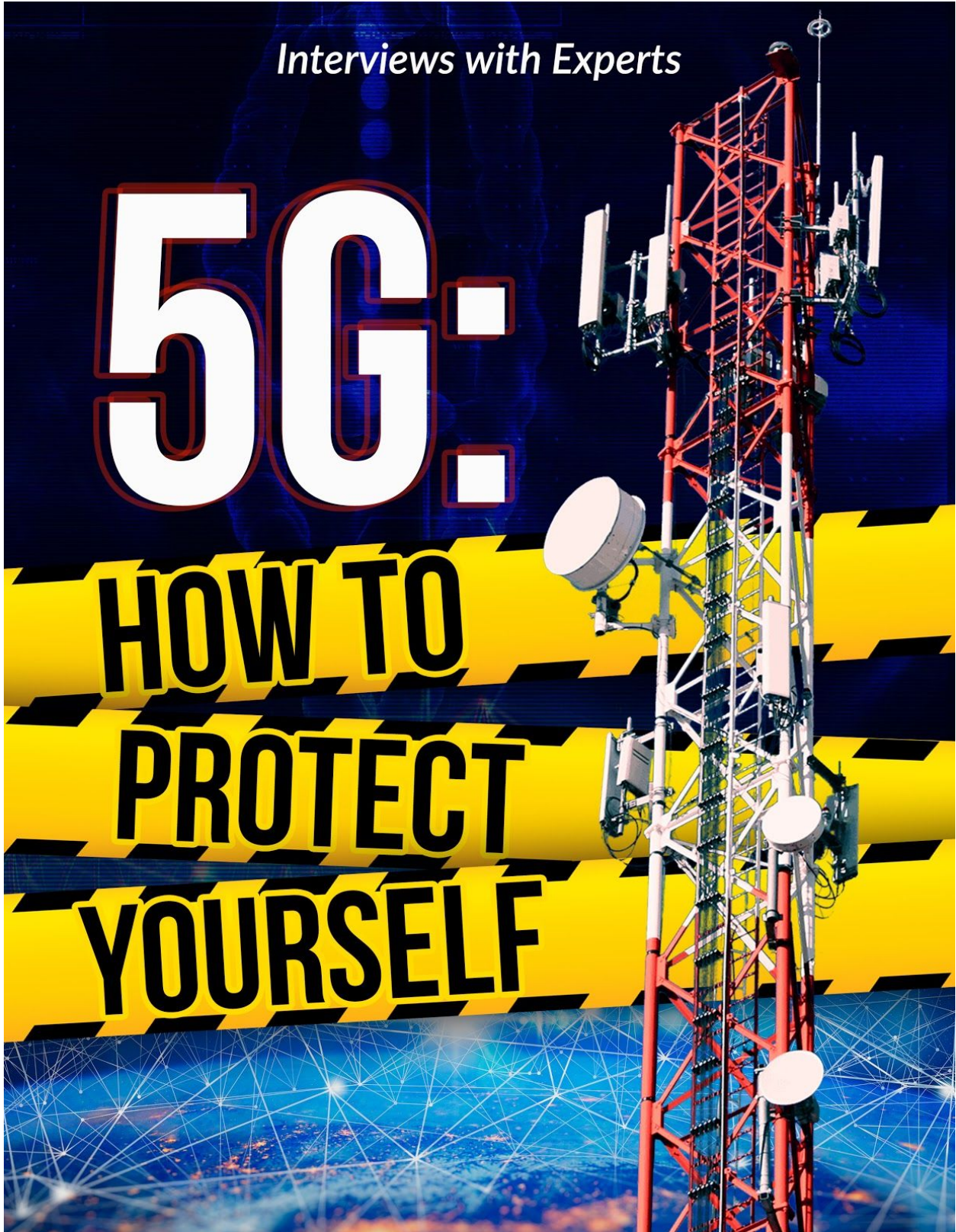


*Interviews with Experts*

# 5G:

**HOW TO  
PROTECT  
YOURSELF**



# 5G: How to Protect Yourself

## 190724-interview-Sayer Ji-audio-rev

Sayer Ji ([01:10:46](#)):

Exactly Nocebo is the opposite of placebo, and it's like saying, "I'm sorry. We did your reading, and you have this cancer, and prognostically, statistically, you're supposed to die in six weeks." And most people receiving that diagnosis and prognosis will likely die within six weeks, especially when they follow the conventional standard of care: chemo, radiation, etcetera. But if it's someone like Dr. Nicholas Gonzales, who was practicing in New York, who would tell patients that "Actually, you have pancreatic cancer. I know you've been through chemo and radiation, and I know they said you should be dead right now. No, you can actually live and recover." And he has cases, decades later, where these people are alive and well, explaining what they did through nutritional supplementation and even just faith and belief that they could heal. So it really does boil down to belief.

Sayer Ji ([01:52:32](#)):

So, one of the best ways to recontextualize the benefits of natural medicine is not so much that the alternatives to, let's say, traditional drugs. They're suppressing symptoms better. Is that rather, they work because in absence of certain foods in the diet, certain types of inflammation cause disease. So, it's not a lack of radiation and chemotherapy that cause cancer, but it is a lack of vegetables and fruits that cause the body to break down and cause cancer. So, in other words, it's not even a matter of comparing pharmaceutical medicine to natural medicine. It's rather understanding that it's a deficiency of certain types of biological information, which exist in certain foods in the ancestral diet, that causes disease. And then it's a deficiency based way of looking at it. Not that diseases exist. They are inevitable, they're caused by genetic factors, and natural medicine is safer and better. It's actually a deeper way of looking at it.

Sayer Ji ([01:49:31](#)):

So, basically, calcification of the soft tissue is part of why there's an over-diagnosis epidemic in breast cancer is that the x-rays are showing calcifications, which often are completely benign. It's actually known that there are two types of calcium deposits that generally are found. There's calcium oxalate, which is known to be relatively benign. And then there's calcium hydroxylapatite, and that's a form that's similar to bone meal that you might take as a supplement. So, there is some problem with calcium. But generally speaking, most women, for example, that were diagnosed with ductal carcinoma in situ or DCIS, they were told that that was cancer that could take their life unless they had the lump

removed or the breast removed and then followed up with chemo and radiation. They did this for decades.

Sayer Ji ([02:03:05](#)):

But then, I was made aware that 5G is even worse in this respect to the fact that it penetrates everyone's body with radiation. You can be in your home and they're going to set up one of these cells, every few homes throughout every neighborhood in the entire country, with the type of radiation that is so significantly harmful to biological systems that they're going to have to cut down trees in some cases just to allow it to function.

## **Anna Clement\_rev**

Anna Maria C. ([03:13](#)):

You know, a lot of women get thyroid problems. I estimate about 70% of women have thyroid problem. It is huge danger, because the thyroid is your command center in your body. Of course your brain looks after everything, but if you look at the thyroid as a computer where the information goes in and the information is sent out to every cell organ in your body, fixing... seeing what's wrong, what's not working, and that one is very sensitive to radiation. So now in these days, we're all bombarded with radiation.

Anna Maria C. ([04:02](#)):

Then you have the smart meters on your house. You have the towers right outside your house. And 5G is coming, and we're really in big trouble when that happens, because there will be towers all over and you won't even know. You will not even have a say about that.

Anna Maria C. ([04:28](#)):

So there's many forms of thyroid problem. Hyper thyroid, hypo thyroid, there is autoimmune, it's called Hashimoto or Graves' disease. How they are fed, big time, is our stress, our radiation that we're... that we get into our body, but also the foods we're eating.

## **Autoimmune Secret\_Episode 2\_DirectorsCut**

Dr. Jay Davidson ([43:04](#)):

Oh, EMFs are a huge category. EMF, or really the technical term we'd say is EMR, electromagnetic radiation, is more of the scientific research category. EMF is still a popular buzzword, but cell phones around you, WiFi on, Bluetooth.

Dr. Jay Davidson ([43:24](#)):

Literally, in my house about a year and a half ago, I had an EMF guy come in and analyze it, and in my office alone, I had the WiFi router, which had two different WiFi signals, like 2.4 and five gigahertz or something. He looked at it because I'm in a little 1,200 square foot place. You've been there. Pretty small house. He's like, "This is an industrial router for this tiny house." I'm like, "Yes, but it's fast, because I like technology."

Dr. Jay Davidson ([44:14](#)):

He came in with the meters in my office. He has three different settings. He turned it all the way down, and he's like, "Dr. J, it still says off the chart. I can't even get a number, it's so high in here." I started thinking, "Is that why I get tired by four or five o'clock at the end of the day?" This electromagnetic radiation that's just constantly stressing me out.

Dr. Jay Davidson ([45:04](#)):

It was at that point I'm like, "You know what? EMFs, EMR, electromagnetic radiation is a big issue." It's a big stressor for somebody trying to get pregnant, too. At minimum, shut your WiFi router off at night. You can go get one of those Christmas light timers or a fish tank light timer where it turns it on every morning at eight AM or shuts it off every night at 10 PM.

Dr. Jay Davidson ([45:27](#)):

I think that's a first starting spot for you listening. Just go get a timer, shut it off at night, minimum, but the long-term picture is let's get rid of the wireless technology because anything transmits wirelessly is creating electromagnetic radiation, which then is just another stressor. It's another thing to fill our buckets up to more likely to tip and cause autoimmune issues, to cause all kinds of different things in our body.

Dr. Jay Davidson ([45:55](#)):

It's really cool. If you actually google EMF or even EMR and Kirlian photography, you can actually see what WiFi looks like from a photograph. It's actually pretty scary when you actually see it. When you can't see EMFs or EMR, you're like, "Oh, it's not a big deal. I got my phone in my pocket. Whatever, Dr. J, I'm moving on." It's these stressors that tip the bucket. If you're somebody who's struggling right now,

you have to remove those stressors to get well. Remove them, and I promise you, you will heal faster from that.

## **Brian Clement\_Full Length**

Brian Clement ([03:03](#)):

We're facing, as a human race, eminent demise. The reason being is that we've dwindled our resources. We've done very, very foolish things. Eaten unsustainably, raped the planet earth, polluted our water, polluted our air, and we continue now to go even one step further with 5G and wifi. All of these things combined are making us ill, not only as individuals, but as humanity on a whole.

Brian Clement ([03:45](#)):

We could spend the next five, six days, 24 hours, giving you study after study. From brain cancer to liver cancer to pancreatic cancer to multiple sclerosis to ALS. Easy things like heart disease and diabetic type two conditions. So let's talk about why it works and what we do. We give people a living, organic plant based diet. And that's important because most people are struggling just eating their cooked peas. But recognize that in recent decades, the most important study ever discovered in the history of biology was found in plants, called phytochemicals. And these phytochemicals are medicines that reverse and prevent every disease known to man. I write books for the academics on it called Food is Medicine. The world's leading authority is Dr. David Williams at the Linus Pauling Institute. And as he's pointed out and will completely confirm, once you cook a plant above 115 degrees, about 40 degrees, 41 degrees Celsius, those phytochemicals are gone.

Brian Clement ([04:53](#)):

So now, with that said, when you're dealing with a cancer or a virus or a bacteria, what you're really doing is looking at an infection in the body. One is a cellular mutation, that's the case of cancer. The other is a microbe. The next two are microbes. The virus screws itself into the human cell, that bacteria floats and contaminates the bloodstream, the plasma itself. But in every case, there's one remedy, and that's your immune system. Now, you have this extraordinary system. It's like the armed forces of Israel. There's an Air Force, a Navy, an Army, Marines, Green Berets. And each of the cells, leukocytes, eosinophils, basophils, neutrocytes, grandocytes, lymphocytes, each go after a certain enemy. Isn't that remarkable? And when you're eating these plant based foods that are filled with phytochemicals and don't have pesticides and don't have herbicides and don't have fungicides, it enhances the immune system. So it feeds the army. Gives some jet fuel. And in doing that, they attack the mutagen or the microbe.

Brian Clement ([06:05](#)):

Now, this isn't something we guess. We see people get rid of pancreatic cancer. We see people eliminate multiple sclerosis. We see people absolutely reverse diabetic type two conditions so quick, your head swings. So-called heart disease, which isn't a disease. About 3% is a disease, 97% is lifestyle choice. Are you stressed? Do you exercise? And do you eat things that clog your veins? If so, you're going to have heart disease. And so all of this is much more simple than the healthcare profession would like you to believe. Even the natural healthcare profession has everyone on the leash. Come to me, pay me, I give you something. Rather than change you, live right, think better. You make yourself better.

Brian Clement ([06:54](#)):

So that's our whole thing about educating people. When people come to us, we're not interested in creating dependency on us. Our job is done when they're independent. When, frankly, they don't need us anymore. When they recognize, here are the tools that humans have used throughout history until very recently. It's only the last four or five generations that we've gone completely bonkers. And it's in the last four or five generations that we went from 3% of the population having cancer to over 50%; to diabetic Type 2 conditions a hundred years ago not being in the medical books and now being one of the fastest growing diseases in history; cardiovascular disease, 9% a hundred years ago, now 48% of us die from heart disease or stroke. And so new diseases, these are created from lifestyles.

Brian Clement ([09:30](#)):

Thousands. So I've worked with, for instance, about 160,000 people with cancer. I've seen thousands of those people get better. I've worked with a total of about 260,000 people in my nearly 50 years of work, in Europe as well as here in the United States. People are all the same. That we're here, we want love, and we want to be loved. People have a struggle loving themselves, because you were never taught that that's part of the picture. You were taught to fight and life is hard, and all of that is nonsense. It's an illusion. Life is a gift. And to have the joy of getting up every day and saying, what am I going to learn today? What am I going to do today? What can I contribute today? This is what we're here for. If we just find that in our life, could you imagine if all people were that happy? We'd eliminate war and hatred and racism and sexism, and all of this nonsensical craziness is going to be flushed away.

Brian Clement ([15:23](#)):

So if you talk to me about herbs, I years ago used to train herbalists. I would no longer consider myself a master herbalist. If you don't practice it, you're not a master at it anymore. But what I can tell you is the most viable herbs I've ever seen affect people are living and raw herbs. So for instance, we're best known for wheatgrass. We brought wheatgrass back to the world. Two ounces of wheatgrass has the equivalent of five pounds of organic green leafy vegetables in it. Imagine that. It also has phytochemicals

in it that prevent viruses, bacterias, and cancers. It also is antigensis, so it cuts blood flow off to tumors. It also has all the proteins, the amino acids you need in them, et cetera.

Brian Clement ([16:07](#)):

Sprouts, we're best known for sprouts as a food. Every seed, every nut, every grain, every bean, can be grown into a sprout. Do you realize a sprout has by far the most medicine of any food on the planet earth? So yes, broccoli's great as an anticancer agent and an antiulcer agent, but a broccoli sprout is 50 times more powerful. Five zero times more powerful. Just small little things like that. If people can add small amounts of this into their lifestyle and diet. And yes, wild plants. I mean, everything from wild mushroom, chaga mushrooms, to wild weeds, arugula. How many of you know that milk is a horrible, horrible and non-usable form of calcium for a human being, cow's milk? But guess what? Arugula, which is free, it's a weed everywhere I go in the world, has eight times more calcium that's 100% usable, and you can pick it during the warm parts of the year wherever you live. Think about that. There are so many exciting things.

## **DADS - Dr. Gabriel Cousens\_Holistic Protocol**

Dr. Gabriel C. ([11:48](#)):

But there are certain herbs for the kidneys that really make a difference and I, like what I do with people is I do a whole person healing, which takes about on the average two and a half hours. And I go over all the organ systems and I go over the, you know, central meridians and I go, a variety of things that we do. I go over radiation in the system which is actually a pretty big issue, um, so that then we pinpoint what needs to be worked on because now we're going from general to the unique individual.

Dr. Gabriel C. ([12:22](#)):

So, uh, and then I'll give particular herbs, there may be six different herbs I'll test somebody for for the kidneys but I may pick one at the end of the day that is the right one for them. Or like the adrenals or like the thyroid, a lot of people have thyroid problems, uh, particularly since the radiation, uh, uh, from Fukushima, everybody in the west coast of the United States has been really adversely affected with the radiation and particularly thyroid.

Dr. Gabriel C. ([12:55](#)):

Um, so I, that, I'm a little hesitant to go beyond the general tonic and the general maintenance which is fast twice a year, um, and that's important. Now, we have a lot of radiation, uh, intracellular radiation, so I, uh, certain, uh, remedy that I make available for people called [inaudible 00:13:19] and so that's a important thing. So we do different things, if you get what I'm saying, to, um, build up the, the systems. I'm looking for simple, simple, simple that many, many people can use.

Dr. Gabriel C. ([17:32](#)):

But the iodine also we take as drops, you know, uh, the one I use, the illumodine, so that's a different thing. So that's gonna push out lead, mercury, cadmium, and fluoride, you know, fluoride is systemic poison. People who take fluoride are gonna have higher rates of cancer significantly and it blocks the pineal gland and it also blocks the thyroid gland. These two compete, but iodine is more powerful.

Dr. Gabriel C. ([41:45](#)):

So there are many things, so the lifestyle has to be one that doesn't inflame the brain, probably the most important thing I can say about that. We have, uh, diabetes is driven with chronic inflammation and you have the double the amount of Alzheimer's disease, okay? So brain inflammation being number one issue and so we want to avoid all the ways of inflaming the brain, okay? Now one of the problems we have is things like 5G, okay.

Dr. Gabriel C. ([42:20](#)):

Let me explain that the wireless stuff hits mostly ... well, I, I'm just coming out with a paper like a day or two but basically the, they're projecting satellites, 20000 satellites, I don't know if you heard about that, okay, beaming 5G. And that's gonna disrupt what we call the Schumann resonance which is the resonance between the, you know, the earth's surface and the D level of the ionosphere. It's a way whereas everybody's attune to it, 7.83 Hertz.

## **Debbie Persampire\_rev**

Debbie Persampire ([00:29](#)):

There's no opting out. In my own home, I have the ability to shut down anything I want to because I have freedom, it's my home. But when it comes to these cell towers outside of our homes, we're losing that freedom, we're losing that ability to have control within the walls of our homes. The radiation in my children's bedrooms is much higher than I would like it to be. I shouldn't have any radiation in their bedrooms, in their beds. But because the bedrooms are closer to the antenna, the radiation is higher there. The real problem here is there's no opting out. It's being forced on us.

Debbie Persampire ([01:03](#)):

The science is there. We know that 2G and 3G frequencies cause a myriad of adverse health effects from getting in the way of sleeping all the way up to cancer and DNA damage and tumors. And, so, we know 5G's higher frequencies. I can't imagine that higher frequencies are going to be any safer. But the reality is that 5G at this point is completely untested so why are they continuing putting it up in our towns right



outside where our children sleep when it's completely untested. It's just, it's a violation. To me it seems like a crime against humanity.

Debbie Persampire ([01:50](#)):

We need to join together. We need to band together in our cities, in our towns, in our states, in our nation. The only power we have is the power of the people. We are up against industry who has all kinds of money and power. They have 536 lobbyists, the telecom industry alone. That's more than one for each member of Congress. The only way that we can really go up against this is with the power of the votes. But in order to have the power of the votes, we have to have the people. Tell everyone that you can. There's a documentary called Generation Zapped that I highly recommend to get people to understand that wireless technology is not safe like we were led to believe that it is by industry. Once they know wireless technology's safe, they're more apt to, they'll join, they'll, they'll ... Sorry.

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Mai

## **Dr Nuzum\_Q&A-Module6-July19 [trimmed]2**

Jonathan Otto ([00:00:54](#)):

We'll have a little discussion about some of these topics, and how to incorporate more exercise into your life. We'll have more here where we can talk about how to reduce EMFs and EMR radiation. You can have a look through the PDF. That's a big part of the reason for that. Right now, having Dr. Nuzum, what I would like to do is have you guys ask some of your questions. We're now in module six, so this is like in a sense the completion of this exercise. What I'd love you guys to do right now is be chiming in with different results that you've been experiencing as well. In the Q&A box, you can drop your questions and your experience, your results, in there, and you can also drop your results and experience into the Q&A box, 'cause we'd love to see that, just so the other members of the groups should see that. Even if it's a minor improvement, or if it's a major improvement, we'd love to hear it.

Dr. Nuzum ([00:24:21](#)):

From Cree. Dr. Nuzum, I wanted to ask what protocol to do for a parasite cleanse for my five children, ages three to 15? I currently am on day five of the autoimmune protocol that you recommended, and am managing much better than I expected, thanks to the coffee enemas. Very good. Nature's, well, heres the thing. You look up, typically for children, I stick with a couple of things. There is one formula that is an old formula that works very well for parasites. Especially in children. It's called the [inaudible 00:25:04] formula. Okay? Look up the [inaudible 00:25:08] formula, that's an excellent deparasitizing formula for children, but it also does 1,000 other things. It's a very, very good formula. What you would do is you would incorporate that into your daily routine for about 90 days. That is something that works really well for children. From an anonymous attendee. Why doesn't the protocol include digestive

enzymes for those of us with severe digestive issues? My protocol, from Organix, should have organizymes in it. Okay, another one, from an anonymous attendee says how do I eliminate calcification from the tissue? That's the job of folic acid. Okay. Let's see here. Stephen says Hi, Dr. Nuzum. Kindly advice how to heal renal cell carcinoma as the cancer's growing. I would love to tell you how to do that, Steve, and I can't. It's not within the scope of this interview. From Christine. Thank you so much for your wisdom and guidance, during this health journey. I was doing-Dr. Nuzum, just quickly, sorry. Is it possible to share anything to the gentleman that just asked before that would help put him in the right direction? Or, is there any info-

Dr. Nuzum ([00:26:48](#)):

Oh, sure. Sure, sure, sure. Here's what we do at our clinic, okay? With anybody with cancer, we don't actually treat people with cancer at our clinic. We're not set up for it at the moment. Our basic protocol is to take people through these detox programs, while they're waiting to get into the Hope for Cancer institute, or Biomedical Center in Mexico, or the Sunaveve Institute. Those are the ones that I've worked the most with. Chispa is also very good.

Jonathan Otto ([00:27:43](#)):

[crosstalk 00:27:42] great option. As you can see, Dr. Nuzum talks very highly about them. The Hope for Cancer clinic is a great one. It happens to be Ty Bollinger there, host from the Quest for the Cure [inaudible 00:27:53] cancer, happens to be his clinic of choice, if he was to get cancer. That's the Hope for Cancer clinic with Dr. Tony [crosstalk 00:28:00]. It would be my-

Dr. Nuzum ([00:28:00](#)):

It would be mine also, by the way.

Dr. Nuzum ([00:28:04](#)):

If I could have, if, as long as everything worked out for me to get to the Hope for Cancer Institute, they have the widest array of modalities available for treating cancer. [crosstalk 00:28:16].

Jonathan Otto ([00:28:16](#)):

Yeah. Got it. Then, so people know, as well, it is, if you were to compare it to conventional treatments, and because [inaudible 00:28:28] with the insurance issue, however, there is a way. There's a [inaudible 00:28:32] doctor [inaudible 00:28:33]. It's Marcus Ellis, and he teaches people how to take their insurance plan, and cash it out so you can use the cash, because Hope for Cancer Clinic is \$43,000, the last time I checked. It starts at \$43,000. But the [inaudible 00:28:49] Medical Center is actually very cheap. I just wanted to let people know there's options. Go ahead, [crosstalk 00:28:52]. For those of you, if there's anybody out there with cancer that is trying to figure out funds that are trying to get into one of these clinics, I work with Dr. Ellis a lot.

Dr. Nuzum ([00:29:32](#)):

He's a cancer survivor himself. He's very passionate about this.

Jonathan Otto ([00:29:40](#)):

Go ahead, if you want to. If somebody is in that situation, or even if it's an autoimmune situation, and you really just feel that you need more money, in situations, the other avenue, which I mentioned last call, is a fundraising platform called e-fund your health dot com. I'm one of the largest donators, supporters, of that charity. I just really believe in it. They [inaudible 00:30:03]-

Jonathan Otto ([00:30:35](#)):

Alright, so God bless on that one. So let's continue. I know that that's a good answer, because we really need to refurb the vibration in peoples' lives, or at least [crosstalk 00:30:43] and some of the most important research that I'm just connecting at the moment is showing that autoimmune disease is certainly the opening wedge for cancer, and here's why I believe that everyone needs to be very aware of it. It's because autoimmune disease is where the body is at least the appearance of attacking itself, whereas cancer is where the body should attack but doesn't. And so you can see that there's a misdirect there, and so if you have autoimmunity and it's not in check, so your body is attacking itself when it's not supposed to be, or at least the illusion of it, and you've got auto gens like these foreign substances that are in the body, proteins that aren't being broken down, they're entering the bloodstream.

Jonathan Otto ([00:31:23](#)):

But the point is, your body is ... its immunity is going to the wrong areas, so then it allows the enemy to sneak in the back door, which is cancer, and to be able to grow. So we really wanna keep everyone very aware of that reality. The study that was done in '97 showed that lupus patients had a two fold risk of cancer, and then it went up even up to as high as five times the risk of cancer. So it's there, we all understand it, we all know it's there.

Dr. Nuzum ([00:46:49](#)):

That's what its for. "Not sure what is causing this. Is there anything else I should be doing?" She has sjogren's, rheumatoid arthritis, and she's a cancer survivor. "Also, when should I use the bio carbon foundation?" Okay, the ... let's see here.

Dr. Nuzum ([00:47:14](#)):

The parasite cleanse typically will cause some bloating. The mimosa protica will cause bloating many times, it's something we've found over and over again, it's normal, totally normal. What you want, is you want some expansion in that process. The fibers and the gel that the mimosa protica creates, it kind of swells up in the gut and moves through the entire tube and cleans it out as it goes through. Okay? That's part of the process. Typically, people have slow transit time, in the gut. And so, as that process happens, it kind of traffic jam if you will. And so the proper thing to do would be the coffee enemas or the tea enemas or those types of things.

Dr. Nuzum ([00:48:11](#)):

You're on the right track. Once you get through the detox program, the best thing to do would be to do something that would help your body manage inflammation. My protocols will be all back up and running in the next couple weeks. We'll have all of our inventory back in place, we're just about there, so keep an eye on DrNuzum.com for the inflammation protocol.

Jonathan Otto ([00:58:25](#)):

So the question here by, it's anonymous, putting the rock at the bottom of the [inaudible 00:58:32] filter, we're gonna be sharing some more information on this. Dr. Cole Baritera is somebody that has a lot of discoveries into the effects of hydrogen water, that's why you can go to some of the most ... you go to Josh [inaudible 00:58:46]'s house now, or you go to Ty Bollinger's house from The Truth About Cancer, or Joseph McCullough, McCullough.com, the second most visited health website. They're all using hydrogen water, and they're actually using Echo Water Systems. They've got a premium one, I talked to Cole and they're gonna give a discount to the guys that are interested in those water filters. But I think it's a really great investment because you buy vehicles, you buy all these types of things, and some of these really good water filters, they're over \$1000 ... not too much more than that, but these systems, they can be really great in restructuring water.

## **Dr\_JayDavidson\_QnA\_ParasiteProtocol**

Jay ([00:43:08](#)):

So, where we can actually tilt the bed up about five degrees head to toe, that way gravity is still working somewhat. I know it's a little weird, but honestly I think we'll see it all over the place when people understand how important that is. Making sure to shut off all the EMF stuff around you. Wifi, Bluetooth. Because the only time the brain drains, truly, is when you sleep. So, if you're not sleeping, it's really hard to drain the brain. And meningitis is really, I mean, that is an inflammation and obviously the head thing is gonna be a big factor with that.

Jay ([00:50:38](#)):

Yeah, I don't think diet's really gonna be the factor as much with viruses versus the herpes complex, Epstein Barr, cytomegalia, CMV and these different types of viruses. Typically boosting the immune system is good. Things like lycine can also go after things. We actually have, I guess this will be the first announcement of this for people, but we actually have a bioactive carbon product that's specifically designed to go after viruses and retro viruses. Where it actually peels the virus off the membrane. We've been working with it behind the scenes for a little while and seeing amazing results. But we'll actually have it out to the public, probably in a few weeks.

Jay ([00:51:20](#)):

It's gonna be called Bioactive Carbon Foundation. So it strips viruses off membrane and the retroviruses. Also does radiation detoxification. Has some heavy metal and pesticide as well, with it too, but really the virus thing has always been, probably, one of the bigger challenges in the functional medicine world. So I feel like the bioactive carbon foundation's gonna be just a game changer for that.

Jay ([01:18:51](#)):

Yeah, Meniere's Disease. That's going to be same foundation. You're going to deal with the gut. You're going to detox pathogens. I would also look at structural, too, with the neck. The neck and the ears and the balance thing with Meniere's, you know, with the vertigo, huge thing. I would look at like going into like a structural correction chiropractor. Looking at spine and I would also focus on detox. I would also

focus on pathogens. For somebody like that, too, be very conscious of your environment making sure there is no mold in your work or home. I would also make sure you're in an EMF, EMR, electromagnetic radiation, electromagnetic frequency area that's safe. No WiFi, no Bluetooth. You want to think, is your environment stressing you out or is your environment supporting healing and health? If it's stressing you out you've got to change that. You're fighting an uphill battle. If you're constantly, your body is constantly stressed whether it's chemically, emotionally and you're trying to rebuild the adrenals, that stressor is just going to keep tearing you down. Always want to re-evaluate your lifestyle, too.

## **Dr\_Leigh Erin Connealy\_rev**

Dr. Connealy ([00:00:12](#)):

You are in the Disneyland of medicine, believe it or not. That's actually what I tell all my patients because here, we have a large complex of the Center for New Medicine and the Cancer Center for Healing. And in the Center for New Medicine, patients come to us for a sundry of reasons. It may be just for an annual physical exam, it may be for human optimization. It may be for heart disease, diabetes, autoimmune, it doesn't matter what the label is because everything's just a label.

Dr. Connealy ([00:00:41](#)):

And then the other side of the building is the Cancer Center for Healing for, people come all over the world to get treated for cancer or prevention and early detection of cancer.

Interviewer ([00:00:54](#)):

Wow. So, tell me, from your experience ... I'm just interested to hear from a person like you and perhaps, what do you see in our society happening today? Why are so many people coming to you? Are we seeing high levels of cancer today more than we were before? What do you see in our society happening, and what are the contributors to that?

Dr. Connealy ([00:01:20](#)):

Well, first of all, you need to understand my history. I've been practicing for 33 years and about 47 thousand patients. And I'm in the trenches every day, I have the privilege of getting to see and talk to patients one on one, every day, from all over the world. A lot in the United States, but I do have patients from Australia, and Italy, and Switzerland, and all kinds of other countries.

Dr. Connealy ([00:01:50](#)):

Right now, in the world, we are, the United States of America is the leader in creating chronic diseases. We're the leader in the world of creating chronic diseases. We rank about 45th in the world in delivery of healthcare, 45th. We spend twice as much money as any other country, but we rate 45th. Illness, or dis-ease, or disease, is increasing in alarming rates in every age group. 52% of our children are taking a medication. Heart diseases, which we've known about for a long time, is not decreasing, it's increasing. It's the number one cause of death in males and females. Cancer is the second leading cause of death, but it's one in two Americans who are being diagnosed with cancer. Over 1600 people die a day of cancer, but you never hear about it. Number three cause of death, published in Johns Hopkins, is that medical errors, medications, are the third leading cause of death in America.

Interviewer ([00:04:27](#)):

Wow. Why do you think we don't hear about all these studies and all these problems that are currently happening? What do you think is the reason for that?

Dr. Connealy ([00:04:34](#)):

That is a great question. So why do I think people ... it's a secret. I always tell people, health is a secret, they don't want you to know. Because the system is very incestuous and the pharmaceutical companies, they want you dependent on their medications. So, we now create new diagnoses for new medications. And so, if people are educated, and they are taught to take responsibility for their health, they won't need medications because ... I have a team of doctors here, there's eight doctors here, and we rarely use medications to take care of patients, whether it's heart disease, or cancer, or autoimmune illnesses, or diabetes, we educate the patient on self care. Because healthcare is about teaching patients self care, because they need to all learn how to take care of themselves.

### **Dr. Daryl Gioffre\_rev**

Speaker 1 ([00:00:00](#)):

Yeah, I think the most shocking thing about Alzheimer's is that it's now the third leading cause of death, just behind heart disease and cancer. I remember growing up not even hearing about a single case of Alzheimer's and when you really look at the research, why is this happening? Why are these diseases happening in epidemic proportions? You have to understand that Alzheimer's parallels inflammation, inflammation of the brain.

Speaker 1 ([00:00:21](#)):

There's different things that can cause inflammation of the brain. I would say number one, the mostly impactful thing, is sugar. Sugar is highly toxic, it's highly inflammatory to the body, and you have to look at the brain health, the chemistry of the brain. The brain is 60% fat. It wasn't meant to run on sugar. A lot of people think that it was, but it's not. The brain was meant to run on fat, so being 60% fat, you have to understand that there's good fats, there's bad fats, or fats that heal and fats that kill.

Speaker 1 ([00:00:46](#)):

The fats that we're talking about are good anti-inflammatory fats. Things like omega three fatty acids. The pro-inflammatory fats, the ones that increase inflammation of the brain, are omega six fats. I think one of the most important things when we're talking about Alzheimer's, about dementia, in children ADD, whatever specific symptom that is, whatever disease it is, you have to understand there's a cause and effect. You have to really go down deeper. What is the true cause? It's inflammation and inflammation is systemic. The whole body is inflamed, but what happened is it lands in the brain and the real approach to healing these people is decreasing the inflammation of the brain. There's a lot of different ways that you can go about that.

Speaker 1 ([00:01:43](#)):

Yeah, so basically the ideal, optimal fuel for the brain is fat. When you put the right fats into the body, then the brain can be healthy.

Speaker 1 ([00:01:52](#)):

There are fats that heal and there's fats that kill. Omega three fats in plants, things like chia seeds, hemp seeds, flax seeds, and then you could look at things like omega three fatty acids via fish oil, wild-caught salmon. Very, very important that if you are going to be eating fish, it has to be wild-caught because if it's not wild-caught, if it's farm-raised, what is it going to be fed with? Most likely corn and soy. Now, what's the problem with that? Corn and soy is one of the highest levels of omega six fats. Omega sixes are pro-inflammatory, and it's actually making your brain inflamed.

Speaker 1 ([00:02:25](#)):

When the ratio of omega three fats to omega six fats is one to one, that's ideal. The body is living in harmony and balance. That's where you're looking for. It should be no more than one to four in terms of omega threes to omega sixes, but the problem is that the average American has 20 times more omega sixes than omega threes. Here's the issue with that. These omegas threes and omega sixes, they compete for the same enzymes, so if you have something that's like this with omega sixes winning every step of the time they literally hijack your brain. They take your brain out, they make your brain inflamed, and then what happens is the brain can't process things properly. Your nervous system doesn't work correctly, and then just thinking and cognitive function changes. You have to really look at ways that we can get that number back in balance.

Interviewer ([00:03:45](#)):

Wow, that's incredible. If we can dive into more of the solutions, right? What are the right foods to eat? What can we do to avoid eating the unnecessary fats?

Speaker 1 ([00:03:54](#)):

Yeah, I think it's a combination of deficiency and toxicity. What I mean by that is you have to give the body, specifically the brain, the things that it really needs to sustain itself, most importantly omega three fats in the form of fish oil. Now, I'm a plant based guy. We actually launched a fish oil with AlkaMind. I never planned on actually making a fish oil, but in my research for my book I realized how important omega threes through fish oil was. You can get omega threes via a plant based source, which is the main sources, flax seeds, hemp seeds, chia seeds, but the issue is that it doesn't convert very well. What the research shows is that when you have those specific plant based omega threes it's not the EPA and DHA that your body needs to fight inflammation and to improve cognitive function, so EPA is really the part that is anti-inflammatory. The DHA is the part that improves cognitive function for the brain.

Speaker 1 ([00:07:08](#)):

You have to do what's called a capillary test, where you take a drop of blood from the fingertip, which is really now a measure of true systemic inflammation of the body. It looks at a parameter of 90 to 120 days, so you could really see how inflamed your body is and how deficient you are. If you see that the ratio is one to one, no more than one to four, you're in pretty good shape, but once that number goes over one to four ... I've seen one to ten, I've seen one to 25, I've seen one to 50, I've seen one to 88, and that is a very, very dangerous sign because it's not just the brain that's becoming inflamed. It's your cardiovascular system.

Speaker 1 ([00:08:17](#)):

When you look at the different research studies, one of them is by the British Medical Journal. It was a 2016 study and I love this study because what it showed was that when you take a diet that was high in saturated fat, something like coconut oil, and you replaced the coconut oil with an omega six fat, something like soybean oil or something like corn oil, here's what happened. For every 30 point drop in your total cholesterol level there was actually a 22% increase in death rate. The lower the cholesterol, your death rate increased, but what are most doctors doing? They're putting you on a statin drug to lower the cholesterol. What they're doing is actually removing the very self defense mechanism that your body put in place to save your life because cholesterol is what your body needs to protect its cells, the cells of your blood, the cells of your brain. Now, if the number is so staggeringly high that you're in danger of having a stroke, yes, you might need to do something, but that's the exception to the rule. Cholesterol is not the issue.

Speaker 1 ([00:09:14](#)):

Then there was a study by the Journal of Epidemiology, and I love this study because it had 47,000 participants, and in the study what they showed was that the group that had the highest cholesterol had the lowest death rate. That number was between 200 and 259 milligrams per deciliter, so again on the blood test if that number is over 200 most doctors will start to put you on a drug, but what this specific study shows is when you're above that number the sweet spot for cholesterol was 200 to 259. You had the lowest death rate. When your number went south and when it went below 169, that's when death rates shot up. Again, cholesterol is not the issue. It's the inflammation in your blood, the inflammation in your brain, which comes from a heavy imbalance of omega three to omega six fats.

Speaker 1 ([00:14:52](#)):

Here's the bigger issue with that. It's that when the body become over-toxic it has to work so hard to do the regulating on its own. The whole purpose of alkalizing or doing the alkaline diet is not to make the body more alkaline like so many people say. That's not how it works. The whole purpose of alkalizing, eating these mineral rich, plant based foods that are low in sugar is to take stress off your body's buffering system so it doesn't have to work so hard doing the regulating on its own.

Speaker 1 ([00:15:20](#)):

Let me give you an example of how that works. Right now it's very cold in New York City. It's like 30 degrees. If I was to go outside and I'm wearing like a t-shirt, what would have to happen? My body has to regulate its temperature at 98.6. It's a thermostat, so if it's very cold the temperature starts to go down. Your body is so smart. It's going to prevent that from happening, so it starts to shiver. It starts to use its own energy resources to prevent that number from veering off course, but you've got to get out of the cold. Now, if you stay out there, the temperature is so cold eventually you'll start to shift the blood from your fingers and your toes to the more important organs so that you stay alive, but you've got to get out of the cold. My point is that your body is always working innately to prevent you from doing what? From dying. The PH of your blood works exactly the same way. It's like a thermostat.

Speaker 1 ([00:16:06](#)):



What we want to do is put these high alkaline foods into the body to prevent that from happening, to give ourselves the minerals that the body needs to neutralize all these toxins. The prime cause of all dis-ease which leads to inflammation of the body, which leads to inflammation of the brain, is leaky gut because that's how all these toxins get into the body in the first place.

Speaker 1 ([00:17:03](#)):

In my experience, I believe that the ideal diet should be a mix. When you look at the plate, 80% should be a healthy mix of dark green leafy vegetables, cruciferous vegetables, sulfur based vegetables, and I'll describe what those are, and a mix of healthy fats. Now, in regards to the fats, you have to understand that there's fats that heal your body and there are fats that kill. I'm talking about healthy fats, things like avocados, which I call god's butter, one of my favorite fats, healthy oils. Okay, so there's good oils and there's bad oils. We've got to stay away from the vegetable oils in terms of omega six fats, so no soybean oil, no safflower oil, no sunflower oil, no corn oil. Even flax oil you've got to be careful of. If I was making it at home it's actually very healthy and you consume it right away, but most flax oils become oxidized. They become a trans fat, so you've got to be careful with the oils that you're using.

Speaker 1 ([00:17:54](#)):

I love things like extra virgin olive oil, I love MCT oil, I love coconut oil. A big fan of black cumin seed oil. I mean, black cumin seed oil is twice as powerful of an anti-inflammatory than turmeric is. It's 1,000 more active than vitamin E, so that's a real big one that I'm including in my diet. Macadamia nut oil, so the thing that's great about the oils is that visually they make up a very small portion of what you see on your plate, but caloric wise they're high in calories. Remember, it's not about counting calories. It's about getting healthy calories in your body. It's more about quality, not so much about the quantity. I'm a big fan of adding these on top of my salads, on top of my steamed vegetables or sauteed vegetables.

Speaker 1 ([00:18:35](#)):

Then I love things like raw almonds, macadamia nuts. I stay away from the nuts that are more moldy, things like cashews and peanuts. Peanuts you have to avoid like the plague. I mean, here's the problem with peanuts. The research shows that the average peanut has 21 different forms of aflatoxin, which is a cancer causing fungus. They have the ability to become contaminated with this fungus, which is dangerous to the body. Now, what they do is they take the pretty cocktail peanuts, which have less mold, and they use those for the cocktail version, but they take the ones that have the high mold content and they mash those up and that's what goes into your peanut butter. Peanut butter I would say is probably one of the worst foods you can put into your body. It's what I call an unusual suspect because so many people are eating this thinking that it's a healthy thing, but it's not. Go more for like the raw almond butters, the macadamia nut butters, and it's got to be raw, alright? You cannot do dry roasted because once that dry roasting process happens the oils become oxidized and that nut butter turns to a trans fat. Raw nut butters, cocoa butter is another big one, and different types of seeds, things like chia seeds, hemp seeds, flax seeds.

Speaker 1 ([00:19:48](#)):

In terms of the vegetables, dark green leafy vegetables, which I think is probably the most important food you can put into your body. Things like kale, spinach, watercress, romaine lettuce. Now why are these things so good for you? Yes, because they're green, but why? Because these types of foods are

high in minerals, especially magnesium. Magnesium, I'm going to tell you, is probably one of the biggest deficiencies. I see it in all my clients. It is the number one neuro-protector of the brain, so essential fatty acids are critical for brain health. Magnesium is the single most important thing you can do for brain health, yet so many people are deficient. Magnesium is so critical because it's responsible for nearly 700 to 800 enzyme reactions in the body, and why it's so important, it kills things like cravings of sugar.

Speaker 1 ([00:20:35](#)):

I was addicted to sugar for a good portion of my life. I tried by deprivation for years to get over the sugar addiction and it never worked. It got me maybe two weeks, six months, right, because your willpower can only take you so far, but sugar is so powerful. It overrides the brain. It's stimulating your dopamine and it makes you want it more. It makes you crave it more. They've done studies where they've given laboratory rats addicted to cocaine, then they gave them liquid sweets and guess what happened? 94% of the time these laboratory rats ...

Speaker 1 ([00:24:26](#)):

So it really comes down to what you eat. Hippocrates is well known for saying, he's the father of modern medicine, "All disease begins in the gut." And to some extent he's absolutely true. I take it one step further and I say, "All disease begins on your plate." All right. It's critical. And people say, "You are what you eat." And to an extent that's right. But it's really not true because you're not what you eat. You're really what your body digests, absorbs and assimilate. So it really comes down to the gut. Right?

Speaker 1 ([00:24:52](#)):

There's this amazing brain, gut connection. Your gut is the second brain. 80% of your nervous system lives in your gut. 80% of your nerve system lives in your gut. Your immune system is there. And if you look at serotonin, which makes you feel happy, for people dealing with depression, 95% of the serotonin that's made in your body is actually made by your gut. Less than 1% is made in the brain. So if we take care of our gut by putting these healthy foods into the body then the gut can begin to heal.

## **EMF Segment**

Joe ([00:00](#)):

I'm here with Dr. Mercola and we are in your home here. And we are looking at some of this equipment used to measure EMFs. So can you show use how we use it and what purpose we use it for?

Dr. Mercola ([00:11](#)):

Sure. This is going to be one of the most important modules. Why? Because it impacts your biology, specifically your mitochondria, profoundly, and virtually no one, and I do sincerely mean no one, in the professional health community understands or appreciates the full extent of how much it damages you but I'm gonna show you and hopefully motivate you and catalyze you to action.

Dr. Mercola ([00:37](#)):

So what the heck am I talking about? I'm talking about EMF. And there's native and non-native, or natural and artificial EMF. And the natural, of course, we've been exposed to since time memorial. It is what we require to stay healthy. And the best example of that is what we saw on the beach is the natural sunlight.

Joe ([10:02](#)):

Where are we at, now? We're at point-one. It's important to understand with these microwaves, or any digital source of these EMF frequencies. It's going to be pulsed. It's not a continuous analog signal. It's pulsed, so that's where you're going to see this spike. It goes up and down, up and down. It's not the meter's not broken. It's this is what it's measuring. This is what's reading, but you can see where it averages. The meter has the potential to record the highest value or take the average, but it's about point-one. It goes up to point-six, point-seven. Point-seven ... now it's a little bit higher now, point-five, point-four.

Speaker 2 ([10:04](#)):

And it's a teaching opportunity. If we truly are coming to a place where so many people could get all different types of diseases from EMF, they will.

Dr. Mercola ([10:04](#)):

And it's a teaching opportunity. If we truly are coming to a place where so many people could get all different types of diseases from EMF, they will.

Joe ([10:04](#)):

Sitting's the new smoking, but this is probably the real new smoking, because sitting, it's easy to get around. It's just sort of a lack of movement appreciation that's easy to educate people, but this is-

Dr. Mercola ([10:04](#)):

I mean it's very unnatural, and that's the thing I think that should be alarming for people the further we get away from what's in nature, what was the original design, then things start to get risky. I do want to ask something, because I have personally studied - because I obviously work on many documentary films - the rise in infertility with women, and then also birth defects, because when it comes to something like autism and downs syndrome, if they can detect before the child is born, then a lot of these children are getting aborted before they're born. The stats that I've seen on that is 90% of those babies get aborted once the parent works out, "Oh, this child's gonna have a defect." So we're seeing birth defects, and I think from what I've studied in the recent history, the highest infertility rates. I've been told that EMF's are a part of that problem. Is that true?

Dr. Mercola ([44:56](#)):

It is nice. I mean, again, this message to people that are planning to have a child, something like this. It's about eating healthy, but then this is the smoking gun. This is the thing that people aren't thinking about. And there's a lot of infertility. I've done interviews with doctors that have shown me behind the curtains as to really how high the levels of infertility are across this country, especially, and other

Western countries. And I do believe that ... Personally, from what I've seen, emf seems to be one of the leading, if not the leading cause for a lot of those cases. So, for me, my message is control it.

Joe ([48:03](#)):

Final message is, just because you aren't aware of it, doesn't mean it's not going to hurt you. So, I didn't know until I used the meter to figure this out. Now, you can trust my reading, you can get a meter if you want just to confirm, but I think it's really powerful to see this. To measure it. And I thought that emf, the only emfs were from magnetic fields, which is another source.

## FreestyleEp5

Speaker 1 ([00:00](#)):

This is Episode 5, Toxicity from Pharmaceutical Drugs, Conventional Medicine, and Detox and Dentistry.

Speaker 1 ([10:04](#)):

One of the most important and unappreciated mitochondrial poisons are non-native or artificial EMFs, electromagnetic fields. What is non-native? Non-native means artificial. Native means it's natural. What are examples of this? Well native EMFs would be the important ones. The ones that we need like sunlight, which is a vital support nutrient for your mitochondria. You need regular exposure to sunlight, on your skin, not through your clothes. This is why I go out, pretty much every day, in my shorts, no shoes, on the beach and get sun. The time I go out varies depending on the time of year. If it's in the winter, it's closer to noon. If it's in the summer it's closer to 7:00 or 8:00 in the morning.

Speaker 1 ([10:04](#)):

Let's talk about the dangerous. The non-native EMFs. Let me break it down into three. First we have EMI, which is electromagnetic interference or dirty electricity. This is the voltage peaks that are in your electrical circuits that are a result of improperly grounded substation, and it can be a problem and there are different strategies you can use to measure for those. The next is magnetic fields, which are pretty easy to measure with a Gauss meter and they're pretty static. The third one is microwave radiation. I'm not talking about your microwave oven, though that can be damaging too. The more pervasive exposure is from cell phone towers, our own cell phone, and our WiFi routers.

Speaker 1 ([10:04](#)):

The last thing I want to do is put it to your head. When people hold their cell phones to their head I just cringe. I want to fall over and scream at these people because they don't understand they're putting it over the thinnest bone on their skull, which is the temporal bone. It's easy for that radiation to go in. This is the last place you want to radiate is your brain, especially a child. We're going to see an epidemic of disease, but not necessarily brain tumors. We'll see some brain tumors but we're going to see mitochondrial dysfunctional disease which is what we're talking about in this whole series.

Speaker 1 ([10:04](#)):

The last type of EMF, non-native EMF, I want to talk about is light. You really need to understand, this is so crucial component and this is a way to bio hack and improve your mitochondrial health. Of course I

mentioned early you want to be exposed to sunlight on a regular basis on your skin. Really important. Not only the UVB to make Vitamin D, which is far better, that is the best way to get it. I have not swallowed a Vitamin D pill for over 10 years and my Vitamin D levels are in a very healthy range, because I'm outside getting it the way it was designed to. When you swallow Vitamin D, and I'm not saying you shouldn't, but when you swallow it, please understand that you are faking your body out.

Speaker 1 ([10:04](#)):

Vitamin D is a signal to your body that you have been exposed to enough ultraviolet B radiation. When you haven't done that, you are faking your body out and you're mixing it up, giving it confusing signals and you're not going to optimize your biology. It's just simply not going to work. Please, whenever you can, get it from the sun. That is the best way, it's also free and free of side effects and it's almost impossible to overdose. Part of the other reason is not just UVB, what I didn't explain was the red and the near infrared which have specific...

Speaker 1 ([20:00](#)):

Well fortunately there's a very simple and easy to implement and inexpensive solution. You go to that really hard to find website, it's called Amazon, and you get these red safety glasses, I think they're called red laser safety glasses and it's about \$9 and they look like this. And there's probably a lot of other solutions, you've probably heard of blue blockers, but these are blue blockers on steroids, okay and I'll tell you why. Because when you put these on, when the sun goes down, sunsets, these are always next to my desk or my bed or my backpack and put these on and these are the lights that I wear when the sun goes down. It's completely red. Why? Why don't I wear the amber, which gives you, it's a little easier to see with amber. Because amber is good, it's better than nothing, but it's not as good as the red because we're finding now that the blue blockers block off the blue, but the red also blocks the yellow and the green which can also be pernicious to the retina and decreases your body's production of melatonin and melanoxin, which is another important retinal product that your eye needs for eye health.

Speaker 1 ([20:00](#)):

So when you lower those productions, you're going to decrease retinal health. So, put on the red glasses, easy, simple to do, simple bio hacks that you can do to, that are separated from the food and the diet that works synergistically with them to improve your mitochondrial function which is the core of all degenerative diseases. Now if you have glasses already or you don't like the way that these glasses look even though they're only \$9 and you want to look cooler, which there's nothing wrong with that. There are more expensive options that you can use, and I'm not selling them, but I can tell you how to do this, you get this red color and you take the lenses that you currently have and you go to your existing optician or eye office where you bought the glasses and you ask them if they can color the lenses. Remember, you only want to wear these at night, you do not want to wear these in the day time. But you'll have your night glasses and you can pick whatever frame you want and whatever style, as long as the color of the lens is fine, you're going to be okay. It's going to be a more expensive solution, typically its going to be 100 to \$200 somewhat range, maybe even more if you have very expensive frames, but this is another strategy you can use to implement this protective benefit for your eyes to make sure that you don't go blind when you get older.

Speaker 1 ([20:00](#)):

Insert this back the with iron. So in fact these phlebotomies and blood transfusions have been so effective that when we do epidemiological studies, we find that people that donate their blood two to three times a year, and that's all that really is required, have a radically reduced risk of heart disease and cancer. Why? Because this excess iron is mitochondrial poison remember it impairs mitochondrial function which is the core of most all chronic degenerative diseases. So, another really effective strategy for removing these heavy metals and poisons and chemicals that we all tend to accumulate over time because there's so many of them in our body, there's tens of thousands of them, so it's invariable, we encounter these and absorb them in our body. So what is the strategy? Far infrared sauna but remember, the devil's in the details. So we want a low EMF far infrared sauna, ideally if you have a full sauna, that's okay, but if you're getting one new, the less expensive and more effective way, I think, is a tent sauna because your head is outside the sauna, there doesn't seem to be a really good reason to heat your head. The exciting thing is that some new research shows from the fins that have been doing this for a long time, when they study them, they find that the men who do this every day have radically reduced reductions of heart disease and cancer, it's just crazy. So there was a recent study done in Finland where saunas are very commonly used, that looked the people who had used them daily and had a radical reduction, like 50, 40 percent lower risk of heart disease and dementia which is just insane. So there's some other anecdotal suggestions that these are beneficial in addition to removing these poisons that we eventually encounter.

Speaker 1 (20:00):

So what are the other things aside from low EMF and being a tent sauna? You want to make sure that the material of the sauna is healthy. That it's not [inaudible 00:32:14], that they don't use some cheap type of material that's going to, when it's exposed to high heat release these gasses that are sort of going to poison you. So that's an effective strategy. And I like to supplement that. That's far infrared, remember your body needs the near infrared, specifically about the 830 nanometers in the red at about 660, so we're actually working on a little device that you can wear to supplement that but in the mean time you simple infrared lamp that they use as a security illuminator, they're under \$70 or so and you can use that in addition and it will radically improve the type of detoxification that you're using.

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Yssa

**<Katie Singer\_Rev>**

Katie (00:01):

I published several books about women's health and natural birth control. Those books are called The Garden of Fertility and Honoring our Cycles. I've also done books for international communities, including Honoring our Cycles in Africa and Essential Questions About Sex and Health

Katie (00:48):

In April of 2019, Rudolf Steiner Books will publish Our Web of Inconvenient Truths: The Internet and Energy Use, Toxic Waste, and Climate Change. Can I tell you where it's really interesting for me to start?. Do you know how the Federal Communications Commission determined that it's safe to sell cell phones?

Katie (02:24):

The FCC does not recognize non-thermal effects. Non-thermal effects would include blood-brain barrier leakage. They would include addiction to phones, which is different from exposure from radiation.

Katie (08:20):

With the internet of things, basically the average person is expected to own about 25 or 26 internet of thing connected devices within a couple of years. In order to run all the data, like to handle all that traffic, we need increased infrastructure to support all that data.

But the industry wants to go to 5G to support the internet of things.

Katie (11:05):

5G runs mostly on millimeter waves. These are teeny, teeny, tiny waves. Like we're talking seven gigahertz at least. They can handle much more data but they don't travel far, so we need dense deployment. We're now expecting that we will have small 5G cell sites installed every one to 12 houses.

They're going to go on public rights of way.

Katie (12:20):

FCC has issued orders. They did issue orders in 2018 and earlier, basically no community can say no to this for any reason.

You're also going to be extremely limited, if you're a town, in terms of the revenue you can collect from my use of your public right of ways.

Katie (23:54):

the difference between exposure to electromagnetic radiation, which is emitted by things like cell phones, tablets, routers, cellular antennas, and smart meters. All of those things are emitting different kinds of radiation

Katie (27:25):

Dr. Jelter had a child come to her practice. He was 10 years old. He was really aggressive. He screamed every night, this child had never spoken at all

All they did was turn their wifi off at night. They did that three nights in a row. On the third day, this boy spoke a complete sentence.

## <LA DAY 1 Stephanie Daniel>

Stephanie (10:04):

And she had gone through various fertility treatments and been unsuccessful and had no real diagnosis as to why in that unexplained group. We peeled back the layers, bit by bit. She worked really hard in terms of ... I guess even sort of trusting the process, because the thing that sort of threw things off initially was that she didn't have very many symptoms that we would typically see of this objective data. But when we addressed it and corrected it, she conceived naturally, all on her own at age 41 and went on to have a really healthy pregnancy and a really sweet little baby boy.

Jonathan Otto (10:04):

No problems?

Jonathan Otto (10:04):

Do you see EMF as being ...

Stephanie (10:04):

Sure, yeah, absolutely.

Jonathan Otto (10:04):

Okay. I'll just say the end. Do you see EMF radiation as being a problem when it comes to women and infertility?

Stephanie (10:04):

I think I see it in a lot of dysfunction, because it's another layer of burden that the body has to negotiate. It's an unnatural signaling that's coming into a system that's electricity and fluid, and it's disrupting the natural rhythms and organization that we're designed to do.

Jonathan Otto (10:04):

And what do we do to fix that problem?



Stephanie (10:04):

Yeah, tell people to turn it off at night, like actually just kill the whole switch. Where we live, in Northern California, people take out their smart meters, or they'll put electromagnetic barrier around it. Some people who are ultrasensitive actually put Faraday cages around their beds to block-

Stephanie (10:04):

They do. They do work.

But again, it's one thing that we don't know on an individual level is which layer of impact is the final key. So maybe that's the only thing that you have to do, and it gives the body enough of its resiliency and buffering ability back to do what it's supposed to do. But it may also just be one element in three or four layers of the equation that need to be addressed before it can do that.

Jonathan Otto (10:04):

What about phones?

Putting them to your head ...

Stephanie (10:04):

Oh, I mean that's just

a blatant no-no. I almost tell people- like when I see people in public, I'm just shocked. We have very clear data that shows a triple increase in glioblastoma development for people who have used cellphones against their heads for X number of years and the earlier-

Jonathan Otto (10:04):

Cancer?

Stephanie (10:04):

Cancer. Glioblastoma,

brain cancer, the most deadliest form of brain cancer. And the earlier that you start, the worse your chances statistically that you have to develop it.

## <LA Day 4 Dr Jennifer Cassman>

Jonathan Otto ([02:21](#)):

Thank you, but this

EMF thing, I guess my issue with this is that there are so many people being affected by it, and they're not aware of this being an issue, and the kind of symptoms that it can cause. They're being medicated by their physicians for sleep, and tachycardia, and mostly like things like anxiety and it's triggered by this artificial random electromagnetic field energy that we're now being bombarded with. It can really cause just about anything, any health condition you can think of, I believe because it works on a cellular level.

Jonathan Otto ([03:04](#)):

It works on the

calcium ion channels, it opens the calcium ion channels, but it works on the calcium ion channels so it can affect. We are electrical beings, our brains work through electricity, our heart works through electricity. We hook ourselves up to EKG and EEG machines to measure the electricity that's flowing through our body's. When you subject your body to artificial external radiation or electricity, if it's powerful enough it will trigger those nerve impulses.

Dr. Cassman ([03:39](#)):

Wow, that's amazing.

You see some significant interference with EMF, Dr [Cassman 00:10:00] you believe electromagnetic radiation is affect peoples health?

Jonathan Otto ([03:56](#)):

I know it's affecting

people's health. We use electromagnetic radiation, you can use it in a beneficial way to heal the body, but it's when it's being bombarded and it's invisible, and your cellular tissue is being bombarded in a random way that's when it can trigger things that become harmful to the body. It triggers oxidation and opens the calcium ion channels that operate in our hearts and in our nervous tissues.

Dr. Cassman ([04:31](#)):

What are some of the

health challenges that people can come down with, with EMF?

Jonathan Otto ([04:35](#)):

Well anything that is

operated by nervous tissue mainly, are the main things that you'll see. A lot of it will be arrhythmias tachycardia, palpitations, insomnia is a big problem with people that are exposed to a lot electricity, or electromagnetic fields. Tinnitus are ringing in their ears is a very common symptom, fatigue is another complaint that is so ubiquitous now in our society. It's hard to pin point where this is coming from but if you can be aware then you can protect yourself as much as you can and maybe some of those symptoms will lessen and you won't require medications perhaps to manage some of those symptoms. A lot neurologic brain fog can be related to electromagnetic radiation and headaches as well.

Speaker 2 (05:35):  
Amazing. What about  
infertility?

Jonathan Otto (05:38):  
Absolutely, there's  
been actually documented studies of decreased sperm counts with people that are carrying their cell phones in their pockets next to their organs. It's created issues with infertility in men.

Jonathan Otto (06:04):  
If they're carrying  
their cellphone in their pockets. One way to protect yourself is you to turn it to airplane mode, if you're going to be carrying it on your body the airplane mode kind of blocks out or turns off that radiation, signaling that the phones are constantly giving off, changing of out of data. That's where you're really getting the exposure of the radiation, so turning it to airplane mode and then even better turning it off is a way to protect yourself at least from the cellphones.

Dr. Cassman (06:40):  
People can just kind  
of chill out for a second and not feel like they need to be contacted every minute of the day, right. Switch it on air flight mode, if they're going to put it in your pocket right. Stop being so obsessed.

Jonathan Otto (06:52):  
Yeah, absolutely it  
probably good for their brain too, to not constantly be thinking about their cellphone, and the addictive nature that these devices put us into sometimes.

Dr. Cassman (07:08):

Electromagnetic

radiation, Dr. [Cassman 00:10:00] has electromagnetic radiation affected your life?

Jonathan Otto (07:34):

Should I say mold

illness, I mean it was mold related illness. Maybe I should just say that, or chronic ... Okay, two years ago when I was going through a mold related illness, I realized mainly because I was around a lot of people that had electromagnetic sensitivities. I realized that I also had become sensitive to those, some frequencies. The high power lines, I could feel those, the energy from the high power lines sometimes would trigger headaches for me. I would get problems with numbness in my hand if I used a hair dryer. They were very subtle and as I recovered from that illness and was able to supplement and support my mitochondria and get rid of toxicities.

Jonathan Otto (08:37):

I lost the ability to

feel electromagnetic radiation for the most part, which I'm very thankful for. I work with Dr. Bill Rae at the Environmental Health Center of Dallas, and he sees probably thousands of people that are affected by electromagnetic radiation. It seems that they are 80% of them have got toxicities that probably make them more susceptible to radiation from electromagnetic fields. As we increase this radiation in our environment I'm just wondering what's going to happen in the future to the people, even the healthy people that don't know they're being affected by these things. I think we all are being affected.

Dr. Cassman (09:33):

Given that cancer is

one in two for men, one in three for females, do you believe that EMF is contributing to these cancer statistics?

Jonathan Otto (09:43):

It took us 25 years to

figure out that tobacco was causing problems with cancer, and asbestos the same thing. It's been said that electromagnetic radiation is the asbestos of this century, and I think that eventually they'll prove a lot of things can be

caused from electro.

Jonathan Otto (10:03):

It's a very preliminary study that would suggest that nerve injury, if you have a nerve injury, that your nerve is not as protected from external influences, external energy. You're more susceptible perhaps to electromagnetic radiation. That may also explain why people that have chemical toxicities also are more likely to be sensitive to electromagnetics. Is that their nerve tissue perhaps is slightly damaged.

Jonathan Otto (10:03):

It doesn't have the myelin sheath perhaps protecting it from external energy being able to activate that nerve tissue. When you have unmyelinated nerve tissue it responds much more quickly to impulses from even our own bodies, and that's how you get damaged when you have MS or ALS. It's a pattern in the nerve tissue that is creating artificial responses.

Speaker 2 (10:03):

What are the practical things we can be doing on a daily basis to reduce or maybe even eliminate electromagnetic radiation in our lives?

Jonathan Otto(10:03):

Right. I think it's really important to be aware what you have in your own surroundings. Hardwiring your computers and taking out the wifi has been recommended, or at least turning the wifi off in your home when you're not using it. Knowing where and if you have a smart meter, and making sure that your kids and that you are not sleeping within 15 feet of that smart meter. There're meters and the pulse this frequency radiation through the home, and they are called AMI or AMR meters.

Dr. Cassman (21:57):

Actually you should get McCullough to hook people up to EKG's and then have them exposed to WiFi and show what happens. There's some stuff on the internet, YouTube videos, where people are doing that and then it shows abnormalities in the EKG.

Jonathan Otto (21:57):

What's that? What's an  
EKG?

Dr. Cassman ([21:57](#)):

EKG is when you go to the doctor and they put those sticky things on your chest and then they measure the electricity through your heart to see if you've had a heart attack and to see what the rhythm of the heart is. It's measuring the electricity through the heart. It's called a EKG.

Dr. Cassman ([26:53](#)):

The main things is, is that I noticed that I could not sleep in my bedroom. Luckily I was involved in integrative medicine at the time and I was attending a lot of different conferences. It was made aware to me that Smart Meters can cause insomnia. I called my electric company to find out when they had placed a meter on my home, and it was correlated almost exactly when I started having issues with sleep. Then when I would leave the home I could sleep fine. Then I started noticing other things. When I go off the grid, way out camping, things like that, I felt different than I felt in a high WiFi environment.

Jonathan Otto ([26:53](#)):

What are some of the symptoms you saw? Did you see your body health deteriorate?

Dr. Cassman ([26:53](#)):

No, not really. Just wondering what might be happening was more of my concern, but I do see patients at Dr. Raye's office that have significant trouble and issues with any kind of electro-magnetic devices. Most of them have been really damaged by mold or Lyme Disease. There's some correlation with their ability to be super sensitive to the magnetic fields.

**<Susanne Bennete DC\_rev>**

Dr. Bennete ([07:51](#)):

Through muscle testing, I can go ahead and look at the different aspects of your body, the physicality, which organ might be primary, which organs might secondary. Of course I'm someone, again, this is a lot of blood, so blood testing and stool testing. I want to get the science behind it too, to confirm. For me, it's just just another little added step for muscle testing to get more information about the patient. But I

always confirm with the ... If there's tests involved, I'll get it. Stool, saliva, urine and blood of course. Those are the things that I do together, and then combining. I look at it all and figure out what's the primary condition. Often when I see patients that come for, let's say if it's some type of chronic fatigue, right? Chronic fatigue is just a condition that everyone goes through. If you've got cancer, you've got chronic fatigue. If you've got Alzheimer's, you've got chronic fatigue. If you've got diabetes, you've got chronic fatigue, but chronic fatigue, often people don't have any of those diseases, right? It's right in the beginning. It's just starting, and they don't know what it is. They might be 25 years old, and they're feeling really low, they're tired, nothing's helping them, and they start drinking coffee and whatnot. But they're not in disease form. It's just the beginning of moving in towards a condition and we don't know what it is.

### <Theodora Scarato\_Rev>

T. Scarato (00:29):

So 5G is the fifth generation. It's a new technology that is coming out, a way to connect all our wireless devices together. And it's not just our phone connecting with the wireless baby diapers, which there are and your washing machine and your dishwasher, but also machine to machine connections that are happening. Self-driving cars, sensors that are in everything including sometimes people are getting embedded with ... Actually, that's going to sound crazy. I mean, I think it's true. I need to think about how to say that. Can I nix that?

T. Scarato (02:57):

The problem is several environmental health issues that this poses. We know that the current technology we have in place, the current wireless technology with our cell phones, wifi, computers, is not safe because there are thousands of peer reviewed and published studies showing harmful effects at levels that the government would consider acceptable, at levels lower, that are within government regulations.

T. Scarato (03:36):

So, as scientists are ringing the alarm bell, there are over 200 scientists who have signed up to an appeal, a moratorium, to appeal that there be a moratorium on 5G and we consider this one of the environmental issues of our time because wireless is one of the fastest growing environmental pollutants right now in the last decade, and it's saturating all of our lives. Everywhere. I mean, when I talk

about this, people say, "Oh, but it's everywhere. What? You're talking about wifi? My cellphone? I can't live without it." Even babies in the grocery store are being handed devices to play with. You're saying what?

T. Scarato ([04:30](#)):

But what people don't know, which is what I found out and how I got interested in this is that cellphones and wifi were never pre market tested for safety before they came out, for long term safety, for safety for children, and there's no post market surveillance and the science and the groups who are involved in this issue are dominated by industry and military, and the EPA was defunded from setting proper federal safety limits where they said what is a safe level. No ones ever even figured that out. In fact, the research shows we haven't identified a safe level because there are effects at levels hundreds of thousands of times lower than what the government is allowing.

T. Scarato ([05:24](#)):

So, with 5G, they're going to be using all the wireless frequencies that are microwaves, radio frequencies that are in use now. And these are information carrying waves.

They're waves that carry the data on them. They're different than analog. Digital pulsed waves with information on them that's all going through our bodies as we sit in a room surrounded by wireless and they're adding in new types of frequencies that have never been used before, millimeter waves and sub millimeter waves, which have previously been tested by our government for use as military weapons because they're used for crowd control, dispersing crowds because at high power, it makes your skin feel like it's on fire because it penetrates the skin. Actually mostly, it actually doesn't penetrate as much deeper, but it does penetrate the skin in a unique way.

T. Scarato ([17:46](#)):

Okay. So, there are a lot of research that you're gonna ... obviously you're going to edit this whole thing, it's going to be like five minutes. But, One study, was a review of all the research that had looked at oxidative stress between a certain time period, oxidative stress parameters and found over 90% found effects. So, if you think oxidative stress leads to a mired of diseases and this increases the stress in the body. For example, sperm damage. There's been a lot of research on impacts to men's sperm. There's connection with erectile dysfunction as well and the researchers posit how did this happen? How is this damage happening that it's about increases in free radicals and oxidative stress.

T. Scarato ([18:55](#)):



So a lot of people say nonionizing radiation can't cause harm because it's nonionizing, but there is a chain reaction that can happen in the body. It's not like x-ray radiation where you have the exposure and you have the DNA damaged directly, necessarily. And cumulatively if you think about day and night, sleeping with your cell phone, sleeping with all these devices on or a room near a cell tower, your cell antenna's in line of sight, which is what's going to happen with 5G, because you're going to have these small cells right outside windows. That's nonstop, all the time daily exposure to an environmental pollutant that's affecting your body at the cellular level. And some people say, "Oh, that radiation is so low. It's within our government standards. It's so low." But your cells feel it. We know that from the research. There is an effect.

T. Scarato ([46:36](#)):

That's how I went from being not involved to being involved. Oh, so Environmental Health Trust, we have a variety of resources. It's ehtrust.org. We have lists of scientific publications, we have resources for parents and people who want to reduce exposure that explain keep the cell phone away from the body, turn it off more often, don't put it to your head. Here's how to wire a computer, then we have resources about 5G so that people have the facts on 5G. Here's what the research says, here's what your city can do, here are white papers and reports that can support the work you're doing, and here's what you need to know because people really need to know the facts and what they can do and so we try to take people on a crash course into here's the facts, here's what you need to do.

T. Scarato ([36:47](#)):

It makes me feel like we gotta move on this. The time is now to be working on this issue. I say that as a mom. I'm in it to go. People have said, "Oh, you're ahead of your time." A lot of people hear that who are working on this. It's like no, I'm not. This is now. The exposure is now. This is not a future issue. It's happening now and we can never take away that exposure. We won't be able to say, "Oh, let's minus the last 10 years of exposure." It all is building up. The hours of exposure are building up in our children and it just makes sense to decrease it and to eliminate as much as we can. Not to increase with 5G. What sense does that make? We have to go back to common sense. Somehow, common sense has gotten lost because we're just in love with our devices and every new things. But, common sense is oh, there's studies that show this might seriously harm our health? We're talking about highly malignant

brain cancers as well as other cancers, oxidative stress, all of these health issues.

T. Scarato ([51:54](#)):

Some people have found they sleep so much better when they have addressed this at night so you get 12 hours or 8 hours of good, more restorative sleep. It's lifesaving. It's lifesaving work to be getting this information out because the public has a right to know about not just cellphones and wifi and 5G, but about so many health issues that we are not informed about and to put it together and present that to people is critical, in a way people can understand and just support their health. So I think it's life saving.

### <Luke Storey>

Speaker 2 ([03:29](#)):

That's another intervention that can be relatively inexpensive if not free is the technology of grounding. And if you think about again, just go back to nature. Nature knows, nature is the ultimate wisdom. Any living creature with the exception of a bird in flight or migration spends their entire existence grounded. They're either in a body of water, they're touching a living tree, plant, or they're touching the ground. Now, some ground is more conductive than others. I mean desert sand is probably less conductive than wet soil or something like that, right? And a body of water would be grounding your whole body if you're swimming for example. So, grounding, direct exposure to sunlight, avoiding artificial light, and there's not a lot you can do with EMS but I think EMFs are a huge issue, and it's one of those things where ... hopefully not 50 years hopefully in 10 years we're all going like "whoa, sound the alarms, we fucked up."

Speaker 2 ([04:25](#)):

We're radiating ourselves with electro smog just horribly now and they're about to roll out 5G and all that stuff, so those frequencies, to the degree that we're experiencing them are so unnatural. So, to me, it's about getting back to nature, but I happen to enjoy living in a city and I love technology, so it's a matter of how can one live within the conveniences of modern life and a city and the great

connections that we can have with people and the opportunities that are available in a really domesticated life while still being in touch with our roots and being in touch with mother nature.

Speaker 1 ([06:05](#)):

I was just going to say I respect that you are mindful with your cellphone. I noticed you switched it over to air flight mode and keep it in your pocket like that. Few people I see doing that, I just decided to do that after I understood the parasitic connection with EMFs, EMR, and I respect that you're doing that. And what's interesting for me is that we were trying to schedule this interview, we still scheduled it. If you had it in your pocket you were intermittently flicking it on and off air flight mode and maybe doing that on the hour or something, I don't know what you did, but ...

Speaker 2 ([06:39](#)):

Kind of like when I would just chill and go sit down for a minute, then I set it on a table and I let it percolate over there. EMFs as you probably know are about distance. Signal strength is relative to distance. Without being paranoid, that's the other side of it. The neurosis of avoiding all of these environmental toxins and stressors is I think as stressful as the things themselves. It's a double edged sword, so you have to find balance there. Sometimes I have my phone on.

Speaker 2 ([41:47](#)):

I found the founders and I interviewed them on the show and sure enough they were living proof that they had used this technology to overcome Lyme and many people have used it to overcome many other autoimmune issues. Essentially the way it works, it's a combination, it's a long conversation, so I'll give you the summary. It's a combination of bio feedback and PEMF. So there's certain frequencies that resonate with parasites with Lyme with all the bacteria, with any living organism or cell within your body healthy or otherwise, good or bad we could say to keep it simple. They all have a resonate frequency, and those frequencies have been collected over time and people that work with bio feedback. So, the magic about the amp coil is the frequencies are delivered into your body and to every cell of your body via a magnetic field, a PEMF field, and it's the first time any device has combined those two modalities.

Speaker 2 ([42:42](#)):

So PEMF is very powerful and very healing for a number of things, but it doesn't have really specific frequencies. It has very broad frequency, or one single frequency, which is useful for healing your knee or something like that, but not for getting past the blood brain barrier and into all your cells and all the organs to get rid of Lyme for example, right? So the frequencies married with that delivery system is a really powerful delivery. So I've been working with that and learning how to use that and right now I'm studying the Lyme protocol. I'm going to take that device this summer to my mom's house, I'm going to camp out there until I teach her how to use it, and I'm going to use that and maybe in conjunction with some herbs, maybe I'll get some advice from you about that, and really see what I can do.