

The Role of EMFs in the Spread of Viral Pandemics: A Special Interview With Brian Hoyer

By Dr. Joseph Mercola

Dr. Mercola:

Welcome everyone. This is Dr. Mercola, helping you take control of your health with another interview to help get you updated on this COVID-19 epidemic. And we have a peak guest, Brian Hoyer who is one of the primary consultants in my new books EMF. And we've had a lot of questions about the possible causal connection between this COVID-19 pandemic and planned demic as some like to call it and 5G implementation. So we're going to have a good time discussing this. A lot of interesting information out there. Just to let you know before we start, this is being recorded the last day of March, March 31st, the day before April Fools. So some of the statistics that will be cited here are current as of this date, of course.

Dr. Mercola:

And they're going to change by the time this gets broadcast which will be a little over... let's see, less than two weeks hopefully but somewhere in that time frame. So please excuse any discrepancies that occur in that time but you can go to our site at mercola.com and look at the blog that we have which literally we go through dozens, if not hundreds, of articles every day to comb out the best information for you on the pandemic and put it up there. So you can go there any time, we have a new link up there too which shows the current stats so you can see in real time what the numbers are and keep updated on this. So with all that introduction, welcome and thank you for joining us today, Brian.

Brian Hoyer:

Yeah. It's great to be here again. There's a lot that's been going on, it's crazy to think. I never would have thought even just a month ago that we would be where we are today in this country and the entire world.

Dr. Mercola:

That is a severe understatement, there's no question. I don't think life will likely ever be quite the same again. And no one knows and can predict what life will look like but I just don't think it's going to be the same, change is one thing we can be certain of in our life but this is going to be change on steroids for sure.

Brian Hoyer:

Yes, definitely.

Dr. Mercola:

Yeah. So now I guess there's so many different ways we can go about this. But I think it's best to establish a framework that the connection between the virus and 5G, in some ways, is a moot issue. In some ways it's not. But it really is tangential to what you need to do now to protect yourself and your family. And it's nice to know because if the connection is true then there are some strategies you're

going to want to implement which we'll discuss to protect yourself in the future. But right now, I mean, it's almost an intellectual exercise to do this but I think it's an important exercise. So let me tell you why it's important because, as I said, we're recording this on March 31st. But most of the people who come down and pass from this epidemic are elderly.

Dr. Mercola:

We don't have... at least I don't have access, at this point, to statistics, primarily in the U.S. Which is, of course, the largest country in the world with epidemics. That may be untrue because China seems to have stopped reporting numbers. They've been stuck at 82,000 for the last 10 days and hasn't been increased. Which I doubt that is true. So either they stopped testing or stopped reporting or both. But anyway, in China, 80% of the people who passed were over 60. And in Italy, it was 80% were over 70. So you've got 10 to 15% of the ones who passed away were under 50. So it's primarily a disease that affects the elderly. When it does impact, it seems to be impacting people more aggressively than influenza and it lasts longer. So there is an enhanced virulence to this infection for some reason that we don't know. But it appears to be the observation.

Dr. Mercola:

But still the numbers aren't that large. And last week, Anthony Fauci, the coronavirus [inaudible 00:04:36] in the U.S., published a paper in the New England Journal of Medicine with some other experts stating that the mortality rate was not 3%. It was probably closer to 0.1% which is the mortality rate we see in the flu. So a lot of the alarm and panic that the media is producing seems to be excessive. And my concern about this is that, and the reaction that the government has implemented with all these self quarantined, land locked... not land locked but isolation individuals to shut down the economy and put tens of millions of people into the unemployment lines, could have... not could. More than likely will have massive consequences on our psychological health.

Dr. Mercola:

It is highly probable that there will be far more people dying from suicide from the depression that's created from the economic collapse, the inevitable collapse. There's just no way around it. You cannot shut down the economy, put everyone at home, and expect things to go back to normal. It's not. It is just not. So it seems to be the sad inevitability of this. So with that framework, it does make this discussion of 5G seem somewhat of a small issue. But as I said, I believe it's an important one because we need to understand some of the variables that contribute to this.

Dr. Mercola:

And I don't think there's anyone better qualified, that I know of, of course I'm biased, to discuss it than the both of us because you're one of the experts in the shielding and this is your full time gig and I've got a passion about it also and wrote a book on it. It took three years to write the book. And I believe, as many have also told me this, probably the best book out there right now. But there's another good one that we're going to talk about by Arthur Firstenberg who's a physician who wrote the Invisible Rainbow, has some of the primary basics that serves a foundation for this discussion.

Brian Hoyer:

Yeah, definitely.

Dr. Mercola:

You can take it from there. I normally don't have this much of a preamble but I thought it was important to frame it.

Brian Hoyer:

Yeah, definitely. So, yeah, Arthur Firstenberg's book, *The Invisible Rainbow*, he catalogs a lot of the epidemiological evidence of the electrification of the world and afterwards sickness happening, namely the flu viruses and various viruses over the course of history. So the big one in there that's been cited out on the internet about possible connection to 5G is, okay, you go back to 1918 when the Spanish flu went around the world and that was when the first radio telegraphs were more widely used and you see the Spanish flu popping up all over the world, doesn't seem to be popping up in a way that we are passing it from person to person but one side of the world to the other side of the world very quickly.

Brian Hoyer:

And today, we wouldn't know if that's happening just because of the way that we travel so frequently. And there's a lot of theories also out there about how viruses actually transmit from person to person and we live in this Louis Pasteurian world where everything is about the virus, the pathogen, and less and less of what we're talking about is the terrain and the health of the individual. Now, that said, what we have is probably the most unhealthy population in the history of the mankind. You could consider that as far as chronic conditions and those types of things. But we also have more sterility, more practices of separation and decontamination, and all of those things better than ever before.

Brian Hoyer:

So why is this virus spreading for what seems like so rapidly? I believe it has to be the terrain of the individual and also environment stressors that are out there that are creating this perfect storm where a virus has an easy way to get into the body and can actually reproduce on the cellular level inside of the human body. Which is really how viruses work. It's not the same as bacteria. I think a lot of people have that false sense that a virus is just a smaller version of a bacteria. And I'm sure you could go into that in a little more detail so that people understand that.

Dr. Mercola:

Well what I'd like to go into more detail is what Arthur Firstenberg wrote in his book. I read his book twice and he was actually one of the reviewers for my book too as you were. And he gave me some useful feedback. But he brings up this concept that there is a connection between EMF and this viral infection, the influenza. And this connection existed far before the advent and introduction of man made EMFs which probably happened in very small quantities in the late 18th century. But he describes something call the maunder minimum which lasted from 1645 to 1715. And essentially this was an area where the sun was very quiet, had no sun spots.

Dr. Mercola:

And then 1727 the sun spot number increased to over 100 for the first time in over a century. Now I know this is ancient history but it's important to understand that because in 1728, the influenza arrived in waves over the entire planet and it was the first flu pandemic in almost 150 years. So this is the first hint, at least historically that there's a connection between EMF because in the solar flare, you're going to have increased radiation and we'll get into the details of what that radiation looks like. So it goes on even further because then the next major pandemic was in 1889.

Dr. Mercola:

And the interesting part of this, which you mentioned but isn't intuitively obvious is that this infection was established pretty much all at once. It didn't travel like in this current epidemic it appears that it started in Wuhan and we'll discuss some of the 5G connections there. But it started in Wuhan, they didn't put restrictions on the travelers, they sent out 5,000,000 people all over the world and contaminated the whole world. Well this 1889 epidemic existed far before we had the ability to travel very fast or far. I mean, basically you had horses and maybe some trains back then but you could not travel very far in one day. And yet... and let me just going to cite this from his book, "The pandemic began in a number of widely scattered parts of the world. Disease would have had to travel faster than trains and ships at the time. It reached Moscow and St. Petersburg the third or fourth week of October.

Dr. Mercola:

But by then, it had already been reported in South Africa, Scotland, Canada, Cairo, Paris, and Berlin." So it hit all at once. Interestingly, in 1889, he describes it as the power line harmonics is what began, what really changed the earth's magnetic fields and allowed this ushering in of this 1889 pandemic. And then he mentioned the Spanish flu of 1918 which is a similar scenario where he said this massive... it traveled far more rapidly than it could have by the normal transportation means at the time. And interestingly in 1918, that's when the radio era began. So there appears to be a connection there so I just thought that was... tying it all together, it leads us to believe there may be a connection here. And his book was written a few years ago so obviously... and he mentions 5G in it.

Dr. Mercola:

Actually, especially the revised version of the book. But we just don't know. And I actually haven't had a chance to discuss with him. He seems to be somewhat adverse to electronic communication, I think, because he's EMF sensitive I believe. And may have some restrictions that way but I'd like to get him on and interview him on this too. But it does provide a foundational understanding that there may be a connection here and that is essentially making us more susceptible and sensitive to this. And then by introduction of these 5G frequencies, it might have been the final straw. We just don't know. And all of this, of course, is speculation. We have no specific studies to prove this. But just trying to put the pieces of this crazy puzzle together.

Brian Hoyer:

Yeah. Well and we learned from past data that we have, and unfortunately, we're living as epidemiological evidence in real time right now. And we can see some of the patterns and things that are happening now that have never happened before. We deal with a lot of people who are electro sensitive and one of the things that they even report is when there's lightning storms and there's flashes of lightning, that creates a radio frequency and they feel sick during lightning storms like with influenza type of symptoms. And it's called microwave sickness in the literature. So a lot of people call it electromagnetic hypersensitivity or they're electro sensitive but in a lot of the literature, you have to look up microwave sickness and look up the history of that and then you'll find these references to when storms come, when solar flares are active, people are getting more and more symptoms.

Brian Hoyer:

Depression is a huge thing that happens when there's more solar radiation and also during a full moon even. So there's a lot of natural electromagnetic radiation that happens, most of that is gradual but with the RF lightning pulses, those are definitely pulsed phenomenon. And then, first [crosstalk 00:14:58]-

Dr. Mercola:

What kind of frequencies are those pulses? Gigahertz? No, it's probably megahertz or kilohertz.

Brian Hoyer:

Yeah, I think it's in the kilohertz range. But it varies depending on the location and the type of... it's never just the same frequency, it's always different. All the lightning is different lengths and everything. But you can actually pick it up, the crackling of that on an RF meter if you happen to be in a lightning storm. You'll actually hear it when the lightning goes off and if you have a really sensitive meter, when you turn on and off light switches, you can hear the arcing and there's an RF that transmits out from that arcing that happens. So every type of-

Dr. Mercola:

What are the frequencies for the solar flares?

Brian Hoyer:

The solar flares? I'm not exactly sure. I know that we're getting... it can affect all types of electronics and it can cause electromagnetic interference and that is technically in the kilohertz to megahertz range and, yeah, I have never actually measured it. I'm really excited when there is a solar flare to turn on all of my equipment and see what starts crackling around.

Dr. Mercola:

Yeah, I think the summary of that is these natural exposures appear to have some influence on our biology. So it wouldn't be too hard to imagine that when we enhance and increase and radically and exponentially increase these exposures through man made methods that there would be some biological consequences.

Brian Hoyer:

Yeah, definitely. The more natural exposures we have are usually temporary or even analog, flowing in one direction, and they're not a pulsation that happens. And one thing that's interesting is that in Firstenberg's book, he also talks about how in the beginning they actually were experimenting on people, giving them some kind of thrill from slightly electrocuting them and then [crosstalk 00:17:10] the symptoms-

Dr. Mercola:

In the 18th century, yeah.

Brian Hoyer:

Yeah. And then the symptoms that come later are a lot of these flu symptoms and things like that as well. And on this low level, we're all surrounded by this 50 or 60 hertz electricity that's pulsing us all the time. And that's actually modulated at 50 or 60 hertz, and so we're always pulsing at that if we don't live or sleep in a shielded space. And then we also have all of the RF, whether it's analog RF signal from a radio station or a pulsed RF signal, it doesn't matter. You still have the modulation happening at the 50 or 60 hertz. And a lot of times I wonder, "Okay, what would a real study look like if you have the 50/60 hertz modulation and the RF and everything?" Because usually in a lot of these studies, they're just testing one thing in a controlled environment. They're never testing the entire soup that we're

constantly bathed in as human beings. We're the big experiment here and they're just testing one thing at a time in this western medicine type of fashion with all these studies that they're doing.

Dr. Mercola:

Yeah. I suspect that's an issue also, at least I'm personally curious, of these young individuals who became sick and died. Which is very atypical, this typically doesn't occur in the flu. So I am confident that virtually no one is examining their EMF exposures. But that could be the hidden variable that accounts for this. These individuals may have had extraordinary EMF exposure. We don't know because no one's looking.

Brian Hoyer:

Yeah. And one thing that's interesting that I was reading is that this virus is affecting the older population, we know that. And the average person, I think, over 60, how many medications are they on compared to the younger people? And then how many medications are doctors and nurses on or these other people, these younger people that have passed away, how many medications were they on? And I think I saw an article on your website about the motrin and ibuprofen-

Dr. Mercola:

Oh yes. We just recently posted that from med [inaudible 00:19:24], it was largely debunking the myth that you need to be taking these antipyretics or fever reduction agents to improve your health. It's like the worst thing you can do.

Brian Hoyer:

Right. And so I think modern medicine, they're really good at prescribing but not so good at navigating the side effects and the physiological effects that are happening, especially when it comes to this contagion that we're being influxed with that they don't know much about the mechanisms behind it and the interactions with the different drugs that they're prescribing people. And there's a lot of people in the... a lot of doctors in the clinical settings that are in the field saying, "I noticed this pattern and these people were on ibuprofen that were younger that passed away."

Brian Hoyer:

And then all the media jumps on that and they say, "Oh, well there's no studies that are showing this." But we have clinical evidence from doctors in the field that are showing this very thing. When did that become not valuable? That's always been something that's valuable, in my understanding, is when a doctor's finding something especially amidst a pandemic when things are so important to move fast and try to understand things better. You need to be listening to those people that are in the field treating patients.

Dr. Mercola:

Yeah, case reports is key. And just to be clear, there are no double blind, placebo controlled, randomized studies of COVID-19 at this point. I'm sure some of them are in process right now and will be published but most likely won't be until later this year or a year or two years down the road. There's a value for doing that work but it does take time.

Brian Hoyer:

Yeah, definitely. And hopefully we'll be able to get some more studies on the EMF side too and understand that [crosstalk 00:21:20]-

Dr. Mercola:

Unlikely.

Brian Hoyer:

But there are some doctors out there that understand EMF and they also have chronically ill patients and they're trying to understand the mechanisms behind this and they're understanding a little more how EMF is impacting this particular virus. So Dr. Klinghardt and Dr. Schaffner at the Sophia Health Institute, they put on several different webinars on this for their patients and people that follow their work. And they talk a lot about, and I had to write this down, the NLRP3 inflammasome-

Dr. Mercola:

Right-

PART 1 OF 4 ENDS [00:22:04]

Brian Hoyer:

The NLRP3 inflammasome that can cause lung injury and is connected to the cytokine storm, and how Vitamin C, melatonin, and humming, which produces nitric oxide when you hum on the exhale, that all helps to reduce and calm down that inflammasome. And so the nitric oxide is key here when we're talking about EMF because of the connection to peroxynitrite.

Dr. Mercola:

Yes, indeed. Yeah. The NLRP3 inflammasome is sort of the bad equivalent of NRF2 pathway, it's just this massive transcription factor for the bad guys, like TNF alpha and TNF beta. TNF beta? No, TNF alpha. Anyway, there's a variety of cytokines, and cytokines are messaging signaling molecules that activate these inflammatory pathways that, especially the ones when you have massive activation, which seems to be one of the major variables at least to the terminal event in the COVID-19 is this massive cytokine storm where this pathway is activated.

Dr. Mercola:

So those are good strategies to know. Do you have any other comments on how the exposures to EMF might contribute to that?

Brian Hoyer:

Yeah. So I mean when we're talking about the voltage-gated calcium ion channels, the calcium influx into the cell, the nitric oxide pathway, if you have EMF exposure and there's super oxide there and nitric oxide, it's going to use that up to create the peroxynitrite, and so there is no more nitric oxide present to defend you against the virus, is how I'm understanding it. If we have this chronic exposure, it's also raising your stress levels, your cortisol. I've seen it in real time, in real life actually raise people's stress levels, and anytime that happens it suppresses your immune system because you're trying to deal with this other stressor that's present, and your body is still trying to figure out how to do that.

Brian Hoyer:

So when we are exposed to EMF, even on a basic level, if you don't know much about this, you're just watching this for the coronavirus, just thinking about the way that electricity impacts the body and contracts your muscles, it can cause muscle contraction, it makes you lose magnesium, and your calcium contracts your muscles. When that happens, it can raise your cortisol levels, and your cortisol is your stress hormones. Any rise in stress suppresses the immune system when it's a bad type of stress that your body is perceiving. So that's just more fuel for the fire to kind of puts some shame on the media for causing all of this fear and anxiety that's going on because people are really stressed out.

Brian Hoyer:

I just took my daughter to Costco the other day, and we had a very strict personality enforcing the social distancing rule. I was like literally 20 feet away-

Dr. Mercola:

What state is this? What state?

Brian Hoyer:

I'm in California right now visiting my parents. So yeah, I was 20 feet away, I go beyond the line just to put my few items on the belt there, and he's like, "Get back behind the line, sir." And my daughter's with me, and I'm at least six feet away from her, I'm a good social distance and I guess the cashier that was a with the guy partnered up with him, he was like, "Sorry, I got a watch dog here." So it's just insane.

Brian Hoyer:

I was telling my daughter when we were at Sprouts, a little farmer's market, natural food store that we have here in California, and I was just telling her, "Look, the world's changed." Every single flu season from now on, I think that people are just going to be scared of each other, and they're going to keep that distance. There's always going to be that thing, "Remember the coronavirus, remember this."

Brian Hoyer:

And I told her, like a month ago, we were able to be next to people, talk to them, be friendly, and there wasn't this fear. And people are so, they have so much anxiety over this that it's insane. I'm trying to teach her, "Look at the world. It's fundamentally changed now." And she's understanding more about EMF and stuff. I have four kids, so she's my oldest daughter, she's 10, I have a seven-year-old, and a five-year-old, and then a newborn that was born February 15th right before all this stuff went down. Then we traveled all the way across the country when this was happening, so kind of have a different perspective of everything that's been going on as we've been traveling and seeing how the different States are handling things, but also been testing a lot of EMF along the way, and really not noticing too much that's different. But the stress levels of the people, it's just, I never thought that television could have so much control.

Dr. Mercola:

Well, they thought about it, as I replied earlier, this is, I refer to it, as many do, as the planned-demic, that they're using this as an opportunity for creating fear and implementing more totalitarian regimes, and depriving us of our personal liberties and freedom, and an effort to collapse the economy there to acquire the assets and the wealth of the country. So it's a sad and tragic event that's happening, and the

fear that's resulting, I'm convinced, is going to cause more physiological damage and consequences than the viral infection ever would. Because you've got to think about it, I mean, we were designed to be exposed to these. And I've referred and discussed the epidemics, the flu epidemics we've had before, and we've had even worse epidemics.

Dr. Mercola:

We've got the bubonic plague, which literally has taken out ... That is a true pandemic, bubonic plague. We're looking at killing nearly half of the world's population. Half the world of the population die. This is like third or fourth century, and then again in the 10th or 11th century, so 40-50 million people, which was, that's a lot of people. It's a lot of people today, anytime, but it was almost the majority of the world's population.

Dr. Mercola:

So we're not even close to it. We are so far under 1%. We've had 3000 deaths out of 7 billion. You do the numbers. I mean that is way beyond below 1%, it's probably less than 1/10th of 1/10th of 1%. So it's this extraordinarily small number. We're designed to be exposed to these. And yes, when you have 7 billion people, there's going to be some people who pass away from it. But that's a normal part of living, and likely as a result of many of the lifestyle choices they're making, or even of exposures they have, we don't know. But certainly, if they have these other associated diseases like heart disease, or obesity, or diabetes, that's going to predispose them to becoming sick.

Dr. Mercola:

So the key is to get as healthy as you can, and then when you're exposed to these diseases, they actually are the best possible vaccination you could ever hope for because it will give you life-long immunity with no residual consequences, assuming you survive the infection of course. But obviously if you don't, then that's pretty bad side effect. But most people will survive and they will have permanent immunity, permanent immunity, unlike the vaccine, which is being fast-tracked and abandoning all safety precautions to the wind. And if they get this thing implemented, I'm sure it will cause enormous disabilities and premature deaths as a result of implementing this. There's just no way around it because they're dropping all caution to the wind. So the best way to do that is to stay healthy and get exposed to the infection like we used to do when I was growing up. We had chicken pox parties, and the parents would bring all the kids over and everyone would get infected, and then you'd be immunized for the rest of your life.

Brian Hoyer:

Yup. Yeah. And you know, when this is all over, the new narrative is going to be, "Well, what would have happened if we didn't take the measures that we took? And what would have happened if we didn't develop this vaccine?" We can't say, "Well, we don't know, because maybe nothing would have happened, and then you guys would have felt pretty, pretty unintelligent."

Dr. Mercola:

There's no question. I mean, we see what happened, what's happening with the measures, and yes, there are more people dying. Interestingly, and I'm not sure why at this point, why New York has the preponderance of cases. I mean, it used to be Seattle, which you spent a lot of time there, but now it's New York has probably over one third of the deaths, which is really kind of surprising. I don't think it's because they're testing any more. I think, I mean, they're really causing enormous strain on their

healthcare system there. But for whatever reason, it just seems to be affecting a few isolated areas. In Italy, it wasn't the entire country that was being devastated, it was just these few local isolated cases, not cases, but locations. But people don't hear that. They just think the whole country's up in ruins, and it's not.

Brian Hoyer:

Yeah. And you know, we can kind of move from that to start talking about 5G really easily because-

Dr. Mercola:

Yeah, which is the intention of this, and really why I think many people wanted to come to listen because there are a lot of people talking about 5G, and I'm going to have a video here below, and I'm sure you've seen it, with Tom Colin, who just did an excellent video, it was widely circulated. I love Tom, I've interviewed him many times, he's a friend, and I appreciate his compiling it. But that generated a lot of interest in this connection between 5G and this infection.

Brian Hoyer:

Yeah, I actually tested Tom's house, and I met him and his wife in the Bay area there. They're very nice. He's a very top-notch doctor, he's on the cutting edge. So yeah, in that video he talks about Wuhan as one of the testing grounds for 5G, where 5G was first implemented in China widespread. And what's interesting about Italy, which is the country that everyone's talking about now, after China it became Italy was the focus, and it still is the focus for many, many people in this discussion, is that Milan, where it's in the Lombardi area of Italy, that's where 2/3rds of the cases are in Italy.

Brian Hoyer:

That is considered the 5G capital of the European Union according to Vodafone, which is the big 5G carrier out there. There's Vodafone and Tim, T-I-M, I'm not sure what they call it out there, but I just know because I was trying to look and see if there was any correlations. They even have a 5G map if you go on Vodafone's website, you can see the 5G map, and it's like sprinkled throughout all Milan and Lombardi, that province up there. So that is definitely a more concentrated area.

Brian Hoyer:

Then on top of that, you have all of the older population in Italy, and people that are likely fully buying into the Western medicine, and they're on like 10 to 12 medications, those sorts of things. The way that all of those medications are interacting, combined with the 5G stress and the electromagnetic stress, I think it's no wonder everyone's immune system is suppressed and they're so susceptible. It's the terrain that's the problem, the environmental stress. We can actually kind of control that ourselves, getting off of our phones and, and working to shield our environment will help to strengthen our immune system. Then taking some of these strategies that I'm sure you have some articles on your website on some supplements you can take to help boost your immune system and dial down that NLRP3 inflammasome response.

Brian Hoyer:

So there's the 5G place in Milan, there's Wuhan, and New York City is one of the highest, most intense areas that I've seen, and Seattle. Then there's Los Angeles-

Dr. Mercola:

For 5G?

Brian Hoyer:

For 5G, I'm sure, but 5G it doesn't matter as much to me, it's about the intensity.

Dr. Mercola:

The intensity of the EMF, yes.

Brian Hoyer:

Yeah, the EMF. So New York is basically as intense as a 5G area already on its own before 5G was implemented anywhere, in my opinion.

Dr. Mercola:

Makes sense.

Brian Hoyer:

It maxes out all of our meters wherever I go. There are hidden antennas everywhere in New York City.

Dr. Mercola:

And you've been there a number of times measuring.

Brian Hoyer:

Yeah. Yeah.

Dr. Mercola:

So is that the same for Seattle too, real high concentration? Because it's not as densely populated as New York.

Brian Hoyer:

No it's not, but they have a lot of hills in the city, and right on Queen Anne, there's two huge radio towers with probably 100 antennas on them, just blasting the whole city. So we've had assessments there where we've maxed out things, and even shielded rooms upstairs and it still maxed out. So we have to do a complete covering of the floor, and the ceiling, and the walls, and be really strict about how we're doing the shielding over the windows so that everything is sealed almost perfectly, like a true perfect Faraday cage.

Brian Hoyer:

Most homes we don't have to do an absolutely perfect Faraday cage, with all the electrical connections and no gaps whatsoever. We can dial it down to where the levels are low enough. But in places where it's really intense, we have to kind of use some different strategies in order to make it so that there's absolutely no gaps, because even a little bit will let in like ... it's kind of like holding up a dam of EMF radiation, and like one little crack just goes, it just seeps through and just totally ruins pretty much what you've done. Usually it'll lower the levels no matter what, but the exponential pressure of all that EMF radiation that can leak in through just a tiny hole is really important in those more saturated areas.

Dr. Mercola:

Wow. That is just fascinating. I hadn't realized, and never put it together, because it's not intuitive to connect Seattle and New York. But you've been there both times, and you can recognize that they have a really high concentration of EMF there, that this may be the hidden variable that no one's discussing, or very few people are discussing, that's contributing to the reason why so many people got sick there. Because it's the straw that, literally, the straw that broke the camel's back, or the back of the immune system of those who are passing away from this illness.

Brian Hoyer:

Yeah. And some people watching this will be like, "Oh, EMF is the cause of everything." That's not what I'm saying at all. It's definitely, like you said, the straw that broke the camel's back. It's something that definitely weakens our immune systems. Dr. Martin Paul's research shows one mechanism for how that happens and there's multiple mechanisms that likely haven't even been studied. We know how electric the body is. I mean, the heart communicates with the brain through an electromagnetic pulse, that's been proven with the heart math studies. That's very interesting. If you guys want to look into it, look at heart math studies, you can put that into your favorite search engine.

Dr. Mercola:

Not Google.

Brian Hoyer:

Not Google. You can search for that, and it'll come up with some fascinating articles on there that you can read about how electric the body is, and how we physiologically depend on these different voltage changes in order for our body to function optimally. Just to think that there's people out there that believe this environment we've created does not affect us, it's insane when you start to read some of these studies about how our body uses voltage to heal and to function.

Dr. Mercola:

Yes. Let's talk about some strategies. We've had a lot on the site, and I'm actually in the process of creating a video that should be aired before this one on using sauna, and then also using nebulized hydrogen peroxide as a treatment. But even more basic than that, last week I interviewed Dr. Levy, who his interview will be on the week before yours. He wrote the book about magnesium, and we discuss vitamin C in that, of course, too, because he also wrote books on that, and he also wrote a book about calcium.

Dr. Mercola:

So the interesting supplement, actually my favorite supplement of all really, and especially particularly useful for this, is molecular hydrogen as a tablet. Because you can get molecular hydrogen in a wide variety of different ways, but my favorite is as a tablet because the tablets are made out of metallic magnesium and metallic magnesium, when you put it in water dissociates into magnesium ions, not a salt, not like magnesium oxide or magnesium three and eight, it's just simple pure magnesium, which doesn't have a laxative effect, and molecular hydrogen gas, both of which are extraordinarily useful for mitigating the negative effects and impacts of EMF.

Dr. Mercola:

I think, almost everyone, it would benefit them. And the beautiful thing about molecular hydrogen is that it's a selective antioxidant. By that I mean unlike most traditional antioxidants, which indiscriminately reduce pretty much most free radicals, there are some free radicals that are beneficial. Things like nitric oxide that you mentioned earlier is a free radical, and you need that to actually combat these infections. I mean, there's some interesting studies, which we'll probably have time to discuss, about nitric oxide and SARS-CoV-1, which showed that it was radically useful in treating that infection. I don't think there's been any studies with CoV-2.

Dr. Mercola:

So molecular hydrogen just will help activate the endogenous antioxidants to reduce the damage from the NLRP3 inflammasome activation. Then the magnesium will act as a calcium channel blocker, which helps mitigate the damage from the EMF exposure. So it helps in so many different ways. I think it's one of the best strategies to be taken regularly during this epidemic is one or two tablets. You don't have to take it every hour you. In fact, it's something that you only take once a day, maybe twice a day if you have a big exposure, but no more than that. And you pulse and cycle it, because they've done studies where they show that individuals who would consume it regularly, like breathing hydrogen gas all day long or giving it to animals, it doesn't seem to work. You need to pulse it to get the benefit because there needs to be a change in the concentration.

Dr. Mercola:

So one of my best recommendations on that, the other, is just the molecular hydrogen tablets. But I'm sure you've got some too, and we should discuss some of the-

Brian Hoyer:

I do.

Dr. Mercola:

... best strategies you have for lowering our exposure because yeah, magnesium molecular hydrogen is useful when you're exposed, and many times you don't have a choice, especially if you're going out and working, and you're in the environment. But many people are not doing that now, so they hopefully will have an opportunity to have at least a lowered exposure on a regular basis. And you can help guide them how to do that, and it's in the book too.

Brian Hoyer:

Right.

Dr. Mercola:

Just before you go on to this, we have a free chapter from the book that you can get at emf.mercola.com, which summarizes most of the major recommendations that you went through with a fine tooth.

Brian Hoyer:

Yeah, definitely. So right before our trip across the country, I actually stocked up, and I saw that you had a relatively new hydrogen tablet product here, and it's actually less expensive than a lot of the other options that are out there. So this is what I've been giving to my family, what we've been

using while we're on the road. Also, on the road, when we were traveling, we built a little shielded trailer, and it was like a six-by-eight trailer, it was already metal, I had to do some shielding on the bottom of the undercarriage. We'd been traveling in that all across the country. So as we are traveling, the kids, and me, and my wife, were shielded. That's very important to, if you can, to get at least your bedroom shielded so that you have that repair time at night, which we talked about on our previous interview, and we go into a lot more detail on that.

Dr. Mercola:

When you were traveling, is that the room you all were sleeping in?

Brian Hoyer:

Yeah. Yeah, it was a little tiny thing. I built a little bunk bed. We just basically have just enough room to sleep in there, and it was all shielded and we put our shielding fabric over the windows. It was-

PART 2 OF 4 ENDS [00:44:04]

Brian Hoyer:

... the windows and we slept better in there than we were when we moved into my parent's guest bedroom. So we're going to actually be shielding that next week. I'm bringing some of the shielding paint in and we're going to be doing that and I'll finally shoot my own video on how to shield a room properly.

Speaker 1:

Good. So we don't have to use gigahertz, not gigahertz, geo-vitals videos.

Brian Hoyer:

Right. Yeah. So I'll have some good videos on that online on how to do it properly and some easy tips and things like that. But beyond just taking on this big project, really it makes a lot of sense. A lot of people are at home right now. You guys have time to do this. Our company, we stocked up on shielding paint before all this stuff started so we don't have to import it anymore. But it'd be a good time to take on a project like that. But beyond that, things you can do right now is get off of this thing, your cell phone. Your cell phone is a walking cell phone tower. I always have mine on airplane mode and I have a adapter that I can plug into this to update all my apps in the morning when I want updates that only come to my phone. Ideally, I'd love to get rid of this.

Speaker 1:

Let's just stop. Let's just stop there. Excuse me for interrupting, but that adapter is a key point and we only recently realized how simple it is. You have an iPhone, right?

Brian Hoyer:

I have actually an Android phone.

Speaker 1:

Oh, you're going to want to switch that sir, because Android is Google. So with your iPhone, you just need a Thunderbolt to ethernet connection and that's all you need. As soon as you plug it in, this

magically appears before your wi-fi and your general, I think it's your general icon settings, settings. Ethernet pairs up and you're connected instantly without turning your phone on. It's in airplane mode. It's mad. It's great.

Brian Hoyer:

Yeah. Yeah, it's wonderful. For people that are like, "Oh, I have to check my to see if I got a text message or these apps or whatever, anything you're using," our team uses, we used WhatsApp for a while until I found out that it was owned by Facebook and now we switched to Signal App, which is a messaging system that's private that actually Edward Snowden recommends. So that's the most secure messaging app that I've seen out there. In these times, things are uncertain. People might call me a conspiracy theorist a little bit or whatever, but I think it's needed, especially with the work that we do are just trying to be careful with my team and everything.

Speaker 1:

Well, there's a book written by Shoshana Zuboff, Zuboff I think, Surveillance Capitalism. We did an article on that long ago and she goes into great detail. It's 500 pages without the references and documents what these companies are doing, the entire sorted history of Google and Facebook and how they're not only surveilling you but taking that data and manipulating your behavior.

Brian Hoyer:

Yeah, so it's something that I'm very passionate about is privacy, property rights and personal responsibility and personal liberties. I think it's more important now than ever for us to all kind of band together and stick up for each other's rights and our freedoms and our liberties in this day and age. Even with EMF, often people will be like, "Well, how do I get my neighbor to stop using their wi-fi?" I've often purported like, well, it really, what it is it should be a property rights issue. Their signal is coming into your property and affecting your property. It should be something that's protected under our Constitution to not have to, just like a person can't pollute, shouldn't be able to pollute and that come onto your property.

Brian Hoyer:

They shouldn't be able to have wi-fi or a signal that's coming into your home and affecting your health. So that's kind of a little bit of a tangent from what I really would kind of want to get into with this. I really like to provide some practical solutions for people here too. But I think that's an important thing, intellectual exercise to think about as we're dealing with a lot of these topics.

Speaker 1:

Yes indeed, no question about it. Implementing some of these strategies can be a bit challenging, especially if you're overwhelmed with a lot of fear going on because of these other issues. So you have a company called Shielded Healing, which is the name right behind your head, and actually trained a number of people to your skill level of expertise, then go out and do consults of people's homes and then help you implement the strategies like the painting and doing the measuring to see if the implementation was done correctly so that you in fact are properly shielded.

Speaker 1:

Because the key thing is, one of the most important ones is to sleep in a pretty much EMF-free environment so your body can rest and recover and hopefully, we don't know this because there hasn't

been studies, but there are strong suggestions that then when you are exposed to the EMF, so may be a hermetic stressor that will actually make you healthier and not sicker. So at least there's a potential chance and if you don't have that opportunity to recover, it's never going to happen. We know that. If you're exposed continuously, it's good luck.

Brian Hoyer:

Right. Yeah, and the thing is a lot of people that are not reacting to these frequencies right now, just so you know, most of the people I've talked to who are electro-sensitive, it just happened overnight. Just bam, all of a sudden they were sensitive. They couldn't find out what was wrong. They had to go to every doctor and all the doctors thought they were crazy, and then they kind of whittled it down to, okay, it's these electronics or this frequency or whenever this wi-fi is on or my cell phone, or I go through a section of town. I'm driving through a section of town where I lose signal and my cell phone ramps up. I start to get heart palpitations or headaches or ringing in the ears. There's all kinds of symptoms that people are getting from this.

Brian Hoyer:

It's something where, yeah, if you sleep in a shielded space you have that time when your body is supposed to be in a parasympathetic state, you're supposed to be repairing and healing and rejuvenating. That's the time, eight hours every night where you can have that healing therapy and your brain will detox, all your lymphatics will flow. That's kind of like the talk that I give everyone about this ancestral healing environment that we want to create in the bedroom. Then during the day your body can't handle more stress unless you're already electro-sensitive and your body needs to do more repair. If that's the case, then you really need to implement some other strategies and be working with a physician or a health practitioner that can walk you through how to make your body less EMF-sensitive. There are strategies to do that.

Brian Hoyer:

It involves a lot of detox of different heavy metals and it's this entire load that happens. There's a chemical load, there's heavy metal load. There's all types of stressors that we need to reduce to make a person less electro-sensitive. We're getting more and more sensitive as a species and eventually we're hitting a tipping point here perhaps once you add a virus that we've never had exposure to before that's created a so-called pandemic in the population. You wonder is this the tipping point? Not necessarily 5G. Is this virus and this even 4G the tipping point? I wonder about that. I know that 5G is adding more saturation of these frequencies, but we really need to get to a point where we kind of understand at least in the bedroom we need to be shielded. Then when we go beyond that, if you're still reacting to things you have to do some work.

Brian Hoyer:

It's not always easy. Sometimes people get these symptoms after shielding and they think that it is, and this is very rare by the way, maybe one in 100 people that do the shielding, it's usually someone who's very sensitive, they actually have a Herxheimer reaction to the shielding. What happens is your body finally has the chance to rest and recover and then the symptoms come out. I had one client who said that they actually had mold visibly sweating out of their body after they shielded their room and they thought that it was a bad thing. I was like, "No, that's good that your body is actually letting go of mold through your pores. That means that it was able to let go of that and finally get it out somehow."

Brian Hoyer:

But on a general level, many people don't understand how the body works. When you have a fever, it's good. Your immune system is much more active and able to deal with any pathogen when you have a fever. So supporting that is very important. I'll tell a quick story about how when we left home, right before we left on our trip to come out to the West coast, we got sick. I think I might've had the coronavirus but I had a fever. I was totally fatigued for 24 hours.

Speaker 1:

Dry cough?

Brian Hoyer:

What's that?

Speaker 1:

Dry cough?

Brian Hoyer:

Yeah, dry cough and it turned into more congestion later on. What I did was over that 24 hour period I did about two to three hours of near infrared sauna therapy, raised my temperature and just sweated like crazy. Then I got into a hot Epsom salt bath, cold shower first, then hot Epsom salt bath, back into the sauna, repeat, repeated that process. That made a huge difference. I recovered very quickly. Now all my kids except for my newborn and my wife got this illness.

Speaker 1:

And now are permanently immunized.

Brian Hoyer:

And now are permanently immunized if that was in fact the coronavirus. But there's a lecture that I listened to by Dr. Klinghardt and Dr. Christine Schaffner and they talked about how there they've pointed this study and I don't have it, I wish I had it. I can maybe give it to you later so you can have it in the notes or whatever. But how after a woman gives birth, my wife gave birth on February 15th, we got sick like two days after. The melatonin in a pregnant woman in the third trimester is extremely high and then the baby, the melatonin is through the roof, two or three times I guess more than a normal adult. That's why babies sleep so much apparently.

Brian Hoyer:

But that is so protective against that NLRP3 inflammasome pathway that they were basically immune from it because of the melatonin, the high levels of melatonin. But also I had my wife after the birth, I had her on high dose proteolytic enzymes to help kind of repair some of the scar tissues and things like that. I know that that can also help break up a fibrin that the viruses kind of like to hide in and surround themselves with.

Speaker 1:

Which ones did you use?

Brian Hoyer:

I used Biotics Research Intenzyme Forte were the ones that I used.

Speaker 1:

I like Lumbrokinase. It's probably the most potent fibrinolytic enzyme. Maybe 30 times more potent than nattokinase, which is good by itself. But yeah, so lumbrokinase is a good one. Maybe less expensive than the Intenzyme Forte.

Brian Hoyer:

Yeah. Yeah.

Speaker 1:

So anyway, I wanted to emphasize two points, what you were just saying. One that are related to our last discussion and question and answer interview that we had and one is in the shielded bedroom, which you're recommending there are a number of people who are concerned and I think rightfully so, believing that by shielding it you would block the Schumann resonances. And Schumann resonances are healing frequencies from the earth that are normal, but they're very low frequency, typically below 10 Hertz cycles per second. You can expand on that but you basically said that shielding doesn't block those frequency codes. Comes right through, just like butter through, a hot knife through butter rather.

Speaker 1:

Then the other point is that, it's especially pertinent to this discussion and then you can comment on both top points, but is that it may not be so much the 5G frequencies and the actual higher frequency range that it has, but it may just be the additional burden of EMF dosage that's the issue because you alluded to the fact that actually the lower Gs, like your portable phone at 900 megahertz is probably a far more dangerous frequency than even the 4G phones than probably the 5G. So can you comment on that and the Schumann resonances?

Brian Hoyer:

Yeah. So in our previous interview I even had a little demonstration set up where you could see. We just had an FM radio that also has an AM setting. And in a Faraday cage, the FM radio is completely blocked. That's the megahertz range from like 70 megahertz up to 110 megahertz is a rough range of FM radio. So it completely blocks those higher frequency megahertz range. Then you can turn on the AM radio, put it in the same exact enclosure and it gets a little quieter, but you can hear it plain as day. That's in the kilohertz range, which is amplitudes less of a frequency. So the lower frequencies can go through very easily compared to the higher frequency. So we can actually target specific frequencies that we want to block based on how close together the shielding materials are.

Brian Hoyer:

That's why the paint has a higher shielding capability against 5G than a lot of the fabrics that are on the market that are out there. But the fabrics are blocking probably 99% of the frequencies that we're exposed to. A lot of the people equate 5G with millimeter waves. That's absolutely not the case in my opinion. What I've tested and also what I've read about the frequencies that are going out there, we've actually had frequencies all the way up to 23.5 gigahertz with 3G and 4G as back haul transmitters. Satellite TV is 12 to 18 gigahertz. The 5G frequencies they're going to be using or are using in some areas

are point-to-point communication right now or in densely, like stadiums and densely town squares where there's densely populated areas where they might want to use a higher frequency to get that.

Brian Hoyer:

But it's the line of sight and it's laser pointed. I had a meter that measured millimeter waves and I took it to Los Angeles and Austin, Texas and I didn't detect anything in Austin where 5G was live. In Los Angeles there were some neighborhoods where I barely detected something, but I had to point my receiver directly at the antenna to get it. If I was even a centimeter off, I would not detect it. So those things are like laser pointed frequencies from what I can tell with the testing that I did. And most of the 5G frequencies that we're being exposed to are going to be below six gigahertz. That's what's going to be communicating with our devices if you choose to get a 5G device, which I would recommend not to do that, to support the industry or anything like that.

Brian Hoyer:

We have much more saturation. Like in Houston there's 3.5 gigahertz on every telephone pole. That's a higher frequency than 2.4 so it's faster. Five gigahertz on your router is faster. Some people report more symptoms from five gigahertz router versus 2.4 and vice versa. It seems to be frequency dependent. What's interesting is the lower the frequency, like down to 60, 50 or 60 megahertz, the more it resonates with the human body. The size of the human body you're getting in around 60 to 80 megahertz range, that's about six foot. That's what your body will resonate with. So on any meter where I measure this, I measure it with a real time spectrum analyzer.

Brian Hoyer:

You can actually see the rise and you're using your body as an antenna much more from about 60 megahertz all the way up to around 900, sometimes in up to 1500 you can still see this more antenna effect on the body. But the higher frequencies don't resonate as much with the conductance of the skin. So your skin does provide a slight Faraday cage against the higher frequencies, but these lower frequencies definitely penetrate in and including T-Mobile's 600 megahertz 5G frequency, which goes further and travels and can penetrate deeper into tissue and through forests and everything.

Speaker 1:

Yeah, so the lower the frequencies are a little more dangerous because they're more biologically conductive. They're [encoupled 01:02:37] and getting into your body and causing their pernicious effects. Interesting. I didn't realize that the AM frequencies came through the shielding material for the paint. Because I actually used the meter, the new meter I got from you that can measure the flicker, and I can also measure the radio frequencies. I noticed that I was picking up AM signals in my Faraday cage bedroom. It was much weaker but you could still get it. My thought was oh, man, I can't wait to come back to double check this. I probably got a leak somewhere. But that's what you'd predict.

Brian Hoyer:

Yeah, yeah. That's what I would predict. Blocking the bulk of the frequencies is really kind of what we're going for with it and also relying on the clinical evidence of people seeing results with it. We're going to have some exposure this day and age no matter what. The goal is to really block the bulk of what the stressor is so your body can have this baseline of, okay, now I feel safe. It's okay to go into repair mode. There's some debate on whether the body can adapt to this environment. I don't think we can adapt quickly enough to the EMF environment that we've created, but there is some adaptation needed by us

through lifestyle habits and supplements and different super foods and diet strategies and timing of our eating that can really, really make a huge impact on the metabolic processes in the body and how our body, because everything in the body is related to timing, the circadian clocks, the rising of the sun, the setting of the sun.

Brian Hoyer:

If you can get into a routine, your body starts to learn that routine. Time and time again in studies on circadian biology you see that. So if you can get to where your body starts to understand that, okay, at this time there's going to be a little higher stress so I need to start producing more of this or that hormone, then you can get into that routine and your body is prepared for it. There's interesting similar phenomenon that happens when you get up in the morning and you're exposed to daytime, like morning time UV light, where if you're exposed to this morning time UV light, your body ramps up the production of antioxidants in order to prepare for sun exposure later in the day. They actually have studies that show that you'll get less sunburning because of that daytime, the morning exposure to sunlight helps your body to tolerate more UV radiation later in the day.

Brian Hoyer:

So think about that in terms of, okay, how do I operate in this electromagnetic environment? Well, sunlight and infrared light and the things that we've had ancestrally are so important to continue to do because our biology is dependent on that and getting into this rhythm is so, so important so that your body-

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Brian Hoyer:

So important that so that your body can get used to what you're being exposed to.

Dr. Joseph Mercola:

Yes. So let's finish up on the 5G by commenting on the satellite distribution primarily through star link, but Amazon is also doing it and I think one web was, but they just declared bankruptcy in the last few days. So they had 100, 200 hundred satellites up there. SpaceX has a 400 at this time, but they have permission, or process of obtaining permission for 42,000 satellites, which is a low earth orbiting satellite, usually 100, 200 hundred miles up as opposed to 2000 miles, which is a traditional satellite, usually in geostationary orbit.

Dr. Joseph Mercola:

So why don't you talk about those frequencies and implementation and how it's going to increase the total EMF exposure that we have over the entire planet. Because this is not yet, because I think just because of the nature of the implementation, it's going to start in the northern latitudes first and then work its way down. So down here in Florida, we won't it for awhile, probably not this year. But in the northern US that will be available later this year.

Brian Hoyer:

Yeah. So SpaceX has, like you said, about 400 satellites up and that was the number that Elon Musk wanted to start implementing and turning on and testing the network. That could turn on at any time.

So those of us out there who are electrosensitive just kind of be paying attention to that and reading the news on that.

Brian Hoyer:

Like you said, Amazon has petitions maybe even possibly started sending satellites, I don't know. Facebook has a petition and then there's companies in the UK and Canada that also have petitions to put up satellites. So it's not just SpaceX. There's other companies out there looking to kind of jump on the bandwagon there.

Brian Hoyer:

But with SpaceX, they're looking at doing 42,000 satellites. They just got approved by the government for one million antennas on the ground, and that is to work with the satellites. That is what I'm much more concerned about than the stuff beaming down from above.

Dr. Joseph Mercola:

Why?

Brian Hoyer:

It's closer. In order for, we're going to have a-

Dr. Joseph Mercola:

These are receivers, I'm assuming receivers/antennas.

Brian Hoyer:

Yeah, yeah. They look like little spaceships.

Dr. Joseph Mercola:

Okay.

Brian Hoyer:

And they're apparently very easy to install. You just plug it and pointed it at the sky. They're supposed to be ... They're going to be putting those in consumer's hands so that you can have the internet everywhere.

Dr. Joseph Mercola:

At high speed. It's gigabit service I believe, isn't it?

Brian Hoyer:

Yeah. So from the satellites, it's 14 to 14.5 gigahertz coming down and then the satellite will be receiving that and then communicating, I think transmitting out to each other 10.7 to 12.7 gigahertz. But from that to your device, I don't think they have a published frequency range to what your device is going to be using as it's usually the device will emit a signal as well to connect with the tower.

Dr. Joseph Mercola:

Yeah. But the bandwidth will be about a gigabyte at least.

Brian Hoyer:

Yeah, it should be in the gigahertz range for sure.

Dr. Joseph Mercola:

Well a gigabyte is the measure of data.

Brian Hoyer:

Yeah. Yeah.

Dr. Joseph Mercola:

It's not frequency. But very few people have gigabyte service. It's available to some, but it's a bit pricey. I think I have 250 megabytes. Interestingly, I had 150, and then because everyone is at home now, the services have started to drop because more people are using the bandwidth. So companies like Netflix and Amazon and YouTube, they've actually lowered the data or the resolution of their videos to compensate for that.

Dr. Joseph Mercola:

But my bandwidth had decreased to 25 megs from 150, and I was saying, "Oh my gosh." And then my internet went out on Saturday for two hours. I said, "Oh my gosh." So I didn't get nervous or upset. And then it came on two hours later and it went to 250 megs. They literally doubled it at no charge and never even told me. So it was great.

Brian Hoyer:

Wow. Yeah, 25 is like DSL levels-

Dr. Joseph Mercola:

Yeah.

Brian Hoyer:

Fifteen years ago.

Dr. Joseph Mercola:

But it was powerful. Yeah, it was really, 25 I said, that would not be good because you're trying to run a business on 25 megs. Yeah, it's a first world problem. People in third worlds don't even have one or two megs. But it's still become a really important strategy.

Dr. Joseph Mercola:

The other point I wanted to discuss and then I'm not sure if you had a chance to look into was the new bill that as we're discussing this was passed last week, federal legislation to enhance the recovery or limit the damage to the economy. Part of that package was a stimulus. I don't know the details. All I know was part of the plan of that package was to accelerate 5G adoption. So I'm wondering if you've been able to find anything out about that.

Brian Hoyer:

I looked briefly at that. I didn't see anything about that stimulus package in the first bill. I think there probably was some legislation in there for that. I did read something about in future stimulus packages they're definitely going to be implementing more of that. They have different phases of the legislation that relate to 5G, and part of Phase 2 or Phase 4, I don't know what phase they're on, but is definitely including that extra pork for 5G inside the bills for that.

Brian Hoyer:

I do seem to remember something in the first stimulus package about 5G, and there's confirmed news stories out there about different companies installing 5G right now while this whole pandemic is going on. Go up in the middle of the night, start working on it when nobody's watching and then there's an antenna and they can hide these antennas all different sorts of places.

Dr. Joseph Mercola:

Yeah, there's one video circling around I watched this morning that someone in Texas school system saying they were using the closing of the schools as opportunities to install the 5G systems within the schools and hide it under the guise of sanitation. I don't know if that's true or not. I haven't had an opportunity to vet it. But that that type of information is circulating around.

Brian Hoyer:

Yeah. My biggest source of accurate information on that is Dafna Tachover.

Dr. Joseph Mercola:

Oh she's great, yeah.

Brian Hoyer:

Yeah, with We Are The Evidence. She gives our team updates every other month on what's going on, and one thing that she talked about is how the wireless industry is now actually targeting schools for cell phone towers on purpose so that there's not correlation found with cancer clusters, which is an old tactic.

Dr. Joseph Mercola:

It shouldn't be laughed at, but it's such tragedy. It's a tragic commentary on what they're doing.

Brian Hoyer:

Yeah. So the governor of California has issued, there's reports that he has issued, some orders to like, yes, let's use this time to build our infrastructure in the California school system. There's one school in Ripon, California that had a cell phone tower on it and it kind of got some popular news. If you just look up Ripon, California cell phone tower, you'll find that.

Dr. Joseph Mercola:

How do you spell it? Is it R-I-P-P-

Brian Hoyer:

What's that?

Dr. Joseph Mercola:

How do you spell it? R-I-P-P-E-N?

Brian Hoyer:

R-I-P-O-N.

Dr. Joseph Mercola:

R-I-P-O-N, okay.

Brian Hoyer:

And that's about 15 miles from where my parents live here in Modesto, California. I actually, I think I was three or four years ago, I was the first one to test that cell phone tower for these concerned parents that had children with diagnosed cancer. I did assessments for two or three of the kids houses, and the school was ... That cell phone tower was definitely impacting the school environment. There were some things that were happening at home too, but the chronic exposure all day long while you're at school working and then out at recess, line of sight exposure to this cell phone tower, it was just insane the numbers that we are getting over there.

Dr. Joseph Mercola:

Yeah, I'm pretty confident, as I mention in my book, that in a number of decades down the road later this century, we're going to be looking back at this experience as a really massive height of ignorance about this issue and how could we possibly expose our children let alone our entire population to this type of threat, biological threat. It's just that we're in the ignorance phase at this point for the most part and it's facilitated by large amounts of revenue being generated to the wireless industry. This latest example of acquiring yet more federal funding from the governments, the tax payers essentially, to implement their infrastructure. The money could be spent to implement fiber. You don't need wireless. For most applications, fiber is more than fine and really part of the solution to shield yourself and your family is to operate out of fiber-

Brian Hoyer:

Yeah.

Dr. Joseph Mercola:

A wire.

Brian Hoyer:

Well there's no reason we can't do that and then use infrared technology indoors to have really high speed information that's a lot less biologically active in many ways because of our blue light environment indoors could actually be beneficial. Just like a lot of these [crosstalk 01:16:26]-

Dr. Joseph Mercola:

Is that line of sight? So if you have a physical object or barrier in between would you lose the connection?

Brian Hoyer:

Yeah. So just like the infrared remote controls, if you have something in front of the sensor it's going to block that. But there's systems out there for wireless sound audio that are infrared. A lot of people that have the television seats in their cars, they have headphones that use infrared wirelessly to connect. They have some of those products on Amazon too. So if you don't want to use wires, you can use some other technology. It's out there, but it's really hard to find that. It's kind of rare right now.

Dr. Joseph Mercola:

Yeah. It's such a classic example. There are biologically safe, acceptable solutions that aren't extraordinarily expensive. They're just not recognized as being important and necessary. But it is available.

Brian Hoyer:

Yeah, exactly. The only caution I would say with that is that the modulation of the infrared could be studied more in depth so you could find something that's not going to be flickering. Because flicker, even if we can't perceive that infrared, I showed it on that last interview, I showed it on my phone and how it's flickering infrared all the time and it was bouncing around my room. I did not like that happening so I decided to stop that by facing my phone down so that there wasn't light flickering all over my room, invisible light that I couldn't even see.

Brian Hoyer:

But regardless, if you're using a photobiomodulation device that's based on LEDs, it's going to be flickering at 60 Hertz most likely. That is seen as something that's beneficial in many ways depending, I think it's depending on the timing that you use it, it can. So if you can use something that's more analog that doesn't flicker like a-

Dr. Joseph Mercola:

Yeah, but you're really getting into-

Brian Hoyer:

Full spectrum incandescent, that's great.

Dr. Joseph Mercola:

That's fine details. The comparison of the damage from a 60 Hertz LED in near infrared or infrared signal is probably orders of magnitude, like one 10th of one 10th of one percent as bad as these other frequency exposures.

Brian Hoyer:

Oh yeah. Definitely. Yeah.

Dr. Joseph Mercola:

Yeah. So it's not perfect, but it's a matter of risk-reward ratio. So it's acceptable.

Brian Hoyer:

Right. Yeah.

Dr. Joseph Mercola:

Well anything else you've culled together to share with us?

Brian Hoyer:

Well, let's talk a little more about these satellites.

Dr. Joseph Mercola:

Okay.

Brian Hoyer:

Because I think a lot of people are very concerned. I almost see this apocalyptic look on people's faces when we talk about the Starlink and the satellites coming from above, like we're not going to be protected at all. It's just going to be everywhere. Well I think that's true, but even the satellite dishes that we have for television and cable, you have to have a dish that collects that signal and concentrates it up. So they're actually really pretty weak signals coming from above. It's not like they're completely blasting you with a laser beam down.

Brian Hoyer:

But like I was saying, the million antennas on the ground, that's what I'm much more concerned about. And then the devices that us and our neighbors have, those are very concerning. If you have a metal roof, that's going to protect you somewhat from a lot of the different frequencies that are beaming down. We already have frequencies beaming down at us, just not 42,000 satellites coming down, which I am concerned about the chronic lower exposure of that frequency across the board for sure. But to think that that's worse than the stuff they're putting on the ground, I don't think that's the case. I'm much more concerned about the stuff that's way closer to us.

Dr. Joseph Mercola:

No. Yeah. Thankfully I'm one of the people that have a metal roof. I think that's really one of the best roofs you can get. It probably lasts well over 50 years, maybe even a hundred years. There's just not much maintenance on it. It's about one third the weight of a traditional stone roof.

Brian Hoyer:

Right.

Dr. Joseph Mercola:

It's a much safer roof. Fireproof essentially too. Right. So this has been great. Anything else you'd like to add?

Brian Hoyer:

I think that's pretty much it. I think that this whole thing that we're going through as a country is sad. My heart goes out to the people that have been affected by the virus for sure.

Brian Hoyer:

It kind of made me realize, with this whole pandemic, that there's a lot of charged conversations that you can have on social media with friends and memes and all kinds of stuff that's going around. Stepping back and thinking about it, looking at the different numbers that are out there on the deaths every year, it kind of made me realize how many people die of the flu every year and to have a little more compassion on those that are immunocompromised and thinking about, well, how could we do this all differently, and also how important this work is to be protecting people, the immunocompromised from these wireless frequencies, the electromagnetic exposure.

Brian Hoyer:

A lot of these older people grew up in an environment where they maybe didn't have as much, they didn't have nearly as much of this exposure. There's still some of these older people who grew up in places that didn't even have electricity. So just thinking about kind of the irony of that whole thing just kind of gives me this sense of wanting to have more compassion for our fellow man and also the tragedy of because of what's going on, the distancing that we have as well. I would love to have a solution to remedy that, but I'm just going to keep trucking on and doing what I'm doing best here and helping people.

Dr. Joseph Mercola:

Well there does seem to be a solution that's been implemented in other countries that seems to be effective and not terribly expensive, and that is just simply wearing a mask. Now wearing a mask isn't, especially if it's not an N95 mask is not necessarily going to protect you from getting an infection, but it will on a community effort protect you from infecting someone else. Once a country evolves to the point where they're looking at an individual wearing a mask as an idiot, to the point where they're looking at someone who's not wearing a mask is an idiot that may be a critical threshold to pass and really provide the measure of viral isolation or infectious isolation that's required to limit the spread of the infection. So this way you could be in public because almost all of the infection spreads to these respiratory droplets and you're saying, well, the virus is really small. It's going to go through most all masks, even masks that you can make yourself. We're putting a video out helping people understand how they can make their own, which should air before this video.

Dr. Joseph Mercola:

But the mask catches these droplets that come out when you cough or you sneeze and the results of that, that's where the virus is transmitted. So yes, the virus is smaller than the holes in the mask, but the mask collects the vehicle that the virus is transmitted from. So it radically reduces it.

Dr. Joseph Mercola:

There's been whole countries, South Korea being one of the main ones. I think Singapore being another, I might be mistaken on that, that has had pretty radically effective success with these strategies at lowering that. So that may be something that we can implement to minimize this enforced isolation, which I think is so potentially catastrophic, especially with its impact on the economy.

Dr. Joseph Mercola:

But if you're interested in implementing some of the strategies we discussed today, Shielded Healing is the name behind Brian's head is his company. You could look it up. I think it's just dot com, and he provides services that can help you implement it both.

Dr. Joseph Mercola:

He's been to my house several times now and Tom Collen's house, his presentation is going to be on this page too. If you're watching this on a video that's not my page, you can go to mercola.com and use our search engine to type in Brian Hoyer. Because if you use Google to type in my name and mercola.com Brian Hoyer, you won't find anything. You have to go to my search engine on my site, mercola.com and you can find this interview and all the resources that will be there to.

Dr. Joseph Mercola:

Then we also have the emf.mercola.com where you can sign up and get the free PDF that is about 25 pages. It has a lot more consolidated, specific, detailed information. But if you want the easy way and the way that a lot of us have done is just to hire the company and come out and do the analysis and implementation. So any other closing words?

Brian Hoyer:

I think that about does it.

Dr. Joseph Mercola:

All right.

Brian Hoyer:

There's a lot more that could be said, but at this point I think we've covered a lot of ground and hopefully people have gained some insight from our conversation here. So thank you.

Dr. Joseph Mercola:

All right. Well thank you for all you're doing and will do. It was great to connect.

Brian Hoyer:

Yep. Always.

PART 4 OF 4 ENDS [01:26:26]