

Separating Fact From Fiction With EMFS: Do Cell Phones, Wifi and 5G Cause Cancer? And How To Protect Ourselves

Nathan Crane interviewing
Lloyd Burrell



Nathan Crane:

Hey it's Nathan Crane, Director of the Health and Healing Club and Host of the Conquering Cancer Summit and today I am honored and excited to welcome you to a very special interview.

Lloyd is the founder of the website ElectricSense.com. He is the creator of the Healing With Vibration Summit as well as the EMF Health Summit which introduced EMFs to an audience of over 200,000 people. He's a regular speaker at international online events, podcasts, radio shows and host is owned by monthly EMF health podcast, is the author of two eBooks on EMF. And his latest book is called "EMF Practical Guide." You can go learn more about all of his great resources at ElectricSense.com. Lloyd, brother, thank you so much for joining us.

Lloyd Burrell:

Thanks a lot, Nathan, thanks a lot.

Nathan Crane:

Well, so let's dive right in. Here's the big question, right? I think everyone wants to know, do EMFs cause cancer?

Lloyd Burrell:

Okay, so I'm actually prepared a little slide show to walk you through this because let's talk scientifically 'cause I know people want to know the facts. And so let, I've just prepared something here which I'd like to share with you if we can start off with that. So do EMFs cause cancer, how to

protect yourself. So first question is what causes cancer? So the commonly held belief is that cancer is a result of genetic damage but the alternative theory which is certainly growing in support is that it's mitochondrial damage, a dysfunction or the, which are the primary causes of the genetic damage, which is observed in most cancers and a great resource on that is a book by a gentleman called Professor Thomas Seyfried, "The Metabolic Theory of Cancer." I'm sure you've heard of that. So what's important here is just to point out that this distinction is actually irrelevant because EMFs clearly cause DNA damage and mitochondrial dysfunction.

Okay, so it's a kind of a chicken and egg situation which goes first and we have this mechanism of harm. We have this understanding now of how these EMFs from all these different devices, you know, cell phones, wifi, smart meters, all these wireless devices, Bluetooth, so on and so forth, how this impacts our body and impacts ourselves. And so these wireless exposures create these free radicals, these carbon or free radicals which damage so many things in our body, DNA, cell membranes, proteins, stem cells, disrupt cell division and damages the mitochondria. What's important to understand is that this damage is virtually identical to the damage of ionizing radiation. Yeah, so ionizing radiation, that's the radiation which everybody knows and agrees is dangerous. You know, like gamma radiation, nuclear radiation, going for X-rays and all that.

Well, what we're saying is now the result of this, all these devices which we're using that is impacting us in the same way and it's the same, or the result is the same, the result is the same, that's the important thing. So let's just look at your brain. So most research with regards to how EMF impact your brain is on this RF radiation, this radio frequency radiation, we're talking about wireless cell phones, Bluetooth, and all that. Your brain is about 75% water and it's very fragile. So this is why you've got the skull. That's the role of the skull to protect your brain from bangs and knocks and stuff. But we also have this thing called the blood brain barrier the BBB for short and that's another very important form of protection. This BBB has two roles, on the one hand is preventing toxins from getting into your brain, and on the other hand, it's allowing your brain to get all the essential nutrients it needs. And what we know is that cell phone radiation damages, very clearly damages this blood brain barrier. And we've known this for like over 50 years.

This was research which was carried out by a gentleman called Dr. Alan Frey in the 1970s, 1960s, even it started. And this damage, which was a derb came from very low level exposures. And what

was observed that these changes can come about almost immediately. So almost as soon as you start using your cell phone then it is impacting your brain. So this blood brain barrier is absolutely vital in protecting your brain and EMFs from all these devices, which we're using, which everybody is using without second thought. Clearly, as many studies have shown over the years since the 1970s damage this blood brain barrier and let in all sorts of pathogens, viruses, bacteria, you name it < toxins of every, in every shape or form which is obviously relevant given in the current health crisis. So if we look back at some of the research, okay, just very quickly, an important bit of research is that carried out in the 1990s by the Wireless Technology Research Program, headed by Dr. George Carlo, \$28 million bit of research over seven years. And this is important because it was the cell phones industry's own study, Okay? So this guy, Dr. George Carlo, he was taken on the cell phone was hoping that to prove that cell phones were safe. Unfortunately, the study's conclusion was that there is a definite risk that radiation that emanates from a cell phone can cause cancer, okay? Those are the very words of the studies, the former head of the study.

Obviously he was the former head 'cause that was all disbanded and they tried to smother all Latins, keep it quiet and that nobody know about it. And few people do know about it but that's why it's important to talk about it. And then we've got these landmarks studies, interphone studies, another big multi-million dollar study which found that using a cell phone for just 30 minutes a day can increase your risk of getting a brain tumor by 40%, just 30 minutes a day. Don't forget, this is just cell phone radiation in isolation. And then when we add in all these other exposures, all these other wireless exposures and wireless exposures which we wanna talk about later on, then obviously that is even more concerning because it's not just about cell phone radiation. There's a lot more going on. A UK study on 790,000 middle-aged women found that women who use their cell phones for 10 or more years were two and a half times more likely to develop an acoustic neuroma. That's a tumor in the auditory nerve and the risk increased with the number of years that we use in the cell phone. And then we've got more studies.

The Mayo Clinic, the Mayo Clinic study found that long-term use doubles the risk of brain tumors on the same side of the head where the phone is held. Now, how curious is that? The strange coincidence, he's laughing. It's not a laughing matter at all but there's other other studies which have come to similar conclusions. Very important study, NTP study, National Toxicology Program

study \$30 million dollar study paid by the US taxpayers, which came out with evidence of increased risk of glioma. Actual the wording of the final conclusion was clear evidence of cancer here for different kinds of tumors but notably malignant tumors of the brain and also tumors of the heart. And this NTP study, by the way it's not a flash in the pan. I mean, it's a big, big study but actually the study was replicated in Italy by the Ramazzini Institute and they came out with exactly the same conclusions and there is more and more and more research on this, a lot of research and if you want to find more then I recommend you go to the bioinitiative report for more on that.

And also important to note though in 2011, the World Health Organization which is incredibly conservative, and that's a another way of saying that comes onto a massive influence from a lot of very powerful lobbies has a lot of money thrown at it. So it's saying the right thing. And they said, even back then that radio frequency radiation of the type used, the cell phones the mates was a group to be possible human carcinogen, okay? And subsequent studies and the members actually of that committee that decided that and our calling and our saying that that classification is completely outdated and that it should be rated as a probable carcinogen. So that was for the wireless. And then just very quickly on a wiring, because it's not all about wireless, It's also about EMFs from wires and the three types of electromagnetic fields from wires, electric fields, magnetic fields, and dirty electricity. And this is what we're surrounded by particularly with the whole COVID thing, which is going on, we're more and more indoors and people working in front of their computers and stuff, because we're not supposed to go out and things. So this is increasingly a problem. And these wired exposures.

So what's important is these when you have a wire, the electromagnetic fields, the electricity going through a wired generate, sees electromagnetic fields, electric fields, magnetic fields, dirty electricity and these electromagnetic fields don't stay on the wire, they permeate out into the room and into you. And these, the effects of these wired exposures are cellular damage, DNA breaks, double strands, single strand, creation of free radicals, another synergistic effects. So it's very similar to the effects from wireless. And we know we've got studies going back years, 1979, the first major study on this found that children living near ordinary power lines at three times the likelihood of developing a cancer, leukemia actually.

Nathan Crane:

And that those are just regular electrical power lines.

Lloyd Burrell:

Just radio, regular electrical power lines, and very low levels of exposure too, like about two milligauss, which according to some studies, two thirds of homes have readings of two milligauss or more. I mean, two milligauss is not exceptional by any means. And then we've got this sort of thing just very briefly dirty electricity. He says as if it's just let's toss it in there, but it is really important. That's why I wanna talk about it because it's a growing problem because all these devices which we're introducing, which notably are using less and less power, they're using less and less power by chopping the currents and by chopping and chopping the current by maybe 20,000 times a second. So you can't actually see it, but your body can sense it and this creates this electric pollution in the kilohertz range. And what we know from studies, notably Russian studies is that this goes internal. These frequencies go internal.

You can see on the picture here, what that do, the electricity looks like on a sine wave. And just one example here is the La Quinta Middle School in California, 2013 teachers were complaining that the cancer rates were high amongst their colleagues and the actual statistic, if you want was like three times higher risk of cancer. La Quinta compared to California residents as a whole. So it was really high. And so there's a team that went in there led by a Dr. Samuel Milam and Dr. Dave Stetser power expert. And they found that in one quarter of the classrooms that dirty electricity readings was so high, they overloaded the meter. At the time of the study, there were 11 reported cancer cases, okay? The updates, the information that I had when I spoke to Cadwallader Walla, a building biologist a local building biologist was now 49 of those students got cancer. 12 have died. Six teachers and staff, and six students in their early 20s have now died. 13 times, that's 13 times the expected thyroid rate cancer at this school, 10 times expected melanoma rates and nine times the expected uterine cancer rate. So this is a huge problem. How many schools, offices, homes have high dirty electricity problems where you know that this kind of outcome can come around.

Nathan Crane:

Lloyd, when you spoke with him, did you, have you heard that they've actually done anything to mitigate that

Lloyd Burrell:

They had mitigated? Yes, obviously they had, I mean, it was off the scale 'cause like the meter goes to like 2000 units and a safe or safer reading. What we're always aiming for is like under 50 units. And so they did do the mitigation, but unfortunately you know, the teachers and the pupils had been exposed to this dirty electricity for a number of years already. And so the damage was already done. So, yeah, so there's just a lot of science here.

Nathan Crane:

It's so sad to hear, I mean a school where this is happening but this is happening all over the world, right? Not only in our schools, but in our office buildings, in our homes, in our neighborhoods everywhere. And so what you're sharing is critically important, of course we're gonna get into solutions through this as well. So make sure everyone tuning in, you stay tuned in with us for this entire interview and also taking notes so you know what you can do to protect yourself. But I wanna just go back to when you said a safer reading is under 50 units, what are those units measured in?

Lloyd Burrell:

So those units are GS units, Graham-Stetzer units which is a kind of a proprietary unit if you want, it's a function of voltage and time. And it's a measure of dirty electricity GS, Graham-Stetzer units. And it's very easy to measure. And that's the thing as well. And I can actually show you a meter which can measure that, it's a meter which you can plug in and it's very, it's easy to measure and it's easy to mitigate. That's the thing. And it's not terribly expensive either.

Nathan Crane:

And this is particularly for hard-wired electrical lines. It's not necessarily for wifi or things like that or also it measures that.

Lloyd Burrell:

No, so this is just for dirty electricity and we do need a separate meter for dirty electricity. I'm gonna share with you in a little while what meter I recommend for measuring EMFs generally. And then we need another meter to measure dirty electricity. So we always need to, we genuinely need two meters to do this properly and I do recommend doing it properly.

Nathan Crane:

And this is something that people can obviously do at home, in their offices, even at schools where their children go, if they wanted to.

Lloyd Burrell:

Absolutely, and it's, and that's what so what I do, it's all about empowerment. It's about helping people so they can help themselves. But at the same time, I'm all for calling in an EMF consultant, calling in a building biologist and working with our person. But you still need the meters, you know because this is a constantly evolving situation because we're always buying stuff and the thing's breaking down and soon as you bring anything new in, as soon as you bring that new smart TV or whatever, new computer, then you need to remeasure. And this is what I do all the time. And even I get caught out by this and I can still feel this stuff. So I don't get the symptoms I can like reset really quickly, but even I get caught out of it, see, I have to be really diligent about this. So there's, yeah. So there's so many studies on this, on EMFs particularly, but on the cancer question, there is also a lot of studies and obviously my website, ElectricSense.com. And specifically, if you just enter the studies then I recommend you go to bioinitiative.org.

Nathan Crane:

Yeah, thanks for that Lloyd. I mean, obviously we we could dive much deeper into the science of course. And you know, I don't think we need to, I think people understand now. And, as you said, this has been known for a long time. I mean, I remember reading stories about women years ago, over a decade ago that used to carry the cell phone in the bra and after a number of years of doing that, they developed tumors shaped, cell phone shape tumors right on the breast. It looked exactly like the phone that they used to carry right there, right? So that was like, okay there's something we need to pay attention to. As you said they've been studying this for many, many years. The problem is most people don't realize the impact that all of these smart devices and now we've got as you said, the smart TVs and then we've got the Alexas or whatever which are putting

out so much EMF pollution and then now 5G, which we're gonna talk about and then wifi and all these things. And so obviously I want to get into solutions and before we do, what do we need to know about 5G specifically? Let's talk about that for a little bit because it's kind of been, kind of what I've seen is like, okay there's this big explosion of people questioning it, people scared about it, people saying, hey, this is potentially dangerous.

There's not enough studies on it. It's very scary to think about because it's significantly higher potential damage to the DNA of the body but these companies are just putting them up everywhere so quickly kind of almost behind the scenes is everyone else's now worried about the pandemic. All these 5G towers went up all over the world, right in the last number of months, and now I've seen the conversation around 5G at least from my threads for whatever reason that I follow has just diminished. Like I haven't seen anybody talking about it now. And that gives.

Lloyd Burrell:

The reason for that?

Nathan Crane:

Yeah, so go ahead and talk about that. Why that is what we need to know about it how to protect ourselves, we'll get into that as well.

Lloyd Burrell:

Yeah, so one of the reasons why we're not hearing about it Nathan is simply because this information has been suppressed sadly. So obviously, you know the COVID thing is taking people's attention. That's what everybody's interested in and that's kind of what everybody's concerned about. And there is in my mind clearly a link between 5G and COVID by the way. So there's that aspect as well, because there's a link between health and toxins in any just very simply and you know, 5G is another toxin. And so let, yeah, let's just separate fact from fiction, yeah with this whole 5G thing, 'cause it is, it seems, it is really a great thing in many ways, 'cause we know because it's an improvement on the existing technology, we can, everything's gonna be so much faster, 10 to 100 times faster, apparently between 4G and 5G. That's what they're saying. And so, yeah, it's great. And everybody wants bigger and better and you know the world to improve and things to improve. And, but there is a cost, there is a cost to all of this and there are studies out

there linking exposures of the type, which 5G is using because it's already being used in certain parts of the world, certain parts of the US, there are certain cities already which are implementing 5G and the studies then we have showing very clear effects that 5G.

So when we say 5G it's a little bit of a vague term by the way, because it's really what when we're talking about EMFs, we always to be clear about what frequencies we're talking about and 5G is new frequencies in the main, but not always. It depends where you live. So, but we can be going into these very high frequency bands 20 gigahertz, 60 gigahertz, 80 gigahertz, depending on where you live, as opposed to one or two gigahertz which the existing networks are using.

Nathan Crane:

4G particularly is around one to two gigahertz.

Lloyd Burrell:

One to two gigahertz. Yeah it depends where you live again, 900 megahertz to 1800 megahertz which is one to two gigahertz, yeah.

Nathan Crane:

And 5G was talking about potentially 20 times.

Lloyd Burrell:

20 times, so very high frequency. And what does that mean? Very short wavelength because he's inversely proportional. And so very short wavelength hence the term millimeter wave. And that's typically less than 10 millimeters. So very, very short wavelength. And so because of that they need lots of antennas all over the place. So here's the fact from fiction thing. So the facts are lots of antennas all over the places, certainly for this very high frequency, 5G and also satellites in space. Last, the most recent information I have on this is 80,000 plus satellites in space with companies like SpaceX. And there's like a group of companies. There's a couple of companies which are putting a lot of their, like 40,000 per company. OneWeb and SpaceX, I mean, just them alone, they're putting out to something like 80,000 satellites.

Nathan Crane:

Their intention, and this is public, right. I've read this from their websites. I mean their intention is to basically blanket the entire world with very strong EMF.

Lloyd Burrell:

So the objective is to provide coverage for 5G everywhere. And in urban areas this coverage will be provided by small cells. So that means lots of antennas. And it could be like every third or fourth house. And then in rural areas, then we'll have the satellites which you're taking over from that. That's the idea. And these low orbit satellites and already so I mean satellites in space, which are beaming down electromagnetic frequencies, electromagnetic fields, I mean already, I mean, doesn't that sound wrong? Just intuitively, doesn't it sound wrong? Is this what we wanna be doing to our planet? And then we've got the studies. So we've got the studies which are associating these exposures with effects on the skin, on the hearts, on the eyes, on the immune system and creating antibiotic resistance and also damaging foreigner and plants and so on. So the studies are there are coming out. And also we have research, which is indicating that these very short wavelengths coupled with these high level of data is creating more adverse biological effects than other frequencies. So we, so there is some science behind this, is it black and white? No, but what I can tell you with absolute certainty, Nathan is that this is another layer of electrosmog.

So already, we've got all this electrosmog, all this going on, okay. All these cell towers and wireless everywhere and wifi everywhere. And people, most people are all for it. And you know, obviously it is convenient but then we've got all these studies some of which I've talked about which are showing very clearly peer reviewed science that there are these adverse effects. And you know, okay so we're talking about cancer here today. So I may, I've gone over some of the science on the cancer but it's not just about cancer. So we've got links between all kinds of serious diseases. Alzheimer's, Parkinson's, neurodegenerative diseases you know, all the diseases of the 21st century, these chronic illnesses. And then we've got all these other illnesses, which you know, all these kind of little things which we're all or many of us are experiencing and we wondering what's going on. And there's just so many. And the science is all this is going back and this was called microwave sickness initially. And there was just so many adverse kind of effects of this microwave

sickness. And I'll just share a few very quickly with you just so people can appreciate how vast this is and that how in the myriad of ways that this technology can impact as we're talking about headaches, dizziness, nausea, skin, rashes, dehydration, 'cause you know, radiation it kind of heats the body, low level thermal effects, difficulty concentrating, memory loss, mood disorders, personality disorders, depression, anxiety, digestive issues impacts your gut which obviously impact your immune system. Hair loss, sperm motility a lot of research on reproductive issues. Tinnitus, that's another big one, a pretty clear link between these explosions and tinnitus, and heart problems also arrhythmias and palpitations. So these EMFs impact us in so many ways and it's not about getting cancer and or get in these terrible diseases, Alzheimer's or whatever it is, which are more and more common. It's just that they are softly bit by bit silently 24/7 zapping us and creating these a multitude of symptoms which possibly one day will lead to something more serious.

Nathan Crane:

And that's clearly the thing we need to be concerned about and also proactive about, right? So I think that the data you've clearly made it very compelling that we do need to be concerned about cell phone usage, we do need to be concerned about wifi and smart devices and all these things. And we do need to be concerned about 5G. And first we have to be able to measure, right? We have to be able to measure our environment to know if we're in a safe environment or if there's something more we need to do. So why don't we do that? Why don't you show us how to measure in our homes and then let's go into some ways that we can protect ourselves.

Lloyd Burrell:

Yeah, so how to measure, everybody's not always ready to measure but honestly this is like no brainer. So I have a protocol for this, which is called the UMM. The first thing is to understand and that's what you're doing now, kind of understanding these different exposures, the wireless, the radio frequency, the electric fields, the magnetic fields and the dirty electricity. And then the second step is of this UMM is to measure and the third step is to mitigate. So UMM, understand, measure, mitigate.

So the measure part we can do with something like this which is a trifield meter, and it's a trimode meter and there are lots of meters out there. And this meter I liked because it's so simple

and you can measure three kinds of EMF with this meter and I'll switch it on so you can see, and we put it on the mag setting, that sounds for magnetic fields. And you can see maybe as I bring it towards the screen it's picking up some kind of low level. I can actually see the readings but I now actually makes a noise.

Nathan Crane:

It went from 0.1 closer to you, and as you got closer to the screen and went to 0.3, so what are those readings?

Lloyd Burrell:

So those mg, magnetic fields milligauss. And for instance, you remember, when we were talking before I said, above two milligauss associated with leukemia. So you can see how quickly it goes. You know being just very close to a computer you can very quickly be at these levels. And if we put it on the next setting, that's the electric field setting. And I don't know if you can hear that. So I'm gonna do something here.

Nathan Crane:

Can't hear it, but we can see the number moving.

Lloyd Burrell:

Oh, so the mic, 'cause that's because the microphone's here but so what I'm gonna do here. So I have, actually, my laptop is actually grounded because it's safer and I'm gonna take off the grounding. Okay, so I thought maybe it would make a difference, but.

Nathan Crane:

It went down, let's see. Do it again, let's watch it again. And now this is measuring the electric.

Lloyd Burrell:

It's measuring the electric field.

Nathan Crane:

Okay, so it's at 10, 11, 12, 13.

Lloyd Burrell:

Okay and then.

Nathan Crane:

14, now it's eight, seven.

Lloyd Burrell:

We'll take a stop, no, but that's not. So that's no, just depends on the setup. So actually this, I suggest here is that this the way I've got it. So this is not like the normal configuration. I just move my room around a little bit to do this, it's actually grounding through, it's on a metal base. So it's actually grounding through that. I suggest all the wires or, but normally this is, I can see this very clearly when it's just kind of stand alone. For instance, it could be grounding through me with this. I have to play around, but this is something which is very easy to measure. So that's the electric fields and then RF. So that is a radio frequency. You can see zero on this. So that's because I don't use wireless. So there is wireless, but I'm very fortunate where I live, it's not actually showing on here, but there are on a more sensitive meter then you can pick up radio frequency radiation. So that's a great kind of star to meter 'cause it's easy and it's relatively accurate and it's relatively inexpensive, only \$200 for that meter. And then coupled with that.

Nathan Crane:

Real quick, what are the numbers we need to, what are the numbers in each one of those settings that we would consider safe, and then what are the numbers obviously that we need to be concerned about?

Lloyd Burrell:

So, there is no safe, there is no safe. That's the thing with EMFs is there is, there's no black and white. There's no number which is absolutely safe. There's no number which is absolutely dangerous. And what we're always trying to achieve is a law that's to say as low as reasonably possible. So we're always trying to get as low as reasonably possible. Having said that I have some benchmark readings, which kind of readings to aim for. And if you can get below that, then that's a good place to be. That's the best I can put it. And these benchmark readings are 0.02 volts per

meter. Honestly, if you don't have an EMF meter, these are not gonna mean a lot to you, but I recommend below 0.02 volts per meter for RF radiation. I recommend below one volt per meter for the electric fields, I recommend below 0.5 milligauss for magnetic fields and below 50 GS units for dirty electricity. Okay as you measure just while we're here.

Nathan Crane:

So RF below 0.02. I just want people to write these down 'cause when you get one of these devices, you can get these at ElectricSense.com. You know, these are numbers that you wanna just keep an eye on. So RF is below 0.02. Electric is below one.

Lloyd Burrell:

Volt per meter.

Nathan Crane:

Magnetic is below 0.5.

Lloyd Burrell:

0.5 milligauss.

Nathan Crane:

What was the last one you said.

Lloyd Burrell:

And dirty electricity below 50 GS units.

Nathan Crane:

Below 50 GS units and that's a separate device.

Lloyd Burrell:

And that is this device here, okay? And that is what it looks like. And it's just go, a plug on it, which in my case is a French plug, okay?

Nathan Crane:

So that one called, I can't see.

Lloyd Burrell:

It's called a GS meter, okay?

Nathan Crane:

GS meter.

Lloyd Burrell:

It's GS meter, Graham-Stetzer meter. And you just very simply plugged that in. You look what number that gives you. And if you've got over 50 GS units, that means you want to be mitigating in some way. So that would be typically going round room by room playing a bit of Sherlock Holmes, plugging things in, unplugging things, watching your meter and determining which devices are a problem. If you can unplug those devices, all well and good, if you can't, then you would install a filter just plugin filters again in different rooms to mitigate those exposures.

Nathan Crane:

Okay, so let's talk about what those filters are in a second. So one, obviously this is like anybody who is dealing with cancer or any chronic disease, you need to understand what's going on inside of your body. You need to get tested. You need to know if you have parasites or infections, you need to know your inflammatory markers or food allergies. You need to know where your cancer is, how far along it is, right? This is exactly the same thing. So to know, if you are just extremely bombarded by these EMF, you have to test and measure. So I just wanna get that across ElectricSense.com get the devices, right? So you can measure number one and then two we've got the numbers. So we needed, so we can kind of keep an eye on that. Now let's say we measure our numbers are above these numbers which is gonna be true for most people, right? What are the, what are some of the top things, I know you have reports and videos on your website, people should go get those. I know you have a report that's like 21 or 22 things that people can do. But what are really the top things you would encourage people to do right now to mitigate their EMF exposure?

Lloyd Burrell:

Yeah, so where we started with a cell phone because everybody's got a cell phone and people are saying, people, I got an email the other day saying, Lloyd what's a safest cell phone I can buy. Well, unfortunately it's not that simple because we don't have the data on the safest cell phone because the way of measuring a safe cell phone is not reliable at all called SAR, specific absorption rate, and even with a meter you can't get an accurate reading. You need a laboratory to do that. So it's all about how you use a cell phone and it would be anyway because of this exponential fall-off that we have with, for you get away from whatever the device is in this case, the cell phone. So the further you get away from that cell phone, the better quite simply but there is an end, it's an exponential fall off.

So literally just putting a few extra 10 millimeters or so between you and the cell phone, you get 1000 fold reduction or more in exposure levels. And so that's what I recommend to do in a very simple way. And all my tips around cell phones revolve around that, basic understanding, distance is your friend. So therefore that means using on speakerphone for instance, if you can, if you can't and use an air tube headset. And there were also there's variations of this now which transform a regular headset into an air tube headset. When you're not using your phone, having it on airplane mode, which and ensuring that when it is on airplane mode, the all wireless functionality is switched off. And then honestly, I do not recommend putting your cell phone next to your head because it's that very pretty, you're putting it right next to that very precious organ, your brain and frankly, people do so many things to look after their health, to feel good, and they eat well and they work out and they buy expensive creams and stuff to put on their skin. And yet this really basic thing, they abuse of this really handy thing called a cell phone.

We can do so many things. They totally abuse of many times through ignorance. So don't be ignorant. These are the facts. And you know, so that's just a quick overview of how to use a cell phone more safely. And then beyond the cell phone, the number two thing is the wifi at home. So everybody has wifi. I don't, 'cause I got sick, I never even had the wifi. And that's, by the way, we didn't talk about my story but that's why I'm talking about this because I got sick using a cell

phone, I got a reaction, I got very sick and it lasted years, and had to go through a whole process to become healthy again. And so I never had the wifi, but most people do. And most people sleep with wifi. So that would be the starter point. Switched the darn wifi off at night and that would be by unplugging it, that's my preferred way of doing. Once you've started doing that, then what I that becomes a pain in the backside. Yeah, doing it every night then I would recommend buying a mechanical timer. And so it switches off automatically when you go to sleep, okay, you do not need wifi when you sleep, remember zapping you when you sleep, when you're most vulnerable, when your body needs to heal it can't. And there's a lot of research on this too which showing how this reduces the quality of our sleep, and really the, the next step with this is to use an ethernet cable. Is to get rid of the wifi altogether and use a cable. And that's what I'm on now. I mean, even this little laptop I'm using to speak to you, it's all cabled. And I just run the cable around the room and it's not a big deal and it's safer and it's faster.

So this is so that's, so cell phones, wifi and also a third tip is in your bedroom again, back to the bedroom thing, 'cause it is important those hours you spend in your bedroom, that's when your body heals cellular rejuvenation, regeneration, detox, a whole load of processes going on, a whole load of protective processes, protecting you notably from cancer and all these diseases of the 21st century. Well, here's something you can try is to go down to your breaker panel, okay, and flip the switch, the circuit on the electrical circuit for your bedroom and maybe the surrounding.

So there's another circuit you can switch off a next year bedroom, maybe the circuit underneath your bedroom but you're trying to reduce those EMFs in your bedroom. Because again, what I said at the beginning here was the wires are giving off electromagnetic fields. And for instance, you can be sleeping in total darkness, but you will, I guarantee 95% of people are sleeping in an electric field because if you've got an electric lights switch in your home even where the electricity switched off, no power, no light, you have an electric field. When you switch it on, you have also a magnetic field. So all night sleeping in electric field. So switch off, do that for seven days, see how it goes. I'm not, maybe you won't feel, maybe you'll feel worse because you could be an imbalance in your electrical circuits. This can happen, this is electricity is a bit weird and wonderful sometimes. And in which case I recommend getting an electrician to have a look at this not complicated and resolve this wiring issue. Again, two thirds of homes according to one study have

wiring issues. So this is another big problem and which is worthy of looking at. So those are some really quick tips that people can do. Cell phone, the Wi-Fi and the electricity and then to take things further and kind of we already took things further at the beginning is really getting the meters. So getting like the trifield meter and the meter for the dirty electricity and that is taking things further. And then it's a question of just doing a little EMF audit in your home, going round with those meters.

But notably what's the most important room Nathan, your bedroom obviously is the room where you sleep and you do some very thorough testing in your bedroom over seven days, multiple readings a day, write it all down on a little sheet, like a little science experiment. And then you set about mitigating notably in your bedroom and you'll do the same thing for all the other rooms where you spend any time. Obviously, if you've got a humongous EMF in your garage, who cares if you're not in there. If you're just in and out, it's not a problem but it's rooms where you spend time. That's where the problem is.

Nathan Crane:

Yeah, thank you so much, Lloyd, for really taking a very complex subject and unpacking it and making it super simple to understand, these are some obviously great tips people can do immediately. And I know you've got some great resources for people who wanna go further. Also all of the interviews we cover in this symposium are practical things that people can do to enhance immune system, increase your body's ability to heal itself faster. You know, the best anti-cancer fighting diet which are gonna produce more natural antioxidants, the right types of movement and exercise which is gonna help flush your lymphatic system. All these other things we cover in the symposium, make sure you're doing those as well but if we're not mitigating and reducing our toxic exposure you know, to not only heavy metals and not only toxins in the food and water and not only toxins in there and so forth but these invisible toxins that are bombarding us every single day as you've been talking about then obviously we are missing out on our higher potential of our body's ability to heal itself. So Lloyd, I just want to say, thank you so much for this.

Lloyd Burrell:

And if I could just very quickly just say it's not because you're not feeling these exposures that

they're not impacting you. That's the first thing is that the science has shown that the impact everybody, second thing is that the science is showing that these effects are cumulative. And so they're impacting everybody and the cumulative and what's more obviously the growing, we go into 5G and plans are already on the way for 6G and 7G. So this is not gonna stop anytime soon. So now is a time to get on board with this and do something about it.

Nathan Crane:

Well maybe when we get in, so obviously protect yourself but then it's like for people who want to take larger action in their communities and their local governments and you know, federal government, what can we do there? So we should do a follow-up interview just on that because you know, to stop these things from happening we've got to take action as a collective society in general, right? And specifically towards the companies that are putting all of these massive satellites around the world. So yes, we got protect ourselves, but then we need to get involved in local action that we can. It real quick, as we finished is for people that are interested in that is there a resource or website somewhere people can go through.

Lloyd Burrell:

So actually what I recommend for that is EHT, Environmental Health Trust and they do a great job and that's a charity website. They do a great job of following this, Dr. Debra Davis and her team of sharing information on actions around the world of, and it really is very possible and people are doing it. People are stopping 5G around the world in little communities, going to council meetings, holding up their hands and talking about this because what they find is the people that are running the local councils are what, they don't know about this. So there is ignorance. And then there are people that are willingly install for the 5G and know something about the dangers. But few people really understand just how dangerous this could be and it's possible to stop it and you're absolutely right, that there is these, we have to look at this on the personal level and then it's about what we can do on a collective level. And also it's about how you spend your money, because if you've got that latest generation iPhone with the \$100 month contracts, then you are feeding the beast. Know that, you are feeding the beast.

Nathan Crane:

Yeah, I mean, I'm considering going back to a flip phone. I mean we all lived without cell phones, I

was growing up, I didn't have cell phones, then when we had cell phones, we had the flip phones, right? And we got by just fine with those. So I'm really considering going back to a flip phone which would help of course, it's not the only solution but I love the fact that Environmental Health Trust, EHT, people can start getting involved in our local communities. You know, that's what's gonna take and Lloyd, we got to get you testifying in front of Congress, man. Let's do that. Let's make that happen. I don't know, that's gotta be a top priority as well, because you know we've got to make a big change on a national level and a global level. And I think I'll do it, so.

Lloyd Burrell:

And the thing is, well I don't know if I'm the guy to do that but the good news is that we can overcome this, so we can overcome it in terms of stopping the 5G and then the thing is that most people that do get impacted by these exposures become electric climate hypersensitive. Like I was, and I still I'm 'cause I still feel it but I don't get the symptoms. Then most of them, they don't overcome it, but I did. And I know people that have, and so it is possible. And so it is quite a lot of work and it is really just totally overhauling your life but it is possible and everything is possible. Anything is possible, I truly believe that.

Nathan Crane:

Thank you so much Lloyd. I really appreciate your time, your energy, your passion as well as sharing all this great information with our community. And I wanna thank all of you for tuning in here to the Global Cancer Symposium. Make sure to share this with friends, family, anybody who needs to hear this information to truly change and transform their life. Make sure to visit ElectricSense, it's S-E-N-S-E, ElectricSense.com to learn more about how to experience what Lloyd calls EMF freedom and you download his report on 21 ways you can live a healthy EMF protected life. Also, I encourage you to visit healthandhealingclub.com. You learn more about our global membership to help you get and stay healthy. Again, I'm Nathan Crane, I wish you all ultimate health and happiness, take care.