



The Health Impact Of Wireless Technology

Guest: Dr. Dietrich Klinghardt

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Jonathan Landsman: Welcome to the Immune Defense Summit. I'm your host, Jonathan Landsman, creator of NaturalHealth365.com. Did you know that every year drug resistant bacteria, or super bugs, kill 700,000 people worldwide; and is projected to be more lethal than cancer by 2050? And infectious diseases still remain one of the leading causes of death. Cancer, cardiovascular problems, and diabetes are by far the leading cause of premature death in the world. But in reality, all of this is avoidable with a strong immune system. That's why I created this event, to help you understand the roots of disease and how to prevent and reverse life-threatening illnesses by reempowering your immune system.

Our show today, the health impact of wireless technology. Our guest, Dr. Dietrich Klinghardt, is founder of the Klinghardt Academy, the American Academy of Neural Therapy, medical director of the Institute of Neural Biology, and lead clinician at the Sophia Health Institute. Since the 1970s, Dr. Klinghardt has contributed significantly to the understandings of metal toxicity, and many other environmental pollutants with regard to its connection to chronic infections, illness, and pain. He is considered an authority on many topics, and has been instrumental in advancing various fields within biological and antiaging medicine.

I'd been looking forward to this conversation for some time, because it's my deepest belief that electromagnetic frequency pollution, especially coming from most of the wireless devices used today, is a significant risk factor of disease. Yet the mainstream media remains silent about the dangers. Why? Unfortunately, in my mind, it's all about profits over public safety. The telecommunications industry has no financial incentive to investigate the problem. But that doesn't make this issue go away for any of us. If you suffer with chronic disease symptoms like fatigue, brain fog, autoimmune disorders, or even persistent cancer cell growth, this program will prove to be invaluable to you. Please join me in welcoming Dr. Dietrich Klinghardt to our program. Dr. Klinghardt, welcome.

Dr. Dietrich Klinghardt: Hi Jonathan.

Jonathan Landsman: Dr. Klinghardt, why don't we start off first by talking about how does Wi-Fi, this wireless technology we're talking about today, affect our brain. This is important, because this is the way we're thinking and the way we're feeling, no?

Dr. Dietrich Klinghardt: Absolutely. Some of these questions are best answered by pointing towards some research that has been out for quite some time. In 2006, Olle Johansson from the Karolinska Institute, that's where the Nobel Prize for medicine is awarded, did a study on the connection between Alzheimer's disease, which is the ultimate brain disease, and Wi-Fi. And basically what he did, he did a map in Sweden of areas of high density Wi-Fi radiation, you, know, where the amplitude of the totality of the radiation was high in areas, versus where it was low. And then did a map of Sweden where the highest density of Alzheimer's disease was. And he found that the two maps are absolutely identical.

There is absolute, from a scientific point, no other explanation but that rapid increase. And it was 2006; and he predicted that we're going to have an avalanche of Alzheimer's disease in the next 10 or 15 years. Two years ago, a study came out that the leading cause of death from neurological diseases is Alzheimer's disease. It's 80% of all neurological deaths. And by the way, it's no longer cancer and heart disease where people are dying from. People are dying from neurological diseases. That's the number one cause of death now in the US. And in the last 20 years, there was a 663% increase in women dying from Alzheimer's disease. In 20 years.

So bringing those two numbers together; first of all, Johansson already pointing out that it was Wi-Fi causing it. And then these numbers, because

the parallel exactly the increase in radiation that we had since 2006. The numbers are increasing exponentially, and what we're exposed to. And it's a disaster.

And in terms of the politics behind it, this was the number from 5 years ago, already in terms of financial money turnover. The Wi-Fi industry, telecommunications industry, was already at that time four times stronger than the pharmaceutical industry. And of course with that, the government sells off frequency bands to the industry, reaping in a huge amount of money that way. So because of that, the government has not changed its safety procedures for us.

The highest level of safety offered in any country in the world is Russia and Iran. They have the strictest upper limits of how much people are exposed to, and basically, Russia is saying; I have a statement from Putin from this a few days ago. He says, "We don't need to go to war with America. America is committing collective suicide. We can just wait until they're all crippled with autism, and then we're going to take over the world." that's basically where we are.

But I don't know if I completely answered your question. But we're in the middle of a disaster of brain disease caused by Wi-Fi, or at least strongly contributed to our exposure to microwaves.

Jonathan Landsman: You know, they're usually very careful with their language, Dr. Klinghardt. But I often point out to people something that I think more people just need to think about, and it's when they enter these hotspots. You know, they go to these cafes, or these delis, or schools, or wherever it is that they're going. The restaurants, and they see these hotspot areas where we can just walk in with your computer and use things wirelessly.

Or downloading; how excited people are that they can download videos on their cell phone. And they don't realize that this 4G, that now is rapidly accelerating to 5G technology, just means that more and more of these cell phone towers that are going up all over the place. Instead of two cell phone towers directed an individual, it's going to be more like three towers directed at them. And like you said, it's this microwave invisible radiation that is literally bombarding and frying all of us. Our brains and our whole body. That's fair to say, right?

Dr. Dietrich Klinghardt: Absolutely, yeah. We're in the middle of an unfolding, uncontrolled disaster. Fortunately, there are other countries, like I mentioned, that are catching onto this that are setting safety standards that are much, much higher than what we get here. And also I want to say about the Wi-Fi thing; in cafes, we're really not that much concerned about somebody going to Starbucks and having a 2-hour session in a Wi-Fi environment. I'm concerned about the people that work there that are exposed to it 8 hours a day. And I'm concerned about the people sleeping throughout the night with their Wi-Fi router on, and the cell phone tower nearby. It's the 24/7 exposure that kills the brain. It's not the one or two-hour stents you do in the hotspot.

Jonathan Landsman: I want people to really take careful note of the end of this conversation where Dr. Klinghardt and I will be talking about the best ways to protect ourselves in and around the home. Because like you say, Dr. Klinghardt, it is all about the intensity of our exposure, and the duration of our exposure.

So, moving along, Dr. Klinghardt, this is a massive problem. We hear it all the time. Certainly in the natural health world about autism, and you know we're hearing about vaccines, and digestive issues, and on and on and on about all these troubles that children are having as they are developing from birth all the way through their early years. What is the connection between autism and Wi-Fi. What are you seeing?

Dr. Dietrich Klinghardt: Ok, so of course there is a hugely strong connection. I can answer that. Let me first answer it a little bit in terms of science, and then in terms of our experience. I think George Carlo may have been the first one to write the paper on observing pregnant women that are exposed to higher levels of Wi-Fi are more likely to give birth to an autistic child, or to a child that later on will be diagnosed as autistic. Or, a child that will be, because of the exposure, be much more vulnerable when the vaccines come and other epigenetic, traumatic insults come. So he was the first one.

But then I answered that by actually doing a small study. We had 10 autistic children, and 10 healthy children. And we went back to measure the amount of microwave exposure in the local where the mother was while she was pregnant. And we found a 20-fold higher exposure to Wi-Fi in the women that gave birth to a child that later on was diagnosed as autistic. 20-fold increase compared to the healthy group. And with that Wi-Fi, it's the first and only factor that's ever been shown to predict whether somebody is going to become autistic or not when they're in the belly of they're mother. It's a huge thing.

And of course, I tried to publish it, and couldn't find a publisher who was willing to put that on, because one of them told me, honestly. If we publish this, we lose forever our sponsors from the communications industries. And we can't just simply not afford that. The rest of them was less honest with me. So these are two pointers. There are many other papers now that are suggesting the connection between autism and the exposure in the womb to Wi-Fi.

An interesting number, one paper shows that when you have a certain density of Wi-Fi and other electromagnetic fields to the skin of the mother, to the body of the mother, that the womb and the membranes that surround the child, concentrate the Wi-Fi 20-fold. That means whatever measurement we do on the outside of the body, it increases 20-fold, that number, inside where the fetus is. And that of course leads up to devastating numbers; devastating exposures.

And maybe to say one last thing; in other countries. In China, when you are pregnant, by law you have to wear protective shielding cloth over your womb where the baby is. Policemen stop pregnant women on the street to check if you're wearing your protective silver-coated cloth. We'll get to that later. But that is what other countries are doing. I just want to point in a certain direction here.

Once America has become demented, which we are very well on the way, China, Russia, and Iran are still going to be there, and are going to be blossoming. So it does not spell the end of humanity; it just spells the end of the US, as we have known it. You may have all the nuclear bombs in the world, and all the nuclear ships, or whatever, but you will not be able to build any of them anymore without the Chinese or Russian help. So you won't have the workers that have the skills or the hands to do so. You cannot build a nuclear aircraft carrier with a bunch of autistic workers.

Jonathan Landsman: Dr. Klinghardt, I'm hoping that this event, the Immune Defense Summit, is going to have a huge impact, certainly throughout the whole western world. It is easy to share this information with a friend. I hope someone does that right now. And I think it's worth mentioning, Dr. Klinghardt, while we're on this topic around the home. Even though we're saying Wi-Fi and wireless routers, what about, god forbid, somebody is unaware of this that this point, these smart meters that are attached to the outside of people's homes. And if they don't have it yet, please be on guard. Don't let this happen to your home. People are sleeping in their bedrooms on

the other side of this. Those women that are pregnant. Those older people that are having trouble with their brain function. How serious could that be, right?

Dr. Dietrich Klinghardt: Absolutely. All the research points; it's the cumulative effect that all the sources of Wi-Fi have. We have the Wi-Fi router in the home; unfortunately also most of the cordless phones that are used in the US are based on Wi-Fi technology. And they use 900 MHz, and they're broadcasting 24/7 into the rooms in the home. Then we have the baby monitors, a huge source of it. And then the alarm systems in the house. And the new source, of course, the new kid on the block, is the smart meters since a few years.

And smart meters have some devastating amounts of radiation into the home. Usually in a sheet that kind of goes horizontal through the house on the level where the smart meter is. So, there are ways of shielding that. There are also ways, if you don't have a smart meter yet, to protect your home from it. I simply recommend looking up the website [Take Back Your Power](#), from one of our local friends here, who has established a worldwide campaign against the smart meters. And you need to kind of accumulate a little bit of knowledge, also, how to get rid of it. There are certain communities where the city planners and the boards of the city were bribed by the telecommunications industry. They pass laws. It's not allowed by the citizens to protest against the smart meters, so you're doomed.

Maybe just my first case that I had with this. This was a patient who was mild Parkinson's disease, and I had him very beautifully under control. He was married to a German woman, so I was kind of close to the family. And in spite of my care, there was a sudden downturn in his health, where his Parkinson's, suddenly overnight, became much worse. We were struggling with it, and we couldn't figure it out. And within 6 months he was dead. Then I went to the house, and I saw the smart meter. And it was established two days before the downturn of his health. There was a clear relationship between this person dying after the installation of the smart meter.

Basically the electric utility company installed that without informing the people. Really, it's akin of manslaughter caused by the company. And of course, the US has passed laws that protect these industries where you can't really legally go after them. And that has to change. There is a major, major change needed to protect the citizens in America. It's like the only country in the world that sacrifices its citizens.

We've got the fluoride in the drinking water. We've got, in California, at least, the push for the vaccines whether you are genetically suited to tolerate them or not. 25% of people are not. And we've got the glyphosate in the food chain. It's the only country in the world that under the name of whatever profit or power, whatever it is, it kills, it sacrifices its own citizens. That has to change.

I'm here, you know, opposed to you and most people that listen. I'm here in America by choice because I love this country. And actually want it to be great again. I moved here in 1982 when America was great, and it has lost a lot of its shine because of this. Because of the polluted brains. The American citizens are not the same anymore that they were when I came here. So I want to see that again in my lifetime. I want to help you guys to bring that back. I'm not an evil guy, and I'm not against the industries or the politicians. But people are misguided. Nobody has put the picture together. There is concerted effort here in destroying the human brain in North America. It's a collective suicide that we need to stop.

Jonathan Landsman: Dr. Klinghardt, I know another area of concern that we want to really highlight during the Immune Defense Summit, especially when it comes to wireless technology, is a real call to all the parents out there sending their children to school. And of course, it's a noble idea. Let's send them somewhere where they can get a good education and be a productive member of society. But I know you have a lot to warn people about when it comes to all this Wi-Fi that's going on in the school buildings, right?

Dr. Dietrich Klinghardt: Absolutely. So let me say something to that. Of course, I'm involved in England very much in the school system, and I give talks to school boards and teachers and parents. And it's very clear that the moment Wi-Fi enters the schools, there's a large percentage of students whose performance drops dramatically, whose health drops. It's all published. Whose health drops hugely because of the impact on the immune system. The behavior stuff in children; they become hyperactive. They stop sleeping at night. They get skin disorders. They get neurological problems. It is very, very clear.

My friend, Magda Havas, in Canada is very active in fighting the battles on their front. We've managed to get the Wi-Fi out of a number of schools in England. In France, it's very, very well known. So the last French government was very reasonable. They took the Wi-Fi, as far as I'm informed, out of all schools. So they have wired connections. They're still working with computers, but they're arranged so they have wired connections. And where that wasn't possible, they only switched the Wi-Fi on if there is; they have classes where

they learn computer skills. And these classes, when they need to draw things from the computers, so they switch the Wi-Fi on only for those moments. Which is no more than one or two hours a day. Which again, hugely decreases the cumulative exposure of it. So there are ways of working with it. And most schools, state schools, they have the money to create wired connections. Where each desk has its own plug-in connection. That's totally safe.

We used to have Microsoft, next door to Microsoft. Microsoft doesn't use wireless in their halls. They use fiber optic systems, which are much better. And they're completely safe. So the companies that are high up in the communications industry, they do not use wireless. They use broadband, or they use fiber optic connections. So it's a devastating thing for the students, and of course depending on; I like to say here what makes people much more sensitive to Wi-Fi, the one factor. Yes, there is some genetics that goes into it, and some other things. But the main thing that goes into the equation is the accumulation of toxic metals in the body. Metals are the antenna for microwaves. They're in resonance with it.

So we'll be finding a hugely increasing body burden of aluminum in our people. And again, America is the country that insanely sprays aluminum into the air, trying to affect the temperature and to deflect the sun. We've got air measurements that are absolutely catastrophic. We've got rain measurements that are catastrophic in terms of the amount of aluminum in it. But also titanium, barium, strontium, and other metals. And we're inhaling that.

Kids are, especially when children are exposed to it before they're a year and a half old babies, they have no blood brain barrier. So whatever babies inhale in terms of metals, metal dust, nanonized metals, goes straight to the brain and stays there. And that becomes the antenna for the microwave to dock onto to deliver its energy into the central nervous system. Because metals have a propensity to end up in the central nervous system.

If the mother had amalgam fillings during pregnancy, we know that the fetus is exposed to a huge amount of mercury that travels across the placenta straight into their brain. And those will be the students, when they're now 10 or 12 or 15 years old, that are much, much more vulnerable to the exposure of Wi-Fi in the schools.

And maybe, since we added actually one thing that is increasing, the latest paper on that is by Marco Ruggiero, shows that the other part that makes us vulnerable, not so much on all the studies done on how Wi-Fi affects the human cells. And yes, the University of Athens shows it's devastating. It

destroys about one-seventh of our enzymes. They get either inhibited or destroyed. We've got about 65,000 or so metabolic enzymes, and about one-seventh in their research got permanently altered or destroyed by Wi-Fi.

Ok, that's one thing. But who in us is extremely vulnerable to the Wi-Fi is the microbiome. The bugs that live in us. And the bugs in us, we know now that 80% of our immunity is the microbes in us. We have microbes in the lung; they're protecting us against pathogens that we're inhaling. We've got a microbiome, certain selection of microbes in the sinuses. They're protecting us from pathogens that are trying to come in. They fight with them and get them out. And you've got microbes in the gut, which we all know. They actually are not only defending us against incoming parasites and microbes and pathogens, but they also are a huge part of our metabolic system. That means they're actually digesting our food for us, and then preparing the food into something that we can actually absorb.

Many B vitamins are created in the gut. We know tryptophan and other amino acids are created by the bowel bacteria. And we know that the current estimate is that we've got 10 times more microbes in us than we have our own body cells. But when we actually go to the DNA, we've got hundreds of times more bacterial, fungal, and viral DNA in us than our own DNA. And all of those microbes, and this is the research by Ruggiero, are highly, highly vulnerable to microwave and are completely destroyed, altered, mutated by the microwave. And that needs to be taken into account. This is the most important part of our immune system. It's permanently altered. This is on top of the alteration and the destruction caused by glyphosate, and atrazine, and some of the other herbicides and insecticides that end up in us. So these are huge issues. And the research the government uses, of course, was highly selected research that doesn't show the damage. But they looked at the wrong system.

Jonathan Landsman: Yeah, without a doubt, I want people to pay close attention to what Dr. Klinghardt has already said about heavy metal toxicity being so seriously related to all the Wi-Fi that we're being exposed to; this wireless technology. Wendy Myers, make sure you check out her presentation in the Immune Defense Summit where we're talking about heavy metal toxicity. There are several other presentations in this event, as well. that will help you with detoxification, extremely important.

So many other things to touch on, but real quick, Magda Havas, Dr. Klinghardt had mentioned, out of Canada. For those who are interest in looking into her research. M-A-G-D-A, and her last name is H-A-V-A-S. So

that's one person, great resource. And Dr. Klinghardt mentioned Josh Del Sol, who is a good friend of mine. He is out of Take Back Your Power. You can look up his website. Great resource for information here in the United States. And also the third one, a dear friend of ours here at Natural Health 365, Dr. Olle Johansson, PhD, out of Sweden. He was actually one of the featured speakers in the Alzheimer's and Dementia Summit. And that was an event that I did last year. For those that purchase the Immune Defense Summit, you'll also have an opportunity to get the Alzheimer's and Dementia Summit. I strongly recommend that for anyone who is concerned about brain health.

Dr. Dietrich Klinghardt: Let me just interrupt you, because there's one more important thing I need to say regarding the heavy metals. There's one study that shows if a person has silver amalgam fillings in their mouth, that exposure to Wi-Fi actually liberates the mercury in those fillings and creates a mercury vapor. So the filling dissolves at a much, much accelerated rate. And the mercury vapor stays in your central nervous system. Only 20% of that comes out of your body. 80% permanently moved from the teeth into your brain. That's one thing.

The other thing is research by George Carlo showed that the exposure to Wi-Fi blocks, especially the enzymes, that we need for detoxification of metals. That means metals become entrapped in us the moment we're exposed to Wi-Fi. Which, of course, is all of us. So the heavy metal toxicity, which is, some of you know, has been my area in medical for over 40 years. It's a huge issue. Understanding that metals in us make us vulnerable to Wi-Fi, and then Wi-Fi actually ensuring that the metals stay in you. And not only that, but dissolving metals wherever they are and making them bioactive again. You know. So these are huge issues.

Jonathan Landsman: Dr. Klinghardt, it is absolutely great. I'm so glad you're highlighting that. Dr. Stuart Nunnally, a past president of the International Academy of Oral Medicine and Toxicology is one of our featured speakers in the Immune Defense Summit. Please make sure that you listen to his presentation. His conversation with me is really fantastic about poor oral health, and we absolutely cover mercury based silver fillings. This is a very serious problem, Dr. Klinghardt.

Now we're getting to another very serious problem that people talk about all the time, and they're popping the sleeping pills because of all the sleep disorders that we're seeing here. But not enough physicians, like you Dr. Klinghardt, are talking to their patients about what is their bedroom environment like? With the wireless routers, the cell phone next to the head. I

know so many kids out there in their teenage, and 20s, and even 30s and beyond, they're leaving their cell phones so close to their bed. Please talk to us about the connection between wireless technology and all of these sleep disorders that we're hearing today?

Dr. Dietrich Klinghardt: Yeah. So, of course, the insomnia. And very few people talk about it correctly. The insomnia that we are having now world-wide in the western world is simply an outcome of inflammation in the brain. And the biggest driver of inflammation in the brain is microwaves. That's published. I think every other study, recent studies on microwaves mention the inflammation. The inflammatory pathways are activated in our system. That's the one thing.

The other thing is, of course, is those people get insomnia from the Wi-Fi, then have metals in their brain. Metals that shouldn't be there. And so, if you've been exposed as a fetus to the amalgam vapor of your mother, from the mercury, then you get a couple of vaccines with mercury adjuvants and aluminum adjuvants all end up in your brain. There's a certain threshold. Of course, as a young person you're outgrowing that. As long as the brain cells are duplicating, they're diluting the metal content that they every time that cell divides.

The next cell only has half the toxic load than the one before. So for a while, you're kind of growing ahead of the problem. And then when you reach a certain age, the bioaccumulation increases from food sources, from vaccines, from inhaling it. Mostly now we're dealing with the persistent contrails that are raining down metals on us. And it's in the water, and it's in the foods. The aluminum content has hugely gone up in everything.

So there's a certain threshold. And when we reach that, we will get insomnia. And then, of course, the first step is to protect the body from Wi-Fi. And we're not even talking about cancer, but we know from studies that were done that calculate the risk. If you have the cell phone close to your ear, as long as it's in contact with the greater field. So if it's active. The more hours in the day you're exposed to it, the higher your cancer rates.

However, that cancer comes, especially brain cancer, thyroid cancer, melanomas. They come with the delay of approximate 20-25 years. So we're already seeing that now. Hey, I'm in the business to help these people, so for us it's a good thing. I want to say that here. The more cancer we have out there, the more neurological disease, the more patients we get, great. It's great

for our business. But I promise you, we'd be much happier to never see a patient again if this insanity stops.

There are studies out, for example, that show Wi-Fi suppresses your GABA receptors. GABA is the calming neurotransmitter. We know it causes brain inflammation, so depending on what part of the brain is inflamed, you get different symptoms. But our main treatment for insomnia is the complete protection from electromagnetic radiation. Not just Wi-Fi, but also from other sources of electromagnetic radiation. And that is usually very, very doable in most homes.

We also insist that people, when people can afford it, get the Samina Bed System. It's called Samina. That has a grounding pad woven into it, and uses certain natural material that absorb at night the moisture that the body gives off, and gives the moisture back off in the daytime. The reason I'm saying that is there's a connection with insomnia and the moisture contained in your mattress, because that makes it a microwave receiver. The water content. We measured some of the bet systems, the moulding beds that are so popular. The Sleep Numbers and others. We weighed some of these mattresses when people bought it, and a year later they were up to 12 pounds heavier than they were a year before. This is all accumulated sweat. It then soaks into the mattress. Those mattresses, first of all, become mold growing. And there is certainly a connection with insomnia and mold exposure.

By the way, we didn't get into that, but the mold in the homes becomes much, much more virulent and produces many more mycotoxins when the mold exists in a Wi-Fi field. In the microwave field. So microwave drives the growth of molds, different molds. And the molds produce a lot more spores because they also feel attacked, so they want to multiply faster. And the mycotoxins that are released are much, much more virulent. So there is a direct connection between the wave that we have now of mold illness and Wi-Fi.

And people have not put that together. You know? It's not the poor mold that's at fault here, it's the Wi-Fi that drives the mold. So there's a huge connection between the mold and the bedding plays a huge role in that in the homes. And the Wi-Fi exposure at night. So when we treat insomnia, we look at that. We look at the bedding, we look at the Wi-Fi, and we look at the metals in the brain. We need to address the three issues with a wonderful success rate, where everybody else has failed.

Certainly there still is not a real medical drug that restores restorative sleep. We know at night is when the lymphatic system of the brain, the so-called

glymphatic system, is active. And the brain detoxes at night. But only if you are in deep delta sleep. The moment you bring Wi-Fi into the home. Even I have to say worse than the Wi-Fi is the cordless phone because it's 10-12 Hz. That means it keeps you in a high alpha rhythm. You can never go into a lower brain rhythm because of the so-called entrainment. You know, the brain always mimics the rhythms of the environment.

So, the deep restorative sleep is needed for the brain to detox at night. So when people sleep in the Wi-Fi field, their brain cannot detox at night. You may get away with that for a year or two, or as a teenager maybe 5 years, but then the natural bioaccumulation of metals, it will concentrate in the brain more and more. Will eventually lead to the breaking point, where you wake up one morning, you haven't slept and you're not rested. You don't know how to get out of it. And most people, of course, resort to sleeping pills.

Which, I want to say this one example. This one that ended sleeping pills for me, a study my brother was involved. He's a psychiatrist. They looked at valium, and they actually looked at a biomarker of valium in the system. They found out patient having had one week exposure of valium, 30 years later they can find residues of that one week of exposure to valium in the fatty tissue of the patient. Which includes the brain. 30 years later, after 5 or 6 days of having taken valium. That's the only period the patient took that drug. So most of the sleeping aids that we have in the US are valium derivatives. Many of the newer ones have never been studied for long-term effects. So it's a wild world out there.

But our treatment for insomnia starts always with shutting off the Wi-Fi, cleaning up the bedroom in many different ways, and detoxing metals from the brain. And most of the time this is successful. We're getting people back to deep restorative sleep that way.

Jonathan Landsman: So, Dr. Klinghardt, as we close out the program, obviously it's invisible what we're talking about for so many people. But what's great is we can give feedback. We can show people how toxic an environment might be. Just talk for a minute or two about how we can measure our exposure, and then please go on as we close out the last few minutes, with some of the best ways that you are helping your patients to protect themselves in and around the home.

Dr. Dietrich Klinghardt: Of course. For measuring the beautiful thing about Wi-Fi, it's a physics related issue. And of course, there are instruments in physics that can measure the amplitude but also the frequency range of what

we're exposed to. We used to use a German company, Gigahertz Solutions, they have an instrument called the 35C. Which is usually adequate for measuring the amount, the amplitude, and the density of Wi-Fi in any location in the home. There are cheaper instruments in the US that are less specific. But I would suggest to orient yourself Magda Havas; her website always makes the latest recommendation of what the latest instrument is.

The trouble is the industry isn't sleeping. So we went from 3G to 4G, requiring different ranges of measurement, and now we're going to 5G, which this instrument can no longer measure. And so, there is a problem there. and there are dosimeters now, which are fantastic. That means it's a thing you wear on your body that actually measures your cumulative exposure throughout the day, wherever you go. And again, I would suggest you go to Magda's website to see what she is recommending currently.

We pretty much have given up on measuring, because there's always something that escapes you. Like the tetra, it's a low frequency field used by the police and ambulances, which is devastating to the health of people. That needs yet another instrument. We like to also measure still the magnetic field and body voltage. I've taught a course, Creating a Healthy Home, years ago, that's available through Klinghardt Academy. We go through all the measurements in that video. It's a set number of things that we would like people to test. Body voltage, the magnetic fields in the home, and the Wi-Fi exposure, which we do with the 35C instrument. And that gives us very, very good, excellent numbers.

But, we know now if you have a cordless phone in the home, which is now dying out because people don't use landlines anymore, so they have cellphones. But if you have a cordless phone, get rid of it, and go to Radio Shack, and buy for \$20 a corded phone. You can have several outlets in the home if you need to have it in several places. That's number one.

Number two, the responsible use of the cell phone. We're not so concerned about people using the cell phone because these are short, should be relatively short exposures. However, if you are more than 1 minute on it, there is a recent study on Epstein Barr that shows a 7-minute phone call on the cell phone can permanently reactive your Epstein Barr virus. And Epstein Barr virus spells breast cancer, throat cancer, prostate cancer, malignant lymphomas, and all that. One single 7-minute phone call activates Epstein Barr. Hey, that's a number.

So what we like people to do is there's a system called the Bluetooth system. Where the loudspeaker is on your chest, somewhere away from the body. Then there are plastic tubes that guide the sound to your ears. If you need to make a longer phone call, you should only use it with that. Or you get yourself in an area. Go back into your care. and use the loudspeaker on the phone to keep the phone away from your body. That includes not touching it with your hands. These are just some general rules.

Number three is how to protect the home from the incoming radio waves from the cell phone towers nearby, and from the neighbors. So, we recommend the German system building biology. They have developed wall paints that can be applied to outside the home or inside the home with a graphite paint that's electroconductive. It creates a faraday cage, basically, that needs to be grounded into the ground wire of your electric system, and shielding curtains that are made from silver coated cloth that deflect the incoming radio waves. That's pretty much what we do with all of our clients.

If that's not possible, there is what's called a sleep sanctuary that looks like a mosquito net that's put over the bed that reduces the radiation to one-ten thousandths on the inside of it. There's a website, www.littletreegroup.com. That's Lynn, that's a friend of ours who sells these mosquito nets out of the shielding cloth for our patients. And we really insist that every child in the world should sleep under this to have protection.

And if you have neighbors underneath you, then also the underneath of the bed needs to be included with the system. So it's basically a faraday cage that you sleep in. I'm sleeping under that. Many of my patients do. Certainly all the parents put their children under it that actually listen to my advice. It's been phenomenal. We've had more recoveries from autism with this single measure, by putting the child under a faraday cage. And within 2 years, many of them have recovered without any biochemical intervention. Without any other thing that we're doing.

There are daytime strategies. When we maybe need the Wi-Fi router on. Only switch it on if you need it, if you're actually doing something with it. Then there are the Stetzer filters. Stetzer filters reduce the wires in the wall from the electric system all carry now the internet on it. You can retrieve it from there, also. And it creates a field in the house, in every room, that has electric plugs. That is not just pulse with the 60-hertz cycle, but has piggy back on it what is called dirty electricity. That means the entire internet plus a million other things. And our cells are hearing that, and get very, very confused the Stetzer

filters out a simple system, condenses. They are put as plugs in the wall, and they greatly reduce that dirty electricity.

And again, Magda Havas has on her website a great video that shows a couple of dramatic cases of improvement of a Parkinson's patient and several others. When the moment the filters are put in, they stop shaking. The moment the filters are taken out, the shaking is back. So that's part of the daytime strategies, is to use Wi-Fi if you have to only for the short periods of time that you actually are searching on the internet or have to download something, and then switch it off immediately. Disconnect it immediately.

There is an issue with the new mercury containing compact fluorescent lights, also emitting microwaves as a byproduct of the way they're designed. So you have to get rid of them. They're absolutely deadly. Again, Magda Havas is the main person. She's a professor of biology in Canada, so she's not a lay person. She's a genuine professor in good standing. So this is not a small thing. The lighting is a huge issue that contributes to the Wi-Fi. Definitely no cordless phones in the home. And I think that's it, for the purpose of the summit. Yes, you have to fight the smart meter issue, and you have to learn a little about it. You can shield it with a couple of layers of aluminum foil between the smart meter and your home. That's sort of the idiot's way of reducing at least the impact of that.

And of course, there's some internal protection you can do. There is a rosemary tincture that has been found to be dramatically effective in reducing the oxidative damaging effect, the inflammatory effect of Wi-Fi. Rosemary tincture, and the other one is propolis tincture; bee propolis tincture. I use the company BioPureUS.com that makes these for us. And it's a fantastic tool. Used wisely, you can protect the body to a certain degree.

The other thing is that everybody needs to get the metals out of your brain. We use an ionic foot bath for that. I use a company called Ki Science. Their ionic foot bath they have costs about \$500. That's a fantastic tool. We have a study that's not published, but we got the research data that after one single 30-minute foot bath with that instrument, you increase the aluminum excretion by the kidneys by 600%. That's an absolutely huge number. Without using any chemistry. So, remember to protect from Wi-Fi, it goes together with detoxing metals. And then we found the electro hypersensitivity we can greatly reduce in people. We haven't really talked about it, it's like an electro allergy. We can greatly reduce that by giving people pretty high amounts of methylated folate. So that's a trick that we found here in the office that works very well.

Jonathan Landsman: Dr. Klinghardt, you have offered plenty. And of course, people can check out Klinghardt Academy. They can look you up at Sophia Health Institute, as well. Dr. Klinghardt is available, and his whole staff there. Great resource of information. Dr. Klinghardt, I want to thank you so much for your time, and I want to thank our listeners for joining us today. If you would like a copy of this program, plus all the other presentations inside the Immune Defense Summit, simply click the banner you see on this page. Thanks again for attending the Immune Defense Summit. Talk to you soon. Take care.