Harmful vs Helpful Frequencies? What Science Says About EMFs and PEMF Transcript

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Introduction to EMFs and the Interview

When you use certain frequencies for a certain duration certain power and certain signal characteristics. From a minute from a machine that is specifically designed to heal right that's a technology is been designed that way the goal of the machine is to heal or to create a healing response so that something and it clearly works but you're not exposing yourself.

all day every day to signals that are completely chaotic, you're exposing yourself to harmonious signals at specific frequencies that are designed to heal.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Today's episode was previously recorded on the Pain Solutions Summit that I hosted.

Hello, this is Dr. Riz from drpauluk.com. Today we have Nick Pino with us doing an interview to talk about very cool, interesting topics. And Nick, the EMF guy Pino is the number one bestselling author of the non-tinfoil guide to EMFs.

And he's an advocate for safe technologies. Through his unconventional approach, blending humor, science, and common sense, he's becoming a leading voice on the topic of electromagnetic pollution and how that affects our health.

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

You can find out more about Nick at theemfguy.com. And I have to say that I really respect the work that you are doing, Nick, because you have identified a problem that a lot of people don't even know is a problem.

And it's so widespread because so many of us are using technologies and devices, and it's become very integral to our daily lives. Sometimes I struggle with the fact that I rely on this little device to help me conduct my life, but knowing that there's a downside to it as well.

Wireless Radiation, Blue Light, and Health Risks

So with all that said, I think it would be helpful to start off by, can you tell us what are some of the most dangerous devices or some of the more harmful technologies that we're living with these days?

Sure. Well, you know, EMFs, of course, this is an entire event around PEMF. People are well familiar with the fact that frequency impacts the human body.

And this is true of the entire EMF spectrum from very high frequency in the sunlight. Visible light is actually very high EMF or even going in the X-ray or MRI situation in a medical setting where we really minimize our exposure.

The reality is a lot of exposures we have when it comes to x-rays and MRIs and these medical technologies are very restricted. People can get a few per year, but at one point you tell yourself and most doctors recognize that they can cause more harm than benefit.

And sometimes you maybe just say, OK, we're going to wait it out instead of having an x-ray on your knee every other week. So it's recognized that this type of ionizing radiation can cause harm.

The problem is the assumption that the non-ionizing radiation, so namely the wireless spectrum microwave radiation, also called radio frequency, does not cause harm because it does not have sufficient energy to break molecular bonds.

And it was really, let's say, a false assumption. It's easy to see that, for example, if we talk about a type of EMF that nowadays is widely recognized as a problem called excessive blue light exposure at night.

This is non ionizing radiation and yet the average eye doctor that I've seen a very mainstream eye doctor two years ago told me, Nick, you need to get these filters on your glasses to reduce the amount of blue light going through your eyes.

And I said, oh my God, there is progress because of course I heard about that maybe 15 years ago, but most doctors in my mind were not aware of the dangers of blue light.

So things have evolved. But how does that work? Well, blue light hits your eyes or skin, and then your body has a response where it will not release as much melatonin as night, and it will impact your deep sleep, for example.

So that's the blue light spectrum, and we know that this is low-level radiation, non-ionizing, and yet we know now that it's a class IIa carcinogen in the form of shift work with circadian disruption since 2019 at the WHO.

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Transform your health. Visit DrPolitik.com today and let's get started on your healing journey together. Now there's invisible light that we also use to communicate namely the wireless radiation emitted by your phone between your phone and the tower or your phone and a Wi-Fi router or a Bluetooth thermostat and your phone or maybe your laptop and the Wi-Fi so all these communication signals They're all in the spectrum, still the same EMF spectrum, still low-level radiation, non-lionizing, and yet it looks like they still have an effect.

And the best evidence we have around that is, quite unfortunately, is cancer. So that's the long-term most dangerous impact that some of these devices can have.

And the best evidence we have is using a phone on the ear and the risk of developing brain tumor or tumor of the head or even neck area on that same side.

So that's called ipsilateral tumor risk in the long run. And the problem I have with it when we read the science is these dangers become apparent sometimes 50 years after exposure when we talk about brain tumors.

And yet at the moment in the UK, there's already a doubling in glioblastomas that some researchers say, look, Even chemicals have not increased that much in the last two decades.

So how come this glioblastoma fat cancer of the frontal cortex is increasing so much? And some people link it directly to our increase of cell phone use and also not discounting other cancers, including breast cancer when women keep the phone near their breast tissue, including other consequences to our fertility when we keep a phone in our pocket and whatnot.

So the tumors in my mind, it's really what we should not be looking at when it comes to this damage. Of course, this is the biggest hazard to your health.

If we talk about a tumor can kill you certain types, certain cancer types that have been linked to cell phone radiation.

PEMF vs. Harmful EMF Exposure

can be deadly but what about the short-term effects on your wellness one of them could be a reduction of your sleep quality and researchers are not exactly sure why but it looks like EMS that are emitted by your phone in form of radio frequency radiation essentially does the same thing as blue light except you don't see it So if you keep your phone near your bed stand and it's emitting radio frequency radiation all night, it looks like it's doing the same melatonin suppressing activity, the same very agitated type of signal that is preventing your body from having the best night of sleep.

And we know that sleep deprivation is directly linked with an increase in blood sugar, Greater risk of diabetes and other conditions and virtually any disease can be linked back to for sleep or at least it will exacerbate any type of disease or health risk.

So really, I think that many people, you know, EMF even online, there's a bit of a. Sometimes it's explained in a way that's a bit closer to fear-mongering, I must admit.

But the reality is, quite simply, EMFs need to be put in the same category as chemicals. The less you're exposed, the better. And we should all try to reduce exposure, especially these exposures that are easily avoidable just by a change of habits.

That really makes a lot of sense because, you know, Really, a lot of this, I think, has proliferated because as, you know, being humans, we want to increase convenience and comfort.

And so because of this vast technology boom in the last 50, 100 years where we've seen the introduction, so many things in such a short time, you know, it's been exponential growth.

You know, just even thinking back to my childhood, we had phones with landlines and you would have to be careful not to trip over the cord in the kitchen.

And, you know, you know everybody's phone number because you would have to type it in every time. And now, you know, just a few short years later, I have the supercomputer in my pocket.

And so it's hard to not consider that there probably is some cost to that. There's some consequence from that. And you know, this notion that these devices are not, you know, technology is not necessarily something that we were designed to deal with.

You know, we adapted things over time. So you need time to reveal what potential harm there is and we haven't really quite had that time to make things obvious.

And so again, you know, much, much respect to you for identifying this issue and raising it because again, so many people don't even consider this as being a problem and it's sort of this invisible cause of disease.

You know, it makes me sort of think of when you have situations, for instance, like mold and it might be behind a wall and you don't know that it's there.

But you don't feel well. It's dragging you down. And then lo and behold, when you discover this huge presence of this toxin, it all makes sense. And we don't want to wait until it's too late to discover that.

So one interesting thing is EMF sounds a lot like PEMF, and many people have not heard of PEMF or are familiar

with it. And so a lot of times when I'm talking to people, they think, oh, well, EMF, that's actually inside the word PEMF.

Like, isn't this bad for me? So what's the difference between electro pollution from electronic gadgets and healing modalities like PEMF therapy? Yeah, they're vastly different.

You know, one of them, the PMF pulse electromagnetic field therapy. I'm not an expert by any means on the topic. I'm just getting interested in myself reading Dr.

Pollock's books and all and whatnot. But it's clear in the medical science that when you use certain frequencies, For a certain duration, certain power and certain signal characteristics from emitted from a machine that is specifically designed to heal, right?

That's a technology has been designed that way. The goal of the machine is to heal or to create a healing response. So that's something and it clearly works, but you're not exposing yourself.

all day every day to signals that are completely chaotic, you're exposing yourself to harmonious signals at specific frequencies that are designed to heal.

And then you use them a certain time that has been prescribed by a doctor, for example, and you give yourself a little bit of time of recovery. That's different from the wireless technologies, the EMFs.

I call it electro pollution because, again, people understand the word pollution. Pollution is there. If you have less pollution, you're in a better place and we should minimize our exposure to pollution.

It's not a nutrient. It's not something that is bringing something good to your body. Of course, that EMF pollution is helping us communicate. So I guess that's something.

But still, we should maintain our ability to communicate and through certain other means, for example, wired technology that is still around and still available to us, a wired Ethernet cable could connect a router to a computer and it would only be faster and more reliable on the internet security standpoint.

But the problem is this with EMS and with the cell phones, Wi-Fi, Bluetooth and all these machines. They're not designed to heal. They're designed for telecommunications.

So telecommunication engineers do not have the background to really make these signals safer. It's not even their job and the regulations are so lax at the moment that it's pretty much anything goes for the industry.

So instead of following a principle called the Ellara principle, as low as reasonably achievable, which is a principle that is used in nuclear particles exposure, where you tell yourself, okay, we need to minimize our exposure to nuclear radiation in the air, whether it's from a nearby power plant or anything else like this, we know that nuclear radiation should be minimized.

And that if you are to be exposed to these very high, extremely high frequency signals, there needs to be medical benefits. And in some situations, there are medical benefits to it.

But if there's no medical benefit, you should avoid nuclear radiation. And most people listening to this would agree, right? It's like, OK, well, nuclear radiation, you don't mess with that.

With wireless, we do the opposite at the moment. So everything is open 24-7. The cell tower is always emitting. And up to 4G technology, the cell tower keeps emitting.

Even if all the people are sleeping and all the cell phones are off, the cell tower will keep emitting. So we're as high as reasonably achievable, I think, at the moment, instead of as low.

And that's really the problem. It's 24-7 exposure. with no break in between and a technology that has signal characteristics that are completely chaotic.

The waveform is not harmonious and you have with PMF, you have square waves and sawtooth waves and specific waves that have been studied for their healing properties.

This is not what is being used for cellular telecommunications or Wi-Fi or Bluetooth. It's really extremely chaotic frequencies that we're only left guessing what they do to the human body.

So it's not surprising that over time it creates a confusion in the human body in the form of a tumor, for example. So one site in particular where you're not able to get rid of dead cells and eventually you just lose control part of your body doesn't recognize itself and you have a tumor that is growing out of control and it's not that surprising that the mechanisms of action of these EMF that the electro pollution.

are similar to chemical toxins and also mold so in the sense that long term they will deplete your natural antioxidants because they create oxidative damage in the tissues where you're exposed especially where you're exposed very close.

And also long term you lose the ability of creating energy in your body so that mitochondrial function goes down and this is the same that is being seen with chronic exposure to toxins i think what is your mouse if we were exposed a few minutes here and there.

Maybe we would not have seen problems with it, but it's the amount of exposure, the number of different devices and the length of time that we are exposed.

Most of us is hours and hours of cell phone on the body, maybe in the pocket or on the ear if that's part of your job. My dad is a realtor and I tried to have him change his habits, but he speaks like that on the phone now with a distance.

yeah it's not perfect but it's part of his reality he's always on the phone always talking to clients so if it's part of your work still chances are you're spending two three four hours on the phone on that device every day so is the length of exposure and how chaotic that technology is so they're fundamentally different and Maybe we could bridge the two worlds eventually to make the cell phones way safer even use some principles of the PMF design space and technology and put it in cell phones but at the moment we're still not even recognizing the problem as far as the.

cell phone companies goes at least things are progressing a little bit and we're on the way to reclassification i think it might be 2026 at the WHO where they're looking to reclassify radio frequency radiation with a higher with a potentially we hope higher classification on the on a carcinogenic standpoint but in two thousand eleven and that's eleven years ago as a as we're recording this now it's been classified as a class to be carcinogen so there's still sufficient evidence for the w eight show that is a very conservative.

But the regulatory agency, if you will, in my opinion, there's still enough evidence for it to slap a cancer classification. But the average person has no idea this happened 11 years ago.

And since then, the science has only gotten increasingly more convincing towards a higher classification. So in the meantime, and that's really the thing, in the meantime, people are exposing themselves needlessly.

And that's the problem I have with it is that 2026 is a long way in the future, and I hate for people to expose themselves needlessly.

Reducing Exposure in the Bedroom

And in the worst situations, some people are suffering from it. For example, in the worst situations, they can have a tumor. And it's not surprising that there's, at the moment, there's dozens of lawsuits around brain tumor and cell phones in Washington alone.

So in the states alone, around the world, there's probably in the hundreds of lawsuits against telecoms. So, you know, When it comes to that, it's always frustrating for me because I'm an advocate for safe technology and for human health.

And we shouldn't wait until we have damage to our body to change our habits. And we're kind of left navigating this topic alone at the moment because the problem is still widely under recognized.

You're absolutely right. We can't wait. And that's part of the issue is that it's a slow burn. Unless you're somebody who's very sensitive and you immediately know that when you're in the presence of harmful stimulation that you don't feel well.

But I've found just working in a clinic and a place where people come to improve and feel better, those cases are more rare where people are that sensitive.

myself included, I wouldn't really know the difference. I'm not that perceptive enough to know if I'm really close to a Wi-Fi router or if there's a bunch of electro smog near me.

And so because of that slow nature of it, how it builds, just like you said, oftentimes with various cancers or other chronic illnesses, mold exposure, but a lot of those things you can see and we can see this invisible, harmful stimulation.

And one thing I'll add to all the points that you mentioned is that the stimulation coming out of a lot of the technology we use, particularly the wireless, is very high frequency.

So that's kind of that chaotic signal that you mentioned. So it's really fast and it's hitting our bodies in this very rapid manner. And because there's such short wavelengths, it actually can get trapped in the body.

And then you have heat and you have inflammation, and this is how something like a tumor might occur or other problems, other inflammation in the body.

I've seen many, many thermograph images of the women who do store the cell phone in their breasts. And when thermography is done, it's just that one area of the breast is super inflamed.

Of course, many people don't do thermography, so they would never even know. But it's very fascinating how it's this insidious sort of ongoing, like you said, constant thing happening that we are exposed to.

And certainly, if we can make our lives easier by using technology and having it be convenient and help us perform better, certainly we can think of ways that we make that more efficient and less harmful to ourselves.

I actually have an interesting story of how PEMF therapy clued me into some of this. Now, in our clinic, we use a full-body PEMF therapy system, and so it's treating your entire body at the same time.

However, on this system, Oftentimes, the patient is only going to feel the sensation of the PEMF therapy in their upper body. There are probably various reasons for that.

The upper part of the body contains various organs that are not in the lower body. We have a lot of activity going on in the gut, a lot of neurons there, and receptors that are able to communicate with the brain.

So the reason I'm saying that is because when we started using the PEMF therapy on ourselves and on patients, we would notice that, hey, I'm only feeling this in my upper body, even though it's a full body machine.

That just was something interesting that stood out. Well, after a few months of doing the PEMF therapy on myself pretty regularly, almost daily, I started to notice a little sensation in my right thigh.

It was a little ripply sort of sensation and I didn't realize what was happening at first, but that also stood out to me

because for months I didn't feel anything in my legs and now I'm feeling something in my legs.

When this happened two or three more times, I connected some dots in my head and that sensation was occurring right in the place in my pocket where I keep my cell phone most of the day.

So the PEMF therapy was actually able to hone in on that specific part of my body that I actually know that keeping this close to my body is not good for me and just the not perfect human in me sometimes will ignore that or forgo.

Fortunately, I put other protections in place now. However, it was just very interesting to see how the exact part of my body where I know I'm exposing it to something not good for myself would start to react to the PEMF therapy.

And in many ways, I think it was probably helping it because all of those cells in the tissues of my leg are being constantly stimulated by this harmful stimulation and there's inflammation present and we know that it's not optimal.

However, using the PEMF therapy, they're starting to provide some more optimal stimulation. And so where the wireless and the technology is that high frequency gets trapped in the body, it gets stuck and generates heat.

One of the reasons PEMF therapy is so beneficial is because the wavelengths are long. And so they're not short enough to actually get trapped and stuck in the body therefore not generating heat and inflammation, rather they pass right through the body.

And so they make the charge available in them to our bodies and cells, but they don't actually go into us, they go through us. Unlike a medicine which goes in us or an acupuncture needle which goes in us, we have the stimulation traveling through us.

So I think that's very important to note the difference of low frequency, more natural frequencies that we're designed to work with. The Earth, of course, is working on its own electromagnetic stimulation, and that's low frequency.

So as we've evolved and started using much more high-frequency technology in our devices, I think that's really opened the door for this proliferation.

And to be able to stay ahead of it before it becomes such a wider problem, which it's almost like the writing is on the wall, but we have ways that we can actually help to reduce that.

With that said, I'm curious, where should somebody start if they want to start minimizing their EMF exposure? Your body was designed to heal, but illness, chronic disease, stress, injury, and time can slow that process down.

What if you could restore your body's natural ability to recover, recharge, and feel its best? The key to healing is giving your body the energy to repair itself.

PEMF therapy does exactly that. Recharging your cells, improving circulation, reducing inflammation and helping you function at your best. For decades, I've studied this technology, worked with hundreds of medical professionals and helped thousands of people reduce pain, regain energy and take control of their health.

However, not all PEMF devices are created equal. No one size fits all. We offer personalized consultations so you can find the right device for your needs, backed by real science and trusted results.

If you're ready for a real solution, let's talk. Schedule a consultation at drpauluk.com. That's P-R-P-A-W-L-U-K dot com. because real healing starts at the cellular level.

Yeah, I think they should start in the bedroom. And this is based on over a hundred conversations I've had with medical doctors and the professionals in this field are called the building biologists or EMF mitigation specialists.

And most of them focus on the bedroom as the number one room to fix on an EMF standpoint. Because it looks

that most of the damage is happening at night when EMS are preventing the body from getting restorative sleep.

And that's really if you're exposed during the day, it's not good. But if you're exposed at night, it's worse, much like blue light exposure.

Testing Sensitivity and Practical Mitigation

So there's also a timing when it comes to EMS that is not worse in the evening and at night so focus on your bedroom and the first thing to do is just look at your bed then a lot of people have at least one phone maybe one on each if you're your couple and usually people have a minimum of one cell phone some people have two some people have three you can have a tablet in there you may maybe you have a laptop open downloading something during the night maybe you have bluetooth thermostats and everything else and maybe you have a bluetooth alarm clock and some people have a cordless phone on top of that with a base station and you can just carry it around go around the home and again that's convenient but it's a big source of exposure that that base station is equivalent to a wi-fi router so it's quite powerful and right next to your head is just a bad idea so the number one thing you can do for your bedroom is to turn off these devices at night or put them as far away from your pillow as possible.

So if you have a cell phone and it's open, I don't mind for it that much, but you can put it in another room or the other side of the room. And then if the alarm clock rings in the morning, it will also prevent you from hitting snooze too much.

So it's also a motivator for some people that maybe spend an hour in bed more than they wanted in the morning. So it's really a matter of creating distance with that technology.

The good news is when you create distance, the signal strength and intensity will drop off exponentially as you create distance. So if you have a cell phone right next to your head, let's say 100% of radiation, by two feet it drops off by 80% already, 80 to 90%. So it's true that most of the danger as passed when you're at 1015 feet from a cone the reality though is you might still be impacted by the ambient levels of electric pollution in the city but.

mitigating that there's a little bit of a more advanced step so some people are sensitive to a point where they have very poor sleep inside a city much like someone who is mold sensitive to the point where if they try to sleep in a moldy hotel room they wouldn't they wouldn't shut the eye or they would feel very very sick inside that place.

So for some people, they need to mitigate their bedroom to the point where they need to hire a professional such as a building biologist and consider installing special shielding in their bedroom.

That's, as you said, the more sensitive individual are in the one to three percent of the population, but it's still a lot of people. According to the studies, it's at least one to three percent that might have these very debilitating symptoms, although most people don't realize it.

So what I recommend to everyone who is a little bit in disbelief when they hear interviews such as this one and they say, oh, I don't think I'm impacted by my phone.

Well, try it for a few nights. Just turn off the phone, turn off all the devices in your bedroom and see if you see an impact in your sleep quality. Most people will feel an impact and most people will be surprised that they do see an impact.

And it will make them think about the fact that, oh, what else am I missing? And it's really akin to stop when you clean up your diet and you stop consuming junk food.

A lot of people prior to doing that would say, I feel fine. I feel OK. And I think my digestion is OK and my skin is OK. And then you stop eating the junk and you clean up your diet or maybe you do something special and go on a 30 to 60 day very clean diet, you know, an elimination diet, for example.

And then you might feel more energy, better sleep, better hormones. Your libido comes back. You feel amazing

and you tell yourself, well, I used to feel fine, but in reality, Now I feel amazing.

So I had all this missed potential in between the two conditions. And the same can be said for EMS. A lot of people don't realize they're impacted. And when they stop that exposure or they reduce their exposure, they realize that it makes a big difference in their life.

For me personally, when I started writing my book back in 2016, I did not realize that I was impacted when working on my laptop via Wi-Fi. And that Wi-Fi signal is very close to my brain, a foot, foot and a half.

And I was typing away, writing that book about EMS and getting these EMS symptoms myself. And I only realized that when I wired my computer and stopped working on Wi-Fi in this home.

So I have a cable going from my computer In the corridor tack to the side of the wall it's not ideal i could hire an it company to do the works and everything we just became owners of this place so maybe that's probably what we'll do when we do reworks but still.

It works and i don't have radiation coming out that computer and now i can think more clearly and i. I tried it again and again. Sometimes I go to a coffee shop, I'm on Wi-Fi and what's happening?

I get that brain fog. And that's just my symptom for me is Wi-Fi causes brain fog. Even if I use the phone on the ear, which usually I never do unless it's a medical emergency or something, I get massive brain fog also.

So it's a matter of trying it for yourself, making it true for yourself. And experimenting with it, because a lot of people listening to this, if you really give it a shot, you wouldn't be surprised how much you had been affected, but maybe you didn't realize it yet.

Yeah, you won't know unless you try, that's for sure. And that takes a little bit of sacrifice, but the results are probably going to be worth it. And like you said, the science is very clearly showing us what's happening.

So I think that that's really important. Start simple, start in the bedroom. We're typically there every day for a good chunk of time, so start there.

And I'm actually kind of curious. I've seen some of these products like pouches where you can put your phone in or like even though the one I'm more curious about is there's a little chip that you can put on your phone and apparently it's supposed to absorb some percentage of the radiation and transform it to light.

So are these things valid? Are they helpful at all? Yeah, there's two different categories of products. There's the blocking products and let's say the harmonizing products.

The blocking products like the cases and whatnot. Nowadays, I only recommend one company. I don't know if you want me to name it, but I don't want to.

I don't have, in the scope of this interview, any financial ties. Do you want me to name it? Yeah, sure, yeah. Okay, so one that I trust, I've been interviewing R. Blank from Shield Your Body.

Shield Your Body has products such as a pouch where it will create a shield. It's a pouch, you put your phone in it. It will create a shield between your body and the phone.

So if you carry it in your pocket, it will technically deflect almost 100% of the radiation, basically not being emitted towards your body. But you still want the phone to connect to the antenna.

The problem with certain cases where they block both sides of the phone is that it will force the phone to increase the radiation level because it will decrease its connectivity to the antenna.

Instead of getting four bars, you'll get one. What most people don't realize is that in that case, the phone will ramp

up radiation. So poorly constructed blocking products can do more harm than good.

And that's a problem I have with those, studying those for years. So Shield Your Body, I do trust their products. They're not as ideal as you turning off your phone.

Don't get me wrong. But if you carry your phone in your pocket or in certain situations, they have their usefulness and they will help you reduce exposure.

The second category of products called, let's say, EMF harmonization or these chips, there's pendants, there's pyramids, there's many, many different products.

I've been contacted by well over 100 companies in the last several years who each claim that their product is the one that is, let's say, protective. I have a problem with them because they do show a reduction in EMF-related stress.

So in other words, sometimes they can do muscle testing, even dark field microscopy, light blood analysis that shows, let's say, a reduction of the clumping of red blood cells together when a phone is present.

But with that chip, you see a difference or reduction of the impacts. but it does not rule out other impacts to the human body like oxidative stress and whatnot.

So at the moment, I've really focused on what the scientific community tells us about these devices, namely that you can try them, but I would consider them supportive rather than protective.

So in the sense that if you try certain of these devices, and I don't endorse any at the moment because of the level of uncertainty about their efficacy, but if you if you purchase them, there's no really no harm done.

It's just that they should not replace the EMF reduction that you're trying to do. It's like saying if you have antioxidant products, glutathione or vitamin C zinc, should you stop avoiding chemicals?

Who Becomes Electrosensitive and Why

you know what i'm saying you should still avoid chemicals as much as possible and then if you realize my god my body is under a lot of stress i did hair analysis or maybe i analyze my urine and i have a lot of heavy metals going out of my body so clearly i'm getting low level poisoning like everyone today, to be perfectly honest, from all sources.

So maybe I should add in antioxidants, but it's doing both. That is really the key. So with these EMF harmonizing products, some advertisers are claiming, oh, you can use your phone all day and it becomes safe.

And I think this is a hyperbole and I don't like how they're marketed. But if you use them and it reduces the stress associated with the loquat smog, then good for you, but you should do both.

You should also not talk on the phone all day and not keep it under your pillow. You know, so you should do both. And there is some validity to both categories of products, I think.

Very interesting. OK. So we have all kinds of ways to try and tackle this via elimination, reduction, protection, and just general common sense and avoiding exposure when it's unnecessary.

I think it's interesting you brought up the concept of oxidative stress a few times in this conversation. And oxidative stress is very clearly a big, big cause of problems in the body, of information.

And we're already experiencing a lot of oxidative stress just because of our nutrition and elevated stress levels of living in the world the way that it is today.

And so anything that we can do to help control or help reduce the hits that we're getting in the form of oxidative stress is going to translate into more resilience and longevity and health.

So I'm also curious about why is it that some people are very sensitive to electrosmog and they really are hit severely versus others may not even know that they're around it?

Yeah, it's I think it's it can be two things mainly from what I've seen on the medical literature and then also literature getting back to more than 250 years ago in the first experiments with electricity as reported by Arthur Furstenberg, who's a scientist and author of The invisible rainbow he talked about the first experiments with static electricity and static electricity, just a static shock.

They were creating big machines that that basically did static shocks for entertainment purposes and eventually for electro therapy that they called it, if I recall correctly.

And they realize that some patients for some patients the electric shocks could work for certain conditions i don't know if it was all placebo or if it was the start of let's say using electricity to heal maybe there was some validity to it but they also realize that a fraction of patients were so sensitive that they could not handle the shocks they had let's say.

the opposite reaction where it did not help them quite the contrary it stressed them and it was really a problem for their biology so it looks like there's something genetic where it might be certain genes related to a voltage gated calcium channels and that's one theory or with a calcium regulation or There's many different lines of research that might explain that, but clearly some people are de facto more sensitive than the next person, and some of them are very healthy, so it has nothing to do with their health status.

A second situation we see is in electro hypersensitive individuals, a lot of them have multiple toxicities. So it looks like they have high heavy metal is very common, mold toxicity, or even going as far as multiple chemical sensitivities where people have an extreme reaction to minute amount of chemical exposure.

Even perfumes can make them quite ill or even debilitated. It's almost like the celiac disease of the toxin world, if you will, where that exposure is so small and the reaction is so great that a lot of people are in disbelief when seeing how debilitated someone can be.

And these people tend to be more electrosensitive also. So it looks like in their case, poor health status and the body that is completely overwhelmed by everything that it has been exposed to with systems that cannot detoxify properly, a nervous system that is always in fight or flight, very poor sleep, and the cycle goes on and on.

So people with chronic disease fall in that category, people with multiple sensitivities, and also people that have been overexposed to EMS for years and years and years.

And you see it in certain Electrosensitive individuals who say, I used to talk on the phone all day without any problem, like my colleague Daphna Takeover, who's a high-level attorney, and she was talking on the phone for years with the first phones at the end of the 90s and beginning of the 2000s in the scope of her work as an attorney.

and eventually almost almost i don't know what the transition period was but for some people it's almost monday they're fine and tuesday they're sensitive it's almost as if the body reaches a threshold where now you're reacting to your phone and in first At first, people are a little bit in disbelief.

Am I imagining things? But they realize that when I talk on the phone, I get a migraine headache. When I don't, I don't. So it's really night and day for them where the exposure was too much at a point for their body.

And the road to recovery does exist. And there are some doctors specialized in, let's say, environmental toxicities and helping people recuperate. It's not guaranteed, but it's possible.

to become less sensitive and even, let's say, cure electro hypersensitivity. But it's very, very difficult, especially considering how much we are exposed to electrosmog.

So if I tell a celiac person to recover from all that extreme stress that your body is under with even just one breadcrumb, You need to avoid gluten for two years and heal your gut and do all these things.

It is feasible, but it's very difficult. But if I tell you, you should avoid all electrosmog for two years, you cannot find a space on the planet almost where you would be able to do this.

There's a few radio silence zone. I think it's West Virginia. There's one in the US and there's some spots in Europe that are trying to do that. you would be hard pressed to find a no exposure zone.

We are exposed all the time. So this is why I think that recovery is extremely difficult. For people, regardless of their degree of sensitivity, I think that everyone should minimize exposure.

However, the reality is if you're extremely sensitive already, then in that case, I really recommend hiring a building biologist and having someone survey your home.

It's like If you are mold-toxic and you know you're reacting to mold, for sure you need a mold inspector in your home just to make sure that things are clean, at least in your environment.

Because the reality is, as an electro-sensitive, you can clean your home, but what's going to happen when you go to the grocery store? Well, they have free Wi-Fi, right?

So it's increasingly difficult to live in a city environment or a very densely populated area for these people with these sensitivities. And in Sweden, they recognize electro hypersensitivity as an official disability.

And even in the US, through the American Disabilities Act, the ADA, they do recognize a version of that. So it's possible to have accommodations with at your job and things like that.

But it's a very difficult uphill battle because again, a lot of people, including medical doctors, and it's not to blame doctors, but a lot of people, even those with high education are still not believing that the electro hypersensitivity can have a physical aspect.

A lot of them agree that it can be in the head and sense it's a trauma also because You have a disability linked to cell phone towers and you look outside and there's a lot of towers.

So of course, you're always in fear. But also there is a physical aspect that is extremely real, just as physical as someone who is sensitive to gluten, eats a little breadcrumb and gets sick.

It's the same thing. So it is an environmentally triggered illness and we need to recognize that. And unfortunately, it's progressing, although a little bit too slowly for my liking.

You know, it makes me wonder whether I might even have a little bit of the sensitivity myself and I'm just not aware enough or perceptive enough to pick up on it.

But, you know, one way I really know is like, going back to that story I mentioned to you, I would have never have thought that there would be physical impacts to my body from my wireless device.

And clearly because of the, when I did the magnetic field therapy on myself, and it went right to the place where I keep my phone, that really anchors it in for me.

And it's very clear that there are physical consequences to this. And like many other things, we are just not aware of them in the moment and they become apparent over time.

And just even the medical culture is very much behind just because of the nature of it, because it takes time to do studies and find out accurate data and have unbiased research being done.

That's correct. Yes. That really puts us in an interesting place. I had a thought about, many people are familiar with some of the experiments that have been done where you have a group of plants and you might have children doing the experiment and one group of them is talking to the plants very positively and then another one is talking to them negatively.

And the only difference is that little bit of vibration.

Closing Advice on Gradual EMF Reduction

Invisible, you can't see it, but there's that change in the vibration and the energy coming out, and the plants that are talked to nicely flourish, and the ones that are talked to negatively are not.

And so you can just see this with words, and that's a little form of vibration. It makes me think about what might be happening with all this other invisible stuff that we don't see that's constantly there.

So very, very fascinating information. I think you're way ahead of your time and I definitely thank you for the work that you do in this regard. I think that it's going to be very interesting to see whether PEMF therapy will start to have more obvious effects and benefits, possibly offsetting some of the damage that we do to ourselves with exposure.

And you know, just like you said, we have the same laws of physics applied to PEMFs as applied to EMFs. So you want to apply PEMFs close to your body because you want to keep the distance as close to your tissues as possible.

And if you remove them or put them further away, it's less of an effect. But it's interesting how we have. We've done so much technological development in our world where it's all about convenience and comfort.

And I see a lot of potential with PEMF therapy as being a way to use the technology in a way to actually benefit our health and help to fix a lot of the problems that we deal with related to oxidative stress, inflammation.

Some of the basic mechanisms of PEMF therapy are to reduce inflammation and to reduce oxidative stress, create a more balanced environment in the body and that results in increased healing.

A lot of times people will experience better improved sleep when they do a magnetic field therapy. And so there's a lot of interesting overlap where we can use the technology to really help ourselves and not just hurt ourselves.

I think that paints a really good picture for our audience here. Do you have any other things that you'd like to add or share in your quest to educate us all about this stuff?

Well, I would just say, as I tend to say at the end of these interviews, just take it one step at a time. I recommend turning off the cell phone tonight and see how you feel.

You can also decide to turn off the Wi-Fi router, which is best practice also, something I share in my book and courses and resources. But whatever you choose to do, just take it one thing at a time.

And it's not a matter of, let's say, throwing your cell phone in the trash and these extreme measures that might not necessarily work with your family also.

So I understand that these things can be hard to implement at home. But just start slow and gradually bring the levels down in your home and you're doing good for your health.

I wouldn't expect you to start eating organic all of a sudden if all you ate previously was McDonald's. Maybe you need a transition window. So the same thing with technology and it takes some time to change your habits.

For example, when you put your phone in your pocket, remember to put it on airplane mode. But eventually it becomes a new normal and very easy to do. It happened with my wife.

It happened with my brother. You know, people very, very close to me. They know of my work. They read my book. And even for them, it's not necessarily the easiest thing to do to change habits.

But when you do it, it becomes automatic. It becomes part of your health routine. And the same thing with PMF. Now it's part of my health routine, I must say, because.

Now I'm like, okay, I need to take that machine and apply it on my body. And at first it was tedious because I had to think about it. And now I'm like, okay, where's my machine?

Where's my PMF? I have the FlexPulse. And so it's really a matter of building new habits. And over time, it will become very, very easy. And you will not necessarily find it daunting to reduce CMS.

It will only be the reality that you want to apply to your life and it will help you reach better wellness. Yeah. And what if that's the one thing that's not being done?

You know, like you talked about, and how many people have brain fog, or lack of focus, inability to remember properly, you know, lack of crisp thinking, and we don't even consider that it could be EMF exposure.

And so we'll keep spreading the message and letting people know. And thank you again very much for your time with this interview. Very, very informative and fascinating and important.

And just like PEMF therapy, you know, it's not, it's been around for a very long time and it's very helpful, but many people don't know about it. So we'll keep sharing the message to others about the harmful EMFs and the beneficial therapeutic PEMFs.

Thank you very much, Nick. I hope you have a great rest of the day. You too. Thank you for tuning into Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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