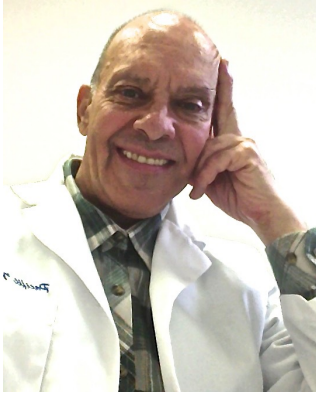


Electromagnetic Fields: More Profound Physiological Effects Than I Ever Imagined

By Marcel Hernandez, ND



As Dr. Connie has mentioned, we recently attended a three-day conference on health and Electromagnetic fields (EMFs). **I must admit that I entered the conference with a bias. Perhaps it was more of a denial than a bias.**

For years, I have suspected that EMFs might pose a significant danger to health. I largely ignored the evidence because like most people, I depend on technology for business, research, entertainment, communication with loved ones and much more. Plus, many of the critics of EMFs were folks who seemed to decry technology in general. It was also extremely inconvenient to think about how technology might play a part in the avalanche of cancer, depression, anxiety, insomnia, immune disorders and many other chronic illnesses that we were dealing with in our medical practice. Inconvenient because we didn't know how to unravel the mechanism of action of the condition we were treating. But that has changed.

While at the EMF conference, I listened in slack-jawed amazement as a procession of researchers, scientists and physicians detailed the immensity of the challenge we face in getting technology to work for us and not against us.

The very first speaker, Sharon Goldberg, MD, from the New Mexico School of Medicine, set the parameters for the program. She used countless peer reviewed studies to back her presentation. Here are some takeaways:

- All EMFs have biological effects, including the electricity that powers our homes.
- These EMFs impact everyone, regardless whether or not the person feels them.
- All EMFs are biologically active.
- EMFs influence chronic disease mechanisms, causing DNA damage, oxidative stress, mitochondrial damage, membrane leakage, calcium channel effects and heat shock proteins.
- Chronic disease is on the upswing and people are working harder than ever to stay healthy.

- Magnetic fields are found in anything with a motor or a pump, like a hairdryer. Various studies have linked chronic magnetic field exposure with neurodegenerative diseases, like ALS.
- Radio frequencies are also implicated in various ways, including lowering the toxicity threshold of household chemicals.
- Blue Shield/Blue Cross studied 55 million millennial Americans aged 21 to 36 by 2017. What they found was an "unprecedented deterioration in the health of younger Americans." Depression, substance abuse, hypertension, psychotic conditions, inflammatory bowel diseases and diabetes topped the list of maladies.
- 24 peer-reviewed studies indicated that microwave (like the kind in our kitchens) frequency electromagnetic fields produce widespread neuropsychiatric effects, including depression.
- The oxidative stress caused by EMFs have a documented connection with cardiovascular disease.
- Prenatal exposure to EMFs is associated with an increased risk of childhood obesity.
- Laptop power supplies, ubiquitous in home, school and office, have very high EMF readings and are associated with the obesity epidemic.
- Wi-Fi leads to hyperglycemia, increased oxidative stress and impaired insulin secretion.
- As early as 1965, the German Ford Motor Company found that microwaves had "diffuse effects on the autonomic nervous system affecting circulation, fluid balance, EEG, sleep and glucose."
- EMFs cause cognitive impairment, concentration difficulty, poor sleep quality, headaches, dizziness, tinnitus, and behavioral changes, especially in children.
- A 1971 US Navy report associated microwaves with insomnia, restlessness, fatigue, seizures, memory loss, depression, impotence, anxiety, irritability, anorexia, dizziness and other conditions.

There are more than 10,000 valid studies illustrating the effects of EMFs on human organisms. Dr. Goldberg's presentation cited just a few of them. Speaker after speaker at the conference brought up other studies to explain the extent of the challenge we are facing. So, what are we to do?

EMFs are not going to disappear. Society is not going to regress into a 1960s mode. In fact, with 5G coming, human exposure to EMFs is only going to increase. The only thing we can do is learn how to protect ourselves as best we can and hope that it is enough.

In this newsletter and subsequent newsletters, we will start letting our readers know some of the ways we can protect ourselves from the exploding amount of EMF exposure.