



How To Live A Naturally Healthy Life In Our Electromagnetic World

Greg Eckel, ND, LAc With
Lloyd Burrell



Greg Eckel, ND, LAc

Welcome back, everybody, to the Bioenergetics Summit. I'm your host, Dr. Greg Eckel, and I have Lloyd Burrell today and we're talking about how to live a natural, healthy life in our electromagnetic world. Lloyd is the creator of the EMF Summit, the Healing With Vibration Summit, and bestselling author of the book, "Healing With Vibration," and founder of the website ElectricSense.com, which has had over four million visits since its inception in 2009. He's passionate about educating people about the dangers of electromagnetic fields, sharing solutions and helping people reconnect with the healing forces of nature. Welcome aboard, Lloyd.

Lloyd Burrell

Thank you. Thank you so much, Dr. Greg.

Greg Eckel, ND, LAc

So you have really been out there at the forefront on bringing awareness to electromagnetic frequencies and the effects on the body. Let's start out there with is it safe just to use cell phone and WiFi?

Lloyd Burrell

That's a great question. And one that everybody should be asking themselves, but few people do. And there is so much research behind this about these exposures now, and there's this really, there's like the world that most people live in, where they're clueless as to these dangers. And then there's the science which really exists, and we're talking peer-reviewed science thousands of studies, which show quite clearly that WiFi, cell phone, all this which we call wireless, which is actually radio frequency, microwave radiation causes these adverse biological effects. And it's like, "Okay, well, what does that mean?" Well, what it means is, so these are actually electromagnetic fields, manmade electromagnetic fields, and they impact us in multiple ways,



but very simply, I'm gonna break this down so people can't understand. The impact is at the energetic level because we're actually energetic beings. And you know that and I know that. First and foremost, we're energetic beings, and we can go into that if people aren't clear on that, but also they impact us at the physical level. But at the physical level, what's the most basic physical level? It's actually at the cellular level. So we're talking DNA, we're talking cell membranes, we're talking stem cells. We're talking all of these, which is going on behind the scenes, and then obviously once we've got this damage which is this disruption, this energetic disruption, then that feeds into tissue damage, organ damage, bodily system damage and symptoms, and from symptoms to what I call disease, which most people call disease. And we're talking, yeah, cancer. We're talking, Alzheimer's, we're talking Parkinson's, we're talking cardiovascular disease. In fact, we're talking so many things. It's like you name it, and yeah, there's a connection. There's a study. So that's why just putting the cell phone to your ear and even having WiFi in your home is not necessarily a good idea. And there are some caveats to this. It's really about how you use it, which I can go into, but the science is there. Few people know about it and, yes, it is concerning.

Greg Eckel, ND, LAc

It's gotta be hard when you have the information and people aren't willing to listen. What do you think that is about?

Lloyd Burrell

It's about several things. I would say primarily it's actually about money because there is so much money to be made out of these technologies that the cell phone industry and similar industries, utility companies even, they're playing with the science. Like the science has been gamed. And what people are being told is not the truth. And our perception of truth largely comes from the media. And then there's this whole thing, fake news and people are so confused. And there's so many things which I see as being actual truth and which boom they call it fake news. Like cell phone radiation is dangerous, and yet we've got all this science behind it. So it's money. People are being misled but then also people kind of want to be misled.

I think why because, and I've got a cell phone now. I didn't have a cell phone for 19 years because I was so sick and that's how it all started, but I do now. And obviously I use it in a certain way which I can explain, but yeah this technology is so seductive and I'm sure you agree that this is amazing and everything that this can do and similar devices, an iPhone, but similar device, it's amazing. And it evolves and it's in awe, but at the same time, okay, don't be drawn in by this be aware of the dangers. And that's what I want people to know because the dangers are real. And the thing is, it's not because you can't feel these effects that they're not impacting your health.



And that's what the studies are telling us. And the second thing is, and I repeat this over and over because it needs repeating is that the studies are telling us that these dangers are cumulative. So the more we use it, the worse it's get in and we're fine. We're fine. We're fine. And then one day, boom, we're not fine.

Greg Eckel, ND, LAc

Okay, so let's get into that because this is oftentimes it's overwhelming because it is everywhere. And I think that's the component where we tend to wanna put the blinders on and say, it's gonna go away. So on that front, let's talk about, what do the exposures create? Because we can't see it. And until you hit that tipping point, so what are some telltale signs or components that maybe at the beginning and then as it accumulates... I know you're saying it's involved with every system, really every disease dis-ease process on the planet for humans. So how do you get into that? Make it real for us here, Lloyd.

Lloyd Burrell

Yes. For humans, plants and animals that's what the science is, but to make it real, well, I can't get any more real than my symptoms, what I lived. And so what happened for me is one day, 2002 from one day to the next, I suddenly had a reaction to my cell phone. And this is like, it's difficult to comprehend and difficult to explain, but a feeling a very, very deeply disturbing thing in the God. But actually it was in the brain. It was in my head that I felt it. And it was this pain, which became a searing pain, which became a hot head, hot ear, hot head, prickly skin, tingling skin, dizziness, sensitivity in my eyes. And those were the immediate things. So I got this burning sensation up the side of my face. And this is just over the course of a few phone calls. And then medium term, we can say this massive fatigue just dog-tired all the time.

I mean, I could sleep and sleep at sleep. And I was tired. Brain fog, confusion, anxiety, depression and then longer term weight, weight loss weight gain, leaky guts because we know it affects the brain. It attacks the blood brain barrier. Well, it also attacks the guts lining and just bodily aches and pains, joint pains. And that was me. Other people, very common is tinnitus, memory issues, which I perhaps had. I can't remember. Skin rashes. Yeah, that's another big one. And we've got science behind that, mass cell activation syndrome and the science actually behind all of that. And it's just this mish-mash of neurological, immunological, psychological complaint, stroke symptoms.



Greg Eckel, ND, LAc

Wow. So it is literally, it's nebulous. So it's throughout all of the systems. And I think you really did explain that at the beginning of saying this is at the cellular level that the disruption is occurring. So that's why it becomes... It's not like we're running into a wall literally but figuratively we are because we're swimming in it. So you're not a lewdite and I'm not a lewdite. I totally see the effects in my patients on a daily basis as well. So that's why a big component why I wanted to have you on this energetic summit because we are energetic beings. That's what our listeners and viewers are tuned into that. And yet we're now swimming in this other fields, these man-made fields what are some of the effects in nature? I wanna get into that. And then I want to talk about what do we do about it? Yeah.

Lloyd Burrell

Well, the effects in nature we've got studies on how it's affecting the birds, the bees, wildlife, populations of wildlife, like the erect cell towers and the Sparrow population suddenly falls off. When Marconi first introduced wireless on the Isle of Wight, South of the UK little island in the beginning of the last century, it decimated the bee population literally overnight. The bees did come back. That's the good news, but we're seeing the same thing now. And because, I mean, that was just literally the radio wireless of the day. But now, I mean, there's no comparison to what was happening in the 1930s to what's happening today, in the 2020s in terms of the density all these different frequencies and the complexity of these frequencies, because there's all these carrier frequencies. And then these data on all of these frequencies. And so, yeah it's impacting every form of life, including plants. And we've got studies on all of this. And I talk about this little because most people are interested in like, me. How does it impact me? But the science is there too on basically all life forms on. We've got anecdotal evidence also with trees next to cell towers and stuff like that. And it really is... And then as we understand in terms of what it's doing at the cellular level, we see the same thing obviously in animals and a slightly different thing in plants, but it's broadly the same effects.

Greg Eckel, ND, LAc

Sure. And that really is showing, we really are fields, we are particle waves and particles. Wave form and particle together in that we can see this physically in the matter realm. So what's the appropriate use, right? Because this stuff is obviously it's not going away and you've navigated it yourself from a significant sensitivity to creating illness into, well, now you carry a cell phone. So what are some techniques that we can think of on limiting or appropriate use of technology?



Lloyd Burrell

Well, very, very quickly. Number one is a cell phone. It's how we use a cell phone. And the most important thing to remember when we are dealing with EMF is distance is your friend. We're always trying to put as much distance between the device and you. And so with a cell phone, that means never ever doing this. Sticking it right next to your ear 'cause that's right next to your brain which is your most precious organ, for most people anyway. And so it distances your friend, and why, because of this exponential effect of how these electromagnetic fields, these fields exist in space. And so just by gaining, very simple way and I'm simplifying the science a lot but just by gaining literally millimeters we can reduce our exposure by thousands of times. So what I recommend is use it on speaker phone to perhaps an air tube headset. It's like a regular headset except it's got a bit of air tube in it. You can buy that online, if you Google that.

And put your phone on airplane mode, deactivate all the wireless functionality. The Bluetooth, the cellular, the WiFi. Go through, spend time, do that, understand how that works. At some point, you're gonna want to buy yourself a meter and which is a meter like this, for instance. I've got a bag full of meters here, which is a Cornet meter. So it's a meter which measures... That's what I recommend is getting a meter which can measure three different kinds of radio frequency, radiation like cell phone radiation, electric fields, magnetic fields. That is so important at some point investing to do that. And there is just a whole education around the cell phone, really. 'Cause people say to me, and I had somebody, actually somebody in our little work group who said, "Oh, I've got a 10-year-old. What phone do I buy him?" And I'm like, well, it's not about that because we don't even have the reliable readings.

It's all skewed in the industry's favor. We don't have a chart where we can say, "Oh, that phone's safer than that one." So it's all about how use the phone and distance is your friend. And those are some tips. Another very quick tip is looking at the bars, making sure you've got maximum bars all the time. You do not want your phone ramping up. If the bars go down, that means your phone is having to work hard, pushing out more radiation. So that's really in terms of the phone, in terms of the WiFi very, very quickly unplug it at night, unplug the WiFi at night. And if you wanna take a further step, 'cause who needs WiFi when you're sleeping. This will do your body is huge favor. Cause as you know, Dr. Greg, it's when you sleep, your body heals, got all these cellular rejuvenation, regeneration, detoxification. Your body's producing melatonin. And it's just the most beautiful time for your body to heal. And if you are able to reduce your EMF exposures, principally at WiFi, you do yourself a huge favor.



Greg Eckel, ND, LAc

Got it. That's-

Lloyd Burrell

So those are just few very quick things. Yeah, cell phone and WiFi.

Greg Eckel, ND, LAc

That's awesome. I think all of those little steps do add up and it's a cumulative event, right? Because when you start getting into this, the information is overwhelming. And I'm curious. So I wanna now pivot a little bit for us because there's the evolution of Lloyd Burrell. You've come through a lot and you've really are digging out the research, putting it in a convenient place for people, making it easy for us to see this truth. That can get downright depressing. And when we're talking about fields around the globe that we're swimming in and they're talking about the internet of things and more and more of these frequencies around us, tuning into. So before we got onto this, our interview is like, okay well where do we go with that? Because I want to produce and give people that hope, not false hope, but real hope. On the potency of nature and tuning into the healing frequencies of nature because we are energetic beings and we are influenced by those fields. But we also manifest in create fields. So where are you going with this? Because I've been saying for years, the future of medicine is in frequency, sound, light, et cetera. How do we harness this for the benefit of ourselves? So I think in environmental medicine is reduce, reduce, reduce. So that awareness has to be there and then cutting our use of the technology appropriate use. And now where do we take this?

Lloyd Burrell

So your analysis is absolutely right and it is something of a burden really, that the whole EMF thing, it can be something of a burden for anybody that lived through this. Who's gone through this thing called experience, this thing which we call electrical hypersensitivity or EMF sensitivity, because for most people they don't shrug it off from. I'm not actually hypersensitive anymore. I've gone through this and it took me about 10 years to overcome this. And I still talk about EMFs and the dangers and the solutions. I consider it, my duty to do this. One of the reasons is because I've actually experienced it firsthand. It's not that I'm the best person to talk about this but I speak about it in a way that people can perhaps understand and connect with. Certainly, those that are struggling. But I tell you, Dr. Greg, what I really love talking about is the whole connecting with the beautiful healing forces of nature. And because we are part of nature and we forget this and we forget that there's this whole energy out there. So yeah, we are an energy system. We're just a combination of feels at different densities just so we can happen to see this



density here. And I'm seeing your density and how you look and your seeing mine, but we are much more than that. And it's the same with nature. Nature is much more than we can see, but it's just opening up to that. And what one thing practice that I like to talk about and there's many practices, which I personally engage in and which are part of my healing story and which I share with everybody that wants to listen to it, quite frankly. And I share with people that... I wanna get this message out to the world because it's so important. And it's so potent and the healing power of nature is there's nothing greater than the healing power of nature, but well, how do we connect with that in a practical sense? Well, there's many ways and one of them is quite simply earthing or grounding. This practice of earthing and grounding, which is physical contact with the earth. And what does that, and how does that work?

Well, it works in many different ways actually but one physical way it works is it enables you to contact with the negative electrons of the earth. Just like our cells have this negative potential on the cell membrane, positive insight. It's the same with the earth. So we are connecting with this energetic field of the earth. Direct plugging in, we're just plugging into the earth and that's what we're doing kind of. And that has a normalizing effect. And when we say that it underplays it 'cause you think normal, okay, that's not doing much then but it is 'cause you show me a pillar, a potion, which can normalize. Pills and potions don't do that. Pills and potions, there's places for pills and potions, I know, but the problem is it solves one problem and very often it creates another. It does not normalize, it masks symptoms. And this earthing does not mask symptoms. It normalizes your body's processes.

And we've got a pack of science on this, over 20 peer review, if not thousands but over 20 peer-reviewed studies on this practice. And like inflammation, I mean, there's an epidemic of inflammation. Well, 20 to 30 minutes of earthing can significantly reduce acute inflammation, science. One to two seconds of earthing, one to two seconds can relax your autonomy nervous system. And then we've just got the whole load of other effects. Cascade of effects, improved sleep, accelerated healing, increased HRV. I could go on, but the science is there. You know what I love about this? It's free. It's like out the back door. Get your shoes and socks off. Yes, be careful. But get your shoes and socks off. Get in the garden, get down the beach. If you've got one locally, get out there and earth and you don't have to do this for hours. You can do that, because it's instant. This connection is instant. And the way to do this... And actually before I came on to talk to you, what did I do? I went out my garden. I did a little bit of gardening and I collected some tomatoes and some courgette and yeah, I earth. So you can do this while you're doing all this stuff. Don't do it while you're holding this and texting, I don't know who. Connect with the earth.



So that's one thing you can do. Something else I talk about a lot now is forest bathing, and I'm sure you've heard of this.

Greg Eckel, ND, LAc

Yes.

Lloyd Burrell

Forest bathing, I love. And again, we've got this energetic shift. People think, "Oh yeah, he's going for a walk in the forest." Yeah, but it's actually a bonafide scientifically validated therapy. We've got a ton of research on this. A lot of it from Japan, which shows that spending time amongst trees, boosts your immunity, reduces stress lowers blood pressure, reduces cortisol, activates your parasympathetic nervous system. It's free and it's out there. So that's the forest. And then we've got this... And I'm sure this is no... I'm teaching you nothing here but the healing power of light. And there's light that harms and light that heals. And yeah, of course the light that harms is the screen lights. Is it lights from stuff like this.

Light at the wrong time. It's the blue light at night. We need to be really careful of, but it's light that heals. Nature's got that all 24/7 because even moon light is healing. I've spoken to people that have actually used moon light as a healing therapy. But most of the time, what I talk about is using sunlight, natural daylight as a healing therapy. And it is. It's resetting your circadian rhythm. This sleep-wake cycle, you can do this just by going out in a morning, going out at lunch time, going out in an evening and just keep doing that. Again, you don't have to go out for hours. It's out there, it's free. And there's so many ways that we can reconnect with these healing forces of nature. But those are just three of them.

Greg Eckel, ND, LAc

I love it. Thank you. That component is really reminding us that it is our home, right? We are home on the planet and we can't just gravitate up into the gray matter of our brain, pretending we're not separate and putting... We have healing frequencies of the earth like you're saying. You're putting your body on the planet. We have become so separated from that reality that it's making us sick. I love it that we are having now... We have to have peer-reviewed science to say going outside in nature is healthy for us.

Lloyd Burrell

It's insane. But I say this because people want to know about the science. And I get that, but a lot of this is just common sense. It really is. And I call my website Electric Sense. You know why?



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Common sense, electric sense. It's all common sense. And we seem to have lost that in today's world. And that's what I love about events like this. A lot of it is just common sense. And we've got some obviously more sophisticated technologies that we're sharing with people, that you are sharing with people, that I like to share with people. But a lot of fundamentally, if we have common sense that is really our best guidance. It's not what the guy on the TV says or what they say in the local rag.

Greg Eckel, ND, LAc

So true. That information isn't coming top down. It's coming out in summits like this Lloyd Burrell. Thank you so much for coming on the Bioenergetics Summit.