

# The No. 1 Thing to Do to Protect Yourself from EMFs

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## STORY AT-A-GLANCE

- › Brian Hoyer and I answer your questions about electromagnetic field (EMF) radiation. Hoyer is a leading EMF expert and a primary consultant for my new book, "EMF\*D," which is being released today
- › Your bedroom is the most important part of your home in terms of needing EMF shielding. Sleeping in an EMF-free environment is crucial, as this is when your body needs to be in a parasympathetic state, detoxing, repairing and rejuvenating itself
- › The area in which you eat is the second priority, as your body needs to be in a parasympathetic (relaxed) state in order for your digestion to function properly
- › The third priority would be if you're using a sauna for detoxification. Making sure your sauna has low or no EMF, both magnetic fields and electric fields, is an important consideration, as it will impact your ability to detox
- › The 600-megahertz band that's been opened up for T-Mobile's 5G network penetrates deeper and goes farther than any of the 5G networks

***Editor's Note: This article is a reprint. It was originally published February 16, 2020.***

In this video, which is Part 1 of a two-part series, Brian Hoyer and I answer your questions about electromagnetic field (EMF) radiation. Brian is a leading EMF expert<sup>1</sup> and a primary consultant for my new book, "EMF\*D," which is being released today.

In the video, Brian shares his personal journey and training, which includes nutritional therapy and continued education at the Klinghardt Academy.<sup>2</sup> As a nutritional therapist,

Brian would see patients that just didn't seem to fully recuperate.

Once he began implementing **EMF shielding techniques** taught by Dr. Dietrich Klinghardt, they'd suddenly experience significant improvements. In some cases, they didn't even need supplements or certain medications anymore. For example, many patients struggling with leaky gut significantly improved simply by sleeping in a shielded room every single night. Brian says:

*"We talk so much ... [about] the ancestral way of movement and all those sorts of things. But ... what's the ancestral energetic environment? Now we have all of these modern exposures to these pulsating currents and voltages of electricity in a vastly different frequency range than we've ever been exposed to in the history of mankind.*

*Approaching that whole gamut of energy from this more ancestral perspective, I realized it's not only what we put into our body. It's also what we put our body into – this environment – that needs to change. If we can mimic the ancestral environment, then all these dormant healing responses wake up and the body starts to heal itself ...*

*We've come up with a priority system on where you need to shield the most to get the most bang for your buck. And then also, what to worry about and what not to worry about when it comes to your EMF exposures, and what you can do when you are exposed."*

## **Your EMF Questions Answered**

We cover a wide variety of really good questions in this interview. Due to the length of the interview, we broke the video into two parts. Part 1 (above) focuses on the first of dozens of questions.

It ended up being a rather extended discussion, as it covers several basics, such as the areas of your home that should be given the greatest priority, the six types of radiation

that need to be addressed, and some of the basic remediation strategies for wireless frequencies, electric fields and artificial lighting.

## **Three Areas of Priority When Shielding**

Regardless of where your bedrooms are located, they're clearly the most important part of your home in terms of needing EMF shielding. If you can create a shielded environment there, then you're essentially replicating the ancestral environment where there's no electricity for eight hours or so every night.

This is a crucial time, as this is when your body needs to be in a parasympathetic state, detoxing, repairing and rejuvenating itself.

*"In a typical scenario, in a person's bedroom, their [body] voltage could be anywhere from 500 millivolts at the lowest ... up to 10,000, 15,000 millivolts on their body all night long, [so] you've got this contraction of your muscles happening," Brian says.*

*"Think about the way that electricity impacts the body. How do we restart a heart? We pump voltage into it. It makes your heart muscle contract ... I think one of the reasons we're so magnesium deficient in our modern culture is because we've got this constant exposure to this alternating current [causing] micro-contractions all night long and all day long in our muscles.*

*That depletes us of magnesium, which is trying to relax our muscles. So, we've got this constant tension going on all the time. If you have that at night while you're sleeping, your body can never really get into that full parasympathetic state so that you can actually do the healing and restoration that you need ...*

*Your cortisol is going up, your melatonin is going down, you're not getting that restorative detoxification of the brain and your lymphatics are not detoxing optimally."*

The area in which you eat is the second priority, as your body needs to be in a parasympathetic (relaxed) state in order for your digestion to function properly. An alternative strategy is to eat at your dinner table, and about an hour afterward, which is when your main digestion is taking place, go into your shielded space and relax for a while. "People who have digestive issues who do that have seen amazing results," Brian says.

The third priority would be if you're using a [sauna for detoxification](#). Making sure your sauna has low or no EMF is an important consideration, as it will impact your ability to detox. Working with Sauna Space, Brian has helped develop a shielded near-infrared sauna.

*"It's a drastic reduction in the wireless frequencies that you're exposed to. It's basically like having a portable shielded room," Brian says. "That allows your body to get into a deeper parasympathetic response, deeper detox, and we've seen some amazing results in people who are electro-sensitive using these saunas ..."*

*For my standards, I want the body to be in a parasympathetic state when you're in your sauna, so we're looking at [an EMF reading of] 0.3 milligauss or less in the sauna. That's the goal."*

## **Remedial Strategies for 6 Types of EMF Stress**

Brian tests homes for six primary stressors:

**Wireless frequencies** — "Anything from the FM radio station up through about 900 megahertz resonates with the human body and the skin, and the conductivity that's on the skin," Brian says, pointing out that while many are worried about the millimeter wave part of 5G, he's far more concerned about the 600-megahertz band that's been opened up for T-Mobile's 5G network.

It penetrates deeper and goes farther than any of the **5G networks**. Most cellphone companies have been using 900 to 2000 megahertz, so T-Mobile's network is a much lower frequency, which allows it to cover a greater area.

*"A lot of the assessment is hunting down Wi-Fi sources and telling people how to minimize them. Like don't leave your printer plugged in and turned on, because it's always emitting Wi-Fi and you only use your printer, what, once a week? And then Apple TVs, smart TVs – even remotes for the Roku. Sometimes they'll have Wi-Fi built into them that are constantly emitting,"*  
Brian says.

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**Electric fields** from voltage, wiring in the walls, and appliances and devices plugged into your light sockets.

Most commercial buildings, condos and hotels are not an issue, as building codes require the electrical wiring to be in a metal conduit, which essentially eliminates the electric fields behind the walls. Few residential homes have that, however, as it's not part of code in most areas.

If you're building your home, you can install shielded wiring from the start, although it does cost more. If your wiring is not shielded, the solution would be to turn off the electricity, although that still might not solve the problem. In my own home, there was an electric current running through the floor as well, which remained when I turned off the electricity to my bedroom.

*"Ultimately, in my experience, everybody needs the RF shielding and wireless protection,"* Brian says, *"Our solution for that is to have a canopy over the bed that's a conductive fabric that you can ground, so that the electric fields can't get in, and something on the floor as well."*

*The ultimate solution is to paint the bedroom with shielding paint [that's] grounded as well, so even if the power is on – provided you have nothing*

*plugged into the wall – you are not getting electric fields coming in. And then we have to do the floor as well."*

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**Magnetic fields** occurring from wiring errors, motors, power lines and transformers outside the home, as well as metal pipes with current, usually when you are on a municipal water supply

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### **Dirty electricity**

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**Geopathic stress** that comes up from the earth

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**Artificial lighting** (color spectrum and flicker rates). The best types of light bulbs are incandescent bulbs with higher wattage, as they have the most natural color spectrum and lowest flicker rates.

Brian recommends using 100 watt or 150 watt incandescent bulbs whenever possible. But one needs to be careful as they create loads of heat, and many fixtures will not accommodate them. Brian also recommends the 250-watt near-infrared light bulb from Sauna Space, called Photon.<sup>3</sup> It's \$350 and can be used in your sauna, as a heat lamp and to improve the quality of your indoor lighting.

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The testing and assessment Brian's company, [Shielded Healing](#), offers takes about four hours, and starts at around \$1,000 for a studio apartment. For larger homes, tack on \$100 per bedroom and per 1,000 square feet. The fee includes a free retest, to make sure all of your remediation strategies are in fact working.

The cost for remediation can vary widely, depending on what you need and whom you hire to do the job. For a typical 12 by 12-foot room, you can expect to pay about \$1,000 to \$1,500 for shielding materials, depending on how many windows you have, as shielding windows tends to be costly.

While it's certainly a worthwhile investment that will pay dividends in terms of health, the cost may be too high for many. They still need a solution though. With Brian's help, my team has created an EMF-shielded sleeping tent, which will be among the most effective

yet least expensive approaches available. We hope to have it available before the summer. After three years of development, the final prototype was finished.

## **There's No Getting Around the Need to Measure Your Exposures**

When looking to buy or rent a home, key areas to avoid would be near a cellphone tower or powerline. Higher elevations like hilltops are also typically higher EMF areas, while rural areas tend to have lower saturation (provided you're not near a cellphone tower).

That said, you cannot identify low-EMF areas simply by looking at the location anymore. Regardless of where you live, you're likely to have one or more of the EMF stressors reviewed above, and will need to remediate them. In the end, the only way to tell if EMF is a problem in any given location is to measure it.

*"We don't know until we turn on the meters and can measure it," Brian says.*

*"What I tell people is, yeah, generally speaking, the higher [elevation] you get, the more exposed you will be, but usually you're going to have to shield anyway.*

*If you can take an FM radio and get a radio station, you're being exposed to radio frequency radiation. And even people out in the middle of nowhere, like a national forest, a lot of times they'll still have radio-frequency exposure.*

*It's not natural. It's not something our ancestors were exposed to and it's something that you need out of your life at least while you're sleeping. Go through that priority system we've talked about ... Mitigate where you can and do some biological inputs using the solutions that we talk about ...*

*You also have to test the ground current that's going into the ground and the dirty electricity, and if there are wiring errors. You need a really good screening tool in order to pick the right property. Also, rule out a massive exposure that's going to be more difficult to shield. We have come across that in some of the inner-city areas where it's really high ..."*

In an article on his blog, he adds:<sup>4</sup>

*"It's important to understand that the PULSATION isn't natural. We don't receive modulated digital radio frequencies in nature. We get analog signals and they are MUCH weaker. The strongest radio signals we receive from natural sources from the cosmos are about a ONE HUNDRED BILLIONTH OF A WATT.*

*That means 1 microwatt of RF energy is about 1 million times stronger than the strongest RF pulse we would have received ancestrally."*

## **Everyone Needs EMF Shielding**

A key take-home message here is that virtually everyone needs to consider doing EMF remediation these days. Everyone needs an EMF-free space, at least during sleep, in order to prevent accelerated aging and everything that goes with it.

Remember, your body rejuvenates and detoxes during sleep, but if your body is bombarded with EMFs all night long, it won't be able to effectively perform those crucial cleanout and regenerative functions. To learn more, be sure to download the transcript of this discussion. We cover questions like:

What meter do you need to measure the six EMF stressors and what are the ideal, healthy levels?

How can you protect yourself from your neighbor's Wi-Fi?

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What's the greatest, most harmful source of EMF exposure?

Why is it that partial shielding can make the situation worse rather than better?

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What produces most of the dirty electricity in your home and what's the most effective way to filter it?

Are AirPods, wireless battery-operated headsets and hearing aids safe to wear all day?

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How can you protect yourself from the EMF in your car?

Do EMF-shielding clothing actually work?

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Which supplements can help ward off the negative effects of EMF, and how do they work?

Can you watch TV without Wi-Fi?

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Will a satellite Wi-Fi dish expose you to harmful EMF?

Could 5G worsen autoimmune diseases or chronic infections such as Lyme disease?

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What are the two most common EMF exposures in most homes, and how do you remediate them?

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For the answers to these and many other questions, be sure to watch Part 1 and [Part 2](#) of this interview, or download the 55-page transcript.

## Sources and References

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- <sup>1</sup> [shieldedhealing.com](https://shieldedhealing.com)
- <sup>2</sup> [Klinghardt Academy \(Archived\)](#)
- <sup>3</sup> [Sauna Space, Photon \(Archived\)](#)
- <sup>4</sup> [Brian Hoyer Shielded Healing, October 25, 2019](#)