



Practical Strategies to Manage EMFs for Optimum Mental Health

Guest: Lloyd Burrell

Alex Howard: So welcome everyone to this session, and I am really happy to be joined by Lloyd Burrell.

Lloyd is an expert on EMFs and I'm particularly keen to get into Lloyd's story here because apart from the fact that he's interviewed and spoken many times on this topic, he's also had his own journey. And I think that's often an important way of coming to these things from an authentic and real place.

So, firstly, Lloyd, thank you so much for joining me.

Lloyd Burrell: Thank you, Alex, for the invitation.

Alex Howard: Just to give people your professional bio background; before we come a bit into the story. Lloyd Burrell is founder of the website ElectricSense.com and creator of the EMF Health Summit, which introduced electromagnetic fields to an audience of over 200,000 people.

He is a regular speaker at International Online Events, podcast, radio shows and hosts his own bi-monthly EMF health podcast.

He's the author of two e-books on EMFs and Health, and his latest book, *EMF Practical Guide*, is available on Amazon and in all good bookshops.

So, Lloyd, firstly, I mentioned that you've had your own journey with EMFs. Tell us about that, because I think that's an important starting point.

Lloyd Burrell: Yeah. So that is the starting point of this; what brought me to speaking today is that one day I answered my cell phone in 2002 and I began to experience a strange reaction, which initially was just bizarre. It went very quickly from being bizarre to being unpleasant to being unbearable, and I was holding the cell phone next to my head and I began to initially just feel a little bit altered, an altered spatial awareness, dizziness, almost seen stars; and it went from that to very quickly this burning sensation, which I call hot head now or hot ear at the side of my face where I was holding the cell phone. And this just escalated, it just came out of nowhere this reaction.

I've told this story many times and I say jokingly, it got so bad, I actually went to see the doctors (because I'm not really one for going to the doctors a lot) I never have been and the doctor couldn't make anything of it.

So he examined me and he said it was stress and I should take time off and I'll be fine afterwards. I just thought that was quite ridiculous because I know what stress is because before I used to live in London like you, I trained as a chartered accountant, I was doing the studying, I was doing the overtime on the audits, I was away from home and it was like, that was stress. The year end audit thing was a lot of stress and what I was experiencing was nothing to do with stress. But nevertheless, I took his advice, went away.

We went to Centre Parks with the kids, came back Monday morning, first phone call and boom, there it was again. And there it was just a slippery sliding slope because not only was I reacting to my cell phone, I was reacting to my computer, and I was reacting to the TV, I was reacting to the radio in the car, I was even reacting to my corded landline telephone. And in a very short time, my life became a living hell because it seemed as though I couldn't live anymore in the 21st century.

I was just reacting to everything and anything and I was not well in my own home and I was not well when I went out. And my doctor sent me to see numerous specialists and I had all kinds of tests done and scans. And they really couldn't find anything wrong with me except just like high blood pressure, but nothing. There was nobody that was pinpointing any relationship between my cell phone and what was happening.

In fact, some doctors, some specialists, one neurologist, she ridiculed me. I had all kinds of very strange experiences, I was very open minded, who I went to see and sometimes it was unpleasant, because I was made to feel rather small and stupid. They were there in their white coats, all knowing and I knew nothing and so I took their advice and I carried on. Their advice was really not to do anything. The doctor gave me some pills which dampened the symptoms, but just made me even more like a zombie. And this was one of the big symptoms which I had because I had these immediate phone next to ear pain, take the phone away, no pains. So that was the immediate thing, then it was how it impacted my life, all these debilitating symptoms.

Alex Howard: What were some of those other symptoms?

Lloyd Burrell: The fatigue. I mean, I could sleep and sleep and sleep and I'd get up and I would just be like a zombie, and the brain fog. I couldn't think clearly, muscle cramps, stomach pains, digestive issues, weight gain, weight loss, it really messed me up in so many ways.

And one of the things which is very relevant to what we're talking about today is, it puts me in a bad place mentally, and there was depression and there was anxiety because it was like, there's nowhere to run, there's nowhere to hide.

Where do I go? There's no solution. So I was faced in this situation where it seemed there were no solutions. And then actually, I came across an article in The Daily Telegraph about a guy who is CEO of a major food group in the UK. And it was talking about this guy and he couldn't use his computer, couldn't use his phone, he was dictating to his secretary all his correspondence. He was running around in a clapped out car, he was having to switch the electricity off at night to get to sleep. And it was like, that's me. That's what I'm going through.

And this was kind of an epiphany, a eureka moment, and I realized I wasn't on my own. And they gave a name to this thing, they called it electrical sensitivity or electrical hypersensitivity there's different terms for it. And it was really from that point I decided to get your act together Lloyd and do something about this because I was kind of paralyzed by the fear, so I was listening to the people in the white coats, there's nothing to be done.

I was telling myself I was okay and all the time I was just getting worse and worse and worse. And that was a turning point and that's when I started to really look into this: take the bull by the horns. Look at this thing, which we call electromagnetic fields, which just the word sounds really scary when you're in this situation, and there appears to be no answers and there's no rule book to follow. And so I figured out the rule book, so to speak and I wrote a book about it. I created this website.

Alex Howard: You wrote the rule book by the sounds of it.

Lloyd Burrell: I wrote the rule book.

Alex Howard: Part of what I think's fascinating here is that, it's one of those things that when people haven't had such a clear experience themselves, it's easy for people to be a little bit skeptical or cynical. And I had a patient about five or six years ago who was a very, very, very successful guy in London who, very similar story to what you just described. Where he started developing more and more sensitivities to the point that his whole life was sort of crippled by this.

And I had to go to meet him in a park in the middle of nowhere to do consultations. And it just got to the point, it got more and more severe of the restrictions that were in place. And seeing someone in that way and respecting the intelligence of that person and clearly there was no attention seeking. In fact, there was no positive outcome from this experience. It really helped me to trust the validity in a sense of that experience.

Lloyd Burrell: Exactly.

Alex Howard: It's one of those things where, people for example, that have food sensitivities might not have the same degree of sensitivity here, but they know their food sensitivities are real. And different people, I think, have different reactions. It may be that everyone's impacted in some way, but for some people, it's obviously a stronger reaction.

Lloyd Burrell: So that's what the point I want to make and that's exactly what happened to me. Because this gent who I've met since then, or we spoke to when I've interviewed him was called Brian Stane and he's quite active in this arena of electrical sensitivity. So it was his position that for me and, plus he's a northerner like I am. I mean, I couldn't tell that from the interview, but it was, this guy I can believe, this is happening, This is not just something I was reading on the Internet and this was 2002 don't forget, the Internet isn't like it is today.

But just one point I want to make here. So that is my story and people that hear about this often think, well, that's really bad news for Lloyd. And actually it's not, it was really bad news for a time, but it's probably the best thing that ever happened to me apart from having my kids and all those wonderful events in our lives. But it's been a very positive experience

and I actually feel blessed that this happened to me because otherwise I would have had no idea that these electromagnetic fields, these EMFs can impact our health. And this is a thing which I've understood from reading the science, which I've now done. And there is a lot of science which we're gonna talk about a little bit today, hopefully, is that these EMFs affect everybody, this is what the science is saying.

The EMFs affect everybody and I'm repeating it because somehow people are convincing themselves that they're not and they just impact us in so many ways. And really even the Corona virus there is a link between the virus and EMFs, not saying it's the cause, but it's very profound how these EMFs affect our health.

So that's the thing to understand, it's not just about electrical sensitivity, which is all the same. Experts estimate it's between 5 to 10 percent of the population that are affected, that know they're affected and then possibly 35 percent that have got symptoms, but don't attribute it to EMF exposures.

Alex Howard: Right. So before we come into a bit more about some of the ways that EMFs can impact upon our health. Let's just define, when we talk about EMFs, what are we actually talking about?

Lloyd Burrell: So what we're talking about, we're talking about this thing, electromagnetic fields and some people use EMFs for another term, they mean electromagnetic frequencies or sometimes they say electromagnetic radiation.

When I say EMF, I mean electromagnetic fields. And what is that? So why is this important? Well, we're actually in an electromagnetic universe and we are electromagnetic beings because our bodies are working. So there are these chemicals which affect exchanges in our body. But they're actually electro chemical, so if you take the electricity away, if you take the EMF away, then we're dead. So that's how vital it is.

What I'm talking about here is manmade EMFs. There's two categories, this is the wireless and the wired. And by wireless, I mean, obviously, first thing comes to mind is your cell phone but I mean, anything wireless. So that means anything smart, it means Wi-Fi, it means just really so many devices now, like Bluetooth, anything equipped with Bluetooth, and when we say any of those words, Wi-Fi, Bluetooth, smart or cell phone radiation. What we're actually saying is radio frequency microwave radiation, let's call a spade a spade that is what it is, which thousands of studies are showing that there are adverse biological effects through exposures to this radiation.

So that's the wireless and then we've got the wired. And the shocking thing is also here is, because some people may have heard about cell phone radiation, they think it's fake news or whatever. And then the wired, most people have never conceived that possibly the electrical wiring in their home could somehow be impacting their health.

Well, yes, it can and in most cases, it does even, I'm not just saying it can, it just is. Because most of us are sleeping in electric fields and magnetic fields and working in homes, we're living in homes and offices where we're exposed to these fields which are impacting our biology. Again, which thousands of studies are showing.

So in a nutshell what it is, it's the wired and it's the wireless.

Alex Howard: Yeah. And I think one of them, I guess the thing that is important to say is that the amount of this that surrounds us has increased exponentially over recent years. And so although we're not talking about a new phenomenon in terms of wired electricity, we are talking about a new phenomenon in terms of wireless and the amount of wired technology.

I guess if we go back 50 years, there might have been a light circuit and a few power sockets. But because of the amount that we're using, I remember when we had our house done four or five years ago; one of the things that the builder was doing was putting in loads more power sockets that had been in there from 60 years ago, because the amount of use of it is more. So there's an unknown, in terms of traditional mainstream science, it really is too early for some of these conclusions about, oh no, it's all fine, no impact. And I guess what we're going to come into is some of the evidence that clearly demonstrates there are impacts that happen.

So, do you want to say a bit more about some of that, because I think it's a good example of where research can be presented in certain ways where you can make an argument with the evidence that supports a certain position i.e. say "it's all fine, don't worry about it." But actually, just look at some of the details of how some of those studies are done. I remember reading one study where, for example, the distance of the phone and the amount of radiation was completely different to everyday use. There seems to have been a lot of manipulation of some of this data to justify certain things.

Lloyd Burrell: Well that is a whole other thorny subject. There is manipulation of the data, Alex, because there is so much money at stake. So much money to be made from selling, notably all these wireless devices, it's huge. And there's manipulation even from our governments I'm sorry to say, and manipulation of science.

So what I look at is independent research and there's a lot of independent research. I can cite some, for instance, the BioInitiative Report 2007, which looked at the last 30 years, all peer reviewed research, over 600 pages of it, looked at something like 2,000 studies, reviewed in 2012 and looked at the 1800 studies in the intermediate period. So just figure that, 2,000 studies in 2007 and then 1,800 studies just in the period 2000 to 2012. Again, peer reviewed studies.

And so what all these studies are saying, well they're talking about, they're talking about what we call in the jargon non thermal effects. Because what the industry, the cell phone industry and the people who are making money out of these devices are saying, well, there's no thermal, there's no cooking effect, doesn't cook you, therefore you're OK. But this is true it doesn't cook you, although I did feel like a heating effect. So in the extreme cases you can or you can just get this reaction, which I did, thankfully.

Alex Howard: I mean, just sorry to jump in. One of the things that I certainly noticed a number of years ago is that my phone would sometimes physically get hot. But certainly I would just get a mild dully earache, in a sense.

So years ago, I just naturally started using my phone on speaker phone and holding it further away and that's something I've done for years. But, I think this certainly you can just feel a sort of.....

Lloyd Burrell: We can, and then how many people don't want to take that on board, don't want to act in the way that you have, and people are so attached to their phones. A lot of people's lives revolve around their phones and what their phones can do. It's their means of, particularly with this virus, I mean as we're speaking we're right in the middle of it now. If we didn't have these means of communication, then certainly life would apparently be so much harder.

So to talk about the studies, it's really about adverse biological effects, so it's subtle effects. So it's not a heating effect, its adverse biological effects, like a disruption of cell division, like cell membrane damage, like damage to the calcium ions which are channels in the cells which are super important. It is this cascade of chemical reaction which follows from these exposures, mitochondria damage.

Mitochondria is little energy plants in our cells, enzyme damage, proteins which we need, we're protein machines, DNA damage, single, double strand breaks, DNA is like the blueprint of ourselves. If we mess up the DNA then like, if you're building a house and the plans are messed up, then your house is gonna come out all, weird looking and it's not gonna last long.

So this is fundamental and one of the really key bits of science is some work done by Professor Martin Pall, professor emeritus at Washington State University, who talks about the effects on these calcium gated voltage channels.

So these little channels which are controlling the calcium flow into your cells and the problem is that EMFs upset these channels. They de-regulate these channels and we're in too much calcium in the cells, which has all kinds of downstream effects. Where it's impacting us most is where the highest concentration of these calcium channels, I'm going a bit geeky here I know, but just bear with me.

Where there is the highest concentration of these calcium channels, which happens to be in the brain, which I'm going to talk about, in the heart and in the reproductive organs. And for instance, with the heart, then we've got arrhythmias, which are exploding, we've got literally heart attacks.

With the reproductive system then we've got a massive problem in terms of fertility, male fertility. Very clear association between these exposures and the reduction in sperm motility, mobility, sperm quality. And also impacts on women as well, women's fertility, which, by the way is more of a concern because once women's eggs are zapped, which is what EMFs do, then that's it, they're gone, they only get one lot of eggs for life.

But what we're talking about today and what is of interest here is how it impacts the brain? And obviously it's super important how these EMFs impact the brain. One study I can quote is a study, Interphone study, 2010, 30 minutes on your cell phone increases your risk of a brain tumor by 40 percent.

Alex Howard: Wow.

Lloyd Burrell: 30 minutes, 30 minutes. Okay, I'm just pausing for thoughts here so people can take this on board.

So impacts on the brain and so what are these impacts on, because again, of this density of calcium channels in the brain., what is this causing or what can this be causing? Well, Alzheimer's, lots of studies on the links between EMF exposures and Alzheimer's, autism, Parkinson. And then you've got all these other symptoms / diseases like anxiety and depression.

Now, depression, for instance what we know is, what the studies tell us is that exposure to these EMF exposures impact our neurotransmitters, which are these chemical messengers in our bodies. And this upsets or it can upset mood regulation, hence depression is a possible outcome.

And specifically another study I can quote is that these exposures impact two neurotransmitters, serotonin and dopamine and that also, so we're down regulating these neurotransmitters, which again is linked to depression.

And then we've got a whole load of studies linking, going back to since World War Two because people think, well, this is a new thing. But actually, it's been studied for literally decades and the Soviet's have done a lot of research on this. And links between these, they called it actually radio waves sickness and very clear links with depression.

We've got studies linking proximity to cell towers and depression so the nearer you are the more cases of depression there are, that's a 2002 study. A 2016 study talks about widespread neurotic effects including depression.

So there is again, how it impacts these calcium gated voltage channels and similarly with anxiety. And this is a particularly particular problem with the younger generations because they possibly use it more. But I'm getting a lot of feedback through my website as well from people talking about these issues. But there is science on this also, notably how it impacts, there's a lot of science on it, how EMFs impact melatonin.

Now there's decades of science on this and it inhibits the production of melatonin. Melatonin is a hormone which I'm sure you know, considered by many to be the master hormone. And sleeping in a room, a bedroom with EMF exposures has been shown to inhibit your melatonin production. So sleeplessness, poor quality sleep, anxiety that's one link.

Another one we have, EMFs depletes the nutrients, so for instance, there's a study being done on rats where it was found that exposing them to EMFs depleted zinc, messed up their iron levels and it spiked their copper levels. And so this zinc copper imbalance, again the upshot, anxiety can be, yes? So, yeah, there's a lot of science behind this. And also science going back nearly 50 years on how notably cell phone type radiation impacts what we call the blood brain barrier. And there's dozens of studies on this now, very solid science.

So we've got this protective sheath which is protecting our brain, which the idea is to keep the nutrients in, keep the toxins out. And when this breaks down which is what happens with these exposures to notably cell phone radiation, because why cell phone? Because it's right next to your brain. Is that it's letting the toxins in and it's letting the nutrients out. So we've got these double whammy effects, so a lot of science behind this.

Alex Howard: Yes. And it also strikes me there's a direct impact, a lot of what you're describing here. But there's also the indirect impact in the way that you were describing in your own experience.

That one starts to have these potentially odd symptoms and starts to wonder, why they're happening? And try the traditional paths to resolution and they're not effective, and one starts questioning themselves.

So I think that can be a consideration and also, it's interesting what you were saying about cell phones. Because there's something beyond any of the EMF pieces that's just also a significant negative impact upon mood and mental health of over use of devices.

In fact, a friend of mine a number of years ago wrote an article which went viral on LinkedIn, which was called Smart Phones are the new cigarettes and the whole thing was that how, back in the day, someone would feel a bit uncomfortable, what they'd do? They'd light a cigarette and that would be the way of filling that space, and that's how people tend to use mobile phones. People that are in a lift, they're a bit awkward, they pull out their phone, they're on a bus, they're awkward. It becomes a constant way of losing oneself in that and disconnecting from the world around and that also has a significant impact.

Lloyd Burrell: It does. And I really notice this because I don't own a cell phone. So when I go out, it really hits me in the face because everybody's walking around looking at their cell phone more or less particularly.

Alex Howard: Not looking where they are going.

Lloyd Burrell: Yeah, more and more in big cities because it's like you're surrounded by people, but you don't want anything to do with those people, but you want everything to do with what's going on that little screen. That's what interests you, nothing to do, you don't want anything to do with those people that are with you on the bus or on the tube or whatever.

Alex Howard: Yeah. So there's a number of impacts that you describe both in terms of physical health, from mitochondrial function to melatonin which is a critical hormone for sleep; to impacts upon mental health both directly and indirectly.

What are some of the things that people can start to do to find a healthy relationship? Because what you're not advocating, I think, is living in a cave in the middle of nowhere completely, because I think if you were, we wouldn't be doing this interview where we're using technology.

Lloyd Burrell: Exactly, because I love gadgets. And just to finish on how this impacts our health, another big one is cancer. I just want to put that in because, okay, we're talking about mental health today. But we got to talk about cancer and the links to cancer are very, very clear.

We've got a 30 million dollar US federal study, NTP National Toxicology Program study, which came out. The conclusion was clear evidence of cancer, notably with regard to heart carcinomas, but also a very clear association with brain tumor gliomas, which are particularly deadly forms of brain tumor. So cancer is another big one, so sorry that's just as an aside.

But to answer your question, what can you do?

So I'm going to share with you three aspects if you want, three polls if you want, which I'm going to deal with today. And I'm going to share with you my protocol for dealing with this, which I talk about in my book. So sorry for the plug, but I show it because this information is being censored. That's what people need to know, that on the Internet the information is being censored and I can name names even but I won't, by big groups because they've got a vested interest for people not to be aware of this information.

So there's three things I want to talk about. First one is obviously cell phones because everybody pretty much has got a cell phone except me. No there's people without, but it's just part life now. So it's how to use a cell phone safely. So I'm not going to sugarcoat it, the truth is, my number one recommendation is to stop using a cell phone if you can. I know everybody can't do that / won't do that / doesn't want to do that.

So I'm going to share with you some things you need to do and some things you need to understand. And this is really a lot about understanding some principles which are going to come true in a second, but some overriding principles, a framework if you want, for dealing with something which I want to share with you. But the first thing to understand is with any of these exposures is quite simply, distance is your friend. And I really like this one because it's simple and everybody gets it.

Alex Howard: A good phrase.

Lloyd Burrell: Exactly. It comes back to what you were saying Alex, you were bang on. It's all about this exponential effect which we can't even comprehend because cell phone frequencies work, it's a billion cycles a second. Like your household wiring works at 50 hertz, mine works 50 hertz in the US 60 hertz, 60 cycles a second. So you can just about get that one in your brain. But when you're talking about a billion cycles a second, it's difficult to comprehend.

So distances your friend is this exponential effect. So as soon as you move any of these devices away, then the benefit is therefore also exponential and that is the basis of how to use a cell phone more safely is to get that thing away from your brain, certainly. So that does mean text, don't talk, but it doesn't mean just texting to your heart's content either, because people are reporting effects with their hands and their arms, and prickly skin, and tremors and all kinds of symptoms from texting. But texting is safer and this is all about using it

safer. Because again, the safest way, the safest thing to do with a cell phone is just not to use the darn thing and use the Internet if you can, and wired exposures.

So for people wanting to continue using a cell phone, then distance and that means using an Air Tube headset possibly. So notice I use the term Air Tube, so it's like your regular headset but it's got a bit of tubing, an air tube in it. And that prevents, that is like a protection because otherwise the wire is acting like an antenna and can be transmitting all the ambient radiation, not just from your cell phone, because we're surrounded by this stuff, even though you can't see it, feel it, touch it, taste it, we are surrounded by it. And a regular wired headset can transmit all this radiation straight up to your brain, so it can actually make it worse. So that's an Air Tube headset, that's one solution.

Another solution is to use it on speakerphone, again it depends on the conversation. So if it needs to be private, then the Air Tube. And the other recommendation is to get to be just an absolute wizard on putting your phone on airplane mode, how to use that airplane mode. And most phones now, it's a bit complicated to do it. We should just be able to press on a button, but you have to go in the settings and you have to switch off the Bluetooth, and the Wi-Fi, and the cellular on most phones. You have to switch off all three and it takes a bit of finding. So that's what I strongly recommend not keeping the phone, not putting the phone on your body, not walking around with that phone switched on, have it on airplane mode, all that wireless connectivity deactivated. So that's the first thing, just really simple, fairly simple steps and mostly inexpensive with regard to cell phones.

Second thing is Wi-Fi, how many people listening have got Wi-Fi in their homes? I'm betting that you have Alex.

Alex Howard: Yeah. We do try to turn it off at night.

Lloyd Burrell: Exactly. So Wi-Fi is really bad news. I know you said to me, you've got kids and that's the other thing I just want to slip in because that's why I started talking about this. Because when this happened to me and I'm not really wanting to go on a soapbox, but when this happened to me, I just couldn't sit there knowing what I knew without sharing it, without sharing it to parents, particularly. Because as a father, that is the thing that breaks my heart the most when I see little kids, toddlers using a cell phone. Because when you look at science, the science tells us very clearly, and again, science going back three decades, which has just been reinforced, confirmed and peer reviewed. And so there's no doubt about this that children are more vulnerable, young children are more vulnerable.

Alex Howard: Which makes sense when things like their skulls are less developed, there's just less protection in a very simple way, in terms of bone structure and that sort of thing.

Lloyd Burrell: Exactly. So that's the thing to bear in mind is, it's not just about acting for yourself it's about acting for those around you, they will benefit from these steps also.

So what I recommend is what you're doing, Alex, is to switch off that Wi-Fi at night. And what I recommend is to buy yourself a little mechanical timer, which you plug into the wall socket and then you plug the modem router in behind that, like you use to make burglars think you're.

Alex Howard: Safely light, when you go away.

Lloyd Burrell: Exactly. And so the advantage of that is it's inexpensive and you don't have to think about it, because otherwise you can go into the settings and you can switch it off every night, or you can even program it sometimes to switch it off. But the problem is that many of these devices, when they get a software upgrade, then the Wi-Fi comes back on automatically.

Wi-Fi operates, most Wi-Fi operates a 2.4 gigahertz, which is a particularly biologically damaging frequency, it is and again there is science behind this and by the way your microwave oven, if you've got one folks that works at the same frequency, you know what that does to your food. So that's the second point, Wi-Fi.

And the third one, so you remember I talked about the wireless and the wired. So I just want to talk about the wired and I just want to put this little test to you, or challenge, I'm putting down the gauntlet here. Is that you try for one week to switch your power off in your bedroom and around your bedroom. You can go to your breaker panel in your electricity consumer box.

Alex Howard: Fuse box.

Lloyd Burrell: Sorry, I'm talking American here.

Alex Howard: Translating for the Brits.

Lloyd Burrell: Translating thank you. And should be, depending on how old your property is, but it should be noted there, which is a bedroom circuit and flip that switch, and do that for a week. And I say I'm not guaranteeing that it's gonna be the right thing to do. And I'll come on to a fuller explanation just in one second, but just do that for a week. Because the thing to understand is when you sleep, even if everything is turned off in your bedroom, you are sleeping in an electric field, and we didn't evolve to sleep in electric fields. So that means you're sleeping in this electric field and I don't want to get too much into the technical talk again. But I'm talking specifically about electric fields as opposed to magnetic fields or this radio frequency radiation. And again, there are studies behind this and when you're exposed at night is just the worst time to expose yourself to EMFs. We're back to the whole what I was saying about the melatonin and about how nighttime exposures of EMFs impact your melatonin production. And, this is like this master hormone, which is just absolutely essential for health and we're talking all kinds of downstream, all kinds of effects and symptoms, notably premature aging.

So you've got guys that are eating healthy, working out, and you've got gals that are doing all that and put all these potions and things on the cream. And yet they sleep in electric fields at night, which is probably doing more harm than anything. So that's something you can do for seven days. Again, I'm not saying it's gonna be absolutely guaranteed to be the right thing because you don't actually know. I always say trust your body and see what the effect is. There can be an imbalance in your electrical system, which can actually make it worse in which case you would know.

But in which case, which brings me on to what I want to say about this approach, which I've written in my book, which is shared in my book, which I share on my website, which I talk about. And I call it the, "UMM" and the "UMM" stands for U for understand, M for measure and M for mitigate, the UMM and I love the on because it's got this Zen feel to it. And so this UMM is how you need to, it's a framework for dealing with this whole EMF thing. And the first thing is to understand and that's what you're doing now by listening to me. You're understanding this, and maybe pennies are dropping and you're putting two and two together and you're thinking, well yeah, I did that. I did have those symptoms when I was texting one time. Or I did get that thing like Lloyd with the hot ear or like Alex or whatever. Or when I was using that computer that time with Wi-Fi, whatever.. And making an association between certain symptoms and things you've experienced around these technologies. And understanding about these frequencies and these four categories of electromagnetic fields, which I talk about again in my book. Just very quickly, magnetic fields, electric fields, radio frequency radiation and dirty electricity, which is what's on the wiring also.

It is a lot of jargon, it is pretty deep, it's a very deep subject, actually. And that's why I'm just giving you a quick, very, very quick overview. So that's the first thing is understand, start understanding, start looking into this, start asking questions, start being honest with yourself about your use of this technology.

Second thing is to measure at some point you're gonna want to measure and that will mean getting any EMF meter and, you know the tester said to you about switching off the electricity at night. This is like, you can only do so much, you get to a point where you've got to say, "well okay, I actually need to measure if the electric fields are lower or not." Because otherwise you're kind of in the dark. So you do want to listen to your body, but at the same time we want to use whatever tools we can.

You can pick up a really rather good EMF meter for about 150 dollars, 120 pounds or so. Which can give you really a lot of insights into the hot spots in your home and what devices are particularly worst offenders. And the third thing is to mitigate and the three ways of mitigating the first thing is to turn the thing off if you can.

So if you're at work and there's Wi-Fi at work, you can't switch off, agreed. You can still go see your boss, have a conversation about it. Explaining what you've understood, sharing information from my website, for instance www.electricsense.com, showing him my book, buying him a copy of my book.

Alex Howard: Buy one for the whole office while you're at it.

Lloyd Burrell: Buy one for the whole office. So to turn off, to increase distance, we're always back to the distance thing, distance, distance, distance is your friend. And last but not least, and this is a more advanced tip is to shield at some point, maybe you're going to have to shield. And again, its last resort we only shield if we absolutely have to and I've never been a big one on shielding, and my symptoms were extreme.

It really did turn my world upside down, but I'm all about natural solutions. And the problem with the shielding is you're introducing non-natural materials into your life. And so

that, in a nutshell, is the approach and whatever EMF you're talking about, then UMM, we give it the UMM treatment. And that will give you the answer as to how to deal with it.

Alex Howard: That's fantastic and just to bookend the story a bit here. With having gone on the journey that you've gone on and understanding and putting things in place, where's that left you now in terms of your own experience?

Lloyd Burrell: So in terms of my own experience, the best thing that ever happened to me without doubt. It's giving me a mission in life, a very clear mission is raising awareness about these dangers and sharing solutions.

So I started my website and it was just about blowing off steam initially and then a YouTube video in my front room, paid somebody in India 50 dollars to create my website and it just started from there, and it's just snowballed.

So I have a passion for this, for getting the message out, because these frequencies are a danger, and are a threat to humanity. They really are. Because the effects are so profound and you might think he's exaggerating here. But when I wrote the book, sometimes I was having to pinch myself, even though I already knew everything that was written in there and a lot of the material from the book came from nearly 200 interviews I've done with all kinds of researchers, scientists, building biologists from around the world.

So people that have got training in this because again, I don't consider myself an expert, some people say I'm an expert. But I rather think I'm an expert in dealing with my own situation and I've been able to help other people.

So where does it leave me today? Well, it leaves me living, really just never felt any better. I live a normal life, so I avoid wireless exposures, the things that don't have the debilitating symptoms anymore.

I can sometimes feel the effects of somebody with a cell phone around me, things like that, particularly if it's streamed, particularly if it's in a moving vehicle, for instance. But I don't have the debilitating effects. So really for me it's been a win-win, it's been a long journey, it's been a real test for me, for my family, for my wife, I don't know how she put up with me to be honest. And that's important as well, I think to say to people when you're facing mental issues, is because you go to see somebody to get help, and actually it's just the opposite which happens, because they don't get you and your problem doesn't exist for them and they don't understand you. And we all have this fundamental need, I believe, to be understood. We all want to be understood.

So whatever issue you're dealing with if you can be understood, then that just changes everything. And in a sense, that's what I got probably from reading the article that day.

Alex Howard: That was just what I was going to say, that's exactly what happened I think, for you there and that's what hopefully is happening for other people watching this - that they're resonating and feeling seen in their experience and perhaps where they haven't done before.

Lloyd Burrell: Yeah. So if you are facing anxiety issues, depression issues, even suicidal thoughts. It might be these, even if you're not using a cell phone a lot. It might be your exposures to EMFs because the science is there and I've given a really quick overview of it. But it's not cut and dried by any means, but from where I'm sitting it's pretty convincing.

Alex Howard: Yeah. And what I think is really great about what you're saying is that you're offering some very simple and practical things that people can do, and things, talking on a phone at a distance or texting. You're not losing anything by not holding it right against your ear, turning Wi-Fi off, turning electricity off, there simple practical steps.

And I really like the fact that people can do those things and I really like your UMM piece, that people can do those things and they can see what impact does this have for me?

If makes a difference and things are better as a result, that's a great thing to discover.

Lloyd Burrell: Exactly.

Alex Howard: They are simple practical steps people can take. So people want to find out more Lloyd, you mentioned your book and your website. Just remind people how they can find those.

Lloyd Burrell: The book, *EMF Practical Guide* available online, Amazon, not particularly my friends anymore, but anyway that's another story.

And my website www.electricsense.com and there's just a wealth of information on there, over 500 articles in a very user friendly format.

And I do regular podcasts interviewing people all around this really fascinating topic.

I mean, it is fascinating when you go into it and it is kooky when you first hear of it, but this fascinating topic of electromagnetic fields.

So I've shared a lot today but I would just say, if you've got this far in the interview, then just start by taking baby steps. We're not looking to just shut down the whole EMF thing, we're not saying that at all.

We're just saying for instance, how to use your cell phone, perhaps then at some point you get that mechanical timer, do that test in your bedroom. And just one step at a time and just see how you feel, you'll be amazed. You'll be amazed at how much better you feel.

Alex Howard: That's awesome. Lloyd, thank you so much for your time and your expertise and your wisdom. It's been really helpful and I really appreciate it. Thank you.

Lloyd Burrell: Pleasure. Thanks for the invitation Alex.