

Your Wifi is Killing You: Connecting the Dots Between 5G, EMF, and Autoimmune Disorders

Dr. Keesha Ewers interviewing
Lloyd Burrell



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Hello everybody, Dr. Keesha here and welcome back to the Reverse Autoimmune Disease Summit series. This of course is 4.0, the fourth iteration of this series. And we're talking about autoimmune detoxification this time. I'm delighted to bring to you Lloyd Burrell. Who's on a mission to raise awareness about the dangers of electromagnetic fields from cell phones and similar devices. And to share solution. He's the founder of the website, electricsense.com.

Creator of the Healing with Vibration Summit and the EMF Health Summit. Which introduced EMF to an audience of over 200,000 people. He's a regular speaker in international online events podcasts, radio shows and hosts his own bi-monthly EMF-Health podcast. He's the author of two eBooks on EMFs and his latest book is called "EMF Practical Guide." Welcome to this series, Lloyd

Lloyd Burrell

Thank you. Thank you so much for the invitation.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

The way that I think about auto-immune disease is we're at war with ourselves. And when you're at war with yourself, there's no winner. So when we talk about that there are many ways that we can get out of congruity with our systems, right? And I think about it and I always say we're all puzzles and we have four corners to the framework of our solution.

One is genetics, one is healing trauma, of all kinds, one is healing the gut, and the other one is really dealing with toxic load. And the toxic load component is what we're talking about primarily in the summit, but they all interrelate with each other. So high EMF load as a toxicity, a burden will



actually influence how our genetics express themselves. High EMF load causes drama. You know, so we have there, they're not separate, it's not linear. So as we walk into this conversation I just want to kind of get our listeners in that place. Where this isn't a line we're talking about it's kind of a messy scribble, right? So how did you get interested in this?

Lloyd Burrell

Well, I always say I didn't find EMFs, is EMFs that found me. And I just answered my cell phone on one day. And it just started from that and I had this reaction, which was a bit bizarre. And it went very quickly from being bizarre to being just unbearable. And people said, well, you know how did you know it was your cell phone? Well, simple, you know, cell phone to just a terrible pain and no cell phone fine. And over the course of just a few telephone conversations it got to the point where, well, it got so bad. I went to see my doctor.

This is the punch line I've been shouting for quite a long time now when I tell this story, cause I'm not really one for go to the doctor a lot. And that's to say, I've barely had a day off work all my life. I've really always been a driven person. And this thing hit me. And it was it just came out of nowhere. And the doctor unfortunately didn't have any answers. He was sympathetic doc's actually good friends, he's still my doctor.

But he didn't have any answers. And he sent me to a whole load of other doctors who didn't have any answers. And this thing just got worse. And you know, literally in a few days, I was unable to use my cell phone on anymore. And I was getting symptoms around my computer, the TV, the radio in the car, even using my regular corded landline. So this was like, nowhere to run nowhere to hide. And for two years it got worse and worse and worse.

And I kept telling myself I was okay and I wasn't okay. So it was kind of living a lie. But it was the only way that I could deal with it. And then one day I came across an article in the Daily Telegraph which is a British newspaper talking about the CEO of British food group who couldn't use a cell phone, couldn't use a computer, was having to dictate everything to his wife, was only around in a Clapton old car And they gave a name to this thing.

And it was electrical hypersensitivity. Wow. Hang on a sec. I'm not on my own, I am not going crazy. 'Cause that's all I thought I was going crazy. And it's all sort of started from there. And pretty much 10 years of searching. Before I got to this place where I wasn't getting these debilitating



symptoms anymore. And now, you know, here, I'm in a room with very bright lights for this recording with two computers on the go. And I work very long hours in front of the computer. Much to my wife's a distaste. And yeah. So I do still feel these energies but I don't have debilitating symptoms. And this was just how it all started. And what I really learned, and we're gotta talk about the science in a little bit, I know.

But what I learned from the science is when I started looking at it, 'cause initially I just wasn't looking at it, to be honest I was just so frightened. It was very scary and there wasn't any solutions and I was already in kind of flight mode and reading stuff about it. 'cause I don't have a science background on IT changes, Chartered accountant, which is in the US. I forget what an anyway. So it's a, like a qualified accountant.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C
CPA.

Lloyd Burrell

CPA, exactly. And, so I just really figured things out myself because there was no roadmap for this at that time. And this is kind of what I've developed. My mission is really to help people on this and to share the solution 'cause there are the solutions, I know we're gonna talk about solutions as we get on, but raise awareness about the dangers. 'Cause people think that because they can't feel these EMFs that they're not being impacted. But the science is saying just the opposite. Okay. And the science is saying very clearly you may not be able to fill the EMFs, but your cells can. And certainly with everything, you know those four pillars you talked about at the beginning, that is exactly it. They're coming at you from all directions. You know, the genetics, the trauma, the creating of trauma. There is this very clear toxin effect. And there's this very clear synergistic toxic effect interaction between the EMS and everything else that's going on, the chemicals and the toxic metals and the heavy metals and all the rest of it.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So let's talk about what they are an EMF. If somebody hasn't heard about what that is. And I know you have some slides to talk a little bit about the science and the link between auto-immune disease and EMFs.



Lloyd Burrell

Yeah.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I'd love to invite you to share those.

Lloyd Burrell

Okay. So just...

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

We love visuals.

Lloyd Burrell

It makes a little bit more interesting and the science. And you're gonna get some references, I'm gonna share that. Just very quickly. What is an EMF? So when I say EMF, what I mean is electromagnetic field. Some people when they say and I mean like experts and I'm not putting myself out to be an expert. I'm sharing this information and you will decide. And that's not really what it's... That's not what we're talking about today. It's about learning about this and that's what I'm doing. I'm trying to serve people in the best way and particularly parents.

'Cause it's really important for parents to understand just how devastating these exposures are for children. So yeah, EMF, electromagnetic field, that's what I mean. Some people mean electromagnetic frequencies other people say EMR, electromagnetic radiation. But we're talking about these man-made forces which all these devices, which we're using are emitting. And there's two categories of device. There's the wireless and there's a wired. And I'm always keen to talk about the two that people remember 'caus we're now kind of talking a lot more about the wireless notably because of 5G.

Thanks to 5G, I like to say. But the wired is also important. So what is the wireless? Well, actually what wireless really is, is radio frequency, microwave radiation. Okay, we'll say that again. It's rather long, I know. Radio frequency, microwave, radiation. When we're talking about EMF, it's always, we're talking of these two characteristics, which are important. These are wavelength and



frequency. And which are inversely proportional. So as one goes up the other goes down and these radio frequency radiation tends to be on the high side compared to these other EMFs we're talking about So a high frequency, a short wavelength. And then if we increase the wavelength like on electrical wiring, then we have a shorter frequency. So, those are just some notions. And so the wireless, it's a cell phone. it's the wifi, it's the smart meter, it's a Bluetooth, it's everything which is communicating wirelessly. And even though you don't believe it or you don't suspect it, your home is filled, I'm sure Keesha, your home is filled with these devices. Or maybe you're a little bit more aware of this. But most people's homes are filled with these devices.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

everything, and we turn it off at night. That's you know.

Lloyd Burrell

So, what I can say is...

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

so.

Lloyd Burrell

If you don't have one of these and I'll explain what one of these is, Then you won't even begin to realize to what extent your home and your life is being impacted by these frequencies. Okay. And because you know, I'm talking your dishwasher your TV, your vacuum, cleaner, hoover, whatever you call it in the States, I don't know. Like my wife's got one of those blower things for the for the leaves, I make her do the gardening.

No, it's not true. Even that it's got Bluetooth, you know, we've got toothbrushes with Bluetooth. Somebody was saying to me the other day, I've not verified this, but there are nappies, babies nappies, which have a wireless connection. I mean, this is sick. So it's like things you can never imagine and we're surrounded by it. And again, unless you can actually measure it and I'm gonna talk about how you can measure it, 'cause it's really easy, then you can't begin to comprehend, just...



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I can't believe we have baby diapers that have it now. Ah.

Lloyd Burrell

Yeah, exactly. Well, I call those nappies.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I know I just like other people.

Lloyd Burrell

Thank you, yeah. That's it. So it's everywhere and it's the wireless and it's the wired remember. So I'm going back to that because so people would be going, yeah but hang on a minute, Lloyd, you've lost me there. If it's in a wire, then we're good. Yeah. There's not a problem. Unfortunately not. Because the wires are plastic, most wiring is plastics, what's called what we call Romex wiring, 'cause it's cheap.

And these wires emit these other electromagnetic fields which are actually decomposed into a magnetic and electric. And that's how they're going off like this at 90 degrees from off the wire and also dirty electricity. Which is another form of electrical pollution. Which is another long story, but it's very bad news and there's links to this with cancer.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I went around and I checked our outlets and I couldn't believe how dirty our electricity was. I mean it's easy to check all of this.

Lloyd Burrell

It is very easy to check all of it. And so it is everywhere. That is the message. And it's like the thing you least expect even that has got a wireless connection often. And anything that you plug in, basically anything electrical is emitting some in some shape or form an EMF an electromagnetic field.



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

What you think about people wearing watches and rings to bed that are gathering data while they're sleeping.

Lloyd Burrell

What do I think about that? Well, you know, I'm not here to, I'm here to share the science and that's what I'm gonna do in a sec. But when you look at the science and you really understand, that we are subtle energy beings, and if you, in the words of Dr. William Addy, who's a very pioneering researcher. One of the first researchers on this along with Becker Robert Becker who wrote the book, "Body Electric." And this goes back, this these a recent, I mean this is like 1970s, 1980s, but Robert Becker, for instance he did 50 years of research on this. But I mean, if you look back to the 17 and 1800s they were already researching this and already understood a lot of things about it.

And yet somehow, like Amperes, Faraday all these kind of words, which are part of physics now, the language, well they were doing the research and they understood this a Tesla, they understood Nikola Tesla. They understood the relationship between these electromagnetic fields and our body and how they impacted us and to quote William Addy, he said that, "Our cells are whispering." And what's that, he say is so okay yeah, okay. It is about chemicals, but it's not mainly about chemicals. He did maybe say that by him. But what he said was it's about chemicals. It's about EMFs.

It's about electronics. It's about photons, bio photons. It's about photonic sound and it's thermal. And this is how our cells are communicating. So to just say that the human body is somehow some cold mechanical thing and we can just swallow a few pills and that's going to sort this all out sorry, it doesn't work like that. And we have to understand that, when given that our cells are communicating in this way it's not surprising that these EMFs, these manmade frequencies, which are just taking over our lives, notably with 5G, which is now a reality, that this is impacting us in so many ways.

And perhaps what's behind this rising chronic disease over the last 20, 30 years really, is it since the cell are tired of been introduced and since we've been using this technology, not exactly but it's accelerated certainly within that timeframe. And then if we just look at electricity,



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Pandemics are right in line with when we have a big surge in our technology. you know, it's something.

Lloyd Burrell

Absolutely If you read Arthur Firstenberg book, "The Invisible Rainbow" then you're looking at, yeah which I get that you have, then you can see that these, all these pandemics really or epidemics anyway right from when electricity was introduced, you know right back to the 18 hundreds from when we got this surge, we got the Spanish flu.

We got us when a radio was introduced with the Marconi we got, and there's in case you cross on the Island Hawaii and how bee population was decimated. And the homing pigeons were suddenly losing their way and all this. So it's not even about us humans. It's about life on earth. This is a big deal folks, by the way we're gonna talk about autoimmunity. Otherwise I'm gonna rattle on for hours.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

But I wanna take one little pause and I want to come back to the question I asked you about what do you think about wearables during the night that have to get plugged in? And I'm going to say, cause you said, I don't have I'm here to just to give you the science. Can I..

Lloyd Burrell

Do other people, look at the science and then they'll make their own opinion but you can give your opinion to show, show

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Don't wear them. You have to give yourself a break at night, please. Your body's trying to detox at night. I'm giving my opinion, go ahead Lloyd

Lloyd Burrell

Well, I share your opinion, of course but I think people need to make their own mind up about this. And I'm not trying to, it's like Lloyd says so it's more like, come on folks, just, wake up and look



at the science. And it's really obvious what is going on here. It's really obvious to what extent these EMFs are impacting our life And again, impacting the lives of everything, everything, everything all living things, the birds, the bees the whole living shebang it's impacting all of it. And again, we've got studies on this, on the insects, on the bees, on in fact, most of the science which has been carried out is on animals. Yeah, it's not on humans.

Cause there's obviously, many things which they can't do on humans notably with regard to all the science that's been done on the reproductive, on the effects on the reproductive system. So let's talk about EMFs and Auto Immune Disorders time to connect the dots. So that people they don't have to believe you or me on how bad, the Fitbit is or whatever, or that ring which connects. And, you can actually switch that ring off. I believe I'm not going to give the brand name but so it's recording, but it's only transmitting. And this is like, so, you know, we're gonna be about this in the solutions. It's about smart use of the technology, obviously cause people want to use this technology but want to use it more safely.

So time to connect the dots here. So common triggers to auto immunities this kind of thing, I guess, which most people are talking about, like leaky gut and the nutritional deficiencies and the toxins and the chemicals and the chronic infections and the mental and emotional all these things, feeding into this immune up regulation. That's the kind of the classic model. And so the question is, is there a trigger which has been over, there is a trigger which has been overlooked and this is my hypothesis, if you want at this stage. And that is to say that this EMFs and then the questions we're gonna address is, how are EMFs a trigger for these autoimmune disorders? That's to say, what does the science say? And how big a trigger are they? So, how are EMFs a trigger for these auto immune disorders?

What all these chronic conditions have in common, okay. Rheumatoid arthritis, fibromyalgia, et cetera, et cetera, et cetera, everything I've written on that page. In fact, what almost 100 autoimmune diseases have in common is, no surprise, maybe we're thinking about that maybe not, Inflammation. So inflammation is a really big part of what's going on with autoimmune disease.

And so this inflammation is a silent killer that is slowly eating away damaging your body from inside out, even the World Health Organization who I'm highly critical of by the way, given they, cause I know quite a bit about EMFs and their track record on the EMF thing is not good at all. But even they say it's one of the greatest threats to human health, the World Health Organization. And



so the link between EMFs and inflammation is that EMFs are a driver of inflammation at the cellular level. Yeah, and so how, how, in what way? Well, in many ways, but one of the leading bits of science I have to share is it has been done by a gentleman called Dr. Martin Pall from, who's professor Emeritus at Washington State University. Who's done this brilliant work on the voltage gated calcium channels which are in our cell membranes. And what he found was that these wireless exposures just so when you're using your cell phone when you're around WiFi or anything wireless causing these voltage gated calcium channels these VGCCs to stay open which creates these free radicals which then creates this reactive molecule called peroxy nitrite and causes this oxidative cascade.

And which is to say, it's bad news because this damages your DNA, your cell membranes, obviously proteins, stem cells disrupts cell division-mitosis and your mitochondria. And your mighty mitochondria, as you know, I'm sure this is the energy factories in cells and this is what is determining our, our energy levels. And our cells are filled with these mitochondria and there's a lot of science on that, on how the EMFs are impacting are damaging our mitochondria. So long-term this molecule, this peroxy nitrite causes inflammation and ultimately damages your tissues and contributes to a long list of diseases. And I'm simplifying things there, is more complicated than this, but put simply, EMFs set off a series of biochemical reactions that are inflammatory in nature and can affect virtually every system in your body, every system in your body. Yeah.

So is there, any evidence for EMFs dysregulating the immune system? Well, there is actually quite a bit. But there are hundreds of studies on how EMFs dysregulate your immune system. And just to summarize the effects were found that white blood cells are reduced, reduced antibodies, lymphocyte T Helper Cells are impacted. Melatonin is impacted. Melatonin is super important for the regulation of immune responses. And there's a boatload of studies just on this melatonin aspect, how EMF exposures particularly at night impede the production of melatonin, this super important hormone, hormone which many regard as the master hormone, the most important hormone perhaps, I don't know.

But anyway, so this dysregulation of the immune system and actually it is actually working well in the studies are saying upregulation and downregulation. So let's just say dysregulating yeah, it's a spanner in the works. It's a spanner in the works for the immune system. And then we've got this other evidence which is important to share here. A recent study by professor Trevor Marshall showed that blocking EMF exposures produce significantly reduced symptoms in 90% of patients



with auto immune disease. And that was actually with a shielded cap, and he got this rather amazing result and also research by Dr. Dietrich Klinghardt. I'm sure you're aware that, has shown that EMF shielding is more successful treating Lyme disease than antibiotics, for instance. And a number of practitioners MDs which are ahead of their game, they're now incorporating this EMF mitigation in their protocols. So question how big a trigger are EMFs in autoimmune disorders? Well, that's really for you to decide, from what I've shared, but if you wanna see more studies if you wanna plunge into this a little bit more then that I've shared some resources places where you can go by initiative report which is just an amazing collection of review of this peer reviewed science, which exists, it came out 2007 by independent scientists.

And that's one of the problems in all these. You know, there is censorship here My information is censored. My website is censored. I've got a book, it's censored, it's on Amazon but I can't promote it. There's a whole load of things that I put on Facebook but it's not shared and this is new. And, but so I know this is going on, but I will ...

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I want people to really hear this carefully because the same thing is happening with me and many of our colleagues.

Lloyd Burrell

Yeah.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

That our viewers are actually not even aware because if you don't see it, you don't know. But those of us that put information out that goes against the lobbies that you know are attached to companies that make a lot of money in our society are very powerful and censorship has been happening for quite some time now. And people are unaware of it. Like you can do a search and you just won't get anything. It's not like it has a big red square, and an X across it. This is, you're not allowed to read this. You just don't know it exists.

Lloyd Burrell

Exactly.



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

And I think it's really important for everyone to understand and to know that where it's getting worse and worse and worse,

Lloyd Burrell

It is, it is, and so with regard to EMFs. I've read about the censorship. I read about the scientists like Dr. Allan Frey. He's brilliant work on the blood brain barrier and how the military settler. He stopped looking into that. Otherwise we take your funding away. I read about a Dr. Gandhi he's brilliant work on children and how radio-frequency cell phone radiation was impacting children. And he got the same threats and professor Henry Lai the same thing.

And this is all documented in my book. It's documented in Dr. Mercola's book. Who's another whistleblower. Our books came out about the same time. He actually wrote the forward to my book. I know he sends it to and many people, so that's, yeah, people need to know this but people need to know so that's why I put the URLs on there.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Lloyd Burrell

Because otherwise you won't find it necessarily.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Well and I put out information on alternatives for people with autoimmune disease to vaccine, the COVID vaccine that hasn't gotten any research behind it for, I put out information and I got a letter and I got censored and I got my site to come down

Lloyd Burrell

You got a letter?



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Oh, yeah.

Lloyd Burrell

A letter from?

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

FTC.

Lloyd Burrell

Okay.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah So, you know, I mean, and I'm not the only one there are people that have as part of their job in the United States to go look for key words and make sure that people aren't putting them out there. And when they find them, then they get mourned and their stuff is taken down. So this is real.

Lloyd Burrell

This is real and it's extremely concerning. And that's why people need to really listen up here because if this continues, then you know all these platforms which are currently sharing the information then I think, maybe we're counting the final hours of these platforms existing and yeah. Who knows, because what happens is that they buy out these companies and then they take control. And then they only put on the content, which you've seen in the mainstream media and that's what they do. And yeah, so just that's, what's happening and I've experienced it firsthand as you have.

And with regard to EMFs, this is extremely sensitive because, it's quite simply because there's so much money behind all this, you know when they sell off the licenses, when they sell off, just sold off the 5G licenses are selling them off around the world. It brings in billions, billions. And so we've got the money and then we've got the tremendous power which these EMFs can wield when you understand that, these 5G frequencies for instance, they've been used for a crack control. When



you understand that since the 1950s was understood we know with science has shown that we can people's mental and emotional behaviors can be impacted through this radio frequency, microwave radiation similar frequencies to cell phone. Then you understand how powerful this is when you combine it altogether. And then you begin to understand, well, all right that's maybe that's why it's the first time I'm hearing about this from this guy with this weird British accent.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Well, there's a couple of researchers from Princeton who have put out research about something they called the deaths of despair, which are suicide, more depression and anxiety more addiction, cirrhosis, as a result of these. And as I looked at the trends on the deaths of despair they go up sharply in the same accordance to this rise in technology. I mean, this is affecting us on a population scale and it's very important for us to really look at these trends and not expect someone to say your safe it's okay.

And then look at the data and say, no, we're not we're not doing well. Our index is, you know our indices of wellbeing are way down in all ethnicities in all socio-economic strata. Their research shows that White males over 50 are killing themselves right now in a higher level than any other time in history. So it isn't just about some of the things that we've pointed to in the past about poverty or the socio-economic disparities between races and some of the things that are true and real that this is also transcending all of that. And it's just population of humans wide. And I think that's important. Like you don't have to have the government come and say this is a problem. You can look at this data yourself

Lloyd Burrell

You can and people should but not everybody is going to do that. And so this is why we have a role. So people will connect with you and they'll connect with me. And I think this is, that's how really it works. And then we'll say, well, yeah Dr. Keesha, she knows about this autoimmune thing. And you know, they follow you a little bit and then they begin to take your advice.

And then, things will start working. Maybe, they'll experience an improvement in their symptoms and perhaps the same with me. And I've, I've heard, I'm sure you've heard that. And I've heard that too. And it's not to say that I have all the solutions but certainly with regard to EMFs, a lot of these stuff is not that difficult. A lot of it doesn't cost anything and it's not that difficult. Just need a bit of discipline.



Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Lloyd Burrell

And I bet should we just finish off on the slide, also that is the end of the slides But there was some, yeah. So what I wanted to say was, so there's this very clear, there's a science on how these EMFs impacting the immune system. Yeah, which I've explained. But then there's this interact and we're back to what really you were saying at the beginning. And so it's... Okay, it's impacting the immune system. You've seen that it can, but then it's how it's interplaying with all these other things that are going on here.

Like with the leaky gut, which is very important for the immune system, yet 80% of the immune system how EMFs are actually making the bad bacteria worse that they're making the good bacteria into the bad bacteria how it's impacting our microbiome how these EMFs are contributing to these nutritional deficiencies we have a research on that for instance, food in a microwave oven. We've got science, which has shown us that it's pretty much devoid of any nutritional value, on how it's impacting blood sugar, on the toxin chemical thing, which i was talking about notably with regard... Again, heavy metals cause that's a really big one. The interplay between these EMFs and the heavy metals because our food supply is full of it.

And also because a lot of people have got fillings you know, metal fittings, which like I used to have and that leaches out. You got people, one story I had was, I think it was a dentist who told me this, that there was a guy who was picking up a radio station, literally on his teeth, on his fillings. So because we've got this interaction between the saliva and the metal fillings. So it's everything that your talking about with regard to autoimmune disease, that these EMS interact with all of that in some shape or form, very probably. And there is science behind pretty much all of this. I've spoken on all of these topics. All of these topics you know, hormones, adrenal fatigue infections.

I've not actually spoken on infections but obviously infections and the immune system, the T helper cells and all that, obviously if we knock out the immune system then affections are gonna run rife. So, yeah. So that's really the end of what I wanted to share with you on my slide show two. Some people can say, Oh, well, yeah but there's no science. So we can't prove this. It's not a



question of proving this. There is so much compelling evidence here that you just have to start taking steps to protect yourselves and above all protect your kids.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Let's talk about those steps.

Lloyd Burrell

So those steps. So my 10 years with this EMF thing. So it started in 2002 and 2012 I wrote a book. I didn't actually put this protocol in the book. But what was born out of this 10 year period if you want, is what I call the UMM. And the arm stands for, U for understand M for measure and M for mitigate UMM. And the understanding, and that's what we're doing at the moment. We're understanding what these EMFs are, these thing, you know, these different frequencies, there's these four kinds of exposures, radiofrequency, radiation, electric fields magnetic fields, dirty electricity the four times you need to be looking at all of those. The first thing is understanding that and then it's measuring it.

And measuring it with something like this, which is what I showed you before, which is an EMF meter. And I like this one cause it's easy to use relatively inexpensive and it measures three categories of EMFs. You switch it on and you get a magnetic field reading. It makes it a nice sound. You turn it and you get an electric field reading. And so that's remeasuring the EMFs of your electrical wires for instance, you'd go around and in your bedroom notably and measure that. And also put it on RF and it measures this thing, radio frequency microwave radiation. If you put that to a cell phone, which is switched on and then that thing goes berserk. So that's what you need to be moving towards. I'm not saying that hey, go out and buy that. I'll say, yeah, if you can afford it, absolutely.

But what I'm saying is maybe do some of these steps, which I'm gonna share in a moment, things you can do to minimize your exposures. So the U for understand the M four measure and the third letter M for mitigate. And there's three ways to mitigate also. The first one is just to switch it off. Whatever that thing is, which is causing those EMFs just to switch it off, switch the damn thing off if you can. And if you can't, then the second thing is increasing the distance. Increase the distance between you and the device. And with the EMFs. The thing to remember is that distance is your friend. What that means is EMFs propagate in an exponential manner. So if you just give a little bit of distance between you and the cell phone, then you can decrease your exposure levels by



thousands of times, possibly. So it's very significant, this increase your distance game. And the third way...

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I didn't just get that slide. Like when you say distance, what kind of distance would you say.

Lloyd Burrell

What I mean is literally millimeters. Say, if you're using a cell... Pretend that this is a cell phone, right? If you move out a few millimeters then you can reduce your exposure by thousands of times, okay? But I do not recommend using a cell phone next to your brain, okay? Because if you look at the science again we know that the brain is particularly susceptible to being impacted by these exposure. And particularly the blood brain barrier literally pokes holes like with the leaky gut, leaky brain pokes holes in the blood brain barrier. And that's what will happen if you keep using that. And literally pokes holes almost immediately starts to poke holes almost immediately. And this research by the way has been around since the 1970s, but nobody's talking about it. Again cause this was all swept under the rug, with all the rest of it. And so the...

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

the UK came to, I'm on the faculty at the Institute for Functional Medicine, and came and delivered a talk many years ago but a researcher from the UK, not the US. And she showed imaging studies scans of teenagers with tumors in their breasts that were the same size of a cell phone, the same shape, the same, you know. Like this isn't made up stuff, you know this thing. Yeah.

Lloyd Burrell

Yeah. It's like...

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Don't put it up your body.



Lloyd Burrell

Its' like it won't happen to me, sort of thing.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Lloyd Burrell

Isn't it?

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Lloyd Burrell

I think people are kind of fooling themselves with this a bit because the technology is incredibly seductive. And cell phones are in many respects, wonderful things. I mean, I find it just mind-boggling really. Everything that you can do with a cell phone and I don't own a cell phone. My wife has a very good cell phone .

And I mean, what can't you do with a cell phone? I was creating an account on Stripe today and I've gotta have a cell phone to get the authentication. So it's the way of the world. It's about understanding the dangers and about using this technology safely. And so the third thing just to finish off in this little protocol les UMM, in this mitigation part is to shield. And I won't go into that cause that's rather advanced stuff but just know that you can shield if you have to. And that's really a last resort kind of solution. But so, yeah. So that's kind of the protocol in a nutshell. And then in terms of what you can do. I can share some tips if you want with regard to things you can do.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I'd love to hear. And I'd also love to hear what your opinion is on, I know you have a wearable device and various shielder and the ones that you can put on your cell phone and the ones you can put on your laptops and things like that. I get those questions all the time.



Lloyd Burrell

Of course.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

And I would love to have your weigh in on them.

Lloyd Burrell

Okay. So I will weigh on, on that first, if you like, just to get that one out of the way. Because that is really just a question, the gets asked over and over. And when I became sick and I was really sick, I mean it was like, yeah, It was nowhere to run nowhere to hide, no solution doctor doesn't understand, nobody understands. And so I just pretend that I'm okay but wasn't okay and getting worse. So it's like, imagine you're like you get cancer but nobody knows what cancer is. That's so it's like when you get something you want people to understand even though I'm not particularly that person who likes to talk about what's going wrong with me or how I'm not feeling too well. You do actually, at some fundamental level need the other person to understand. And so that is incredibly difficult. And so what did I do?

When I became this person who was reacting to everything. Who'd got all these debilitating symptoms, who's like a zombie, who not only the prickly skin and the tingling and just burning up around anything electronic, I got digestive issues, I got aches and pains all over my body, muscle cramps whenever I do any sport, I was just a mess. What did I do? I went out and I bought everything and anything I could just to make this go away. And I bought the thing for the cell phone thinking, well, this would enable me to use a cell phone. I bought things I could plug in, I bought things I could wear, I spent a fortune on all of this.

And this was like back in 2002 to 2005, something like that. And quite simply, nothing worked. I started my website in 2009. I start sharing about the dangers initially. And I started interacting with people. And then people started sharing stuff and about stuff that worked. And I was always skeptical and I'd try stuff and I actually never found any of that to work. So there are people are... So I've reviewed this more recently. And what I can say is, because the people you have to listen to are the hypersensitives. Because they can feel it. Because anybody else who buys this device and then all of a sudden, yeah, my cell phone is safe. The danger is that you are giving yourself a false sense of security and that this device which nine times out of 10, it's impossible for you or I to actually know with any degree of certainty, if this is really doing what it's doing. Because I don't



have a laboratory. I have some EMF meters and yeah I've studied this greatly and I've studied everything around this. The scalar and the quantum and everything. You know, all these, the Tesla coils and all this different technologies that these devices use. And all I can do is come to an opinion And the opinion is this, is the one thing that does work is what I've just shared is that protocol.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Lloyd Burrell

Okay. And I didn't invent that protocol, I just put it in that form into the UMM. But I didn't invent that. It's something I picked up, I learned over time. And then, the Institute of Building Biology, for instance what they talk about, it's very similar to what my directive line is on this and other EMF consultants. Some of them are saying go buy this or whatever. And in my community, I've just started sharing this different devices which people can buy But what I always say to people is look this try this, go and try this It might work for you, but first do this, do the protocol and my protocol ,is based on measurable mitigation. Because that does work, that I know it does work. But the stickers, the diodes and all the rest of it, then it might work, but we don't know for sure. And it might work for Keesha but it might not work for Lloyd. So that's what's important.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

I don't wanna be a bad diabetic, where you eat a Snickers bar and then you give yourself extra insulin and you think that's gonna take care of it. But actually you've done a ton of damage through that Snickers bar and the insulin's only done a little bit to mitigate it. but not, right? Staying away from the Snickers bar is what you need to be doing. Yeah.

Lloyd Burrell

Exactly.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.



Lloyd Burrell

Exactly. So do all that first, what I've just said, the UMM. And it's not difficult. Yeah, it does require a bit of effort. It requires buying a meter of some sort, there's not just, I'll review other the meters on my website. But you're looking at about 150 to \$200. Whereas some of these devices, they cost thousands.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah. And people are buying them and they haven't got the money. And that I have a problem with. So do this first and then at that end. And then if that works as well. Okay. But we're back to the thing about, really what you're talking about before, about giving your power away. And because when you really...

What it all boils down to is how you feel about something. And that is another reason that I'm rather reluctant. For instance, I don't have any devices like that. The only thing I have is actually I have shungite. And Shungite, it's a bit different. And there is some research on Shungite and it's about how I feel. And the shungite, it suits me and it's just a rock yeah. So it's not like come from somebody's brain and it's not something I plug in on. So, yeah. So that's to answer your question on that. I've got big hunks of that around me, around the computer.

Lloyd Burrell

Well done.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

So yo can do this in a number of different ways. So yeah.

Lloyd Burrell

Yes. Yes. So the shungite, I'm actually wearing it. I think this is actually like shungite on steroids. So it's actually, it's not your regular or irregular. So there's different qualities of shungite. And then this one is actually in a cradle which gives it, which is like having a booster effect, that's the way I see it. And I think if you want to go somewhere that is a set, and it's inexpensive. And the shungite. And then either a ball or a pyramid, I've got a big pyramid which is right in the middle of the house here. And that's it. So there's nothing gadgety. And I love gadgets by the way, but for EMFs I don't want the gadgets. I don't wanna be messing around throwing these out. Cause I'm



very sensitive to energy. And these, and I work with energy every day, every morning I'm working with my energy every morning and I don't want this messing up that. I want it all clear.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Right.

Lloyd Burrell

I want the clear connection So yeah, with regard to tips. If I can just share some tips, maybe for people I think that'll be useful. So first thing is a cell phone. Let's talk about cell phone yeah, cause everybody on the docks got a cell phone and a lot of people are saying, well, what's the safest cell phone. I don't know. I can't, I don't have a laboratory. I can't test it. And the testing that is being done is totally unreliable. The SAR, the Specific Absorption Rate testing it's an industry test. It was devised by them and it suits their purposes. But not our purposes in terms of protecting our health.

So given that we don't know if cell phone A is safer than cell phone B in terms of the exposures, then what we're left with is using a cell phone more safely. And that comes back to really, it joins what I've said before, which is about the distance is your friend. And that is kind of the backbone to a lot of this EMF, what I call classic EMF protection. So if distance is your friend, what does that mean? It means, getting that phone as far away from you as possible, as much as possible. And then, and again, even a few millimeters is making a difference.

And putting on airplane mode. So not having on your body switched on. Cause it's when it's on your body, when it's switched on it's communicating ding, ding, ding, ding, ding all the time with a cell phone tower. How many times depends on which company you are with and on the brand of the cell phone. But you wanna on the airplane mode and look what airplane mode does. So ideally again, that's why you need a meter. Because very often the phone when you put it on airplane mode, it's not on airplane mode. It's not on full airplane mode.

That's to say, it'll switch off the cell cellular connectivity. Let's say the connectivity with the cell phone tower but the Bluetooth and the GPS and the WiFi will still be switched on sometimes. So you've got to go in the thing and figure it out. And it's only if you've got one of these that you can



be sure. And then you put it next to it. And then you can see ,that you can test that is easy to test. And that's the only sure far way. And a lot of this is... And so my website i used to get a lot of people commenting, obviously not now because nobody can find it anymore. And then people would be asking me stuff. And very often the answer is, listen I'm not gonna speculate on that. You need a meter. And then if you've got meter you'll find out if that induction hub home is given off a humongous magnetic field, which it probably is, by the way, you'll find out if that TV is a smart TV, you'll find out if the oven is a smart oven, et cetera, et cetera.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Your car is also emitting all of this now.

Lloyd Burrell

You can be sure, you can be sure, you can be sure. Yeah. Because so many cars now have got Bluetooth. The more high end your car is the, the more of this technology it has in it. And it's even got, 5G frequencies in the mirrors, the thing where you're on the, what I call a motorway, you call a freeway and it can detect if a car is behind you. That's using like a 70 gigahertz frequency. So very, very high frequencies. So, we've been, again we've been impacted by all of this.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

Yeah.

Lloyd Burrell

That's what the studies are saying. It's not me. It's the studies are saying this. So yeah. With regards to the cell phone , that you have airplane mode distance to your phone, keep it as far away as possible. Frankly, I'd be only using a cell phone in emergencies. So if I go out, if I go out on my own I take a cell phone with me.

Otherwise I've got my wife with me, she's got a cell phone. It's never switched on when we're in the car. And when she's around me, she switches it off. And soon as I get away she switches it back on. But so, yeah, it's a personal choice, all of this is a personal choice. But she does benefit from, tremendously. I like to from all my EMFs protection although she doesn't say it always that way. No, I'm just kidding here. But, so this is cell a phone. And also text don't talk. Does that mean



text is perfectly safe? No, of course not. And you know, just again, look at my website there's so many people talking about that and I've got friends and they say, I've got these pains, pins and needles when I'm texting and stuff like that. So that is very common too. So don't overdo it on the texting. So yeah. With regards to this...

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

We are at the end of the time and I just wanted to say, thank you so much, thank you so much. And I know there's a free gift that you're offering our audience. We'll make sure that that's connected to everything and your website is here. We're going to put it right with everything. So they can find you at electricsense.com and I'm able to get ahold of this information. And I just so appreciate you. Thank you.

Lloyd Burrell

Well, thank you. Thank you so much for the invitation. I really appreciate the invitation opportunity to talk about this. Thank you so much.

Dr. Keesha Ewers, PhD, ARNP-FNP-C, AAP, IFM-C

All right, everybody until next time be well.

