like, oh, that's so frustrating. So what are the worst types of emfs at home, at work, at school? It's really those, exposures very close to the body that are the most concerning, especially because the link between cell phone radiation and, you know, your, your, your risks of increasing, or increasing risk of brain tumor is pretty well established at this point.

Of course, they're in heavy users. And we could argue is it in some studies is 30 minutes per day. So I don't think that's a heavy use. Or to me, a heavy user in my mind would be 4 or 5 hours per day.

You know, a realtor or business people always on their phone next to the head, but they see a risk of ipsilateral brain tumor. So it means you talk on the right side, you get a right brain tumor.

And it can be, you know, glioblastoma to parotid gland to tirade to acoustic neuroma. And all of these are increasing in the population to some degree.

So that's a concern. But on top of that sorry to interrupt you. No no problem. This is not propaganda. There are studies that show this. And I think for sure it's like I like how, you know, you say the non tinfoil hat guy.

Right. Because people see then they're like oh my goodness. You're just like where's your tan? But we're talking about when you hold your phone up to your ear or like have it like, like that.

So so what can people do that's on their phone. They can put it on speaker phone. And what do you think about Bluetooth for someone like you said, a realtor that is on their phone all the time.

Yeah. Well, that's that's kind of the problem. You know, in, in 2018, looking at the science that we had at the time, many scientists, among them top epidemiologist, said this agent called radiofrequency radiation.

This is what's emitted by your phone, Wi-Fi, Bluetooth. It should be reclassified at the International Agency for Research on cancer, which is a branch of the W. H. O..

World Health Organization should be reclassified as a class one carcinogen. Class one carcinogen is a definite carcinogen. Means that the data is so clear that we know it's a carcinogen, and we have to urgently tell the population that wasn't to in 2018.

And since then, there's been, you know, almost deafening silence on the matter by Cho, by iArc. And even though radiofrequency radiation has been identified as an agent that, yes, we need to look at later, they were supposed to do the review years ago and they postponed it again by four.

Or maybe it was eight years. So the science is not progressing. And that's concerning because now we have radiofrequency radiation that's a carcinogen.

And who knows if it's a carcinogen. Some scientists say yeah, some scientists say no. But the more data that comes out, the more we think that it's a carcinogen, because there's many points of data that point in that direction.

So if it's, you know, literally as bad as smoking to some degree, maybe we should tell the population. And it also means this anything emitting radiofrequency radiation is equally a carcinogen.

Right. May. And the dose makes the poison. If you're exposed to Bluetooth for five minutes, you know, I won't I won't really have any concerns for your help.

Reducing exposure with safer habits

But if it's 12 hours per day in the form of AirPods, right, times a lifetime, now we're talking about maybe a, carcinogenic dose where, you know, what it emits towards your brain is preventing your brain from clearing up those cells that are supposed to do apoptosis, that are supposed to get to be to be cleaned out by, by your immune system.

And now all of a sudden there's disruption and they are not eliminated. And over time, maybe you develop a to a tumor. And that's really the big concern is the long term health impacts for some people.

They might have more immediate effects where even, you know, the doctors I interviewed in the 2025 Hazard Summit, one of them is Doctor Stephanie McCarter.

She's an expert in environmental medicine. So they really look at the environment of the patient first, very close, a branch very close to functional medicine, obviously.

And what she told me is that young patients come into the clinic, they have tinnitus or they have migraines, and they're going to look at the patient, okay, what are you wearing?

Well, I have these on, you know, all day, every day they remove the AirPods. And for some of them, not all, but some of them, it's like, wait a minute, my problem is fixed.

So they just they grow almost, you know, I sort of allergy to this signal is too much for the brain. And it causes a problem in the inner ear or it causes problem in some processing of your brain.

And now you get brain inflammation, a headache. And so sometimes it's, it's crystal clear like that. So these are

concerns in the short run. And also long term when it comes to brain development in younger children or teenagers, nervous system maturation.

And there are more and more studies that, I've learned about just recording to summit a few months ago that really showed that teenagers have, attention problems when they are exposed to more of this agent called radio frequency radiation.

So, of course, many teenagers will never put a phone to their ear because it's not cool, right? So you never call someone you text, but instead now they're going to use AirPods.

So it's replacing, you know, a pack of cigarets with light cigarets. It makes no difference. So the conversation unfortunately, again like like I said, we're we're doing the wrong thing by starting to use more and more of these EMF emitting products.

And in the end, the precautionary principle, which should have been followed decades ago at this point, is not being followed to the contrary. While we know that, you know, most most people, even even laypeople who are not that interested in health would say, well, you know, I think removing pesticides is probably good because these things aren't good for us.

Like they have one purpose is to kill, pests and herbicides is to kill, you know, the weeds. And we shouldn't have that in our body. Most people, I think, think this way.

Even those that are not very well versed into the science. And yet with the emfs, the more dangers that are identified, you know, it's almost like most people are either not listening to it or they're not being told by their government that these concerns are valid and serious, and that there are ways that you can start reducing exposure.

And you you talked about one of one of them is, you know, speaker phone or using wired earbuds. And it's difficult to drop the earbuds. I'll give you that because a lot for a lot of people, it's just a habit they develop.

But you know something right away that could be done. Right. Because let's not fall into just bad news. You could use the wired solutions when you're at the computer and you do an interview, or you work or you study or you're stationary.

So let's not use something that that is wireless. If you're not, you don't even move around, right? If you do a workout and you sprint and you run and you move around, you do power yoga.

Maybe use them, right? But right there, you could cut out your exposure by all these hours you're spending in front of your computer. So you know, the cumulative those is really what matters here.

And I see what is it? What is ironic is that at this point I see I would say most health influencers have AirPods in when they do interviews. Oh my gosh. And I just, you know, pet peeve.

It's a pet peeve which it is to like cancel the interview if I like came in with like double AirPods at. No I wouldn't but you know no no you're you're you're you're telling me that as a joke.

But I heard colleagues of mine that are activists that said, you know what? You're you're you're doing this call on Wi-Fi. I'm not talking to you. I think that's a wrong approach.

I, I'm not that extreme. And why why is that the wrong approach? I think that when people know better and they take these risks more seriously, they're going to mostly use Ethernet cables to connect.

But there are situations where I have to do the interview. I'm on Wi-Fi. I will not blame you for it. I will just advise you on what to do and then you decide what to do with your life.

It's the same approach I have to take, even with my wife, with my kid, because being controlling over that can become a big problem with relationships.

And the same could be said with like foods. You know, if you go to your husband or wife and you, you look at their plate and you say you're going to eat that like it doesn't work right, you're going to destroy your relationship with this kind of behavior.

It can be toxic to try to control people. Of course, if your kids are younger, maybe you can tell them, no, don't eat the candy. And I do that with my six year old, of course.

And also we teach them how to use these things more safely. So, Alia, that six year old already knows that I don't want him to hold the phone. You know, we're listening to something.

We're going to set the phone somewhere if it's connected via, you know, the cellular network, which happens sometimes. And if he has a tablet, normally I try to pre download TV shows or movies, for example, if we're doing, you know, a long car ride, it's going to be all pre downloaded.

So he knows these things now and he knows already that it's part of life and that we try to minimize the amount of radiation. But I find that if you're becoming neurotic over it and you say oh no you can't have that, you're going to I mean, by by the end of the car ride, if you're on Wi-Fi, you're going to be dead.

Now, of course you won't. It's not that it's not the effect of one car ride. It's the effect of your cumulative dose of emfs over a lifetime. And right now, for most people, the cumulative those is tremendously high because they are purchasing the wrong products, they are using the wrong products, they have a phone in their pocket, and when they come home, they don't have a relief either because they set this phone right next to their pillow and it's still open and still emitting Wi-Fi and Bluetooth and a cellular network.

So when you change all these behaviors, the reality is that you can cut out your daily exposure by 80, 90, 95%. And I don't think it makes you completely in the clear in the sense, you know, that you will still be impacted by MPs, and it could be from, you know, cell towers, if it's not from cell tower, is going to be from Starlink.

Right? To some extent now it's it's these exposures are everywhere. Yes. But if you change your habits, you can control these things and minimize your exposure.

Just like you cannot control completely, how many pesticides you're exposed to when you eat food in a lifetime, you will be exposed to something. Unless you are.

You decide to live off the grid and only eat what you grow. And even then, there's going to be some in the rain water. So good luck, right? But all that to say that, you know, it's really minimizing the dose of EMF that matters, not becoming crazy over it.

Yeah, I agree with that. And when we lived in the Midwest, in Ohio it rained glyphosate, so I did. There you go. Yeah, I did a year in glyphosate test on my son, and we were eating all organic.

And it was really it was still high. And that's normal. That's what they say. No one has a zero toxic burden. So yeah, think about that with EMF. So I was I was I was talking about this just yesterday to someone I was like, oh, if I could build my house myself I would make it like low EMF.

I would have a router, you know, I would be plugging in like, you know, like we used to when I grew up. I was born in the 80s and we had that, that dial where you dial in and you got the key correct.

And me. Too. Yeah, yeah. And it's just not realistic. So I have four kids and they're for age 16 to 5. So, I, you know, it's so hard like, you see these kids with like, air pods in like 24, seven.

I see adults at the gym with the beats on, you know.

Products, stickers, and EMF protection claims

So, sure, we've come up with a compromise that we just do one at a time. So I don't know if that works at all. You know? And when I'm at the gym, this is one thing I change.

So my husband's like, here's some here's some air pods for you. So what I was doing at the gym is I was I had an air tube and I would wear the air tube, but when I was going to squat, I would put my phone in my waistband and I'm like, well, that's worse because the phone is on my body.

So that's where when I lift, I will wear a single air pod, like in, so I don't know. And and yet the speakerphone I think is important, to do. But I think if you're listening out there, if you have a teenager like, you know, you know that they're going to have some air pods and unless they're not exposed to other kids, it's going to be really hard.

But you have to have that discussion with them that you shouldn't have it on 24 seven, because that's what I see when I look around the world. Or like you were saying, if you're stationary, plug it in.

But okay, tell me about if if I'm correct it all with just less exposure with one in and then it's not bouncing back and forth. Any thoughts. On. Yeah I think you know I think that's a great strategy.

You're probably cutting your your exposure in half, to be honest. So that's that's an intelligent thing to do. I would say the only product I've found so far that can mitigate AirPod radiation in particular, is something called wave block.

Wave block is a company that does a little tiny sticker that has special material that repels Emfs, and you're going to wrap it around the base where the antenna is.

So it's not a perfect solution. It doesn't make the air pod completely safe. But if I had a kid and said, okay, well, you know, he's not going to listen anyway.

I would probably tell them, look, I'm going to install something on your air pods. It doesn't change the sound. It doesn't change the function. But it's going to help, you know, reduce exposure.

Can you please do that for me? And I would do that wave block. So that's, you know, something I share in the video series, with the summit, but, So, you know, I'm specifically that brand is vested, right?

Because I've had people ask me, are the stickers like, we know silver and maybe we'll get into that, you know, silver blocking blankets and stuff. But so you're seeing the sticker really like, can you explain scientifically how that works?

And I like that you have a brand that you actually like like, yeah, I think that can be hard because there's so much out there, just like supplements.

That's what I deal like with I'm like, yeah, I agree. And you know, wave block. I don't know that technology by heart, but it's been recommended to me by a few colleagues.

I think that the work has been done, and the way the stickers function is probably just that they have different materials on there that that are layered, and that, that basically are, are very thin and can wrap around and it installs almost like a sticker.

It's not one of these stickers that you stick on your phone that claims to now make your phone harmonize. That's that's a completely different type of product.

These products that claim to harmonize signals, these claims are really extraordinary because I haven't found them to be, you know, rooted in science at all.

Some users feel better using them. I don't know if it's the placebo effect, and it's it's very hard to navigate. But basically what they're finding is that, even with these stickers, they claim an 87% reduction of, the power measured.

Some of them, I think the stickers are black. So they do look like something, but they look esthetic. Oh, you can have white, you can have black. So, you know, it is physically blocking.

And that's the difference between certain technologies and technologies that claim to physically block or something where you have materials that are known to shield against the radiation.

An example is, shield. Your body is another very good brand that I recommend. They have many types of products. Depending on how you carry your phone, one of them could be an EMF blocking case.

The case is made from materials that are known to block emfs in that frequency range. So I do trust that these things help. They're not really a replacement for, you know, airplane mode or never carrying your phone, but they are better than nothing, especially for people that won't listen to you.

So I'd say, you know, these solutions most of the time I tell, I tell about these solutions for people listening that feel powerless, that all their freaking family members will not listen to them.

So they ask me, Nic, what can I like? I understand these things for myself and I'm going to do these things. But what about my husband? What about my wife? What about my kids?

I love them, I don't want them to be harmed, so I okay, okay. Well, in that case, there are some products that maybe can be incorporated in their habits and it will not really changed our life too much.

You know, it will be a comfortable change for them. So it's part of it. The stickers that you put on your phone that claim, well, now your phone is safe.

I don't agree with that. It's not changing to signal that you could measure with using, a professional equipment like an EMF, detector. So I don't trust these solutions much, and I wouldn't, I wouldn't rely on them, because what we know works is that when we minimize the signal strength, we think that the damage is lessened.

It's not zero, but it's less. Just like when you a good example could be, a water filter. It filters most things. Maybe there will be some chemicals remaining, but if you get the bulk of the exposure, you're you're doing something great for your health.

You're minimizing your dose of chemicals every time you have a glass of water, which could be a lot of times in the year, it could be over over a thousand glasses of water per day, and probably way more than that.

Hopefully. So there you go. This is really these strategies. Like first you should try to change your habits. But these products can help you minimize your overall dose right.

Well like the EMF blankets. So I take them when I travel in the airport and I just lay it over, like when I'm on my flight, I just cuddle up with it and then I'll just put it on my bed when I'm traveling because I whenever I travel right.

And Las Vegas is the worse, I just feel is there's so many emfs like I'm wearing like my light therapy bracelet. I'm wearing, like all of the things. So, Oh, I know what I want to ask you about.

What do you think of those necklaces with the beads in them that are pretty trendy? Do you have one? You're not wearing one, so I don't know. I have different things. I'm testing. I'm not.

I'm not talking, you know, publicly about everything I'm testing. But a lot of subtle energy devices, claim some of them you can keep in your pocket, and it's like a a card or something that use, you know, geometrical shapes or pyramids or crystal or tourmaline or Shang guide or orgonite.

I mean, the terms. I've heard it all. I have way over 100 companies that contacted me in the last eight years, and it's very it's next to impossible to to do this, to be able to vet all these solutions and know how they work and what scientific studies have been done.

And why should we trust that these make the cell phone signal or any type of radiation any safer? What I think they do is that they might reinforce something in the body.

I think some of them will strengthen the human bio field, which is again difficult to define. But is it? It is measurable. And I, I did have exchanges with very, very credible scientists.

Some of them have tested these devices, or some of them. And I don't think I'll mention brands necessarily, but I'll say that some products do work, and how they work is that we don't know if they completely nullify the impact of emfs.

Practical home and bedroom EMF hygiene

But what we do know is this people who previously talked on the phone without the gizmo on or dependent, felt a certain way, and over time they saw their energy drop.

Sometimes they measured the energy in different ways. It could be, you know, heart rate variability, but it also could be subtle energy testing, such as, a GTV camera, gas discharge, a visualization that looks at the amount of light that your cells are emitting and it can give you, you know, a correlation with your health.

So these there are many other modalities. It's not the only thing that's been tested. And what they found is that with these devices on, users seems to keep their energy or conserve their energy.

Or let's say another way to put it is that they were not as drained physically and mentally after the cell phone exposure when they had a pendant, or they had these devices that the, the, the add to the phone.

So to me it says, okay, well there's something there. Should we use these solutions? Well we should, we probably should. However, it's difficult to recommend one over another.

And then the last thing I want to do is make it appear that these things are a panacea or a magic bullet. And a lot of people who purchased those, something I've realized on Instagram looking at, you know, hashtags I was finding, you know, EMF information and trying to post my own stuff.

And I realized that EMF protection is the number one keyword in that space now. And, what is under EMF protection if you search for it? It's mostly pyramids and crystals and bracelets and pendants.

So people are not talking about EMF protection in the sense that, well, if I have my phone, I don't keep it in my pocket. I turn it off at night, I turn off the Wi-Fi.

So these habits that are not very sexy to talk about and they require effort and conscious effort. They're not talked about. Instead, what is cool is, look, I have this beautiful bracelet.

Now I'm protected. I have this pendant that makes me invincible. I have installed these things on my phone, and I think now my phone is safe. So I think it's kind of the wrong approach.

I think that first you try to minimize the amount from all your sources, and then second, if you find something that works for you, it's a pendant and you say, My God, I feel way better.

The pendant might do other things besides, you know, strengthening your defenses against emfs. It might be something that just helps your energy because there are some other mechanism and I'm not, I don't know all of them and cannot comment on individual products necessarily.

But I did see that some things are supportive. So I cannot, you know, completely reject that product category. However, we have to be careful in how we talk about those.

They're not magic and they're not a replacement for proper EMF hygiene. Yes, it's such a great insight because I see this a lot in the supplement or peptide world.

And it's like you can't just like throw peptides on top of a terrible lifestyle or supplements. Exactly. Sleeping. And and it's going to fix everything.

And like you said, it's like a sexy topic. Right. And that gets the clicks and everything. But we got to go to the basics and that's that's how you really help.

So like you were saying like putting your phone on speaker phone or setting your phone away from you, not putting in your pocket, turning it in airplane mode at night and I tell people is like my patients, if you can't tell, like if you need a phone call or like you're worried someone you know, a parent sick or something, then leave your phone on ring.

But set it away the furthest away you can. And I always like the trick of we put our Wi-Fi on our Christmas tree timer. It's four bucks to get, so it's off at night.

Except for, like, I remember when I first started doing this, like ten years ago, my husband and I were watching TV and we got sucked into a series. And then the internet went off and he was like, Jenny.

And I'm like, sorry. Like, oops. Well, it looks like, yeah. It's also keeping your harness about your bedtime, right? I'll be right. Yeah, yeah. I've heard parents that that tell me it helps me, you know, make sure that my kids are not on Wi-Fi at 11 p.m.

when I told them to go to bed at nine. Right. So it kind of, oh, well, the Wi-Fi is gone now, and they're like, geez. Yeah, time for bed. They're going to they're going to find me out if I'm still on it.

So what are your top ways for reducing your EMF exposure? I know I got off track with all the shiny objects, but I always have people ask me on Instagram about them, so I just wanted to address it for them.

Yeah, I think it's brilliant. You know, and you mentioned a lot of them. I think that around sleep is really the critical time to lower EMF as as low as you can possibly achieve it.

So a lot of people are really focused on what their neighbor is emitting and say, oh, those are our neighbors. They have a wife, a router. And what about my neighbors?

What about now? What about your stuff first? So a lot of people don't realize they can turn off Wi-Fi and they should they can automate the process, like you said, with a, you know, an outlet timer, the kind of things you use for Christmas lights, you can turn off your phone or set it in the next room or or keep it on an airplane mode, while also turning off the Wi-Fi and Bluetooth.

You can make sure that there's no other EMF emitting gizmo in your bedroom, and my bedroom is clean. I can tell you that, because obviously I've been working on it.

But if I go to a hotel room, I'll find multiple sources of emails that are, that are completely useless in many situations. For example, I'm someone who, when I go to a business trip, I'll still use my phone as my alarm clock.

My phone is on airplane mode, so it's not emitting any wireless, and yet it can keep track of time and wake me up in the morning. So it does the trick.

But oftentimes they will have an alarm clock right there next to my pillow, and I look at the alarm clock and say, okay, what is this thing? A Bluetooth icon on it.

So the EMF guy is like, oh, we've got, we've got a bit of an issue here. And of course, I always measure. So I have an EMF detector, which makes you able to hear sounds.

If there's, you know, wireless radiation, and it's screeching every couple seconds. And it turns out that the Bluetooth is emitted every couple seconds for life.

That's how the machine behaves. So it's always looking for a phone instead of how it should be designed, is that you have to click a button on the machine to then sync it to a phone, which would be, you know, it would save energy in the first place, would save cost.

And we're trying. I thought we were supposed to be green guys. No. Electronics are the opposite of green on so many levels. But the way your design when it comes to wireless radiation always, always, always on.

Well, that Bluetooth chip needs to be powered. So it's costing you a bit of money from your entire yearly bill. If you have this alarm clock and don't even use it, right.

It's powering the alarm clock itself. And then is powering the little chip that says, I'm looking for a phone for its entire existence. So what you do with this machine is you unplug it from the wall.

So these are the type of sources that you need to go about your, your, your home and just find these sources. If you have something that you barely use, let's say you have speakers and they're Bluetooth, don't keep them on, just have them off.

And when you need them, you say, oh, I'm gonna listen to music. Okay. Now put them on. So a lot of people wouldn't really think about technology this way because, you know, everything is plugged in.

I don't have to think about it. But if you become more conscious of what emits wireless radiation, you're going to find a lot of different sources. And these are great ways to minimize exposure.

That's a great point. And I think everyone listening out there start in your bedroom, because that is where you're spending the most time.

Children, teens, and long-term exposure concerns

And that's also where your brain is going through the lymphatic. So the lymphatic system of your brain to to wash out the bad and, and cleanse it. So I guess don't freak out right now, you know, just like go to your bedroom and and I think that's a great tip.

But like, I didn't know. So I usually unplug and I feel bad. I try to remember to plug it back in because I one summer I did housekeeping for hotel. And that would be super annoying if people just unplugging.

Yeah. You know, the alarm clock and I had to reset it every time. So I try to remember to plug it back in. But I will unplug it because of the light pollution.

So I didn't even think about looking at it that it's Bluetooth and it's emitting signal oils, because a lot of the times those clocks are what you plug your phone into.

So even if your phone's in airplane mode and you're just using it for a charger, you should plug it directly into the wall, because otherwise you're going to get these surges, you said, and it's right by your head.

So yeah, that's and like what's hard, I think about all of this is the Bluetooth, like you said, having it just not in pairing mode but continuously seeking.

It's it's just convenience and it's like fast food. Right. We're we're trading health for convenience, which is unfortunate. Yeah. Well imagine not all the people are aware of this, but there are ways to design technologies that

are so much safer.

It wouldn't make, you know, but these changes, let's say if we changed all the Wi-Fi routers to make them act a different wave. So, for example, instead of emitting the amount of radiation that they emit all the time 24 over seven, which is the case for most routers, they're not intelligent in their design and they don't modulate their exposure.

So in other words, you could be in the middle of nowhere or let's say you're in a city, everyone is sleeping, and there's a Wi-Fi hotspot from the city.

It's emitting the maximum power. And it's not like it's not like there. It's power is dependent on how many users it is connected to. It. What should happen is that all these machines need to be essentially turned off, or just have a very low level beacon signal that's called that.

That is just the minimal amount possible. So when you have a user connect to it, now the machine wakes up and it can be used right. It should be like that.

It is like that to some extent with cell phone towers, because they're trying to save energy costs and the power will increase if there are more users on it.

But you know, these are changes that could be done by the companies to minimize EMF radiation in all scenarios. This is how things should be designed.

And unfortunately at the moment they're not. So at least, you know, you and I talking, on a podcast, talking on a zoom discussion here to make sure that people pay attention.

And that's a shame, because it shouldn't be up to us to protect ourselves. Like, engineering solutions that have been proposed by scientists before is let's use the proximity sensor on your iPhone to make it in.

It has a proximity sensor, and you can probably tell nowadays, because if you look at it, it opens. Or if you have your your hand, be close to it, it opens.

In fact, it uses an invisible light, and in the infrared spectrum, which is, you know, always, always beeping and it detects whatever is close and how close it is.

So the technology is there. It should detect that. Let's say I put it in my shirt pocket. The phone should say, oh, well, it's close to an object and now it's turned off.

Right. So right there you could have these engineering changes. I think that some of them would cost next to nothing to these companies to make. But of course the it would make it less convenient for users because you would say, oh, I was expecting a call.

And I left my phone in my shirt pocket right next to my heart. And I wanted to, you know, blast my heart as much as possible with Emfs. And I don't care about these things.

I don't care about Emfs. I just wanted to call. Well, now you're enabled because Apple needs to protect the population. So now we've made that mandatory on all technologies and it has to come from government or from user demand.

It has to be people that ask, look Apple, if you don't put this feature on, I'm going to switch to a safer phone. And that's that's kind of what is happening.

But I see that happening. It's going to take, you know, I I'd say 1 or 2 decades. I've already seen changes with some companies that are appearing on the market that want to compete over health and have safer devices, but right now, you know, I a lot of people ask me, is it, you know, the iPhones that are more dangerous or the Android,

they're all equally bad because none of them compete over health, they compete over features.

And, you know, the the retina screen and you know it. It's really the most for most devices is the opposite of health that they're offering. It's more addiction, you know, and features.

But yeah, I, I like didn't want to update because of that like weird feature. Yeah. You pick it up and it stays on and and I'm like but then the camera's better so I can do more content that is helping people.

So it's, it's such a balance, but I oh my goodness. You know, like, have you ever watched like teenage girls. They all keep their phone right tucked in over their ovary, like in their waistband, on their ovary like all the time.

And you know, I, I caught my daughter doing it a few times and I just discussed with her, I'm like, your eggs. Like your eggs that like, like you don't make new eggs.

Your eggs are in there. Like you're frying your eggs, like, yeah, frying your eggs. And then my son, who's 12, you know, going on 16 is like getting in that teen space.

But he he'll tease me about it. He'll be like, mom, my phone's in my pocket next to my balls, like. And I'm like, stop, like stop. But for men, it's a little different.

Like, because, you know, your your sperm are going to be regenerating, but still, we don't want to, blast all your cells there and mess with the feedback loop, but it's, I think that education with kids, because mine tease me about it.

Right? But they know better, right? So they're going to be thinking about that and they're going to make different choices as opposed to just in out there.

But oh my goodness. What. Maybe we could start like an Instagram real trend like don't wear your phone in your breast.

EMF Hazard Summit and where to find Nic

That's the other thing I remember when I worked at an inner city emergency room for a decade, I would always talk to the nurses about it, and this is like 20 years ago and we're like, oh my gosh, like, why did they come in?

They like with their cell phones in their bra. Yeah. Like that is the worst place you can put your phone like so anyway, I just have flashbacks to that because I would talk to them.

I'd be like, don't put your phone there. Like, that's terrible. But I love that idea of really consumer driven conviction to the cell phone companies for safer, you know, warnings against, you know, emfs and radiation.

So that's for sure. And at the moment, you know, the industry is is fighting all they can to avoid even having basic precautionary measures explained in the phone insert or anything like that.

They're fighting because they say, oh no, you know, you're going to spook users and it's all based on the the myth or really the lie that everything is safe.

It's not. And the reality is that, you know, we have to change how we use them, because in the end, it's not going to be the industry that's going to, admit, oh, yeah, guys, you know, all the devices that we sold you, they were unsafe.

And for some people, they got brain tumors like it. It's it will be a huge thing to admit. And it would really, really, hurt the reputation of these companies because in the end, it would say, users would blame them.

Even if they didn't know. Right? They're going to blame Apple. They're going to blame they're going to find someone to blame. And the companies are going to be hit with massive lawsuits also.

So I know that's coming down the road. But, you know, for, for the average person, you just need to protect yourself best as you can. And just be mindful about these exposures.

If you know, if I can achieve one goal today will be just to have someone listen to the information and then at least do one thing differently that's sufficient to move the needle.

Yes, absolutely. Oh my goodness. I feel like we could talk all day. We'll have to do a part two, but there's another chance to listen to a lot more information on Emfs.

And why don't you tell everyone about the summit that's coming up hundred percent? April 10 to 15 is the 2025 EMF Hazard Summit. And we talked a lot about exposure to teens and to children and the fact that, you know, the impacts are even more important to their developing brain.

That's a theme this year. So of course, people who want to protect themselves are invited. And we're going to share a ton of science around, you know, with the latest, or the, the top EMF scientists and EMF aware doctors.

But on top of that, we talk specifically to young parents or parents of teenagers or grandparents who want to educate and protect the next generation against this, technology.

So, you know, it's all based on education. It's down to earth. It is solution focused. And my goal is to really, help you tackle this problem in your life and be empowered to start developing healthier habits around technology.

So you have 18 different presentations from April 10 to 15. Well, I'm going to be watching because I can always learn more on this topic. And I want to protect my family.

It's important. So and how can everyone find you? We're going to link a link to the summit and everything. And you're the EMF guy on all things that were.

The EMF guy. My my Instagram is at Nick. You know, it's going to be tough to find because Pino is not intuitive. But if you type EMF guy, I'm fairly sure you're going to find it.

But also my main website. You know, you can find all my handles there and my education at the EMF geeks. Com awesome. Well, thank you so much, Nick. We really appreciate your time and your education in this very important subject.

Thank you so much. Thanks for having me. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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