Introduction to EMFs and the Summit

Welcome back to our reversing mast cell activation syndrome and histamine intolerance summit. I'm your host, Dr. Meg Mill And today I'm joined by Nick.

The EMF guy, Pineault He's a number one bestselling author of the Non Tinfoil Guide to Emfs and an advocate for safe technologies. I am so excited to talk to Nick today about all about Emfs because this is such an important topic.

It's it's changing rapidly in our world. Our exposure, and when we have more sensitivities to things, when we have more MCAS or have histamine attacks are more likely to be affected by some of this.

So I can't wait to get into to learning more about Emfs and what you may be experiencing and not even knowing it. Thank you so much for joining us today, Nick.

Thanks for having me. It's a pleasure. Absolutely. Well, I am excited to get into all things technology, EMF, all of it. But before we start, could you just give us a little bit of your background and how you really became so passionate about this?

Sure. You know, I'm a citizen journalists. I've been I was just writing this morning a blog article where I just realized it's been 14 years since I've been publishing on health, and I'm not I'm not that old. I'm just 36.

So I've been doing this since my youth, you know, publishing on nutrition. And rapidly I got interested in environmental toxicity because, yes, a lot of people argued about what is the right kind of diet.

And pretty much everyone agreed we should exercise more. But a lot of people were missing that piece where the environment is becoming increasingly stressful around us.

And I'm talking about chemicals, right? To the chemicals we breathe, the chemicals we eat because they're in our food. The chemicals are in tap water as well, of course, but also now we have a new type of environmental exposure called electro pollution.

And that's all of the wireless signals, among other things, but mainly the wireless that we've introduced in the last few decades. And this really caught my attention in 2016.

And since then I kind of, you know, became the EMF guy because I felt that this topic of emfs electromagnetic fields and this type of radiation were exposed to it was really not getting the attention that it deserved because it is a very credible and urgent scientific topic to discuss.

And yet many people think, you know, it's, tinfoil hat or, not serious topic. that is kind of a fringe of the a corner of the internet kind of fringe topic, but it's really not.

And it's to this day, there are still people thinking that.

Nick Pineaultu2019s Background and EMF Awareness

And, what I want to say is, no, it's a credible topic that everyone should at least discuss about, and they might just find that these EMF exposures were impacting them more than they previously thought.

I agree, and because it's so new in the world and it's emerging so rapidly, I feel like it's one of those things that we're going to look back at decades from now and see all of the things that we really weren't talking about right

now.

Well, I agree 100%. And, you know, as far as emfs go, and I want to get ahead of myself, but the comparison between EMF and smoking has been made. Some people think that's hyperbolic, but it consider that, you know, the radiofrequency radiation emitted by maybe the phone you're holding to watch the summit from or the laptop you're watching right now, that radiofrequency radiation, also called microwave radiation, it's a class two carcinogen since 2011.

So it's been already, you know, 13 years since that decision at the International Agency for Research on Cancer. But many researchers agree that we should reclassify this agent as a class one carcinogen.

If this happens, I don't know when it will happen or if it will happen, but if this happens, it put it. It puts emfs in the same category as tobacco smoke.

So, you know, it's not it's not a far fetched idea to think that in a few decades people will listen to this summit interview, maybe in the in the archive and say, yeah, they were, you know, I wish I would have stopped smoking earlier and reduce my EMF exposure right now in 2024 and beyond, and not in the 2050.

You know, that's really my invitation. Yes. Okay. Well, let's dive into what an EMF is. So because I'm not sure everybody actually knows for sure. So electromagnetic fields or electromagnetic frequencies, EMF, I prefer to type electro pollution these days because people get it.

It's a pollution. It's everywhere. At the same time. Some of these exposures, we control the amount of pollution we're exposed to. Just like imagine we're talking about air quality.

Well, it's easy to, to to see that if you go about in the city here I'm recording this from Montreal. Sometimes there's bad smog. And in the summer, last summer, we had the one of the worst, days of air quality.

And in fact, I think we had the worst air quality compared to most, Chinese cities and even Indian cities that are well known for the smog. So there's not a lot you can do about that.

You can decide not to go outside, of course, and things like that. But in the end, what you do have control about is the air inside your home. So what do you bring inside your home?

And also the use of air filtration, for example? Well, the same is true for electro pollution. There's a lot out there. A lot of people are I think sometimes mistakenly, hyper focused on the cell towers.

Right. They see the towers, they're concerned. These emit a lot of radiofrequency radiation. We're kind of being blasted by this 24 seven. So is there really anything we can do about it?

Well, you cannot really touch the towers. Turn off the towers. You can move, of course, but many people don't have this option. But you can control a lot of these exposures that you're bringing into your home in the forms of Wi-Fi routers, your own cell phones, Bluetooth gadgets, and also anything that is called smart that's really, you know, a buzzword for hidden sources of wireless radiation.

That's really what it is. So in the end, really, EMF is about discussing how can we have the pros of technology without the cons of what these emfs are doing to our body, which I'm sure we'll talk about, but, in a very simple manner, we can talk about all wireless or all types of emfs causing stress at a cellular level.

Quite simply, if this stress is over time, we know that there cancer risks. But even in the short term, for people that are trying to recover from mcas, for example, or people that are not feeling well right now, there are also short term effects on their health in the form of a this invisible but even increasing stressor that is EMF in, in and out of the home.

Okay. And how do the emfs when we're saying they're they're harming the cells? How can you tell us a little bit

about how that's happening? Sure. Well, there are several scientists that have looked into that.

And one of them is Dr. Martin Paul from the Washington State University. He's a professor emeritus and, published a very, very good paper in 2013. Look, looking at how emfs are impacting the voltage gated calcium channels.

And that's a mouthful.

How EMFs Affect Cells and Oxidative Stress

But the idea is just that on the cell wall and on every cell, we have multiple small, very, very small channels that will shuttle certain minerals in and out of the cell.

And that's a way of keeping the cell healthy. And the calcium channels in particular, seem to be stuck open when exposed to this radiofrequency radiation, because the fact that they open or close, they are voltage gated.

So in other words, these let's say imagine these are garage doors. It's just like that, your garage door you have, next to your home. Well, if there is voltage that the size of the door is kept open or closed.

And if I introduce an external voltage in which is, you know, any, any man made EMFS will have a voltage associated to it, associated to it. it can disrupt the opening or the closing of this gate.

And it doesn't seem like a lot. You say, well, what happens if you know there's too much calcium inside the cell or too much outside? Well, it will disrupt the homeostasis of the cell.

The cell is trying to stay at a certain ratio of calcium outside the cell and a little bit of calcium inside. So normally there is a lot outside, a little bit inside.

But it gets disrupted and a lot more calcium is allowed to flow into the cell compared to normal. And what happens is oxidative stress. And that's one of the primary, hypotheses that scientists have about EMF damage.

And it's important to note that why is it that we're exposed to all of this radiation and yet authorities and regulatory bodies continue to say this is safe, right?

Because if not, they would do they would do something about it. Well, consider that all the EMF guidelines that have been created are based on the idea that if the cell is not overheating, then everything is fine.

And that's an old idea that comes from a few experiments on rats and monkeys. But very rapidly, when you dive into the science, you realize that this idea that the only way emfs can harm us is by overheating tissue is a very deprecated notion, because we know that even at very, very low level, we're talking about sometimes hundreds of thousands lower then the this heating effect.

You have a little bit of signal, but chronically speaking, if you're exposed day after day after day, we we see oxidative stress. And oxidative stress is not a bad thing in itself.

Right. If we exercise, guys, I go to the gym, I create a massive amount of oxidative damage in my body. In fact, I tear muscles I but there is an adaptation phase and when you recuperate from this oxidative stress, then you are in fact stronger, right?

So it's something where there's a stressor adaptation and then benefit. However, in the case of emfs it's more like stressor and stressor and stressor and stressor because we are exposed all the time.

So over time, what can happen? Well, we see studies, for example, where people are exposed chronically and we see a reduction in antioxidant status. So that's these are the internal defenses that you have against oxidative stress.

So how can it look in your everyday life. Well people will feel depleted and some people more than others. It depends really on how, how already exposed you are to other agents.

So for example, researcher have found that people who have been exposed to mold, for example, or who are combating chronic infections such as, Lyme disease or certain co-infections are that much more likely to feel these effects.

So to feel fatigue, for example, or to feel that these emfs are disrupting their sleep. But in in more rare cases, but not so rare, about a third of adults are already feeling the effects of something called electro sensitivity, where not only are you exposed and your cells are feeling this stress, but now it's also you're becoming symptomatic from these exposures and what is difficult these days is that if you become, you know, intolerant to gluten, it's it's a challenge because I am and it's a challenge to eat gluten free and to, verify that the ingredients are certified and eating out is not as fun.

You really got to be careful. But when you become intolerant to emfs, what do you do? It becomes very challenging to live in a city like I do. So the the idea is to really minimize the emfs that you are, you are in full control of.

So that way you will not decrease your tolerance to emfs over time and become more and more intolerant. And this this ties right into mast cell activation syndrome in the way that EMF seemed to in some people at least, even healthy people that who do not have MCAs.

These EMF seem to trigger the body into releasing histamine. And it's it's very, very surprising. But, more than two decades ago, it was already hypothesized by professor, Holly Johnson, who's an EMF researcher from Sweden, and he said that even humans that do not seem to have electro sensitivity, what they see when they take skin biopsies before and after exposures, they see that the mast cells are activated by Desmos.

And we'll go to the more, the more surface area of the skin. And in certain people can even have skin rashes and, you know, skin sensitivity and a sort of allergic reaction.

But even in people who do not feel it, they still see these mast cells migrating to the surface of the skin and releasing histamine. So in a sense, it has to be included in all that as one of all these environmental stressors that are keeping your body hyper inflamed.

Right? All this histamine and for for certain people, it's even, I would say one of the primary trigger, except they don't know it. It's like this hitting, this hidden, epidemic of celiac, something I learned, you know, I think 14 years ago when I was just starting out, the nutrition is celiac disease is real.

That's one second is it's important to understand that people with celiac disease can eat one breadcrumb and be sick for sometimes for several days because they get triggered and their entire body is this has this explosion of you know, their immune system almost sends, sends a bazooka inside to try to get rid of the allergen.

So the reaction is exaggerated. And number three is most people who have celiac don't know that this is the case. they haven't pinpointed. They think I have fibromyalgia, I have this, I have that, I have chronic fatigue.

And then eventually they find out, oh, I avoided gluten for a week and I feel much better. So the same thing is true for Emfs. Many people who maybe have MCs, are extremely affected by everyday devices.

They don't necessarily make the link where some lucky people have realized that. I put a cell phone to my head and I get a headache. I remove the phone, my headache goes away.

That's kind of, a great association right there, you say. Okay, my God, the phone is giving me a headache. So therefore maybe I'll use a speakerphone or I won't.

You know, I'll take my calls on the computer instead. And now I feel better. But for some people, they don't realize it's being close to a Wi-Fi router or working on the computer where there's Wi-Fi or wearing anything Bluetooth near

the head.

But over time, the it gets almost blurred with all the other symptoms they have in their life. So the experiment that some doctors recommend is to either avoid these devices, try to not have devices in your vicinity for a while, which is difficult in in the everyday life, right?

People watch TV, play video games, look at a computer, spend time on their phone, or they can take an EMF vacation. That's something that is recommended, especially for people with chronic disease.

In environmental medicine, it's a well known, strategy to get away from your usual environment. Go in nature. Five days. Seven days is starting to look at a good amount because, less than that.

And you might not see the benefits, but if you don't use your devices much, maybe just for emergency phone calls and things like that, you will greatly reduce the amount of VMs that you're exposed to.

EMFs, Histamine, and Mast Cell Activation

What some people find is that they feel much better when they get outside the city and are not exposed as much to this radio frequency radiation, and when they go back home, they can now identify.

When I'm at the computer, I get triggered, I get brain fog, for example, or literally for some people it's even as clear as my God, my skin. Actually, I get a skin rash from a router.

Some people. For some people, it's a visual thing, which makes it more real, easier to detect. But the reality is, many people are only able to determine how much emfs was contributing to their everyday symptoms when they get away from that exposure by elimination, so to speak.

Yeah, I agree, it's it's so hard to pinpoint because we're around it all the time and then yes really understanding what it actually is that's causing it.

So I like that vacation you know, see what you can do away. You're because when you work you know. So what do you suggest to someone who has to work at the computer and has to be near, I guess, where do you where do people start then when you're like, okay, maybe I am sensitive, maybe this sounds like me.

I have all these symptoms. I never thought of VMs and but now I have, you know, I have a TV, I have my phone, I have my computer. I have to work. What do I even start to do?

Yes. Well, the first place I would look to mitigate emfs is in the bedroom first, even before the computer. Because just like, light exposure in the evening, many people have realized that, you know, excessive blue light, looking at screens, looking at a, a TV, a computer is linked with poor sleep.

the more you look at blue light, the more likely you are to stay in bed and try to go to sleep. But where's where's where's sleep? It doesn't it doesn't come magically.

Now you're feeling insomniac and you toss and turn emfs. Even though they're invisible. the emfs from your phone wife, a router and whatnot, look like they do the same.

And they will shift your brainwaves in a way that, keeps your body awake for longer. And for some people, it is an effect that can happen in a few minutes of exposure, can keep them awake for a long time, and for other people that are, let's say, more lucky, it doesn't affect them that much.

So again, there's individual sensitivity and how much just can disrupt your sleep. But regardless of what you find is true for you, the recommendation is simply to turn off the phones or put them on airplane mode at night.

And this is a simple habit you can start taking. And if you if you have to keep your phone open because, for

example, you don't have a corded landline anymore, you expect calls or you want to be, reachable in case of emergency.

Just put it as far away from your pillow as possible. If possible, charge it in the next room with the ringer at maximum and make sure that maybe there is no notification for social media and things like that, because I think that's another, you know, very poor use of technology is going to keep you awake all night for or thinking there's something, very urgent to do at 3 a.m..

There's not usually there's not. Right. We all have so much on our minds that I think we can give ourselves a break for, for a few hours at night. But after you've mitigated the bedroom, think about your computer for sure, and where you're spending a lot of time during the day.

So if you're, someone who works in your car all day, like my dad, who's a realtor, think about the car. What can you do in your car? Well, in your car, you could free download music, free download podcasts.

So instead of all streaming all the time this content, you could have it pre downloaded. That's one way of doing it. Sometimes you can turn off Bluetooth if that's not something you use in your car, but if you're at a computer, the my top recommendation would be to use a wired connection.

it's something that requires a little bit of investment of time and money, but, you can run just a cable from your router to a computer, and it's called, you know, an eternity cable.

It's still usable even with modern technology. And, some people feel it's a little bit, retrograde or old school, but, you know, most business computers around the world and, professional commercial buildings are still hard wired like this with these cables in the residential settings, oftentimes you well, almost all the time in the Western world, you will see Wi-Fi instead.

But the Wi-Fi is not only emitted by your router, it's also emitted by your computer. And your computer is closer to your body. So it's even more problematic than the Wi-Fi router exposure.

And that's for extended, hours every day. right here next to me, I have my laptop, the EMF chip in it that emits Wi-Fi is about two feet from my head, and it would be literally exposing me 50 to 60 hours per week.

I spend, you know, I try not to spend too much time in front of the computer, but that's my work. So what can I do? A lot of people have desk job in this day and age, and in fact, I think this trend is even increasing.

We have more and more people working on the computer. So if you mitigate that, you turn off Wi-Fi on your computer.

Reducing Exposure at Home and Work

Instead, you use a cable, you will have a fast and secure connection, but also you won't have that EMF exposure. And really, when it comes to EMF. So a lot of people again, I said the the focus on the small things or the focus on what's external to them, oh, the towers are so dangerous, but it's all cumulative.

All of these exposures are cumulative. So therefore if you focus on the things where that matter a lot, because you're spending a lot of time near, near, for example, a laptop or near your phone, then it's really pays dividends.

And this is where you can, start feeling better and really reduce your EMF exposure. I can I can reduce my EMF exposure, and I do in a very major way when I mitigate my computer.

And, and I keep my phone usually is turned off, but if it's on a wouldn't be in my pocket, they wouldn't be in my shirt pocket. I don't recommend putting it into a sports bra either.

Having it very close to the body is a very, very bad idea for many reasons. among them, the risks of cancer, but

also just the fact that the closer it is to your body, the more intense you're going to have this stressor, and the more that your cells are going to feel these effects.

So you can keep it at a distance. A few feet in front of you at the office is way better than right next on your person. So these are small habits. And maybe at first you're going to have to put a post-it on your screen or something and watch out phone in the pocket.

Oh yeah, that's true. It did. But after a few weeks, normally it becomes the new habit. Then you don't feel very comfortable, having that phone in your pocket.

So it doesn't seem like a lot, but it is. And this is really where I want to encourage people of not, throwing their hands up in the air and saying, oh, there's nothing I can do.

I'm I'm being exposed 24 over seven by the towers there. There is a lot you can do. So we talked about the computer, the bedroom. And of course we can talk also about personal devices.

Whenever you use a device, you can hardwire to devices including the phone, including tablet. But even if you don't do that, try not to hold them too close to your body so you can have a certain distance.

It's even better, you know, for your posture if you don't put it right next to your abdomen. Like many people do, but try to create distance between the devices, and your person when you're talking on a phone or using a tablet or using a laptop.

Also, you know, all these these use cases, when the devices are touching your body, you're really exposing yourself to more than you should. So for sure, the regulations are going to be updated in the future.

But at the moment, for anyone who is not feeling their best, the reality is that our EMF safety regulations are not taking into consideration the long term chronic effects of these devices.

And they're saying, look, this is within what we call safe. And what they call safe at the moment is really not my definition of safe. My definition of safe is anything that, will hinder or will reduce.

Your everyday wellness should be called, you know, oh well, not safe and act with prudence towards these exposures. But that's really at the moment is the definition is closer to if it doesn't give you illness in a few days.

Well it's safe right. So it's not what I think people listening to this summit are looking for. They're looking for great health. they're looking for vitality.

And if this is your definition of hell, then I encourage you to minimize emfs and see how great you can feel. So one of the things that I have thought with my kids about, you know, pulling their foot, like you're saying pull, they'll take their phones to the room.

And I try to get the phones out of the room, and then they're like, well, we'll just put them on airplane mode. And I did hear you say that. Now, if you have it, can you?

Because I know that's confusing sometimes. If you have it on airplane mode, is it more safe than it is? Airplane mode will remove the cellular antenna, but unfortunately it became more and more complicated that as the years went by.

And I've been studying this technology for years because, for example, I'll just give the example of an iPhone because that's what I have. But the iPhone has a cellular antenna, and that's the kind of communication between your phone and a cell tower.

That's clear enough. You also have a separate Wi-Fi antenna. So in certain situations you could be on airplane mode, but open Wi-Fi, and then you would communicate to a router, a nearby router.

And that's still emfs. Right. You would be better off because you've turned off the cellular antenna, but you still have Wi-Fi. And you could also not be on the similar antenna, not on the Wi-Fi, but just have the Bluetooth enabled.

So ideally speaking, when you put it on airplane mode, you would want to see all of these antennas that are completely crossed out and not in blue. If they are in blue, they are activated.

So they're looking for a signal. So it is a little bit more technical than I'd like, but this is it's it's tough because you have to be mindful about these exposures.

If you don't think about it, maybe you forget. Then when it comes to kids, it's a very uphill battle, very difficult. There are certain for younger kids, of course, when before the age four and you still control some some of what they do, I'll put it that way.

I have a six year old almost. And yes, he's he's already starting to take decisions in the household. But what I can say is that for the younger children are the greater the dangers because they're still developing.

And and also they're more, they're more prone to getting damaged or stressed by any environmental toxin. This is true of chemicals. If you have lead exposure in an adult, the same lead exposure in a one year old does not represent the same thing.

It's not just a tiny human. It's it's, it's something. Oh, a person that is very fragile for when it comes to these exposures because of a developing brain, because their nervous system has not matured yet.

And also they don't have necessarily the same data detoxification abilities compared to an adult. So there there's many reasons that we want to minimize it in children.

And what I would recommend is that yes, you can use a tablet, and I've used a tablet with my son a few times, and I try to minimize screen time. And that's an important conversation to have separately.

But when it comes to these exposures, you can easily wire up a tablet. You can hook, you know, a long wire to your router and to the tablet using a converter.

in the case of, I have a Kindle Fire, it was a USB c, two Ethernet converter for about $20. I got it off of Amazon. and you plug it and that's it. The internet goes into the tablet.

You don't have to configure it. You don't have to think about it. So this is one of the ways that you can minimize exposure. And you make sure that the Wi-Fi antenna is turned off again on the tablet.

Airplane Mode, Kids, and Device Safety

You have to manually think about these things, because it's not like manufacturers will automatically have the Wi-Fi antennas turn off if you plug something in.

So bizarrely, it can have both Wi-Fi and internet at the same time, even though you know they're there, they both give the internet. You have to turn off the Wi-Fi on it.

If, you bring this tablet to, let's say, a road trip, something where children can be. Yeah, right. Are we there yet? After five minutes. Right. we all went through that as parents, I think, or, grandparents will know what I'm talking about even more.

But you can pre download content on this tablet. You can pre download movies. Many apps will let you pre download music. there's even ways to have certain apps that can download YouTube videos.

So you could have an entire library of offline content. And that way you don't have to have the tablet stream and emit emfs all the time. You can have sometimes up to several hours of, of saved movies, even from, you know,

Disney or, I'm not sure Netflix allows it, but I know on Disney I was able to download the movies and, you know, Encanto, my my son watched that thing seven times, I think, on one trip. And, it would have been a lot of useless exposure if all the time it was, it would have been streaming this content.

This is what leads to the greater greatest exposures. So really, there's a few opportunities with these devices to just be more mindful about it. And it can drastically reduce exposure in children.

But also the same thing can be applied to adults. Of course. I love that you're saying that because. Absolutely. And we just don't think of it. So we're going to just stream it verse because I think Netflix does let you I've downloaded them for playing trips.

And you know, you can okay. There you go with them. Yeah. And you're turning off your Wi-Fi, your Bluetooth, you know, all of the connections and then you still can watch it on your device and feel better.

So it's just taking the thought that that was a great tip because it just taking the thought to do some of these things and make some of these changes that reduce your exposure and can start to give you a break of some of these emfs.

Now, are there devices that because there's a lot of devices out there that say they measure and different things, well, do you have any recommendations on if someone's looking to measure their exposure or if there's anything that that does that?

Well. yes. The one meter that I recommend is called the Sam Pro tech 33 comes from France, and it's, it's about $200. I there are a lot of meters on Amazon.

Some of them go for $50, but it it becomes very I would say, you know, the the majority of these meters at $50 are simply not worth the investment. They don't they aren't precise.

And also a lot of them don't measure the right thing that you're that you want to measure. And it becomes very confusing, very fast. But the Sam pro tech why I like it is that it's extremely simple.

It gives you a quantification in the form of LEDs. Green is good, you know. Oh I get in the yellow. It's not that good. And then the red zone is well the that's probably overexposed.

So it's very simple. And it's for three different types of emfs. And that's all things that I address in my courses and book. There are many other types of emfs beside besides wireless.

But wireless is one that people can recognize has been increasing steadily and right. We we have heard also about 5G and that's that's another type of exposure that is brand new in this environment where we used to have a certain amount of cell tower and that was bad enough.

But now with 5G, we really increase and increase increase the well, I say decrease the proximity between the antennas in people's bedroom and then increase the amount of electro pollution in the environment.

So it's really it's really, really important to, to continue measuring, like you mentioned, with, with an EMF meter, measuring your environment and verifying where you're getting these exposures.

Sometimes you might be surprised if you have any EMF meter. You go to an alarm clock and maybe you don't realize you bought this alarm years ago. You don't realize it's submitting emfs, but you know, it could be emitting Bluetooth. A lot of alarm clocks these days.

In fact, probably the majority of them that are being sold will emit Bluetooth, even if you have no intention of using it, of using that Bluetooth to play music or, you know, sync your phone to it or whatever it's doing.

So in that case, you could be turning off Bluetooth or just replace it with a, you know, a dumber type of alarm clock

or just use your phone on airplane mode.

It still works for most apps. So, and that's a common question. You know, if you have your phone on an airplane mode, can you use it that as an alarm clock?

Can you continue tracking your sleep? You can.

Measuring EMFs and Final Resources

Most apps will make you able to still, do the normal things you would do in an app, even on the airplane mode, as far as you know, what you want to do during the night, including the alarm clock, function on any phone.

It always works when offline, which is which is good because, you know, it's becoming more tedious to be, mindful of these exposures. But there are ways around it.

And, part of my mission is also staying on top of these updates. And it's it's kind of a frustrating feel because we're moving as fast as we can in the wrong direction when it comes to EMFs but eventually, you know, by talking about it and realizing that many people are affected, it will start, you know, we will we will start seeing more safer technology that you can purchase.

And this is really where it will become very, very important to vote with your dollars and purchase the health, your versions of your everyday gadgets.

Yeah. Thank you so much. This has all been wonderful. And you've given us such great information and and such good practical tips for things people can do right now.

Because I think that's always people want to know what can I do about it? So start doing some of these things. Go get next book. You can learn all about it.

Can you tell us where else we can have our viewers find you? Nick for sure. Just go to theEMFguy.com You're going to find my book. there's the e-book version.

There's also the paperback. And I have also courses that you can take that are more dedicated to, you know, finding all the sources of emfs in your home.

If you want to go a little bit deeper. And I have a lot of free information that I publish on my podcast, which is called Smarter Tech. Also. Thank you so much, and thank you for joining us today.

Thanks for having me.