



Episode 49:

Ep. 49 The Shortcut to Resetting the Limbic System and Eliminating Psychological Trauma with Sheena Symington BSc, MA and and Evan H. Hirsch, MD

Evan H. Hirsch, MD 0:00

Welcome. Hello, everybody. And welcome back to another episode of The Fixer fatigue podcast. We are rebranding into the energy MD, so pay attention to that, where we are helping leaders, executives, and everyday people take their energy to the next level. So they can have more fun and more success and achieve more in every aspect of their lives. So one of the things that's really important about this whole process is that we focus on mind, body, spirit and emotions. And so today we're going to be talking about emotions. And we're going to be talking about the limbic system. We're going to be talking about limbic system retraining. And what's really exciting is that I learned about this from our our guests today that there is a bit of a shortcut to resetting the limbic system. And so today we're going to be talking with Sheena Simonton. And so she is the director of the electro sensitive society, where she helps those people who are electro hypersensitive EHS, she has a background and biological and environmental sciences and has been researching chemical and electromagnetic pollutants and their effects on natural and human ecosystems for many years. She also works as a research associate with Professor Emeritus Dr. Magda habis and gives talks on electromagnetic hygiene to help people maintain an electromagnetically clean environment. So we're going to define a lot of these terms if you're not familiar with them today, part of an individual's recovery from electromagnetic hypersensitivity syndrome or EHS often involves resetting the limbic system and reducing the impacts of emotional trauma. Sheena's shares a technique developed by Dr. Danielle assise on a method of eliminating trauma by using the approach of auricular chromo therapy, and we're gonna tell you about what that is, as well. Sheena, thanks so much for joining me today.

Sheena Symington, BSc MA 2:23

Thank you so much for having me. It's a pleasure.

Evan H. Hirsch, MD 2:26

So let's talk let's define some of these terms for so we're all kind of on the on the same page. So let's talk first about since you are at the electro sensitive society. Well, so let's Yeah, let's define electro sensitive hypersensitivity syndrome or how do you I because I kind of call it electromagnetic hypersensitivity

syndrome. Can you define that and talk about maybe the differences between those two if there is any?

Sheena Symington, BSc MA 2:54

Sure. There are. A number of names that has been referred to as electro sensitivity used to be called neuro Senia, a weakening of the nervous system, microwave illness, radio wave sickness. Dr. Magda have us refers to it as rapid aging syndrome, the who refers to it as idiopathic environmental intolerance. So again, the it is an intolerance to electromagnetic fields. And they don't necessarily know why. But one thing that Dr. habis and I have discovered is that they're often involved precursors that really lend itself to becoming EHS. So bottom line is people are disabled in the presence of electromagnetic fields and frequency. So anything wireless wireless technology, cell phones, Wi Fi, cordless telephones, electromagnetic fields, so electric fields and magnetic fields, dirty electricity, there's a whole host of the electromagnetic spectrum, some people are sensitive to the whole spectrum. And some of them are hypersensitive to portions of the spectrum more than others.

Evan H. Hirsch, MD 4:02

Okay. And I noticed that you guys prefer to talk about it as electro sensitivity or electro hypersensitivity, as opposed to electromagnetic hypersensitivity. Is there a reason for that?

Sheena Symington, BSc MA 4:13

A lot of the research, particularly coming in of Europe uses the term electro hypersensitivity, so just because it's been documented in the scientific literature, it's often referred to have at that but it is the electromagnetic spectrum. It's electro hypersensitivity, because we're all quite sensitive to it. But some of us are disabled or hypersensitive to it. And there's a whole host of symptoms. There's sleep disturbances, chronic fatigue, chronic pain, short term memory loss, difficulty concentrating, mood disorders, excessive skin problems, dizziness, asthma, tinnitus, vision problems, cardiac issues, it's a neurological dysfunction. So it has a whole host of symptoms.

Evan H. Hirsch, MD 5:00

Thank you for that. So can we can we classify? Or can we broadly say that anything that gets plugged into the wall or has a battery in it can cause somebody who's sensitive to not feel well.

Sheena Symington, BSc MA 5:18

Sometimes again to it is complicated. So first of all, there's an electromagnetic hygiene tips to electromagnetic hygiene on my website, electro sensitive society.com, because it is kind of complicated. But in general, because a lot of people will say, you know, this smart meters, nothing, no different than your radio, you know, it's radio frequency and your radio GILLA. Well, your radio is a receiver, it doesn't actually transmit. So the Smart Meter smart meter receives and transmits microwave radiation, which is also in the radio frequency

band. But it's a higher energy than the radio from those the radio waves from your radio. So there's that misconception of whether it's just a receiver, whether it's a transmitter and a receiver. So it's that transmission that's upon one of my children, when they were small, they said, so it's like, if you catch the ball, it's okay. But if you catch it and throw it, that's the problem. And I said exactly, like, I think he was five at the time, when we were talking about how electromagnetic fields and frequencies work. With a computer, if you're plugged into the wall, you will actually get levels of dirty electricity being generated by your computer. But if you use it on battery without being plugged in, then you can get electric and magnetic fields, but not the dirty electricity. So when you talk about just something being plugged in, and having a battery, it's not quite that perfectly easy example. But that's why I say to measure it, there's a really great handheld meters that are really inexpensive. Again, I have meter suggestions on my website, just documenting what your environment is, you don't have to be afraid of it. But you really need to be aware of what your electromagnetic environment is, particularly in your bedroom environment.

Evan H. Hirsch, MD 7:09

Thank you. And so are we talking about? wavelengths? Are we talking about frequencies, what are these things that people are being exposed to.

Sheena Symington, BSc MA 7:17

So frequencies are number of cycles per second and on the on the electromagnetic spectrum as you go up. So there's 60 cycles per second, which is what our electricity comes into our houses with. And there are electric fields and magnetic fields associated with that. And on that 60 hertz, sine wave, you can have dirty electricity. So there's a there's things that ride on the wires, and then there is wire less. So those are in the megahertz and gigahertz. So millions and billions of cycles per second, rather than just the 60 cycles per second of your wiring in your home. And so it's a it's a frequency base. And as you go up, there's there's a higher energy, and it's all non ionizing radiation.

Evan H. Hirsch, MD 8:04

And how does that sound? How does that compare with ionizing?

Sheena Symington, BSc MA 8:07

Okay, so ionizing radiation, and that's why there's been a little bit of controversy saying that, you know, it's not ionizing radiation, so it doesn't break the DNA bonds. So there really shouldn't be a problem. And what it is, it interferes with the repair mechanisms. So it actually interferes with your, your body's natural ability to repair itself, so to repair any damage. So you have those bonds that are broken from oxidative stress and other other stressors, and they're not repaired effectively. So in the presence of electromagnetic fields, it actually impairs your immune system from functioning properly. So that's why it's so critical when you're sleeping in that bedroom environment at night, eliminating your electromagnetic exposure, because that's when your body heals, recovers, you rest, you digest, you recover. So you really critical to eliminate it from your bedroom environments.

Evan H. Hirsch, MD 9:01

And so everybody's being exposed, but not everybody feels badly, at least that they can tell. Right. And you talked a little bit about some of the precursors. So why is that?

Sheena Symington, BSc MA 9:13

Yeah, I think it's again, just your ability for your immune system to respond properly, right. So it's what else you have going on. So if you have physical trauma, say concussion or whiplash physical trauma to your central nervous system, that's a precursor. If you have chemical exposure, so you could have pesticides or metals or drugs or even tattoos, mercury fillings, that's another precursor. If you have really, really high exposure, like electrical shock, electrocution, a lightning strike, or really high exposure from power lines, or antennas, or cell phone exposure or Wi Fi cordless telephones are really really bad. That's another precursor. You can have biological trauma so you can have mold exposure, a high parasite, load or lie Disease, that's another precursor. And if you have an impaired immune system, like if you have lupus or cancer, or you're very young or very old, if your immune system isn't fully developed yet, then again, you're at high risk. So it's like, it's like a big, a big barrel of toxins and your your body just, you know, it doesn't give up and it just trying to communicate with you that there's a problem.

Evan H. Hirsch, MD 10:23

Yeah, that's exactly the analogy that I like to use is that it's like this big rain barrel. And you're just consuming or you're just building up this load over time, until eventually, it overflows, and you start to get symptoms. And it's kind of like sometimes the, the electromagnetic fields are kind of like the cherry on top of the straw that broke the camel's back sometimes where people didn't have symptoms until, but oftentimes, they already had symptoms, and this just makes them feel worse.

Sheena Symington, BSc MA 10:51

That's right. That's right. And I know, Dietrich Klinghardt, who said, If you have Lyme disease, or, or some bacteria, or some some bugs inside of you, they actually react to the electromagnetic fields to by giving off toxins and things. So making you feel even worse, because a lot of people that had Lyme disease, they didn't realize that their symptoms were so much exacerbated in the presence of electromagnetic fields, but we've seen it over and over and over again. And again, people don't think of electromagnetic exposure as a toxin. You know, we think of organic, we want to eat organic food, because we know that pesticide use on food is toxic.

We know that there's pollution, like we don't think of it as electro smog, or electro pollution, and it very much is.

Evan H. Hirsch, MD 11:36

Yeah, that's really great awareness. And so in terms of, I'm going to jump right to the next question that's probably on everybody's mind. Is that okay, so then, what do we do about these exposures. And when I just wanted to harken back to, I appreciate you kind of bringing in that relationship with the Lyme, and the, and the

fields, the electromagnetic fields. And molds also seem to have that relationship. So like, all these toxins that are in the body, they all kind of have this relationship with each other, and they all make everything worse, would you agree with them?

Sheena Symington, BSc MA 12:11

Very much. So. And again, people want to know, okay, so how do we recover? Can we recover from electro hypersensitivity? So the absolute critical piece is you eliminate your exposure, you reduce your exposure, you can only reduce your exposure, if you measure your exposure, you need to know what it is what the sources are, so you can eliminate it, you can have a building biology, building biology specialist come to your home or office. But you can have some handheld meters that really give you an awareness. And sometimes when people have a bit of anxiety, the meters are, they're a really useful tool. But they'll say oh my gosh, like this is so high, what are we going to do. And so many things like a stove, the elements on the back of the stove will have a really, really high exposure. So use the back elements rather than the front elements if you're standing staring for quite some time. So distance is always your friend. But you'll measure things throughout your house that are higher exposure, but what you want to really measure is your is your bedroom, places where you spend a whole lot of time. So getting the handheld meters and being able to measure so you can eliminate the exposure is absolutely critical. And so then when you eliminate your exposure, some people immediately recover, like that's all they needed to do that toxin. Sometimes they don't recover fully. So they think, oh, that must not be that. But again, you have to look at all of those precursors and literally work yourself all the way backwards, addressing those individual precursors in that health and wellbeing area. And that takes a lot of there's a variety of approaches. We're actually starting the electrosensitive society, we've just hosted our first doctor symposium. And what we want to do is have physicians who are actively treating, diagnosing and helping prevent EHS, so novel approaches to to addressing this complex set of environmentally induced illnesses.

Evan H. Hirsch, MD 14:12

Excellent. Yeah, that's one of the things that I talk about is that, you know, everybody that I see who has low energy and fatigue is that they, they have at least 20 Out of the 33 causes that I have found to cause that. And they all everybody's got a different combination of those, but that all of those are like nails on the bottom of the foot and all of those nails have to come out in order to decrease the overall burden. Otherwise, for people who are more sensitive to electromagnetic fields, they're not going to be able to have success.

Sheena Symington, BSc MA 14:41

That's right. And one of the things that Dr. Magda harvest does here and what we do at the Rose lab, is we hook people up to a heart rate variability monitor, and we can literally put a Wi Fi router or cordless telephone next to them and they don't know if it's on or off. They're they're blind. Hold it. So they're just laying on the bed. And we plug it in from a different room so they don't know when it's on or off. And with them being plugged in the cordless telephone or the Wi Fi router, their heart rate literally doubles within a second. And then we unplugged the phone, the heart rate goes right back to normal, we plug the phone in, the heart rate doubles, like from my heart rate to double, I have to go up a flight of stairs, I can't be laying on a massage table with a cordless telephone plugged into next to me. So their body is physiologically literally going into fight or

flight. So it's some there's a portion of the population that have this physiological response. And they don't necessarily know why that is so extreme with the fatigue component, if I had \$1 for everybody, so I can not believe my kids stop wetting the bed when I removed Wi Fi from my house. I cannot believe the energy I have. And the better sleep that I have after I'm wired internet in my house.

Evan H. Hirsch, MD 16:04

Yeah, so important. So you. So let's get into a little bit of of how to treat the home. I don't want to spend a ton of time on it because he got you the PDF or whatever you have on the website. So when people people can go to the website, the electrosensitive society.com. And where did they go on here in order to see that? Is that under Resources, solutions? Okay, it's under solutions. I see that. Okay, great. So reduce exposure. And then there's obviously you can click on solutions. And then it's got a whole bunch of things,

Sheena Symington, BSc MA 16:36

and there's videos there for so people don't realize that you can actually wire your mobile devices, like they don't realize that you could use your cell phone in a fully wired manner with zero radiation. So I've a little video on there. So you can access the internet, Snapchat, FaceTime, all of that thing, all of those things without having any radiation whatsoever. So there's a lot of tips to electromagnetic hygiene, that are really easy. We want to make it easy. And we want to make it accessible. And especially those kids, those teenagers, they want to be connected with their friends, and they want those mobile devices. So at least eliminating that wireless radiation component is really critical.

Evan H. Hirsch, MD 17:21

Yeah, that's great. And then in terms of the testing, you talked about a couple things I generally advocate for, like the sets Arizer for dirty electricity, and the trifield meter and an RF meter. Is there am I missing anything?

Sheena Symington, BSc MA 17:39

No, the trifield meter, the only thing is, it's the older ones are a bit misleading, because they did not adequately measure microwave radiation, the radiofrequency radiation portion, the newest trifield is better. So I really like the the safe and sound or the safe and sound Pro, or the acoustic meter or the acoustic meter to so there are there are a number of small little RF meters that have a great range and the really great sensitivity. Because a lot of people will use an RF meter, but that's not sensitive enough. And they are sensitive. So they're

using the meter it says, oh, there's no problem, but they're still reacting. So they don't think it's the radiofrequency radiation. So it's important to get a couple of meters that are going to adequately measure your environment. And yes, the Stetzer risers for sure for the dirty electricity, and the radio. And I have meter suggestions on that tips to electromagnetic hygiene to

Evan H. Hirsch, MD 18:35

Okay, great, yeah, we're throwing a lot of information at folks who are watching and listening right now. So just realize that you can go to the website, you can get so much information, and we're just kind of touching on it just to kind of give you an idea about some of these things. question that I have is about mobile data versus Wi Fi. Which do you think is worse in terms of being pathologic causing issues for folks?

Sheena Symington, BSc MA 19:01

Sorry, Wi Fi and mobile data? Mobile data? Data or Wi Fi? Yeah, um,

Evan H. Hirsch, MD 19:09

the answer is yes, both of them. Yeah,

Sheena Symington, BSc MA 19:11

that's the thing. So with on the on the, like, I'm holding up a safe and sound Pro two here. And what you can do is get one of these little meters to measure your environment. So not only is that the frequency that you want to measure, but the intensity, and the intensity decreases as you get away from the device. For example. Never, ever, ever hold your phone to your head. Never. So have it in an arm's length. Have it on speaker mode, and wiring it you can totally wire if you can't make calls. But actually that's not true because you can just go through Skype or through zoom. So you can wire your mobile devices and still have all that the only time you should be using your mobile device. In a mobile way, is if you have no other alternative, if you're if you're out and about in, you need to use it that way. But a lot of people will say, You know what is worse, all of it is a class to be carcinogen, all of its possibly carcinogenic. So I also think about it too, is that especially these kids, they have their whole lives of exposure, many of us started our exposure as an adult or close to an adult. So we didn't have that really young exposure. So it's absolutely critical to eliminate exposure wherever you can, and only using utilizing it when you when you need to. So when you were if you were to measure your phone with Wi Fi on or with your data on, it's much if it's a phone just in texting and talking, it's actually relatively low exposure, and only have those blips for when you when you send or receive a text, when Dr. Magda Havas. She's doing a global emf.net. And there's a link on my website as well. And it's a citizen science project that she has started to measure RF globally. So everybody that wants to participate in that project gets a discount on the safe and sound Pro two. And they go from all the major all cities in the world we're trying to measure just to start to document low areas and high areas of exposure. And one of the things that we're doing is we had everybody measure their microwave oven, and what an eye opener for people their microwave oven is off the chart. And there's some times where people are looking in to see if it's cooked or not, you know, the things going around and around. Yeah, just an enormous exposure for magnetic field, but also radiofrequency radiation. So that's why the media is really handy is it's, it's not meant to induce anxiety in that, you know, everything radiates, but just to eliminate it, and especially that bedroom environment, because we're going to be exposed to some, and just trusting that our bodies can handle it. But it's that bombardment, it's that constant 24/7 never getting a break from it. The rats that were exposed for 2.4 gigahertz, which is what the Wi Fi frequency is. They they didn't have they had a break, and they were still having a higher incidence of cancer. So right now what's happening is we don't even have that break. Like there's not even a few hours because the kids go to school with Wi Fi and then they go home with their Wi Fi and they have their cell

phones on them and stuff all the time. We need that break that complete break. And especially if you get it at night, it's ideal.

Evan H. Hirsch, MD 22:36

Yeah, so I was gonna say Would that be your number one recommendation right now. So if you can't wire your home for Ethernet, and you do have you do have to use Wi Fi during the day? Would it be to shut off the router? Shut off all the phones at night? Do your best in that way? Would that be your number one Rec?

Sheena Symington, BSc MA 22:53

Absolutely in people and again, you want to make it easy. So put it on a timer, have have a you know, like a clicker that you you push to turn it off. Like you can have them on remotes, if you don't want to get up and then or if it's a staggered time that you're ending your use of it at night. But yes, a lot of the doctors offices and clinics that I help accommodate people who are EHS so I go into hospitals, we have seven hospitals here in Ontario that have eliminated their electromagnetic exposure to in order to accommodate somebody who's disabled by this. So that's no easy feat right? In the middle of COVID, me finding them up and saying, Okay, we need to turn all the electromagnetic fields and frequencies off. Can I come and measure and help you do that? So we've had some amazing administrators that have that have let me do that, and accommodate these people in that environment. And so it's, it's just critical to eliminate it in any way that you can. And the awareness piece is increasing that there's a need to do that. But yes, absolutely a bed to at nighttime for sure. But a lot of the hospitals and clinics that I have eliminated the exposure, they feel so much better. They have so much more energy, and they feel better, that they actually end up installing wireless technology and eliminating the wireless from their workspaces. So it's been incredible, because when people are really in tune with how they feel, you'll notice it like like I, I, you know, put the Wi Fi off at night and see how much better you sleep. And some people that have the aura rings are the different types of devices. You want to have those in airplane mode all the time. You can always put them in airplane mode, and the fit bits and all of those things. You want to have mobile wireless devices that you can place into airplane mode, because they constantly set out a radio frequency signal all the time unless you put them into airplane mode. So you don't want that. You don't want that monitoring your sleep like that.

Evan H. Hirsch, MD 24:56

For sure. Excellent. And so the And in terms of, and it's more than just Wi Fi, right. So there's, there's also you can put time you can put your computers on timers, anything that potentially is like in the bedroom or near the bedroom, like where I am right now, this is my office. And on the other side of this wall is where my daughter sleeps. So, at eight o'clock or nine o'clock every night, this whole room gets shut off by a timer.

Perfect is that the kind of thing that you're also needed

Sheena Symington, BSc MA 25:28

on a power bar, like everything is on a power bar, and it shuts off? Perfect? Yep, that's really good. If you really

wanted to go that extra step, you can unplug things, because there's that electric field when things are plugged in. So you can eliminate that electric field by completely unplugging it. So the all of those mobile devices, like when I when I, when those wireless earbuds came out, I was at the airport with my one of my kids, and I'm like, Oh my gosh, like, what is that? And they're like, Mom, you can't do that you cannot talk to them. I'm like the Navy, they really want to know, they really want to know, like, the exposure that they're gonna have. And so I was like, okay, okay, I want to talk to him. So then sure enough, because I was with my kids, I did, I didn't want to make them uncomfortable. But sure enough, he, he came up and was getting something next to me at a little restaurant, like a little a little kiosk. And I'm like, okay, like, it's just the universe telling me that I have to talk to the guy. So I said to him, I said, you know it, they're communicating with each other through your brain. Like, you do not want this. And I said, Do you want to listen to what they do? Because I had a meter with me one of those little tiny ones in my purse, I took it up, my son got to the bathroom. So that was good. And he was he was horrified. Because he was like, How can this possibly be happening? Like, how could they sell these? If that's what they do? So again, it's that awareness. And you can really minimize your exposure, people say, it's everywhere. Like there's Wi Fi and exposure everywhere, like, how are we going to? How are we going to worry about all that. But again, it's coming back to controlling what you can control and keeping it away from your body, don't carry your cell phone actively on your body, put it in your backpack, put it in your purse, put it in your briefcase, distance is your friend, only using it when you have to speaker phone speaker mode and eliminating in your bedroom in your home as much as you can. So there are ways to really minimize your exposure.

Evan H. Hirsch, MD 27:39

Yep, that's helpful. And do you believe that some of these cases, I mean, as long as you're testing, you can you can tell if the case is working or not, but like the cases are the low EMF headsets? What do you think about those?

Sheena Symington, BSc MA 27:51

Yeah, often they're really good. They if they have specially like a sounds like a stethoscope, there's like an air tube component, so it doesn't transmit through the air. But if it's wire, then it transmits all the way up and down. And you know, getting some good sources. That's why it's so good to have a meter because you can measure all of that you don't have to be afraid or intimidated because technology is going to continue to to take place that you know advances that you you want to be aware of not not intimidated by one thing about a lot of people will get into shielding, and say, okay, they they're going to shield this place. And you want to be really, really careful, you want to have it done properly. Because sometimes if you put a block up some shielding, some RF blocking paint or something metallic will reflect and re radiate the radiofrequency out. You want to make sure you don't make a situation worse. Because sometimes if you don't know where the source is coming from, you can put up a block and it goes into the block and then bounces back into your living spaces. So you want to be really really careful at any kind of remediation or trying to block something away from your environment, eliminate and turn everything off within your house. But if there are external sources get a get a professional in to help you how to really truly minimize your exposure.

Evan H. Hirsch, MD 29:14

And this is one of the reasons why people will generally feel much better in nature, right? Oh, nature is so comforting. And I just have you know, I have more energy or I feel more connected and a lot of people don't realize that some of that has to do with their internal environment.

Sheena Symington, BSc MA 29:30

Absolutely. Absolutely. They're living environment. And that's what people say when I go camping. They used to think it was just because they were away from the stress of their job or the hustle and bustle. Often it's electromagnetic

Evan H. Hirsch, MD 29:42

right? Yeah, just being outside at the beach. You know, like yeah, there's lots of benefits to that and

Sheena Symington, BSc MA 29:48

out in the sunshine. You know, we've given the sun a bad rap with all the sunscreen and stuff. We we evolved with that we need it so much to power up our mitochondria for sure.

Evan H. Hirsch, MD 29:58

For sure. So let's pivot into limbic system resetting limbic system retraining. Can you tell us what the limbic system is?

Sheena Symington, BSc MA 30:07

Yeah, the limbic system is that emotional response, that emotional center, but send you into flight or fight? What would that emotional component of your of your brain and the auricular chromo therapy is it's an auricular chromo therapy that the limbic system is there is, there are points on your ear lobe acupuncture points that are associated with the limbic system of your brain. So the amygdala, the hypothalamus, the hippocampus, there are regions, a psychic scars, what they call it regions on your ear lobe that are associated with that memory, and the limbic system. So that's why with trauma, it gets kind of stuck in the memory and in the limbic system to create trauma. And some people that are have had a traumatic episode, they literally get stuck in that flight or fight, sometimes they shake, sometimes they end they have both a psychological response, but often a very physical response as well.

Evan H. Hirsch, MD 31:18

Yeah, and how the limbic system affects the hormones and everything else. Yeah, it is definitely going to be global. So the technique that we're talking about today, the shortcut to resetting the limbic system, you

mentioned auricular, chromo. Therapy. So the auricular refers to the ear, right? chromo color. And it's actually photo chromo therapy, right?

Sheena Symington, BSc MA 31:40

Yeah, it's like colored light on your ear. That's right.

Evan H. Hirsch, MD 31:44

And so this, tell us a little bit about this technique.

Sheena Symington, BSc MA 31:48

Okay. So with the training that Dr. Seuss does, he says, with every trauma, you have a worst moment, you have a worst moment that when you think of that trauma, when you're upset by what happened, that moment comes to you, it often comes to you in a feeling, but there's often a visual associated with that worst moment. So when he asks his patients to think of that worst moment of their trauma, the earlobe become sensitive. So if you actually just kind of squeezed the ear lobe, it's sensitive when you think about a trauma. And sometimes if the trauma is greater than six months prior, the left ear is more sensitive. Sometimes if it's more recent, within six months, the right ear is more sensitive. Sometimes it's opposite for right or left handed. So you check that so you ask the person to close their eyes, bring up the absolute worst moment of the trauma, and then see which ear is more sensitive. Once you find out which ears more sensitive, then you get the regular chromotherapy light, you can show it up and the little tiny light and it's yellow for the trauma treatment. And you shine it on that sensitive point, you have to maintain the image in their ear in their mind. And you ask them what emotions are associated with that image. So some people are they'll say pain, they'll say hurt, they'll say agony. They'll say guilt, whatever, whatever their feeling is, and what do they say to themselves? What does that word that they say? What does that sentence that they say to themselves about the trauma. So you ask them what they say to themselves, you scale, the emotional response and the zero to 10 how strong that emotional feeling is. And then you shine the light on that sensitive part on their ear lobe for three minutes. And during that three minutes, you watch them very carefully. And sometimes they have rapid eye movements. Sometimes they like it's just a very, very obvious, going from trauma to calm over those three minutes. There, they let you their face relaxes their body language relaxes, they can breathe better, they're breathing deeper. After the three minutes you ask them, What happened to the image. And they often say, like with a very puzzled look on their face that they can't get the image like it's gone. And then you ask them about the emotion how strong that emotional responses, and it's often zero or two, whereas before before the treatment, it was 10 and then you ask them you know, what do you say to yourself about this trauma. You know, prior it may be that they can never get over this trauma. And now it's like you know, I can move through this I feel calm, I feel peaceful. And then they also when before you're before you're treating them, you ask them where they feel it on their body you ask Unless there's a physical sensation with it, and often, if it's a loss, like let's say it's a death of a family member or something, they often feel it in their chest. And if you have a physical sensation that still remains, after your yellow light treatment on the ear lobe, you use the blue light.

And that's in the conscious. So in that opening of your ear lobe, sorry, not your lobe, but your ear part, the opening, and you shine the blue light in there. And that often abates those physical sensations.

Evan H. Hirsch, MD 35:33

Okay, on the same year, on the same year. And so for those people who aren't familiar with light therapy, can you tell us a little bit about, you know, people may be familiar with red light therapy or, you know, infrared saunas, and some of that, can you talk a little bit about light therapy, so people kind of understand that there is science behind it?

Sheena Symington, BSc MA 35:54

Yeah, there's, there's a lot of information like on low level light therapy in general, and the healing properties of that the different colors have different wavelengths. So they they penetrate the body in different depths. And yellow is often just with that emotional component. So Dr. Seuss, that's what he does, he does a lot on color therapy on various colors for things. And he found that that light for trauma just has that photon resetting of the amygdala of the brain and that limbic system, as well as the memory. So it's, um, you know, so many people will say, like, but like, how does it actually really work. And it is quite fascinating. Like, there's not, you know, and Dr. assise, can, can talk to it a little bit more about how it actually works, other than it just it just, it's like, it's like an inflammation, or it's like, there's a block there. It's like the trauma splits the brain, it disintegrates, the integration of the left and right hemisphere. And for some reason, just shine, that light on those acupuncture points, helps with the integration. And it just the energy flows. And it just, it just remedies, the memory of that trauma, like we're talking like, there was one person that was helped, they had a car accident, and they had a rolling and they thought they were going to die. It was a traumatic, incredibly scary experience. And so they brought up that image of rolling and distress. And the light was shone on the ear, and then literally went from tears of trauma, to tears of relief, because it was like a black screen had just come down. And there is just no image to access. And the feeling of fear went from a 10 out of 10 to a zero out of 10, within three minutes. So I just see this as such an incredibly helpful tool. One thing that I that I'm most impressed by is the work that he does with children. Because imagine these young children that have traumatic events of losing a loved one, or having an accident or something really, really significantly traumatic in their lives, and being able to have this released. So they they don't, they don't have to say anything, but what they do with children is they say, why don't you draw a picture of what you think of about losing your, your father, for example. And they'll draw a picture. And then they do the auricular chemotherapy, they asked them which year is more sensitive. So they squeeze each ear lobe and see which one's more sensitive. And then they do the yellow light on the earlobe, and then they get them to draw again. And the before drawings compared to the after drawings are just miraculous, like it's, it's just, it actually is like too good to be true. Like it seems too good to be true in my I do a monthly training seminar for for practitioners, and I have so many practitioners that keep on coming over and over again. Because it keeps on thinking like it can't be that simple. Like that's it, like there's nothing else to to learn. And so I started a working group of those who are practicing this as a, as a therapeutic practice within their practice. And that's a great information sharing opportunity for those practitioners.

Evan H. Hirsch, MD 39:21

Excellent. Yeah. And that's that's how I learned about it. I heard Dr. Hava speak about it, and she mentioned that you have this training available. And then I attended that and that's how I met you and yeah, it's it's it's definitely amazing. I remember the in the training, there was the example of Doctor a cease doing the procedure on a woman. And yeah, she couldn't just that look on her face. You know, she just couldn't access

the memory anymore. She ends kind of like I know that this is this is in my past, and I know that it's there but it just doesn't have that grab. It doesn't have that heaviness anymore.

Sheena Symington, BSc MA 39:58

And one of the examples that I really liked have is, there was a 20 year old that was traveling with a drunk driver. And she was in the car. And it was they were going 100 miles an hour, and she was terrified. And 10 years later, she couldn't drive herself on the on the highway. And so they treated her for the historical trauma of driving with the drunk driver. And then for the left ear, and then on the right ear, which was happening now it was a current situation, they said, Bring up the level of anxiety that you feel when you think about driving on the highway. And so she did that. And then they treated the right ear, and she was driving within a week. So the applications with trauma, but also anxiety that could be linked to that trauma of it happening again, or something else going on such a powerful, powerful technique that, you know, can be so utilized and so simple.

Evan H. Hirsch, MD 40:57

Yeah, and then how long does a treatment last?

Sheena Symington, BSc MA 41:00

It's with that trauma, it's just gone. It's just gone. So in the paper that I have posted on the website with the auricular, chemotherapy from Dr. C, stay at a 93% success in trading trauma, tell me any therapy that you have, that has a 93% success rate with one

Evan H. Hirsch, MD 41:21

treatment. And then so in terms of the ability for somebody to do this, can anybody get access to the protocol, and can anybody just say, Hey, I'm going to do this on my friend now.

Sheena Symington, BSc MA 41:34

Um, you know, I can't see what anybody can do what they can't do. But you really want to be careful, trauma is traumatic. And playing around with trauma can be very, very difficult for the recipient, if it's not done properly, in a very safe place in a very, you know, well informed, educated approach. So that's why I love to train practitioners really, that are already familiar with trauma, and that have that kind of that background, because there's a, there's a certain sense of, you know, there's that holding space, that's so critical. Because it's, you

know, it's it, like some of these traumas are quite extreme. And you would never want to exacerbate somebody's trauma that they're experiencing, just by not being able to, to hold that space of trust and knowledge properly.

Evan H. Hirsch, MD 42:42

Yeah, and I, I'm glad that you said that, because that is important. And so, you know, doing it with a provider, or somebody who's kind of trained in it, is really the best way to go. In terms of having those side effects. What have you seen, what have you heard in this practice group? I'd be curious.

Sheena Symington, BSc MA 43:05

And I think too, it's interesting, because it seems so simple, and I think it is, but there's an intuitive component to it. You know, a lot of people say, Well, you know, which trauma do we do? And, you know, you do the worst one, and the patient always knows what the worst one is. Sometimes people want to deal with the more recent trauma. And then I'll ask, you know, what, what was the very first time you felt like this. So you try and get back to that very first is the earliest significant impacts that are sometimes the most traumatic. So it's the worst and often the first. So the patient always kind of knows. And again, to I think a lot of these practitioners, they're very sensitive, right? They don't want to make things worse. But ironically, sometimes when their patients have a lot of anxiety, sometimes the practitioners have quite a bit of anxiety to like, they kind of resonate up with that anxiety. So again, starting with really easy, traumatic events, like very discrete, because sometimes there's ones that are, you know, like if you have a whole lifetime of, you know, a very traumatic childhood that involves a whole lot of incidents like there's, there's not just one discrete moment of, you know, a dog attack, for example, or, or something that's very discrete, that seems to be easier when you have traumas that, you know, you have some people that they have they have trauma throughout their whole lives, like where do you kind of even start even more of a reason for why you need somebody who's really, you know, educated well and has experience with that type of of traumatic treatment, because sometimes I've heard about the EMDR and sometimes when you have a brain injury Are you in a lot of people that are EHS that is literally like a brain injury for them, their heart, they are not able to follow as well with the back and forth with their eyes with EMDR. So the neat part about this auricular chemotherapy is you don't even actually have to talk about the trauma, you don't even need to know like, the practitioner doesn't even need to know what the trauma is. So how beautiful specially for those kids. And those adolescents and those teens and those early 20s. They don't want to even deal with the trauma themselves. So sometimes talking about it actually prevents them from dealing with it. So they can come, you can ask them what the emotion is, how strong it is, and treat it without even knowing what the trauma is. So it provides a real avenue for treatment that so many other modalities don't offer.

Evan H. Hirsch, MD 45:55

Well, wonderful. And so then bringing it back to the EHS the electro hypersensitivity syndrome, what are you seeing with this technique and the condition,

Sheena Symington, BSc MA 46:07

I'd like to do some more research on this. Because with COVID, it's harder to be treating people in person. So I haven't been able to access as much as I could, I would like to one thing I'd really love to research more is that blue light impact on the physical symptoms for EHS because that's of great interest to me, suddenly, there's a lot of tinnitus, headaches, all sorts of physical pain. But again, you have to reduce your exposure, and then do any kind of treatments. So it's kind of like you know, you're drinking dirty water, you go to the doctor, you get

the medication, you come back and keep drinking the dirty water, you go back, like you have to, you have to eliminate your exposure and then start to do some of these things. So I think the trauma piece is huge. And I'd love to do some research on that. How does it impact particularly with that blue light for the physical symptoms?

Evan H. Hirsch, MD 47:05

Wonderful. Yeah, it seems like it's just one another one of those things that's in that big barrel, you know, the trauma so they can there can be mental, emotional, physical, spiritual toxicities over our lives that just kind of build up over time.

Sheena Symington, BSc MA 47:20

That's right. And I see to a lot of people fixing that trauma, or eliminating that trauma, and then looking at, you know, their anxiety, like anxiety plays such a role in everyone's lives. Like, I never really realized that so much. We think everything matters, everything. And once you start to realize that most things don't matter at all, you can really get to a place of peace and, and good health. And those relationships just when it's easy. That's that's the right path. Right? So when you get stuck in flight, or fight with those traumatic events, really resetting that traumatic response, and then, you know, what is the person's self talk? Like? Do they feel enough like all of us were parented with, you know, Do this, do that do this, all that messaging was that we weren't what we were doing wasn't quite enough, you know. So you're just shifting that that kind of anxious thinking that the whole world seems to have, after you reduce that trauma, it's incredibly effective at people really regaining their health on that spiritual and emotional level.

Evan H. Hirsch, MD 48:34

So important. So we've talked about, we're just about out of time here. So appreciate you taking the time. We've talked about EHS, we talked about the photo, chromo, auricular, therapy, anything else you feel like our audience needs to know, before we kind of dive into your website and some of these other things that we're going to be sharing with them. Any last thoughts for the the audience?

Sheena Symington, BSc MA 49:00

I think two people say, Oh, that EHS that must be horrible for for those people. It really impacts all of us. And so really reducing it as a toxin in our lives is so critically important. And getting out in nature, the some of the research that we do on the pulsed electromagnetic field therapies and the light therapies and all that kind of

stuff. You know, getting out going for walks in nature, grounding, getting into water and getting out into the sunshine, so incredibly important. And, you know, one thing I've seen with COVID and many other places, people are kind of getting back to nature, getting back to away from the computers more and getting outside and growing their own food and being more connected with the land. I think it's so so important. So minimizing that electromagnetic exposure and getting outside.

Evan H. Hirsch, MD 49:49

Great words. And there's a lot of really great information on your website, which is that electro sensitive society.com and we will drop that link below. And is there anything in part two Cuellar that you want people to go to that website and do first?

Sheena Symington, BSc MA 50:05

There's there's a couple of things like, there's a question there. They're like, some people think, well, you know, I might be electro sensitive, like how do I know. So there are, there are questionnaires that you can fill out to try and tease out whether you are electro sensitive, it's never ever gonna hurt to eliminate your exposure. And I can help you do that. We have a weekly support group, for those who are electro sensitive, I help people come be accommodated with their hospital, within their homes, within their workplaces, if they have electro sensitivity. So helping people make it easy to eliminate their exposure, it's just an awareness. And so yeah, I'm a resource, I don't charge anything, I'm a free resource for them. When people take the auricular chromotherapy training, if you're interested in that, just drop me an email on my website, I asked them if they want to make a donation to the electro sensitive society, because what's happening is people are literally becoming homeless. One thing that we absolutely critically need is safe, low radiofrequency radiation spaces for these people to live. Because when some when a neighbor does something, or a cell tower goes up, you're not safe in your own home anymore. So really getting these people that are so sensitive, safe places to live. And that's why we're starting in that magnet with the global emf.net Finding those really low radiofrequency areas and then and then trying to get some land to to be set aside for safe spaces for people. So yeah, and again, learning more about it and supporting those who have this disability is really important. I really appreciate you having me on today. So thank you so much.

Evan H. Hirsch, MD 51:45

Agreed, yeah, Sheena, this was really wonderful. So appreciate you taking the time and sharing your knowledge with us today.

Sheena Symington, BSc MA 51:51

Thank you.