

EMF Safety in a Wireless World
December BioBites Audio Transcript
December 5th, 2023 -- Cece Doucette

Welcome everyone to our December edition of BioBites. I'll give it another minute as people are coming in.

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Okay, I hope everybody is having a good December so far.

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Alright. Okay we will get going. My name is Jessica Frank. I'm the biomed program manager at the Marion Institute and for those who are new.

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To BioBites. This is the, MI, or Marion Institutes monthly educational series.

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We connect you with some of the foremost experts in alternative health and natural healing. And biological medicine today speaking on key topics relating to wellness and empower health.

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Several announcements in housekeeping before we begin. And that just to make sure your mics are muted.

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During this program because we are recording And second, don't forget we encourage you to drop questions.

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Into the chat, during the first half of our hour together, that's when CECE is going to present and that's when you're welcome to ask questions during the chat as they come up.

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And then for the second half, we'll go ahead and address those questions plus some previously submitted ones.

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Next month's biobites it's actually kind of a cool one. We're going to kick off our 21 day reset, which is our annual program where we connect you to the habits that we tend to slide off through time and connect you to new habits.

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We want to start for the year ahead. It's called the 21 Day Reset and Dr.

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Dickson Thom is going to be presenting natural laws to live by and these are simple at home practices that we all need to be doing daily for longevity and optimal health.

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So that's going to be Tuesday, January second. Mark your calendars and we'll actually drop a link into that into the chat for you to register for the reset as well as the bio bytes.

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And make sure you're also following us on our social media, etc., so you can know what we're doing from.

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Week to week. So last but not least, today's presentation is going to be recorded and then we're going to share that with you afterwards.

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And we'll also share some notes, some audio recording as well as the slide presentation too. So that you can further do your own.

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Exploration afterwards. So here we go. Let's start off today.

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I'm going to introduce you to CECE Doucette. CECE spent 8 years fundraising to bring wireless technology into her schools.

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Then she learned it was harmful. Investigated the non-industry funded science and helped her own children's schools become the first in the nation to take precautionary measures with wireless tech.

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She's also helped her public library become the first in the nation to loan a radiation detection meter and to host documentary film and discussion series on electromagnetic radiation in health.

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She established the Massachusetts for safe technology to bring citizens together on this vital issue and works with schools, communities, municipalities and legislatures to address wireless radiation in public health.

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She is also the Education Services Director with the International Nonprofit Wireless Education. Which offers affordable, 30 min online trainings for schools and families to see.

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And CECE was honored to co-chair the co-chair of the technology panel for the health and buildings roundtable conference at the National Institutes of Health and to present state and local policy at the International EMF Medical Conference.

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She has been featured on Boston, 25 News, PBS, Spirit of Change Magazine, EMF Warriors, and in the films Generation Zapped.

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And Wi-Fi refugees and we'll drop some links throughout our program today in the chat for you.

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We are very grateful to have her here and there's so much to cover. Without further delay, I'm just going to click a button and bring CECE on.

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So here we go. Take it away, CECE. Thank you.

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Thank you so much. It's such an honor to be here with you and to see some friends in familiar faces in the audience.

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Yeah, so like many of you, I had no idea there was anything to be concerned about with wireless technology.

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And I have prepared a set of slides. That Jessica and her team will be sending out to you.

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So anything as we go through my slides that we see underlined, you will be able to drill directly down into the facts on that.

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And we encourage you to do your own investigation. Don't take my word on any of this. Get to know the realities for yourself.

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Most importantly, the solutions for how to have safe technology. So that MTPW after my name just means I had the privilege of earning a master's in technical and professional writing from Northeastern University.

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I also earn my bachelors there in communication studies and never did I imagine that those backgrounds would lead me to use that.

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SET to be with you here today. But. You never know what the future holds. So when my children were in school, we were hearing more and more about this 20 first century classroom and how our kids were going to have all this need to have all this great technology to succeed in the world.

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So I was heading up our local education foundation at that time. So we jumped in and I ran fundraisers to get wireless infrastructure to get the iPads and the Chrome books and the smartboards and the minis and all that we were being told that our kids would need.

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And then one night at book group, a girlfriend of mine who has chronic lyme and all 4 of her children have chronic lyme.

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She's an electrical engineer and she was hitting their health issues very systematically and she started reading this book called Zapped by Anne Louise Guidelman.

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And in that, she was learning that there were biological effects to today's wireless technology. And I'm a technical and professional writer by trade, so I just thought, hmm, I wonder if there's any science to this and so I just went looking and folks you will be astounded that you don't have to look very far before you come across thousands of peer review published studies showing extensive.

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Biological harm and we'll go through that just a minute. So I start sharing all of these studies with our school committee.

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And the chair and I are passing back and forth things like, hey did you see that the French National Library took Wi-Fi out in 4 things like, hey, did you see that the French National Library took Wi-Fi out in 2,008 because of the biological risk.

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Or did you see that pockets in Italy and Belgium and Israel were removing wireless from the classroom.

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And so it was not an easy conversation to have, because the industry got a really big head start on us and started promoting their all Wi-Fi all the time.

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But, ultimately, our schools became the first in the nation to even have this little sign hanging in our classrooms to turn devices off when not in use to turn the Wi-Fi on only when needed.

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And always put a radiating device on a solid surface. So that was back in 2,014.

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And then I met with my state senator and my state representative to see if they'd ever heard of this issue.

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They hadn't. But when I measured Senator Karen Spilka's cell phone and her district director's laptop, both devices went right off the charts on my radiation detection meter and I'll give you a demonstration on that in a minute too.

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So Senator Spilka put me with an attorney in her office and together we crafted a very simple bill that would simply Bring the right minds together at the state level.

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Look at this issue. And then determine what we should be doing. So on this journey, I have had the privilege of connecting with many of the world leading experts in science and medicine and public policy and advocacy.

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And we have built a little nonprofit that our host mentioned. Called wireless education. Literally, you can go take a course online for about a half an hour.

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We are poised to train your entire school district, your municipality, your offices at work, so that everybody at least knows there's a risk and what you can choose to do about that.

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So when we were working on our bills at the State House, I went to a presentation that was done and we had people from all over the state in there talking about this which was so great because for 2 years I was the only person I could talk to about this and honestly I wasn't fully sure what I was talking about.

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It's now been 10 years and I've got a pretty good handle on science and the medical implications.

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But as we connected down at the state house, we started staying in touch and we built out Massachusetts for safe technology.

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So folks, the message is not no technology because we love it and we live by it and we couldn't be together today without it.

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But there are. Hazardous ways of using technology and there are safer ways. So we're going to teach you what those are.

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And my website has all the information that we discuss. You can access it at your fingertips at Massachusetts for safe technology.

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And then I like to share this link because When I was invited to lead up or co-chair this technology panel down at the National Institutes of Health.

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We were limited to 10 min each in our talks and we had with us Dr. Martin Paul, who's one of the world's leading scientists on this issue.

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We had Frank Clegg who's the retired president of Microsoft Canada. And when he retired from industry, some of the scientists met with him and measured his home.

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And everything, of course, you know, your high tech. Was off the charts with radiation. So Frank Clegg reached out to a dozen of the world's leading experts and when he finished his investigation he concluded that our government guidelines in Canada safety code 6 are not safe.

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Here in the United States, those guidelines are put forth by the Federal Communications Commission and they are not safe.

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So it was great that Frank flew in on his own time and dined from Canada to join us for this panel.

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We also had Peter Sullivan. And I first came across Peter's work online, I think through a YouTube video where he was talking to a group of philanthropists and educating them on what the wireless issue is.

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Now Peter had been a fighter pilot, kind of like Top Gun, before he went into his engineering career.

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In Silicon Valley. As a pilot, he was way up. Where he's much closer to the gamma rays than you and I are down here on the ground.

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He was also in a plane. Equipped with heavy radar on the outside and a lot of instrumentation paneling on the inside.

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So he was getting huge doses of man-made electromagnetic radiation. So Peter came and spoke at our conference and when I listened to Peter speak initially He said that he got really sick to the point where he was dropping terrible weight.

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His teeth started getting really brittle. And when his sons both came in to the preschool years, they both got diagnosed on the autism spectrum.

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So Peter has been very active in the autism community for a couple of decades. He did what a lot of parents will do, which is to start by cleaning up the diet, going to organic foods that are not introducing neurotoxic chemicals to the brain in the body.

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And then he went so far as to do the heavy. Metal detox to pull those toxins out of the body.

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Today he will tell families with autistic family members. Do the digital detox at least 12 h at night with no radio frequency radiation transmitting in your home?

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And he will tell you now because he followed these protocols. Neither have his children are on the autism spectrum anymore and his sons are both adults now, both went through college, did great.

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And we don't want to give false hope. We know that every person's body is biologically very individual, but there's something called de novo mutations in the world of autism and that means it didn't come through mom's bloodline, it didn't come through dad's, you know, genetics.

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It came from somewhere in the environment. And so doing a digital detox starting at night to protect your sleep could be one of the most important health changes you make in the coming year.

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So we also had on this panel Theodore Scarato who's the executive director of something called the environmental health trust.

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They arguably have the world's largest database on this issue. With public policy from all over the world, they have the scientists and the doctors on their board leaders in our country.

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And, Theodora came to teach us what others are doing. And like I mentioned, other countries are way ahead of us.

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But because so much of the industry is here in the United States, we simply don't hear about it.

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So I like to share this link because when we open our mouse and go, I think there's something wrong with wireless.

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Everybody's been conditioned to immediately go tinfoil hat conspiracy theorist. So we want to provide you with as credible resources as we can come up with.

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And that Help and Buildings round table at the National Institutes is one such resource for you.

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So one of the biggest gaps we had when I fell down in rabbit hole with this issue back in 2,013.

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Is that we could tell that so many people were getting sick. And they will go to their doctors and tell them all these crazy symptoms they're having and the doctors will run the test they know to run.

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And come up empty and say you're fine. So then you start paying thousands of dollars out of pocket to go to specialists and they run the tests they know how to run.

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And they come up empty and say. You're fine. Or worse. You need to go see a psychiatrist.

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Just like where we were with Lyme disease over a decade ago, the doctors who weren't trained in this area of medicine.

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Would just say, oh, it's a psych issue, you know, go away. But today we are very fortunate that we have now had 2 major international EMF medical conferences and you'll hear this area referred to in a number of different alphabet soup acronyms.

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EMF simply means the electromagnetic fields of two-way microwave radiation that are pulsed from our own devices.

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And from the cell towers and the routers and the utility smart meters that they've begun to install on our homes.

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So we're very fortunate today that we've had these major medical conferences and the 2021 conference ran for 2 years and there were 24.5 continuing medical education and there were 24.5 continuing medical education credits available for that.

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The opportunity to earn those credits just expired. But the conference director has now put the entire conference all the expert lectures all the Q&A, all the pre-conference lectures, everything is now available for free online.

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So you and your health care teams and your towns first responders and your school, you know, counselors and.

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Administrators can all go get professionally trained on this and it's nice because it is online so these videos run from probably 18 min to a half an hour to an hour and you could just start.

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Scheduling those into your calendar and digest and go back and learn some more. And digest and learn some more.

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And so I also do 2 free public education webinars every month with co-hosts from around the country because there are people all over the US already working on this.

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So we just happen to think that everybody deserves the right to know. So our monthly forums go for about 2 h.

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I know we've got an hour here today and I'll be speaking for about 40 min and then we'll open it up for Q&A.

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So just know for everything that we've messed up. We know how to fix it. It takes a little bit of courage and a little bit of mindset shift going from what the industry promoted.

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Which is all Wi-Fi out the time. To how can I have this amazing technology without radiating myself, my loved ones, the plants, the pollinators and the trees around us.

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So again, we have solutions for everything. So, you know, if you feel like you need to go scream into a pillow, by all means do, get that stress out of your body, but then just keep coming back to learn what you can do.

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To have amazing technology that's not only safer. But so much faster, so much more reliable. So much greener because, Greenpeace analysts back in 2,012 said if the cloud were a country.

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It would be the fifth largest consumer of energy in the world. And look how much more we've added on in the last decade.

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So if we want to get serious about climate change, we've got to address technology in that. Solution.

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Okay, so how did my schools become the first in the nation to to even have that little sign hanging in our classrooms.

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For anybody who's with us, I invite you now if you have an iPhone to please take that out right now and go into settings.

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For folks who don't have an iPhone, if you simply go online later and do a search on the make and model of your phone and then just type in RF exposure.

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That's radio. Frequency, man-made energy. So for those who have the iPhone, we'll walk you through where that is, but please know there's also a webpage called see the fine print.

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Where you can go in and read, you know, a whole bunch of samples of what the manufacturers have tucked in the legal section in the warnings.

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The iPads used to say, seizures, blackouts, I strain. And here's what it says.

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In the iPhone. So from settings go down just a little bit and hit general. Then go all the way down to legal and regulatory.

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Hit that and up at the top of the next screen about 4 down, you'll see RF exposure.

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Radio frequency to way microwave radiation that they politely call energy. And when we read that fine print disclaimer, we see that there saying, hey, we tested this device at a distance from the body.

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So if you're tucking it into your bra or your shirt pocket or your soup pocket or your yoga waistband or your back pocket.

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You are exceeding. The Federal Communication Commission's guidelines for public radiation exposure. And by the way, the FCECE has now been sued for ignoring 11,000 pages of evidence of harm entered into the public record.

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It's been 2 years since the Ninth Circuit, I'm sorry, the DC circuit court of appeals.

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Send it back to the FCC They remanded it back to the FCC.

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They found the FCC was arbitrary and capricious. I had to go look those up, but it means they didn't do their homework.

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They just made it up. That they can stick with these outdated public radiation exposure limits from 1996 before we were completely inundated with all this electro pollution were up against today.

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So when you go down to another paragraph there, it says to reduce your exposure. Use the hands for your option.

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And once you get a handle on the science, it's just common sense. You don't touch something that's radiating.

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You certainly don't put it up to your head or stick it on your body. But that legal fine print has been in there all along.

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So they suggest. That you use speaker phone. Or a headset, you don't want to use the ones that they provide because one of the properties of microwave radiation is it likes metal.

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So if you plug in a regular wired headset or you put earbuds right on your brain.

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That radiation is going straight to your brain. It will travel right from your radiating device up the wire and into your brain or it will be sending wireless signals to your device and sending signal right through your brain.

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So again, there's solutions for everything. And for the headsets, if you have to use a device when it's radiating, Turn off all the antennas that you're not using because what they don't outright tell us in that fine print is, hey, we have a half a dozen different services on that phone and for every service we have a separate antenna.

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So in your one device, you'll have cellular and data antennas. You'll have Wi-Fi antenna, a Bluetooth antenna, a locator antenna, a hotspot antenna.

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And for anybody who didn't know any better and upgraded to a 5G phone, you have an array of additional antennas.

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And the reason why that's a problem is that unless you turn them off, all the time, every one of those antennas is pulsing microwaved radiation going, here I am, where are you? Here I am.

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Where are you? Here I am. Where are you? To make this handshake with an air cell tower or router.

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So our message today is certainly not no technology. We love our technology. But let's learn to use it safely.

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So instead of putting toxic earbuds or a regular wire headphone up to your head, look for something called a hollow tube or an air tube headset.

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I'm going to stop my screen here for just a minute to show you a couple of things. So, it does have a wire that plugs into your phone.

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Nice and long so you can set the radiating device far away from you and then it's got good little controls for volume and muting.

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But then it goes up to these little ferrite beads that block the radiation. The acoustics remains strong, much like a doctor stethoscope with the hollow tube or the air tube.

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Notice no metal on the tips of this, just rubber. So it's not going to draw the ambient radiation.

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Over here to your brain. So look for a hollow tube or an air tube headset and just make sure there's no metal.

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I saw one that looked pretty cool. It had magnets up here so you could hang it around your neck and then I went, that idea, you don't want metal.

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On what you're sticking up to your head. So look for a hollow tube headset if you feel like you need to use a mobile device and you don't want to have that radiation right on you.

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So one of the. First in the nation things that I wound up doing is My brain goes towards solutions, right?

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And I learned that there are radio frequency detection meters out in the market that can help us to get our heads around this invisible toxin.

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So the, radiation detection meter that was recommended at the EMF or electromagnetic fields medical conference.

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Is this one. It's called the Safe and Sound Pro 2 and I think these will be in the video notes that you'll be shared.

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And it's a broadband radio frequency meter. Now when I turn it on, you'll see all the lights will go on and then typically in my house that settles back down into the green because I've taken these baby steps to just.

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Fix everything in my house.

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So here in my home. It is in the green which is labeled as slight because my neighbors you know they've got all the Wi-Fi in their homes.

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We do have a couple of digital utility meters for electric and solar mounted on the far side of my house.

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But right here where I spend my time all day, we are at a maximum spike of this radiation of 7.

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The unit of measurement is something called a microwatt per square meter. I didn't know what that was, but basically in 3 feet of air, how much radiation.

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I'm at 7. The science. Asks that we be at 10 or less in our sleeping areas, which my home is my sleeping area, but indoors, some people who have developed electromagnetic sensitivities might still do okay at a hundred or less of these micro watts per square meter.

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So what I want to do is take my cell phone out of airplane mode and I keep it in airplane mode as a rule because it's meant to be mobile technology.

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I'm not on the go. So I keep it in airplane mode. I make sure that the Bluetooth and the Wi-Fi antennas stay off because if they're left with saying not connected, that means they're still going over there saying, hello, here's my radiation, where are you?

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Hello. They're just not connected. So make sure that your antennas are all off when you're not using them.

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So I'm going to take my cell phone out of airplane mode. And the. Bluetooth.

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The Wi-Fi, the hot spot. The cellular, the data. Locator, all those antennas are coming online right now.

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And oh baby. I'm going back an airplane mode. Hang on. So you see the radiation dissipating out of the air and then we settle back down in there.

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So we were at what 7 just a moment ago. Simply by turning on that one device with its multiple antennas radiating.

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We went from 7. We want to be from, you know, really want to be at 0. There's no safe level of man-made radiation.

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But at least if we have a clean sleeping area, our bodies can hopefully catch up with the detox that we need to do at night.

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So we went from 7. To 2,030,000.

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Yeah, I see some jaws dropping there. That's the appropriate response. Who knew, right?

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It's invisible, but it's pulsating at us. Night and day and Some of you might know it term called Schumann's Resonance.

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So there was a scientist named Schumann. And he figured out that we have these beautiful natural electromagnetic fields with the Earth and we're all meant to be synchronized with that.

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So the Earth pulses this lovely healing energy. It gives us electrons to regulate our own biological systems, 7.8 3 times per second.

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So rounded out 8 times a second, we get this beautiful healing energy when we get back outside and connect with nature.

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What we did when we got so fancy with digital technology is we went into the megahertz range.

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So that's, you know, 8 hertz or 8 times per second we get this lovely energy.

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In the megahertz range, we get pulsated with these spiked erratic microwaves.

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At a million cycles per second. That's what megahertz means. And then in the gigahertz range which a lot of our technology operates off of today that's 1 billion times per second.

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We're getting jack hammered with these spiked erratic pulsations of microwaves and how they can fit a billion.

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Of anything into 1 Si don't know. You and I may feel it or maybe we don't.

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I've never felt good under say the fluorescent lights or those swirly CFL light bulbs or even LEDs, they've got a flicker in there.

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And my brain has always said, whoa, what's that? So wherever I worked, I would just hop up on my desk and unscrew those fluorescent tubes.

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And then I just brought. Lamps into my office with incandescent light bulbs, which the industry has now banned those in the United States.

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So I put the nice soft lighting in my office and people would just be walking by my office and they come in and they sit in my chair and go, oh, see, so I love your office.

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It just feels so good in here. So our bodies, no, we just haven't had the benefit.

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Of having the scientific information to allow us to have the freedom. To make healthy choices. So I'm going to go back to my screen sharing.

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In just a second, you should be able to see that. Give me a shout. Jessica, if you can't see it, but I think you should.

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So, you know, I said my mind goes towards solutions. We broke it. Let's fix it.

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I brought this technology into our schools. Let's get it out. So I went after a grant in our public in our select board, they have a pot of money that gets distributed out through grants in our town.

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So I wanted to get a radiation detection meter for our schools and I wanted to get one for our library.

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And I went, you know, all excited because I got a solution right in my hand here. And I go to our select board, which is our city council type form of government.

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And I said, Here's the grand application. Let's get 2 of these meters. Give one to the library.

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Give one to the schools. We can all figure out what we've gotten ourselves into and fix it, okay?

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Well, they're looking at this going. We've never heard of this before. Come back next time.

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So I come back next time and it'll, gee, probably more of a board of health issue.

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Go see the Board of Health. Well, I went to the Board of Health to our health director here in Ashland, Massachusetts.

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And he had been around at the time when industry was first putting in the cell towers back in the nineties and he said, you know, CECE.

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They told us back then. That we have to follow the local level has to follow the state and the state has to follow the federal and the federal implementing this telecommunications act from 1,996 and as it turns out the industry put a clause in there in section 704.

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That says something to the effect of anybody has concerns over environmental impact. You can't sue us. That may sound familiar to some of you on other issues we're up against today.

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And so our towns have kind of been told by industry that their hands are tied and that simply is not tied and that simply is not true.

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Later in my presentation we have many resources not true. Later in my presentation we have many resources for our towns to work with.

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Later in my presentation, we have many resources for our towns to work with to strengthen, we have many resources for our towns to work with to strengthen their local towns to work with to strengthen their local zoning bylaws within current law zoning bylaws within current law that make it really hard for to strengthen their local zoning bylaws within current law that make it really hard for industry to come in and just roll over us and put

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this technology wherever they please. So lots of solutions. At every turn, but around this time that I was trying to get these meters in my town to share with everybody bill that I had written with my senator came up for a public hearing.

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And so I went and testified at the State House and I'm holding up the science and I'm holding up our little sign from Ashland and I'm holding up my meter and showing the radiation.

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And I could tell from the eyes of every member of the Joint Committee on Public Health, they had no idea this issue existed.

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So I realized I better get in there and start educating. And my poor husband. He thought I would be using both my degrees to have a nice income to build our retirement.

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And I said, look, sweetie. I got to get up there and educate. So I spent months and months and months.

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Educating every member of our legislature who had a hand on any of the bills. We had at 1.20 bills here in Massachusetts.

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So I did a lot of educating at the state house. And I realized that you have to have a one-on-one conversation.

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So I double back to my town and the third time I submitted my application to get a meter. They, well, what I did is I went and I met with everybody.

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One on one. I met with every member of our select board. One of them was a police officer and he said, CECE.

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You had me at hello. He said, I know of far too many police officers who got the brain tumors because of the radar guns in the back.

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Of the police cruisers blowing through their brains. A friend that I worked with is Mary to a police officer and she said, oh yeah, my husband's been

telling me about the thigh cancers that they officers are getting from putting the radar guns on their thighs.

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So for some, this conversation is not difficult to have. For others, it will be the first time you're opening it, but please don't feel like you have to know everything.

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We have incredible resources at my website, Massachusetts for Save Technology, and I do 2 free public education webinars to help you bring others into the conversation.

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So it took me 3 tries and educating our board members one by one. And it was still so new to them.

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This was back in 2,016 that they said, well, We'll give you funding for one meter.

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If the library agrees to take this into circulation. And the reason why I even got the idea for this is because the energy industry had come in with those swirly light bulbs that throw off really bad dirty electricity.

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And one of their marketing tools was to put a kilowatt meter on loan in our library. So I knew we had one for that.

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Why not get one for this? And now because our libraries are having to reinvent themselves. It's really easy for you to go and ask your library and say, hey, can you guys just allocate some funding like Pittsfield, Massachusetts did to put one of these safe and sound pro meters on loan because we don't like to measure what's going on in our homes in our schools, in our cars, in

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our workspaces, in our places of worship in our playing field. So. It took me 3 tries.

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I had to educate the board at the library too and they voted for to one to put this in circulation.

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So that's how we became the first in the nation. And it turned out to be a great pilot program.

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And it turned out to be a great pilot program because now people all over the country are doing this and it turned out to be a great pilot program because now people all over the country are doing this and you could do that in your community.

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So we have great resources online. I'm doing a cable show every couple of weeks. So if you go out to mass for safe technology and just click join us, that will put you on my distribution list.

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I try not to pull your inbox. I send out communicates when there's an opportunity for education coming up.

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Or when there's an action item that you could lend your voice to. So what is the science say?

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We'll go over that in the next 3 or 4 min and then we'll open it up for Q&A.

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But please know that beyond these slides on science, you will find a plethora of information of what's going on in the courts, what's happening in public policy, like New Hampshire, who's become the first in the nation.

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To spend a year investigating with highly qualified commission members and they came out with this amazing report that documents the conflicts of interest with the industry and our federal agencies.

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As well as 15 recommendations to get us away. From this no longer cutting-edge wireless technology. To safe hardwired technology to and through the premises.

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So long term, child and adult cancers, DNA damage, infertility is the set of studies that got me on my feet.

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I read that they've taken male human sperm and expose it to a laptop. With the radiation and tennis radiating.

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It changed the DNA, which is the roadmap to grow a proper anything. It's load the motility of this sperm and is a nation you may know that we are down 50% on our sperm count.

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And it caused fewer sperm to be viable. It was killing off the sperm in just 4 h.

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Of exposure to microwave radiation. That was the day I found my voice on this issue. Dr.

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Martha Herbert founded the Autism Lab at Mass General Hospital, her research lab. She sees huge, huge connections between what we know scientifically microwave radiation is doing to us and what's happening to the children.

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That were in her care. Dr. Hugh Taylor heads up the OBGYN program at Yale Medical School.

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He has radiated pregnant mice. And noted in his study that these pups come out. Bouncing off the walls, not a care in the world, much like a child with ADD AD HD.

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Dr. Martin Paul has called the science on Alzheimer's and shows that it's now coming on not just in our seventies and eighties and nineties where it used to take 20 or 30 years to surface like cancers did.

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But people in their sixties, in their fifties, forties, thirties, and even in rare cases in their twenties are getting.

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Alzheimer's so we cannot continue. To pollute the environment of the brain. The environmental working group has done some amazing fact sheets on this so you can go to their website and grab those.

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But folks, we need to understand children are not just little people. They're very biology is still under construction and it causes DNA damage.

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Their central nervous system, their immune system. As this diagram shows, these heads are tilted sideways, these modelings.

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The yellow part is the ear. So if you put a cell phone up to your ear, you're microwaving about a third of your brain on a ten-year-old child, your microwaving.

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About 2 thirds of the brain and on a five-year-old child. You're penetrating that child's almost entire brain.

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So we have to get busy on this. So short term, many of you may recognize some of these symptoms for yourself or your loved ones.

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Please know the ADA has already recognized electromagnetic sensitivities. Insomnia is a big one.

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People just don't sleep right when we leave microwaves pulsing at us. Our brain sees it as invisible light and it doesn't release the melatonin.

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Because it's waiting for the wee hours of darkness and we've left this invisible light on.

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Headaches, nosebleeds, and fatigue, chronic fatigue. Pain from identified sources, skin abnormalities, heating, flushing rashes.

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We have little antennas in the surface of our skin. It's disrupting mouse.

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Your regular heartbeats, cognitive impairment, and one of the most heartbreaking statements made at that medical conference is if we don't get ahead of this, we can expect many more of these anger outbursts that we've been seeing in society with violence if we don't stop radiating our brain.

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So we were already at epidemic levels of anxiety and depression. We are seeing suicidal ideation among adults and children.

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Like we have never seen since we started radiating. Our homes, our schools, our offices and everywhere else.

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So we'll leave off with this. Please know it impacts everything. All of our pollinators that are disappearing by the score.

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Full species. Going extinct. We cannot continue to radiate our world. So we'll stop here, but please know that we will go through this more thoroughly with you twice a month at Massachusetts for safe technology.

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You can register for our webinars. And so now I'll go ahead and we can do a

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Butlight at Jessica and now we can do Q&A.

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I know, but you have choices now.

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Yeah. Thank you. Hi, thanks coming at you with my wireless headphones. I know, I know it's great.

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I've always had them. Okay.

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I know. Well, but Jessica, to that point, you know, I've had people say, I feel great.

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I don't need to worry about this. But as with any toxin, this is cumulative.

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Our bodies can only take so much. So one of the secrets the industry would prefer we not know is that our biological cells only have so much energy which is pretty well calibrated to get us through our daily routines and then do cell repair at night.

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When we keep this toxic burden on. We had a tipping point and we can't keep up.

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So every little step that you can take to change and just go to the back of your router.

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Plug in your ethernet cables again and who knew you can buy little adapters for like 2030 bucks that plug into your device.

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And then you just go in and turn off the antennas in your device and you know by today Well, the industry is forecasting that with 5G and the Internet of Things.

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Their forecasting will all have about 200 of these antennas radiating in our homes.

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My stove radiated at 1,000,090. Until the tech came out and just unplugged the antenna for me.

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But for, you know, because we have a lot of technology. There's something called an ethernet switch that you can buy online for 15 or 20 bucks and it just shows you that you can plug in from your router.

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Plug into here and then get little cables for all your devices with the adapters. And just plug it in and turn off the antennas.

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So not only is that safer, but your signal will be screaming fast. Far more reliable, cause you're not just buckshot in your data out into the air where, you know, degrades.

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But it's so much greener, more sustainable, your privacy and data are far better protected through a wire.

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Then somebody who could hack into your wireless transmission. So. Oh yeah, baby steps. Be gentle with yourself.

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But.

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Great. Yeah. That's awesome. Such a great, information and great presentation so far.

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So I just want to switch over to our QA at this point just to make sure everybody is clear on, what happens in airplane mode.

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When you switch to airplane mode, all those antennas are automatically disabled, correct?

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Okay, cool. Okay.

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Most are on an iPhone. You have to go into the Bluetooth and the Wi-Fi and just turn them off.

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Okay, cool. Just do that a little.

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Yeah, and really honestly because the industry is putting these antennas and everything you buy, I mean, seriously, we've lost our minds.

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They have come up with this little pod that you can stick on your baby's diaper. And it will send you wirelessly a message to your cell phone so you know your baby has soiled it.

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So I know, right? Come on, pick up the baby and do the sniff test like we always did.

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More importantly, be sitting there with your child. Engaging with your child, right? So having a meter is critical.

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This one is about \$400. There are some fine ones in the, you know, just under \$200 range.

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Get one for your library, share it with everybody. Some people can just go buy it. It's not a big deal.

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Others will get together with their neighbors and they'll just buy one to have and pass around. So.

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You really have to measure because you just don't know when you're being radiated.

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Well, I want to make a shout out to Wendy who also dropped in the chat this, this 20% off promo code.

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I think it's MC 2 0 2 3. Yeah, no link in the chat and she's showing it if you have Wendy on your screen.

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In the natural awakenings magazine this month. So get that 20% off if you want.

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Excellent. That was such a good article, Wendy. Thank you so much for doing that.

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Yes, it was and we're actually going to include that a link to that article. In our resources when we send the, yeah, the follow up email out.

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Excellent.

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So that's all going to be there. So, quickly to the questions then, let's see.

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I think we're covered there. We're cover there. Can you dispose of those curly fluorescent light bulbs in a safe way?

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How do you dispose of those?

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I think you take him to your town. For disposal. Yeah, usually the Department of Public Works can get rid of toxic stuff like that.

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Okay. And bouncing over, I'm actually going to go to a previously submitted question here.

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Is infrared light exposure a real thing to help reverse the effects of all the blue light, 4G and 5G waves.

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What I would recommend people do is go out to the building biology institute and these are highly trained professionals who can be engaged to come into your home and check for mold.

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To check for VOCs and you know, all these other environmental pollutants we've come into in recent years.

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They also have electromagnetic radiation specialists, but they have fact sheets that are free and online and they do have some around that topic.

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My end, I don't have one myself, but my understanding is that the infrared sauna is a really good way to do detoxing.

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My friend Wendy who has not this many but a different one who has chronic lyme she and her family all use the infrared.

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So, yeah.

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Oh, that's fantastic. Okay, what is the definition of someone being EMF sensitive or having hypersensitivity?

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And how do I know if my, this is from a submission? How do I know if my family and I are in that category?

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Okay, so when you get my slides you will see you know the whole list the headaches the nose leads the nausea the dizziness the anxiety the pain from identify unidentified sources skin abnormalities heating flushing rashes hot ear people talk about that when they put the cell phone up to their head.

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And a host of other ailments. So do this. Stop radiating yourself. At least at night, see if your sleep improves, see if the children's behavior issues calm way down.

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For me, a couple things in hindsight I now recognize when I would hold a radiating device my pinky finger would start to tingle and now scientifically we know what that is.

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It's something called the Rouleau effect, which my little brain I remember it because it sounded like the candy Rolos, right?

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That stacked up caramel chocolate candy. So it's kind of like that though because when we radiate our red blood cells instead of free floating and bringing oxygen up to the brain and the heart and the lungs and our skin, all of our organs.

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This electric magnetic field causes our red blood cells to get deformed and then they also start glooming together like this and then this chain of deformed red blood cells can't get into.

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Oh, Wendy Bashan is holding up something that will explain that for you too, but.

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The bottom line is remove the exposures. That's free. And see if you feel better.

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If I don't hold a radiating device, my pinky finger doesn't tingle.

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I used to because my I'm on the East Coast my mother was on the West Coast and with the time difference it was hard for us to catch up to each other so when we did we talked for a couple hours so you know, in my naivete, I would put the cordless phone in my pocket with a wired headset up to my brain and I would cook and fold laundry and get

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my chores done while I was talking to her. I got off the phone and go, damn, my head feels so wonky.

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Well, I spent 2 hours radiating my brain. Now, I use, not a system. I use the handset.

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A corded landline phone and this was meant to be mobile technology. We weren't supposed to use it.

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Except for when we're on the go. And you can just go into your settings and forward your phone calls to your landline.

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Problem solved, right?

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Great. Yes. Alright, I'm going to go back over to previously submitted. It sounds like the early days of cigarette smoking and tobacco.

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Before we knew how bad secret smoking was and everybody in the world was smoking cigarettes, you know, your doctor would smoke cigarettes.

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Everybody did. So what do we think of that? Is this similar?

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We think this is the big tobacco playbook redeployed for big tech, and tech and the wireless industry telecommunications.

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There's a really good report that you'll learn about when we do the longer presentation. Called "captured agency" from Harvard.

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It's called captured a Harvard Law School Center for Ethics. How the FCC is dominated by the industries that presumably regulates and they liken it to the big tobacco.

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Playbook as well. Same thing if you can suppress the evidence of harm and they have now bought up mainstream media, it's now corporate media, so we don't get any messaging other than that what they want us to hear.

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If you can suppress. The good science when it comes out, which they do because they own mainstream media.

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And then if you can do studies of your own under conditions. That we're done to deliberately suppress the harm.

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Then you can promote those because you own mainstream media. And then you have deep pockets and heavy influence up in Washington, DC.

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You've placed your own industry folks in leading positions with our federal agencies so you can write the laws.

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And that's what we have is a revolving door at the FCC, the FDA, the CDC, you know, all of them.

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We don't have anybody up there doing the science on this anymore.

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No, yeah, I think it's going to. Take a, just like the, just like it was with smoking.

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It took. Decades before.

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It does. And you know, it was 50 years after we knew smoking was bad scientifically that the surgeon general said, hey, and then it was the attorneys general banding together ensuing the tobacco industry that finally got warnings at least and a big pot of money.

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To be distributed out through the states for all the harm that it's causing. And so we understand that these wireless industries have billions of dollars set aside too because Lloyds of London, Swiss ARE, AMS and others have long since recognized this is a world leading.

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Risk and they do not cover for damages. In their policies with industry. So that can, you know, just like the legal fine print we looked at that legal fine print is in the insurance policies too.

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That can leave our towns hold in the bed for damages. So we need to educate our towns to put the strongest zoning bylaws in place and skip wireless and just bring high speed.

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Cable copper or fiber optics to the premises where you and I can simply hook up with wires indoors.

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So yeah, so there's a few comments and questions actually coming into the chat right now. What is, actually here's one I had the same question.

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I see a lot of companies now selling blocking. Clothing like hats and blankets and devices and cell phone cases and things like that.

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Are those also being studied for their efficacy and do the do you think they work?

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So that's a wonderful question. There's a gentleman named Jeremy Johnson. He has a website called EMF.

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Analysis.com. Now Jeremy used to work for Silicon Valley as an engineer and his wife is a medical doctor and they both got seriously ill.

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In a very short amount of time and nothing in her background could help them figure out what happened. And they ultimately realized it was one of Banka's smart meters went in on their condo.

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But they got taken down. So Jeremy has been through this. Personally. And he's got a statement out on his website about products.

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That you want to be really careful with like stickers and stuff that people are putting on their phones. Because what might support the biosphere of one person could short out another person because we're very different individually.

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So some people will recommend that you do muscle testing. To see what your body is telling you with a particular thing.

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So that could be one avenue to go to. He does have some recommendations for meters, for, you know, the headsets for guard covers that would create like a Faraday cage with some shielding fabric and stuff.

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There are sleek canopies if you live in a city. Oh gosh, our cities are sleep canopies.

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If you live in a city, gosh, our cities are so electro polluted right now that even if you do everything right now that even if you do everything right in your house, our cities are so electro-polluted right now that even if you do everything right in your house, you might be getting something powerful that's outside of your house pulsating in.

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So there are sleep canopies. They look really pretty kind of like, you know, Knights of Arabia or something.

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And you can create basically a Faraday cage and you can measure how much radiation is outside the bed and then measure inside once you close up these sheer curtains.

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It's really quite pretty. But some people will, you know, wear hats or clothing but again that should not be your first line of defense.

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Your first line of defense should be removing the exposure. If you have to go out in public and if you are sensitive, then some people do choose those products.

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But you know, do your research make sure that they have been tested and that people who are electrically sensitive are saying, yeah, that was a good idea.

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Okay. How is it? How can we be proactive at work when maybe things like this aren't in our in our control?

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So what's the best way to protect yourself in an office?

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Get a meter, right? Because again, everyone's trained as soon as you open your mouth, tinfoil hat conspiracy theorists, right?

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But what the 2 things I found most helpful is one. Say, Hey, do you have an iPhone?

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Walk them through settings general, legal and regulatory, and RF exposure. Now you've taken it from conspiracy theorist hope.

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Holy moly, really? And then they're going to be more out to listen. And then when you can show them the radiation coming off and say, yeah, and we want to be, you know, certainly no more than a hundred, but really 0 is the only safe level.

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Because there is no safe level. And then you don't have to know everything. Send people my way.

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That's why we do these 2 free public education webinars every month. So at whatever point people join the conversation, whether it be a colleague or a loved one or a municipal leader or a schoolteacher or school administrators or legislators.

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Send them our way. We will give them highly credible information in an easy enough digestible fashion.

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That we can all start working on this together.

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That's awesome. I have a couple more questions. What is your biggest hope for the future.

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My biggest hope for the future. Is it we'll get a magic wand and a silver bullet and we'll make all the corruption go away.

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But realistically, there's no cavalry coming. So it's up to you and I to learn.

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Even realize we have a right to choose safe technology. Make the changes for yourself, protect your loved ones, and then go outward from there.

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Start by maybe the first thing you'll do is say gee, I don't really need this all the time.

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It's a time suck. I keep falling down this black hole with it. It is so freeing to keep yourself on an airplane mode.

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Some people who need to use it for work. Will put it in airplane mode and set an alarm because everything that's on your device is there to use without radiating yourself, your clock?

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You're alarm. Your music, your camera, anything you've downloaded for entertainment.

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Once it's on a device, then You don't need signal going back and forth. So learn how to use what you already have safely.

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And then probably the most important thing you could do is create a sleep sanctuary because if you don't give your body that sleep time to cell repairing regenerate, then we find ourselves getting into a lot of illnesses.

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And what Dr. Cindy Russell, who founded Physicians for Save Technology, said, with this radio frequency it's like we're rusting ourselves from the inside out.

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It causes oxidative stress if we can't get the oxygen to our cells. And that's the precursor for most chronic illnesses.

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So do yourself a favor, keep learning, be gentle with yourself. You're the only person you can change.

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You can't change anybody around you. But with enough education, others around you begin to change. So use our resources.

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Join us at Massachusetts for safe technology and will help.

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Awesome.

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I have a sleep sanctuary. We've never put any sort of TV or device in our bedroom.

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Everything goes away in the kitchen. Cell phones are turned off and far, far away. There's the routers on the other side of the house.

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And so I feel like I'm doing okay. Starting in those baby steps that you, that you, suggest and also if I mean like I hear my friends and I hear my coworkers and I hear other people that I know where they're like piled into the bedroom with their laptops and their headphones and their router.

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Maybe under the bed. Like that would be like. Tremendous, right? That's, that like the worst-case scenario is to have everything sort of in your bedroom and then try to actually sleep while it's all running.

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Yeah, I'll give you an example. So my mom when she was 92 lived in a little senior bungalow out in Oregon and I took my meter over to her place when I was visiting and in her little bedroom.

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She had the router. She had the base station for the cordless phone and somewhere kicking around was her cell phone.

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And so I just simply showed her. What to do to just pull the plug on those things because she wasn't really even using them, right?

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And to keep herself on an airplane mode. And I talked to her a couple weeks later and mentioned that I'd had the same conversation with my niece who wound up sleeping through the night after we remediated her home and she's a cancer survivor so she took this very seriously.

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She says, yeah, that night you left my house. I slept for 10 Hours. I said, well, Mom, what do you normally do?

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And she goes, I don't. It takes me forever to fall asleep. Wake up throughout the night.

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I can't get back to sleep so by the time morning comes just like I like I have to perch myself on my bed and gather my wits.

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Before I could get up and I said, and now what she goes, I sleep every night and I just get up and go and she was still driving and doing her artwork and It can be that quick and that simple. Same thing with children.

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We have report after report of behavior issues calming way down. When we're not back and forth with microwaves all night.

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So yeah, create distance. The Centers for Disease Control already tells us with. ionizing radiation, which is the x-rays and the gamma rays in the sun.

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Create as much distance as you can. Spend as little time as you can, radiating yourself and if you can't, then do the shielding.

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That's the three-pronged radiation approach from the CDC, although they are a captured agency as well and have not passed up to the non-ionizing radiation that's now in the public record that the FCC got sued for.

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That's another biobites!

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Okay.

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Great.

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So. We're heading in the right direction. Yeah, yeah, I'd be honored to come back and talk about the public policy and the lawsuits that are done and what communities are doing by changing their laws.

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Great. Awesome, CECE, thank you so much. I just wanted to remind everybody that we also have a 21 day reset starting in January, which was give you these tools that you can do to decrease oxidative stress in your own body and offset some of the exposure that you have every day.

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So sign up for our 21 day reset if you haven't yet. And next BioBite is January second and I'm going to turn off the recording at this point.

Thanks everyone!