

## Guillermou

DIET NRF2, COVER THE ELCTROMAGNETIC FIELDS Dr. Mercola recommends a series of foods, which contain phytochemicals, which activate the transcription factor Nfr2, included in the DIET MEDITERRANEA, and the blue zones, such as OKINAWA, advised by PALL. In Depth: TRANSCRIPTION FACTORS are a class of protein that binds to DNA and induces the expression of particular genes, in the case of Nrf2, these are potent antioxidants like NAD (P) H: quinone oxidoreductase 1 (NQO1) (R) and glutathione S-transferases (GST), and many others, are contemplated in this link:

[www.mygenefood.com/activating-nrf2-pathway-nutrition-need-know/](http://www.mygenefood.com/activating-nrf2-pathway-nutrition-need-know/) .

DIET NRF2, offers an opportunity to improve the Nrf2 gene, naturally. It consists of several forms of flavonoids, which can be obtained from common food sources such as berries, green and white teas, chocolate, grapes, apples, citrus, onions, broccoli, curcumin plant turmeric and carotenoids such as zeaxanthin and lutein , dark green vegetables and leaves (kale and broccoli, especially the seed extract) and spices saffron, turmeric or paprika) are a particularly rich source of polyphenols.

1) flavonoid polyphenols such as epigallocatechin 3-gallate (EGCG) from green tea and apple quercetin;  
(2) non-flavonoid polyphenols such as tumeric curcumin and resveratrol from grapes; (3) phenolic acids or phenolic diterpenes such as rosmarinic acid or carnosic acid, respectively, both of rosemary; and (4) organosulfur compounds including isothiocyanate, L-sulforaphane, broccoli and allicin, garlic thiosulfonate

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Generally, all these compounds are considered to be antioxidants. They can be classified in this way, either by directly collecting free radicals, or indirectly, by enhancing endogenous cellular antioxidant defenses, for example, by activating the nuclear factor 2 (Nrf2) transcription factor pathway derived from erythroid. Alternative mechanisms of action have also been suggested for the neuroprotective effects of these compounds, such as the modulation of signal transduction cascades or effects on gene expression.

[alsworldwide.org/care-and-support/article/the-nrf2-diet..http://www.an..-part-2-foods-phyto-substances-and-other-substances-that-turn-on-nrf2 /](http://www.alsworldwide.org/care-and-support/article/the-nrf2-diet..http://www.an..-part-2-foods-phyto-substances-and-other-substances-that-turn-on-nrf2/).

[www.lifevantage.com/blog/boost-your-nrf2-activation-with-these-foods/](http://www.lifevantage.com/blog/boost-your-nrf2-activation-with-these-foods/).

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4757558/..https://www.mygenefood...](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4757558/..https://www.mygenefood...)

This link studies Nrf2, as a factor to prevent aging, and delves into the mechanisms of protection of ginger, sulforaphane, vitamin E, Resveratrol, green tea, coffee, lycopene, fish oil and olive oil

[www.anti-agingfirewalls.com/2012/02/06/the-pivotal-role-of-nrf2-part-2..on-nrf2 /](http://www.anti-agingfirewalls.com/2012/02/06/the-pivotal-role-of-nrf2-part-2..on-nrf2/)

Synergistic formulas like extract of Cardo mariano (Silybum marianum), Bacopa (Monniera Bacopa), Root of Ashwagandha. Green Tea Extract.

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Phytochemicals and nutrients, which increase the activation of the transcription factor Nrf2: 1.  
CURRUM (CURCUMINA) [www.protandimmex.com/protandim-nrf2](http://www.protandimmex.com/protandim-nrf2) .

[www.sciencedirect.com/science/article/pii/S0006899309009299](http://www.sciencedirect.com/science/article/pii/S0006899309009299)..http://ww.. .

Black pepper and quercetin increase the assimilation of curcumin. Foods rich in quercetin include red wine, red grapes, onions, green tea, apples, blueberries, black plums, red leaf lettuce, raw cabbage, chicory leaves, raw spinach, peppers, green beans and raw broccoli. The best natural source of quercetin are capers

2. LIPOICO (R-ALA, active form): [m.pnas.org/.../3381.short](http://m.pnas.org/.../3381.short)

[journals.plos.org/plosone/article?id=10.1371/journal.pone.0058371](http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0058371)

3. BROCOLI (SULFORAFANO): [alivecell.com/.../sulforaphane](http://alivecell.com/.../sulforaphane) .

[alivecell.com/en/sulforaphane/....http://onlinelibrary.wiley.com/doi/1..](http://alivecell.com/en/sulforaphane/....http://onlinelibrary.wiley.com/doi/1..)

[www.sciencedirect.com/.../s1043661813001606](http://www.sciencedirect.com/.../s1043661813001606)

4. RESVERATROL. [www.ncbi.nlm.nih.gov/.../20418481](http://www.ncbi.nlm.nih.gov/.../20418481)

[www.ncbi.nlm.nih.gov/.../22917016](http://www.ncbi.nlm.nih.gov/.../22917016)

[www.sciencedirect.com/.../S0014299908006511](http://www.sciencedirect.com/.../S0014299908006511)

[onlinelibrary.wiley.com/doi/10.1111/j.1439-0396.2010.01123.x/full](http://onlinelibrary.wiley.com/doi/10.1111/j.1439-0396.2010.01123.x/full)

5. EGCG): [www.sciencedirect.com/.../S0024320510002663](http://www.sciencedirect.com/.../S0024320510002663) ..

6. PROCANIDINES OF GRAPE SEEDS: [www.mdpi.com/.../htm](http://www.mdpi.com/.../htm) .

7. DIALYL TRISULFURE AND DIALYL DYSULFUR (PEITC) from the allium:  
[www.sciencedirect.com/.../S0167527312016324](http://www.sciencedirect.com/.../S0167527312016324)

[mct.aacrjournals.org/.../1918.short](http://mct.aacrjournals.org/.../1918.short)

8. CATECHESTS: [www.sciencedirect.com/.../S0955286312000423](http://www.sciencedirect.com/.../S0955286312000423)

9. Puniclagin (pomegranates): [onlinelibrary.wiley.com/.../full](http://onlinelibrary.wiley.com/.../full) .

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**stanleybecker**

Gui - your power of research is AWESOME! - lots of love and more power to your curiosity

Dear Readership - due to my clumsy finger work while tapping in revisions to my leading comment today I inadvertently tapped in "cancel" - this happens at least once to all human beings - unfortunately as perfectly good thread has vanished down the rabbit hole - never to be seen again - sorry about that, stan

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**iamblessediam**

Hi Prpf. G. -- EXCELLENT summation on Nrf2 pathway and how to support it. I'll add one other addition - DHQ [Dihydroquercetin]. On the CAPE [Cell-Based Antioxidant Protection in Erythrocytes - which is a more accurate "assay" than ORAC] antioxidant scale, DHQ scores 10 - outscoring blueberry [1], blackberry [1] raspberry [1] and cocoa [4]. DHQ effects on the Nrf2 pathway: [\[www.ncbi.nlm.nih.gov/.../23419114\]](http://www.ncbi.nlm.nih.gov/.../23419114) and [\[scholar.google.com/scholar?q=dhq+antioxidant+and+nrf2+pathway&hl=e..\]](http://scholar.google.com/scholar?q=dhq+antioxidant+and+nrf2+pathway&hl=e..). DHQ and exercise recovery: [\[www.balinvest.lv/applications-of-dhq/dhq-in-sport/params/post/855274/\]](http://www.balinvest.lv/applications-of-dhq/dhq-in-sport/params/post/855274/). Be well everyone! LBP!

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## Guillermou

Thank you, Mr. INVESTIGATOR, IAM. Agree. Dihydroquercetin is a potent antioxidant, which belongs to bioflavonoids, natural compounds, which is the source of Siberian larch. The RCAO is 105,000. According to my data 4 times more than the maqui. You know the Cape. ? The dihydroquercetin utility as the active ingredient is huge. Laureate Linus Pauling, a two-time Nobel Prize contended, that the consumption of this potent antioxidant helps the actual prolongation of human life several years.

Dihydroquercetin, thanks to its unique molecular structure, penetrates inside the cells, neutralizes harmful toxic, to the body of free radicals and therefore prevents the aging process. In addition, laboratory and clinical studies have shown that dihydroquercetin extracted from larch, has the highest antioxidant activity greater than its previously known natural counterparts - vitamins B, C, beta-carotene, tocopherols - dozens of times.

The main sources of polyphenols are red wine (grape resveratrol), dark chocolate and berries (blueberries, raspberries, blueberries ...). Of the 4,000 known polyphenols, only one type is common to these 3 foods: delphinidins. The ORAC of the maqui is 26,000, followed by the raspberry 19,000, red cranberry 9000 and blue cranberry 4000, Acai, 4000 and red grape 1,800. The onion shell 5% quercetin bioflavonoid antioxidant (up to 240 486 100-mg per g of the product, and only the bow 13 199-mg), but people intuitively knew of its benefits. For comparison - buckwheat contains quercetin g 8 100 to g.

Quercetin and other products: caper - 1808 328 mg / kg, celery celery - 1700 mg / kg, black elderberry - 420 mg / kg, cocoa fruit - 250 mg / kg, blueberry -177 mg / kg, blueberries - 146 mg / kg, blueberries - 121 mg / kg, chokeberry - 89 mg / kg, Rowan - 85 mg / kg blackberries - 45 mg / kg, broccoli - 32-110 mg / green tea - 2000 2500-mg / kg, cherry - 12 mg / kg, red wine - 8.3 mg / kg, apple with skin - 1,3 3-mg / kg, have small tomatoes grown naturally

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Hi Prof. G. -- The CAPE assay method calculates the "potential" inside the cell under use - whereas the ORAC assay calculates the "potential" outside the cell BEFORE use. I personally think the CAPE assay better fits into the methylation cycle picture - gives a better picture of any nutrient "potential" to "attenuate" a malfunctioning "pathway" like the Nrf2. DHQ is a great "recycling" agent - thus it's application in the sports arena. Another "adjunct" - which I forgot to add - that's recently been studied showing attenuation effects on the Nrf2 pathway in a positive manner is Transcranial magnetic stimulation [TMS]: [[www.sciencedirect.com/.../S1935861X12000381](http://www.sciencedirect.com/.../S1935861X12000381)] - it fits into the "wave-particle duality" concept in quantum mechanics - or - Einstein's "spooky action at a distance" observation: [[www.sciencedaily.com/.../wave-particle\\_duality.htm](http://www.sciencedaily.com/.../wave-particle_duality.htm)]. I believe the human body is an ambient temperature fission/fusion nuclear reactor generating energy to fuel a laser light machine called DNA using both wave and particle interactions - it's why I'm fascinated with both native [geomagnetic] and non-native [EMF/EMI] electromagnetic influences on cellular function(s) - the field of biophysics and biophotons and material science [structure]. So, wave-particle = mind-body = metal-material - any "sources" of electromagnetic wave energy - like EMF/EMI - that disrupts the coherent resonance of the "wave" causing "particle" issues creates an energy information exchange lacking proper harmonics - that equates to less than optimal health - Dr. Martin Pall has effectively "connected the dots" demonstrating how a particular wave "form" disrupts optimal cellular function - so do the wave forms of Sun spots: [[www.ncbi.nlm.nih.gov/.../PMC3063695](http://www.ncbi.nlm.nih.gov/.../PMC3063695)]. Tesla summed it nicely ~ "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." - the human body mirrors that! Be well! LBP!

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## RobertSniadach

Hola Gui - Most excellent information that you provide! Thank you. For many years I have been working with patients using water fasting and similar detox protocols. I have often thought to myself, what would be the IDEAL pre-fast diet and supplementation regimen, that would help prepare the body to best cope with all the detoxification processes that occur during the fast? How could I help my patients to maximize a very thorough detoxification for themselves, while also helping to make their fast more comfortable by minimizing symptoms?

I know that each case is different, of course, and that each patient presents with a unique situation that requires customized advice. But nevertheless, I have experimented with pre-fast and during-fast supplementation, hoping to make the improve detox and comfort levels with fasting. Mostly I have used proteolytic and lypolytic enzymes where indicated, both pre- and during-fasting. Fortunately, in most cases, the body knows very, very well what it needs to do and what it is capable of doing, so that understanding lifts much of the diagnostic burden. Oftentimes no intervention whatsoever is sufficient, and most people gain fantastic benefit from their fast. But I also come across many patients, esp long standing chronic disease cases where various systems and organs are quite compromised, sometimes permanently. So this is where I like to advise for specific pre-fast diet and supplementation.

If you are interested, it would be fun to create some generalized pre-, during-, and post-fast dietary and supplementation protocols for fasting patients. As you already know, fasting is HUGELY beneficial for nearly everyone. And yet, there has been VERY little research into it, because there is no money in it for pharma/medical industrial complex... and also nearly no clinical research into how to intelligently assist the fasting patient for best outcome. I am sure that many physicians who practice fasting therapy would benefit from this work.

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## Guillermou

Hi, Robert. It's very interesting, what you say. The first book on fasting that I read, is that of Alexi Suvorin. Do you know him? I have it on paper, in Spanish. He describes the different stages of fasting, and how in the different stages the healing of chronic diseases is achieved. He says, that the tongue is cleaned at 22 days, removing the seborrhea, and turning red. I found it interesting, H2 water, and send you several articles. Since I do not have clinical experience, I do not know if my theoretical knowledge, can help, but count you, with my contribution in what I can help.

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## axkershaw

Gui; Thank you for thoughtful and informed perspectives. I am working and thinking on how to stay healthy and productive in this toxic world. I am on a ketogenic diet which I think helps against EMFs because the fats in the cell membranes and myelin sheaths are stable animal fats from good sources. I am having a Faraday Cage built for over my bed. I think that during sleep the body does a major share of its repair. When out in society EMFs are unavoidable but I can at least shield myself during sleep.

I had hypothesized that the pulsed digital EMFs caused damage by interfering with DNA repair mechanisms and after reading this article it seems that maybe only partially true. I am also considering taking small doses of .5 mg of Norvasc. What are your opinions? Others on this well informed site please comment. I am 75, in good shape. Celiac or Roundup casualty hence hypothyroid and living in Ecuador.

Also to help nrf2 pathway I am considering making my own liposomal vitamin C, glutathione, MgSO4 combination. There is no glutathione or Epsom salts here but I have ample supply from my last trip to California.

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## **annie1996**

If you think that the current EMF bandwidth is bad, a much higher frequency version '5G - the internet of all things' is currently being implemented without a vote, health studies or regulations. We can conclude that our health and privacy are of no consideration when corporations stand to make billions and billions of dollars.

[www.youtube.com/watch](http://www.youtube.com/watch)

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## **betternbetter**

Yes! They plan on hanging a 5G antenna on every light pole and using it for their " self driving " cars. Between the emfs, vaccines, pesticides, and chemicals, I think we are in for a rapid demise :-(

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## **Falk**

For Californians. we have SB 624 making its way to reality. If passed, it will likely increase. many times, the amount EMR we are exposed to. [leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill\\_id=20152016..](http://leginfo.legislature.ca.gov/faces/billTextClient.xhtml?bill_id=20152016..)

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## californiawoman

I cringe when I see pregnant women wearing the new Apple watches. Wonder what it is doing to the fetus. An added note: My husband contracted a cancerous lump - a lymphoma - on his thigh where he placed his laptop for many years. When I asked his mainstream surgeon if she thought the laptop was the culprit, she did not answer directly. What she did say was that she no longer carries a cell phone on her body. My guess is that she sees the correlation on the front lines with her own patients but can't discuss it until it goes official.

If that weren't bad enough, my husband developed a fibrinous lump on the side of his neck where he used his cell phone all day long in his sales job for many years. It was not cancer but it was growing toward his spine and was only millimeters away. He had no neurological symptoms yet, but the mass was so large that he could not turn his head well. The only mainstream answer was surgery which was risky since it was so close to the spine. In the past 2 years, a combo of proteolytic enzymes is helping it to shrink it and he can now turn his head without pain. I am trying to spread the word to everyone about emf's without much luck. Thank you, Dr Mercola, for bringing this topic up to the public.

Posted On 09/03/2017

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## Ronald\_H

California woman and group, Regarding: "What she did say was that she no longer carries a cell phone on her body." Two categories of people warn us of such things: largely dismissed "conspiracy theorists" such as myself and brain surgeons. It's a mass Sheeple induced psychoses that has them ignore realities and trust their perceived authorities. This repeats in virtually all aspects of healthy living as avid readers of Mercola.com know well. I know a Cheetos munching engineer who publically ridicules me for healthy living because as everyone knows healthy living, doesn't cure disease because as everyone knows only pharmaceutical and doctor deities can do that.

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## GiGiOf2

californiawoman, Thanks for sharing about your husband's lymphoma and fibrinous lump. My daughter (34) had a lymphoma on her upper right back area two years ago which was surgically removed. No other treatment needed.. She had a melanoma on the upper chest area several years before also surgically removed. She has lupus now. I had looked into proteolytic enzymes for my painful arthritis several years ago and took it for over a year without noticeable results. I ended up needing a hip replacement. Could you share what kind of proteolytic enzymes (brand and strength) have helped shrink your husband's fibrinous lump? Many thanks!

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## rrealrose

Gigi, You may be interested in reading an older book now, by 2 Aussie doctors who had about 400 patients w lupus in remission in the 1980's, their 2002 book is called "Dangerous Grains" and can be found on Barnes&Noble website or on Amazon at this link: [www.amazon.com/Dangerous-Grains-Gluten-Cereal-Hazardous/dp/1583331298](http://www.amazon.com/Dangerous-Grains-Gluten-Cereal-Hazardous/dp/1583331298) - this pertains to your arthritis and your daughter's lupus...you want to remove the toxic input first, before any enzymes or probiotics can work for you.

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## Robinfinity

When you mention the lump on your husband's thigh, this is called a lipoma. I think it's benign but best to treat so it doesn't continue to expand. It's possible to shrink lipomas down by drinking noni juice and taking grape seed extract capsules, both anti-inflammatory. This info per endocrinologist Dr Karen Herbst.

Posted On 09/04/2017

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## forbiddenhealing

Beside the obvious takeaway of avoiding EMF exposure and oxidative stress via diet/detoxification of metals and lifestyle/exercise/sun exposure.....boosting antioxidants, a variety of polyphenols (cucumin, flavonoids, etc.) and precursors of internally produced glutathione/SOD/Catalase (like sulfur containing NAC, RALA, crucifers, onions, eggs, garlic) prevents free radical damage and stimulates nrf2 benefits.....Mega C raises electron charge terrain conducive to production and protection of internal antioxidants....Besides that, phones/screens have produced a generation of well informed and connected idiots detached fr nature and reality.

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## rrealrose

Capt'n Forbidden. What if its more than this? The above interview reminded me of something I watched a while ago, about having excess calcium in the body vs excess calcium flooding into cells (intra- vs inter-cellular calcium)...this is just for you? No! Hang on to about the 30 minute mark and for everyone over the age of 45! - the Silicon Valley health institute, May 2014 presentation: [www.youtube.com/watch](http://www.youtube.com/watch) ~~~~~He goes to great lengths to discuss how to reduce the calcium buildup, and of course this features Vits C, D3, K2 and Mg!!!

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## forbiddenhealing

rrrealrose...YES...The gospel of Thomas Levy...Oxidative stress eats bone (and other connective tissues) calcifies body..so get mo C/bone broths-collagen..., Ca/Mg balance important too.

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## Krofter

Monsatan is currently facing some large class action lawsuits for poisoning the world. Telecom companies may be next in line.

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## Guillermou

!!! May your prediction be fulfilled, Krofter !!!. Monsanto and pharmaceutical managers should put them in their chalet, high voltage towers. !! This is impossible, because they share the business, the disease!

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## jmiller739

What has happened to our health? It's a question that few people can answer. I think the following article hits a home run: "Electropollution and the Decline in Health of a Nation-- It might surprise you to know that the 1950s, when there were few health clubs; the American diet was loaded with fat; vitamin supplements were rare; executives downed three martinis at lunch and everyone smoked like a smokestack, may have been the healthiest decade ever. Expectations for getting cancer were only 1 in 6; it is now 1 in 2 for men. Alzheimer's, Multiple Sclerosis and most modern autoimmune diseases were unheard of. Neurological disorders like Parkinson's and ALS were rare. Diabetes was only beginning to merge and heart disease for young people was unusual." [www.justproveit.net/content/electropollution-and-decline-health-nation..](http://www.justproveit.net/content/electropollution-and-decline-health-nation..)

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## **jmiller739**

Is EMF playing a sinister role in the dramatic increase in chronic degenerative diseases and the sharp decline of wellbeing? The sad reality is the background levels of EMF are on the rise with the proliferation of cell towers, WI-FI, WI-MAX, etc. Corporate and government entities have blatantly ignored the undeniable effects of electromagnetic radiation for far too long. The science of adverse health effects has been around for decades-- see the Dr. Zory Glazer archive. The wireless revolution should have never gotten off the ground. Many are trapped in a nightmare and have no idea what's happening. I fear that non-ionizing radiation is helping to fuel the suicide epidemic...

[www.magdahavas.com/wordpress/wp-content/uploads/2010/06/Navy\\_Radiowave..](http://www.magdahavas.com/wordpress/wp-content/uploads/2010/06/Navy_Radiowave..)

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## **stanleybecker**

<http://www.zoryglaser.com/>

[books.google.co.za/books?id=ueljAAAAQBAJ&pg=PT207&lpg=PT207&am..](http://books.google.co.za/books?id=ueljAAAAQBAJ&pg=PT207&lpg=PT207&am..)

this 2nd link has much information about children and EMFs

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## **pporter**

Since 2013, I have been following Lloyd Burrell, who has recovered from EMF damage. Every Thursday, he interviews an expert on some area of EMF pollution. His website is [electricsense.com](http://electricsense.com). You can go there and sign up for his newsletters and you will get notified of upcoming speakers. A recent topic was which light bulbs were the safest. Yes, some modern light bulbs are damaging, too.

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## **Guillermou**

Effectively PPORTER. Low-energy bulbs, or FLC compact fluorescents, are substantially small in size, electronically wired with a high frequency (HF) switched feeder between 25 and 45 KHz depending on the model. They emit a lot of electromagnetic pollution of high frequency, very damaging to the health, in addition they dirty, with these electromagnetic fields the electrical installation of house, and the whole network, transforming the electromagnetic fields of the same, into something even more unhealthy. In addition, energy-saving light bulbs are not environmentally friendly, they contain mercury, their vapors, and various toxic powders in their interior, which are not recycled and dissolve in the aquifers.

Alternate 12-volt bulbs with transformer (GU5,3) are also not recommended, the transformer generates a lot of magnetic field, and if used with electronic feeders, will also emit high frequencies, such as low-energy bulbs. Replacing them with equivalent direct-charge bulbs (GU10) is a good idea, we will have more light, lower costs, and fewer electromagnetic fields, harmful to health. The old Edison bulbs, the ones of the whole life, are the best, generate an insignificant magnetic field, and little electric field at 50 Hz, that is very easy to eliminate almost completely.

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**ahh9413**

Good on you! I would not allow a modern low energy light bulb in my house. Not good! High EMF's, destructive light spectrum, and full of mercury! You break one, you have an instant hazardous waste site in your living space, officials require a haz mat suit to clean it up for good sakes. And what happens to this nice little mercury filled light bulb down stream when you dispose of it? Another modern convenience brought to you buy the Globalist Elite that are hell bent on terminating the general populations lives! Works more efficiently then amalgam fillings they say!

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**desertpat**

This is real. My son came home from Japan with serious chemical and EMF sensitivity (not related to Fukushima). He nearly died. I've never seen anything like it in terms of anxiety attacks, brain events triggered by foods, smells and proximity to wi-fi, plus a lot of physical symptoms such as severe headaches, arthritis-like joint pain, and inability to sleep.

NOT ONE medical doctor took it seriously. We threw everything at it we could find--all organics, EMF sheets on the walls in the house, a scalar home protection unit, a grounding mat, no wi-fi in the house, low lights, acupuncture, supplements, chiropractic, meditation, qi gong, massage, and much more. After a year of this nightmare, he is mostly ok again, is back to his career as an editor (on a sealed iMac), can put gas in his own car, and a few other things. Mostly, he now knows what to avoid. His diet is still incredibly restricted, he uses no cell phone or other electronics, and continues to take supplements.

After he came home so ill, we started to talk to others and discovered that several people in my own neighborhood have the same thing. One has attempted suicide several times and started camping out in a national park. My city (Tucson, AZ) wanted to put in smart meters, but that got defeated (not sure why). I very much fear we are headed into a world where many more people will suffer. This is absolutely real, and it is awful! No one expects to see their child go through this.

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## rrealrose

DesertPat, Did you come across this UK article from 2016 on Snowflake AZ?

[www.theguardian.com/society/2016/jul/11/snowflake-arizona-environmenta..](http://www.theguardian.com/society/2016/jul/11/snowflake-arizona-environmenta..) . Not that I would expect having an expose helps your son, but YOU may want to be aware of the drop-outs who somehow founded and are living in this isolated location in your state.

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## grulla

There has been much discussion on the news for the need of upgrading our national electrical power grid: [www.businessinsider.com/replacing-us-electrical-grid-cost-2017-3](http://www.businessinsider.com/replacing-us-electrical-grid-cost-2017-3)

There has also been discussion over the past decade of building an international railroad between the two (E-W) hemispheres via a bridge or tunnel across the Bering straights connecting Russia, as well as indirectly China and the rest of Asia, Africa, and Europe, to Alaska in the U.S and all of North and South America.: [www.info-quest.org/ExtremeEngineering.html](http://www.info-quest.org/ExtremeEngineering.html)

Having said all that, my thought would be, if they can build a global, international railroad, then why not construct an international direct current (DC), high voltage power grid with just 2 BURIED conductors (+ & -) to tie in all the alternative solar, wind, and waterfall electric power generation sources from around the globe, feeding all regional and local power distribution infrastructures and substations, so reliable solar (and other alternative) electrical power could be supplied day or night, anywhere around the globe where and when the sun doesn't shine. And no or minimal EMFs due to eliminating the 50/60 HZ high voltage power line grid. However, there are other hurdles and considerations as well for local, electrical distribution.

[www.theenergycollective.com/roger\\_rethinker/204396/ac-versus-dc-powerl..](http://www.theenergycollective.com/roger_rethinker/204396/ac-versus-dc-powerl..)

[www.quora.com/When-and-why-is-DC-used-instead-of-AC-for-long-distance-..](http://www.quora.com/When-and-why-is-DC-used-instead-of-AC-for-long-distance-..)

[www.extremetech.com/extreme/142741-tesla-turns-in-his-grave-is-it-fina..](http://www.extremetech.com/extreme/142741-tesla-turns-in-his-grave-is-it-fina..)

Posted On 09/03/2017

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**jeanpet**

I was having symptoms coming from my office at work. After a lot of research, I contacted Electrahealth.com. I spoke to Sean Kranish himself, on the phone and ended up buying some of his products. The power strip they make is amazing! I bought several stetzizer filters, and shielded cords. I am feeling so much better. No symptoms anymore!

Posted On 09/03/2017

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**nao3425**

do not forget, the 1st casualty Was the Truth. per usual... WWII brought us microwave radar for warfare. In 1947, Bell Telephone set up the first microwave phone relay between towers in Boston and NYC. The same year, TV was born and they also used microwaves for transmission. The 1980's brought cellular communications. What has happened since 1990 is astounding for the planet and life. The first mile above the Earth is now filled with 2 million times the amount of EMF that we faced in 1900. You heard this in the EMF 1 video I posted. We can not truly know the problem largeness because the EPA was forced to stop measuring EMF over our country in 1979. In the USA, in 1979 there was no tech boom yet, but today there is. Today, our country leads the world in technology productivity and it is all based upon the quantum effects of electrons over a silicon wafer. It's infrastructure, however, was being built in Stanford University, in California, and by the Dept. Of Defense. The Internet story can be researched elsewhere. It is now common knowledge. The results of its explosion however are going to be your new inconvenient truth. We have not had one survey of EMF since this time in this country. [www.jackkruse.com/emf-5-what-are-the-biologic-effects-of-emf](http://www.jackkruse.com/emf-5-what-are-the-biologic-effects-of-emf)

Oh yes, the Earth's own magnetic field has consequences.... Simulated Sudden Increase in Geomagnetic Activity and its Effect on Heart Rate Variability:

[www.academia.edu/27733477/Simulated\\_Sudden\\_Increase\\_in\\_Geomagnetic\\_Act..](http://www.academia.edu/27733477/Simulated_Sudden_Increase_in_Geomagnetic_Act..)

Posted On 09/03/2017

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**nao3425**

would suggest Karen Hudes be advised, no matter what anyone says, we cannot be under Martial Law, There is NO LEGAL way Executive orders can become LAW... Congress is FORBIDDEN to DELEGATE it's authority, and that matter has been before the Supreme court more times than I can count. Any usurpation of Congressional power is plain an simple TREASON, Since the Congress is the ONLY COSTITUTIONALY RECOGNISED LAW MAKING BODY, any and everything else is simply Bull \*\*\*.

Posted On 09/09/2017

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**bahmi0**

Great, great article. We had a real donnybrook in my home town when cell towers were proposed. We raised money, made a lot of noise, but the big money won out. Lies from the communications company won the day once again.

Posted On 09/03/2017

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**betternbetter**

You know, the iPhone or iPad can be hooked to the ethernet and used in airplane mode. It is a function not technically supported by Apple, but it works for me. For about \$70 one can buy the Apple USB Ethernet Adapter (MC704LL/A) and the Apple MK0W2AM/A Lightning To USB Camera Adapter which allows power to be fed to it with a lightning cable and plug it all together to an ethernet cable. I do not receive phone calls this way, but have rapid internet and downloads with no radiation.

Posted On 09/03/2017

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## **ahh9413**

Don't buy your USB Ethernet adapter from apple for \$70. Buy a none apple no name one for less then half that, all apple accessories are grossly overpriced!

They are available at any electronic/accessory outlet.

Posted On 09/07/2017

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## **ColourTrixx**

The world's foremost expert on wifi and microwave technology is Barry Trower. In addition to Martin Pall, he would be a brilliant guest to interview on Mercola.com [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 09/03/2017

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## **stanleybecker**

[www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 09/03/2017

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## **cpquinn8990**

I don't know about you guys, but I always seem to get pain in my head after putting my cellphone right up next to it. I only use speaker, and ground regularly. Also make sure to take chlorella and get plenty of magnesium.

Posted On 09/03/2017

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## Pet Rock

I believe it was actually 1996, and not 1986, that the EPA was defunded. This was at the time of the 1996 Telecommunications Act, that also stopped anyone from trying to block a cell tower coming in on the basis of health or the environment. Another problem with wifi (radiofrequency radiation) and the like is malignant melanoma. [www.ncbi.nlm.nih.gov/.../15232509](http://www.ncbi.nlm.nih.gov/.../15232509)

Posted On 09/03/2017

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## ragus

Thank you so much Dr. Mercola, this has got to be one of your most important articles. It's so important to make the public aware of this silent problem, which has such serious health consequences. I am looking forward to your paper on Nrf2. Perhaps EMF could be the subject of your next book?

Posted On 09/03/2017

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## Chimonger

Wish I could find the 3-month series of in-depth articles, that New Yorker magazine published, in the summer of about 1994? Cannot remember exactly what year. Have not had time to try digging for it online, to find it again, for some time; but last time I tried, was unable to locate it. The 3-month series was published in approx. June/July/Aug. of one summer. It was all about MEF/RF damages, mentioned numerous studies, cases. Discussed what Stockholm, Sweden discovered, and how they remedied it. It was hugely informative. Good job, informing public about this horrendous issue, Dr. Mercola!

It gets steadily worse, with every increase in communication speeds...5G will be a louder 'tipping point'. The real question is, though, will the medical professionals even acknowledge it's a "thing"? Will they even document it if the patients tell them about it? Or, as they have already been doing, route patients to psych consults, and avoid retaliation by industries adversely affected by public learning of this?

Posted On 09/03/2017

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## **gvm44020**

I'd like to know how this may, or may not, affect/exacerbate/cause ALS and/or other neurological diseases? I am a recently diagnosed ALS/Bulbar Palsy onset patient and have always suspected EMG as an adversary. And although I do not use a cell phone, a tower was erected on the ridge directly above our house about 8-10 years ago. I've experience constant ringing in my ears ever since...

Posted On 06/15/2019

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## **Shasha**

I don't have a cell phone, but there microwaves in the air. I gave away my microwave oven since I don't like to reheat food anyway and don't want proteins altered. It is scary to know cell phone towers could fry people for war on people if used in that way. Cooking your brain by talking on your cell phone may increase brain cancer along with gluten/GMO/chemicals etc.

Posted On 09/14/2018

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## **totalemfsolutions**

A special diet cannot overcome the effects of frequencies found in dirty electricity.

Posted On 09/07/2017

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## Chimonger

Very glad to see more references listed! Thank you! Currently, am enlisting our library system, to dig for the 3-month series that The New Yorker ran, in the 1990's, on this very subject. That series mentioned the increased cancer rates of those living within 50' of power lines, and, discussed what happened in Stockholm, Sweden [they figured out that the Cellphone repeaters etc. were causing poor health to residents near them; the city is laced with those]; also mentions some remediating measures.

There are a number of companies online, which sell equipment and materials to help measure the problem at your location, and, remedy it. Now, there are fabrics which can be made into furnishings around the house, clothing, etc., to help shield oneself from EMF's. There's even a graphite [?] paint, to coat walls with...it must be very well-coated, and a wire embedded into the paint, which plugs to a ground socket...this essentially makes a Faraday Cage, of the room painted with it; it's a charcoal color, but any other water-based paint can coat-over it, and none would know it's there.

Those who are badly affected by EMF/RF fields, are the new "mine canaries". I saw a video [many years ago] of the gal who was completely unable to walk, unless assisted by 2 people, because EMF's caused drastic spasticity. She was then able to walk unassisted, while wearing a hooded cape with a grounding drag-strip, made of one of those special fabrics. It was made using far less tech than exists now, so I think it was real [plus the know veracity of the guy showing it].

It's gotten so we all need to make our homes into Faraday Cages, just to survive. Industries are seriously helping achieve aggressive population control, disguised as "doing business" [petroleum industries, chemical industries, AgriBiz industries, Wifi technologies and cellphones, etc.]

Posted On 09/06/2017

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## GiGiOf2

californiawoman, I'm afraid I don't know how to change my restrictions to allow you to send me a message. I did use serrapeptase for over a year without noticeable results. Don't know if it was the brand, which is why I would love to know which brand your husband uses. Some reviewers of the brand I bought on Amazon say they felt a difference almost immediately. I never did.

Posted On 09/04/2017

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## GiGiOf2

realrose, I wasn't able to respond to your response to me earlier, so am posting it here. Thanks so much for your comment about gluten and lupus and arthritis. I will look up the book you mentioned. Maybe the protease enzymes I took didn't help because I wasn't gluten free at the time. My daughter and I have now been GF for about a year and a half, though I do slip once in a while. (I don't know if that means I'm back to square one again or not.) I'm not sure if I feel a difference with my arthritis being GF. My daughter is on plaquenol now, though we're not thrilled about that. She has arthritis symptoms, too (maybe it's from the lupus) and gets acupuncture once a month for her painful joints in her hands. That helps tremendously.

Posted On 09/04/2017

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## ghereinaus

I've myalgic encephalomyelitis and E.H.S. I have a constant feeling of pressure in my head which varies with the amount of immune activity I have. Immune stimulating supplements make it worse, and the sensation goes up and down with other signs of immune activity. The worst thing for increasing that feeling of pressure in my head (several times worse and instantly) is exposure to mobile (cell) phone radiation. I believe I have antibodies attacking heat shock proteins (or antigens bound to them) being expressed from my brain myelin. (About 5% of people with M.E. tested by Dr. Byron Hyde have elevated polio antibodies. I got encephalomyelitis from a polio vaccine).

Phone radiation increases heat shock protein expression and therefore increases the number of antibodies attacking my brain myelin. No doubt phone and wireless radiation increases already elevated peroxynitrite, histamine, excitotoxicity and whatever else in me, but I am sure that the increase in autoimmunity caused by radiation is the main cause of my reaction to phone radiation. The one supplement that reduces the severity of my reaction to radiation is calcium aep, which helps protect cell membranes against autoimmune attack.

Posted On 09/04/2017

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## nao3425

More on the Cancer link Unlike normal human cells, which have 46 chromosomes, cancer cells can have a larger —and variable— number of chromosomes. (Having more than 46 chromosomes, known as hyperploidy, is usually a sign of trouble, as in Down's syndrome.) A type of breast cancer cell, known as MCF-7, has an average of 74 chromosomes. When exposed to a 60 Hz magnetic field of as low as 25-50 nT (0.025-0.05  $\mu$ T or 0.25-0.5 mG) for six days, the cells lose more than 10% of their chromosomes, according to Héroux and Li. They call the effect karyotype contraction and say that the change is highly statistically significant. They repeated the same experiment with four other cell lines —those of lung and colon cancer and two different types of leukemia— and found essentially the same effect every time. The cells exposed to magnetic fields show a number of remarkable properties:

- After three weeks in the field, the number of chromosomes returns to baseline numbers;
  - Once adapted to the magnetic field, the cells become exquisitely sensitive to further variations of the magnetic field. An increase or decrease of only 10 nT (0.01  $\mu$ T, 0.1 mG) will prompt another round of karyotype contractions.
  - The karyotype contractions vary very little over a wide range of field intensities — from 100 to 500 nT (0.1-0.5  $\mu$ T, 1-5 mG). That is, there's no dose-response. Héroux and Li concede that much of this behavior is "unusual" and runs counter to "classical toxicology and epidemiology." They say that they're in uncharted territory that's "unforeseen by conventional toxicological principles." In all five cell lines, the effects "are strikingly similar," they write, and this suggests a "common, basic mechanism."
- [microwavenews.com/news-center/unified-theory-magnetic-field-action](http://microwavenews.com/news-center/unified-theory-magnetic-field-action)

Posted On 09/03/2017

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## Morgan98

Thank you for all your doing. Bless you for making this problem known

Posted On 09/03/2017

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## **Norisnita**

Excellent article Dr. Mercola, as always. WOW! the participants said all, so nothing to add. except be well everyone.Norisnita

Posted On 09/03/2017

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## **squeaky123**

Here in London there is talk of allowing the use of mobile phones on the tube. Would that put me, a non-mobile phone user, in danger when standing or sitting near someone (probably shouting!) on theirs?

Posted On 09/03/2017

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## **carolat\_203**

this is so True More Brain Cancer is on the up rise

Posted On 09/03/2017

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