Addressing EMF Pollution — A 21st Century Health Imperative

Analysis by Dr. Joseph Mercola | Fact Checked

November 19, 2022

Previous | Next

STORY AT-A-GLANCE

- The primary danger of electromagnetic fields (EMFs) — and what drives the processes of chronic disease — is the mitochondrial damage triggered by peroxynitrites
- Peroxynitrites are potent reactive nitrogen species associated with systemic inflammation and mitochondrial dysfunction, and are thought to be a root cause for many of today's chronic diseases
- You cannot see, hear or smell EMF, and most do not feel it. Still, biological effects are taking place whether you're able to sense it or not
- The number of people reporting pathological hypersensitivity to EMFs is rising. Between 1994 and 2008, prevalence of electromagnetic hypersensitivity syndrome in Austria rose from 2% to 3.5%. In 2011, Taiwan reported an incidence rate of 13.3%
- The possibility of large portions of the population being unable to work or live as free individuals due to incessant, elevated exposure to EMF is a very real threat to society as we know it. There are very few EMF-free zones left on the planet, and such zones will further shrink with the global implementation of 5G

Over the past decade, I've written many articles discussing the evidence of biological harm from nonionizing electromagnetic field (EMF) radiation.

While the wireless industry is built on the premise that the only type of radiation capable of causing harm is ionizing — X-rays being one example — researchers have for a long time warned that even nonionizing and non-heating radiation can jeopardize your health. This includes not only human health, but also that of plants and animals.

Over time, I became so convinced of the deleterious effects of EMF, I took three years to write "EMF*D," in which I review the now overwhelming evidence showing EMFs are a hidden health hazard that simply cannot be ignored any longer, especially seeing how the rollout of 5G will exponentially increase exposures.

Order Now

Scientists Now Understand How EMFs Impact Your Health

Download Interview Transcript | Video Link

Over the years, I've interviewed several experts who have shared their in-depth knowledge about the poorly understood mechanisms behind EMF harm. Among them:

- Martin Pall, Ph.D., Professor Emeritus of biochemistry and basic medical sciences at Washington State University, has published research[1,2,3,4] showing that the primary danger of EMFs — and what drives the processes of chronic disease — is the mitochondrial damage triggered by peroxynitrites, one of the most damaging types of reactive nitrogen species.

  Low-frequency microwave radiation activates the voltage-gated calcium channels (VGCCs) in the outer membrane of your cells, causing them to open, thus allowing an abnormal influx of calcium ions. This activates nitric oxide, which is a precursor for peroxynitrite.[5]

  These potent reactive nitrogen species are associated with an increased level of systemic inflammation and mitochondrial dysfunction, and are thought to be a root cause for many of today's chronic diseases.

  For an in-depth understanding of peroxynitrites and the harm they inflict, see "Nitric Oxide and Peroxynitrite in Health and Disease"[6] by Dr. Pal Pacher, Joseph Beckman and Dr. Lucas Liaudet. It's one of the best reviews I've ever read and free to download.

  One of its most significant downsides of peroxynitrite is that it damages DNA. While your body has the capacity to repair that damage through a family of enzymes collectively known as poly ADP ribose polymerases (PARP), PARP require NAD+ for fuel, and when they run out of NAD+ they stop repairing your DNA, which can lead to premature cell death.

- Dr. Sam Milham, a physician and epidemiologist, wrote the book, "Dirty Electricity: Electrification and the Diseases of Civilization." In his interview, he explains the biological mechanisms of high-frequency electric transients (electromagnetic interference patterns), and details some of the lesser-known household sources of this "dirty electricity."

- Magda Havas, Ph.D., associate professor at Trent University in Canada, has written research including the effects dirty electricity can have on children's behavior, and helpful remediation techniques.

EMF Pollution Is Likely Taking a Hidden Toll on Your Health

The problem with EMF radiation is that you cannot see it, hear it or smell it, and most do not feel it. Still, researchers assure us that biological effects are taking place whether you're able to sense it or not. For most, it's simply a matter of time and overall exposure load.

Here, it's important to realize that we're not just talking about radiation from your cellphone. The electromagnetic frequencies emitted from your Wi-Fi router, computer, home appliances, all manner of wireless "smart" technology, and even the wiring inside your walls are all capable of inflicting serious biological harm to your body and mind. And with 5G, it's bound to get far worse.

Electromagnetic Hypersensitivity Syndrome Is on the Rise

For some, the effects of EMFs are unmistakable and undeniable, and the number of people reporting pathological hypersensitivity to EMFs is rising. In 2008, an Austrian study[7] noted that actual prevalence of electromagnetic hypersensitivity syndrome in Austria had risen by 1.5% since 1994, from 2% to 3.5%.

In 2006, Germany had an electrosensitivity incidence rate of 9%, and Taiwan reported an incidence rate of 13.3% in 2011.[8] The RT documentary "Wi-Fi Refugees," featured in "Documentary Explore Electromagnetic Hypersensitivity Syndrome," investigates the struggles reported by these "canaries in the coal mine."

While symptoms may vary from one individual to another, commonly reported symptoms of electromagnetic hypersensitivity syndrome include:

1. Skin itch/rash/flushing/burning and/or tingling — Many describe a "burning pins and needles" kind of pain, especially in the head and chest area
2. Confusion/poor concentration and/or memory loss
3. Fatigue and muscle weakness
4. Headache
5. Chest pain and heart problems

Other reported symptoms include:

Ear pain	Panic attacks
Insomnia	Seizures
Tinnitus (ringing in the ears)	Feeling a vibration in the body
Paralysis	Unrelenting dizziness

One 2015 study[9] pointed out that electromagnetic hypersensitivity is becoming an increasing challenge to the medical profession, which has yet to fully understand its implications, let alone its remedies.

Still, the complaints of modern-day hypersensitivities match those reported in the 1970s and '80s by those working with radio and radar equipment and cathode ray tube monitors, which tells us that this is not a brand-new phenomenon. According to the authors:[10]

> *"In population-based surveys, the prevalence of EHS has ranged from 1.5% in Sweden to 13.3% in Taiwan. Provocation studies on EMF have yielded different results, ranging from where people with EHS cannot discriminate between an active RF signal and placebo, to objectively observed changes following exposure in reactions of the pupil, changes in heart rhythm, damage to erythrocytes, and disturbed glucose metabolism in the brain."*

As early as 2005, the World Health Organization warned that people have "for some time" reported health problems attributed to EMF exposure, and that some are "so severely affected that they cease work and change their entire lifestyle."[11]

The possibility of large portions of the population being unable to work or live as free individuals due to incessant, elevated exposure to EMF is a very real threat to society as we know it. The reality is that there are very few EMF-free zones left on the planet, and such zones will further shrink with the global implementation of 5G.

'EMF*D'

I believe EMF exposure is one of the greatest challenges to public health facing us today. If we go back in time to the end of World War I, around 1918 or so, and use that timeframe as a baseline of EMF exposure among the general public, you come to the astonishing conclusion that EMF exposure has increased about 1 quintillion times over the past 100 years.

Knowing the impact EMFs can have, it's completely irrational to assume that this radical increase won't have adverse effects. My book, "EMF*D," is an attempt to inform you about the hidden harms of EMF and what you need to do to protect yourself and those you love. In it, you'll learn:

- How EMFs are impacting your body and mind
- Where you can find them in your daily life
- How they can cause disease and speed up aging
- How to repair the damage done by EMFs at the cellular level
- Practical strategies to protect yourself and your loved ones from EMFs

In my book, I also reveal the reasons why you've been left in the dark about this serious health threat.

order emfd

Brain Cancer Is Not the Only, Nor the Major, Concern

While a number of studies have shown that cellphone radiation can trigger brain cancer this is not the greatest cause for concern. Your brain does have a far greater density of VGCCs than other organs, but so does your nervous system and heart, as well as male testes.

As a result of the elevated density of VGCCs in these areas, EMFs are likely to contribute to neurological and neuropsychiatric problems,[12] as well as heart and reproductive problems, including but not limited to cardiac arrhythmias, anxiety, depression, autism, Alzheimer's and infertility[13,14] and miscarriage[15,16,17,18] — and these conditions are far more prevalent than brain cancer.

That said, studies have also linked radiofrequency radiation equivalent to that emitted by 2G and 3G cellphones to other forms of cancer, including heart tumors. This includes U.S. government-funded animal studies[19] published in 2018 that were further corroborated by the Ramazzini Institute that same year.[20]

As early as 2011, the evidence was strong enough for the International Agency for Research on Cancer, the cancer research arm of the WHO, to declare cellphones a Group 2B "possible carcinogen."[21]

I've already mentioned one of the primary mechanisms by which EMFs harm your biology — i.e., the creation of peroxynitrites, which are potent oxidant stressors — but EMFs also damage your health in other ways.

For example, the enzyme ATP synthase — which passes currents of protons into the mitochondrial intermembrane space, similar to current passing through a wire — powers the generation energy of the creation of ATP from ADP, using this flow of protons.

Magnetic fields can change the transparency of the flow of protons to the mitochondrial intermembrane space, thereby reducing the current. As a result, you get less ATP, which can have system wide consequences, from promoting chronic disease and infertility to lowering intelligence.

EMFs may also alter your microbiome, turning what might otherwise be beneficial microbes pathogenic or toxic. This too can have far-ranging health effects, since we now know your microbiome plays an important role in health.

5G Rollout Will Significantly Magnify Health Risks

Any and all health ramifications attributed to previous generations of wireless technologies will be exponentially magnified with the rollout of 5G, which is simply being added on top of the already existing wireless infrastructure. This 5th generation technology may also present additional health risks.

A main concern with 5G is that it relies primarily on the bandwidth of the millimeter wave (MMW), which is known to penetrate 1 to 2 millimeters of human skin tissue.[22] There's also evidence suggesting sweat ducts in human skin act as antennae when they come in contact with MMWs.[23]

Many can feel the impact of MMWs as a burning sensation and/or pain, which is precisely why it's used in nonlethal crowd control weapons.[24] MMW has also been linked to eye problems, suppressed immune function and altered heart rate variability (an indicator of stress) and arrhythmias.[25]

In 2015, more than 230 scientists engaged in the study of biological and health effects of nonionizing EMFs in 41 nations signed an international appeal to the United Nations, calling for protection from nonionizing EMF exposure due to evidence of health effects even at low levels.[26]

Two years later, more than 180 doctors and scientists from 35 countries signed a petition[27] to enact a moratorium on the rollout of 5G due to the potential risks to wildlife and human health.

Protect Yourself From Excessive EMF

There's no doubt in my mind that EMF exposure is an important lifestyle component that needs to be addressed if you're concerned about your health, which is why I spent three years writing "EMF*D."

My aim was to create a comprehensive and informative guide, detailing not only the risks, but also what you can do to mitigate unavoidable exposures. To get you started, see the tips listed in my previous article, "Top 19 Tips to Reduce Your EMF Exposure."

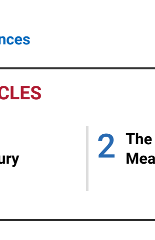
If you know or suspect you might already be developing a sensitivity to EMFs (full-blown hypersensitivity can often strike seemingly overnight), mitigating your exposures will be particularly paramount. Many sufferers become obsessed with finding solutions, as the effects can be severely crippling. My book can be a valuable resource in your quest for relief.

The EMF Experts website[28] also lists EMF groups worldwide, to which you can turn with questions, concerns and support, and safespaceprotection.com[29] lists a number of publications where you can learn more about the dangers of EMFs.

Should you need help remediating your home, consider hiring a trained building biologist to get it done right. A listing can be found on the International Institute for Building-Biology & Ecology's website.[30]

My #1 Best-selling Book – Now in Paperback!

My latest book, "The Truth About COVID-19," is an instant best-seller. After thousands of reviews it has a nearly perfect 5-star rating, so grab your copy today before it's too late!



The Truth About COVID-19
by Doctor Joseph Mercola
★★★★★
7,128 ratings

ORDER NOW

+ Sources and References

TODAY'S FREE ARTICLES

1 The COVID Jabs' Mechanisms of Injury
2 The Healing Benefits of Red Meat
3 Case Study Reveals How Cognitive Decline Can Be Reversed

Hide Comments (59)

Leave a comment...

Hi, Derek

Post Comment

Sort Comments by : Top Rated | Newest | Oldest | Top Poster

stanleybecker
Joined On 11/12/2012 3:21:48 AM
Add as Friend | Send Message

technology is a tool which might require intellgence to operate but certainly does not imply "intelligence" in its consumer context - like all tools the intelligent use of a tool is dependent on the intelligence of the user - the electromagnetic frequencies that are the tech aspect of the cellular phone has certain affinities with our central nervous system - making many sensitive users vulnerable to many disruptive affects - Dr Mercola advises on strategies to mitigate these pernicious affects - become aware of the dangers and avoid overexposing yourself to EMF by limiting use of these tech tools where possible

Reply | Mark as Spam | Posted On 1/22/2020 1:42:33 AM
Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Good morning STAN. Much intelligence and wisdom, they must have the youth to fight the powers of corruption, which are degrading this planet, and be able to do something to change the decline to which humanity is subjected. We find cities with great environmental pollution, due to an air loaded with particles and toxic substances to which we must add exposure to the new generation of 5G mobile telephony. All this, aggravated by a diet loaded with toxins, homes contaminated by toxic emissions, and radiation of advanced artificial intelligence. As Randy told us yesterday is the "Perfect Storm" to promote chronic and degenerative diseases, and to develop up to coronavirus.
www.aljazeera.com/news/2020/01/japan-confirms-case-coronavirus-infecti.. (2020)

Mark as Spam | Posted On 1/22/2020 5:06:45 AM
Like | Dislike

Darzoum
Joined On 12/15/2010 1:27:52 PM
Add as Friend | Send Message

Stanley, you're touching on an important point. There's the "smarts" that enables people to come up with these technologies, and then there's the wisdom as to whether (or how) we should use them. The con-job of modern "civilization" is to sell the idea that the former is all there is to "intelligence." Mankind has grown exponentially in its clever manipulations of nature, but not at all in wisdom. The gap in technology between a smart bomb and a spear is vast, but the gap in intent is considerably less, if at all.

Mark as Spam | Posted On 1/22/2020 5:32:00 PM
Like | Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Many areas of agricultural and forest land pass through high power transmission lines. The voltage level of high power transmission lines are 400KV, 230KV, 110KV, 66KV etc. The electromagnetic field of high power transmission lines affects the growth of plants. The crop's response to the 110 KV and 230 KV electromagnetic fields Power lines showed variations between them. The results of the growth characteristics, such as sprout length, root length, fresh leaf weight, total biomass content and total water content of crop plants, were significantly reduced. A similar trend was observed in biochemical characteristics, such as chlorophyll. Growth reduction and physiological parameters was mainly due to the effect of reduced cell division. Even more the growth was stunted that may be due to the deficient action of hormones responsible for cell division and cell growth, which leads to economic loss.

Also in one study the modification of numerous metabolic activities has been observed (reactive metabolism of the oxygen, α- and β-amylase species, Krebs cycle, pentose phosphate pathway, chlorophyll content, terpene emission, etc.), expression altered gene (calmodulin, calcium-dependent protein kinase, and proteinase inhibitor), after exposure to low potency (i.e. non-thermal) HF-EMF. In one study wheat grain yields were 7% higher (average of 5 years) in the plots with the lowest field exposure than in the plots closest to

one study wheat grain yields were 7% higher (average of 5 years) in the plots with the lowest field exposure than in the plots closest to the transmission line. shodhgangotri.inflibnet.ac.in/bitstream/123456789/7/1/synopsis_somasek.. onlinelibrary.wiley.com/.../bem.10069

Reply | Mark as Spam | Posted On 1/22/2020 2:20:44 AM

Like Dislike

juststeve
Joined On 1/5/2012 11:13:54 AM
Add as Friend | Send Message

Gui, you bring up an important point. - While many believe & have the hope of moving into a rural area to escape the Toxic Ocean we're all drowning in, - ['Many areas of agricultural & forest land pass through high power transmission lines. The voltage level of high power transmission lines are 400KV, 230KV, 110KV, 66KV etc. The electromagnetic field of high power transmission lines affects the growth of plants.'] So many foul toxic spewing beast are plunked down in areas in most peoples minds are rural or wilderness areas with the notion -

Nobody lives there. (How can one guy live in so many places at the same time?) This region already has a KV line with a promise to run it at half capacity. It feeds NY City. It crackles 24/7 like Rice krispies , when it rains, some local hunters will stand under it as it stays dry underneath. (When they are run at full power, one can stand underneath with a fluorescent bulb and it will light up. Spooky, yet, What Me Worry?) We get all the negatives, none of the "cheap power" brought in from Canada to feed NY City. We have a massive waste dump with a promise not to bring waste in from around the state or NY City. Also a giant incinerator was purposed but here was one that was shot down, A battle led & won by a Dr. Connet. & local residents, (for once, hooray for our side.)

Brilliant, eh? Contaminate the Water Shed feeding the whole state. There was a nuclear power plant purposed at one time, haven't heard anymore about it in a while. Point is in Creation there is no away - and there is more to consider than does it affect humans in a harmful way - and all our experiences confirm the powers that be, apparently don't even consider that. If it harms all lifeforms, from the microbes, plants, insects, up through to humans, than it is toxic & life killing. You have to wonder, are these birds trying to sterilize the whole planet so they can reseed it with what suits their whims and fancy? Anyhow, Choose Life - don't feed the Greed.

Mark as Spam | Posted On 1/22/2020 4:59:09 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

You really do want to live on the end of a dead end road that connects to no where. You can get by without power for a week or more if there is an outage as isolated areas are usually the last to be hooked up. But, what do you care if you have a water supply and heat? (We can rely on wood.) BTW, if solar, wind and other options for electricity are not feasible in your dark climate, the LUCI lights are excellent. Clean, compact, easily portable and lightweight. Also, those solar Christmas lights--I plan to string them across the ceiling of my greenhouse. Battery storage can have some drawbacks. A generator (most require fuel and are noisy) and batteries are nice to have, but not absolutely necessary. I do have a solar radio--volume is not very good, but it does work. Even in a dark climate, there is enough sunlight for small items like these.

I will be shifting even more of my food production to non-freezer options. Canning, drying, cold storage, oxygen absorbers, greenhouse production, etc. You will prob also have fresh eggs and some fresh meat occasionally. Grow what holds a long time in the garden. This also makes less work for you in preserving food. This is something I have heard about but never tried for solar cooking. For slow cooking on a sunny day. Invert one metal bowl over the top of another and place in the sun. It will get hot inside. Caution with mirrors and reflective surfaces starting fires, though.

Mark as Spam | Posted On 1/22/2020 9:52:06 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

JUST, congratulations on the sustained battle to avoid the installation of an incinerator, which had serious consequences for its habitat and water supply. A nuclear power plant was also planned in the Basque Country, but when it was almost finished, and the reactor was missing, the people's struggle prevented its operation. Yes, JUST you are absolutely right, the high-power lines pass through many areas of agricultural and forest land, where many life forms live, causing problems in the ecosystem

In this link the map of the transmission networks in the Euro-Mediterranean region. It has a route of 300,000 km of networks operated by the members of ENTSO-E and the 400,000 km of networks operated by members of Med-TSO (some of them overlap as is the case of Spain, Italy, etc.). Specifically, the map shows transmission lines of 220 kV or more and power plants that have more than 100 MW of installed power. www.entsoe.eu/.../map Interactive map: visualization of the US power grid. UU. www.infrastructureusa.org/interactive-map-visualizing-the-us-electric-.. www.geni.org/globalenergy/library/national_energy_grid/united-states-o..

Mark as Spam | Posted On 1/22/2020 11:54:16 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Professor Günter Käs directed FM broadcasts on fir trees. Irradiated firs grew more slowly than the non-irradiated control group. The scientist explained this fact with the theory that the needles and leaves of the trees acted as small and sensitive receiving antennas that reacted even to the weakest high frequency radiation. But as you say, not only the plant kingdom is subject to the influence of the enormous wireless technological deployment of our "modern society." Artificial electromagnetic fields also affect cetaceans that use terrestrial electromagnetic fields for their orientation. It is the radio frequencies of underwater radars and other vessels that can interfere with the orientation systems of these animals that, finally, can be stranded on beaches because they do not know where they are.

The inexplicable mass deaths of certain bird species, such as the sparrow, suggest that electromagnetic pollution may be partly responsible for the observed decline in these species. Ferdinand Ruzicka, a researcher at the University of Doz (Austria) and an amateur beekeeper, who explains how the problems of their bees began after the installation of several telephone antennas in the vicinity of their hives. On the other hand, several authors have demonstrated the agitation and restlessness and aggressive behavior, which bees show, to the electromagnetic radiation of high-voltage lines. The irresponsible technological growth of our civilization, translates into the massive proliferation of electromagnetic radiation, and millions of plant and animal species demand urgent action, but unfortunately, pollution is increasing,

Mark as Spam | Posted On 1/22/2020 11:54:45 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

ALMOND, as always good advice, and congratulations on the solar radio. Yes, the future is of renewable energy because they use the Earth's natural resources, such as water, wind or sunlight. All these elements are inexhaustible sources of energy, so we can always resort to them without fear of running out. In addition, these energies admit sophisticated methods of use such as these 5 renewable energies that may be the most promising of the future: 1. Space-based solar farms. 2. Human energy. 3. Central geothermal energy. 4. Quantum dot solar cells. 5. Nuclear fusion (not fission) This link describes these energies. www.renewableresourcescoalition.org/future-renewable-energies

Even scientists imagine cities that can harness enough human power to run entire buildings through our daily actions alone. In fact, a street in London has been converted with materials that take advantage of kinetic energy as people walk through it. In the Human Power Plant project, the University of Utrecht based in the Netherlands plans to create a 22-story building, which with only human mechanical energy, will achieve lighting and heating, without the use of fossil fuels.

Mark as Spam | Posted On 1/22/2020 12:27:03 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

RANDY, you always project reality with a great critical sense. I have read your link and I see that many regions of Canada, unfortunately, are pioneers in 5G, with rejection of a smaller part of the population. As you say, the media have the brains of many people fully aligned with their desire to implement new polluting technologies to increase their benefits. It is a pleasure to see David Mallory and his wife Deb, enjoying riding their bicycles in Vancouver. In the Basque Country an extensive network of bike lanes or bidegorris is being implemented, as we know them in. Euskadi, you can visit the beautiful city of Donosti in a quiet way, in addition to the walk along the estuary of Bilbao and Vitoria called the green Euskadi.

In this link many photographs. turismo.euskadi.eus/contenidos/recurso_tecnico/aa30_folletos/es_def/fo.. In 2018, 17.4% of Basque youth between 15 and 29 years old say they use the bicycle every or almost every day to make their usual trips. This percentage has been increasing gradually in recent years, from 4.6% in 2004 to 5.3% in 2008, then to 9.6% in 2012 and 17.4% in 2018. The expansion of the network of Bicycle lanes (bidegorri) as well as the increase in the number of municipalities that offer public bicycle lending services may have helped to encourage the use of this means of transport.

Mark as Spam | Posted On 1/22/2020 12:47:20 PM

Like Dislike

fanofjesus
Joined On 1/3/2012 1:41:39 PM
Add as Friend | Send Message

thanks, Guillermou. I wonder if that's why my crops seem to have gone downhill in the last several years. We have powerlines for serving our neighbors way in the back that run the length of our property, as well as a pole right in the garden area, to which powerlines are attached to service us. Could those have enough voltage, etc to affect my plants?

Mark as Spam | Posted On 11/19/2022 7:25:04 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Thanks to Dr. Mercola for his important publication, which serves to raise humanity's awareness of the serious dangers of electromagnetic fields. The BioInitiative Report has compiled and analyzed the serious health consequences of the conclusions of more than 4,000 scientific research at low and high frequencies. Since 2017, the large number of newly published studies on neurological effects; and on free radical damage (oxidative effects) has warranted updating our research summaries again in 2019. The graphics showing percent 'effect vs no effect' are also brought current for the 2019 research summaries.

"It is with great appreciation for Martin Blank that the BioInitiative Working Group acknowledges his many contributions, and sadness we feel in losing a cherished friend and humanitarian. Martin was the kind of scientist and colleague who understood that science needs a human voice. In his professional life, he gave endlessly to promote public communication on complex health issues. Martin knew the power of lending his academic and professional research 'capital' to efforts to bring the health dangers of EMF to the public, knowing that federal agencies are slow to act". https://bioinitiative.org/ (2020)

Reply | Mark as Spam | Posted On 1/22/2020 2:37:48 AM

Like Dislike

Erena5
Joined On 12/25/2013 7:47:01 AM
Add as Friend | Send Message

Supplements and Food that Protect Against Radiation Poisoning
naturalon.com/top-10-foods-to-help-you-naturally-detox-from-radiation/..
www.globalhealingcenter.com/natural-health/natural-remedies-for-radiat..
emfacademy.com/best-supplements-minerals-emf-protection
naturalnewsblogs.com/the-top-14-supplements-for-radiation-protection/ www.best-emf-health.com/protection-from-emf.html
www.organicauthority.com/health/11-vitamins-herbs-a-foods-that-detox-r..
www.garmaonhealth.com/supplements-food-radiation-protection www.emfwise.com/nutrition.php

Reply | Mark as Spam | Posted On 1/22/2020 2:30:01 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Thank you very much Erena, for your valuable links. The so-called Diet nrf2, also covers the electromagnetic fields. Transcription factors are a class of protein that binds to DNA and induces the expression of particular genes, in the case of Nrf2, these are potent antioxidants such as NAD (P) H: quinone oxidoreductase 1 (NQO1) (R) and glutathione S-transferases (GST), and many others, are contemplated in this link: www.mygenefood.com/activating-nrf2-pathway-nutrition-need-know/ DIET NRF2 offers an opportunity to improve the Nrf2 gene naturally.

It consists of several forms of flavonoids, which can be obtained from common sources such as berries, green and white teas, chocolate, grapes, apples, citrus fruits, onions, broccoli, curcumin, turmeric and carotenoids such as zeaxanthin and lutein, dark green vegetables and leaves (cabbage and broccoli, especially seed extract) and saffron, turmeric or paprika spices) are a particularly rich source of polyphenols. 1) flavonoid polyphenols such as epigallocatechin 3-gallate (EGCG) from green tea and apple quercetin; (2) non-flavonoid polyphenols such as tumor curcumin and grape resveratrol; (3) phenolic acids or phenolic diterpenes such as rosmarinic acid or carnosic acid, respectively, both of rosemary; and (4) organosulfide compounds that include isothiocyanate, L-sulforaphane, broccoli and allicin, garlic thiosulfonate. www.vital-reaction.com/blogs/news/nrf2-explained-in-human-terms transcendingsquare.com/.../nrf2-promoting-foods

Mark as Spam | Posted On 1/22/2020 3:40:36 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

In the cities, transformation substations are installed that reduce the voltage, through transformers to reach small industries and residential areas. Once the current reaches the urban centers, the high voltage (of the order of 400,000 volts) is reduced to less high voltages (24,000 volts), for transport in the city. However, we find very high voltage and buried airlines within cities and in residential neighborhoods, which pollute people who live nearby. The low plants, due to their proximity, are the most affected areas, although high electromagnetic fields have been measured in higher plants, which exceed the risk limit considered from the epidemiological point of view.

The fields that are generated are aggravated by a higher temperature and humidity, as it reaches a greater distance. The corona effect generates, from the oxygen in the air, ozone molecules (highly toxic and harmful gas). Likewise, nitrogen oxides are produced which, when combined with rainwater, originate the so-called acid rain, which can be moved due to currents. The corona effect also causes radio interference with annoying noise. Values greater than 50 decibels (dB) have been tested inside buildings near power lines or transformers, which can disturb the rest of its inhabitants, especially at night. Another danger of substations and electrical transformers is that of explosions and fires. An image of a substation buried in the city. ep01.epimg.net/economia/imagenes/2016/11/14/actualidad/1479139824_2571..

Reply | Mark as Spam | Posted On 1/22/2020 2:57:50 AM

Like Dislike

axkershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend | Send Message

Gui: Important info. What is the EMF near a buried substation or well insulated buried HV line? Life is as Whitman said "The Body Electric". I try to communicate the dangers of EMFs by mentioning that the body is always in the process of repair because living is damaging else we would not age. The body is also an antenna else no one would get struck by lightning. The antennas in their cherished iPhones are fractal, a coiled coil, else they woould be 3ft long. DNA is a coiled coil and works electronically. The EMFs are pulsing, that is on and off, 0s and 1s. so the DNA which is receiving these signals will be vibrating. How can it possibly repair if it is vibrating? Can you repair an engine or clock during a big earthquake? The comparative vibrations are about the same.

You mentioned AM radio static as a signal that there is "dirty electricity". Using an AM radio and a cell phone with internet sensitivity the average person can test for EMFs in their environment. No static no dirty electricity. No bars or WiFi detection no high frequency radiation. Of course it should go without mentioning that Microwave ovens are an abomination even the inventor warned of. The body itself is a Faraday Cage but it needs to be grounded. Much repair is done during sleep. If you are grounded especially during sleep some of the damage can be repaired.

People are addicted to their wireless like they are to their diet no matter the knowledge of damage. It is easier to change religions than to change diet or give up wireless especially since the damage is not immediately severe. People generally have trouble receiving that knowledge from me. I have no degree and owned restaurants for 40+ years. I have just read eclecticly and voraciously since 4th grade. Went to Cal in chemistry but quit when I realized most of the jobs available would compromise my ethics. My own well educated family ignored me until the damage became too obvious to ignore. It is a long way back and much cannot be repaire

Mark as Spam | Posted On 1/22/2020 9:53:05 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Hi, axkershaw. I certainly do not ignore your comments, because they are always very well documented, and they are very informative, at the same time, that they give off great humanity and concern for our dear planet, Dear at least on the part of humanity !! Young people have serious contradictions, in helping this planet. On the one hand, they love mobile phones and junk food, and on the other, they demonstrate against climate change. Mobile addiction causes that although young people are with friends and family, they need to be constantly checking their mobile, causing people around them to feel disappointed, causing possible conflicts.

When we use our phones we disconnect from the real world, we generate problems in social relationships, we omit the "face to face". Although phones allow us to be connected to the world, people become completely isolated from the real world. In the last paragraph, you describe some aspects that allow you to reveal maladjustments to a real world. For you it has been difficult to achieve, some relationships, within a space of ethics, ways of living, and social cohesion. Anyway, you seem to be an active person and I think you have been able to develop according to your convictions.

Mark as Spam | Posted On 1/22/2020 1:13:52 PM

Like Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend | Send Message

Apparently the results of EMF and radiations are acidic/free-rad oxidative stress, best opposed by xcess antioxidant electrons, enhanced alkalinity and chi exercise to soothe disruption of one's "aura." ...Those artificial fields interfere with human electric fields causing discordant entrainment and should be deemed energy weapons....I recall the headaches and nausea from dirty electricity waiting in line at the old Radio Shack and swear I feel something when passing under high voltage transmission lines.

Mark as Spam | Posted On 11/19/2022 7:21:26 AM

Like Dislike

dejure
Joined On 8/23/2009 3:38:11 PM
Add as Friend | Send Message

Part of the problem is, the limited intelligence, or greed of the designers of things like routers. I have two computers, so require a router to access the Net on both. Though they are hard wired, which is far more dependable and faster WIFI, the router insists on broadcasting electronic pollution not wanted or needed. This is a common problem with most routers. I guess one could start a new market building Faraday cages for our routers.

Reply | Mark as Spam | Posted On 11/19/2022 10:25:46 AM

Like Dislike

victorianlady22
Joined On 2/4/2014 11:50:00 AM
Add as Friend | Send Message

My biggest issue.... I couldn't even be reading this without being in front of my computer. I know the dangers of EMF's - I have for years. How do I keep my computer, live in this world, and still protect myself????

Reply | Mark as Spam | Posted On 1/22/2020 8:37:16 AM

Like Dislike

MotochondrialHealing
Joined On 5/8/2013 9:30:11 AM
Add as Friend | Send Message

The EMFs are much reduced if you don't use a wireless router. Connect to internet without Wi-Fi--use a cable instead.

Mark as Spam | Posted On 1/23/2020 8:21:49 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Unfortunately, the geopolitical and commercial wars between China and the United States are driving the communications technology field. China aspires to become the great power of telecommunications by controlling 5G technology in much of the planet. The Wall Street Journal has published this week how the Chinese government has injected 75,000 million dollars into Huawei, a crucial support that has allowed this company to position itself as a world leader benefiting from discounts of up to 30% compared to its competitors. Many nations warn of the danger that communication highways are left to companies like Huawei, with a relationship so close to the Chinese government. Now China begins to raise its future in terms of world markets and interventions worldwide.

China has a global strategy based on two pillars: the "Made in China 2025" plan, which proposes a technological leap in sectors such as artificial intelligence to take the lead in the world; and the new silk road. The result is that nations can encounter factors that affect us, be taken in Beijing. The projects integrated in the New Silk Road, the ambitious Chinese infrastructure network, spread across the five continents that can cost up to a billion dollars, constitutes a strategic plan of geopolitical and economic ramifications, criticized by some as an instrument to dominate the world

Reply | Mark as Spam | Posted On 1/22/2020 6:47:37 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

The important link of Dr. Mercola on the article "Nitric oxide and peroxynitrite in health and disease", reports on recent evidence indicates that most of the cytotoxicity attributed to NO is due rather to peroxynitrite, produced from the reaction controlled by diffusion between NO and another free radical, the superoxide anion. Peroxynitrite interacts with lipids, DNA and proteins through direct oxidative reactions or through indirect, radical-mediated mechanisms. The generation of peroxynitrite represents a crucial pathogenic mechanism in conditions such as stroke, myocardial infarction, chronic heart failure, diabetes, circulatory shock, chronic inflammatory diseases, cancer and neurodegenerative disorders. europepmc.org/.../2248324 (2007).

While at low concentrations, mitochondrial peroxynitrite has been associated with redox signaling actions, elevated levels can alter mitochondrial homeostasis and lead to pathologies. Peroxiredoxin 3 is found exclusively in mitochondria, where it has been shown to play an important role in reducing hydrogen peroxide. The excess peroxynitrite led to the peroxidation of peroxiredoxin 3 and the nitration of tyrosine and oxidative modifications and nitration. www.sciencedirect.com/science/article/abs/pii/S0891584918312802 (2019) www.ncbi.nlm.nih.gov/.../PMC6453144 (2019)

Reply | Mark as Spam | Posted On 1/22/2020 3:24:55 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Enzymatic decoupling, changes in oxygen tension and the concentration of coenzymes and reducers can modulate the production of NO / ROS from oxidoreductases and determine the redox balance in health and disease. Deregulation of the mechanisms involved in the generation of NO and ROS is an important cause of cardiovascular disease. This review presents the biology of NO and ROS in the cardiovascular system, with special emphasis on their training and regulation pathways, www.physiology.org/.../physrev.00036.2017 (2019)

Consider also that nitric oxide is a versatile molecule that plays key roles in the development and survival of mammalian species by giving the brain's neural networks the ability to adjust body functions. europepmc.org/.../31347144 (2019) The catalytic mechanism for NO production by the mitochondrial enzyme, sulfite oxidase. europepmc.org/.../31308158 (2019)

A study led by Francisco José Muñoz, principal investigator in the Department of Experimental and Health Sciences (DCEXS) of the Pompeu Fabra University (UPF), sheds light on the accumulation of aggregates of beta-amyloid protein (Aβ) these aggregates in the brain, discovering that the presence of peroxynitrite in the extracellular environment promotes the formation and stabilization of these aggregates. The soluble form of the beta-amyloid protein can be added giving rise to primary structures called oligomers, which in turn are added to give rise to mature fibers. Some experts consider that the formation of mature fibers is a protective mechanism to avoid the presence of oligomers, since these have been described as the most toxic form of beta-amyloid.

Mark as Spam | Posted On 1/22/2020 3:25:23 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Oligomers directly alter the function of neurons and promote neurodegeneration. Oligomers and beta-amyloid fibers increase the production of nitric oxide and free radicals in the extracellular environment. When these are combined, peroxynitrite is produced, a highly reactive molecule that modifies proteins, altering their function. www.ncbi.nlm.nih.gov/.../PMC6705640 (2016)

Nitric oxide (NO) functions as a neurotransmitter allows blood flow to the brain and also plays an important role in intracellular signaling in neurons from the regulation of the neuronal metabolic state to the growth of the dendritic spine. On the other hand, during aging and pathological processes, the behavior of NO can become harmful when it reacts with the superoxide anion to

form peroxynitrite. This gaseous compound can easily diffuse through neuronal membranes damaging lipids, proteins and nucleic acids. Protein nitrotyrosination is an irreversible process that also produces the accumulation of modified proteins that contribute to the onset and progression of neurodegenerative processes such as Alzheimer's disease or Parkinson's disease. www.sciencedirect.com/.../S0925443918304526 (2019)

In inflamed tissues, the reaction of nitric oxide and superoxide leads to the formation of an extremely reactive peroxynitrite, which is a well known oxidizing and nitrating agent that exhibits high reactivity at physiological pH. Cellular DNA is an important target for peroxynitrile attack. Free radical-mediated protein damage results in the modification of amino acid residues. Oxidation and nitration of biomolecules driven by peroxynitrite can lead to autoimmunity and age-related neurodegenerative diseases. www.tandfonline.com/.../15321819.2019.1583109 (2019)

Mark as Spam | Posted On 1/22/2020 3:25:42 AM

Like Dislike

Ratwrangler
Joined On 12/28/2017 9:07:17 AM
Add as Friend | Send Message

Considering that the first high-voltage power lines were installed very early in the 20th century (1912 for 110KV and 1923 for 220KV) and multiple studies done since 1970 found no link between these power lines and cancer, I am far less concerned with physical effects from them than I am from satellite television and cell phone technology. The latter two broadcast at far higher frequencies than the power lines do, so have a much denser energy signature. I worked as an electronics technician with EMF engineers when cell phones first came out, and the engineers feared them.

Reply | Mark as Spam | Posted On 1/22/2020 9:43:20 AM

Like Dislike

---

axkershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend | Send Message

The workers in asbestos mines were not at first concerned about their health. Generations suffered until the evidence became irrefutable. The electrical industries and their insurers do not want a similar economic liability. The government and industry sponsored health studies have been distorted or completely censored to avoid that liability. There have been many distorted studies concerning public health that have been used to protect industry and government cited on this site. I remember studies implicating HV lines in health problems dating back to the 70s. My grandfather who helped build Hoover Dam related stories of problems with workers that were near the giant generators in the late 30s. But of course there is no certain evidence. When he died at 58 as two pack a day smokerin 1960 there was no certain evidence of the dangers of smoking.

Mark as Spam | Posted On 1/22/2020 1:18:53 PM

Like Dislike

4steve9
Joined On 7/20/2022 3:41:42 AM
Add as Friend | Send Message

Far too often over the years ,research has been carried out in a way that attempts to prove an agenda ...rather than the truth!

Mark as Spam | Posted On 11/19/2022 3:25:48 AM

Like Dislike

---

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

"... and multiple studies done since 1970 found no link between these power lines and cancer, ..." Not so fast:
news.cancerconnect.com/leukemia/children-living-near-high-voltage-powe.. ~~~
www.cancer.gov/about-cancer/causes-prevention/risk/radiation/electroma..

Mark as Spam | Posted On 11/19/2022 9:12:38 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

This is the drama of a family from Gandia (Alicante-Spain) that was known throughout Spain by the media, in addition to many other sad events. The parents of a child who died from a brain tumor caused by the magnetic fields of a light transformer located under his home, blamed the Government for "patrimonial responsibility" as responsible for "a state crime." As Dr. Mercola has reported, children are more vulnerable because they have a less thick skull. History has been repeated in several Spanish buildings. For example, in the district of Hortaleza in Madrid three children aged 3, 9 and 11 suffered different types of brain tumor due to a transforming substation buried in the floor of the building where they lived. In this link, several cases are cited from the international magazine Dsalud (in Spanish). In the city where I live there have been several cases of cancer in adults from shops on the ground floor where electrical transformation substations were buried below. www.dsalud.com/reportaje/acusan-a-la-administracion-de-crimen-de-estad..

Jairo Montilla de Gandia, a five-year-old boy, was diagnosed with brain cancer eight months after a transformer was installed under his house. Under the motto "Magnetic fields without law = cancer", the lawyer shows three photographs in which the transformation suffered by Jairo during the illness is remarkably appreciated. The three images of Jairo, taken from an leaflet distributed by his mother, reflect, according to the lawyer, "the state's laziness in the protection of public health." The lawyer Mazón says that the State has become "a nest of birds of prey", because its leaders are "often autistic egotists of their own interests", who "look the other way" when "powerful economic interests", such as those of the electrical industries, commit this type of accidents.

Reply | Mark as Spam | Posted On 1/22/2020 2:41:37 AM

Like Dislike

---

axkershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend | Send Message

Spain has health inspectors that protect the water and protect the people from bad food handling processes in restaurants and food processing plants. And there are probably officials that inspect buildings for seismic resistance and structural, plumbing,and electrical integrity. It would be just a small step to inspect for EMFs from HV substations and lines within living spaces. Then it would be one additional small step to make sure people are protected from those HV EMFs. That is much easier than protecting from microwave radiation since the sources for microwaves are much less centralized. Another sad example of corporations being protected by government and people not being protected.

Mark as Spam | Posted On 1/22/2020 1:07:43 PM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Yes, axkershaw, in Spain there is a good health management, however last year the Ministry of Health of Spain confirmed a total of 213 cases of listeriosis related to the consumption of contaminated meat from the Mechá company, most of Andalusia. Epidemiology experts argue that the food control regulations in Spain are correct and that European parameters are followed. However, the General Council of Veterinarians demands more frequent hygienic and technological controls and a homogenization of regulation at the state level. They agree that in this case the precautionary principle has been violated, which requires a total and immediate stoppage before the slightest sanitary alert of all suspicious products. The company's responsibility is evident, but it was also that of the politicians, who starred in a hesitant and compromising performance with the offenders.

Mark as Spam | Posted On 1/22/2020 1:27:14 PM

Like Dislike

I.M5384
Joined On 7/21/2013 6:41:20 PM
Add as Friend | Send Message

One consideration when using microwave cooking is... Microwave ovens expose the item to energy signatures of the energy put into the item being heated, kind of like a magnet to a screwdriver. The driver will now have the properties of the energy it was exposed to. Epigenetically speaking, life-forms use "energy" (in part) to ID the item being assimilated. After heating water in a microwave, the water now has the signature of the microwave energy. It's still water, but it's vibrating at and microwave levels. This changes the properties of the items being consumed. Be it prayer, music, EMF's or any form of energy exposure can modify how any object interacts w/ it's environment or by the consuming life form. The earth is about 70 % water, So are most life forms. Look up the many works of Masaru Emoto's on water. Masaru Emoto - Water Experiments(5-m sample).
www.google.com/search?client=firefox-b-1-d&tbm=vid&q=water+vib..

Reply | Mark as Spam | Posted On 11/20/2022 2:32:08 PM

Like Dislike

Florida1
Joined On 8/21/2008 6:39:54 AM
Add as Friend | Send Message

The US was developing microwave weapons as long ago as the early 1960's www.youtube.com/watch 3:43 - "The Americans used their own people as initial guinea pigs to develop their own weapons and then when it was discovered what was going on initially there was a denial that you always get then there was a coverup report and finally a very renowned professor--I think he has about 18 professorships-- John Goldsmith, he wrote the definitive proper report and found that low level microwaves were causing an enormous amount of cancers and leukemias and ill effects..." ~~~~~~ 2 minute video: Is 5G a weapon? CLAIRE EDWARDS & BARRIE TROWER ON 5G: www.youtube.com/watch

Reply | Mark as Spam | Posted On 11/20/2022 12:34:44 PM

Like Dislike

I.M5384
Joined On 7/21/2013 6:41:20 PM
Add as Friend | Send Message

Government & cooperation claim everything is safe till proven otherwise thru class actions... IE; The Ripon School cell tower theasco.

Mark as Spam | Posted On 11/20/2022 3:05:19 PM

Like Dislike

---

lovingMom2013
Joined On 4/24/2013 8:11:32 PM
Add as Friend | Send Message

Dear Dr. Mercola! If you need our support to help you with your work against EMF silent death weapon please, ask us. I'd like to describe what is going on in our city. The atmosphere is likely heated by 5G wires and gadgets, along with metallic powders from the sky, causing temperatures to soar. CANADA AND CANADIANS HAVE COMPUTER SIMULATION REALITY AND TOTAL CLIMATE CONTROL THIS YEAR. After the 5G rollout is complete, chemtrails begin in massive amounts. Canadians could soon become extinct. Feels like no oxygen in the air.

Hamilton- Burlington - Oakville, ON. Unusual high temperatures and musty air are caused by tons of chemicals sprayed all day long during spring, summer, and fall. The aircraft was probably instructed to screen the sun at dusk in particular. There are no insects, deer, or birds this year. Even sparrows are not seen anymore. (They started disappearing gradually during the last 10 years. Municipalities spray insects for decades). No more bird migrations over the city. We can't see the Great Bear constellation overnight.

The sky is changed at night too! No aircraft taking off from Pearson Airport are usually seen on the horizon at night. No trains on the neighboring railroad. What is the purpose of such extensive spraying this year? TOTAL STILLNESS AT NIGHT! no fresh air day and night. Feels like a void at midnight though we lived in a very windy area before. A computer simulation from "The Matrix".There are 5G cables and equipment all over the place even on trails (?).

The atmosphere is likely heated by 5G wires and gadgets, along with metallic powders from the sky, causing temperatures to soar. This year we have no RAINBOWS, THUNDERSTORMS, AND LIGHTENING ANYMORE. Sunshine and wind got scarce too! Even now, in the cold, Bill Gates' sun-blocking operations are still carried out. The metallic particles in chemtrails interact with 5G radiation to create a 'microwave effect'. What impact does it have on healthy people, particularly those who got jab

Reply | Mark as Spam | Posted On 11/19/2022 10:45:06 PM

Like Dislike

---

lovingMom2013
Joined On 4/24/2013 8:11:32 PM
Add as Friend | Send Message

Five years ago, my father passed away from cancer. He was a healthy person since he never received a vaccination and followed a healthy diet. D aily walking using quality vitamins. In four years, when cellular antennas were installed over his bedroom, he was toast. He developed prostate cancer and multiple meiocarcinomas. It began with skin irritation, progressed to depression (now I see that teh brain was affected), and culminated in him waking up at night drenched in sweat. Microwave effect. They alsoplaced a device outside the wall next to his bed, as I later discovered, with a radiation warning on it.

When I checked the radiation levels after he passed away, the device showed a very strong signal that the radiation levels were excessive..I discovered that the public EMF radiation limitations set by the Canadian Ministry of Health are 10,000 times higher than what my metre indicated. The Government never investigated EMF. It's the same problem that we currently have with Covidvaccines. "Thou Shalt Not Kill" is the sixth commandment. People are constantly being killed by the governments.

Reply | Mark as Spam | Posted On 11/19/2022 10:06:34 PM

Like Dislike

Helena442
Joined On 9/12/2022 7:58:13 AM
Add as Friend | Send Message

So is this technology and the vcn additive what makes a person go for their 4th shot after admitting they've had "Covid" 3x since their first shot? Once again sars is specific absorption rate syndrome and smart is smart military armament in residential technology. Yet people keep buying the latest tech, using wifry, Google homes, Ring doorbells, and putting Bluetooth pods in their kids ears. WE THE PEOPLE, need to stop and go backwards re technology if we care anything about our children and their future. Also beware these towers and low lying satellites have perfect.aim. What I don't know is this aim that causes people to fall like a plank, is it at the vcntd sue to them being made an antenna tragically, and or is it at those with a 5G enabled phone.

Please do not sleep with your phone within 15 feet if you, or sleep in the room where your smart meter may be located outside of. At the very least do not make that wall where the head of your bed is. But Faraday material and a cage if you're state doesn't have an opt out law. Change your led bulbs to low amber incandescent bulbs. If you can't avoid this toxic light after dark, get b.l. blocking glasses and use them once it gets dark. Amazon Carrie's a bunch of garbage. So far I only trust True Dark. If you stream hold down the home button, a menu will come up.

Select "picture " and increase the red light and decrease the blue and green. Shut off the gamma luminescence. EMF " hypersensitivity " is another one of their word plays. As it effects us all, but we have different absorption rates. But sadly it's accumulative. So yes, we have towers that can wipe us out standing with impunity and not nearly enough knowledge about it or fight back. Please know they won't use a nuclear bomb. All they have to do is do what they did to Santa Rosa country wide and say it was a nuke. Because they're not ruining their precious infrastructure. That city went on fire but had no trace of burn tracks from specific burnt spots.

Reply | Mark as Spam | Posted On 11/19/2022 9:34:26 PM

Like Dislike

Helena442
Joined On 9/12/2022 7:58:13 AM
Add as Friend | Send Message

Now add that specific self assembling additive in the vcns along with this next gen tech and you have pure evil behind this. This in addition to already making people I'll and electricity alone has been the major cause of psychiatric issues and biological issues. Telegraphers we're the 1st to really complain of anxiety. Coincidentally at the same time as the 1918 flu. This was new technology to them. Poison was the cure once again as ther were given the novel aspirin at very high doses and told to reduce fevers.

We know now fevers are healing and if we let them run it's course we would heal quicker and without the use of pharma. Azt was the canceled chemo drug used for the aids in landemuc and that is precisely what they died from. Fear and a high wbc count brought people to their death. Karposi sarcoma is a common Azt effect, not a common acquired disease due to immune deficiency. This time around we have the horrible remdisivir another recalled failed drug brought out to murder or give the dialy$is their funds.

And whatever cvs is pushing for the people who keep giving this non existent virus life. Stop texting please. Smart technology, also surveillance us. Add blue light emitted from computers and the led bulbs that don't save a dime, now in streetlights. It's effects last for hours. Also causing more health issues. See Dr. Jack Kruise website. Rockefeller who lived to over 100 years of age did not use the Western medicine and big school harms he funded and created. He saw holistic practitioners.

Steve Jobs did not let his children use the technology. Dr. Kruise was thrown out of a certain car dealership for bringing in an emf/rf meter. Cars that are being hugely propagated as good for the environment. And will surely have health consequences from sitting on a battery basically to drive. Moving emf bombs that require a ridiculous amount if energy to charge. I forget the man's name, but he said if 1 in 4 people in Houston owned ine, their grid couldn't handle it.

Reply | Mark as Spam | Posted On 11/19/2022 9:08:56 PM

Like Dislike

MustSea
Joined On 9/27/2007 3:35:25 PM
Add as Friend | Send Message

We are the only house left in our community that has not had the electric smart meter installed. It's mandatory in our state. The other day the truck from the electric company drove down our driveway. I thought he was just reading our meter - this takes seconds. I was suspicious when the truck didn't immediately leave. I quickly went outside and to my astonishment he was starting to remove the analog meter! I stopped him but he said delaying this will result in the turnoff of our electricity. He said putting one on our house (a bedroom wall) won't make a difference as we are already exposed from neighbors' meters. I thought that the farther a person moves away from a smart meter, the less the EMF exposure. Can anyone who has more knowledge offer me advice. Thank you!

Reply | Mark as Spam | Posted On 11/19/2022 2:43:14 PM

Like Dislike

DocTwinkle
Joined On 8/23/2021 10:31:08 AM
Add as Friend | Send Message

The power density (intensity) drops off as the square of the distance so you have far less to worry about the signals from your neighbors than the signals on the other side of your bedroom wall. We are also the last house in our area with an analog meter and have been in a legal battle with our power company to keep the smart meter off. We're in central PA. One of the smart meter cases went to the PA Supreme Court which made a VERY bad decision (in terms of legal justification) which ruled against those of us refusing the smart meters, but there are at least seven more cases that are pending before the Commonwealth Court to continue the fight, so our own case is on a stay (or hold)... buying us a little more time without getting zapped. If push comes to shove, we will try to get the meter placed off of the house (or else put shielding and a fireproof backing between the meter and our house), use an external shield over the device (as we work in our garden and don't want to get zapped), and use a Sine Tamer to get rid of the voltage transients a.k.a. "dirty electricity" that these things generate. Good luck there!

Mark as Spam | Posted On 11/19/2022 4:23:37 PM

Like Dislike

MustSea
Joined On 9/27/2007 3:35:25 PM
Add as Friend | Send Message

Thanks Doc! I will look into the protective backing. The meter reader said they cannot get a reading if the the meter is covered. Too bad about Ed Rendell's naive and consequential decision to implement the changeover to these awful smart meters! I would gladly pay extra to send the electric company monthly readings but they won't have it. Their attorneys are vicious. They couldn't care less if you have EMF sensitivity. This has been so very disconcerting and so very difficult to accept the sheer lunacy of this mad reality.

Mark as Spam | Posted On 11/20/2022 10:03:57 AM

Like Dislike

MustSea
Joined On 9/27/2007 3:35:25 PM
Add as Friend | Send Message

...We are West Penn Power/Allegheny Power, perhaps we too can obtain a stay until the the outcomes of the pending cases are determined! Thank you, Doc!

Mark as Spam | Posted On 11/20/2022 10:25:51 AM

Like Dislike

HealingMindN
Joined On 5/1/2007 5:34:02 PM
Add as Friend | Send Message

A few days before this article, I found an enclosure in my most recent PG&E bill; it's entitled, "UNDERSTANDING ELECTRIC AND MAGNETIC FIELDS (EMF)." Here's a quote from a paragraph under "Can EMF harm your health?" "..Many researchers believe that there is a risk of adverse health effects from usual residential exposures to EMF; it is probably just at the detection limit of human health studies. Nonetheless, the possible risk warrants further investigation. The varying results from epidemiological studies, which looked at estimated EMF exposures and childhood leukemia, are consistent with a weak link.

Laboratory studies including studies investigating a possible mechanism for health effects (mechanistic studies), provide little or no evidence to support this weak link..." Shouldn't mechanistic studies include Peroxynitrites? Are they not part of biomechanical / physical effects? BTW: I've had consistent ringing in my ears since 5G was instituted in my area. Is this a possible symptom of EMF induced inflammation?

Reply | Mark as Spam | Posted On 11/19/2022 1:12:16 PM

Like Dislike

---

billstri
Joined On 6/8/2008 9:16:45 PM
Add as Friend | Send Message

The earth's magnetic field is believed to be generated through electric fields generated in the earth's core. We don't know how it works, but I think everyone that understands it agrees it is generated by electric fields by some kind of unknown generator. Most planets do not have it, but Earth has it. My understanding that creation scientists believe it was strongest at creation, flipped around a bunch when the land area on earth split into continents during the world wide Genesis flood and keeps shrinking every year as it has been measured and observed for the past 400 years.

Within the next 2000 years, the result is Earth will not be able to support life as the field becomes too weak to block dangerous sun radiation. My concern is that our bodies were designed to live in this electro-magnetic field and that human made EMF's interfere with this grounding expectations of our bodies and that as Earth's field decays, man made EMF's will become an increasing ever worsening threat to the design of our bodies that may depend on the earth's magnetic fields.

Another threat is a possible plan by Biden to use our military planes to daily spray reflective chemicals into our upper atmosphere to reflect the sun away and drop average temperatures all over the earth. I think it will be another experiment that will be defined like the experimental vaccines that once the program is started, it will also have a narrative with censorship that blocks any evidence that the White House experiment ruins our health.

Reply | Mark as Spam | Posted On 11/19/2022 11:31:45 AM

Like Dislike

DawnieR
Joined On 5/19/2021 9:38:50 AM
Add as Friend | Send Message

Beside the Psychopathic Globalists, as a threat, in general, to our lives.....there are TWO 'Top Two'. In ADDITION to EMF, what shares the TOP SPOT is Geo-Engineering/Weather Modification (aka CHEM-trailing). Which also threatens ALL LIFE on this planet. To learn more, go to GeoEngineeringWatch.org

Reply | Mark as Spam | Posted On 11/19/2022 10:32:20 AM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend | Send Message

If we go to an all digital currency, what do the people who are super sensitive to EMF's do? They absolutely have to live in an EMF free environment, so how are they supposed to access their money?

Reply | Mark as Spam | Posted On 11/19/2022 8:42:06 AM

Like Dislike

---

grulla
Joined On 1/17/2012 8:03:55 AM
Add as Friend | Send Message

www.cnet.com/personal-finance/crypto/bitcoin-mining-how-much-electrici..

Mark as Spam | Posted On 11/19/2022 9:18:55 AM

Like Dislike

Jackaroni
Joined On 4/4/2009 8:32:35 AM
Add as Friend Send Message

grulla, thank you for this link, I had no idea how much energy digital currency mining took, that is ridiculous! This makes an excellent point for not converting to digital currency, although I suspect it will get buried or labeled as misinformation.

Mark as Spam Posted On 11/19/2022 12:15:04 PM
Like Dislike

4steve9
Joined On 7/20/2022 3:41:42 AM
Add as Friend Send Message

The point here ..5G is perfectly safe UNTIL you weaponise and alter the Frequency that it operates at away from the bodies natural frequency of 432hz ! In FACT 5G can heal if it puts out that frequency ....increase it though and its a weapon that will kill ! So why is it that the 5G that is in use is deliberately set higher ? ALL health in the near future (2023) will be centred around getting the body frequency reset (and DNA) allowing the healing to take place naturally ....drugs and vaccines are finished and will cease ! When you understand that Stephane Bancel , CEO of Moderna was executed yesterday at Gitmo charged with Crimes Against Humanity, Mass murder etc and that will be repeated across the drug industry and its political puppets ! We do not need drugs and vaccines to heal ...the body given the right conditions will heal itself ....even regrow organs ,teeth and limbs ...!

Reply Mark as Spam Posted On 11/19/2022 3:24:03 AM
Like Dislike

BookGal11
Joined On 11/19/2012 10:22:08 AM
Add as Friend Send Message

4steve9, I'm thinking that you probably know the the history of frequency includes the *** work. (I'm referring to our WWII enemies, but for some reason the N word is being censored here.) They set the standard that the musical note A be 440hz, which is not healthy to us--and the world went along. Instead, it should be 432hz, which feels good. Music has a big impact on folks, especially young people, and certain things have been done creating discordance.

Mark as Spam Posted On 11/19/2022 2:23:28 PM
Like Dislike

willyspoelder
Joined On 1/1/2009 4:58:41 AM
Add as Friend Send Message

Thank you Dr. Mercola! I know that EMF sensitivity is the greatest, deadliest 21st Century threat to mankind! I also know that 99.9% of the EDUCATED global population is totally UNAWARE of this! I pre-ordered your your book! And shall share your current article through my FB account!

Reply Mark as Spam Posted On 1/22/2020 11:52:18 AM
Like Dislike

Catplat
Joined On 3/8/2010 7:06:02 AM
Add as Friend Send Message

Are the apps to measure EMF radiation with smartphones useful?

Reply Mark as Spam Posted On 1/22/2020 5:57:00 AM
Like Dislike

Dr. Mercola
Joined On 12/21/1997 7:06:45 PM

They are dangerously inaccurate. Need to get a dedicated EMF meter like the Acousticom 2
smile.amazon.com/Acousticom-Pocket-Sized-EMFields-One-Button-0-2-8-0GH..

Mark as Spam Posted On 1/22/2020 7:44:43 AM
Like Dislike

rrealrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend Send Message

Thanks for this device link Dr M! Now living in a higher density location, easily apparent younger generations are technology heavyweights w phones, ipads, tvs, alexa and more, all wifi - need to run testing. Even a simple switch by hanging new block out curtains with a rubberized fabric layer seems to quiet down interior space somewhat, but am shooting in the dark. Assume some of this may be outlined in your new EMF'd book? Or do you also have a pamphlet or ebook with a quick outline of "how-to/s"?

Mark as Spam Posted On 1/22/2020 8:53:23 AM
Like Dislike

BeatriceW
Joined On 6/20/2006 7:25:32 AM
Add as Friend Send Message

I have been sensitive to EMFs for about 12 years. My main problem is that I can't sleep if there is wi-fi nearby or appliances plugged in. I'm able to cope by day but if I'm exposed for any length of time i.e. on trains and in shops, by the evening I'm all of a shake. If the exposure is prolonged I start sweating on and off and then my bio-resonance man does something (not sure what) and I'm OK until the next time. It is a real blight and puts me off going on holiday as whilst I am at home the house if free of it all and when I went on holiday about 5 years ago I didn't sleep for 5 days and nights and had to come home as I was exhausted. I don't know anybody else who suffers and I think people tend to think I'm just weird.

Reply Mark as Spam Posted On 1/22/2020 6:28:37 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend Send Message

Hi Beatrice. It is a misfortune that happens to many other people. There are companies dedicated to protect against electromagnetic fields. Fibromyalgia, chronic fatigue syndrome, multiple chemical sensitivity (MCS), and electrosensitivity (EHS) may have a common approach. Some people who are sensitive to electricity also have Lyme disease, heavy metal toxicity, autoimmune problems, thyroid problems and / or mold inside their home. Recent research considers that SQM and EHS have the same underlying mechanisms and represent different disorders of a common type of disorder

MCS and EHS lead to a multisystemic disorder that manifests itself as a result of exposure to various environmental pollutants (solvents, hydrocarbons, organophosphates, heavy metals) in concentrations below the "threshold limit value", electromagnetic fields and other environmental factors. . There is a German questionnaire about it. www.ncbi.nlm.nih.gov/.../12606290

There are many pathologies associated with MCS syndrome, this link describes them www.senato.it/.../39469.htm Metals: silver mercury amalgam fillings, iron overload in the brain, metal implants, and use of metallic jewelry can be a risk factor. Metals can also act as an antenna and increase the local RF energy absorption. Other metals such as aluminum can be toxic. Toxins can make some people more vulnerable. Microwave, by opening the blood brain barrier, can make people more vulnerable to toxins, by passing them through the protective barrier. This link extends the information. http://www.emfwise.com/ehs.php

Mark as Spam Posted On 1/22/2020 7:03:18 AM
Like Dislike

heidicaye
Joined On 1/16/2020 5:13:15 PM
Add as Friend Send Message

Beatrice, I have experienced insomnia and nerve pain due to emf exposure, which ultimately was mycotoxin exposure. Toxic mold in the body will release mycotoxins when exposed to emf. Started sleeping under an EMF canopy, and the insomnia went away. Cleaned up the EMF in my house, and the nerve pain mostly left. Cleaned up the mold in my house and started a detox protocol, and almost all symptoms are gone. If you haven't already, find a building biologist to evaluate your homefor EMF. I did, and learned there were electrical wiring/dirty electricity issues that could be corrected.

Also got some practical tips on reducing EMFs in my home. Started working with a functional medicine practitioner, who suggested a mold eval for my home - sure enough, there was mold! Been cleaning that up incrementally (it's not cheap), and detoxing. Recommend reading Dr. Neil Nathan's book "Toxic" that makes the connection (among many other things) between toxic mold exposure and EMF sensitivity/other physical issues. Wishing you the best in your healing!

Mark as Spam Posted On 11/19/2022 10:26:49 AM
Like Dislike

heidicaye
Joined On 1/16/2020 5:13:15 PM
Add as Friend Send Message

Also Beatrice, Listen to Dr. mercola's podcast on EMF radiation. I think it's with Dr. Neal Nathan But I could be wrong about that. One of the tips in the podcast was to turn off the electrical at the breaker box in the house at night. I heard this, cut the power to the back of my house that night, and went from three hours of sleep to seven! Lots of other good tips in that podcast.

Mark as Spam Posted On 11/19/2022 10:35:15 AM
Like Dislike

Post your comment

Previous Article Next Article

Join the World's #1 Natural Health Newsletter for FREE!
Latest Trustworthy News from Dr. Mercola — delivered straight to your inbox!
Enter your email address
Subscribe Now!

Disclaimer: The entire contents of this website are based upon the opinions of Dr. Mercola, unless otherwise noted. Individual articles are based upon the opinions of the respective author, who retains copyright as marked. The information on this website is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Mercola and his community. Dr. Mercola encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.

If you want to use an article on your site please click here. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Mercola is required.

© 1997-2022 Dr. Joseph Mercola. All Rights Reserved.
TrustedSite CERTIFIED SECURE