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A naturopath who holds a doctorate in nutrition, Brian Clement says he has successfully treated more than 4,000 electrohypersensitive people at the [Hippocrates Institute](#) which he heads. Founded in Boston in 1956 by nutritionist Ann Wigmore and now based in Florida, the Institute is one of the world's most renowned natural health centers. Tens of thousands of people have seen their health improve after adopting its healthy lifestyle program and discovering the virtues of raw food cures (germinations, sprouts and their juices). Here is the fascinating telephone interview he granted us in January 2012.

By Andre Fauteux, Editor/Publisher

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AF: When and how did you become interested in the health effects of electromagnetic fields (EMFs)?

BC: It all began in the 1980s, when I became interested in electromagnetic therapies which I discovered in Europe. I acquired these machines, some of which cost millions of dollars, after finding that they had helped extremely sick people. The source of their discomfort was related to the electronic age. Since the 1990s, they spent their days in front of a computer, then, with the advent of cell phones, their symptoms worsened dramatically. It was easy to link them with EMFs. Sometimes, their symptoms disappeared when they ceased to be exposed to this electrosmog, but in severe cases, symptoms only decreased. For about 30 years, we have analyzed the living blood of our patients under the microscope, and in recent years, we have made biofrequency tests and conventional blood tests. People who are the most electrohypersensitive are universal power conductors. Unfortunately, doctors often place them in psychiatric institutions. Yet these people were happy at work and in their families, and healthy until they began to feel the rain two days in advance, to feel passing cars on the street and to get a headache when their children turned on the TV.

AF: What's happening with these people?

BC: The basic premise is simple: the human body is primarily electromagnetic. For two months I worked with Dr. Valerie Hunt, an extraordinary woman who is 95 years old. In 1948, she became the first female professor of medicine at the University of California. In

the 1950s, she pioneered biofrequency treatments and therapies. We hope to replace the physical biology paradigm with that of human quantum biology which shows that the most important EMFs are not those found in our cells, but those in the electromagnetic canvas which is the basis of who we are.

The body has one hundred trillion cells that have an electromagnetic frequency. When this frequency is abnormal, the cell may mutate and develop into cancer, or, if you're lucky, the cell becomes a cyst, or leads to cardiovascular disease or mental illness. Here's a simpler explanation: when we look at healthy cells under a microscope, we see cells plump and round, turning clockwise, symphonically to the rhythm of the ocean, the earth's rotation, etc. Everything has an electromagnetic connectivity. In any cell, there are several elements, but one of those that appeal to you and connect you to electromagnetism is magnetite. It can connect to a man screaming 10,000 miles away, to the moon, to the universe and unfortunately to manmade EMFs. The body is like a sponge. All doctors, even the most conservative, are testing you with electromagnetic devices, but as the pharmaceutical industry controls their profession, they treat you mainly with chemicals. What is an MRI, a PET scan, a CT scan or ultrasound? These are ways to measure biofrequencies, electromagnetic frequencies in your cells. It is an art, a sophisticated science that determines what disease afflicts you by the incorrect frequency of your cells. So here at the Institute, we treat you electromagnetically at the right frequency and at the right dose and we give you live foods that contain beneficial electromagnetism.

Your body can tolerate some electromagnetic interference, but when it is constant, the cells begin to die or mutate or not to regenerate your bones, your organs and tissues. If you ask me what is the most serious problem that man has created, I would say that the first is electropollution, followed by chemicals and heavy metals.

AF: That's what Dr Robert O. Becker, twice nominated for the Nobel Prize in Medicine, said in a 2000 interview with Linda Moulton Howe :

"I have no doubt in my mind that at the present time the greatest polluting element in the earth's environment is the proliferation of electromagnetic fields."

BC: He was right.

AF: How do you react when the World Health Organization says electrohypersensitivity symptoms have not been proven to be related to EMF exposure?

BC: It must be remembered that the world we live in is controlled by corporate interests. Although we are taught in the West that we are free, we are probably manipulated more than people who live in countries where population control is so blatant.

AF: Actually, Russia and China have adopted among the world's strictest EMF exposure limits to protect their populations.

BC: That's because good research on EMF was conducted in those countries.

AF: These are countries where democratic rights are most violated! What does this say about our society?

BC: Here, money has become a god. Ethics and honor are lost in the West. This is why we will fall into ruin. When people were poor, they lived by their values. We had it too easy for too long, then we lost our values. I will never forget what former Soviet leader Nikita Khrushchev said to John F. Kennedy when I was young:

"Don't worry, we don't need to bombard you with the atomic bomb, you'll destroy yourself with your greed!"

Unfortunately, his curse came true. That said, it is important to say that today, anyone who doubts that electromagnetic energy can have adverse effects on human health is at best a fool, at worst, a corrupt man. Put me any healthy person in a room, I will turn on a radio, and you will immediately see a difference in their cells. They go to the free flow of a beautiful Mozart concert, then when you introduce an EMF, depending on the level of intensity, they'll clump together in a corner as if a monster had entered the room. And with higher frequencies or certain more subtle but harmful frequencies, the more they stick together like children seeking refuge.

AF: Tell us more about your diagnostic tools.

BC: By far the most accurate one is the dark field microscope used to test live blood. In addition, the Ondamed biofrequency testing machine is one of the more sophisticated today. It was invented by an Austrian and not only detects electromagnetic problems, but also biological frequency problems as it tests biofrequencies of cells and organ systems. The good news is that the effectiveness of this technology is doubling every eight to ten months, which costs me dearly in equipment because I change them every three years!

AF: In Quebec, the government acknowledges that because of the popularity of our electric heating (installed in 70% of homes thanks to cheap hydro power), magnetic field exposure levels are among the highest in the world. In addition, we hold Canadian records for incidence rates of cancers linked to magnetic fields (brain, blood, breast and child cancers). Today, otherwise healthy people are becoming electrohypersensitive with the proliferation of wireless devices, including new smart meters that emit radiofrequencies, but Hydro-Quebec says these reactions are probably psychosomatic.

BC: In the 1970s, doctors said that hypoglycemia didn't exist and referred those patients to the psychiatrist saying they were depressed. Today it's a condition commonly recognized in conventional medicine.

AF: According to European surveys, up to 13% of people say they are electrohypersensitive. What do you think?

BC: I think we are all sensitive to EMFs and 3 to 5% of us are electrohypersensitive (EHS). We treat 2,000 people a year and at least 150 of them fall into this category. Obviously, we deal mostly with sick people, but I think it's certainly more than 4% who are EHS.

AF: Why do some become electrohypersensitive and not others?

BC: It's because their cells have already abnormal biofrequencies, either by birth or because they were exposed to various substances in their childhood, including heavy metals. If your cells contain metal, they will attract and enhance electrical frequencies like a lightning rod, which makes them more likely to develop EHS symptoms. In short, the more your body contains heavy metals, the more you'll have health problems with EMFs.

AF: Do EHS people also suffer from electrochemical imbalances?

BC: Absolutely, 100% of them. People with electromagnetic problems also have problems with chemicals and people with chemical problems are more susceptible to EMFs. We find a higher levels of acidity in 100% of these people, as well as more heart disease and brain disorders. In moderate cases, we talk about attention deficit and dyslexia, and in the worst cases, of brain cancer. Today, if you do not understand how serious the problem is, just watch the statistics of cancer in children. When I started my career forty years ago, we didn't see children with brain cancer, whereas today it is the second leading cause of death after childhood leukemia (fatal accidents are the first cause). So why can you explain we started from scratch two generations ago and that we made it to the current situation?

AF: Some blame the broad use of pesticides.

BC: Yes, but this is the second leading cause with heavy metals. The first cause is electromagnetic pollution. The all come together, obviously.

AF: And there is synergy between these pollutants which multiplies their effects.

BC: Yes. It is a synergy of energy that creates abnormal energies.

AF: Besides reducing one's EMF exposure, can electrosensitivity be treated?

BC: I think we can reduce symptoms in 100% of cases but in only about 40% of cases, the most electrosensitive will have negative effects throughout their lives. This is because they have exhausted their nervous system to such an extent that their nerve cells operate at an abnormal frequency. In the other 60% of cases, people manage to stabilize their nerves and neurons, but it can take weeks or years depending on the individual.

AF: If your doctor recommends meditation, I guess it can't hurt?

BC: Yes, because meditation helps you focus. Anything that grounds you is a good way to get better. We can do simple things, like ideally walking barefoot on soil or if not on your hardwood or tile floor. I am not an expert in this area, but I helped a friend to ground a recording studio in his cottage. It's simple: we placed an eighth-of-an-inch copper wire around the cottage, and attached it to large metal rods buried around the building. Myself, I do not particularly like jewelry, but I wear a pendant around my neck that acts as an EMF shield. Many of these devices work. I use a Gia computer chip on all our computers and our cell phones. Several years ago, I had the privilege to discuss for three hours with the Russian scientist who developed this molecular resonance effect technology, Dr. Igor Smirnov. Originally, he worked for the Soviet space program and his research had nothing to do with cell phones. He explained:

"Cosmonauts in their twenties returned from three days in space and couldn't stand up. Biologically, they had become 60- or 70-year-old men. Our conscience forbade us from sending them into space without finding a way to protect them from gamma rays. So we put a protective web around the space capsules."

When the Iron Curtain fell, the Soviet Union was bankrupt and Germans bought this space technology for peanuts to manufacture consumer products based on sound science.

AF: A few years ago, Dr. George Carlo decried the fact that some people became very sick after using such chips that had manufacturing defects. They were using their cell phones all day thinking they were protected when they were not. Shouldn't we only focus on reducing our EMF exposure?

BC: When I use my cell, I never put it on my head, I always use the speakerphone, with a 29\$ speaker that can also be installed in a car. And I only use my computer for PowerPoint presentations. I don't even type any more: I use the Dragon voice recognition software: it's

about 98% accurate and I can even Edit without using the keyboard.

AF: Getting back to heavy metals, are they the leading cause of electrohypersensitivity?

BC: There is no doubt that the combination of heavy metals and EMFs is the number one cause of hypersensitivity to various frequencies.

AF: So how do you detoxify your EHS patients?

BC: They must first avoid meat because it too often contains heavy metals conducting electricity. Most heavy metals are stored in the body fat, organs and cells. The first step is to get rid of excess fat. Second, we recommend the daily use of an infrared sauna, and copious consumption (at least 30 tablets a day, in the worst cases from 120 to 180 tablets per day) of Chlorella, a green freshwater alga. We put people in an infrared sauna at least 30 minutes once a day for the easy cases, and 30 to 60 minutes, two or three times a day for serious cases. It is important to start slowly and gradually increase the duration of the sauna.

AF: Yes, because sweating returns the heavy metals in the bloodstream, right?

BC: Definitely. Infrared waves have a frequency that heats the interior of body cells and opens them as though they are tickled. But we must not forget that the most important thing is to drink pure water.

AF: I filter my well water with a multi-stage system including reverse osmosis. But should you really drink eight glasses of water a day?

BC: For each pound of body weight, people should drink daily \hat{A} ½ ounce of water or green juice for example, a wheat grass juice to detoxify and balance your protein. So if you weigh 150 pounds, you need 75 ounces (2.2 liters) of water per day.

AF: What are the most important nutritional supplements for the electrosensitive?

BC: Seaweed and edible green clay from France. In addition, systemic enzymes help restore the normal frequency of cells.

AF: And what minerals and vitamins promote detoxification?

BC: B vitamins allow nerves to grow so that neurons can regain their normal state. You have to be very careful because, as I wrote a few years ago in my book *Supplements Exposed*, 91% of the vitamins on the market contain deadly synthetic chemicals made from petroleum. They should be avoided. Good vitamin supplements (such as New Chapter and Vitamin Code brands) are made with natural and whole ingredients. Minerals are also important. Since most are not digested by the body, you must choose ionic minerals. For example, most calcium tablets on the market contain crushed oyster shells that harden the arteries, or worse, ground chalk that causes cancer. The most important ionic minerals for electrosensitive people are manganese, magnesium, phosphorus and calcium. It's good to eat seaweed but rinse their salt as a high sodium increases electrical frequencies in the body. In Canada, I recommend dulce seaweed.

AF: What else do you recommend for EHS?

BC: If possible, it is very important to take mineral baths, for example, putting Dead Sea or even common salt in your bath. You lie in very, very hot water for 20 to 30 minutes at night before going to bed. For something a bit more powerful, add a quarter cup of powdered ginger (much cheaper if purchased in an Indian food market.) It heats the body and gently opens the pores of the skin to give you more ionic energy and to ground the electromagnetic energy in your body. Water, of course, is the best conductor.

AF: Should bath water be filtered to prevent pollutants from penetrating your open skin pores?

BC: Yes. You can put a good carbon filter on a hand-held shower head and use it to fill your

bath. Municipal water and well water is very polluted worldwide. A factory can pollute groundwater 200 miles away.

AF: It's unfortunate because many people are concerned about all these pollutants that depress the nervous system. In your opinion, what will it take to wake people up?

BC: I think we need to be aware of the increasing incidence of environmental illness. What I most fear is that today, the sickest people I treat are the youngest. It makes my job more difficult because it is much easier to treat a person 60 or 70 who has lived his life. Right now, I have a girl of 16 dying of a stage 4 cancer [metastatic spread to other organs]. Such a situation has become common because we live in a cesspool. Nobody is responsible and governments no longer defend the interests of citizens but those of businesses.

AF: What other products can protect us from EMFs?

BC: There are several on the international market.

AF: Have you tried the EMF-Bioshield for computer monitors and TVs?

BC: Yes, and it seems to work. The public has confidence in the ethics of manufacturers, but unfortunately there are unethical people who make crap and tell you that their products will protect you. However, there are reliable people who rely on real science. If you can make a product that meets a standard of scientific literature after peer-review, this product will have some credibility. When I started to study these devices over 30 years ago, I was skeptical, I thought it was rubbish to be honest. Then I saw a movie in which electromagnetic waves could be seen, then you could see that these waves no longer affected a subject who was shielded. My colleague, Dr. Valerie Hunt, already knew all this 60 years ago. In short, we must treat people with the right frequencies while eliminating their exposure to abnormal frequencies.

AF: Are American physicians interested in these treatments?

BC: Yes, the process is slow, but there are thousands of them in private practice today.

AF: Here, environmental doctors lie low, fearing the College of Physicians and Surgeons call them charlatans and strip them of their right to practice.

BC: The world is evolving, but for that Martin Luther King and Bobby Kennedy had to be assassinated, Nelson Mandela was sent to prison, and Jesus was crucified!

I don't think the average Quebecer and Canadian know how much their medical system is corrupt. From our childhood we were brainwashed into thinking that doctors were good guys who wanted to help us. And I think 99% of people studying medicine do it for the right reasons. If it was only to make money, they would not invest in 12 years of higher education. Except that they are taught to become pharmacists, pushing drugs. They are rarely taught to disease prevention and lifestyle habits, the things that matter.

AF: As a journalist, it's sometimes hard not to depress people! BC: Just tell your readers Dr Clement says we can eliminate the symptoms of electrosensitivity in 60% of people and significantly reduce them in the other 40%. And that the most important thing is to avoid exposing yourself to EMFs as much as possible and to ground your home properly, which can be done cheaply. Finally, there are effective safety devices that will enable the emergence of solid organizations and businesses in this area over the next ten, twenty years.