



TRAUMA AND AUTOIMMUNITY: CAUSES AND HEALING PATHWAYS

Dr. Keesha ([00:01](#)):

Welcome back to the Reverse Autoimmune Disease Summit 2.0, or the Trauma Summit. We're talking about the link between trauma and autoimmunity. I'm so delighted to bring in front of you Risa Suzuki, who is a published author of 'What the EMF?: How to Protect Your Home from EMF Exposure, Improve Sleep, Reduce Anxiety, and Live a Happier, Healthier Life.' She's a certified building biology environmental consultant. She specializes in testing and mitigating harmful electromagnetic fields, or EMFs, that are created from our everyday electronics to improve sleep quality, increase your energy, and reduce chronic and inflammation-related symptoms. Welcome to the summit, Risa.

Risa Suzuki ([00:44](#)):

Hi, thank you so much for having me here Keesha.

Dr. Keesha ([00:48](#)):

This is such an important subject. With this whole 5g rollout thing, there's a lot of hypervigilance around the subject and the people that know what these harmful effects are. Instead of from there, I wanna really start with, what is electromagnetic energy field? Because this is actually present in every living organism on this planet. The planet has its own electric magnetic energy. What's going on right now and how are we interfering with that? What is it that we're talking about from the building blocks?

Risa Suzuki ([01:24](#)):

When you think of an electromagnetic field, you can think of it as your life force. So, as you said, any living thing. It could be a person, it could be a plant, animal, anything that's living here on earth. It has its own field. For you and I, if we were going to go and have acupuncture, they stick needles in us, and it helps the energy flow. Cause we have this field around us and that helps strengthen our field and kind of smooth out all the bumps and everything. What happens is, all of our electronics, so think of all of your cell phones, your TVs, your computer, power lines, electricity, those also create their own field as well. The difference between the two is, one—these are all synthetic or manmade, whereas you and I, our plants, and the animals, those are all just part of nature.

Risa Suzuki ([02:28](#)):

They're what I would call natural EMF fields and they're needed in order to sustain life. Where we run into trouble is, when we have these, I just call them the invisible forcefield. Cause you can't actually see them. It's not like smoke, or a pen, or something.

Dr. Keesha ([02:49](#)):

Mold.

Risa Suzuki ([02:49](#)):

Yeah, mold. Exactly. So what happens is our bodies get around power lines. If anyone's ever walked under power lines, there's one hike that I used to do all the time and I didn't like one part of it cause

you'd have to walk under power lines and you can feel it just pulsating through your body. Or, if you stand next to a stereo speaker or a car pulls up next to yours and it's got that sound, that bass that's really loud, you can hear it go boom, boom, boom. You can feel it through your body. It's kind of the same thing. What happens is because they're manmade, our body doesn't know how to interpret these signals. So our body, it's an electrical system. There's different signals that our heart, and our brain, and our connective tissue, our kidneys, they all send different signals. What happens with all of these manmade things, they're sending out signals that our body doesn't know how the heck to interpret. And so what happens is, our body goes, 'Whoa, what, what is this? I don't know what this is.' Then that's what starts to trigger the fight or flight syndrome, triggers inflammation in our body, and just a whole host of other issues because our body doesn't know what these signals are.

Dr. Keesha ([04:16](#)):
Interferes with sleep.

Risa Suzuki ([04:18](#)):
Sleep, absolutely.

Dr. Keesha ([04:19](#)):
Causes anxiety. I mean, some of these things they look invisible and silent, but how you're showing up in the world with your energy is not invisible and it's not silent.

Risa Suzuki ([04:30](#)):
Exactly. Yes.

Dr. Keesha ([04:31](#)):
What are some of the—you mentioned some of the sources, but there are some that people don't think about. We got the Amazon Alexa in our house last year and then I had it for about a hot month and I said, "This is outta here." I don't think that just saying into my house, "Alexa, turn on the light in the kitchen" is probably an energy field that's good for me. [Laughing]

Risa Suzuki ([04:56](#)):
That is so true because I've measured those, lots of them.

Dr. Keesha ([04:59](#)):
Oh my gosh, it's like throughout your house. I started realizing, 'Oh this cannot be good.' And we ditched it.

Risa Suzuki ([05:07](#)):
Yeah. That's a really good example. It's hard cause I come from a technology background, so I love being efficient and being able to kind of offload or delegate. But when these things, it could be a security system, your doorbell, like you said, Alexa, to control different things or play music. They're always transmitting. And that's the same thing with your wifi router, or even your cell phone, or your laptop. They're constantly transmitting. It's cumulative, too. So if you're sitting, and I'm kind of looking around in my office going, 'Oh, I'm so glad that I am where I am.' Because before I went through all my

certification and everything, I had everything enabled and turned on. There's a lot that you can do to mitigate, so that you're not constantly being bombarded because if you're in a shared office or if you're just in a home office you're going to have probably your laptop, all your chargers, your cell phone. A lot of people have their routers inside the office, really close. Cause we want things really close and easy to reach. That is also a huge impact on your body, it's constantly on the defense and your body's already been triggered into the fight or flight response, which our bodies are not designed to be in that mode for very long.

Dr. Keesha (06:42):

Which is why we talk about trauma in this way, that when you're very young, you establish patterns of reactivity and those patterns of reactivity are meant to get you out of danger in the short term, not be on in a sustained period of time. The zebra that's being chased by the lion that's about to get eaten for dinner is only in that level of hypervigilance looking for safety until it's eaten, or it gets to safety. That's not a long time. Mother nature has that kind of timed, it either gets eaten or it gets safe. We just keep that on for decades, which is why it can take anywhere from 10 to 30 years to actually develop an autoimmune disease. When people have a flare or they're triggered into their autoimmunity for the first time, it's often after a big emotional crisis, or after they've had a baby, or after they've moved into a different building, or they've changed offices, or it's a big divorce, a big marriage, a big you name it. And so when we think about this, I always talk about this as critical mass. It's never one thing. Never one thing.

Risa Suzuki (07:53):

Yep. I was just gonna say the same thing. It's so hard, because usually by the time that the symptoms really start to show up, there's so many other things going on. So it's really hard to kind of pinpoint where's the source or, like what I see in clients is, if they're really chronically ill, they'll have more than a couple health issues and it's hard to determine, for them to see the results immediately. It usually takes longer for them to feel like they're getting better sleep, or they feel more rested, or their brain fog has cleared up.

Dr. Keesha (08:33):

And that's because slowly, slowly things have been loading onto the scale. Then when it tips, finally, you have to slowly, slowly remove them before it can get into balance again. Let's talk about some of those things, because it won't just be this, it will be all the things we've been talking about, like in the last summit, it's the four corners of the autoimmune puzzle. It's your genetics, it's toxic exposure, it's your digestive health, and it's how you deal with your stress and your past trauma. This is one of those toxic exposures. When we think about toxic exposure then, we have an environment that's ubiquitously loaded with toxins. If you already have that critical mass piece building up, then this can be something that can help bring the load down again.

Dr. Keesha (09:25):

When we talk about that then, what are some methods, some changes people can make? How they have a relationship to—cause I always say you're not really changing your stress. It drives me crazy when people say you just have to reduce your stress. What, are you going to throw away your special needs child? Or the caregiving that you have to do for your elderly parents? What are you gonna do? It's really

your relationship to your stress. How can people change their relationship to their electronics? Because they're not gonna dump 'em.

Risa Suzuki ([09:59](#)):

No.

Dr. Keesha ([10:00](#)):

So, how can we change our relationship to them? What can we do to make that a better relationship? [Laughing].

Risa Suzuki ([10:07](#)):

I think the first thing is: how open are you to changing your habits? My relationship with my cell phone is it's actually across the house right now. But I keep just about everything disabled.

Dr. Keesha ([10:27](#)):

You mean you're not codependent with your cell phone? No, no, no.

Risa Suzuki ([10:31](#)):

No... Well, you know, there are times that I am.

Dr. Keesha ([10:36](#)):

Mine's sitting right here, I should probably go put it away.

Risa Suzuki ([10:39](#)):

But, here's the thing. What do you have turned on? Do you have wifi? Do you need it? Does your phone need to be connected to a network all the time, and have Bluetooth, and GPS. There's all these location services.

Dr. Keesha ([10:58](#)):

Oh yeah, those are running. I had a patient last night that was saying that Christmas was too stressful for them. And I said, "Well, why don't you just opt out and tell your family you can't go to that cookie decorating party because you're actually stressing so hard about it?" And what he said to me is, "I'd have to turn off my friends and family finder on my phone because they would know where we are." And I thought, what!?! This is crazy. You talk about not being able to say no, now your phone is the problem.

Risa Suzuki ([11:34](#)):

Tracking you, yeah.

Dr. Keesha ([11:34](#)):

All your friends and family know where you are. That's an interesting relationship, right?

Risa Suzuki ([11:39](#)):

Let's talk about that, yeah.

Dr. Keesha ([11:40](#)):

Yeah.

Risa Suzuki ([11:41](#)):

So, I always start with the things that you have, I want to say near and dear to your heart, but the things that you keep close to you. So for me, it's my cell phone. It's my laptop. What do I really, truly need to have turned on? And why? That's kind of the first thing because, and the reason why I start with those, because that's the case for most people's... Especially here. In Seattle, we're very tech heavy. So, there's oftentimes meetings where I'll go into and people will have their cell phone, maybe they'll have two, and they'll have their laptop or a tablet. You times that by however many people are in the room. So when you have all of these different services turned on, they're sending out different signals and they're downloading data. If you have half a dozen services turned on and you turn off four of those, like you've just released your toxic load by that much. Even though it might seem like it's just kind of a small thing, when you think about where it is in proximity to where you are, and how many hours per day that you're around that, by reducing that, that's when it starts to add up. And the same thing for your tablets or your laptops.

Dr. Keesha ([13:00](#)):

That's good.

Risa Suzuki ([13:02](#)):

Yeah. Or even, a lot of teenagers sleep with their phones under their pillow. Every time I hear that, I'm like, "No, don't do that!" Can you put it across the room? Can you put it in another room? And then, turn off the things that you don't need or put it on airplane mode until the morning.

Dr. Keesha ([13:24](#)):

Yeah, "but I might miss a message from somebody or a notification!" That's how teenagers—I say the same thing to my millennial, my 20-year-old somethings, I'm like, "So that's good if you miss those things while you're sleeping."

Risa Suzuki ([13:39](#)):

What you're supposed to be doing is sleeping, right?

Dr. Keesha ([13:42](#)):

Sleeping, yes!

Risa Suzuki ([13:42](#)):

That's when your body is, it's kind of putting you, I call it the Humpty Dumpty time. It's putting itself back together and fixing everything that she did to it during the day. That's really one of the more critical times, at least in my view, and that is going to lead to you feeling better, and feeling more rested, and more clear as time goes on.

Dr. Keesha ([14:08](#)):

What about hard wiring? Like an ethernet cable, and then turning off a router at night, and those kinds of things.

Risa Suzuki ([14:16](#)):

Definitely. Yeah, absolutely. I just went through the pain that most of my customers go through, cause I actually had to switch over to Comcast. Comcast is known for—I mean all of the routers are—they just generate huge amounts of radio frequency. But Comcast can be really challenging because they have what's called a personal hotspot. So I've got my own personal network and you have to kind of jump through hoops to turn off the personal hotspot, and you can unplug your routers. There are times where it can take quite a long time to come back online. Or your computer may not recognize it. I always recommend hard wiring if you can, because of that.

Risa Suzuki ([15:06](#)):

Unplugging a router basically guarantees that it's not transmitting anything, because if it's still plugged in, it's still going to be transmitting. So what I have seen happen and what actually happened to me is, you can disable the different channels. You're gonna have a 2.4 gigahertz and a five gigahertz. Think of 'em as bands or channels, that's how they're transmitting out their radio frequency. You can disable those, but they can still be transmitting. So I actually did everything, and I had a tech come out twice and walked them through that and it was still transmitting very, very high, even though everything was turned off.

Dr. Keesha ([15:55](#)):

Hmm.

Risa Suzuki ([15:55](#)):

So my recommendation is actually to get a—you can get modems that do not transmit wifi, at all, and then you just go through and set that up.

Dr. Keesha ([16:07](#)):

Okay. That sounds like a big hassle.

Risa Suzuki ([16:10](#)):

It's actually pretty easy.

Dr. Keesha ([16:12](#)):

Okay. Thanks for reaffirming that. This question came up, I interviewed Dr Tom O'Bryan for the last summit and he had mentioned a couple of these things and then I had some questions come up in our private Facebook group. One woman said that she had called to have her server to be able to turn it off. And they had said, "No, you can't do that." So then the discussion came up... Well, it sounds like you have to change your server and so I just wanted to reiterate that this is possible.

Risa Suzuki ([16:44](#)):

Yes, it is. What I had to do and what most people will have to do is, if for some reason their modem—cause a lot of times you lease them through your provider, whether it's Comcast, or CenturyLink, or whoever. Sometimes you will have to go and purchase a third party modem, which is what I had to do in my case. In previous instances when I've changed service providers, I've always been able to measure and find, 'Okay, great. It's not transmitting anything, so it's good.' But for some reason this particular time, even though I had actually went back to an older modem and disabled everything, it still didn't prevent it from transmitting. In this case, your person may have to get a third party modem, and all she would have to do is call them and say, "Hey, I want to get a modem that does not transmit any wifi. Where's a list of all the manufacturers that are compatible with your service?"

Dr. Keesha ([17:50](#)):

Perfect. That's great. Thank you for that advice. Now what about the 5G rollout? This has got everybody in a twitter right now.

Risa Suzuki ([17:59](#)):

Yes. 5g is currently in deployment. There have been test cities throughout the States and nobody knows, it's been really hard to determine what the exact frequencies are. When I talk about frequency, so our bodies, just to kind of give you an idea of relativity, so our bodies tend to vibrate or have a frequency between 62 and 60 Hertz. Think of it as cycles per second or that's just what we vibrate out. The reason why 5G is such a huge deal is because these frequencies that they're deploying out it's 18 to 30, and up to 77 gigahertz. So gigahertz is billions of cycles per second. What happens is our body's here hanging out between 62 and 70 Hertz tries to raise up to meet those frequencies. When we talk about how these fields affect us and the signals that our body can't interpret, if you can imagine your body kind of revving up or amping up to try and meet these frequencies. It's not going to be possible. The other thing is that at those higher frequencies, there's been a lot of complaints that because it's radiation, it's heat, you'll actually feel burning or tingling sensations. The good thing about 5G is that because some of the places where it has been deployed, where they put up the cell tower and it's got 5G panels on it, is that in very close proximity, either people are experiencing very severe symptoms or they're noticing things like birds dying, or plants, or things like that. Which, of course, is bad, but it's kind of like that tipping point. Where people are starting to wake up and go, 'Okay, this is...'

Dr. Keesha ([20:16](#)):

Enough is enough.

Risa Suzuki ([20:18](#)):

'...This is not okay.' Yeah. It's going to be interesting to see how...

Dr. Keesha ([20:28](#)):

Is there a way to shield from it?

Risa Suzuki ([20:31](#)):

There is, but the problem with shielding is that you have different types of electromagnetic fields. Radio-frequency, 5G falls under that category, that's only one type of EMF field. You can shield it, but the 5G towers, they're either gonna be satellites or they're gonna be mounted on power poles or light poles in your neighborhood. So if you have wifi inside of your house and you shield it, let's say with... it could be paint, you can buy fabric to shield curtains, and things like that. You're gonna trap the signal for everything that you have inside of your house. It's kind of a dual thing. You're protecting yourself from what's coming in outside, but you've got things inside, too.

Dr. Keesha ([21:34](#)):

Okay. Are there places in the United States that are 5G free, that are designated? I don't know the answer to this question, I'm just wondering.

Risa Suzuki ([21:44](#)):

No, 5G it's more... I don't want to say it's 5G free, but cause it's being deployed in the cities. That's where the residents are fighting the city from installing those towers. For example, down in Portland, they actually were able to delay the rollout. A lot of times, where we're seeing a lot of the successes is where the city says, 'Okay, well I guess we don't have enough information so we're going to not continue with our deployment plans and do a health review.' Or something like that.

Dr. Keesha ([22:26](#)):

And watch to see the other cities. So Seattle actually, probably hasn't rolled out, yeah?

Risa Suzuki ([22:32](#)):

I haven't seen any. I keep looking and I think I've figured out what the—because the other thing too is, you've got these boxes or these antennas and so you have to know what to look for. It's been super busy for me the last couple of weeks, but actually have a new meter so I can take it with me and measure and see if it's up in those frequencies.

Dr. Keesha ([22:59](#)):

Oh, okay. Interesting. All right. Well I appreciate you spending time talking about this. Just like when we talk about genetics, when we talk about genetics in the moment we're talking about it, it's the 'what we know right now'. That's gonna be the same for this. [Laughing] It's always changing. And so, we're learning more because things are evolving and electromagnetic energy fields are changing all the time. As we talk about this, it's like, okay, next year could be a whole different conversation. Right?

Risa Suzuki ([23:31](#)):

Right. Absolutely.

Dr. Keesha ([23:33](#)):

Yeah. Well, thank you. And you have a free gift for our audience?

Risa Suzuki ([23:38](#)):

I do. Do you have the URL that I sent you?

Dr. Keesha ([23:42](#)):

Yes, yes. So that'll be attached to this talk, everybody. Here on the website. I just wanted to see if you wanted to introduce it.

Risa Suzuki ([23:50](#)):

You bet. So, there's a couple of free gifts in there. One is a planner, so if you're wanting to... 'Gosh, I want to reduce EMF fields in my house.' It's just a quick overview plan of walking through each of the different areas of your home, like I said, just a quick overview that's kind of like a checklist. The other two have to do with the other areas of your home where you can have toxins. If you're cleaning up your house, you definitely want to pay attention to your air quality because you have all sorts of dust, and dirt, and bacteria. There's some guidance in there on air filters if you're evaluating air filters, cause that's one of the easiest ways that you can clean up the air quality in your home. The other question I get a lot is around water and what to look for in water filters. So there's also a section in there on water. I'm trying to think of what the other one is... The other one, it's a detox. So it's two of the other things that I don't include in my book, but there are two other detoxing methods that you can do at home.

Dr. Keesha ([25:00](#)):

Beautiful.

Risa Suzuki ([25:00](#)):

You can do it all right away.

Dr. Keesha ([25:02](#)):

Thank you. Thank you so much. I appreciate you staying up on this and conveying it to the rest of us.

Risa Suzuki ([25:08](#)):

Absolutely. Thanks so much for having me here. It's been really nice.

Dr. Keesha ([25:12](#)):

All right, everybody. Stay well, and until next time.

Risa Suzuki ([25:17](#)):

Bye.