



## **Wireless Technology Risks and Solutions**

**Greg Eckel, ND, LAc With  
Dr. Beverly Rubik**



### **Greg Eckel, ND, LAc**

Hey, everybody. I am your host, Dr. Greg Eckel of the Bioenergetics Summit, and my guest today is Dr. Beverly Rubik. And we are talking Wireless Technology, Risks and Solutions. I wanna give you a little of her background because she is a very esteemed lecturer and academic and researcher. She earned her PhD in Biophysics at UC Berkeley. She has published over 90 scientific papers and two books, and, in 1997, Dr. Rubik founded and serves as president of the Institute for Frontier Science, a 501c3 nonprofit lab in Emeryville, California. She's a leading scientist, internationally known for her research that goes beyond the mainstream and challenges the dominant biomedical paradigm, which I so appreciate and love. Dr. Rubik, thank you. She serves on the editorial boards and several integrative health journals, including journal of integrative and complimentary medicine. Her research includes interests include consciousness, and the full human potential in health and healing, the biofield, human energy field, energetic medicine, structured water, and adverse bioeffects of wireless communication. Dr. Rubik, welcome aboard.

### **Dr. Beverly Rubik**

Thank you, Dr. Greg. It's my pleasure to be here again with you.

### **Greg Eckel, ND, LAc**

I love having these discussions and what an appropriate speaker for our Bioenergetics Summit. And, you know, we really wanted to dive in on wireless technology and, really, risks and solutions of what to do about it. We are bathed in this and we don't even realize.

### **Dr. Beverly Rubik**

Absolutely. It's like having our whole bodies in a low-level microwave oven, and, you know, that's not a light positive thing.



**Greg Eckel, ND, LAc**

It is not. So, you know, let's lead in on that. You know, I think a lot of folks watching this summit are tuned in to microwave or being bathed in this radiation. But, for those that may be new to the topic, maybe let's talk to them first.

**Dr. Beverly Rubik**

Well, we've had several generations of wireless already for the last 15 years or maybe 20 years, but at least the last 12, you know, cell phones have really become the communication device worldwide. I hear there are 7 billion mobile phones out there, and there are about 8 billion people. So, sadly, I think then we see children using these phones, which is really not appropriate. It's not a toy. And I recently found some studies showing that children who have been using cell phones for some time show abnormal brains on MRI, medical imaging. Their brains have smaller cerebral cortex, which is, of course, the center of our intelligence and being human. And this is really pretty shocking. It looks like the brain of a drug addict.

**Greg Eckel, ND, LAc**

Wow. You know, I feel fortunate that my kids are a little bit older, so they were not like native users of it. But you see, you know, zero to three years old using the iPad or having a phone or playing a game and not really understanding the ramifications or repercussions of it, right? I think a lot of parents, society as a whole, says, "Well, there's so much value of it," to a point like you're saying, "Well, you're now seeing research where the brains are actually shrinking to the size of a drug addict or the same effects, right, in children." What else are you seeing with it? Because this is not coming from the mainstream as far as, "Oh, well, you know, wireless technology is ubiquitous and it must be safe, right? Because it's out there."

**Dr. Beverly Rubik**

Mm, yeah, so was tobacco a long time ago. Even doctors said it was good for your health, I remember when I was a little girl, but now we know it's one of the worst things you can do. But I've been doing studies on the effects of wireless communication radiation on the blood, looking at blood under a dark field microscope. A little finger prick of blood of droplet placed on a slide, so it's fresh blood, and looking at the influence of short-term exposures of the person before and after I take that blood. And lo and behold, I see adverse changes. I see early stages of clotting well before clotting should ever occur. So blood shouldn't clot for the first, say, 10 minutes, but if it's going to clot within the first minute, that puts you at risk for cardiovascular events. And I also have a lot of clients who have problems with heart palpitations or maladies such as atrial fibrillation and other cardiac arrhythmias, heart arrhythmias. And this is a result of this wireless



radiation with not just as baseline frequency, but all of its pulsations and modulation yanking our hearts around, yanking our hearts and our brains, trying to emit to the same frequencies as these pulsations, which, of course, it cannot do. These are not natural frequencies, so it's driving our heart and brain into abnormal rhythms. And we have many consequences of wireless from, I would say, effects in the DNA that show mutations all the way up to behavior and performance, memory problems, concentration problems, and immune system problems. So at the level of cells, tissues, organs, all the way to behavior and performance, that's how wireless takes a toll on our health. And people go to conventional physicians who typically medicate. They don't look for the source of a lot of these problems, so they end up on several drugs and they're not feeling good either. And then there are other medications added because they don't feel good. So they're on that track, which is very unhealthy.

**Greg Eckel, ND, LAc**

Underlying, can you unpack for us between microwaves and 4G, 5G, different effects of the different frequencies that are coming into the body? What are you seeing around that?

**Dr. Beverly Rubik**

Well, we still have some third generation or 3G and then 4G is still the mainstream Wi-Fi and 4G LTE cell phones. And we're moving into 5G, the fifth generation of wireless, which does not dismiss 4G. We're gonna get rid of 3G and 2G, but 4G already has six or seven frequencies. We're gonna add a whole lot more bandwidths with modulations and pulsations generally in the extremely low-frequency range around the brain wave and heart wave types of modulation. So it isn't so much to microwaves themselves or the millimeter waves of 5G. It's the digital nature of these waves. The fact that they're pulsed on and off at a horrendous rate, like microseconds, it's like me standing at a light switch and flipping it on and off, on and off, and you're in a dark room, and you say, "Stop, stop, I can't take it anymore."

Either turn the light on or turn the light off. We are analog beings. We operate in continuous energy mode. And when we get something that's jarring us energetically because it's pulsed on and off at a high rate and irregular, random rate, our body simply can't take it. It's a stressor and it affects us at all levels. So, with 5G, it's really about the communication for the Internet of Things, and it's going to step up and really terraform the entire planet with these frequencies and modulations from antennas outside our homes and schools and businesses. And they say millions of antennas and some hundred thousand low Earth orbit emitting satellites traveling around the Earth and hitting us with waves everywhere. So it's really a total transformation of the



electromagnetic environment of our Earth, and we don't even know how the biosphere is gonna react, let alone humanity.

**Greg Eckel, ND, LAc**

Do we have any standards of safety with these frequencies?

**Dr. Beverly Rubik**

No, we have only what are called guidelines, and the guidelines are different in various nations. Turns out the US and Canada allow the highest exposures in the world and countries such as Russia, China, much of Western Europe has lower guidelines that has lower exposure limits, but there is no agreed-upon safety limit, and there's disagreements about something called non-thermal effects. In other words, the standards, or as you say, the guidelines in the United States are based on only tissue heating. If you go above a certain limit, you cook your tissue, like sticking your head in a microwave oven. We know food heats up because water absorbs microwaves and that's how microwave ovens work. So they set a limit that they don't want your tissue to heat up, but there's a lot going on in the so-called subthermal range where there's no tissue heating, but there are a lot of jarring effects on your physiology, especially your heart and your brain which operate on electricity, in particular. And so that's what we're left against.

**Greg Eckel, ND, LAc**

Is it mainly around, the frequency of the 4G, 5G, is it similar then to the wave frequency of our heart and our brain? Is that where that's coming together or it's just a new frequency that's irritating into our own system?

**Dr. Beverly Rubik**

Well, actually, microwaves and millimeter waves are much higher frequencies than the extremely low-frequency waves of heart and brain. They're in what's called gigahertz. Our brains operating maybe up to, say, 40 hertz and gigahertz, you know, is billions of hertz. So where's the relationship? Well, it has to do with how the microwaves and millimeter waves are turned on and off, they're pulsed. And they're pulsed at frequencies similar to our brain and heart. And this is what's jarring because it's not pulsed in any regular way, it's pulsed in a random way. That's how these technology devices work, they're sending signals to you then they're sending signals to another customer, and 5G is bouncing around from customer to customer. It's a very complex wave pattern, dynamically. So you're getting little burst and then silence, then little burst, and that is driving you crazy like me standing at a light switch and turning it on randomly on and off,



and then burst where it's on or off. So that's why it's especially jarring to the heart and brain that operate in these extremely low frequencies, say, below 40 hertz.

**Greg Eckel, ND, LAc**

Got it, yeah. So that would be more in the brain wave frequencies, for sure. You did speak into your research, 2014, showing human exposure to wireless communication radiation on the blood, you talked about the blood clotting more quickly. How do you measure that on the biofield?

**Dr. Beverly Rubik**

Well, I take a look at the biofield generally through a device called Bio-Well. Bio-Well is a Russian digital-type Kirlian apparatus. So we put fingertip by fingertip in this camera and they're slightly electrified, and then there's a circle of light, induced light, around each finger. When a person is in a relaxed, unstressed state, that circle of light is well rounded and a perfect circle if they're in good health. And then I give a short-term exposure, say, to a 5G cell phone, it could only be five minutes, maybe they hold the phone in the hand or they make a short phone call holding it near the head, but not on ear.

And then I look again at the biofield measuring all 10 fingers. So what do I find? I find a very disheveled energy field, no longer perfect circles of light coming from those fingertips, but a stressed pattern. It looks like sparkiness. It looks irregular. Sometimes there are gaps and breaks. So the biofield is no longer composed of a smooth, unimpeded flow of chi, which it should be if we're in great health and relaxed, unstressed. Now, the biofield is jarred, it's irregular. And then those who are electrosensitive, it's especially irregular with a lot of gaps and things, and they feel symptoms right away. People say, "Oh, I feel pain. I can't think straight. Get that thing out of my environment." And those are the electrohypersensitive. And sadly, as more of us get more exposed, these effects of wireless are cumulative and we, too, may end up electrohypersensitive. That's how it works, sadly.

**Greg Eckel, ND, LAc**

You know, it's both a blessing and a curse, right? I mean, it's amazing. We can send the packets of information in those waveforms that we can't really see with our eyes and they arrive around the globe. And at the same time, when we think of our bioenergetics in our biofield, our battery of our body, with all of the different biofields of our organs and our brain and, you know, the whole entity ourselves, and not to have the understanding or foresight to study that, to investigate it, maybe even just be curious with about it, right, I think as time goes on, there's more and more



mounting evidence like you, you know, showed in 2014. I'm curious if, with the 5G, 'cause I see a lot of folks sounding the alarms of this next generation of information packets and frequencies, what are you seeing with your research with the 5G versus the 4G or the previous?

**Dr. Beverly Rubik**

5G. 5G is clearly worse. You know, we can measure the emissions just from the mobile phones and the mobile phones are getting bigger and more powerful, really. If I go back and measure anybody who was a flip phone, those old clamshell-type phones, those phones are emitting maybe 25% of what today's 4G, and then now the 5G phones are even bigger emitters. And people who were in my study back in 2014 who reacted to the 4G phone in about 45 minutes, now they're reacting in just 15 minutes in terms of blood changes, biofield changes. Very short-term exposures to 5G phones are causing more severe responses from the body, so the body clearly doesn't like this stuff. It doesn't adapt.

**Greg Eckel, ND, LAc**

Yeah.

**Dr. Beverly Rubik**

We thought maybe there's some level of adaptation. And we see people who are elderly, 50 years older now who have more adverse health effects from the 4G and 5G radiation.

**Greg Eckel, ND, LAc**

You know, we see... I'm glad you brought that up on the adaptation because you sometimes see folks talk about, "Well, it's a hormetic stress," and so that stress is making, while it has a short-term impact in the negative, then our bodies rebound and create more coherence or a higher state of wellbeing. But this signal never gets turned off.

**Dr. Beverly Rubik**

Not really, no. It's really problematic. I mean, my 2014 study, I studied people who were on the diet of our ancestors, which is, you know, pastured meats, organic vegetables, raw milk and cheese, no hydrogenated oils or even liquid oils other than olive oil. It was a very healthy diet, as I can see, and their blood at baseline before exposure looked fabulous. But after 45 minutes of exposure, the adverse changes began with 4G phones. And today I see changes occurring at 15 minutes, so... And we can measure the phones. I have meters to measure at least up to 8 gigahertz. 5G goes up to 90 gigahertz and we don't have meters yet for the people that will measure anything over 8 gigahertz. There is only this expensive, \$100,000 military-grade





equipment for measuring radar. Because when we talk about 5G, it's really in the radar wave range. The military is giving up certain bands of their radar in order that we have 5G. I think it's really not a good idea, especially as we don't have studies on 5G devices. We don't have a clue how that's gonna affect humans. We have studies in the laboratory on single frequencies, some modulations, but when you add all these emitters of the Internet of Things, everything you own is gonna be talking to the Internet and so emitting and sending these waves everywhere in your environment, we don't have a clue how that's going to affect human health, let alone the biosphere. It's really, we should be prudently avoiding these things until we have more definitive studies by independent scientists, not just the industry, because we have seen bias coming from the industry over the years and we can't expect anything more. That's how they are.

**Greg Eckel, ND, LAc**

Yeah, it's interesting, you know, between this and toxic chemicals, we kinda have the burden approved opposite where it should have been, "Prove it before you release it to the environment." Now it's like, "Oh, we'll prove it after we've released it around the globe." It's very hard, you know... It can take 20, 30, 40 years for some of that data, and at that point, there's just even a higher level of radiation that has been produced. So it's completely backwards as far as a health, with regards to health of our environment and for our bodies. I'm in total agreement there.

**Dr. Beverly Rubik**

Well, and another thing is we've selected some frequencies that have gotta be the worst possible frequencies for life. 2.4, 5 gigahertz, which is Wi-Fi, is the same frequency as a microwave oven. That's not smart. And then 5G, local area networks are gonna use 60 gigahertz a lot. Why? And why 2.4, 5 gigahertz? 'Cause these are the free bands. The industry doesn't have to pay any money for the "real estate" of these particular bands, and they like that. 60 gigahertz is absorbed by oxygen. And again, we breathe this. What are the consequences on hemoglobin binding oxygen and oxygen traveling through the body when you're using 60 gigahertz, something that changes the structure of oxygen? I don't even know. I made a literature search on this and I couldn't find any testing of how that's gonna impact our breath, our respiration, or the transit of oxygen in our bodies. So I'm very concerned.

**Greg Eckel, ND, LAc**

That is super concerning, in light of, you know, my clinic is set up on oxygen therapies, hyperbaric and ozone and, you know, ozone saunas and creating hyper oxygen-rich environment, which we do know is healing. And so to have technologies that are affecting oxygen structure and utilization is very, very alarming. Now, that said, well, okay, we're swimming in this, what can we



do? What can we do to help ourselves, our families? How do we protect ourselves? How do we, you know, reverse some of the damage that could be occurring from these things? I know you've got-

**Dr. Beverly Rubik**

Well-

**Greg Eckel, ND, LAc**

Concrete examples here.

**Dr. Beverly Rubik**

I do, and I wanna say a lot of people are still being activists in this. But sadly, we have laws on the books kind of mandating the rollout of 5G. In California, I know a lot of local cities changed their telecom ordinances and said, "We don't want 5G here." But California State then made a law saying, "We can't talk about health with the respect to 5G." And then there are really national laws that say, "As long as you're below the guidelines, everything is fine. You can talk about health." But the guidelines are kind of set by the industry, telling the government what they wanted. And so they're really not safety standards. So we still need some activism, I would say, to try to prevent the full infrastructure of 5G from rolling out. And now is the time. Some of it was rolled out during the lockdowns of the pandemic.

I know they were putting up antennas near schools that were unoccupied then, sadly, and people didn't even know what was going on. They weren't outside looking. But now, what can we do besides activism? We need prudent avoidance. We need to reduce our wireless exposure. That doesn't mean giving up these devices, but it means operating them sensibly. Turning off a cell phone, turning off wireless from a computer when not in use, making sure you're also turning off the Bluetooth and anything else that is communicating wirelessly that might be on your devices. Also decked phones, these landlines that are wireless that sit in a little base on your desk, they're worse emitters even than mobile phones. I say, get rid of them and get old-fashioned corded phones.

People say, "Well, I like the mobility of this desk phone. I can run around." I say, "I got a 25-foot cord on my desk phone and I can easily travel around my room. There's no problem." So get creative. You can find these things, maybe these days, at estate sales, because I don't think they're in the market anymore, but that's what you want. And if there's a demand, somebody will start making them again. So another thing we can do is earthing, and this is relying on Mother





Earth, getting our feet bare, gardening, walking barefoot on, especially wet sand or soil with a little moisture in it, grass. This is really helpful to our energy fields so that we can operate and function normally. I had some clients who had palpitations in the heart and I told them, "Go out and practice earthing or grounding on Mother Earth." And they did this and they said their palpitations definitely went down. So they're doing it daily, it could be walking on the beach. 20 to 30 minutes is about the time required to do earthing to really release the negativity of these electromagnetic fields. So nature nurtures, and technology can be quite disruptive.

**Greg Eckel, ND, LAc**

It certainly can. So I'm guessing with that recommendation on the earthing, have you done the measurements of the biofield for folks with before and after earthing?

**Dr. Beverly Rubik**

Personally, I haven't done that work but others have, and there are definitely papers on this showing positive results. Gaetan, Chevalier, Dr. Sinatra, and there are others who've published several things. I think there's also a book or two on earthing. And if you can't get out to Mother Earth to do this, there are earthing devices. For example, you can strap an electrode around your ankle and have it go out the window and down into the ground, a wire connected to your ankle. You just have to make sure when you stand up, you don't walk away and you might injure yourself. But you can get earthing sheets that, again, have the silver threads in them and earthen you while you're sleeping is also a good idea. And there are shoes that have conductive parts, especially near some of the key points in the foot like kidney one on the part of the foot. And so you're walking with conductive shoes instead of rubber soles that are acting like insulators. So if you can't walk barefoot, you can get these conducting earthing shoes and they're out there. There's several outlets selling them.

**Greg Eckel, ND, LAc**

I love-

**Dr. Beverly Rubik**

And they're all good ideas.

**Greg Eckel, ND, LAc**

Yeah, that is near and dear to my heart as a naturopathic physician. So, you know, definitely getting out into nature and putting our bodies on the planet. It is our home. And, you know, for some reason, we've kind of retreated up into the gray matter of our brains, thinking we're not



part of the earth and, lo and behold, you know, Mother Nature is a big cure for us, so... And that's a great suggestion for folks to do that. You know, get unplugged, get out there. You know, we have this Internet of Things coming and we are gonna be, we're swimming even more in this radiation. And so that component, especially, you know, as you mentioned for younger children. But I think there is, maybe we can start a movement with the Bioenergetics Summit here. You know, really us being conscious with the technology. It's almost as if we're in the adolescent phase of this enamored by all of the gadgets and, you know, the lights. But, you know, maybe the pendulum, we can start the pendulum swinging back where... I have been, I have some teenagers and they'll get on me like, "Hey, pops, get off your phone."

It's like, you know, so quickly I just unconsciously go, "Well, I'm just checking my email or whatever," where now it's like, "No, I'm gonna go in there, you know, maybe three times a day of habit on airplane mode and then consciously check in." Like, I know a while back, I took all notifications off. Like I don't... I'm going to dictate when I go to the device, not the device dictating to me. And I think it's becoming, if we can have that awareness or that consciousness around the use. So it's not like, we're not saying we want people to be Luddites, right? We're not going back, like, you know, the tech is out of the bag, so to speak. And some of it is really just amazing, at the same time, the pendulum has gone to the point of like reckless use and unconsciousness around it. Do you have any suggestions around that?

**Dr. Beverly Rubik**

Well, I mean, I make rules for myself. I do not use my cell phone ever to look for email. If someone wants to get ahold of me in a hurry, they know they better text me. And I'll look at those, but I then turn it off right away. I will not use my phone for email because then it becomes too much of a habit. So I drew the line and said, "I'll use this for calls, for, you know, text, and if I really need to look something up on the Internet quickly." But I'm not gonna make it... And I have some cool apps, like I wanna know about the weather, you know, or fires in California-

**Greg Eckel, ND, LAc**

Sure.

**Dr. Beverly Rubik**

The wind factor when I'm gonna walk on the beach, things like that. But, in general, I rely on my computer, which is wired. I use the old DSL ethernet. Why? It's faster. How did we ever get roped into wireless that is irregular, not so fast, and hackable. People should be very concerned if they're looking at their bank accounts on their cell phone, wondering who might interrupt that



and hack into it? How do our credit cards get hacked? I often wonder, I mean, wireless is the most vulnerable thing to be hacked. If you want to be safe physically and health-wise and unhackable, you get wires. "We want wires" should be our mantra. And we want fiber optics to the premises that was promised to us with this whole 5G rollout, and it seems as though they're gonna stop with the wires with the fiber optics at the telephone poles and then wireless to the house. And that's not fair.

**Greg Eckel, ND, LAc**

Yeah.

**Dr. Beverly Rubik**

We all were told we were gonna get wires all the way in. So we should demand those fiber optics. And then we can really have very speedy Internet on our computers. And there's ways to plug your cell phone in even to your computer using wires, so you don't have to always use it in wireless mode. So there are various adapters that we should be aware of. So wires, whenever possible. And one thing I should mention, lots of people ask me about those protective devices on the market, you know. There are shields for your phone, but, of course, it makes it like a brick. It's not gonna ring or be useful. You may as well just put it on airplane mode and all the other things turn off.

But what about the stickers for the backside of your phone? What about these devices you put in your room that they say, "Oh, it totally saves you from wireless." Well, buyer, beware, because I haven't seen a lot of science going into those in terms of independent peer-reviewed papers really studying humans to show that they're safe. So people put a sticker of some sort, like a hologram on the backside of their phone, and then they talk like this with the cell phone, thinking, "This sticker is totally protecting me." And guess what? I've studied some of these things and some of them don't protect you at all. Others have partial protection, but none of them so far have shown total protection. So you can't do this thinking you're totally safe because you're using a little gizmo on your cell phone.

**Greg Eckel, ND, LAc**

So true. We're gonna put that on a bumper sticker for us. In closing, anything that you'd like to share here at the end of our interview?



**Dr. Beverly Rubik**

Well, yes. One of the things is, my great dream, is that why don't we terraform the earth to operate in new electromagnetic modes? I think we need some islands or, shall we say, clear zones that are untampered with? So I'd like to see and I'd like to create a ranch that is clear zone, no wireless, and we create technology there that's all wired, including maybe some wireless infrared communications, which are totally safe. And even anti-inflammatory infrared is safe light. So I'd like to see a clear zone ranch, and this is something I'd like to build and clone the idea, have other people learn how to do it.

And so we make a lot of safety zones for people who are electrosensitive. We can teach people about this problem and how to overcome it and how to stay safe. So I'm looking for partners, philanthropy as well as investors, in such a project, because it's a big thing. It would be about 1,000 acres minimum. And that would take you pretty far from any local antenna that they may put up on the edge of the property. But I think it's a great idea, and I'd like to see a bunch of these things worldwide because we need to preserve, have preserves, just like we have nature preserves today for animals, et cetera, and for wildlife plants, et cetera. We need white zones to show how the earth used to be before we terraform the entire mass of it.

**Greg Eckel, ND, LAc**

I love it, yeah. Thank you for that. I love that vision and may it be so. That's awesome. I know there are a lot of designers, architects, and builders that I've come across in this space that are really tuned in to creating new habitable houses, et cetera, that are wired appropriately, which are creating those zones within the house. But I love that vision of a larger community and having that as propagating around the planet like that.

**Dr. Beverly Rubik**

Thank you. And then, one more thing. We're also developing a 5G meter for the people. In other words, I said, "There's nothing over 8 gigahertz, you don't..." People ask me, "It's 5G turned on here." I said, "Well, above 8 gigahertz, I don't know." And 4G goes up through 8 gigahertz, so we're in the dark and we're making a meter and we hope to have it out, say, probably next year, a people's meter that would be affordable because who can afford \$100,000 military radar equipment? Out of the question.

**Greg Eckel, ND, LAc**

Right.



**Dr. Beverly Rubik**

And it's more than a PhD to run such a device, so...

**Greg Eckel, ND, LAc**

True.

**Dr. Beverly Rubik**

But even a 4G meter is helpful. Lots of people are unaware of what's wireless in their environment. If they could get one and borrow it in among their families or neighbors, they could at least measure where they spend a lot of time in their homes. And the baby monitors that are wireless, what's that doing to a child in the room? We have to be very conscious about all these wireless devices and there's going to be more and more of them with the Internet of Things. And we wanna keep our distance where we spend most of our time or we're going to have health problems.

**Greg Eckel, ND, LAc**

Do you have a specific one? Not looking for an endorsement, but certain ones, 'cause I know there are a lot of those meters on the market, but they're not all created equal. Just curious if you have one that you recommend or a couple of them.

**Dr. Beverly Rubik**

I recommend the Cornet. There are several models. The Cornet is a TriField meter, which means it measures radio frequency, the microwaves, and millimeter waves. It measures electric fields as well as magnetic fields. So you can flip the switches and you can know all three in your environment. But the main problem today is wireless because it's right there on our desks with devices that we use.

**Greg Eckel, ND, LAc**

Yeah.

**Dr. Beverly Rubik**

And we should be very conscious to, I mean, for example, I use a battery-operated alarm clock. I know people who have their tablets and mobile phones use for the alarm right next to them in the bed. This is not sensible.



**Greg Eckel, ND, LAc**

Right.

**Dr. Beverly Rubik**

So we need to have extremely low-level fields where we spend most of our time, sleeping, at our desks, or leisure spots in the home where we sit a lot, and in schools, likewise. Using a dosimeter from Germany, there was a study by colleagues of mine who showed that children were getting over-the-guideline limit in the United States because they have industrial strength Wi-Fi in the school rooms to service all of the students. And sometimes schools have an antenna on the roof now. They're being paid by the telecom industry to have an antenna on the premises, which is, I guess, exacerbating exposure on children, and children may also have a mobile phone. So all of this adds up. The fields are cumulative, and the children are getting far too much exposure, and I'm very concerned because developing brains and organs throughout the child's body are going to be impaired. We know from many biological studies that organisms during development are the most sensitive to radiation. So the next generation will be the most vulnerable.

**Greg Eckel, ND, LAc**

All right. I think I'm gonna end it there because that's a really potent statement. Dr. Rubik, thank you so much for coming on to the Bioenergetics Summit. It's been a pleasure.

**Dr. Beverly Rubik**

Thank you, Dr. Greg. I enjoyed it.