

[184: Resiliency Radio with Dr. Jill: How Artificial Lights and EMF's are Damaging Your Health.](#)

Dr. Jill 00:13

Welcome to *Resiliency Radio* with Dr. Jill, your go-to Podcast for the most cutting-edge insights in functional medicine and integrative medicine. I'm Dr. Jill, your host, and each episode will dive into the heart of healing and personal transformation.

Dr. Jill 00:26

Whether you're a healthcare professional, a patient navigating your path to wellness, or passionate about health and healing and transforming your own life, this podcast is for you. If you like this video, be sure to hit 'Like.' And if you want to hear more, just hit 'Subscribe' below.

Dr. Jill 00:42

Without further ado, today on the podcast, we're going to be talking about EMFs and artificial lighting and how they might be affecting your health. This is a topic I find so many patients have questions about, and many, many patients have no idea what it's doing to our health. So let me introduce our guest.

Dr. Jill 01:00

Chris is a Functional Diagnostic Nutrition Practitioner who focuses on coaching clients to implement lifestyle strategies to improve their health, including helping them identify and remove toxicity in their indoor living and working environments, especially in the areas of air, water, lighting, EMFs, and chemicals. He has a personal health journey with heavy metal toxicity due to mercury amalgam fillings as a young adult, with EMF sensitivity affecting his daily life. Chris played an important role in forming 'Safe Technology' groups that help the public connect with EMF experts. All the way from Australia, welcome, Chris! I'm so glad to have you on the podcast.

Chris Henderson 01:38

Thank you, Dr. Jill. It's a privilege and a pleasure. You're very well known around the world. To have the privilege of being interviewed by you is something quite special for me, so thank you.

Dr. Jill 01:49

You are welcome. As always, I want to hear your story. And it's interesting because you're outside for a reason, and I want to talk about your story, your journey, and how you got to be such an expert. We met through another doctor that we did a training program with, I think. And, as we were talking, I realized what a wealth of knowledge you have, and a lot of it's through your own story. So do you want to start by just telling us a little bit about your journey and how you started realizing that EMFs, lighting, and all these things were having an effect on your own health?

Chris Henderson 02:22

Yes. My story goes back to when I was a teenager. I was diagnosed with Crohn's disease when I was 18 and went down the conventional route. Then I found more holistic therapies. I had a major surgery for Crohn's, so it was quite a huge, pivotal moment, changing me from my course of direction. I was trained to be a teacher, and I just went off on another course after that.

Chris Henderson 02:48

It's interesting when you talk about lighting because, a few decades down the track, I became a lighting salesperson. I sold lighting to electrical wholesaling institutions. Then, as I became a health practitioner, I came across the work of Dr. Jack Cruz and learned about light. I've gone back to thinking, when I went back to the UK, "Why did I get sick so quickly?" I got a job in a factory as a shift worker, so I was under fluorescent lighting for 10–12 hours. I didn't get to bed until midnight most nights. I did that for six months. Then I moved into the British winter and went to Union; I didn't get light other than when I woke up or was indoors. It changed my whole physiology and chemistry, and I think that was a major contributor.

Chris Henderson 03:51

As far as the journey of coming into the lighting and the EMF side, it was a little bit further down the track, like 10 years later, when I decided to study FDN, which is Functional Diagnostic Nutrition, and came across Sandeep and people like yourself and did the whole health coaching thing. But I came across Dr. Jack Cruz in 2017, I think it was. I was like, "How come this light story has not been told in any of the courses that I've had?" I got all the books Sandeep recommended. I deep-dived into that.

Chris Henderson 04:23

At the time, I worked as an insurance agent as well—all indoors under fluorescent lighting on a laptop—and I lost my vision quite badly when I was 28 and had prescription glasses for about a decade. Before I came to Jack Cruz's work, I was like, "I probably need to go back to the optometrist to get a new prescription." I deep-dived into Jack's stuff. I went over three hours, three or four times. His takeaway was pretty simple. It was like: Ground in the morning, watch the sunrise, and wear blue-blocking glasses at night. I did that. Probably six to eight weeks later, my vision had improved to such a degree that I could read without glasses. I tossed them away. That was the journey with that. That was a "light" start. That was a start with the lighting.

Chris Henderson 05:13

A year later, the EMF part came around when I went to Melbourne, Victoria, for 10 days, and all my autoimmune symptoms flared up. I couldn't walk or sleep. [I had] joint pain. Then—in this journey, when you're ready, experts sort of come to you—I was introduced to Cyril Bourke, who's pretty much a worldwide expert [inaudible], and Nick Pinault. I got his number from a friend, and I Zoomed with him in the middle of Melbourne, going: "Mate, I'm just so ill. What's happening?" He sent me all the way back to learning about the electrification of the power grid all the way through to today's stuff. I got a good understanding and knowledge from him. And then, working with Dr. Sandeep Gupta, he'd been doing more research into mold, viruses, and EMF, and we built the "EMFs Made Simple" course. There are probably a bit of gaps in between that we need to fill in, but that's the journey, which is a crazy one.

Dr. Jill 06:17

It's so interesting. We talked. I had Crohn's back at 25, and it was interesting that we had that similarity. I think the big takeaway that I want to dive into today is that our environment matters so much to our health. And I think a lot of people are obviously walking around, not realizing that—their office building, their high-rise in the city, their EMF in their home, or their dirty electricity—there are so many different sources of things that affect our cells that we don't see. So we're like, "Oh, it can't be that big a deal." But the truth is, this is very science-based. And if anything, I think this is one of those areas that you almost need to be an electrical engineer to understand sometimes the wavelengths and all that. I won't claim to be

an expert, but maybe let's talk first about: What are some of the sources of electromagnetic frequency that could be affecting someone's health that they may not know about? Give a basic primer.

Chris Henderson 07:10

Yes, I think I'll try. I'm not an electrical engineer, but I'll try to diffuse it down to the average layman's terms. Essentially, a lot of people I find are concerned about towers, 5G, and things around them, and rightly so. But most of the time, they're getting polluted by their own devices. I find mobile phones, Wi-Fi, tablets, and generally their own devices to be the things that they're getting the most exposure to because they're also close to them. They've got them in their hands and in their pockets. They're within meters. Generally, if you look at the manufacturer's specifications, people use the devices outside of the manufacturer's specifications. You are not even supposed to hold it against your ear. It's not tested against the body. We're creating cellular mitochondrial stress.

Chris Henderson 08:11

Firstly, I try to educate people, if they're going to use phones, on how to turn off the antennas on their phones. A lot of the time, they don't realize that the iPhone will just start to connect automatically, and you have to go to your settings to turn it off. And with Wi-Fi, if you can, at least turn it off at night. If you're a little bit more sensitive, sick, or have mold illness, I like them to hardwire their internet connection with an Ethernet cable. I want a cleaner zone. You can hardwire Ethernet everything. You can do iPads; you can do phones.

Dr. Jill 08:44

Let's talk really quickly [about] specifics because I think this is so important. First of all, iPhones or phones—iPhones are the most common, but any phone that you have. You're talking [about how people should] go into the setting. From what I learned, if your phone is getting less bandwidth, it's going to put out more signals to try to get it. If you're in an area where the bars for your signal are one, you're going to have a lot more radiation. So, is that the time when you should turn that off? What's a real practical step that someone could do with their phone? Walk us through that. Where would you go?

Chris Henderson 09:19

That's the time you need to not use it as a phone. Text is better. Text is less

radiation. It's quicker. It's just a little ping. Make sure you're making calls where there are full bars; as much signal as you can. For most of my clients, I get them to set up an old home phone at home—a fixed phone.

Dr. Jill 09:39

Right. The old-fashioned way.

Chris Henderson 09:43

Yes, the old-fashioned way. So that's what I do, making sure you're aware of that. People are putting their phones in Faraday bags or little cases and things like that. I'm like: "Don't cover it. Don't put it in anything that's going to amplify its signal because it's constantly trying to emit to the tower." I had a client who was turning the phone off. She just had to power it off. Then she reported back two or three days later, saying she was dreaming again. I don't want devices in the bedroom. I want them off and away from you. That's virtually the EMF hygiene, where things are off at night. The advanced part of that is that sometimes I get the client, if they're ill, to turn off the power to their bedroom if they can.

Dr. Jill 10:33

Yes. We've talked about that, where you just have a power switch wired so that you can turn it off. I don't know if you have this in Australia, but we have the Sonos wireless sound system. And because of the high fidelity of sound, I found that when I did my meter to check for the EMFs, it was so high—higher than anything else in my condo. It was the frequency coming from those wireless speakers. So, you want to wire those.

Chris Henderson 11:03

Yes. You can wire them, or if you're going to buy them, ask to get ones that you can switch the Bluetooth off so that you can wire them up. The consumer still has the power in their hands if they ask the right questions. I guess the question was: What are the main pollutants? Mainly your devices from a wireless or microwave radiation perspective. Other things are the electrical field from wiring. If your office has a meter box or the power box outside, you're getting a magnetic field. It's all contextual to how you have your house set up.

Chris Henderson 11:47

The electrical field is interesting because we're all concerned about 5G and high frequency. The lower frequency band just through electrical fields coming from wiring... PubMed studies are showing that 50 Hz can reactivate the Epstein-Barr. It's crazy. You guys have 60 Hz, I think. Is it 60 or 50 Hz? You've got 60 [Hz] at 110 [V]. We've got 50 Hz at 240 [V] here in Australia. But we find that when people do that cutoff switch and can sleep without power, it's like going back to the earth.

Dr. Jill [12:22](#)

It is. I always find that the clue is asking them: "If you go camping or you're sleeping on the ground, do you sleep better? How do you feel?" They're outside the house; they're in nature. If they're walking barefoot somewhere, people often feel better—when they're on vacation. But they're outdoors, walking barefoot on the beach away from Wi-Fi. Would you say sleep is the biggest thing you see as far as effect? What are some of the biggest symptoms?

Chris Henderson [12:50](#)

Sleep, brain fog, and the ability to think straight. It's good you mentioned that grounding because that grounding is 7.83 Hz. We work on a very low frequency. For example, comparatively, the 2.5 GHz on the router is 25 billion Hz a second, compared to your brainwaves, which are 6–10 Hz. I guess, from a quantum or an electrical aspect, it's positively charged electrons. It's adding positive charge to your electrons where we want to harvest negative charge, which is the grounding—beach, water, [being] in the sun, in the ocean. That's where you feel so good because you're negatively charging your cells as opposed to having all this positive charge from electromagnetic and indoor living. It's as simple as that. You're harvesting electrons for your cells to create energy. That's probably a good thing to do. Try to trade off your modern lifestyle with outdoor stuff.

Dr. Jill (pre-recording) [14:01](#)

Hey, everybody. I just stopped by to let you know that my new book, *Unexpected: Finding Resilience through Functional Medicine, Science, and Faith*, is now available for order wherever you purchase books. In this book, I share my own journey of overcoming a life-threatening illness and the tools, tips, tricks, hope, and resilience I found along the way. This book includes practical advice for things like cancer and Crohn's disease and other autoimmune conditions, infections like Lyme or Epstein-Barr, and mold- and biotoxin-related illnesses. What I really hope is that as you read this book, you find transformational wisdom for health and healing. If you want to get your own copy, stop by ReadUnexpected.com. There, you can also

collect your free bonuses. So grab your copy today and begin your own transformational journey through functional medicine and finding resilience.

Dr. Jill 14:59

Yes. For me, my biggest recharge is being in nature, barefoot somewhere, if possible. If I can't, I find that my PEMF mat is not perfect, but it's a little bit of a substitute. And [it] uses that seven or eight hertz, which is the same Schumman frequency as the Earth, as you mentioned. I really like that.

Chris Henderson 15:20

Yes, that's an interesting topic to bring up with grounding. I often get a lot of inquiries about grounding and grounding sheets. "Can I just plug in an earthing mat?" It all depends on what your electrical system setup is in your country. In Australia, the actual earth is combined with the neutral, so people aren't getting true earth. Some people go, "Oh, I slept amazing." Some people go: "My heart was palpitating; I couldn't sleep. I was awake for three hours." I just try to say that, to ground truly, you go away from the electrical environment, get out into nature, and do it properly.

Chris Henderson 15:56

I had a client who was on a grounding sheet for many years, and she said, funnily enough, when she went to sleep out in nature, she couldn't sleep. The body is so used to it. It'll pick up the electromagnetic frequency around it and try to adapt to that. It does take a couple of weeks. It can take a couple of weeks to adapt to—when you cut that switch off—trying to get back into rhythm.

Dr. Jill 16:21

I find it funny—the silence. When you're either in nature or everything is completely cut off, I am like, "It's so quiet," which is our natural state. But sometimes, to me, it's so quiet. I'm like, "This is strange." I've had clients and patients tell me they go camping, and for that first night, it's so different. It's interesting because our bodies do have to adjust.

Dr. Jill 16:45

So the grounding—I want to talk just a little bit about that because there are a lot of people selling stuff out there [such as] the grounding sheets and grounding mats. And what you're saying is that in some places, if your electrical system has a true

ground, it can be helpful. But it's possible that it could be harmful if you're plugging it into the wrong thing, right?

Chris Henderson 17:02

Yes. When I started the research—when I met Sara Lee, she pointed me towards David Stetzer's work. David Stetzer is an electrical engineer. He has a lot to say about the grounding. He was doing a podcast with a podcaster, a lady who was in the health space and she was about to sign this big contract to promote these grounding sheets. She said: "I was on it for two weeks and I felt like I was on crack. It had me wired." So just be careful. Test it out on yourself. I'm not one who says: "Don't do that. Don't do that." Test it. See how you go and then see how it compares to true grounding and being outside.

Chris Henderson 17:42

I think that doing those nature things and scheduling all those things in is important to offset any electromagnetic exposures you're getting during the day. Of course, you have to work. Some people work in an office. So just make sure you do the trade-off.

Dr. Jill 18:02

Perfect. So let's talk about artificial lighting. How is that? What would we look for? If we choose [lighting] for our home, what lighting are we going to want to choose? I don't even know what's best. I know fluorescent is not helpful, but what are the best and worst forms of lighting in a home or office?

Chris Henderson 18:22

This comes back to when we turn the power grid on and start to light our homes up. I think you guys in the States can still get incandescent and halogen. That's a good option. I have a spectrometer, so I test the visible spectrum. That's predominantly red. And obviously, you get heat and infrared from the incandescent. If you've already got those, I'd say stock up on those. A lot of building codes are changing around the world. If you're building a new building on your house, they mandate the LED. Generally, if you have LED, it usually comes in a cool mode and then a little warm white mode. Both of them are way too high in blue and green light and not enough of the red part of the spectrum, really.

Chris Henderson 19:16

I learned this from Jack Cruz when he was talking about blue light, but the mafia knew how to use blue light in their casinos. They blacked out all the windows. They had the light so that they could make sure they could control your dopamine with alcohol. It's been used quite a bit in the decades to change our behavior. I think there's research showing that if you're still on your laptop or computer up to 10:30, the spike in buying things is quite high because it's controlling that dopamine. So the lighting is very important.

Chris Henderson 19:53

I work with a company in New Zealand that distributes worldwide. Sorry, you're going to do some cuts on this. It's reverse-engineered. We've changed the spectrum of the light. It's a nice daytime spectrum, an afternoon spectrum, and a nighttime spectrum that's trying to replicate what's happening outside. Also, the driver is a DC-powered driver, so it doesn't flicker.

Chris Henderson 20:19

A lot of these lighting systems, because you're plugged into the main power, are pulsing on and off. That's what's causing fatigue, eye strain, and headaches. I believe long-term neurodegeneration can be caused by this cycle because the lighting at night, especially blue and green lights, is depleting your melatonin, or your body will hold off using melatonin. If you can't get enough melatonin into the system, the brain won't detox. It's this vicious circle. If your brain can't detox for 15–20 years, you're probably a high-[risk] case for a degenerative disease down the track. And it's all based on light and melatonin.

Chris Henderson 21:02

You need to get your sunshine in the morning because that builds melatonin. So there are these two critical times, which are sunrise and then nighttime. And what we've done in our modern lives is bring daytime into nighttime. And then your two systems, melatonin and cortisol, are confused. You become cortisol dominant, your melatonin sinks, and you're not sleeping well from that point on.

Dr. Jill 21:28

Yes. I found that's one of the most important things for people with insomnia. They think of it as: What do I take at night? What do I do at night? And yes, you want to block the blue light. You want to use red if possible. You want to not get that into

your pupils and your retina, basically. But I feel like one of the more important things is what you mentioned earlier, which is sunlight entering your eyes in the morning. I happen to have a chair in my other room that literally sits in front of a window and the sun, at least for eight months of the year, comes directly in. I love sitting in that chair in the morning and having the sunrise come up and go into my retina.

Chris Henderson 22:05

Are you in a patio or have you got the window open?

Dr. Jill 22:09

The window...

Chris Henderson 22:10

Yes, cool. You've got to remember that window glass does filter out the UV, so you've got to have the window open.

Dr. Jill 22:09

Interesting, because no, I have my window closed. I do have a full-spectrum light as well that I use.

Chris Henderson 22:27

Oh, that's good. And the UV is not as powerful if you're in winter. Having some indoor UV spurty lamp and the full-spectrum one is really good.

Dr. Jill 22:39

But I do find that for patients with sleep issues, that's so powerful—that [point about the] morning because if you get the morning [light], your mind is going to be in a much more circadian rhythm.

Chris Henderson 22:48

The circadian rhythm with sunrises is quite powerful, if you can get people into the habit of getting up. In Australia, I was doing it recently. Then, because of switching into summer, getting up was like 4:30 a.m. It totally screwed me around. But just to mention, we had a client who hadn't slept undrugged for 25 years. She used blue-blocking glasses and red light, and she was sleeping within three days.

Dr. Jill 23:19

Fascinating. That's so important. I've found personally that with blue light, if I need focus and concentration—not right before bed—I'll turn up the brightness on my screen and it is better than any caffeine because that blue light is made for creating dopamine. I use it and harness it when I need to be productive during the day. Not so much before bed, though.

Chris Henderson 23:41

That's interesting. That is very interesting. We've got to use light to our advantage when we can. When I do test the screen, generally all backlit LEDs have quite a significant blue in the wavelength that is damaging. So it does give you that spike. I still like my clients to wear blue-blocking filtering glasses when they're indoors during the day to filter down that spike. You still got enough blue in to keep you awake and you keep ticking over, but just not as damaging as it would be with the...

Dr. Jill 24:16

Got it. Yes, that makes sense. I will say one very interesting thing. I don't have all the answers here, but I see an optometrist who does filters for glasses. The ones I'm wearing have a green filter to filter out red because for me, my brain works better when it's filtering those lights. And when I did the yellow filter to filter out the blue light, it turned my brain down. I do think there are some variations in genetics with the colors, but the truth is that blue light is very damaging, very harmful, especially if you're having sleep issues because it's an activating energy. But I was surprised because I thought blue blockers were for everybody. I found that I didn't do well with blue blockers. I just avoid that light at night, but I don't wear the glasses.

Chris Henderson 25:01

Yes, I get that. It's interesting. I think that it has something to do with the pigment in our eyes. If you have blue eyes, it can be more damaging to you than brown. And obviously, melanin is a big story. I don't know where you want to go with that, but the melanin story is important. I think it's a missing piece in detox too. Your skin will tan. It's a natural sunscreen; we know that. But you have melanin everywhere. Melanin is in the brain, melanin is in your heart, and the body will suck in that melanin that you've built to detoxify chemicals and metals. I think the Smithsonian Institute did an article on pigeons in polluted cities. They've got more melanin in their feathers. They've adapted to process this out, so they can live in really polluted cities.

Dr. Jill 26:04

Fascinating. Yes, because it is protective against sun exposure.

Chris Henderson 26:10

It's like an antioxidant. It'll work as an antioxidant. Even if you've got Fitzpatrick Type 2 Irish skin, you can still build your solar yield. The morning—UVA to UVB. UVA in the morning before the UVB kicks in is important to build the skin's ability to take on the UVB. It's very critical. The timing is so critical.

Dr. Jill 26:40

Would you say, if you want to get a little sun exposure carefully, would you go in the morning first before you go in the afternoon?

Chris Henderson 26:47

One hundred percent. You'd start with the sunrise, because there's no UV in it. You're going to get massive amounts of red and IR to release all these hormones. You'll have to check it out on the internet; there's an app called dminder, I think, that works out when everything kicks in. I know in Australia, it's between 8 and 10 a.m. at the moment that you get the UVA and then the UVB kicks in.

Dr. Jill 27:10

Fascinating. I did not know that. I want to shift a little because you had a story about mercury toxicity in metals. How does that play into sensitivity to EMFs? And then also, any advice on how we can minimize exposure to some of those things in our environment?

Chris Henderson 27:29

Yes, the mercury fillings. I'm an 80s child. If you had a tiny little cavity, they used to drill the whole thing out. I ended up with, like, eight silver mercury fillings by the time I was 10 years old. I think that toxicity drove a lot of the autoimmune stuff that came a little bit later. I got my fillings out by a holistic dentist, but that's also done by the individual because if it's too quick, you can reactivate mercury and start to dump it out, which in my case, I think happened as well. But learning about EMF, toxicity, and especially electrosensitivity... I was watching Dr. Neil Nathan. He's quite a prominent toxicity doctor—50 years in practice. He just did something with Nick Pinault about EMF electrosensitivity. He's seeing epidemics of it in California, where he practices. I believe that if you go into the research and the literature, chemically sensitive people become electrosensitive. Metals, chemicals, and all

those synergies in the body—if you haven't detoxed those out, you become electrosensitive.

Dr. Jill 28:43

That's exactly right. It's a toxic load. And metals, of course. Maybe you talked about this: Copper, for example, can be an issue if it's high in someone. If someone has Wilson's disease or some of these diseases with high copper, copper is very conductive. And some of my most sensitive EMF patients have very high copper levels and we have to address that.

Chris Henderson 29:09

That was me. I had Pyrrole's. I was working with Sandeep with that. I did [an] HGMA [test] and last year it was super high and copper was super high, off the chart. I got to a point where I couldn't go to a house that had Wi-Fi on. My head was just zinging. I did some more tailored detox protocols, which were mineral rebalancing in nature. Not the heavy zeolites or binders; nothing like that. Just rebuilding the body through mineral balancing. And my follow-up HGMA was, I don't know, X times, 50 times lower. And I felt it. I literally felt it. I believe that those who are electrosensitive can do that. Once they get the chemicals and the heavy metals reduced, they become more tolerant. There's a caveat to this because people think that when they feel better, they can just use it at any time they want. "I can use this for 10 hours," and you get back to a whole host of different issues coming up. But the detox, the heavy metals, and all of those things were key to becoming less sensitive.

Dr. Jill 30:24

I love that you're saying that, because what I find is that there are people who genetically and chemically are way more sensitive to EMF. I'd say maybe 20% of my patient population has severe sensitivity and the other 80% don't know. The truth is, we are all sensitive. The more that we can reduce exposure... We know it's radiation damage to the cells and it's a trigger for DNA damage and all kinds of other things. All of us are susceptible. It's just that some of us are way more sensitive and notice. It's interesting that you mentioned the copper. I had a patient before who would walk into a building with EMF and turn red with a rash and, very clearly, start reacting just like you mentioned.

Chris Henderson 31:06

That's crazy, isn't it? It's interesting that when you get the client better, detox, and

then start doing the EMF hygiene stuff as well, but keep it as a lifestyle thing and get the lighting as a lifestyle thing, they change their whole environment. They actually still become sensitive, but I think it's a good sensitivity because their body is now more aware. Now it's not the frog in the pot getting cooked at a low range and then you've got some terrible, hideous disease. It knows where the danger is.

Dr. Jill 31:43

Yes. You feel better. When someone's sick, they're not well. And all of a sudden, they get to a state of pretty good health. They're sleeping great. They have good energy. Their brain is clear. I'm that way, too. When I'm not performing—because I know this is the level I want to perform—and if something's taking me down, I notice it pretty quickly because I want to stay at this level. I want my patients to stay at that level of high performance, feeling great, [having] good energy, and [getting] good sleep.

Chris Henderson 32:09

One hundred percent.

Dr. Jill 32:12

In our last little bit here, first of all, I'd love to just go through what you take someone through as far as the checklist. We said phones. Maybe take us through the top five, six, or eight things that patients would want to think about with their home environment. Let's start there.

Chris Henderson 32:30

Yes. I think it's contextual too. I always get people booking with me to go, "What is really going on?" Because who knows? They probably have mold. They could have mold. I don't know where the heck the water is coming from. Maybe they're filtering tank water without UV filtering on it. So the whole checklist can be quite long. I do a free 30-minute [assessment]. But if we're talking about EMF: Phones off at night, and Wi-Fi off at night. Get into your settings or your phone to turn off the Wi-Fi, Bluetooth, and location services when you don't need them. All of these can be turned back on.

Chris Henderson 33:07

It's so important, Jill, because phones were tested for microwave effects on humans in '97 with a little 2G phone with one antenna. And after six minutes on that phone,

you start to get the microwave heating effect. So you start getting microwaved, like your chicken in the microwave. Whereas we know the DNA effects and the biological effects happened way before the cooking effect. I'm saying that happened after six minutes with one antenna. You've got five antennas on this thing, and another four on your iPad. So just get them to turn them down and use the ones they need when required. That's a very simple hack. You'll just get used to using your phone. Wi-Fi is off at night.

Chris Henderson 33:50

One thing we haven't spoken about—I don't know how big this is—is that dirty electricity is huge in Australia. Sorry, your editing guy is going to be busy. I don't know if you guys have a lot of solar in the US, but the inverters that switch the DC to AC power cause a lot of harmonic changes on the wiring, and [a person can be] quite nauseous in the building or very sick—headaches, fatigue. I test dirty power first and foremost. You probably have to engage someone who's a professional to do that. And then also get the electrician to get you a cutoff switch for the bedrooms. Get the power off. That's probably the top three or four. If you want to go further, there are paints. You can paint shield your bedrooms. Some of our clients sleep in Faraday cages, but that's down the line.

Dr. Jill 34:58

That's a great thing. There are some really basic things. And part of it is: Get to know the settings on your phone. And I will put a plug. You guys have this "EMFs Made Simple" course. We'll be sure to link up to that. If you're listening to this podcast and you want to know, "What do I do?" You guys have a great online course, so that's a great place to start if you want to dive deep—you and Dr. Gupta.

Chris Henderson 35:19

That's right. We want people to get educated. We don't want people to have to come back and ask the same questions. Once you're educated, you know and you'll always know. Then you can take it to the next level if you want to. I was trained to be a teacher, so I think the heart of me is all about getting awareness. Education is always first, and then you can choose which things you would like to do.

Dr. Jill 35:46

I love that. And it doesn't have to be: You sleep in a cave. These can be some very

practical things that aren't super difficult. And you can start with some. So I love that. That makes it very accessible.

Chris Henderson 35:57

And you can get blue-blocking glasses. They're fairly cheap. You can get a couple of red light bulbs and have them on for half an hour before you go to bed. It's amazing.

Dr. Jill 36:06

Yes. It makes a huge difference. The last thing I always like to ask is: You've had quite the journey and it's probably a blessing in disguise because it taught you and got you to where you're at now, which is amazing as a teacher. Maybe it's not how you expected. But if you could go back to your younger self and either tell yourself something or make one change, what would you do or wish you would have known before you got sick with all of this?

Chris Henderson 36:34

It's interesting because just going back to the UK after high school is what was the trigger and the whole environment change. Whereas when I lived here as a kid, I was already surfing. I was already getting up with the sunrise. I was only going to bed early. I think just when I moved, it changed a lot. Don't get a shift-working job. Go gardening or something. Keep outside in nature. Make sure you're balancing that technical use with nature. And back then, there wasn't a lot of technology to tell you the truth. We never had Wi-Fi. We never even had phones. It was more shift work, getting out of sync. So maybe [my advice would be to get] more nature and continue that journey with nature and not go to a European country that's totally out of sync with the sun and has no UV light nine months of the year.

Dr. Jill 37:28

Right. I totally get it. Like way up in Alaska or some of these northern places too. The same way for us in the US. Thank you for taking your difficulties, your suffering, and your illness and transforming them into a way to help people. I'm grateful for your efforts and your education as a teacher. You still are—you're a teacher.

Chris Henderson 37:48

No worries. Thank you. I appreciate you and everything you do. Thank you!

Dr. Jill 37:51

You're welcome. Thanks again for coming on!