

An Inconvenient Truth: Down the Rabbit Hole

-- By Dr. Connie Hernandez



I was surprised when a close friend somewhat scornfully cautioned us to beware of the probability of a one-sided perspective being offered at the conference we were planning to attend on the physiologic effect of non-ionizing electromagnetic frequencies (electrical, magnetic, dirty and radiofrequencies). **From our perspective, we were looking to understand a culturally disruptive story that only now is entering into a skeptical mainstream consciousness.**

The conference was held at the 1440 Multiversity, located deep in the redwoods of the Santa Cruz Mountains.

Attendees included international experts, writers and researchers, medical doctors, folks suffering from electro hypersensitivity, building biologists, companies offering diagnostic meters and other testing and shielding devices.

Although we ourselves have found it wise to avoid placing our iPhones next to our bodies, and have been genuinely concerned about smart meters and the upcoming 5G networks, **we were stunned by the depth and scope of the research presented, by the widely divergent international guidelines and policies re protections from the adverse affects of non-ionizing radiation technologies. (There are literally thousands of studies from all over the world detailing adverse effects on human physiology).** Soviets and Eastern Europeans have researched and utilized this information, both in weaponry and in healing, since the 1960's. The Swedish government recognized the diagnosis of electro hypersensitivity and guaranteed an electrosmog free work environment in the year 2000. China and France (since 2010), are banning cell phones in primary and middle schools. San Mateo High School now bans cell phone use in school. Mill Valley voted last year to block deployments of small cell 5 G wireless towers in residential areas. Japan has targeted the elimination of microwave ovens by the year 2020. The list goes on.

Electrohypersensitivity is no laughing matter. The repercussions of bombardment by the attendant frequencies include infertility, Alzheimer's and other neurologic damage, autism, chronic fatigue, insomnia, anxiety, learning disabilities, and cancer. The formation of reactive oxygen species and DNA damage are unifying threads. The case studies are horrifying, the remedies intensive and expensive, but doable.

It was emphasized at the conference that all parts of the electromagnetic spectrum are biologically active, though much of the research focuses on microwave radiation and radio frequency waves, some on dirty electricity, some on ground current. There is little known about the millimeter wavelengths that characterize the 5G networks. **We are all sensitive to all of these wavelengths, though some of us are minimally or moderately affected, while others suffer severely from hypersensitivity. One speaker suggested that these hypersensitive folks are the canaries in the coal mine, warning of dangers of which others are yet unaware.**

We are living in an environment of omnipresent frequencies which were not present for most of human evolution. The fact that our human organisms are increasingly afflicted by more cancers and more complex systemic illnesses of body and mind is an indication that something is awry. It appears that we have yet to adapt to what has been an alarmingly swiftly changing vibrational environment. Manmade frequencies are being introduced into our environment without an understanding of either short or long term consequences. Every one of these frequencies interacts with the physiology of each and every one of us in a way that is unique. Individual response is conditioned by such things as one's history of previous head trauma, emotional trauma, mold or viral exposure.

Working with this understanding requires a paradigm shift not only in medicine, but in the whole of society. **If we are adversely affected by mobile phones, WiFi routers, tablets, wireless wearables, baby monitors, monitored medical devices such as CPAP machines, hybrid cars, smart meters and more, what are we to do?** What would our world be without these conveniences? How do we eradicate sources, shield ourselves from effects, make intelligent personal and regulatory choices, restore health and continue to live healthy and productive lives? These are the questions brought forth by this conference.

Down the rabbit hole we go!

