

Dr. Joe Mercola: Electromagnetic fields, one of the most pernicious threats to your health. How do you fix it? Hi, this is Dr. Mercola: Helping You Take Control of Your Health and today I am joined by Dr. Dietrich Klinghardt. Many of you may know who he is, but he happens to be my longtime mentor of the last two decades and I've learned so much information from him.

I'm especially grateful for helping me personally understand that I was delusionally arrogant about my ability and belief to think that I could somehow be immune to being damaged by EMF exposure. I lectured at one of his events in March 2017 and he just gave his normal lecture and he said it in a way that really impacted me and I finally embraced it and understood it and it's been my passion now, really the topic of my new book. Welcome and thank you for joining us today.

Dr. Klinghardt: Thank you, Joe and just for the record, the mentoring has gone both ways with us. You have been as much a mentor to me as I have been for you.

Dr. Joe Mercola: Well, the reason you are such an important mentor is you are still in the trenches and I have not seen patients for 10 years, so there's information that you can only get by treating patients like you do and you know the hard reality. This is not book learn knowledge. This is in the trenches, which is the hardest to accumulate and to come by, so thank you for all your hard work because that's difficult. You're just not seeing, measuring patients objectively or subjectively, but you have these tests that you use, these energetic assessments that are very profound, very sophisticated and are able to really quickly go in and identify what the real problems of the patients are at the foundational level, not superficial and certainly, usually not drugs.

Dr. Klinghardt: Yeah.

Dr. Joe Mercola: One of the things that I respect about you is that you refuse to see new patients, and you still do see new patients, but you refuse to see them if they fail to implement a strategy to lower their EMF exposure. Why don't you start there and tell us how you came to that conclusion and why you made that recommendation?

Dr. Klinghardt: First of all, I should start saying that when I was 16, 17, I had the blessing of having a fantastic physics teacher, who was actually a former Nazi, but involved in the development of the jet engine. Basically, he is the inventor of the jet engine. He was never honored for it, but he was a fantastic physicist and got my passion for physics going.

Then when I went to medical school, of course, I missed physics. I felt like medicine had gone the wrong way and so since I graduated from medical school my attempt was always to combine biochemistry with good biophysics. In Germany, we were a little bit ahead with that, like the work with my magnetic fields, the different mats that people buy, that you sleep on that pulsate

magnetic fields. The whole Rife technology, Royal Rife was American, but there have been the same developments have been in Germany since the late 1800s. People used pulse, electromagnetic fields for healing purposes.

In high school, already made aware that the electromagnetic fields created in the home from over high power land lines were dangerous for your health. We were made aware that we shouldn't sleep next to an electric outlet. That we should not have any lights close to our bed or electric alarm clocks. That was already known in the 1960s, so I had that sort of in my back.

Then when I came over here for a while I forgot all of that and then really based on my work with autistic children, it all came back to life. I was looking at this incredible crisis in autism and I started treating autistic kids in the late 90s and went to the medical meetings, the biomedical approaches to treat. It was entirely missing in those conferences was the aspect of electromagnetic fields that the child is seeing.

I did a pilot study that never made it into medical journal, but where we basically with autistic kids we went back to the place where the mother was sleeping when she was pregnant with that child and we found that the average exposure of an autistic child to a non-autistic child was 20 fold higher of the combination of low frequency electromagnetic fields from the household currents and the exposure to microwave from the incoming cell phone radiation was a difference of 20 to 1.

That means we had families moved and so we had to actually go back in the study. We had to go back, knock on the home of a stranger and say, "Sorry, can we go in your bedroom and measure the fields that are there?" and we had to reconstruct it, actually, bring the router that used to be there in the house to the old home. It was very complicated to do that because it was retrospective, but the numbers stand. For me, that was confirming for me what just had taught me. Wolfgang Maes, he is the man who originated building biology, the whole thing that gigahertz solutions, a company comes out of that. There's a whole development in Germany.

Dr. Joe Mercola: No, I didn't. I didn't know they came out of Building Biology came out of that or that gigahertz came out of building biology? Did not know that.

Dr. Klinghardt: Well absolutely, yeah, I know the man who created gigahertz solution he, himself, is neurologically very injured from exposure to electromagnetic fields and that's how he started the company, but he is working under the umbrella of the Building Biology. That's Wolfgang Maes, he is architect, physicist, genius and himself struggling with his own health problems, but he's the decisive mind behind it.

To make this, to sum this up, we found out with autism that the only proven cause ever of autism, there's different theories. The Acetaminophen, the

Tylenol exposure during the pregnancy, the environmental toxins, the Lyme disease theory, which ... There's many theories of what creates autism, but the only thing that actually was ever measured in numbers to electromagnetic fields that the child was exposed to in the sleeping location where the mother was when she was pregnant with the child.

A study that I've misplaced in my computer shows that microwave, now we're talking about cell phone radiation and Wi-Fi router inside the house, so you can measure outside the body of a pregnant mother, concentrates 20 fold in the womb where the fetus is. Whatever we are measuring with the instruments on the outside of womb, it's 20 times higher on the inside of the womb. That's published. Unfortunately, the membranes around the womb have that strange effect in concentrating the ambient electromagnetic field that the mother is in significantly and reaching levels that are not sustainable for human development. The last part of what I want to say with this, I have types of autistic kids ...

Dr. Joe Mercola: Before you say that, it seems like your camera slipped, so you're not centered anymore. There you go, no, a little bit higher, okay good.

Dr. Klinghardt: I need to push it. Oh yeah, I can't see myself, oh okay.

Dr. Joe Mercola: Okay, there you go. Now you can get it. Now you can go on, okay.

Dr. Klinghardt: What I really want to say is that I have two kinds of autistic families or families with autistic kids. The ones that are dramatically improving and the ones that are improving and the difference is the parents that understand the importance of minimizing the exposure to man-made electromagnetic fields and [inaudible 00:09:31]protective measures that we will talk about. That was for me a huge breakthrough through in my own work, seeing this to be real that what a huge difference that makes that we can have generations of brilliant, healthy children if we do not expose them to this, if we protect them from this.

When China women have to wear by government order protective clothing over the pregnant womb, so when we hear stories that pregnant women are stopped in the street in Beijing by the police and they are checked if they are wearing their protective clothing to protect the womb and we know we are very far away from that over here.

Dr. Joe Mercola: Wow and so that you know for a fact that's going on and this protective clothing is silver coated threads that essentially form a [barrier occasion 00:10:31] on them, wow. I did not know that.

Dr. Klinghardt: Protective clothing can be used here, but it's enforced there by law. We also hear that the strictest rules in terms of the amplitude of cell phone radiation that people are exposed to, the strictest rules are in Russia and in Iran. We heard, my brother sent this to me, and I have a Russian colleague working with

me, a lecture that Putin gave to his assembly and basically saying, "We do not need to go to war with America. America is committing collective suicide by the way they are using electricity. We just have to wait until they are all in the psychiatric hospital."

That was Putin pretty much verbatim translated. He did it with ... I don't think he's as evil as people want to make him out, but he is very, very clearly a patriot. He loves his people and he wants Russia to be Russia again, to be a strong nation again and so he is doing it differently. He is doing it by limiting the electromagnetic exposures and knows that it's going to create a whole different crop of children that are going to grow up to be intelligent, to be leaders in the world, to be scientists.

We are a dying nation basically because of the way we are fluoridating the water, the way we have adapted the vaccine program, the electro-smoke. We've created a perfect storm to dumb down a whole nation. Different from you, I am here by choice. I came to America because I love this country and I see it going downhill so quickly and in spite of the two of us working against it.

Dr. Joe Mercola:

Well, we're making progress in some ways. The title of my new book, the tentative title, I think the one that's going to make it to publication is "The EMF Extinction," so that echoes your concerns and that the reason I justify that is that, as you mentioned, we've got autism on the beginning stages. We've got Alzheimer's on the end stages and we're looking at 50% of the population having each one of those. In the middle you have fertility impact. It's already down 50% in male fertility. If you can't reproduce, 50% of the people born are artistic and 50% are demented, how can a species continue to exist? It can't.

Dr. Klinghardt:

Let me say two things to this because you just hit two points that are really important. One is the fertility issue. I mentioned to you in our March meeting there's a British scientist, Barrie Trower, who was the leading scientist for the MI-6 and he was the one who had the job to explore what can be done with microwave in terms of affecting people's health. Right now, we have the crisis in Cuba, where Cuban embassy members got very ill and they are suspecting a microwave weapon was used against them. We don't know the truth of that. I think that they just got electrospurosis. This common illness in Cuba that people get, but we find out what happens with that.

Barrie Trower had to experiment on orphanages. He ran orphanages free for a money to start me on. They explored on orphanages what they can do to make on a child to make them crazy, to make them sleep with different microwave frequencies and the [inaudible 00:14:16] was how to make them in fertile. Then they took that research to the psychiatric hospitals in England and tried to find out how they could sterilize whole psychiatric populations in order to not do what Hitler did to psychiatrically ill patients at concentration camps and kill them.

The English had the more noble way of doing that by using microwave and the frequency that they have found that sterilizes people is 2.4 GHz. It's the same carrier of frequency that is now used in all the Western countries to drive the cell phone systems. Of course, now we go to 5 GHz. We don't know really what will that do, but there is some research behind that it's going to be even more sinister.

That was their part, just a comment on the fertility issue. It's known now, it's estimated over the two or three generations of exposure, ongoing exposure to the same cell phone radiation that we're using now, we will all be sterile and we will basically dying out as a species. We're going to become extinct as the study suggests.

The other thing that I wanted to say with this that's really important is this beautiful, beautiful research from the Karolinska Institute, Olle Johansson, the key editor of the Journal of Pathophysiology. He did this study in Sweden in 2005 where they basically looked at different villages in Potsdam, Sweden, that had either high levels of cell phone radiation in the average home or very low levels. He basically and then did a map of Sweden and the map of where the highest density of Alzheimer's disease is and found an absolute direct correlation where there was the highest exposure ... cell phone radiation was the highest incidence of Alzheimer's disease.

Before we go on to the next question, right now is that half of the population that is alive right now will either die with Alzheimer's disease and Olle Johansson predicted that in 2006 the study came out that he said, "If you don't change the course, in 10 years we will have an epitome of brain-related disorders," which we have, so his predictions have come clear and through.

He is under tremendous pressure now from his own alma matter, from his own university, that's where the Nobel Prize comes from to resign. The cell phone industry has threatened to withdraw much of the funding to the Karolinska Institute if he stays, but because legally they cannot get rid of him because he is a tenured professor in Sweden. That's for lifetime, but they put tremendous pressure on him to resign and so that's something you indicated before. The cell phone industry financially is now estimated five to six times stronger than the industry and so there's no politician that can make their financial plans without responses from the cell phone industry into the [ecfasion 00:17:45] and that sort of has meant that the science has not translated into public policy.

Dr. Joe Mercola:

Yeah, it's the same strategy that the drug companies use. As you mentioned, there are six ... The telecommunications has six times more funding, six times more control than the federal regulatory agencies. Their strategy is identical. They discredit the people who bring up the truth. They defund them and then they spin off now one, not two, but usually 10 to 20 other studies that they fund themselves that come up with the other opposite conclusion that supports their position and they say, "Look at. We do all these meta-analysis and the weight of the evidence shows that these guys were wrong." It's classic tobacco science. In

fact, they hire the same PR firms as the tobacco industry does. But I want to ...
Go ahead.

Dr. Klinghardt: With the former one quick thing to that. The World Health Organization a couple years ago, they took all the studies, even though all the junk studies and still concluded that the exposure to cell phone radiation is a potent carcinogen and put it in the same class as tobacco. For me, it's always funny. You go into Starbucks and it says, "Free Wi-Fi but no smoking." Or you go into a school there's no smoking. It's not allowed. In fact, you get hung on the next tree if you are found smoking in a school, but everywhere there's Wi-Fi, in restaurants. We have a movement in Europe now, instead of saying, "Free Wi-Fi," we have hotels now that say, "Wi-Fi free."

Dr. Joe Mercola: Well, that's okay as long as you provide a wired connection, which I am happy ...
I crave wire connection.

Dr. Klinghardt: Absolutely.

Dr. Joe Mercola: It's a big issue. I don't want to start ranting and raving and things, but I want to focus on practical solutions that people can have. One that I didn't fully appreciate, and you mentioned earlier, especially with the ELF exposure to women who are pregnant at night when they were sleeping. I don't see patients, haven't seen them for 10 years. I mean I see a few patients, best friends or some celebrity or something, but normally I don't see patients.

You're in the trenches. You've got the feedback, so it seems from everything I've read that the most potent strategy that you can use is to not have any exposure to electrical fields, that's ELF, extremely low frequencies, about 50 to 60 hertz, depending on where you live, in the bedroom at night. The only way you can do that ...

Well, there's two ways you can do that. One is to turn off the circuit breaker in your bedroom. Unless you live in Chicago or New York because the building codes there, the greedy unions have said, "We've got to put all the electrical wires in conduit," so they make more money. But little did they know that remediates the EMF, unless you plug in an outlet. If you live in New York or Chicago, all you do is unplug them. You don't have to turn off your electricity.

The good thing to know that, too, that commercial code exists in most hotels, so that when you're in a hotel all you have to unplug every single cord that's plugged into the wall and you will essentially do the same thing as turning off the circuit breaker. That's my understanding, but I'm not in the field like you are. Can you give us a clinical perspective on that observation?

Dr. Klinghardt: Yeah, so, of course, I look now through the lens of my patients that are recovering and the ones that don't. First of all, I want to say the obstacle in getting this information out is the under-educated American male person. We

have a lot of patients here from Indian origin or from other countries, the men are extremely quick in getting the idea that this is a big issue and we need to deal with it. The American male has been the main obstacle in this and on average they have maybe five hours of physics in school opinions. But I differentiate between daytime technologies and nighttime technologies.

The most important time for us for brain health and let's just put that under that umbrella, the most important time for brain health is the sleeping time. It's in deep sleep that the lymphatic system in the brain works, where acetylcholine builds up in the brain that's a memory and a higher thinking neural transmitter. This depends on the very delicate balance of the chemistry in the brain and the electromagnetic fields that the brain is in.

What we are very, very strong on at night, we do want the house shut off and this is not just in the bedroom, the circuitry in the bedroom, but for all the house, maybe with the exception of the refrigerator or if you live in Tucson or so you probably have to keep the air-conditioning on, which then I would even insist on a separate wiring that doesn't follow the normal circuitry.

Electric fields are very funny. You can switch off the electric field in your bedroom and have it on two rooms and through induction the field can still jump from one circuitry to the next one and you can still be in a really bad field. We are talking about body voltage, that's sort of what builds up in your system when you're in a field of the low-frequency, the 60 Hz field from a household current. At nighttime, we want the fuses off, except for your aquarium and whatever people may need in serious health conditions, but there is very, very few excuses to not buy a four dollar flashlight and do everything you need to do at night with the flashlight.

Dr. Joe Mercola: You can use your cell phone. You already have it, your cell phone has a light. That's a battery-operated one.

Dr. Klinghardt: We want the cell phone as far away from people as we can get those.

Dr. Joe Mercola: If it's in airplane mode, it's pretty minimal. I've measured it. As long as it's in airplane mode, you're okay, which ...

Dr. Klinghardt: No, I know, but ... There is the danger of forgetting to turn on the cell phone. It's an extra thing, so I like people to actually put the cell phone in a pot in the kitchen with the pot side upside down so it's under a Faraday cage. We do have some evidence that your phone can still be found by the Secret Service. If it's in airplane mode, you can still be-

Dr. Joe Mercola: I put mine in a Faraday bag. You can get them on Amazon for \$20.

Dr. Klinghardt: That's what I recommend. I recommend to do that when you don't need it. In principle, we want the fuses off at night and if it's possible, you mentioned it

before, to spend a few hundred dollars and get a remote switch installed properly that from bed you can click a button and it switches off the fuses at the fuse box, number one.

Number two, for the nighttime the trouble in the US with the poor population is you are in an apartment building and you have people below, next to you, above you and so my first line of advice is move if possible. If it is not possible, you can create a protective wall against the neighbor simply by using aluminum foil, the sparkly, more shiny side towards the neighbor and it needs to be, the entire wall needs to be covered. You can also do that with the floor towards the person below you, for it needs to be earthed. There needs to be an alligator clip on it. There needs to be conducted into the wall outlet into the earth.

Dr. Joe Mercola: That works for ELF and the microwaves?

Dr. Klinghardt: It works beautiful for the microwave, for the cell phone router that the neighbor has underneath you, above you, next to you. By earthing it ... for the cell phone radiation you don't need the earthing, but the earthing is there for the low-frequency fields, so the thing that ... low-frequency emitting device. This works well. It's a practical solution we often have to do because it cost at best a roll, two rolls of aluminum foil and the cable from RadioShack, so people can do that for less than \$20 to protect themselves from the neighbor.

By the way, I'd like to say here that the Wi-Fi router is they are such a nice looking piece of equipment, but it is a cell phone tower that you are installing inside your home that has very much the same properties as any cell phone tower. Most people get the idea that cell phone towers are bad, but actually putting it into your kitchen is really a bad idea.

Dr. Joe Mercola: Can I just comment here because my observation is that most people are concerned about all, their neighbor's Wi-Fi and the cell phone towers and they don't think that ... When the reality is almost all of the radiation is coming from inside the home that they have total control over.

Dr. Klinghardt: It's important to remember from physics that the intensity, the volume of what you are exposed to decreases with the square of the distance. There's a significant drop and we have to probably say this. The cell phone, itself, is the most sensitive measurement instrument that we have and even if the exposure are actually tiny, it will still give you the three or four bars, so the actual fact that you have cell phone reception does not reflect the danger zone that you're in. It's the physical closeness to the emitting device and it's most often it's in your own home.

You have a cell phone tower in your home if you have a Wi-Fi router. I would like to say the old Wi-Fi routers you could turn off from the computer. Now check a lot of Wi-Fi routers in the home, we can no longer do that. That was on purpose deleted by many of the manufacturers that you can no longer switch

this thing off. We put the Wi-Fi router ... If you need to have a router to get to translate whatever comes in into usable Internet use ...

I have a friend here sows bags with a Swiss sheer cloth and so we simply stick the Wi-Fi router in this bag and then it no longer is emitting anything, so that's called "Swiss sheered" and the website for purposes is littlethreegroup.com. She sows these little bags and they stuff the Wi-Fi router in them and it dramatically drops the radiation that comes off it.

I think it's really important for people to know if it's a cumulative exposure of the low-frequency fields that you have from ambient household currents from the circuitries in the home and the incoming cell phone radiation and very often, it's radar from the near airport or what's worse is that tetra. That's the low-frequency, that 400,000 Hz range that the police and the fire departments are using. That is devastating, that wavelength and very, very hard to shield.

If somebody lives close to a police station and has gotten health problems, I do recommend to move. These things are very, very hard to shield with any known technology. In general, for most people, it's their own household currents, their own Wi-Fi router. We have many teenage kids, they say, "I'd much rather let my mother die of breast cancer than switching off the Wi-Fi router at night."

Dr. Joe Mercola: That's just so sad, yeah.

Dr. Klinghardt: That's the unwillingness to yield to the actual science and the same teenager will refuse to look at the signs. Somebody say, "Listen, we have published papers here that can show you that the incidence of breast cancer goes up, brain cancer whatever you name and so we can show you all this," but they won't be interested. They say, "No, I'd rather that my mom die of her breast cancer than not have access to the Wi-Fi at night." That's a true addiction. We know that the screen addiction is one part of it, but the addiction to the actually have the system vibrated at 2.4 GHz.

Dr. Joe Mercola: Well, I want to discuss how it impacts some of the diseases like cancer, but before I do just to finish off on the topic of radiation in your home, as I was doing my remediation I was really surprised because I still had this believe it was all coming from the outside. Just the assumption it was my neighbor's wife, it's the cell phone towers and I couldn't get my radiation down low enough, until it finally occurred to me that my cell phone was on. I wasn't talking on it, but it was on. Literally, 20 to 30 feet from the cell phone being on gave unhealthy radiation, 30 feet away. I'm talking in the next room it was still causing a problem. You have to turn it in airplane mode.

Dr. Klinghardt: You have enough close with the technique that I use at ART. We test everybody on how far, as soon as the cell phone is switched on, how far from the phone is the body going into a stress reaction? The interesting thing is whether people feel that they're electro-sensitive or not they have the same reaction. It's just

that people that are electrosensitive they are aware of it. The other ones are not aware of it. The cancer rates are the same, the same rate of neurological diseases, the same rates of brain fog, whether you feel like you are electro hypersensitive or you are not. People do hear. This is silent.

Dr. Joe Mercola: How far is it for most people when you test them? How many feet away when they turn a phone on?

Dr. Klinghardt: About 12 feet.

Dr. Joe Mercola: 12 feet, okay, so well that becomes I guess biologically significant, but you can measure the fields over 20 easy.

Dr. Klinghardt: Further away yes.

Dr. Joe Mercola: Anyway, what I wanted to find out now because again, you're in the field. You're seeing this and you see many patients, sick, sick patients and a lot of people with cancer, which is persuasive. One in two people almost are having cancer now. What is your experience not in really the contributing factors I think? Well, maybe you can comment on the contributing factor of EMF's, but how different is the response of the patients you're treating once they actually apply the EMF restriction? Do you see a significant response difference?

Dr. Klinghardt: Yes, it's pretty much, it's almost black and white. When people come back ... I see people only every four months and so if people come back after four months and there's no improvement my first question is, "Well, tell me what you've done to mitigate the electromagnetic fields?" I'm not asking them, "Have you done this, this?" I ask them, "What have you done?" The starting differences if a patient says, "They're not better," they haven't done it. The people that are better, they have done it and to the degree they have done it they are much improved. It's black and white.

We haven't talked about the daytime strategies. I just wanted to give you that. When somebody is already ill, they have to use the Stetzer filters to decrease the dirty electricity is a big deal. We have to check the ground current. That's the magnetic field's created by electricity traveling under the house back to the power station. It's called ground current. It's a big deal, but it shows up as a magnetic field inside the house. We have people where-

Dr. Joe Mercola: How do you test that?

Dr. Klinghardt: Yeah, you want to measure the magnetic field in the sleeping location.

Dr. Joe Mercola: Like the gigahertz solution and an NFA 1000, it would do it, yeah. Ideally, it should be 0.0 volts per meter and less than .2 milliGauss or maybe even less than .05 milliGaus?

Dr. Klinghardt: That is if the sicker the patient is, the more radical the protection needs to be. It's a pretty simple ecfasion. We also have a test that-

Dr. Joe Mercola: Before you go on, just the dirty electricity, if in fact you are able to turn off the electricity to your bedroom or your house if you need to ... Because if you have a really good device and you may not need to turn it off now, so if you measure it in your bedroom, but assuming you turn it off and there's no electrical fields in there, then dirty electricity is an issue, is it? Because that's how it gets mediated through the field, right?

Dr. Klinghardt: Yeah absolutely, but that's why I call this daytime technology, meaning during the daytime when people are depending on having to use their fridge and the TV and whatever people or at work we need the different set of precautions. The big one is, the very doable one is the Stetzer filters. Graham Stetzer is a physicist, who won many awards for simple principle of taking the Internet off the electric ... There's devices now where you can get the whole Internet off the electric outlet because it piggybacks on it, so when you're in a room the body-

Dr. Joe Mercola: What some people try to do to stop wireless, Wi-Fi, just so they can use that as a cheap way to wire their house.

Dr. Klinghardt: I still think it's a better idea, but just to explain what dirty electricity is through induction, I'm not going to explain the induction, but through induction you can piggyback every frequency on the electric grid that runs into the house and one of the things piggybacked on it is the entire Internet, so you have billions of phone calls in your electric field in the home. If you're in the middle of a room and the field was 60 Hz, but on top of, superimposed on that wavelength are millions or billions of different frequencies that your cells are listening to with your ears ...

You can't see it, but yourselves are vibrated at that level and that has biological effects that can be absolutely catastrophic. That Stetzer filters are reasonably inexpensive. It's a couple of hundred dollars, well for the whole house it may be \$2000, where you can hugely diminish that part. That's a daytime technology that people can also take to work.

We know that the light bulbs, fluorescent energy-saving ones that we use, the CFL's, compact fluorescent lights, they are emitting microwave. It's like having every lightbulb is like a small cell phone tower emitting at those frequencies, which is absolutely devastating to the health of people. Workplace or home those need to go and they need to be replaced with the old light bulbs. They are safe.

They cost more electricity, but the cost in health that people have by getting the CFL's in there, the cost of health is a million times more than what you say that electricity and so it's a stupid, actually stupid development. They are mercury vapor-based. There is a whole issue with that, but you have the mercury

frequency piggyback on the light that is sitting on the [inaudible 00:39:21], creating huge health problems for people. Anyway, those are-

Dr. Joe Mercola: They actually increase the body volts, it's true. They actually transfer electrical voltage into your body through the air.

Dr. Klinghardt: Dramatic versioning of the human condition and then the LED lights. That would definitely be the future. They are safer. They're not perfect yet. They are safer, but the old light bulbs were fantastic.

Dr. Joe Mercola: You know what they have? They have near emitting and far infrared. Most of the energy is not visible light. It's actually infrared, which is why and infrared is healthy.

Dr. Klinghardt: Yeah, yeah, but we are waiting for your book to have all those details in there. In terms of daytime strategies and then the Wi-Fi router, the Wi-Fi router has to be bagged, in a bag that it no longer can emit and you have to go on broadband, ethernet, whatever Internet. If you have teenagers in the house, you need to provide for them a cable connection. iPad has been the most horrible intrusive device in the world because you can only use it on the wireless Internet, so if you have an iPad-

Dr. Joe Mercola: It is technologically possible to use an iPad with a wire connection, but you have to have an Apple, two Apple adapters and one of them has to be a USB-powered USB connector. You can do it, but it's really hard and you have to be plugged into the wall to do it.

Dr. Klinghardt: Yeah, thanks.

Dr. Joe Mercola: Technically possible, yeah but not practical.

Dr. Klinghardt: I have an old iPad and I don't remember that it has any access point to put anything else in there, but I'm probably wrong.

Dr. Joe Mercola: No, it's the charging cable. It's the charging cable.

Dr. Klinghardt: Oh, I see.

Dr. Joe Mercola: There's adapters for it and then you get an adapter for that to go to the USB connector, but the USB connector has to be powered, otherwise it won't work.

Dr. Klinghardt: Ah yeah, thank you, thank you, that's a big one.

Dr. Joe Mercola: It's very, very, very cumbersome and not practical.

Dr. Klinghardt: Okay, let's go back over the daytime technology. Stetzer filters, the light bulbs are an important issue in terms of the computer has to be on airplane mode.

People forget that and then the use of the cell phone, well those things. Yes, you should text as much as possible. You should keep it short. There is a Blue Tube system that basically where the loudspeaker is far away from your brain and then there is just a hollow, plastic tubes that guide the sound into your ears.

The other headphones are a disaster. They are conducting the field right into your brain and so now there's only one system that we know. It's called the Blue Tube system of headphones. In general, people should go back and insist on having land lines in their homes and at work and use that as much as possible. Only use the cell phone really as an emergency device or as a texting-

Dr. Joe Mercola: That's what they should be, yeah or as a mini computer in the airplane mode. That's the only time it will do.

Dr. Klinghardt: As a portable minicomputer. The last bit of the daytime strategies is the protective clothing. I know there is Lessemf.com is a good website that has all of that, including the full burqa. I was amazed the last time I took a train ride in Germany, like I said, they are a little bit ahead with that and on all the trains in Germany is Wi-Fi and it's virtually in every wagon of the, there were 20 of them, there was at least one person sitting there with a full Wi-Fi protective, full burqa. It slips open on the wrist, this protective cloth draped over them and I was amazed. There's these people walking around in a full burqa, nobody smiled at them. Nobody made any derogative remarks or jokes, so we are still far away from that.

I tried that here once on the airplane and I was asked by the stewardess to give up my dress coat, otherwise I have to leave the plane. Yeah, so we are far away from that, but it's devastating for me now that all the in-man flights in the US are priding themselves of having Wi-Fi for the whole flight and for me that's a disaster for our brains.

Dr. Joe Mercola: I've actually measured that on the plane. The levels aren't too high, unless you access it with your device. The moment you log on to Wi-Fi on the plane, it goes up by 10 to 100 times, as opposed to just being exposed to-

Dr. Klinghardt: Well, the interesting thing with the plane is it's a Faraday cage and so it doesn't need a lot of radiation in there for everybody to have reception, but I feel it. When I fly to England, which I do every month, I fly on board British Air, beautiful, I can sleep, I arrived rested. But when I fly from Seattle to New York, which is only five hours instead of nine hours, I'm cover from it because of the Wi-Fi. Okay but the clothing, there is very attractive T-shirts, there is underwear. That's the minimum I require of my patients with neurological disease and autistic kids need to wear that 24/7 and that has made a huge difference.

Dr. Joe Mercola: Don't they need something for their head? Don't you want to protect their brain?

Dr. Klinghardt: Well, I think it's a shortsighted assumption that the radiation goes into the brain will have its main effect on the brain. The larger the body surface is that's exposed to Wi-Fi can get that. By protecting your larger part of the body with the T-shirt, you get more benefits for your brain than when, for example, you wear a cap on your brain.

Dr. Joe Mercola: Interesting, interesting.

Dr. Klinghardt: It's the body surface that's exposed. That's what is the sick-making thing, not whether it's the brain or the chest or the bum that's exposed or the legs.

Dr. Joe Mercola: You brought up another point in a previous interview that we did recently on spore biotics is that yeah, we know it affects humans. We know it affects plants and animals and insects, but it also affects our gut microbiome, so if you're covering the belly, then you're limiting exposure of your gut microbiome to these pernicious EMF wavelengths.

Dr. Klinghardt: Marco Ruggiero published that and I completely overlooked that until about two years ago. We looked at the science. When you take the entire DNA that's in our body, human DNA is only 2% of that. DNA is only microbial DNA and most of the microbes are far more sensitive and damaged by the microwave. I would say this and I think it's an important truth, there is no such thing as a pathogen. There is microbes they can behave in symbiotic ways and pathogenic ways.

What determines that is how well our system accepts them and communicates with them and how the existing microbes in us communicate with new bugs to come in. We know that the microwave exposure has created the greatest confusion in that part of our system that the microbes no longer know who they are, whose friend, who's foe. There is a huge level of confusion going on and the microbes in us feel constantly attacked by the microwave exposure. When a microbe is attacked, it moves from being a symbiotic bug to become a pathogen. Since we are only 2% of the equation, imagine having 98% of us being our own enemy, we are creating?

I know the truth of this. I can't prove it ultimately yet, but it will emerge in the next few years as the very cruel thing that when we are looking at exposure to toxins, we went through this with [Glafusay 00:48:00] that we realized with that Glafusay does far more damaging to our microbiome than to our own body. But that damage to the microbiome [inaudible 00:48:09] health. That's just how we discovered how important the microbes are for our health. That we are not separate from the microbes that live in us.

Now after Glafusay, now it's electromagnetic fields that has emerged as the main factor that turns symbiotic microbes into aggressive pathogens that are working against us because they are feeling attacked and they are thinking, "Okay, I'm going to shoot back," so they are turning up the production of

biotoxins that were silent before. I think it's important that people here that. This is not just about us, the whole EMF thing. It's also about them.

Dr. Joe Mercola: Hmm-mmm (affirmative) Yeah, it's a brilliant observation and is not obviously apparent and escaped you until just recently.

Dr. Klinghardt: Yeah, yeah, so going back to patients, we know Con statistics shows that the most devastating neurologic disease, ALS, is now on par in numbers with MS. MS, considered now a reasonably curable chronic neurologic disease that we said, "Okay, we used to have 20 years to deal with it and fix it and we took the amalgams out," and it's a whole new ballgame. Most ALS patients die within two years of the diagnosis and I'm having my fair share of them. We found amazing benefits.

For the first time the first treatment that actually works for ALS is the radical EMF protection and the same principle is applied to our autistic children that the most intervention is the radical EMF protection. It's not the biomedical approach, not giving them luteolin and whatever vitamin C and melatonin, but it is the protection from electromagnetic fields.

We know in Parkinson's, now there is a particular kind of microbe in the gut that seems to be responsible, either if it's missing or if it's there, you get Parkinson's, but we've known from other studies the exposure to organic phosphates, pesticides, herbicides plays a huge role. We know it's a link to mercury toxicity and manganese. None of that unless you put the patient in an electromagnetic field, a man-made electromagnetic field, then all how the patient will have an inclination of that. It is dramatic when you see the benefits the people have that.

Most people misunderstand me, "Yes, I'm doing all of it, Dr. Klinghardt," and then what we find out, okay instead of being three hours on the cell phone every day, they are now 30 minutes on the cell phone, do the rest with texting, but that's all they heard of our instructions. In patients that we have needs to be on average, our statistics instructed four times they need to hear the same talk before they get it or they get out. When they say, "Okay, I can't do that."

Then I get to say, "Well sorry, you cannot be my patient because it is so much work for me to treat you, treat electromagnetic influences in the system with intravenous vitamin C or glutathione. I'm sorry. I can't mediate the oxidative damage that it is causing with all sorts of biochemical interventions, but it's not honest for me and not fulfilling as a physician to have these exposures. You come here to my office complaining that you are only slowly getting better." That's a lot of what I thrive on.

Dr. Joe Mercola: Yeah, well, I think we need to hear that and not just patients. I think it's the physicians, even the integrative medical physicians and was really when you spoke in March and I heard that I said, "Gosh, I am one of those people that are

not applying this." There are just a handful of physicians who understand this and you're one of them.

Dr. Klinghardt: Yeah and you mentioned Marty Paul. You know Marty Paul is an old friend of mine.

Dr. Joe Mercola: Oh, I did not know that?

Dr. Klinghardt: Yeah, no, no, we've been in a think tank together.

Dr. Joe Mercola: Oh great, I love that man.

Dr. Klinghardt: He's brilliant. One pearl I gained from him ... He talks about the abnormal influx of calcium ions into the cell, really when all hell breaks loose when that happens. Calcium channel blockers are in that so that they can diminish that. The most well-known calcium channel blocker is magnesium. You and your website that turned me on to the idea of magnesium threonate as a special type of magnesium and I learned from Judy Mikovits, she is one of my main mentors and genetic researchers, she dove deeply into the contribution of retroviruses to chronic illness.

Virtually in all the chronic illnesses like ALS, MS, autism, Parkinson's, cancer, we find with our testing system when we stripping all the other things away, the toxic metals, the glyphosate, the Lyme disease, the viral infections and what we end up with is a plethora of retroviruses. Judy Mikovits found that magnesium threonate is a fantastic anti-retro viral agent. One of the things we use for electro-smoke now, too, as a calcium channel blocker, we use your magnesium threonate.

Dr. Joe Mercola: Wow, what does, what doses are you using?

Dr. Klinghardt: I like people to actually go all the way until they get slight diarrhea and then back off from that, too hydrated to bowel tolerance. We always combine it with calcium phosphoric, a homeopathic that helps to modulate the channels. We use the 12X of calcium phosphate in general. We test different potencies, but in terms of the 12X that regulates that regulates the calcium channel.

Thanks to Marty, I want to use that very. Marty is brilliant and he used his brilliance in many ways. He was the first one who came up with the ALS treatment with his [No oh no 00:55:21] cycle supplements that he published many years ago. He made a huge contribution now with his work on the electromagnetic phenomena.

Joe, I like to say something here before we forget it. The number of special interests that push for devices that help you to protect yourself from electromagnetic fields and I want to give a study example here that will clarify my strong ... It's more than opinion, it's a knowledge. An experiment, two

chicken coops, both had the same lighting. They have basically 24/7 lights so they lay eggs all the time and they are heated so they are comfortable in this. A lot of electric systems in the chicken coops.

One of them, they cleaned up the electricity by putting devices that are sold on the market to clean up the electricity. This is not to the Stetzer filters. This is like ground up crystals and frequencies and different, so they cleaned up the electricity. The first fantastic, the chicken with the cleaned up electricity, they looked happier. They were running around. They laid twice as many eggs as the other group. The other group, the chicken cowered in the corner away from the electric outlets and electric instruments that were in there and looked really unhappy.

Now they ran the study for five years and what came out that the chicken in the group with the cleaned up electricity lived only half the lifespan as the other group. What I want to communicate here very clearly, if people use devices to make them feel good while they are in a devastating illness-producing field, you will get higher cancer rates. You will die earlier than your friends that do not have these devices and feel the discomfort. They have insomnia at night when their Wi-Fi routers are on until they switch it off.

Maybe your body's response to the field, keep the response but protect yourself. I said we discussed from it and this includes the things people hang around their neck. It includes the things, the stickers you put on your phone. You can make much longer phone calls with the stickers on the phone and feel good. You don't get a headache, but you will get the brain cancer from it, on that longer but than before.

I'm just warning for that. None of the companies had made the due diligent and long-term studies on the safety, so these things they are selling wildly, everybody is promoting them because there's a lot of money to be made and it creates an illusion of safety. The only safety ... when we are dealing with physics, we have to counteract physics with physics. We cannot counteract ...

Dr. Joe Mercola: You've got to avoid the fields or go into Shump's Shielding and we're talking real shielding Faraday cages. You talked about the Swiss shield. I've recently encountered a newer German fabric that's silver-coded, 100% silver, 99.997% reduction of microwave radiation. Yeah, we're looking at developing ... They're making a sleeping bag for me and I'm going to pick it up in Chicago next week so that when I travel I'm protected, like the burqa you talked about. Essentially, you're right. The answer is avoidance. It's not these devices.

Dr. Klinghardt: By the way, there's also Trevor Marshall. I think you may know him? He's a guy-

Dr. Joe Mercola: Sure.

Dr. Klinghardt: Who came up with the Marshall Protocol to treat Lyme disease, which I kind of had many disagreements with by using a drug, Benecol, that opens the vitamin D receptor and so forth. But he recently published an observational study, giving people just a protective headgear and monitoring their health and found dramatic improvement in the people's health that were wearing it. I have to say his headgear that he designed is absolutely beautiful. It looks gorgeous.

Dr. Joe Mercola: Wow. It was shielding?

Dr. Klinghardt: Yes, it was the shielding cloth. He used the Swiss shield for that, but the beautiful design of it. You can Google Trevor Marshall and you find his statements on that and what he has published on that. I'm glad that somebody of that caliber is also looking at the electro-smoke. I think we are all converging on the same truth.

Dr. Joe Mercola: Well, we're not all converging. You're the leader in my viewpoint. You've been preaching this for a long time and certainly other non-physicians have talked about this, but you are really one of the leaders out there and I can't thank you enough and just really very disappointed in myself personally that I didn't fully appreciate this sooner. No, I'm serious, I'm deadly serious. This is really a topic of life and death for most people and potentially, the extinction of the species if this is not addressed. It is a very, very serious topic. My last book was focusing on cancer, but that's just treating the symptoms. It's not treating the cause.

Dr. Klinghardt: Let me say almost summing up words. Only inside of us of our group know that the disappearance of the bees is ... it's the synergistic effect between the pesticides and herbicides they're exposed to and the electro-smoke. Where there is no cell phone radiation, no bees are dying. But not just the bees are dying, but it's a general disappearing of insects, of many, many precious insects, especially the pollinating ones. We know that the insects that hugely benefit is the ticks and one of the reasons why ticks are now taking over is because they are very insensitive to the frequencies of cell phone radiation that we are using, where other in six are not.

The devastating thing is that what controlled the tick population in the past was the birds. Birds eat ticks, but birds cannot live on ticks alone, they need all the other insects and so there's been a dramatic disappearance in songbirds and insect-eating birds because there's no more insects. When we go on a meadow now you don't see the humming and the dense population of insects. You see occasional insects now. There's a dramatic reduction of that, but only where there's exposure to microwave.

We have a German footage that shows trees, whole forests dying just because a cell phone tower was put up. The cell phone radiation, the way it's used right now is completely against life and it's compounded by the heavy metals that are in us, especially the aluminum that comes from the sky and from the air we breathe.

We know that the glyphosate and atrazine and other herbicides, pesticides with preservatives, all have a compounding effect of that in our body and we basically have created a perfect storm that we can still ourselves from by eating organically, by avoiding certain things, certain environments and especially, the main thing where we have the most control over is the physics. We can counteract physics with good physics and we are thrilled that you are ... have come on board so strongly. I can't wait for your book to come out to-

Dr. Joe Mercola: I'm going to actually have you write the forward. I really haven't done it in the past, but if you're willing to do that because I think that you're the person who catalyzed my passion about this, so it's totally appropriate.

Dr. Klinghardt: Of course, I would be honored to do that.

Dr. Joe Mercola: All right, well, great, that's good because that would be really good. Yeah, I just can't thank you enough for leading the way and really helping not just us and the people who are listening to this, but really leading the way for the field and the species to sort of half ... Not sort of, but provide a practical solution and then having the clinical experience and the feedback to understand that these interventions do make a huge difference.

Dr. Klinghardt: Yeah.

Dr. Joe Mercola: Because not many people are doing them, so they wouldn't know.

Dr. Klinghardt: Yeah, yeah and yeah, quite honestly, I'm my own best doubter and I had to treat patients for 20 years to see that this is real and it is devastating what we are doing and the constant increase of the fields. Fortunately, there's others. There's Mark [Tejvas 01:04:45] and there's you on board.

Dr. Joe Mercola: Well, there will be more.

Dr. Klinghardt: There are so many good people now coming on board.

Dr. Joe Mercola: Part of the problem and it is with me is that you cannot see this, you cannot feel it. Most people, unless you're a canary, which is 3% of the population, but you can't feel it, so unless you measure it, you are clueless as to the intensity of the exposure that you have, which is what turned me around once I started getting the inexpensive meters and I said, "I'm on board." I bought the professional versions just to be really precise about it.

Dr. Klinghardt: By the way, I would like to say something. It is now for the phones, there is an app that turns your phone into a measuring device-

Dr. Joe Mercola: Oh really?

Dr. Klinghardt: An ultrasensitive and very, very accurate device. Unfortunately, I don't know the name of the app, but it's absolutely fantastic because the cell phone-

Dr. Joe Mercola: Well, you'll get it for us or someone on your staff will. Christine will. Will it measure microwaves? Is that when it measures?

Dr. Klinghardt: No.

Dr. Joe Mercola: Okay.

Dr. Klinghardt: Absolutely, yeah, yeah, it measures across a wide spectrum of frequencies the intensity and so you can use it also as a dosimeter in a way ... You have the telephone in your pocket. Now you have to have it on and walk through your day and at the end of the day you can tell how much exposure you had and it's devastating the numbers people are coming back with. I've seen it in England used from some of my friends and is absolutely amazing.

Dr. Joe Mercola: But it probably doesn't work if it's in airplane mode, would be my guess?

Dr. Klinghardt: No, no, unfortunately not.

Dr. Joe Mercola: Who's going to wanna wear that damn thing if it's not ... One of the benefits, Dietrich, you may not realize this, but by keeping your phone in airplane mode all the time, your phone battery at the end of the day will be 95%.

Dr. Klinghardt: I know. I know.

Dr. Joe Mercola: You never run out of juice.