



Nick "The EMF Guy" Pineault
<https://emfhazards.com/>
7898 rue St-Denis, Apt. 7, Montreal, QC H2RG21, CA



Sept 30 to Oct 3, 2021

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- Kirkland Newman - [The Link Between Devices, Stress And Anxiety](#)
- Ty Bollinger - [Pet Cancer, EMFs And 5G](#)
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- Dafna Tachover - [Is Big Wireless Lying To The Public?](#)
- Dr. Rashid Buttar, DO, FAAPM, FACAM, FAAIM - [How to Discern The Truth In an Era of Massive Censorship](#)
- Julian Gresser - [How to Use the Law to Fight For Your Rights](#)

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The Shocking History of EMF Science [31:50]

Dr. Magda Havas, PhD – Environmentalist Toxicologist

*The Shocking
History Of EMF
Science*

Dr. Magda Havas, PhD



[Dr. Magda Havas](#) has unveiled 50+ year old documents which prove that authorities have known that EMF radiation is a health hazard. Learn the real truth about EMF science in this riveting interview.

A lot of research from the [1970s Zory Glaser archives](#).

[From Zory's Archive – Dr. Magda Havas, PhD](#).

Even low levels of EMF can affect biological and health.

Electricity

1920s Radio Stations

1940s WWII – Radar developed, microwave radiation precursor to Wi-Fi

Microwaves can heat the body. When body is attacked by viruses temp rises and kills the microbes. By inducing a fever studied radio frequency waves on health.

Shifted to ill health studies. People got sick, headaches, sterility, going bald, cataract development. Testicles and eyes affected.

Tri-council program – US Navy, Air Force, Army – Studied the harmful effects of microwave radiation.

Military - A lot of the research was protected.

Human health is secondary to the use of the microwave radio frequency.

1970s knew back there – there are non-thermal effects – damaged DNA, mutagenic, and can cause cancer.

Impacts reproduction – sperm. Immunological issues.

Global Monitoring – through citizen scientists – GlobalEMF.net

[Global EMF Monitoring](#) Sign up to monitor areas.

[Electrosensitivesociety.com](#) [The Electrosensitive Society – Information about EHS and EMF](#)

[Safe and Sound Pro II RF Meter](#)

Zory's Archives

The History of the Health Effects from RF and Microwave Radiation from the Archives of Zory Glaser



Dr. Zory R. Glaser Ph.D., LT, MSC, USNR
Former U.S. Navy Researcher, NIOSH Manager,
Executive Secretary Advisor to the U.S. FDA

[Click here to view the Archives](#)

Kirkland Newman - The Link Between Devices, Stress And Anxiety

Are you feeling anxious, stressed or depressed on a regular basis? In this interview, mental health expert Kirkland Newman reveals why your tech gadgets might be the culprit.

The Link Between Devices, Stress And Anxiety

Kirkland Newman



Kirkland Newman Smulders | London, England, United Kingdom | Host, The MindHealth360 Show at MindHealth360 | Writer, producer, and philanthropist focused on integrative mental health, education, and the Israeli-Palestinian conflict.

Biochemical stress. Antibiotics, NSAIDS, SAD diet, all damage our gut lining. EMF from all devices. Toxic soup unprecedented.

Dopamine and serotonin - inversely correlated. Short term dopamine from tech devices.

Ty Bollinger – Pet Cancer, EMFs And 5G

We know that humans are affected by EMFs, but it is also the case for animals! Learn how to protect your pets from these health risks.

Pet Cancer, EMFs And 5G

Ty Bollinger



[The 31-Day Home Cancer Cure: Ty Bollinger, Andrew Scholberg: 9781450799737: Amazon.com: Books](#)

[Qi Shield™ | Personal EMF Blocker | Synergy Science™](#)

[Ty and Charlene Bollinger – EMF Madness](#)

Make sure your pets get exercise. Movement keeps you alive.
Drinking filtered fresh water. 60,000 chemicals in the tap water.
Organic food – 20% raw. Turn off the router at night.

You can be healthy by controlling what you can – your food, water, exposure to EMF, sauna every day (45 min), exercise daily.
Be aware of pesticides and chemical plug-ins – they are close to the ground and breathing that all in.

Qi Shield™ EMF Protection

★★★★★



Why EMFs Are NOT Safe For Kids & Teens

Michelle Riddle, OT, R.H.N. – Pediatric Therapist , Holistic Nutrition

Why EMFs Are NOT Safe For Kids & Teens

Michelle Riddle, OT,
R.H.N.



Our kids and teens suffer from more chronic diseases and autoimmune conditions than any other generation before. Could EMFs be one of the factors harming their immune systems and wellness?

Started seeing children before smart phones. There is a big change in the health of our kids. EMFs one of the factors. Toxic world. For boys 1 in 36 Autism – inflammatory markers. Bodies are inflamed and EMFs contribute to that

Cumulative and multi-faceted. EMF – kids have much more susceptibility than adults do. Electrical properties are higher in kids – the absorption of the heads and bone marrow 10 times greater than adults. heads are smaller so the brain is closer to the cell phone. They are growing and red blood cells developing. They are far transporting – close down and the cells are not able to get the nutrients into the body where they need to go and not able to move the toxins out of the areas. Blood brain barrier, is permeable. The EMFs are crossing the barrier. Inflammation is a common factor with all these kids. When we limit exposure to EMFs some of their symptoms go away.

Better sleep and better mood. Less anxiety. If a child is on a screen and getting irritable – Send them outside, bare feet on the ground – Grounding. helpful. They start to improve right away. Can use a foot container of beans for those without access to ground.

Reduce exposure. Online for education, make sure the device is wired – not portable. Limiting exposure with wireless. Cautious with phones and kids. EMF exposure – best to not carry one.

Sleep – the light from the devices impact sleep. Turn off 2 hrs. before attempting to go to sleep. Turning off Wi-Fi at night. These signals interact with our bodies and excitatory.

During sleep is when the body detoxes.

We are not detoxing because we are exposed to EMFs and the world is so toxic.

Genetic susceptibility, as well as heavy metals and toxins in the world. Because of the increase of toxins, more children are showing these symptoms.

Use wired phones, computers, tablets, etc.

After dinner - turn off 2 hrs. before sleep

Go outside, and put feet on the ground.

Adding magnesium – Epsom salt bath before bed.

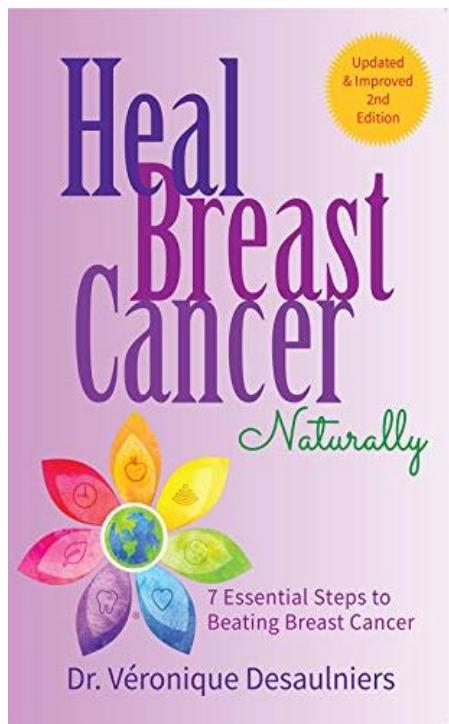


Dr. Véronique Desaulniers - Can Your Phone Increase Breast Cancer Risks? – Chiropractor

More and more people tuck their phone in their bra or keep it in a shirt pocket. Could this behavior increase their breast cancer risk?

Can Your Phone Increase Breast Cancer Risks?

Dr. Véronique Desaulniers



EMFs kill off the benefits of melatonin. Nurses working the night shift and being exposed to the blue light from cell phones and computers – destroys body's ability to create melatonin – which is a hormone.

Essential 6 --
Repair your body with therapeutic plants --
Essential 7 --
Adopt very early detection --
Epilogue : the end is simply the beginning.

Heal Breast Cancer Naturally

First and foremost, I am a woman that was looking for answers, just like you. I have claimed victory over 2 breast cancer journeys. My healing journeys taught me so much about myself and breast cancer in general. These experiences have been stepping stones into creating my first book, Heal Breast Cancer Naturally, Healing Diva Retreats and various coaching programs for women that are looking for support. One out of eight women will be diagnosed with Breast Cancer. One out of 3 women will experience some form of cancer in their lifetime. I was one of those statistics even though I was living a healthy lifestyle that consisted of organic foods, regular exercise, massage, Chiropractic care and colonics. How could somebody like me develop Breast Cancer? That very question led to thousands of hours of research, study, soul-searching and prayer. It all came together as The 7 Essentials – 7 basic steps that are necessary for preventing and healing cancer, or any disease for that matter.

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Circadian rhythm – when off. Get up early and walk before sunrise.

Chromalux full spectrum lightbulbs.

Metal fillings in the teeth are xenoestrogens

MTHFR – not breaking down estrogens properly

<https://breastcancerconqueror.com/>



Andy Mant - Protecting Your Eyes and Sleep From Blue Light Damage

Protecting Your Eyes and Sleep From Blue Light Damage

Andy Mant



Overexposure to blue light is increasingly recognized as a health hazard. Learn how you can minimize the impact it has on your sleep quality and overall health. [BLUBLOX: The Best Blue Light Blocking Glasses for All Ages](#)

iFlux on computer.

Blue light in all your appliances – inside refrigerator. Set by melatonin production by 20 min. Andy Mant is the owner of Blublox and joined us to talk about light today.

Things to do:

Daytime:

Filter blue during day and increase red light. Red light heals the blue light damage. Wear yellow lenses.

Regular sun breaks. Get bare eyes outside and repair damage.

Salt lamp! – gives out a pink light.

Use flux or iris software to reduce blue light from computer.

Sit away from window.

Evenings:

Block 100% of the green and blue light. Best with blue light blocking glasses. 400-500 Wear after sun sets – 2 hr. before plan going to bed. Drops your cortisol and increased melatonin. Salt lamps and flicker free red lights. No light from above in the evening. Eye level. Blue light impacts the skin. Avoid smart lighting – they are run by Wi-Fi. Serotonin in the gut. Eat light after sun set impacts melatonin.

Block out light at night.

The BLUBlox Blog | Shining Light on What You Need to Know

Light and darkness cues – to increase and decrease types of hormones. We have artificial suns – the LEDs – modems, routers, blue LED lights. Tells our body it is daytime. So our cortisol and dopamine levels are continually high. Dopamine system becomes impaired.

Extreme Health Radio: Andy Mant – What Is Blue Light & How Does Blue Light Destroy Your Health? on Apple Podcasts

As many of you know I got into studying light a few years ago. I've been really going crazy studying how and why light affects our health. We talked with Andy Mant about what is blue light and how does blue light destroy our health.

We talked specifically about how light in general affects our mitochondria. When you start realizing that our light environment is more important than the food we eat, you quickly start getting the whole point.

Even food is tied to photosynthetic web and biophotons from the sun. Food is a repository of light. When our cells die, they emit a biophoton light burst of energy (like when a star dies, it emits massive amounts of light) and it's that light that feeds the rest of the cells.

We live off of light my friends. Food gurus will tell you it's about food but it's not, it's about light.

Here's a rough idea of what we talked about..

- Why blue light is bad after dark
- Why blue light is good during the day
- Why it's not just blue light after dark but green light that's bad
- Why blue light in your skin is bad
- Light hacks for your devices, home and work
- Why you should wear sunscreen or sunglasses
- My daily light routine
- Hormones and light

Microbiome Breakthrough: An “Inner Shield” Against EMF Damage? [43:12]

Dr. Marco Ruggiero, MD, PhD

September 30, 2021



Microbiome Breakthrough: An “Inner Shield” Against EMF Damage?

Dr. Marco Ruggiero,
MD, PhD

Dr. Marco Ruggiero has pioneered advanced research in the field of "inner EMF protection" using microbiome science. Learn about these remarkable breakthroughs from these cutting-edge scientists, and learn the truth about how EMFs impact your delicate microbiome.

Meet **Dr. Marco Ruggiero, MD, PhD**, world renowned molecular biologist and radiology specialist with an unparalleled 35 year career. The author of 225 peer-reviewed papers covering cancer, cardiovascular disease, autism, Alzheimer and other neurodegenerative diseases ... to the effects of electromagnetic fields on human DNA, the role of the Vitamin D axis in supporting the immune system ... Klinghardt. Interest in immunotherapy. Spoken at Autism One.

How is EMF polluting the microbiome? Microbiome everywhere including the brain. EMF effect on human cells. Cell phones and electricity – little problems. EMF has an effect on the microbiome.

SpringerLink

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Encyclopedia of Cancer
2012 Edition | Editors: Marshall Saksen

Electromagnetic Fields

Authors: Marco Ruggiero, Stefano Azzoni

Reference work entry
First Online: 20 June 2012
DOI: https://doi.org/10.1007/978-3-642-44875-1_284

Download

How to cite

Definition

Magnetic fields are generated by the movement of any electrical charge. A continuous electric current passing through a conductor creates a static magnetic field, while an electric current changing in time creates a variable magnetic field, which radiates electromagnetic waves spreading around the surrounding space at light speed. These electromagnetic fields enter the living tissue but are known as non-ionizing radiation since they are weak and unable to break molecular bonds. Metals such as iron, zinc, manganese, and cobalt are sensitive to electromagnetic fields that may exert their effects on proteins and cellular components containing these metallic elements.

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Eliminate Gynecomastia

ELISA

Fibrinogen BC Complex

Embryonal Carcinoma

Electromagnetic Fields

Authors

Authors and affiliations

Marc Ruggiero , Stefano Marras

Reference work entry

First Online: 28 June 2017

DOI: https://doi.org/10.1007/978-3-642-44875-1_184

For example, it was demonstrated that the myoelectrical activity of the gut induces the expression of heat-shock protection mechanisms in the cells of gut epithelium as well as in gastrointestinal microorganisms thus de facto altering the delicate balance of the gut microbiome (Laubitz et al. 2006). Considering that the human microbiome is involved in the development and function of all other organs and systems and most notably the immune system (Palm et al. 2015), we hypothesize that the alteration of the microbiome may be one of the mechanisms through which electromagnetic fields, both endogenous and exogenous, exert their biological effects. Thus, the effects of electromagnetic fields on the human microbiome open a new perspective in assessing the risks for health and in preventing them.



EMFs effect the microbiome

[Gut myoelectrical activity induces heat shock response in Escherichia coli and Caco-2 cells - PubMed](#)

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> [Exp Physiol. 2006 Sep;91\(5\):867-75. doi: 10.1113/expphysiol.2006.033365. Epub 2006 May 25.](#)

Gut myoelectrical activity induces heat shock response in *Escherichia coli* and Caco-2 cells

Daniel Laubitz ¹, Alicja Jankowska, Anna Sikora, Jarosław Wolniński, Romuald Zabielski, Elzbieta Grzesiuk

Affiliations + expand

PMID: 16728456 DOI: [10.1113/expphysiol.2006.033365](https://doi.org/10.1113/expphysiol.2006.033365)

Free article

Microwave radiation sickness – explains mystery of sickness of those at embassy.

Skin is the first human tissue – took a mobile telephone from those days – talking for 1 hour.
The gene expression is modified – changes so significant that this article was accepted for publication.

[Exposure to global system for mobile communication \(GSM\) cellular phone radiofrequency alters gene expression, proliferation, and morphology of human skin fibroblasts - PubMed](#)

> [Oncol Res. 2002;13\(1\):19-24. doi: 10.3727/096504002108747926.](#)

Exposure to global system for mobile communication (GSM) cellular phone radiofrequency alters gene expression, proliferation, and morphology of human skin fibroblasts

Stefania Pacini ¹, Marco Ruggiero, Iacopo Sardi, Stefano Aterini, Franca Gulisano, Massimo Gulisano

Affiliations + expand

PMID: 12201670 DOI: [10.3727/096504002108747926](#)

Abstract

Human skin fibroblasts were exposed to global system for mobile communication (GSM) cellular phone radiofrequency for 1 h. GSM exposure induced alterations in cell morphology and increased the expression of mitogenic signal transduction genes (e.g., MAP kinase kinase 3, G2/mitotic-specific cyclin G1), cell growth inhibitors (e.g., transforming growth factor-beta), and genes controlling apoptosis (e.g., bax). A significant increase in DNA synthesis and intracellular mitogenic second messenger formation matched the high expression of MAP kinase family genes. These findings show that these electromagnetic fields have significant biological effects on human skin fibroblasts.



Marco Ruggiero / American Journal of Immunology 2021, Volume 17: 14.24
[DOI: 10.3844/ajisp.2021.14.24](#)

Most prokaryotic cells are sensitive to the killing effects of ionizing radiations and even to weak electromagnetic fields such as those generated by the physiologic electric activity of human cells *in vivo* (Ruggiero and Aterini, 2015). However, certain prokaryotes, such as cyanobacteria, exhibit extremely high resistance to the killing effects of ionizing radiations (Badri *et al.*, 2015). A notable example is represented by *Arthospira platensis*, a bacterium that survives exposure to gamma-rays up to 6,400 Gray units (Gy) with a dose rate of 527 Gyh⁻¹ (Badri *et al.*, 2015) [for comparison, the median human

Marco Ruggiero / American Journal of Immunology 2021, Volume 17: 14.24
DOI: 10.3844/ajisp.2021.14.24

lethal radiation dose computed from data on occupants of reinforced concrete structures in Nagasaki, Japan, is around 3 Gy (Levin *et al.*, 1992)].

arthospira platensis (spirulina) survives exposures to high radiations

Used in the nutrition of astronauts – for EMF – to protect. So close to radiation.

[Praesidium 5G & EMF Shield-Three Months Supply](#)
[| Dr. Marco Ruggiero](#)

\$150/month

[The Invention of Praesidium – Praesidium Life](#)

Ingredients: 90 x 400mg capsules containing a proprietary blend of Fermented Horsetail (Whole Herb) and Spirulina, sugar (<0.5g)*, lemon juice, apple cider vinegar, cultured kefir grains (Bifidobacterium infantis, Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium longum).

Adverse health effects of 5G mobile networking technology under real-life conditions[Link to paper](#)

This article identifies adverse effects of non-ionizing non-visible radiation (hereafter called wireless radiation) reported in the premier biomedical literature. It emphasizes that most of the laboratory experiments conducted to date are not designed to identify the more severe adverse effects reflective of the real-life operating environment in which wireless radiation systems operate. Many experiments do not include pulsing and modulation of the carrier signal. The vast majority do not account for synergistic adverse effects of other toxic stimuli (such as chemical and biological) acting in concert with the wireless radiation. This article also presents evidence that the nascent 5G mobile networking technology will affect not only the skin and eyes, as commonly believed, but will have adverse systemic effects as well.

Toxicology Letters: An international journal for the rapid publication of novel reports on a range of aspects of toxicology, especially mechanisms of toxicity; May 2020; Ronald N.Kostoff, Paul Heroux, Michael Aschner, Aristides, Tsatsakisde

We Have No Reason to Believe 5G Is Safe[Article Link](#)

The telecommunications industry and their experts have accused many scientists who have researched the effects of cell phone radiation of "fear mongering" over the advent of wireless technology's 5G. Since much of our research is publicly-funded, we believe it is our ethical responsibility to inform the public about what the peer-reviewed scientific literature tells us about the health risks from wireless radiation. The technology is coming, but contrary to what some people say, there could be health risks.

Scientific American; October 2019; Joel M. Moskowitz PhD (Director of the Center for Family and Community Health in the School of Public Health at the University of California, Berkeley.)

Biological Entanglement–Like Effect After Communication of Fish Prior to X-Ray Exposure[Download PDF](#)

This paper outlines how the phenomenon of Biological Quantum Entanglement is at play between organisms. This evolutionary mechanism, enabling rapid adjustment and beneficial outcomes, is an important step in Praesidium's ability to support the transmission of radiation resistance to human cells. This paper canvasses quantum biology in detail, while also examining how biological effects promoting cellular protection present in

irradiated fish, (which had been subjected to X-Ray exposure), were also present in unirradiated fish, even though entanglement between the groups of fish occurred before any X-Ray exposure.

Dose-Response: An International Journal; January 2018; Carmel Mothersill, Richard Smith , Jiaxi Wang, Andrej Rusin, Cris Fernandez-Palomo , Jennifer Fazzari, and Colin Seymour

Electromagnetic Fields and Cancer[Download PDF](#)

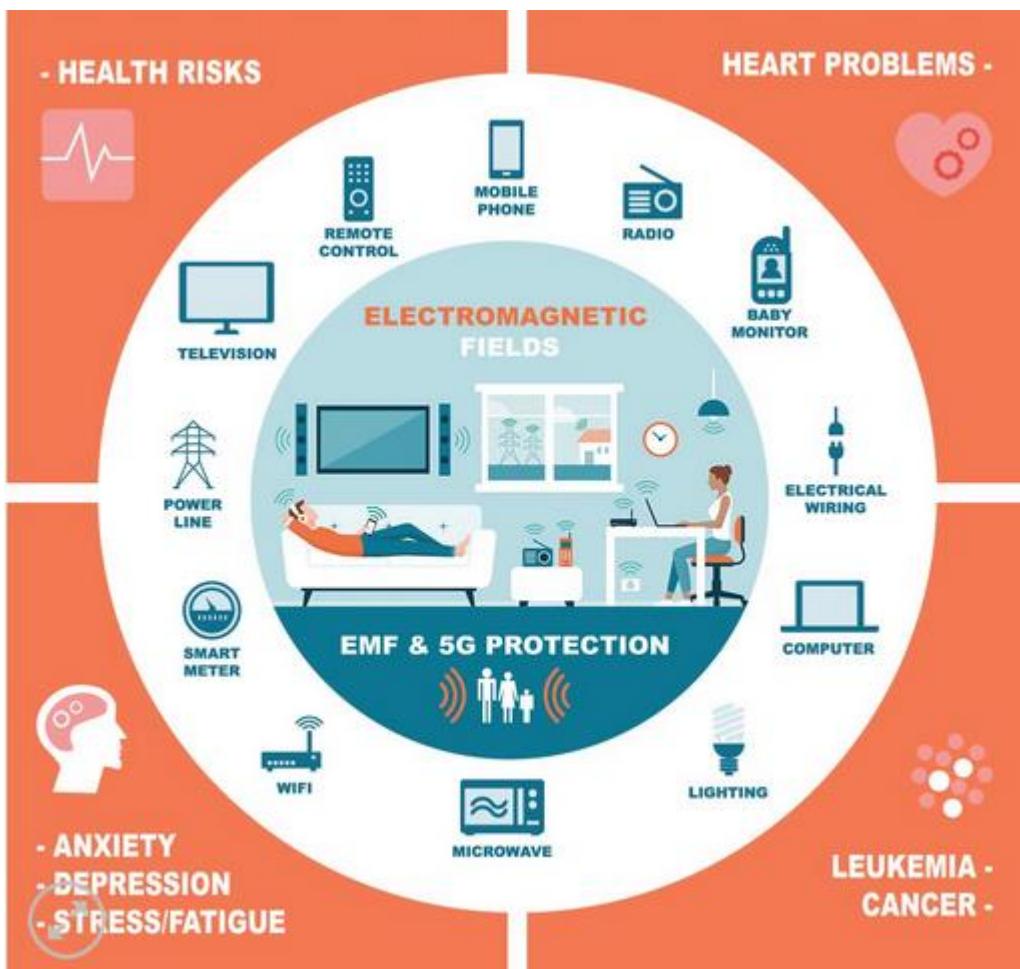
This entry in the prestigious Encyclopedia of Cancer examines various studies involving EMF fields and cancer. The entry outlines how electromagnetic fields, even of minimal intensity, modify the human microbiome, and that this may be one of the mechanisms through which electromagnetic fields exert their biological effects. It further discusses how functional foods containing probiotics (such as Praesidium) for the prevention and treatment of cancer will have to take into account the effects of electromagnetic fields on the human microbiome.

Encyclopedia of Cancer; September 2015; Dr Marco Ruggiero MD. PhD, Dr Stefano Aterini MD. PhD.

Exposure to global system for mobile communication (GSM) cellular phone radiofrequency alters gene expression, proliferation, and morphology of human skin fibroblasts[Article Link](#)

This paper describes the effects of the electromagnetic fields generated by cell phones on human DNA. Human skin fibroblasts were exposed to global system for mobile communication (GSM) cellular phone radiofrequency for 1 h. A significant increase in DNA synthesis and intracellular mitogenic second messenger formation matched the high expression of MAP kinase family genes. These findings show that these electromagnetic fields have significant biological effects on human skin fibroblasts.

Oncology Research Featuring Preclinical and Clinical Cancer Therapeutics, Volume 13, Number 1, 2002, pp. 19-24(6); Pacini, S., Ruggiero, M., Sardi, I., Aterini, S., Gulisano, F., Gulisano, M. 1





Marco Ruggiero MD, PhD

MD, PhD,



• USA

Speakers

Microbiome and Autism

Microbiome

Autism

Marco Ruggiero, MD, has a PhD in Molecular Biology and a specialization in Diagnostic Radiology. He served in the NATO Army as Medical Officer. In 1984-1986 he worked at the Laboratory of Cellular and Molecular Biology of Burroughs Wellcome Co, where he published a paper in PNAS sponsored by Nobel Laureate Sir John Vane. He worked at the National Cancer Institute of the NIH where he performed research on oncogenes and signal transduction. He was then Professor of Molecular Biology at the University of Firenze until his retirement in 2014. He collaborated with the late Dr. Bradstreet on the diagnostics and therapeutics for autism and they published two papers in major peer-reviewed journals. One of these proposes a breakthrough hypothesis for autism. The paper is in the open domain at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2673378/>.

EMF + heart rate variability
Low HRV is a predictor of mortality.

EMF + sleep

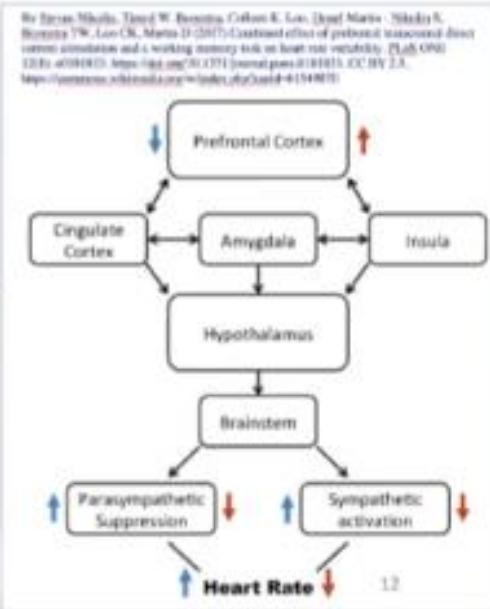
High HRV increases parasympathetic activity and good sleep

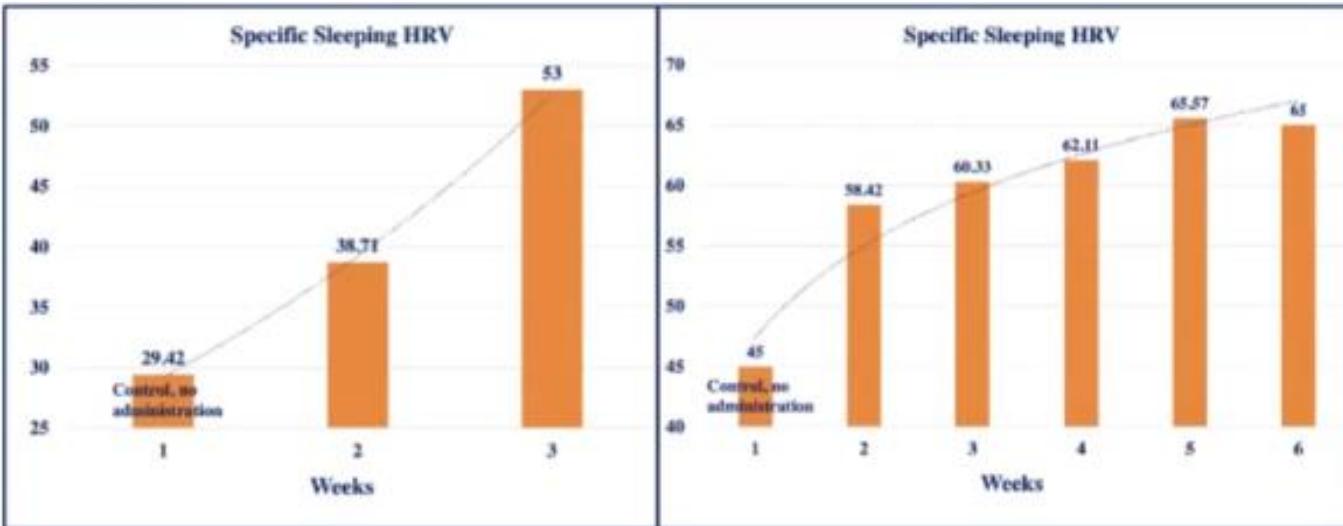
EMF affect Heart rate variability (HRV)

By Steven W. Wilson, Timothy W. Resnick, Colleen K. Lee, David Marin, Shikha S. Bhatnagar, T.W. Lee, C.R. Martin (2017) Combined effect of prefrontal transcranial direct current stimulation and a working memory task on heart rate variability. *PLoS ONE* 12(3): e0171083. <https://doi.org/10.1371/journal.pone.0171083> CC BY 4.0. <https://creativecommons.org/licenses/by/4.0/>

Heart rate variability affected by radiofrequency electromagnetic field in adolescent students

- **Heart rate variability** is the physiological phenomenon of variation in the time interval between heartbeats.
- Reduced HRV is a predictor of mortality.
- A range of conditions is associated with lower HRV, including congestive heart failure, diabetic neuropathy, post-cardiac-transplant depression, susceptibility to SIDS and poor survival in premature babies, fatigue severity in chronic fatigue syndrome.
- HRV decreases under conditions of acute time pressure, emotional strain and elevated anxiety state.
- High HRV reflects increased parasympathetic activity; low HRV reflects increased sympathetic activity.

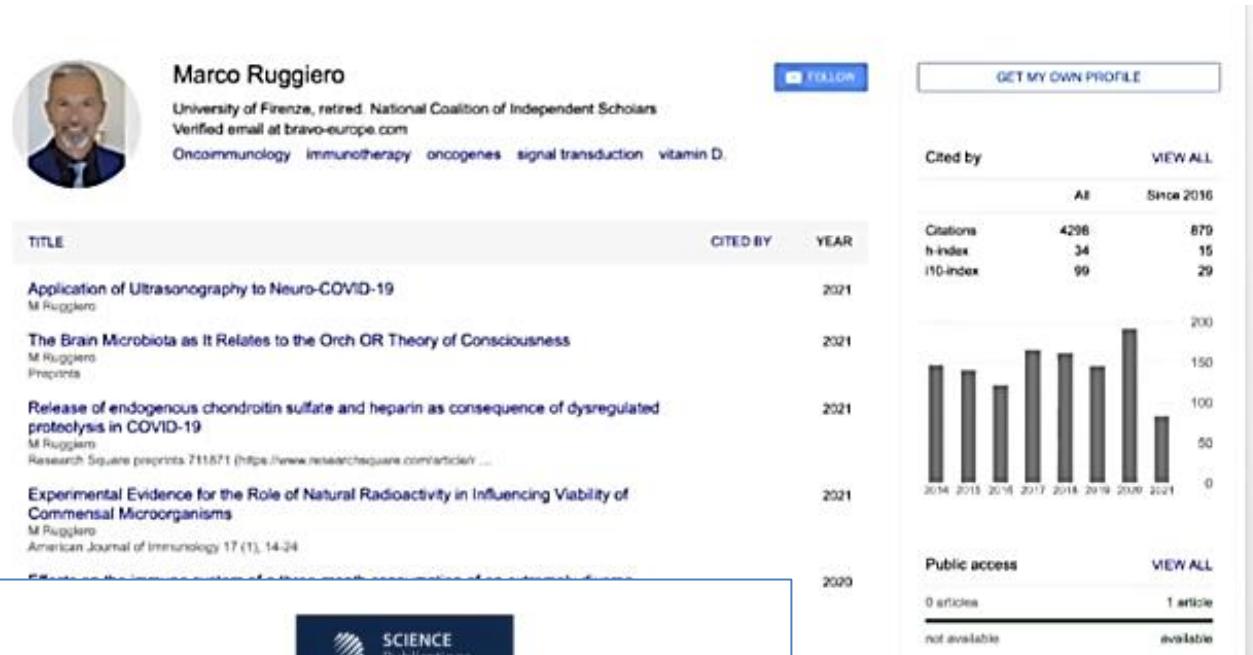




These subjects, who were exposed to common environmental electromagnetic fields (house appliances, wiring, wireless communication devices), observed significant increase of Heart Rate Variability (HRV) associated with regular consumption of the supplement.

Marco Ruggiero / American Journal of Immunology 2021, Volume 17: 14.24
DOI: 10.3844/ajisp.2021.14.24

[Dr. Marco Ruggiero - Google Scholar](#)



[Experimental Evidence for the Role of Natural Radioactivity in Influencing Viability of Commensal Microorganisms | American Journal of Immunology | Science Publications](#)

The 5G Impact on Your Health and What to Do About It [29:23]

Prof. Olle Johansson, Ph.D. (Stockholm, Sweden)

September 30, 2021

The 5G Impact On Your Health & What To Do About It

Prof. Olle Johansson,
PhD



The installation of new "5G" (fifth generation) cellular networks have stirred controversy around the globe. Learn how 5G might impact your health, and how you can protect yourself against this new environmental threat.

Health and biological effects. No reason to believe that 5G is safe. Before 1979 studied the effects of various microwaves – used today for communication. Open the blood brain barrier. Don't want to do that.

Not a question of danger – who is going to pay for all the claims in the future.

No one takes any responsibility for any reactions from any EMF activity. Wi-Fi, routers, etc.

In rats and mice – a carcinogen – brain tumors. DNA double spiral was harmed – since 1980s. Always known, but not to consumers.

Search - WHO brain tumors "cell phones"

Where is all that documentation that 5G is safe and therefore we can rule it out.

Former president of Norway – very EMF sensitive – 350 M are hypersensitive – epidemic proportions – a handicap. May save you from long-term EMF damage – neurological, cancers.

Doing as good as they can – not making much progress

Laptop, tablets, and smart phone are not safe. They emit electromagnetic frequency emissions.





Nick "The EMF Guy" Pineault
<https://emfhazards.com/>
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Dr. Christine Schaffner - [EMFs & Chronic Disease: The Hidden Link](#)

Nick "The EMF Guy" Pineault - [How To Find Out If You're Electrosensitive](#)

Josh Del Sol - The Hazards of Smart Meters & How To Tame Yours [49:10]

All around the world, utility companies have been replacing old analog meters with so-called "smart" meters -- an important source of sleep-disrupting EMFs. How can you protect yourself?

The Hazards Of Smart Meters & How To Tame Yours

Josh Del Sol



Documentary: [Watch free: Take Back Your Power, an award-winning documentary by Josh del Sol](#)

AMI meter, digital wireless records digitally and communicate with smart appliances throughout your home and transfers from house to house to a hub and goes back to your home. Electricity, gas, and water meters. Traditional analog meters – SMART can't see it working. Being installed with implied consent of the homeowner

Five areas of harm from Smart Meters

1. [Health](#) 2 problems – pulse every few min. to sec. Higher than building biology, safety guidelines – informed by industry values – not science. Toxic source of radiation. Contributes to dirty electricity. Ground voltage is higher in area where meters have been installed.

2. [Cost increases](#) a) on utility bill 10-30% – measuring unusable and useable energy; and b) massive taxpayer-funded government expenditures

3. [Privacy](#) and loss thereof What is being used in the home is tracked back through the smart meter since 2010. Against the 4th amendment in the US. Michigan the judge ruled that if you accept the smart meter, coercion

<https://www.inpowermovement.com/> – private membership do notice of liability properties

<https://lenasfabulousfrequencies.com/> – notice of liability

<https://freedomtaker.com/>

EMFhelpcenter.com

There are remedies. Continue to search to remove yourself from agreements you no longer want to be bound to. Clean up environment – EMF safe and then you can clean up your neighborhoods.

Form local groups – best to show up as groups for weight. They say you cannot opt out – you can fight for these rights so you are not irradiated. Julian Gresser, Esq. talks about **How to Use the Law to Fight For Your Rights** in another presentation.

Get the EMF meters to use as evidence. Send letter

Del Sol hosted the 5G summit in 2019 & 2020, speaker Magda Havas started [Global EMF Monitoring Network](#) – project to measure and monitor RF values everywhere.

4. [Hacking Vulnerability](#) – Smart meters open up your data to hackers.

Smart leader, smart grid – opens up our grid, creates a real hacking vulnerability. Anyone with the appropriate technology could hack your information.

5. [Smart Fires](#) – They cause fires, explosions. Still events coming – causing from these devices. In Stockton, CA a vehicle hit a smart meter pole and simultaneously caused 500 smart meter explosions and fires. People have died Reno, home fire in which people have died. Covered up.

Smart meters and plastic and silicon, analog meters are glass and metal designed to ground. Smart meters are designed to explode.

In 2020, a surge depression device is now required at the panel.

Cheap electronics, installation of electronics that don't work. Far from acknowledging health issues.

Plug in filters – won't be sufficient to address the smart meters.

Science Tamer – Plugs into your panel.

Has an e-Book leaned heavily on [Building Biology Institute](#) and [Oram Miller](#)

Download here: [7 Essential Ways to Make Your Home Safe from 5G & EMF Radiation](#)

Engage your utility, Letter, Phone call, email I don't want one on my house – [APS charges \$60/year]

Clean up the dirty electricity.

Mitigate the wireless. What fabrics and materials are most effective.

CURRENTLY FOCUSING on GETTING OFF THE MATRIX

What can I produce (food, education)

How can I connect more – interconnection and connecting with families, neighbors

How can I minimize the leverage the matrix system has on me

We can do a notice of liability

Utility CEOs have resigned when they receive a notice of liability

Helping people investigate for themselves the legitimacy of how to get out of the matrix

How did I entrust my situation to the system and the gatekeepers – internal process

Releasing the fear – soul integration on this journey

Taking responsibility for everything in your life

Take charge, stop being victimized from everything, If you can't find anyone doing this then you are the one who is to start this.

Dr. Tom O'Bryan - EMFs & The 4 Pillars of Autoimmunity [23:55]

Autoimmune conditions are rampant. Could EMFs be one of the factors making our immune systems so confused? Dr. Tom O'Bryan, one of the foremost experts on autoimmunity, explores this controversial topic.

EMFs & The 4 Pillars Of Autoimmunity

Dr. Tom O'Bryan



In 1979 learned from Dr. Sheldon Deal about EMF. First year medical student. Sheldon Deal walks up to TV with a bar magnet and the picture goes upside down, walks back and the picture turns around. Repeats. Then tells the class that what electromagnetic activity does to your brain – it turns it upside down, it called neurological switching. Those are people who transpose letters, write letters upside down, say right when you mean left. Cross-crawl exercise. Something about EMF that throws our bodies and brains out of balance. Children living under high-power electrical tension wires have higher incident of cancer. Cell phone might not work there.

Now 100s of studies of possible electromagnetic pollution. These things are escalating. In new book – [You Can Fix Your Brain](#). Structure (mechanics, chiro, orthotics, bones and muscle) biochemistry (foods, nutrition, drugs), emotional/spiritual, electromagnetic. When one is out of balance can be a trigger.

Kids got better when addressing the EMFs. – Move the alarm clock from the table.

Swiss Mountain Clinic in Switzerland – 60-70% the cost of others. The best place in the world. Built on an ancient Druid site. No wireless anywhere on the premises. Sign agreement when you come in to not carry a cell phone with you. Young girl would have seizures from EMF. In a wheelchair, stood up to look at the view. There was a mother and teenager was on the phone and the girl went into a seizure. Different level of sensitivity.

Look at the four areas if you are not progressing with your health improvement. Structure, biochemistry, emotional, electromagnetic. For some people the electromagnetic is most important.

Many don't look for it and miss it.

Hard to believe that some people can become bedridden with one breadcrumb from celiac disease. In Italy there are 36 centers designated by the government as "gluten-related disorder centers" Gastro issues, psychiatric, pediatric... If you get a diagnosis from one of these centers that you have a gluten-related disorder, you get some tax relief on the food you have to buy. Doctors will send to these centers if they have a gluten-related disorder so the patient can get some tax relief. 15,000 people info pooled and 93% had gluten sensitivity, 7% had celiac disease. Most doctors don't understand that if you have a reaction to wheat you don't necessarily have celiac disease.

Doctors are historically behind the times in EMF sensitivity and how it might manifest. There is so much science on that. Dr. Martin Pall – prof. emeritus of biochemistry. (Dr. Martin Pall: [5G Criminally Insane Electromagnetic Fields \(EMF\) Fry Living Things](#)) 8 distinct types of harm from EMF. The first one attack our nervous system, including our brains, ...

Gluten – affects your brain, gut, joints. May not feel it. Same with EMF. You don't know because it is not causing an immediate reaction for most people. So you have to check.

Autoimmunity and brain health. [Dr. Tom O'Bryan website](#)

Dr. Jack Wolfson, D.O., F.A.C.C. - Can EMFs Weaken The Heart? (22:36)

If cell phone radiation is increasingly linked with brain tumors... What can it do to your heart? In this session, Board-certified cardiologist Dr. Jack Wolfson reveals the often ignored link between EMFs and heart issues.

Can EMFs Weaken The Heart?

**Dr. Jack Wolfson, D.O.,
F.A.C.C.**



In Arizona. [Natural Holistic Cardiologist | Wolfson Integrative Cardiology](#) Holistic Heart Care

You Can Reverse: Atrial fibrillation, High blood pressure, High cholesterol, Artery blockages and more, without pills or surgeries.

In traditional cardiology training – focus on medications and surgery only

See it all the time – cell phone in front shirt pocket. 65 yr. old man. Cell phone on top of his heart. Put the cell phone somewhere else – turn it off. Why would we think this electromagnetic device sitting on your heart wouldn't impact you.

If you disturb the electromagnetic field of the heart from outside sources of EMF you will suffer the consequences. First symptom is a heart attack for some.

Apple/phone manufacturer putting in a magnet in phones. People put next to a pacemaker and impacts its ability to work.

Eliminate the route cause first. One of recommendations – get more sleep. Ancestors went to sleep when sun went down and woke before dawn. Lack of sleep – nervous system controls blood pressure, coronary plaque, atrial fibrillation. EMF drives so much of that. Lower your exposure.

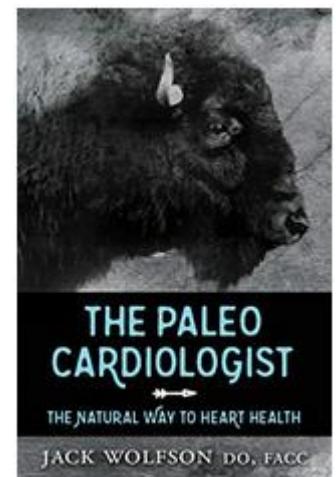
Three strategies

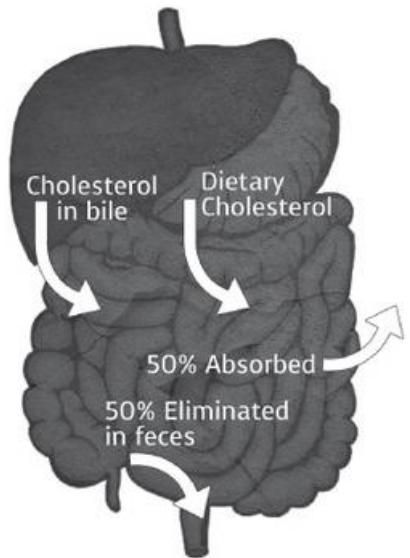
1. Go to sleep earlier, preferably shortly after sundown
2. Turn off the Wi-Fi at night and even the circuit breaker to the bedroom at night
3. Get your phone out of the bedroom. A lot of people use phone as an alarm clock. Has a standard wrist watch with a glow in the dark on the hands.

We teach children out of the womb what is right or wrong. Stop being friends with children and start being parents – Explain the technology and how lack of sleep and how it causes issues with brain, heart, and think clearly and be productive and be good at athletics.

Teaching the children and protect them – their health – they do not need cell phones, video games – a crises for the future. They need to be playing, coloring, be outside.

[The Paleo Cardiologist: The Natural Way to Heart Health by Wolfson, Jack](#)





* **LIVE WELL:** Decreasing sugar intake is one of the best ways to control excess cholesterol.

out of the adrenal glands like oil in the Gulf. Its primary functions are: to increase blood sugar (critical in times of stress); balance the immune system; and aid in fat, protein and carbohydrate metabolism. Cortisol maintains blood pressure and is important for stomach acid secretion. If the stomach does not produce enough acid, digestion is poor, and nutrients are not absorbed. The consequences are staggering. Cortisol production is markedly diminished in many people because of poor nutrition (sugar and caffeine), chemicals, lack of sleep, and chronic stress. By trying to decrease cholesterol, we are tying both hands behind the back of the adrenal gland and limiting the creation of cortisol.

Aldosterone is another vital hormone, and is responsible for salt retention in the kidneys. We are all taught salt is bad, but I assure you, we cannot live without sodium. Despite all the negative press, sodium is a precious element. Salt (or sodium) retention is responsible for blood pressure maintenance: No pressure equals no life. Guess where aldosterone comes from? Yep, our friend cholesterol.

* **LIVE WELL:** Cortisol is the energy hormone that comes from cholesterol.

Thyroid hormones T3 and T4 are responsible for

body wants to produce testosterone. The liver makes it and packages it up in the LDL carrier, or LDL “bus” as I call it. (More on LDL in Chapter 2). I am not saying all erectile and libido issues are related to cholesterol, but I am saying the body needs cholesterol; therefore, lowering cholesterol does not seem to be in the best interest for someone looking to increase sex hormone production.

The female sex hormones progesterone and estrogen come from—you guessed it, our friend cholesterol. Progesterone is produced in the ovaries, adrenal glands, and in the placenta during pregnancy. It is a crime for a premenopausal woman to be put on a cholesterol reducing pharmaceutical, since we have no idea if this affects fertility or fetal development. After menopause, sex-hormone production decreases and is largely responsible for symptoms. It seems to me we would want cholesterol around to form these hormones and minimize hot flashes, low libido, and a general cantankerous attitude towards unfortunate husbands (ha-ha). There is a lot of controversy regarding post-menopausal hormone prescriptions, but there should be no confusion about letting the body produce what it naturally wants without inhibition by cholesterol reducing drugs. Could a vegan diet, void of cholesterol,

temperature maintenance, cell metabolism and energy. Symptoms of low thyroid include constipation, poor sleep, dry skin, and weight gain. These hormones are actually made from the amino acid tyrosine and iodine, not cholesterol. I am discussing the thyroid here because the follicular cells in the thyroid responsible for hormone production all contain cholesterol (as does every cell in the body).

Are you getting the picture yet? The drug companies and their doctors on the payroll are demonizing this critical molecule, yet as discussed, cholesterol is crucial for living a healthy life. But wait, cholesterol does so much more.

Most people heard the news that vitamin D is essential for health. It builds strong bones, normalizes blood pressure, boosts immune function, and decreases the risk of cancer. How is it made? Cholesterol travels through small vessels in the skin where sunlight converts it into vitamin D. Vitamin D then requires optimal liver and kidney function to be converted to a useable form. Vitamin D is very easy to measure and I prefer my patients achieve a level higher than 50 (more in Chapter 16 about vitamin D supplementation). Some people make vitamin D but it doesn't function because of a genetic defect. Is your doctor testing you for this

Dr. Daniel Pompa - How To Reduce EMF Sensitivity With Real Detox [27:48]

Most electro sensitivity sufferers are found to have high loads of environmental toxins in their blood or tissues. In this session, Dr. Daniel Pompa shares how you can detox your body from these toxins and start your journey to recovery.

How To Reduce EMF Sensitivity With Real Detox

Dr. Daniel Pompa



Overcame heavy metal issues. Trained as chiropractor.

50% of clients he sees have EMF sensitivities. – Neurotoxic in nature.

[**Detox Supplements & Natural Health Store – Revelation Health LLC**](#)

[**The Cellular Healing Diet**](#)

[**Beyond Fasting: A Cellular Solution to Break Through Weight Loss Resistance, Slow Aging, and Get Well**](#)

Went to Flint to educate doctors on how to detox lead and heavy metals. The doctors were only testing the blood and declaring people well when the lead had gone deep into the body. Lead from the water went from the blood into the brain, into the bone, deep into the tissues. The more lead the lower the IQ and higher violence. Have to detox strategically.

Got life back by getting toxins out of brain. Anxiety was gone. Gut was fixed.

Sensitives remain – some worse. Limbic system. Amygdala – job to save life. Be careful you can die here.

Upregulate stress reaction. Had to retrain that part of the brain. Put a stop to it. Stop the response. Rewire the brain. Neuroplasticity.

Dynamic Retraining System - \$300 online. Neural retraining.

Problem with allopathic medicine IV chelation – redistributing the metal into the brain.

Need something that will bind the heavy metals and not let go. Take frequency through the day so that they remain in the blood.

Cytodetox 3 x day

Open up detox pathways. Has to be at a cellular level.

Upregulate. Fix the cell to get well. Methylation pathway. Detox the cells.

Body phase – 1 month.

Final phase – brain phase.

Beyond Fasting book. Oldest healing modality. Intermittent fasting 18 hours a day. First meal at 2 or 3 pm. 4 times a year for 5 days or more he fasts.

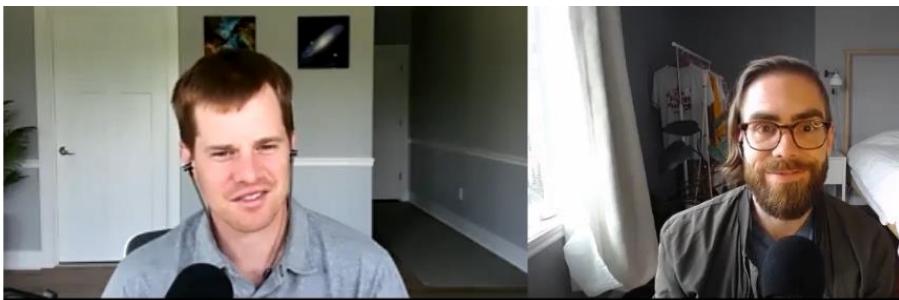
During fast the body eats the bad cells, the bad mitochondria, stimulates stem cells

Evan Brand, CFMP, FNTP - How To Use Your Phone Without Cancer Risks [21:38]

Growing scientific evidence shows that cell phone use increases your cancer risks. How can you minimize these risks and use your phone more safely?

How To Use Your Phone Without Cancer Risks

Evan Brand, CFMP,
FNTP



Had IBS. Functional Health practitioner. "I healed my gut by clearing several parasite infections, SIBO (small intestinal bacterial overgrowth), H pylori and Candida albicans. I restored my Circadian Rhythm and HPA Axis, healing my adrenals and stress response. I fixed the methylation and liver detoxification issues that were causing a stagnant buildup of toxins. I implemented amino acid therapy to balance my neurotransmitters and stabilize my moods. I had 4 cavitation infections in my old wisdom teeth extraction sites which were causing massive systemic inflammation. I had those fixed. I had multiple tick bites with Lyme, Bartonella, and Babesia. Was getting pain in hands. After using phone, hands were hurt more. Went to hardwire connection – hand didn't hurt any more. I found out that I had a major mycotoxin load and have been on a long-term detoxification protocol to resolve the blurry vision, dizziness, and other mysterious symptoms I dealt with. With the ability to ship advanced lab testing kits to your home, wherever you are, there are no limits to the care and symptom improvement you can receive. I look forward to helping you become happier and healthier than you've ever been."

Website: [Evan Brand Better Belly Course | Functional Academy of Medicine & Epigenetics](#) Looks at organic acids. Evan Brand [podcast](#) has 12 M download. Jack Krus interview woke him up to the dangers of EMFs. People underappreciate the power of the devices.

Moved away from EMF – noise as well – cell phone tower. Higher levels from a cell phone scrolling on a social media app, from a cell phone tower.

Walking around with cell phone tower with Apple phones on our wrists. Don't use Bluetooth air pods in ears. Talk over iPhone speaker – plenty good. Even if you don't think you are sensitive, this is not good for your brain, so let's stop it now. For the interview he is using an air tube headset – a rubber tube, connected to a USB microphone which is hard-wired to the computer, which is hard-wired to the Ethernet, which is hard-wired to the wall. Plugs in every room of the house. The router is in another room of the house with the Wi-Fi feature turned off. That's what they have done for 6 years. Don't have a TV.

To watch a movie or YouTube video, put phone on airplane mode. Use a [USB-C to Ethernet adapter](#) put that at the bottom of the phone and use the Ethernet plug and it is fine. Or use a laptop with a USB-C to Ethernet adapter and use a [laptop pad – Defender](#) – and use [air tube EMF-free headset](#). Does all calls from Skype for calls or video – so never has to use phone. And if he does use his cell phone it is on Speaker. Uses a hardwired keyboard.

Distance is your friend – just have your phone a few feet away on speaker you have reduced your exposure. No there are some EMF cases and stickers – just uses distance and Ethernet adapters.

Airplane mode – doesn't emit EMF.

[Safe and sound meter professional meter \(\\$398 Ebay\)](#). Hard time getting Apple computer to turn off Wi-Fi – Two locations.

Wired is also faster. Ethernet cable. Can open only when you need it.

Certain clients have differences in EMF sensitivity. Goal is to make your working and sleeping environments as low in EMFs as possible. Then you will have the resilience to handle the sea of EMFs when you leave your home.

Found out a client had a molding environment. Activates your mast cells – mast cell activation – trauma, co-infections, mycoplasma, then leaking out histamine. Skin issues from histamine from EMF exposure. Got the mold toxin out of her body. The EMF sensitivity went away. Got the adrenal system better. Low histamine diet and got rid of the mold.

EMF symptoms are just more of the symptoms are already having. If you have anxiety, headaches, dizziness, whatever – you experience more and worse around EMFs. More of what you are already dealing with. Maybe your skin gets more irritated. Brain fog and anxiety, gets worse. Don't look for new symptoms – just worse.

If you sleep bad, might sleep worse. Some sleep iPhone under pillow – at least do it on airplane mode – better 20-30 away from bedroom.

Dr. Christine Schaffner - EMFs & Chronic Disease: The Hidden Link [25:45]

Half of Americans suffer from chronic disease, a number that is growing by the day. Could EMFs be suppressing your ability to heal and keeping your body inflamed? <https://www.drchristineschaffner.com/>

EMFs & Chronic Disease: The Hidden Link

Dr. Christine
Schaffner



The role of EMF in chronic illness. An EMF strategy is important to reduce and prevent chronic illness.

EMF – Electro smog and toxicity in our environment. Endocrine disruptors.

Body is always trying to self-regulate and heal. What is creating the blockages? A knowledge of the biofield, energy information that surrounds our body, makes the understanding of how EMF impacts our bodies. EMFs have a detrimental effect on our natural bioelectrical field. EMF has a role as a toxicant, effects of nervous system, affects our mitochondria, our immune system, our microbiome. Impacts to our immune function.

Beverly Rubik biofield How 5G and 4G affect the body. Heart produces an electromagnetic field – informs our brain, our limbic system, our neurology. When in chronic illness, not able to maintain our parasympathetic nervous system well which includes digestion. In a fight or flight mode often. Some people who are EMF sensitive have heart palpitation. EMF can affect our heart rate variability and our electrical field.

Wi-Fi monitor on newborn's face in hospital.

Create a sleeping sanctuary in bedroom for a 7-8 hr. break from all the EMF in our world.

Health is resilience to no matter what comes our way so that we can quickly adapt, respond, and move on rather than being taken down by them.

No cell phone, nothing plugged into the walls, black out shades, measure the environment – shielding paint, block out curtains.

Do not underestimate – safe practices with a cell phone. Never have near body or ear tube headsets. Put it away and off when not using it. Turning off the Wi-Fi at night. Don't have any Wi-Fi or cordless in phone ideally. At least turn off and put away when not in use.

Exclusion Zone Water in our body - H₃O₂ Found inside our cells, inside our lymphatic system, inside our blood, helps to propel flow, hold electrical charge. Sensitive to electromagnetic frequencies, affected by EMF. It can mitigate. Grounding our bodies, be in the sun. Drinking Exclusion Zone Water.

<https://www.drchristineschaffner.com/discovered-4th-phase/>

Christine Schaffner and Water Author of the book Quench, it is more likely that your **water** molecules are going to be affected by EMFs than your other molecules, she says.

Harmonizers – technology. Investigating more into those tools.

Harmonizers are just another additive tool. Eumetrics – put into your shoes and by the pressure of walking on discs – moves electrons. Interfacial system.

How the body responds to light and sound. Body responds with biophotons. The work of [Dr. Popp Biophoton Theory | Fritz-Albert Popp | GermanPhysicist Popp](#) Communicated through the collagen – photomodulation useful to help with EMF.

Sounds – biofield – healing sounds can create more coherent waves - release stuck energy. Dr. Carlos Ventura how the cells communicate with biophotons and biophonons. Sound can be used to activate the stem cells in our body. Sharing this information because they work on a biochemical and biophysical level that combat the stress we get from EMFs.

Cell to cell communication – just scratching the surface how EMF impacts us - chemical, bioelectrical [mitochondria losing power]. No harmonizer will protect you 100% from all substances.

User safer practices around technology. Avoid exposure.

Nick "The EMF Guy" Pineault - How To Find Out If You're Electrosensitive

How To Find Out If You're Electrosensitive

Nick "The EMF Guy" Pineault



**Question #2: Is Electro Hypersensitivity
(EHS) Real?**

Indications That This Isn't Just All "Nocebo"⁹

Bioelectromagnetics. 2016 Jan;37(1):14-24. doi: 10.1002/bem.21937. Epub 2015 Sep 15.

Does electromagnetic hypersensitivity originate from nocebo responses? Indications from a qualitative study.

Dieudonné M¹.

"Overall, symptoms appear before subjects start questioning effects of EMF on their health, which is not consistent with the hypothesis that IEI-EMF originates from nocebo responses to perceived EMF exposure."

9. <https://www.ncbi.nlm.nih.gov/pubmed/26369906>



People get symptoms first and then learn about the EMF exposure. Remove the EMFs and then they feel better.

Dr. Dominique Belpomme's Work¹¹

Dominique Belpomme, Christine Campagnac and Philippe Irigaray*

Reliable disease biomarkers characterizing and identifying electrohypersensitivity and multiple chemical sensitivity as two etiopathogenic aspects of a unique pathological disorder

"Since 2009, we have prospectively investigated, clinically and biologically, 1216 consecutive EHS and/or MCS-self reporting cases, in an attempt to answer both questions. [...] Our data strongly suggest that EHS and MCS can be objectively characterized and routinely diagnosed by commercially available simple tests. "

11. http://www.ehs-mcs.org/fichiers/1454070991_Reliable_biomarkers.pdf



There are biomarkers in saliva, etc. If health status is good, less likely that you are electrohypersensitivity

Estimated prevalence of self-proclaimed electro-hypersensitivity (EHS) in various countries

Prevalence of EHS	Country	Year Of Survey
1.5% ¹⁵⁴	Sweden	1997
3.2% ¹⁵⁵	United States	1998
5% ¹⁵⁶	Switzerland	2004
9% ¹⁵⁷	Germany	2004
11% ¹⁵⁸	England	2004
13.3% ¹⁵⁹	Taiwan	2007
No one knows!	Worldwide	2030

12. Based on the investigations of Havas (2013 – abc.net.au), Hallberg and Oberfeld (2006 – next-up.org) and Hedendahl, Carlberg & Hardell (2015 – researchgate.net)



3% Severe Symptoms, 35% Moderately Affected¹⁴

Rev Environ Health. 2013;28(2-3):75-84. doi: 10.1515/reveh-2013-0004.

Radiation from wireless technology affects the blood, the heart, and the autonomic nervous system.

Havas M.

"I use a conservative estimate of 3% of the population for those who have severe symptoms. [...] Another 35% population may have mild to moderate symptoms of EHS when exposed to electrosmog. People in this latter group can function in an electrosmog environment but may develop headaches or have difficulty sleeping and are living a life compromised by increasingly poor health as a consequence of their exposure."

14. <https://www.ncbi.nlm.nih.gov/pubmed/24192494>



878 Recently Translated Papers On Soviet Workers (1960-1996) Exposed to EMFs¹⁵

Stage 1 (3–5 years after working under SHF exposure conditions): a vegetative and asthenic (fatigue) syndrome were observed. This is characterized by the vagotonic symptoms of vegetative and cardiovascular responses; in addition, bradycardia, arrhythmia, arterial hypotension, responses of skin arteries to histamine.

Stage 2 (up to 10 years of continued work under these exposure conditions) is characterized by the asthenic-vegetative syndrome, often associated with angiodynastic and neurotic symptoms.

Stage 3 (more than 10 years): neurocirculatory dystonia and diencephalic syndrome (neurotic, depressive, psychosomatic complex of symptoms) were observed.

http://kompetenzinitiative.net/KIT/wp-content/uploads/2016/07/KI_Brochure-6_K_Hecht_web.pdf

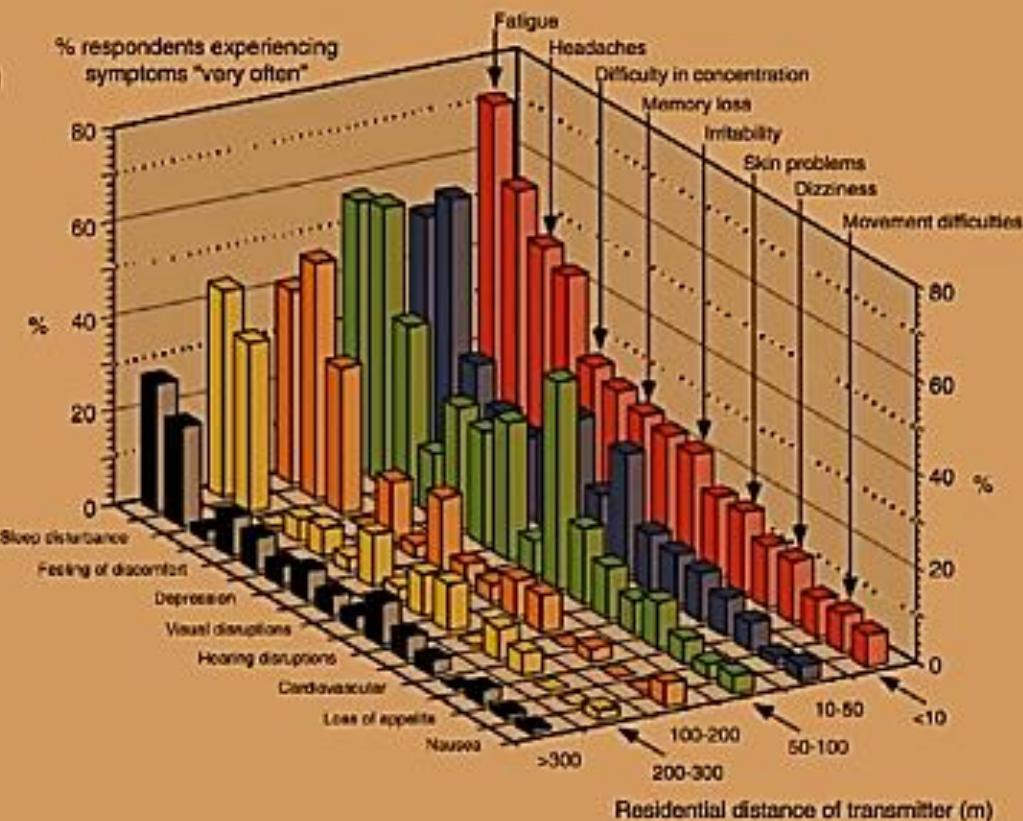
Does It Really Make Sense Calling Symptoms “EMF Sensitivity”?

**Not More Than It’d Make Sense to Call Someone
Who Gets Poisoned By Lead, “Lead-Sensitive”.**

Symptoms 500m or Closer to One Cell Phone Tower¹⁷

Rapid aging syndrome (RAS)
Electro-Hyper-Sensitivity (EHS)

1. Fatigue
2. Sleep disturbance
3. Headaches
4. Feeling of discomfort
5. Difficulty concentrating
6. Depression
7. Memory loss
8. Visual disruptions
9. Irritability
10. Hearing disruptions
11. Skin problems
12. Cardiovascular
13. Dizziness
14. Loss of appetite
15. Movement difficulties
16. Nausea



17. Symptoms experienced by people near cellular phone base stations. Based on the work of Santini et al., and reproduced with the permission of Magda Havas, PhD.

Top 10 Symptoms Experienced By 400 Swedish EHS Sufferers¹⁸

1. Skin problems, 2. Sensitivity to light/eye problems, 3. Tiredness/weakness
4. Heart problems/high blood pressure, 5. Headaches/migraine, 6. Pain in joints/muscles, 7. Dizziness
8. Concentration difficulties, 9. Nausea/general poor health, 10. Memory disorders,
11. Endocrine reactions, 12. Respiratory/lung disorders, 13. Stomach/intestinal disorders,
14. Numbness, 15. "Influenza" /throat problems, 16. Sleep disorders, 17. Hearing problems/tinnitus
18. Tremors/cramps, 19. Anxiety/depression, 20. Haziness/confusion, 21. Fainting/coma,
22. Asthma/allergies, 23. Speech difficulties, 24. Irritability

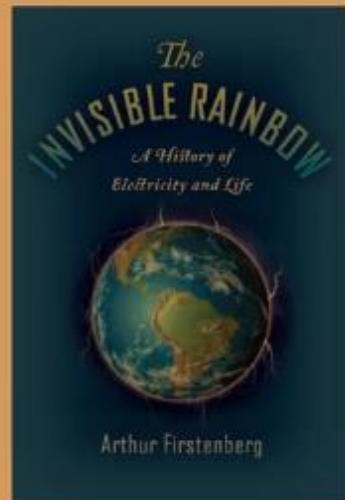
18. <http://www.feb.se/feb/blackonwhite-complete-book.pdf>

Question #5: Why Do Symptoms Vary So Much?

Factor #1

Individual Electrical Sensitivity²⁰

- "What is known to few doctors today was known universally to all eighteenth-century electricians, and to the nineteenth-century electrotherapists who followed them: electricity had side effects and some individuals were enormously and unaccountably more sensitive to it than others." (page 31)
- Humboldt (famous polymath), 1797: "It is observed that susceptibility to electrical irritation, and electrical conductivity, differ as much from one individual to another, as the phenomena of living matter differ from those of dead material."
- Sulman, an MD from Israel, studied 935 "weather-sensitive" patients for a period of 15 years. They found out that 80% of these patients could predict weather changes 12 to 48 hours before they happened. "The 'prophetic' patients were all sensitive to the electrical changes preceding the arrival of a weather change." (page 40)



20. Arthur Firstenberg, *The Invisible Rainbow: A History of Electricity and Life*, 2017. The most brilliant book on EMFs I've ever read. <http://www.cellphonetaskforce.org/buy-the-invisible-rainbow/>

Factor #2

Variability in Triggers & Tolerance

- Different triggers: Magda Havas explains that "some individuals are known to react to specific sources of EMFs, such as cell phones, or utility "smart" meters.²¹ Other individuals cannot tolerate high levels of magnetic fields one would be exposed to when living near high voltage power lines."
- Time of exposure: Some sensitive people can handle a high-EMF environment (such as attending a conference in a highly populated city) for a few hours, or for a few days – until they become symptomatic
- Current tolerance: Patients/Clients who are under a lot of stress from all sources might start reacting more to different EMF exposures. This tolerance has been known to vary greatly depending on how full their "stress bucket" already is at this time of their life.

21. Interview between Dr. Magda Havas and Dr. Joseph Mercola, September 2018. See <https://www.youtube.com/watch?v=hXzVhxPT17o>

Diagnostic Tool #2

EMF Vacation

- Great to convince the whole family that the issue is real
- Preferably camping in nature without electricity or electronic devices
- Avoidance of other people and their own electronic devices is key
- An EMF Meter can be helpful to confirm that the environment is indeed very low in EMFs
- Look for symptoms which improve during the EMF “vacation”, but which come back with a vengeance soon after returning home

Consider "Peter Walsh's Stripped Down Family Challenge" https://youtu.be/ugX_VP33foY
Life organizational expert Peter Walsh shares his seven-day challenge for helping families slow down, clear out the clutter and reconnect with each other. All it takes, he says, is one week and six simple rules.
For 7 days - No computers, no cell phones, no TVs, no microwave, no electronics.



Clearing out Clutter FAST Acronym

F Fix a Time

A Anything you haven't used in 12 months

S Stuff that belongs to someone else

T Trash - that has to go



Nick "The EMF Guy" Pineault
<https://emfhazards.com/>
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Sept 30 to Oct 3, 2021

DAY THREE October 2, 2021

Kim O'Neill Lear - [The Dangers of Dirty Electricity & How To Mitigate It](#)

Brian Hoyer - [How To Shield Your Home Against 5G & Other EMF's](#)

Oram Miller, BBEC, EMRS - [How To Safely Install Solar Panels Without The EMF Overload](#)

David 'Avocado' Wolfe - [Reconnecting With Nature's Frequencies](#)

Dr. Joseph Mercola - [The Top Supplements To Mitigate EMF Damage](#)

Ari Whitten - [How to Boost Your Energy & Mitochondrial Health](#)

Kim O'Neill Lear - The Dangers of Dirty Electricity & How To Mitigate It [40:11]

Dirty electricity is an underappreciated type of EMF that affects most people at home, or at work. In this informative interview, Kim Lear explains how to identify and mitigate dirty electricity, making your home a healthier place to live in.

The Dangers of Dirty Electricity & How To Mitigate It

Kim O'Neill Lear



[Greenwave](#) [What Is Dirty Electricity? Is EMF Pollution Affecting Your Health?](#)

Dirty Electricity is one of four types of EMF pollution. Related to use of electricity. Surges and spikes where only 50 Hz sine waves should be. Cause is the boom of electronics.

Change or manipulate current,

Draws it in bits and pulses

Changing AC to DC (direct current)

Changing voltage – pushing energy through cord

Having to downregulate what comes into to home

Voltage can spread through wiring inside the building and from one building to another through voltage lines. Higher voltage is emitting harmful EMF and radiation. Interfere with equipment and can cause health effects at a cellular level - cancer, diabetes, chest pain or pressure, heart palpitations and arrhythmias, asthma, infertility, ADD/ADHD, behavior/learning problems, concentration issues, memory problems, depression, anxiety and irritability, sleep disturbances, headaches, muscle and joint pain, leg and foot pain, fatigue and weakness, numbness and tingling sensations, itching and burning sensations, facial flushing, tremors and muscle spasms, sinus problems, digestive issues, and more

Take steps to measure exposure and then mitigate. Dr. Magda Havas has lots of science on website about [Dirty Electricity](#).

Plug-in meter: EMI (Dirty Electricity) Meter
\$130.00
<https://greenwavefilters.com/product/emi-meter/>

*15% discount with purchase of 8 or more filters.
Use Discount Code METER15 to receive discount.*

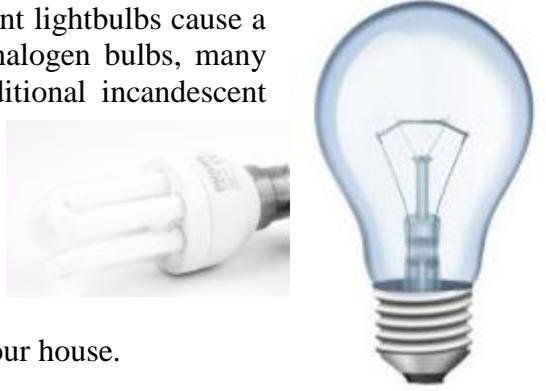
<https://greenwavefilters.com/product/1-bedroom-home-kit/>

1) Can get rid of some sources – extra refrigerator. Do I need this extra TV? Get real – what can I get rid of.

2a) What can I replace that creates less dirty electricity? Energy efficient lightbulbs cause a lot of dirty electricity. Compact fluorescent lightbulbs, low voltage halogen bulbs, many LED lightbulbs (diode) – create dirty electricity – replace with traditional incandescent bulbs or incandescent halogen bulbs.

2b) Light dimmer switches – replace with on-off switch.

3) Reduce use of anything that uses electricity, e.g., computer. When not using them, turn them off and unplug them (turn off the power strip) that prevents the power from traveling throughout the wiring in your house.



4) With those sources that are remaining – create distance. Make sure your favorite chair or what have you is away from sources creating electricity.

5) Filter out dirty electricity that is riding the wiring.

6) Whole house filters target dirty electricity coming from the grid. coming in from a neighbor's house – if you share a transformer can be riding your wires. 2 live supply wires coming into home in North America.

If you have an empty breaker/circuit in that panel, have an electrician come and install some outlets on that particular outlay and then you can install 1 to 2 filters to stop the dirty electricity coming from the grid from entering your home. Then spot filter inside. Install filters as close to source of electricity as possible. Use a T-plug and put in a filter on either side of the power strip holding all your computer equipment.

Try to get electricity down to 50 millivolts. About 12-20 filters in a house. Use meter.

Equipment with variable speed drives – HVAC creates a lot of dirty electricity. Solar inverters. Variable pool and well pumps. Electric car stations. Some are wired directly into the panel. Direct plug in – under development. 2022. More advanced meter for professionals.

Last 15-20 years.

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Brian Hoyer - How To Shield Your Home Against 5G & Other EMF's [31:18]

The 5G rollout is expanding rapidly, and more and more homes are being polluted by these stressful signals. Learn how to shield your home against these frequencies and experience ancestral sleep for the first time.

How To Shield Your Home Against 5g & Other EMF's

Brian Hoyer



Brian Hoyer
Founder of Shielded Healing

My mission? To *shift* people toward **ancestral** habits and habitats **that** awaken dormant **healing** **responses in the body.**
-Brian Hoyer NTP, GG
www.shieldedhealing.com

[Shielded Healing - Reinventing human habitats for optimal health](#)

Klinghardt Academy – Austria consulting. – Offer online course [Free Webinar: 3 Troubling Myths About 5G & Electro-Pollution](#) with Nick Penault and Brian Hoyer.

EMF assessments – installing 5G shields

Ever generation of wireless has become more saturated. No roaming issues now. 4G is completely saturated. Frequencies emitted from your phone 700 MHz to 2,000 MHz 5G Resonant less with the human body, more the skin. May not have a worse biological effect. 5G concerning because towers everywhere and increasing frequencies . More of a saturation. More electropollution. More of a bad thing.

Antenna closer to people's homes.

Solutions that block 5G frequencies (3 & 4Gs). Higher frequency needs line of site from antennas. They are using 3, 4, & 5G to penetrate through your house. Sending more data through the air. How to send to the person to their home.

Aluminum foil on wall creates a resonance that emanates about 2 ft. from the wall. The area in the center of the room okay. After shielding paint on all four walls and grounding of floor, the energy only comes through a few inches.

Items come from Europe where they have been practicing EMF biology for 60 years. Learned from Klinghardt. Helps other doctors. Concern with using sleep canopy – must be of high quality (cheaper versions have had

metal sprayed on and flake off causing you to breathe in at night. The enclosure needs to go 1 foot beyond the bed and needs to be grounded.

Ben Lynch had his bedroom shielded and reports that he and his wife are experiencing deeper sleep. The brain detoxes during sleep.



POWER PERFECT Box A Proven Solution For Smart Meters

A significant amount of evidence exists that raises the following concerns and issues resulting from the installation of a smart meter:

- Introduction of harmonics into the electrical system can result in inefficient power usage and problems with modern electronics
- Increased EMF radiation being emitted by the smart meter and electrical system raises potentially serious health issues
- Increased potential for invasion of privacy
- Increases in electric charges

Installing a Power Perfect Box will help to protect your privacy • Reduce potentially harmful EMF radiation • Safeguard your electronics • Improve audio/video clarity in media equipment • Extend the life of your appliances • Save money on your electric bill

Sonic's Power Perfect Box installs directly on the breaker panel and provides more than protection of your privacy and better health. It will also provide line conditioning, surge protection, phase correction and harmonics reduction.



Shop

Heavy Duty Power Perfect Box Dirty Electricity Filter

\$1,595.00

MODEL

Heavy Duty Power Perfect Box Single Phase HD✓

Oram Miller, BBEC, EMRS - How To Safely Install Solar Panels Without The EMF Overload [32:55]

Solar panels might be greener, but most people don't know they often come with EMF hazards of their own. In this session, learn how to install solar panels safely. In LA. Provides on sight and online healthy homes consulting.

How To Safely Install Solar Panels Without The EMF Overload

Oram Miller, BBEC,
EMRS



[Create Healthy Homes](#) Oram Miller, Environmental Design & Inspection Services
[Education](#) | [Radio/Podcast Interviews](#)

EMF exposures when installing solar panels. Good to reduce dependence on fossil fuels. Problem – Look at that device from the standpoint of the **4 EMF issues** that we recognize in the building biology profession:

1. Magnetic fields from house wiring and the need to ____ grid
2. Electric fields from house wiring and electric grid – unknown
3. Radio frequency transmitters inside and outside the home (5G, smart meters, cell phones, etc.)
4. Dirty electricity – the magnetic and electric field components of higher frequencies above the fundamental frequency of the electric grid which is 60 cycles per second (Hz) Many don't know what Dirty Electricity is. They know you can plug in a meter from [TriField](#), [Acoustimeter](#), [Cornet](#), [GQ EMF](#), [Latnex](#), [TACKLife](#), [Meterk](#), Stetzer, Greenwave, Satic, AlphaLab

Solar Panels:

120 volts come down from the roof through metal pipes. There is a loop back and forth in a loop to the converter. Two rotating fields around the hot and the cold but if you put together they cancel if you have the same amount. Can have point sources of magnetic fields from transformers, and motors, and breaker panels. New transformers plug in and create harmonic frequencies. Anytime there are transient voltages at higher frequencies there will be a magnetic and an electric field component. Magnetic field cancels out – the electric field component 6-8 feet from a hot wire through plastic. Difficult to shield magnetic fields – distance is your friend.

The big EMF from Solar is the Wi-Fi transmitter when you lease from a company. Radio Frequency. Take antenna off and connect to Ethernet cable. Otherwise sending a signal to the router 24/7 Transmitting through the night when the sun was not shining.

Solar panel inverter – The Solar Edge HD Wave recommended. Enphase recommended. Clean by their design. Honest with Electrosensitive clients. Don't think about solar panels – they react to it. Locked into a 20-year lease. Expensive proposition. Don't do it. Taking a chance.

Choose microinverters (not string inverters) Enphase #1.

Minimize dirty electricity throughout house

Minimize devices that create it – dimmer switches, compact fluorescent lights, variable speed motors for energy efficient systems that blow air HVAC, solar panels converters, power tools.

Neighbor has solar panels – and client's house next door was affected.

Using a circular saw on a plywood from neighbor had plugged in. Spike of meter.

Dirty electricity doesn't stay at source. Goes upstream and downstream from the source.

Will spill out goes to the neighborhood transformer going to every home connected to that.

Measure and Mitigation

Plug in filter's help mostly where they are plugged in. May need 2 – one on either side of a room for that whole circuit. Measure.

Whole house unit filter. Satic, Sinetamer . Noble Electronics, RXDNA, Robert Palma,

If you are sensitive, may get help from the Noble Electronics RXDNA - expensive – costs thousands of dollars.

Satic, Sinetamer – wire box. Parallel. Great reduction.

Stetzer and Greenway have plug in filters.

Hire a building biologist. They can do distance consults.

David 'Avocado' Wolfe - Reconnecting With Nature's Frequencies [45:13]

We are increasingly disconnected from the Earth's natural frequencies, these EMFs that our bodies require to thrive. In this deep conversation, David 'Avocado' Wolfe reveals the top ways you can reconnect with these natural EMFs and rapidly improve your health.

Reconnecting With Nature's Frequencies

David 'Avocado' Wolfe



Grounding and Earthing. After computer work takes a cold water shower, body of water, the saltier the better - grounding.

40 biomarkers. Feet on ground, gravel after traveling. Sungazing – the last second of sunset standing on stone, earth, grounding. Reestablishes the circadian rhythm.

Shinrin-Yoku, translated into English as 'forest bathing', means taking in the forest atmosphere during a leisurely walk. It is a therapy that was developed in Japan during the 1980s, becoming a cornerstone of preventive health care and healing in Japanese medicine.

Body is checking for ground every 90 seconds.

Grounding pad very helpful for sleeping. Earthing people have come up with purchase.

The earth has an electromagnetic field – but it is healthy.

Schumann Resonance – pulsation on off. Device is simulating the Schumann Resonance. Once charged, place

Research by Andriacile Hearts in the 60s and 70s Lowers jet lag and car lag Parasites don't like it, organism, or infection. Heals faster. "Zapper"



DavidWolfe.com

[1111 Iceland Documentary](#)
Inspirational
June of 2019

Blue lights in your home – gives you the feeling of jet lags

Disrupts your melatonin production.

Will use it all the way on his drive. Connect to his belt just under belly button.

Blue light program – Blue light removal tools.

Try to use your items when they are not plugged in. Large electrical field.

Turn off your phone if you are not using.

Distance from devices – drop off the square of the distance

Three parts from [DJI](#) Extension Rod and Tripod, and Man fro Clip. Never, ever holds phone. Distance is key.



Tripod on the bottom

Collection of crystals– glue onto the back of your phone.

Research of Gerald Pollack
5th Phase of Water –
intracellular water

A lot of things we still don't know what they do. Biofields. Doctors were recommending smoking 70 years ago.

Yogic Earth, air, fire, and water. Spring water. Hunted down 350 cold springs all over the earth. The water comes out colder than the ground is. An electromagnetic anomaly. Refreshing experience as soon as you drink it. Rejuvenating. Has more energy negatively charged hydrogen falls up towards the sun and oxygen is spiraling down where they meet a little rivulet, creek, spring. Water magnetic cold spot. All devices are inflammatory. Get in the cold water. Find a Spring.com Good resource. Ask around.

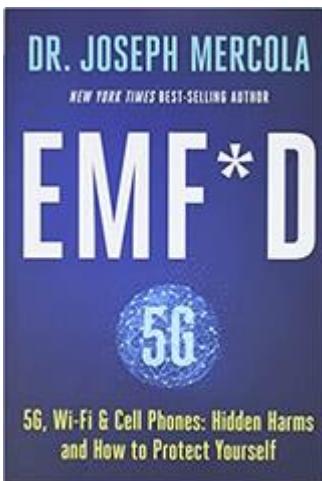
Earth is negatively charged, the heavens and atmosphere positively charged. Hydrogen negative and oxygen positively – we are sandwiched in there. When around all these devices we are getting positive ions – inflammatory, heated. That were the cold comes in. Cold connected to negative ions charge.

Dr. Joseph Mercola - The Top Supplements To Mitigate EMF Damage [26:18]

How can we deal with inevitable EMF exposure, such as the millions of cell towers or satellites being erected all around us? One of the keys may be to use these few key supplements which are thought to help mitigate EMF damage.

The Top Supplements To Mitigate EMF Damage

Dr. Joseph Mercola



Ebook, Electronic Resources, Book

Mercola, Joseph

[EMF*D \[electronic resource\] / Dr. Joseph Mercola](#)

Phoenix Library

- What EMFs (electromagnetic fields) actually are, where you find them in your daily life, and how they affect you
- The toll that EMFs have been proven to take in conditions such as cancer, heart disease, and neuropsychiatric illnesses
- Why you've been largely kept in the dark about this threat to your health
- How you can actually repair the damage done by EMFs at a cellular level
- Practical strategies to protect yourself and your loved ones from EMFs at home, at work, and out in the world

A harmonizer on your phone is not going to be enough.

Six recommendations:

1) Take oxidized **NAD+** (nicotinamide adenine dinucleotide) 12 hrs. away from exercise so you don't stop your own bodies production – no NADH

[Explanation & Studies - NAD Supplement Benefits, Uses, Dosage and Side Effects - Dr. Axe](#)

[Beyond Resveratrol: The Anti-Aging NAD Fad - Scientific American Blog Network](#)

NMN (nicotinamide mononucleotide) a molecule that naturally occurs in cells and, like NR [nicotinamide riboside](#), boosts levels of NAD [Single doses of 100, 300 and 1,000 mg of NR produce dose-dependent increases in the blood NAD⁺](#)

Takes this as a suppository [NAD+Max™ Suppositories - Mitozen Scientific](#)

2) [Molecular hydrogen](#) take 30 min. before exposure to **EMFs** – 5 tablets put in water. Metal Mg. Turn into Mg ions. Drink as soon as dissolved. Taking a high dose 1 x day better than smaller dose more frequently.

3) Take **B3 Niacin** Only need 25 mg. A precursor to NAD [May be in supplements – pellagra from deficiency, dermatitis, dementia, and death]

4) **Eliminate all vegetable oils** – linoleic acid, Omega 6 – Won't get sunburned if not ingesting vegetable oils They cause oxidative damage.

5) **Limit eating to 8 hrs. a day** Intermittent fasting can increase NAD naturally. High protein foods and Keto diets which increase ketone levels, may increase NAD levels

6) Exercise regularly – Can increase NAD naturally. Muscles need this. Can die from frailty – his parents did.

Ari Whitten - How to Boost Your Energy & Mitochondrial Health [37:53]

One of the most important ways to become resilient to external stressors such as electro-pollution is to boost your mitochondrial energy. In this interview, energy expert Ari Whitten reveals the easy way you can start building that resilience and thrive in an EMF'ed world.

How To Boost Your Energy & Mitochondrial Health

Ari Whitten



[Energy Blueprint](#) website

[Podcast - The Energy Blueprint](#)

Big discovery around mitochondria in the last 5 years. **Dr. Robert Naviaux – brilliant**

[Mitochondrial Disease research – Naviaux Lab](#)

Diseases like diabetes, heart disease, chronic fatigue syndrome (CFS), Parkinson, Alzheimer, mental health disorders like bipolar disorder, major depression, and post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), autoimmune diseases like lupus and multiple sclerosis (MS), and childhood disorders like autism, ADHD, asthma, and many more all have been shown to have mitochondrial dysfunction.



Mitochondria are more than the powerhouse of the cells. One of the many organelles in cells.

They are envirosensors. Cell danger spots

Two modes – energy production mode and defense mode – can't do together

Sense change through molecules in body. The following increase inflammation of cytokines: EMF, poor diet, sleep deficit, environment causes, plastics, personal care products, etc.

Focus on hermetic stressors – Stress to build resilience.

Free radicals and damage signal interpreted to grow bigger, stronger. More mitochondria in cell. They handle processes with less damage.

Increase threshold at the mitochondria level

- | | |
|--------------------------|-------------------------------------------------------------------------------------------------------|
| 1) Weight training | 6) Phyto chemicals |
| 2) Endurance training | 7) Sauna – Infrared for people who can't handle excessive heat – traditional sauna for those who can. |
| 3) Breath holding [BEST] | 8) Light exposure |
| 4) Intermittent fasting | |
| 5) Cold exposure | |



[Science – Naviaux Lab](#)

Need help reducing effects of EMF exposure?





Nick "The EMF Guy" Pineault
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Sept 30 to Oct 3, 2021

DAY FOUR October 3, 2021

Robert F. Kennedy Jr. - [Have Telecoms Captured Washington?](#)

Ryan Sternagel - [How to Get Your Neighbors Involved & Be Agents of Change](#)

Flemming Blicher - [EMFs: The Insider View](#)

Dafna Tachover - [Is Big Wireless Lying To The Public?](#)

Dr. Rachid Buttar, DO, FAAPM, FACAM, FAIMM - [How to Discern The Truth In an Era of Massive Censorship](#)

Julian Gresser - [How to Use the Law to Fight For Your Rights](#)

Robert F. Kennedy Jr. - Have Telecoms Captured Washington? [29:39]

Is the wolf guarding the hen house when it comes to EMF regulations? In this stunning discussion, Robert F. Kennedy Jr. reveals how corrupted the FCC has become, and shares ideas on how we can restore democracy.

Have Telecoms Captured Washington?

Robert F. Kennedy Jr.



[Rare, Factual Account of Telecom Industry's Corruption and Deception • Children's Health Defense](#)

Protects the environment. Dark Waters based on his work.

Restoring our democracy

[Captured Agency: How the Federal Communications Commission Is Dominated by the Industries It Presumably Regulates](#) FCC is a captured agency. Just like the understanding that Roundup is cancer causing, the telecom industry needs to be held accountable for

"Former Chairman Newton Minow, enduringly famous for his 1961 description of television as a —vast wasteland, recalls that industry manipulation of regulators was an issue even back then. —When I arrived, the FCC and the communications industry were both regarded as cesspools. Part of my job was to try to clean it up."

FCC is a poster child for the agency capture phenomena. Happens with regulatory agencies with public health, e.g., CDC, FDA, HHS, NIH, pharmaceutical agencies. Brought them up on Monsanto case for non-Hodgkin's lymphoma from Roundup. – huge jury judgements because the jury was so angry was he was able to show the jury internal documents that showed that the head of the pesticide division of the EPA was secretly working for Monsanto and was altering studies, killing studies, so that the public would never know that Roundup was causing cancer and all these other ills.

Well the same thing has happened with telecommunications. Very rich and influential industry. They have trillions of dollars at stake. Their biggest enemy is regulation.

When it comes to 5G. The studies and health effects are very well documented. As well as the link between cigarettes and lung cancer.

Number of injuries, the permeability the radio frequency creates in the brain barriers and destroys DNA and cellular health. Very well documented.

The law needs to deregulate the regulatory agency. We have property rights that are ancient – always been on the books. You can use your property as you see fit, but you cannot use your property to injure someone else or diminish their property values.

The regulating agency has gotten a hold of the senate and congressional committees. Given contributions to chairs of the committees and put their favorites in those positions. Those are the committees that write the budgets with the regulatory agency. Regulatory Agency does what the chair wants – corrupt. Vast tsunami of money goes to these chairs. There are other mechanisms. There are revolving doors. People know that when they vest – their pensions are at the maximum – they can then leave and collect pension in the amount of 50% of their salary from the federal government for the rest of their life. Then they go looking for a job in the Telecom industry. That's when they cash in. They know 4-5 years before they leave they start doing favors for those people in those companies. They lay the pipe for a soft landing when they leave their regulatory position. It contaminates the whole agency. Those are the people running the department, branches of the agency. The people they bring in are people who are going to see what they are doing, learn from it. They bring in people into positions who won't object, who they know they can trust.

It ends up really corrupting the entire culture of the agency. Making the agency an aggressive sock puppet and advocate for industry. So it becomes what we would consider the opposite of a regulatory agency. See this time and time again.

Probably the biggest emblem for agency capture was the appointment of Ajad Pi – radical lobbyist in Telecom industry. Hateful toward FCC, he vowed to destroy the FCC. Dismantled regulations, then left to work in corporation. 10 million negative comments. Works for telecom not American people. Believe his duty is to make money for the industry and not protect people from radiation or unfair business practices. This is what you see in every agency capture. You see a powerful agency that knows it wants to violate central laws in order to make money. Corrupts politicians, subverts regulatory functions, it captures the agency and also disables local democracies.

This is why under Ajad Pi they passed certain laws including the Ozark Rule, so that the telecoms are exempt from local planning laws, zoning laws, and even have exemption so they can harm people with impunity. Don't have to notify the neighbor if you want to put an antenna on top of your house to broadcast radiation. Don't even need a permit. Power of that industry. That is what regulatory capture does.

How do we get out of these captured agencies. Good question – ultimately have to restore democracy. To Kennedy that means getting money out of politics. There was a time in history when we lost democracy. In the 1880s and 1890s was a time when democracy was lost and regained. Time of the Rockefellers who were controlling all the industries and commodities. They were all serving each other on interlocking boards. Appointed by state legislatures and legislatures were all owned by the industry. In the 1900s it was impossible to buy a legislature because Rockefeller had bought them all.

You had a series of democratic reform movements running at the same time. Progressive movement organizing the cities. Teddy Roosevelt came out of that movement. A few good journalists were doing their job. Writing exposés. Able to elect a president who was a reformer. Able to pass a series of bills to restore

democracy. Banned child labor. 40 hour work week. Gave women the vote. Pass taxation, graduating income tax. The rich were taxed and had to pay their fair share.

Then in 2008, a very corporate owned supreme court. In a case called Citizens United. Undid the regulation of a hundred years ago and released a tsunami of corporate money. That was really the beginning of the end of American democracy.

Basically, if you want to run for office in our country you have to have 20-30 million dollars. You get that with millionaires – full-time job talking with those people. You don't have any time to talk with regular people who will be hurt by this type of groups and pharmaceutical companies. You have the richest people in history in league with corporations, the military, and intelligence agencies that are now running our government on behalf of these corporations.

Telecom has close ties with police and intelligence agencies. Part of the narrative is that we need these big 5G networks so that the police can communicate with each other and we can keep an eye on terrorists, and massive data mining and make sure everyone is obeying the law. That's what we are up again. The tools they have for public control are greater than any other time in history. We are in a crisis and 5G is a part of the plan.

They promote 5G as giving people the ability to download things faster. You need to realize that telecom is not putting in 5G to help you. The same reason that oil derricks are placed – to access rich resources. The richest commodity today is data. They already harvest everything from your cell phone and TV set through Alexa.

They hear you cough and try to sell you cough syrup. What they haven't been able to do is transport the data and subject it to analytics on a massive scale. Gates has 1 million satellites in space. Creating a mesh network via Wi-Fi on everyone's house in the country. Literally will target you by facial recognition through your cell phone 24 hours a day. What you like and don't like and provoke you to action. They want to do a massive harvest of data, subject it to analytics and monetize it by selling it to a corporation that wants to sell something to you.

It's not going to make your life better. It will allow them to build AI – They need the 5G to build the driverless cars and harvest your data. Read recently that close to 40% of all jobs now involve driving. If you eliminate all those jobs, then you have a group of people completely reliant on government checks and will do anything they are told to do to comply. Simultaneously they will try to switch us to digital currency. Which means every transaction you make will be traced, will be taxed, will be monetized by a large corporation or bank.

It also means they have complete control over your life. If you do something wrong, if you don't take your vaccine, you don't take your dog for a walk or whatever they want you to do, they will know about it and punish people who are disobedient by shutting off their income flow. Shutting off their access to their money.

So we all have to ask ourselves, even if 5G was going to give us something good – is it worth it because of the cost it is imposing on our public health? We also need to think, what if 5G is not really there to help us? It's what Bill Gates calls it, "The Internet of Things". It allows all your devices to communicate with each other and tell a big shot, like Bill Gates, what you are doing. So he can track you, surveil you, and monetize your data. .

That to Kennedy is as scary as the huge mountains of evidence, tens of thousands of studies that show that 5G is damaging your health, exterminating species. It hurts bees, birds, plants. Basically microwaving nature and humanity. We shouldn't be doing that for culture reasons, for economic reasons. The ultimate objective of the people pushing us into this future is to control human behavior on every aspect. Totalitarian system. What you

say, think, and do. No totalitarian system has been able to accomplish that, but now we have the technology and they will know everything you do and what you think. China already has pre-crime technology. It looks at you as you are walking down the street and reading your facial expressions – that person has something to hide. This is what 5G is bringing us and it is not something any of us can want.

Work the Children's Health Defense has done on the Stop 5G project. Every aspect, tools of advice, adjudication, legislation. Three large cases, one on cell phone tumors. There are 70 of those cases in front of DC Court judges. The industry found a way to freeze those cases for 20 years, but we have figured out a work around. We figured out a way to litigate those cases where they won't be able to stop us. That's a very strong case. And if we win that case we are going to see a flood of similar cases.

We have another case challenging the Ozark rule. Allows your neighbor to put up an antenna on his house without notifying you.

Our final case, and maybe the most important, a case challenging the 1966 regulation. In which FCC said they are not going to regulate the health effects of 5G / radio frequencies, unless someone can show that the radio frequencies is raising the temperature of your internal organs. In other words, it is cooking you inside like a microwave oven. The problem with that rule, we know that damage occurs long, long before the temperature changes. And we know that it doesn't need to get anywhere there before it is damaging your brain, your heart, and your eyes. And so we are challenging that rule. We argued in the Court of Appeals. Optimistic about that case.

Ryan Sternagel - How to Get Your Neighbors Involved & Be Agents of Change

[1:02:45]

Are you frustrated with the 5G roll-out, and about how most elected officials are not standing up to goliath? In this inspiring interview, Ryan Sternagel will motivate you to get involved locally and band with like-minded people to make real change happen in your community.

How To Get Your Neighbors Involved & Be Agents Of Change

Ryan Sternagel



Took out EMF meter when looking for renting a place. Looked at 50 places. Finally landed in Park, Utah where the levels were near zero.

The cancer-proof home. Ultimate Healthy Home Gave this to the community. Want to do the same thing with the world. 5G is a problem.

[Household EMF Sources and Solutions | Cell phone radiation | Wi-Fi | Electric Fields | Smart Meters - The Stern Method](#)

5 Websites: Go through scientific literature of each website

[Environmental Health Trust](#) , [Americans for Responsible Technology](#), [Physicians for Safe Technology](#) ,
[BioInitiative 2012](#), [EMF Portal](#)

PROCESS TO GET YOUR NEIGHBORS INVOLVED

Need a group – Better to be able to say, "I represent 250 concerned citizens." than just show up as one or two. Well I wish there was a group – you are the guy or gal who is going to start the group if you want anything to happen.

1. Topic - Keep it separate from other topics. Might be concerned with glyphosate, general freedom related topics. This group is about 5G and EMF and that is all we are talking about. Then you are having to defend yourself on everything. Muddies the water. Not a partisan issue.

Focus on responsible or safe technology – They may pass over 5G and install 6G.

2. Name for group – keep it neutral, nonthreatening. Summit County for Safe Technology. Want to be approachable. Sound scary and aggressive with fringe name. Don't want to scare people off. Working for the community how can we do the best for the community.

3. Have an Email List – Send out a weekly notice - here are the most important emails and information from this week. Get on other's email list and share in your weekly notice. They want to hear from you and it gets you excited to learn that there are others across the US interested in the same things you are.

4. Members – Starting with one person they knew who was interested in 5G. Have meetings on-ground. If you want to get something done. You need to meet in person. Looking each other in the eye get something done. Have to get excited. Everyone needs more contact. On recruit mode for a while. Each person bring someone else in. Won't get 100% attendance at every meeting. Keep going. Best results with **Telegram** – not everyone wants to be on Facebook. Not exclusive. Moderate – chatting about what we are doing – action steps. Want the kind that everyone can post. Meet every other week to start. Monthly not enough to get anything done. Have a guest speaker, or social in the park. Need a draw. People will volunteer their houses. Don't let something little like that hold you up. You can educate your friends especially if they have small children – shopping, daycare, school, at home.... Bring back one person this week. Add to Telegram channel. Facebook is good to tap into groups – Moms of _____ Community. Make neutral post – who is concerned about this... Send individual request. Facebook is good for diving into community pages you can find. Pick people off one by one there. If anyone responds and seems interested. Huge for me. Send request and invite to get involved. Neighbors – Talk about EMF usage. The neighbor who is considering 5G – Maybe you shouldn't radiate yourself and your neighbors. You are my neighbor. If everyone just knew their neighbors a good place to start. Get a good month or two get your numbers up.

5. Then start engaging with your local councils. Maybe individual city or town if large – small city, county. City Council and County Council and start attending the Council meetings. Zoom was a thing. But if you don't want to sit in the whole thing public comment – written comment. Better to do live comments – want to create a relationship with them. Write out your comment ahead of time and then able to read out your comment. Will sound more confident. Concerned with the health. Your council can't use health as a reason to deny a 5G cell tower, but you still have to make it known that that is your concern. Point them to those resources – would they look into them? I represent a group and get as many of your members to attend at any meeting that they can. Need to keep the pressure on and show your concern. You have a large constituency/ your voters here who want you to look into this. First few rounds of comments at meetings – hey we are concerned with the safety, we are forwarding on these resources. Can you please have a look at them.

6. Engage with other departments or councils. After you go down the road a bit, engage directly with engineering, with zoning, with the legal department. If the council member chooses to engage, they will be engaging these groups as well. But a lot of times a council member will say, I talked to legal and they said

there is nothing we can do, sorry. End of Story. If you can engage with all factors at play – will increase your chances of going further. To take it even further, don't just go to the council meetings, pick out your favorite more receptive guy, the one who seems to have the most interest and ask him if you can take him out to lunch. Part of their job is engaging with the community. Ryan has had long telephone calls with council members, he's had coffee with council members and gone to lunch with council members. If you are really going to make this happen, if you really want to take a stand and make something happen, it takes that level of engagement. It's also nice to feel you are involved in the community. That wasn't my intention starting this. You do get to talk to them about other things. It feels good to be plugged into the community.

7. What Actually to Do: Two of your best resources are – [Environmental Health Trust](#) and [Americans for Responsible Technology](#). Both have good resources to start in their [toolkit](#).

Use their work and build on it. Don't reinvent the wheel. They are a nonprofit and will help you.

Have these baked into your city ordinance

Making it prohibitive because of aesthetics

- Standards on where they are placed
- Set back restriction
- Randomized RF testing – especially if very close to a 5G tower. Random testing – they would fail the test and that is concerning.
- Insurance – These cos are unable to get liability ins. on these towers. Fire hazards, make plants around them up and die, lawsuits from class actions of people who developed cancer after placement of the tower. Financial implication to our community. What happens when a class action suit comes up. Ask the city council: Will it be the city responsible for paying out these awards for having allowed the placement of these towers, or will the company placing the towers be held responsible?
- Insurance brought into the master license agreement. You can push on this on your council. Give them that tool – request insurance.
- Bring into the city ordinance. The telecom company needs to prove there is a gap in coverage. No reason to place the tower if coverage is fine there. Need to be basing it off of existing coverage.
- Have to get either the city or county to step up.

You should have these in your ordinance.

Attorneys: There are a few attorneys that help with these things. You can ask your city council to hire this person. Or if you can't get city or county council on board, then you might pool your resources to hire this lawyer if you need to.

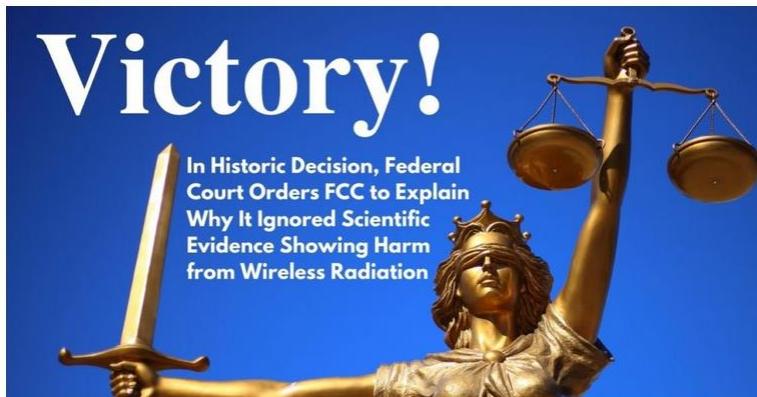
[Broadband International Legal Action Network](#) Int'l group, Julian Dresser, etc. Trying to group all the attorneys interested in doing this work throughout the world.

The American Disabilities Act – can get an ADA case if you are sensitive. Need to be a strong case – if you get a no could set a precedence for others.

EHT WINS IN HISTORIC DECISION, FEDERAL COURT ORDERS FCC TO EXPLAIN WHY IT IGNORED SCIENTIFIC EVIDENCE SHOWING HARM FROM WIRELESS RADIATION

Aug 16, 2021

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Telecom companies have tried to play the digital divide angle. We are playing a service with this digital divide – the less fortunate economically – might not have access --- 5G is expensive equipment just to get access to 5G. Not going after these communities where they are placing these towers.

Diverted a lot of money that was to go to cable and broadband to 5G wireless – Thought it would be less expensive for the company – no trenching. Disingenuous. These companies have a self-serving interest in profits that has been demonstrated. [**The Irregulators: The IRREGULATORS**](#) is an independent, consortium of senior telecom experts, analysts, forensic auditors, and lawyers who are former senior staffers from the FCC, state advocate and Attorneys General Office experts and lawyers, as well as former telco consultants. Members of the group have been working together, in different configurations, [since 1999](#). Telecoms took billions to do broadband to do 5G. These people are not interested in the community, just their pockets. Asking for a solution that is safe for the community.

The Dept. of Defense doesn't like it – going to mess with aviation. If near an Air Force base – might be concerned already – educate yourself and find out how 5G might interfere. Look for an ally in them.

[**Starlink**](#) Satellite company **Starlink**, led by world's one of the richest entrepreneurs Elon Musk, will focus on 10 rural Lok Sabha constituencies ... This is a problem.

[**Broadband International Legal Action Network**](#) offers a PATH to FIND WISE and BALANCED SOLUTIONS for the Global Challenges of Over-Exposure to Electromagnetic Field Radiation. Our goal is to build a safe and resilient 21st Century Critical Infrastructure here on Earth and ... Also looking at the satellite issue. They have an entire webinar about [**Protecting the heavens**](#) with Julian Gresser, Ben Levi, Joe Sandri, Jim Turner. When it comes to these issues, you might be surprised by where you will find allies. If you oppose 5G you might look to experts in cybersecurity. 5G on the Internet of Things – is horrible as far as security goes. Something valid and less controversial than something like health effects.

The pricing of your home may be impacted negatively by the installation of a cell tower near your home. Property may go down in value. That is defensible. These sub-angles if strategically played, it is difficult. Find allies.

Flemming Blicher - EMFs: The Insider View [30:23]

More and more Telecom insiders are waking up to the fact that EMFs are a real health hazard. Flemming Blicher is one of them, and reveals the surprising story of how he found out for himself that this radiation can make you sick. Copenhagen. Website: [**5G, Smart Meter and Electromagnetic Radiation - Safe Electromagnetic Waves**](#)

**EMFs: The
Insider View**
Flemming Blicher



Radio communication engineer Can read and understand most of technical papers. Found out in 2019 discovered the truth. Took 2 nights of research to realize that he had been taken. Still have tinnitus in right ear in particular when he uses mobile phone. Feel SMART meter and phone are connected. May even be

targeted. It's not something you get rid of it. For most people don't realize that the source of their problems in 5G. WHO is in back of 5G – very critical of pandemic announcement. WHO not a friend of humanity.

Important who paid the 20% of the budget – dark background before became director.

WHO has an EMF project with one engineer, who has no background in health. In 2011, a branch of WHO, the Intl Agency for Research on Cancer was able to classify 5G/cell towers as a Class 2 carcinogen. Many thought that wasn't enough and people did everything they could. Trying to delay that this will become a carcinogen. WHO is basically an industry front group. These are regulators A group in Europe, Investigative Journalists did a Icknerp and multiple other agencies around the world said this is an industry cartel. Since that last year cannot find the article.

Tried to visit, but couldn't because they weren't there. They were out doing their real job for the industry. Then just part of this group. Icknerp – not good records.

What did you come across that made you realize these are real issues? [EMF Portal](#) There is so much evidence. All scientific papers are there. Public had to fund the database.

What is happening with these higher frequencies that the industry wants to roll out? 60 gigahertz [5G & 60 GHz - Beam me up, Scotty!](#) 60 GHz is not just-another-5G-frequency! This frequency is both for use in a new WiFi standard, and for use in your home, on street level and on 5G(4G+) network level. Higher frequency are not necessarily more dangerous.

[Introduction - 5 videos on 5G Safety and ICNIRP Guidelines 1998/2020 - YouTube](#)

- 1 - [The story of the ICNIRP Radiation Guidelines](#)
- 2 - [ICNIRP Guidelines are NOT Safety Guidelines!](#)
- 3 - [Thermal vs. Biological harmful effects](#)
- 4 - [A Quick Tour of 5G](#)
- 5 - [5G and ICNIRP 1998/2020 Guidelines](#)

Do you suggest to keep older router and keep older phone? Blicher uses old 2G phones – the signal is less constant than smart phone. Coating the wall in the bedrooms to keep out the 5G and radiation. Cable everything – no Wi-Fi used.

Even if you don't feel the EMFs the body is affected. If you are exposed to the radiation, will impact your antioxidants. Modern city environment full of blue light, Wi-Fi – people are getting depleted more quickly. Unavoidable exposure – people are not informed. Abusively high.

It's a problem. It costs \$10K equipment to find out what goes on above 10 GigaHertz. No safety test being done on the roll out of 5G.

Dafna Tachover - Is Big Wireless Lying To The Public? [35:44]

Several organizations are now suing the FCC over its decision not to review its outdated and deprecated EMF "safety" guidelines. Top attorney Dafan Tachover tells the entire story in this fascinating conversation.

**Is Big Wireless
Lying To The
Public?**

Dafna Tachover



Director of 5G Harm at the Children's Health Defense. [We Are the Evidence](#) Led a Supreme Court case in Israel to limit Wi-Fi in schools. Big case against the FCC. Two lawsuits against FCC. FCC is the federal agency responsible for regulating the health effects of wireless technology. Irony – no one on staff has any background in health. Wireless communications said this was non-ionizing radiation – proven false decades ago. In 2012 accountability office said makes no sense that FCC hasn't published guidelines since 1996. FCC was forced to do a process – inquiry. Docket opened for 6 years. FCC closed the docket saying there was no evidence of harm from cell phone technology – over 900 comments about harm. In 2019 CHD filed a suit against the FCC challenging the decision. Petition for Review. Filed under Administrative Act.

Another case - Over the Air Receiving Devices. – FCC allow to install bay station antennas on homes – no permit, no regulations, violated constitutional rights, property. FCC removed every right. Cannot sue for damages.

Mindfulness – You may like the idea of technology. It is impacting you and others. Violence, messes the brain effects how we think and act. Effects are happening within everything. Your powerful router is making you sick and your neighbors as well.

Mystery sickness diplomats experiences was radiation sickness from microwaves/cell phone towers.

People need to learn and educate themselves.

Educate your doctor, your hospital, every time I see someone wearing an iWatch. 50% have heart palpitations. Don't realize that this is the cause.

Take Action. Need to talk to neighbors – Antennas are coming to your neighborhood.

Need financial support.

30% of the people who are sick they are suffering from radiation sickness.

Dr. Rashid Buttar, DO, FAAPM, FACAM, FAAIM - How to Discern The Truth In an Era of Massive Censorship [51:53]

Controversial topics such as 5G or pandemic-related issues are being censored en masse. In this explosive conversation, Dr. Rachid Buttar argues that censorship is tearing apart the very fabric of medicine and invites listeners to think for themselves.



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How To Discern The Truth In An Era of Massive Censorship

Dr. Rashid Buttar, DO,
FAAPM, FACAM,
FAAIM



Covid-19 Virus Conspiracy? Immunity and 5G: Part 4(b) - Dr. Rashid A. Buttar

Coronavirus-19 is a man-made virus that was created at the University of North Carolina Chapel Hill and then taken to Wuhan, China. The lab in Wuhan where it was released from the lab.

_____ were added to create a very virulent form of this virus called the COVID-19 that then introduced into an environment that's potentiated with 5G that's causing havoc with your cell membranes allowing for permeability of the virus and other enveloped viruses to permeate through the cells. The roll-out of 5G in China, Italy, and Iran correlates with the highest COVID-19 cases. 5G creates leaky cells allowing easier access from the COVID-19 virus thereby infecting and making people very sick.

The reverse is true – the lowest- zero cases was found in West Virginia where there is no 5G. This is a National Radio quiet zone established by the FCC In 1958 to minimize possible harmful interference to the National Radio Astronomy Observatory in Green Bank, West Virginia.

Julian Gresser - How to Use the Law to Fight For Your Rights [58:10]

Can you really fight against a multi-trillion industry? A lot of people are hopeless when faced with such odds. But as you'll learn from attorney Julian Gresser in this interview, there are ways to use the law to make yourself heard, and to claim damage for EMF-related injury.

How To Use The Law To Fight For Your Rights

Julian Gresser



International lawyer. Visiting professor at Harvard and MIT. Author of 8 books. Website: [Integral Resilience: Helping Communities Thrive](https://integralresilience.com)

What rights do people have? when exposed to 5G? You have a right to your bodily safety. The telecom industry does not have a right to kill. If the local ordinance and zoning laws are strong – can through out case. Tower already installed and health effects. Most are moving and claim their rights. ADA rights. You have a right if you or your family is being irradiated. Company to make an accommodation. Refusing to make accommodations. Fair Housing Act

Have to measure

At least one credible condition, Need to Standard of Proof – don't have to say caused by Wi-Fi – Say exposing my patient to this level of EMF is dangerous and interfering with my care.

Lawyer that can put the case together.

What legal remedies do people have? Federal – Ask the court that FCC has not taken a stand.

Get an injunction. Putting this person in peril of life and limb – move away. Antenna on Fire Station - Fire Union said it should not be near people. Made all the fire personnel unable to think clearly and do their job. Putting 5Gs in planes. Don't you want your pilot to think clearly while piloting the plane?

Hands are not tied legally.

How can the public challenge 5G cell phone towers?

Legal privacy rights.

Does the public have any rights on the juggernauts in space?

4 major systems have been hacked.

The public has rights to be informed – need to show how they reached their decisions.