



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello everyone. Welcome to the Healthy Travelers Global Summit. We're so excited to have you join us again today for a very exciting speaker once again Dr. Magda Havas. But first I just want to introduce myself, I'm Robyn Benson, I'm a doctor of Oriental Medicine for 23 years. I'm the founder of Santa Fe Soul Center for Optimal Health. And I have to say on this journey of life and just all the education that I've been through in this 23 years learning about how the cells work on the cellular level like we are as healthy as our 72 trillion cells. And I have to say learning about PMF technology and some of the other technologies that are bringing to my practice on a regular basis has really been revolutionized the way I now only see health but also how I can optimize the health of every patient that I've worked with.

So Magda Havas kind of fits into this category, she's such a pioneering woman and I've learned about her first through reading lots of her research that she's done and then fortunately we've met twice and that is in San Diego at the conference and then also we get to see each other again in at an Ozone Conference in Dallas and just really thrilled to have her voice to be part of this Healthy Travelers Global Summit and you'll see why very shortly. But one of the things that I think that we could all agree upon that the traveling industry is an exciting industry in many ways and I mean gosh, the way we can travel around the world is just like incredible but also I think we can agree that's very toxic in many ways. One toxic factor that many people don't realized is very much undermining our health and our immune system has to do with electromagnetic cushion, electromagnetic smog and Dr. Havas has a lot to say on this issue, so welcome.

Dr. Magda Havas: Thank you Robyn, it's a real pleasure to be here.

Dr. Robyn Benson: Okay, so let me tell you a little bit about Dr. Havas. She is an associate professor of Environmental and Resource Studies at Trent University where she teaches and does research on interactions between the environment and health. Her current research is concerned with the biological effects of electromagnetic pollution and the beneficial effects of electrotherapies. Dr. Havas coauthored Public Health SOS: The Shadow Side of the Wireless Revolution. Has co-edited three books and has published more than 130 articles. Since 1980 Dr. Havas has given 270 talks in 20 countries and at 24 universities. She has served as an expert

witness in matters dealing with electro pollution in both Canada and the United States and has been an adviser to several public and educational groups around the world. Her current research involves diagnostic individuals, diagnosing individuals with electro hypersensitivity in testing the beneficial effects of PMF. Thanks again for being here with us, great title Protecting Yourself from Electro Smog When You Travel.

Dr. Magda Havas: Thank you Robyn.

Dr. Robyn Benson: So, where do we start? Isn't it amazing? All I could say is we could talk for hours and it was just a pleasure that we had several hours just to talk about this big subject and certainly my big revolutionary story. I'm just going to mention this because sleep is a big issue for a lot of you who are listening and pretty much most of my life I did not sleep well and I could never figure it out, I was a big time marathon runner, so I put myself to a lot of stress, also very busy practice, I travel a ton but I couldn't figure it out and I worked with so many of the practitioners sometimes even though I am a doctor myself you have to get ... you just need to consult with someone else because we're not always good at taking care of ourselves. But it was through understanding and being introduced to pulse electromagnetic field technology mat that has Tesla coils in it that I was able to resolve pretty much a life long history of not sleeping well, it was pretty devastating to me especially in 2008 where I was at a point of desperation where I thought I can't treat people anymore, I can't barely be a mother to my young children. Let alone live the life that I was living, so I'm just so grateful that I've learned about this technology but I also understand why my cells were stressed and I also knew that I slept by a pretty much most of my earlier life I always had a clock radio near my bed like within a foot, right? I'm very time-oriented girl, I've always been that but I think that was one of the contributing factors and plus other ways that I stress my body but anyway take it on, this is your show.

Dr. Magda Havas: Well Robyn as you know sleep is incredibly important, that's when we're doing most of our healing, so with this chronic sleep problem globally I think one of the problems is that we have too much light at night and I think quite a few people know about that, that you shouldn't be watching television and you shouldn't have bright light in your bedroom so that you can actually sleep produce some melatonin and get a good night sleep. But there's something else and that's electro smog in your bedroom. So insuring that you have a really electromagnetic clean bedroom is critical because it's one of the reasons people can't sleep well at night.

So that clock radio that you'd said that you have next to your bed it's a good idea to move it far enough away so that you just can't just reach out and touch it and turn it off and put it on snooze. So that's obviously one of

the things that's important. But you shouldn't have any kind of wireless technology in your bedroom or indeed on during the night while you're sleeping. So if you happen to have a Wi-Fi router at home it's a good idea to turn it off at night. If you have a cordless phone it's a good idea to actually unplug it, believe it or not because cordless phones gives us a lot of radiation and they travel for hundreds of feet, so even though it might not be in your bedroom you're still being affected by it, so just getting rid of things like this.

The other critical thing for your bedroom is to ensure that you don't have a lot of metal around your bed, so people who have metal frame beds the radiations... the microwave radiation is coming from cell towers or indeed from your neighbors is going to bounce around and that's going to interfere with your sleep. And if you have coils in your mattress that's going to do the same thing, they're going to act like antennas and they're going to interrupt your sleep, so having an electromagnetically clean bedroom is really critical. When you travel it's a lot more difficult because you're staying at hotels and they're offering Wi-Fi, so one of the things I recommend people is that they actually do a Google search for hotels that don't offer Wi-Fi, Wi-Fi free not free Wi-Fi but Wi-Fi free hotels and this can make a very big difference in how they sleep at night.

Dr. Robyn Benson: How do you even know they exist, really?

Dr. Magda Havas: They do and you can Google them and there's a very few of them available right now but you can certainly... I think there's going to be a lot more. The other thing I found there's a lot of hotel rooms have cordless phones, I don't know why a cordless phone is sufficient and the problem with cordless phones is that when the base is plug in, the cradle that you actually put the receiver in when that's plug in to the wall that is radiating nonstop. So whether you are using the phone it's irrelevant as long as you got that plug in to an electrical outlet it's radiating. So one of the things I do when I travel is I simply unplug the cordless phone and that will reduce my exposure.

If you stay at hotels it's a good idea not to stay on the top floor because you're immediately underneath cellphone antennas. A lot of hotels rent their roofs to cellphone providers and that will increase your exposure as well. So there are little things like this that you can do to actually minimize your exposure.

Dr. Robyn Benson: Isn't it true, I think I've read it in Earthing Book , I can't remember where but to stay the closest to the ground as possible when you sleep.

Dr. Magda Havas: It's a good idea to stay fairly close to the ground, the problem is most hotels have their conference centers on the second or third floor. They're

often equipped with Wi-Fi more powerful than you would have in your hotel room and so I actually recommend that people should stay in the fourth floor and up but keeping to the lower floors as much as possible. So that's one of the things with your hotel. The other thing that you can do is when you're flying for example, I've measured microwave radiation in airplanes and I've measured magnetic field exposure in airplanes and one of the things I've found is that the levels are actually much higher near the cockpit, so unfortunately people who spend that extra money to fly first class are actually exposed to much higher levels and those of us who might travel in economy class.

Dr. Robyn Benson: Great, so there's a research on this, right?

Dr. Magda Havas: Well I've done some of my own measurements, so I've been on airplanes and I've had my little meter and I usually connect with the steward and ask if it's okay if I do some measurements because with post 911 they're very, very careful. But I have an amazing experience once I was flying to Las Vegas and I had my radio frequency meter with me and just as I was boarding I asked if I could speak to the pilots and the stewardess said yes because we still have quite a bit of time before we're taking off. And I'd asked if they knew what levels of radiation they were exposed in the cockpit?

And as soon as I said that the copilot sort of had a fairly strong negative reaction that I've thought I've done something I shouldn't have done. And they actually told me that a few years ago a study was done to find out what they were exposed to and they were never provided that information, so they were really quite upset thinking that if it's not provided it must be bad information. So I told him that I have to meet her and asked if they would be willing to measure the cockpit during flight and they actually agreed to do this and the levels were incredibly high because of the radar. And whenever they are flying over airports the levels actually went up quite high. So pilots and copilots are exposed to some of the highest levels of both radio frequency radiation that comes from the radar and some of the electronics in the aircraft but also from magnetic fields that are necessary obviously to light the plane and provide the air conditioning and everything else that's needed that's electrical.

Dr. Robyn Benson: Wow, that's good. I've taken my meter on airplanes too, it's amazing and even if we're not flying in the air the amount of electromagnetic cushion it's take off the charts, my meter can't even go higher.

Dr. Magda Havas: Right and now they are allowing Wi-Fi on airplanes as well which is a real problem and so if you could try to get a flight that doesn't offer Wi-Fi, I think that will minimize your exposure as well. So there's quite a bit of

different things that people can do to minimize their radio frequency and electro smog exposure. There's also material that's available different products, different brands, one of the ones that I'm familiar with is called Swiss Shield and it's a fabric that has silver fiber in it and this silver can be incorporated into clothing and so as you're flying if you wear a vest that has it for example or it's in the lining of the jacket it can actually protect the core of your body against radio frequency radiation and it's really quite effective. We've tested how much of it your body can be shielded.

Dr. Robyn Benson: You're talking about... was that the name of the company this Swiss Shield or it's just the name of the fabric?

Dr. Magda Havas: It's both the company and the fabric and it's available through a company called Safe Living Technologies. The website for that is SLT.co and you can order meters from them, you can order fabric, you can order quite a few different products for shielding purposes if you happen to need it.

Dr. Robyn Benson: Okay, great.

Dr. Magda Havas: Now something else that I've discovered quite recently and this is something I'm quite excited about, you started the show with talking about pulsed electromagnetic field therapy and I've tested some of this therapy and indeed I'm doing more testing to see what effects it has on your body, to try to understand physiologically what the pulsed electromagnetic fields are doing. And one of the things I discovered was a device that's called alpha sync and I don't know if you can see it here, Alpha Sync and it's made by a company in Germany. A friend gave me this device and asked me to check it because I was traveling to Germany it's actually called Neuro-Sync Alpha 7, so that's the technical name for it.

And it's a small device that you can put into it comes with a little pouch and you put it in the pouch and you wear it around your neck and it has different settings on it, the settings are actually brainwave settings. So it goes from about 1 to 2 hertz all the way up to 30 hertz which would be your beta waves. So it goes from delta, theta, alpha and beta and you can basically set this for yourself. And I was flying to Germany and a friend said, "Why don't you try it and see if it helps with jet lag because that's what it's used for." And so I put it on and the type of travel, I'm not as organized that some people might be so I do a lot of my last minute packing and so I'm usually up early late before I get on to the plane. And I was flying to Germany late in the evening from Toronto and I put on my Alpha Sync and I'm good to go, I normally don't sleep on airplanes it's usually difficult and this time I wasn't even tired so it was fine I watched videos and I worked and I kept myself occupied.

I've arrived early in the morning and first thing we were rushed off to an interview and then to various meetings during the day. I have this thing around my neck and I wasn't thinking about it but I have a huge amount of energy, I just was not tired, I have been up more than 24 hours at this stage and I thought this is really quite amazing, I didn't even think of the concept of jet lag whereas normally when I fly the first day is a ride off, I'm not cognitively functioning properly though. By the time I reached my hotel room that night I found that I had. I calculated that I was up 36 hours nonstop and I was still fresh as a daisy. And I've set it to alpha which is the meditation frequency and I actually felt incredibly balanced and grounded and so now whenever I go on any kind of long distance travel or I know that I'm going to have a difficult day and I need to be alert, I simply turn it on and set it to alpha and it's really quite simple you just turn it on, I don't know if you can see a little light that shows up. I can actually move it closer I've realized, okay a little light. And then you can just change the frequency by another light and set it.

So you can basically establish your own biorhythm and that's what's really exciting about this. So people who are anxious or who have difficulty sleeping will set it to the lower delta and theta and leave it on all night, have it very close to their pillow. People who are very calm and need perhaps to be stimulated and they would put it on the alpha or beta. So basically you can control your biorhythm with this very small device and people who are electrically sensitive can wear them and so I haven't had anyone to come back to me and say, "I don't think this is working. "If anything... once they've tried it they want to have their own because they want to be able to have some control of how sleepy or energize they are.

Dr. Robyn Benson: With all the research that you've done can you talk a little bit about like the percentage of people that are sensitive to frequencies and don't you think that most people are to some degree all of us are affected by it?

Dr. Magda Havas: Well we're all electrical beings you know that, everything in our body is runs on a form of electricity and so we are very sensitive to external sources of these kinds of these frequencies. It's difficult to estimate how many people are sensitive but my view is that probably between one and three percent of the population has severe sensitivity. So these are people who could not fly because they would become too ill, who cannot go shopping without becoming ill. So very often what they tell me is that they go into a store with a list in hand, they buy what they need and they're out of there as quickly as possible because they simply suffer from the exposure.

I think another 35% have mild to moderate sensitivity which means that they might get a headache or they might develop brain fog and have

difficulty concentrating but they're not totally debilitated by it. So they're certainly affected adversely but they're not totally debilitated, so anywhere from 3 to 35% of the population which is a huge population. The term is actually called electro hyper sensitivity and when I asked Julio Hanson the scientist in Sweden why it was called hypersensitivity, he said "Because we're all sensitive and but these are the people who are sensitive at very low levels and actually manifest those symptoms of sensitivity."

Dr. Robyn Benson: In my book the Healthy Travelers Guide I have a whole chapter dedicated to electro hypersensitive people who are HSP, the highly sensitive people, right? And also they tend to be multiple chemical sensitive as well but there is a growing population for sure for all of you that are listening you might totally relate to this maybe 10 years ago you weren't sensitive to fumes or walking into a nail salon or walking to a lot of people who are electro hypersensitive can't even go to a Starbucks. Just to say that because there are so many more of these frequencies now many of us that were not sensitive are becoming because of that. Can you talk a little bit about that, what do you think about your research that you started doing in the 1970's or right? 1970's or 1980's and gosh all this years later we are talking what 30 years later. It's a changing world, right?

Dr. Magda Havas: Well in the 1970's I was doing research on chemical toxicants in the environment and I was looking at the effects on different organisms not just humans in the environment, air pollution, water quality and it wasn't until about the mid 1990's that I'd became interested in electro smog and this is a totally new area for me, I was a real novice in this area and so I have to basically teach myself what was out there. And back then even in the 1990's and earlier it was a highly controversial issue and there are still scientist and doctors today who could prove the concept of electrical hypersensitivity and think it's a psychosomatic problem and we've got plenty of evidence that it really is physiological and people need help when they develop these particular symptoms. And you are right we are finding that a lot of people that are electrically sensitive are also chemically sensitive and as just though their immune system has either shutdown or gone into hyper mode and they simply can't tolerate the things that most people don't react to it at all.

Dr. Robyn Benson: So aside from electro hygiene which I think it's great you claim that and also using some of these technologies, is there some other... what other ways can people protect themselves?

Dr. Magda Havas: Well when people ask me that I tell them there's three things that they need to do, the first thing is they have to minimize their exposure. If you don't minimize your exposure you're just not going to get well. And this is

particularly true for doctors and clinicians and other people in the healthcare industry. If a patient comes in to your clinic and they're electrically sensitive and you have that cordless phone or you have Wi-Fi or you have even things like compact fluorescent light bulbs and fluorescent light bulbs are making people sick. If you have that in your clinic then the patients coming to you are going to be adversely affected. One of the things we found is that it affects people... it affects some diabetics.

So if you're a diabetic and you have difficulty controlling your blood sugar and you go into your doctor's office and there's a lot of different forms of electro smog, your blood sugar will actually rise enormously within a matter of few minutes and if you then remove yourself from that environment and you go outside and it's electro magnetically clean your blood sugar drops. So this is one of the biomarkers that we can actually use with diabetics but you have to be diabetic if you're not ... you don't respond the same way.

We've also learned that it causes blood coagulations, so once again if you're exposed your blood becomes highly viscous and it tends to clamp and it goes into something called low formation. And what that means is that you're simply not going to get the oxygen to your extremities and very often one of the symptoms are cold hands and feet tingling in the extremities and once you've improved the circulation to some of the pulse electromagnetic field devices will actually get rid of your low formation very, very quickly then your circulation improves and ultimately your health improves.

We've also worked with people who have neurological disorders and they're particularly sensitive to electro smog and when you clean up their home electromagnetic environment you find that some other symptoms actually diminish quite considerably. And individuals who have difficulty walking or need a cane or a walker within a matter of few days in some cases can walk unassisted, that's how quickly their body can recover. And follow ups with MRI show that actually the sclerosis goes away which is unheard of and when you mention this too Western medical doctors who are taught that this doesn't reverse and it is going to be with you forever, when they look at the pre and post MRI's their comments they tell me is that well we must have done something wrong, this wasn't a real change, it must be some sort of artifacts. So there's a lot of denial among health care practitioners that this is indeed a real problem.

So the first thing if you ask me so the first thing to do is to minimize your exposure and a lot of your symptoms will improve just from doing that and I think one of the things that clinicians are finding is that the treatments

that used to work on their patients aren't working anymore and that's because you give them something to alleviate the pain or improve the sleep or improve their mood but they're always in a contaminated environment so their always exposed, so reducing exposures is the number one priority. The number two priority is improving the immune system really supporting the immune system and I'm not a medical doctor, so I'm not going to give advice on how to do that but certainly that's something that clinicians can advise on. Once you started improving the immune system sometimes there's a crisis reaction which means that people for a short period become even more sensitive and then eventually they overcome it and they can actually go back and be exposed without having the symptoms. The third and last thing I recommend is that they detoxify their body and once again there's lot of different ways of doing that getting rid of things particularly metals in your body and particularly mercury which is a neurotoxin, this is incredibly important. So when people are electrically sensitive we find that they usually have a mercury load and elevated mercury load either from mercury amalgam fillings or from eating fish or from being occupationally exposed and by getting rid of that mercury that actually desensitizes the body and allows them to heal.

Dr. Robyn Benson: Okay, so minimize exposure, build the immune system so I mean like vitamin getting your body the levels up. A lot of our speaker have been talking too about how to do that to your diet, number one and this is a world ton that we are living that we really need to think about supplementation, so and then third detox. That's really interesting about the... is it just mercury or are there other heavy metals that are also a factor?

Dr. Magda Havas: Any heavy metal is a strain on the body so once you're putting stress on the body so once again anything that puts stress on the body will make this worst and so trace contaminants within your body pesticides for example but any kind of neurotoxin will do the same thing people who have had trauma to their nervous system. So if they've had whiplash that tends to make them more sensitive. If they've experience multiple shocks in their job for example, so they've experience some form of electro trauma that makes them much more likely to become sensitive, chemical trauma of any nature if they already have an impaired immune system they are going to react much more strongly. So there are a lot of things that will initiate this hypersensitivity and then the more you're exposed the worst it becomes. So it's not as though your body can adapt to it, it's actually just the opposite, it begins to wear down until it denatures and you really have an impaired quality of life.

Dr. Robyn Benson: Well I did lot of heavy metal testing is amazing, how many people have mercury toxicity, I don't know. At least 70% of people that I ever tested are really high, so it's important to do some detoxification, some type of chelation but it's really critical. So the other thing that I just want to mention and you certainly... some of the articles that I've written that you've read... that you have written, talk about all this health symptoms that we get, right with electromagnetic pollution, whether it's heart palpitations, it's headaches, it's neck pain, anxiety, seizures. There are all kinds of things that doctors are treating not realizing that the connection to all of these artificial frequencies, can you talk a little bit about that?

Dr. Magda Havas: Well it's interesting that you should say that because I interact with quite a few physicians and I've noticed a real change in how they are reacting to the concept of electro sensitivity. Initially it was entirely could and someone who would come in and say I think I'm reacting to my cellphone because I get a headache every single time I used it, the doctor will then find a good psychiatrist and basically tell the person they had a mental disorder rather than a physiological disorder. So the whole concept among medical doctor is now beginning to change in part because their patients are coming to them and educating them. So people are reading they say oh my goodness these are all of my symptoms, I'm going to have to share this with my doctor. So there's becoming more wider acceptance in North America. And Europe, they've known about this for a long time, they have ways that they treat people, people have gone to places like the Paracelsus clinic for example in Switzerland to detoxify, to deal with their dental issues that are causing a serious problem.

So doctors are actually coming online I think very, very quickly because they find that they're not dealing with the symptom, they're not dealing with the cause, they're simply dealing with the symptom and so if you give someone a pay medication and you get rid of their headache but they keep having recurring headache you could ask why is that happening. And it is happening simply because you're holding a cellphone next to your head then that is something that you can resolve without having to take the pain medication. So treating the symptom is treating the cause, pardon me, is incredibly important rather than just treating the symptom which is what we're sort of Western medicine is more trained to do.

Dr. Robyn Benson: Do you have one of your meters that you could actually help our audience understand exactly because we can't see, smell or taste these frequencies. Okay, you can't see them, you can't smell it and you can't taste it you think they don't exist. So we're going to show you... I'm just going to show you exactly what it sounds like.

Dr. Magda Havas: Okay well we... I have a very small meter here that I'm actually I think you can see it there. I'm actually recommending this meter for the lay audience because it's inexpensive and it measures radio, it's called electro smog detector and it measures radio frequency radiation. Now when I push that button you can see a light on the meter and I think it's green right now and if I push it again, can you hear that sound? -----

Dr. Robyn Benson: Yes.

Dr. Magda Havas: So it's making a sound now my environment is pretty clean but if I take my cellphone and I turned it off airplane mode it should... you see how that's changing it? So I'm just going to turn it off again. And so you can see that's something is something that we all have with us can actually increase your exposure quite dramatically. So this is something that you can actually take with you when you're travelling to find out what you are exposed to and if you're not the type that becomes hyper anxious when you know what you're exposed to then I recommend it, however this is going to increase your stress level then it's best not to know, so it really depends on your personality as to whether or not you can... you want the information or not. But this is an inexpensive meter, once again it's sold by a company called Safe Living Technologies, is that in focus at all?

Dr. Robyn Benson: I can't see that but...

Dr. Magda Havas: And it's the SLT.co website. Very inexpensive something that fits into your purse and you can basically measure your environment.

Dr. Robyn Benson: I just want to talk to other people that are truck drivers and bus drivers and trains, subways it does not matter. I've learned when I really... that sounds like six years ago... seven years ago when I first learned it about what's magnetic pollution I was just carrying my meter in my car, so when the car is turned off and I have my meter like it changes books, it turned on my car and it was such a piercing noise, I didn't even know that I have my meter in right there... I didn't even know that would the car would put out so much electromagnetic collision. Unbelievable, especially when you have your car turned on and then you turned on your radio it even goes higher, I call it a hissing noise. And then if you have people who have the... what is it they called to Map Quest? When you have all... the more electronic your car is like the more it's putting out emitting emissions that are really tough for your body. So when my radio is off it's not nearly as bad as when it's on, so when I put my detector right near my dashboard it's just it's so unbelievably irritating you have to turn it off, right? Just to say car travel is very toxic too and the more electrical again, the more electrical your car is like some of the Prius cars out there they are all electric, so a lot of people who have those are exhausted even more so.

Dr. Magda Havas: That's right and actually cars are going to get a lot worse, they're putting radars on cars so that your car will actually sense who's behind you or how far someone is behind you or beside you. These cars can park themselves and they're actually emitting the same type of radar. The police officers used to use when they were trying to collect speeders or identify speeders and they ended up with testicular cancers, so you can just imagine how this is going to just increase considerably our exposure with road traffic and we already have road rage. It's already people are having accidents because they're texting and doing stupid things like that but this is simply another layer that is going to affect our cognitive ability and it's a really dumb idea.

Dr. Robyn Benson: Well just I think it's important that people really understand that. So one of the things I've mentioned to my... like have a truck driver, he drives about 15 hours a day for years and years and you can imagine I mean the amount of prostate cancer and you name it. Bus drivers and even pilots to that matter have one of our speakers said that the incidence in lymphoma is much higher in pilots and also their radiation exposure is off the chart. I thought it was when you go three hours across the country you are exposed to about one x-ray, the radiation of one x-ray but he said up to seven that's how much we're being exposed to. So my point being is for people like that the food issue like really healthy food, the hydration is critically important. Just to offset I really do believe that when you have healthier foods going in your body and you're hydrated you are not as affected as much.

Dr. Magda Havas: I agree with you with that.

Dr. Robyn Benson: Yes, if you can talk about hydration that would be great.

Dr. Magda Havas: Well I agree with you entirely, it's really important to drink pure water. I'm not talking about distilled water but clean water that doesn't have chlorine and fluoride in it. Your body requires all that liquid to actually function properly. Eating wholesome food which is very difficult for truck drivers because they're on the road and most of what they're going to have access to is fast food. All of these are actually increasing the free radicals in your body and they're simply putting a stress and degenerating yourself as a result. So all the things that you can do that could promote good health or taking vitamins and minerals supplements, they're having an antioxidant effect on your body. Drinking ozonized water which is something I've learned quite recently at the conference in Dallas. We tried it and a friend of mine tells me it's better than a cup of coffee in the morning that he really just feels energized all day after drinking ozonized water.

Eating healthy foods that's not processed and it doesn't have GMOs, unfortunately in North America we can't tell which foods are GMO and

which aren't. In Europe they're not allowed and things have to be properly labeled in other countries as well. So the food, the diet, the supplements are critical, getting enough sleep at night it's once again critical and getting plenty of exercise and fresh air and being in touch with the earth. So if you're a truck driver or someone who travels a lot, sitting in the car a lot, it's important to get out to walk to actually touch the earth if you can if it's not in the climate like we're at in Canada where it's freezing cold part of the year.

All of these will actually boost your immune system and it's your body that does the healings. So as long as you're supporting your body to heal itself miracles can and do happen every day.

Dr. Robyn Benson: With all your research can you explain to our listeners a little bit more details about how these frequencies are affecting us on a cellular level?

Dr. Magda Havas: That's an incredibly good question; one of the things we are finding is that they have several different effects. One of the effects is it increases the permeability of your blood brain barrier. So when you hold a cellphone up to your head the barrier that protects ourselves from all sorts of potentially toxic chemicals or even drugs that can't get in there, that becomes compromised and so the things like mercury much more readily penetrate your brain and then they get stuck in there and they can't come out which is the real problem, so they accumulate and I think that's one of the reasons that we have more dementia and some of the neurological problems, Parkinson, multiple sclerosis, all of those types of things.

So altering the blood brain barriers one of the things and doctors when they found this out it's really quite fascinating, they are now using therapeutically so when they are trying to give you a drug that is to get into the brain it's usually hard to get it into the brain because of this barrier, so they will expose your brain to a microwave source to increase the permeability get the drug in and then eventually the barrier solidifies again for lack of a better word. The other thing we are finding is it increases stress hormones or proteins in your bodies, so it's putting your body into a fight or flight response with sympathetic dominance. So what does it mean is that your body can't relax and we know that when you're impair sympathetic dominance that's where it's called the rest and digest autonomic nervous system, it's also when you heal. So by putting you into a sympathetic dominance all the time and associated with anxiety and just not being able to relax, that's preventing your body from healing as well.

It increases the amount of free radicals in our body as well and this is quite fascinating because free radicals can have all sorts of secondary effects one of which is cancer. So when physicist tell us that well there's

not enough energy in the radiation to break DNA so you can't get cancer, what we're finding is actually it's interfering with your immune system, it's increasing free radical damage and I think the cancer is secondary rather than primarily cause by the levels of radiation. So your body simply doesn't have the ability to heal itself and that's when all of this damage occurs. I already mentioned it affects your glucose levels, I'm trying to think of what's some of the other things are.

Robyn Benson. We have a doctor talked about nitric oxide and it's certainly suppresses nitric oxide production and that's one of the great values of some of these PMF technologies and some of the other modalities that we've mentioned.

Dr. Magda Havas: Exactly the PMF, light therapist same thing when you expose your body to different wave lengths of light, it increases the nitric oxide, allows yourself to dilate, improves your circulation and then once you've improve your circulation you have also it's a secondary benefits from that.

Dr. Robyn Benson: Great. So what are some of the current research that you are doing?

Dr. Magda Havas: Well, I'm doing two types of things, one is I'm trying to determine how to assess electro sensitivity. What can we offer physicians and other healthcare practitioners so that when someone comes in and says, "Doctor I have these symptoms, I don't know what's wrong with me", they might have a spreadsheet of questions to ask and if the answers yes to a lot of them which would imply that their exposed, exposure is elevated then they can pursue that route. We are also looking for physiological test. It increases your stress hormones and so simply measuring Galvanic skin response which is a stress response might be one of the biomarkers that we can use, so we are trying to find biomarkers to assess electro sensitivity in a very objective manner to complement the subjective symptoms that people are feeling.

The other thing that I'm doing research on this is how to help people heal and I'm not talking about using medication or drugs, I'm actually thinking of using electromagnetic therapies and that includes pulse electromagnetic fields, it includes different wave lengths of light. It also includes different sound frequencies that put you on this parasympathetic mode and allow your body to do what it's best of doing. Quite recently I became interested in ozone, partly because I've learned that Tesla actually was the first pattern in ozone generator in the United States and he treated himself with those and he actually recommended that it would be used in hospitals to disinfect. And now that we have all of this superbugs and we have viral outbreaks, I think using ozone which is a natural substance that our body can react to it actually makes a lot of sense. So finding technologies that work that are none chemical based

that actually promote the healing process is my latest phase of research, so it's all very exciting and I'm learning a lot.

Dr. Robyn Benson: I'm so glad that you brought up Tesla, my favorite genius of all time who is becoming so popularized; I think he everybody finally understanding the genius that he always was, right? And gosh we wouldn't have a lot of this crazy toxicity that's in the world that we do know if we really followed him. But to tell everybody about what's happening in Canada in April and in July.

Dr. Magda Havas: Oh, thank you yes. Okay, in April we're actually going to have something called Tesla Mania and we're having it at the Total Health Show in Toronto and that's April 17th I think to the 19th. So we're going to have demonstrations of some of Tesla's technology we're going to talk about Tesla, we're going to talk about things like ozone and all of the different things that he's invented and particularly the healing frequencies. We're having the same thing on his birthday July 10th and we had our first Tesla Mania last year, it was incredibly popular, people came and it's a real entertaining light, just celebrating this genius and sharing with the world some of the amazing technology and how you can use it to heal yourself. So it's all very exciting.

Robyn Benson. And I'm so excited to be part of the Tesla Film. Can you talk a little bit about that, I'm going to have a short segment in that film, very short.

Dr. Magda Havas: Well Bob Conley who's a film producer is actually making a film on Tesla, he's calling it the Healing Field and it's dealing with various types of technology that is used globally but has been forgotten in the United States and Canada, so this technology has been around for a long time, it's been suppressed, it's been replaced by chemical therapeutics and so we're really just celebrating and sharing with the world all the things that we've learned. So we've travelled around the world, we've interviewed scientist who used this technology, we've interviewed doctors and dentist and veterinarians and what we're learning as a form of healing modality is revolutionary and I'm saying revolutionary even though it has been around for a long time, we're simply re-reminding everyone of what it can do and I'm writing a companion book to the healing field and that's going to be the science within the healing field, so I'm going to deal with some of the more heart science background that supports these technologies and explains why they are working and why they are effective. So we're very excited, we are going to release that in July and I hope it just gets a big following.

Dr. Robyn Benson: Oh I'm sure, it sounds like you've said like 6 or 700 people that came last year I got to go. I'm going to figure that out of July 10th, I would love to be there especially the premier of this movie and the fact that it just going all

over, just to see all the ways in which energy medicine is changing people's lives if we get that electrical nature working then we can really heal. That's a big summit, a big reason for this whole Healthy Travelers Global Summit, for people who don't realized this is a global issue, it's electro smog, it's a global issue so you need to we're not going to be living without it anytime soon ever probably, so you just need to take be productive. You need to betake much better of ourselves, so the hydration, the good food, of course we all of these healing modalities now so gosh. Thank you so much for being here. I just want to ask you one more question Magda, we asked a lot of our speakers. If you could change one thing about the about the travel industry what would it be?

Dr. Magda Havas: That's a very good question.

Dr. Robyn Benson: There is a lot to think about, I know.

Dr. Magda Havas: I think one thing that I would like to change that relates to electro smog, I'd like to have much more information within the travel industry, the hotel industry, the airplanes other forms of transportation and to have them cognizant that we need electro smog free areas, so just giving people the option of not being exposed. So the one thing I would like to change in the travel industry is to allow people who don't want this exposure to have some electro smog free environment on an airplane on a bus in a hotel that they can go to if they choose not to be exposed.

Dr. Robyn Benson: I'm living for that day, right. I would love that also perfume free, god it would be so nice if we all we're told we cannot wear perfumes in airplanes, right?

Dr. Magda Havas: That's right.

Dr. Robyn Benson: That's a problem. Anyway invaluable information, oh my goodness and I think for all of you if this is new information I think it might just be pretty some lights on your head like you might be finally able to understand like what the sources of some of your health issues. This is Magda Havas who is a world renowned one of the most...she's done more research on this by just anybody I know and again thank you for bringing this message to all of our listeners. Again we got a global audience and we want you to all to know again there is three steps, you want electro hygiene, right? That's your word, I love that and you want to boost your immune system and the third thing is to detoxify, right?

Dr. Magda Havas: That's right.

Dr. Robyn Benson: Awesome. I was a good student here today, I'm always learning.

Dr. Magda Havas: So am I. Thank you very much Robyn.

Dr. Robyn Benson: Okay, have a really good day and thank you all for being here with us and tune it to our next speaker and always remember when you wake up in the morning, when you go to bed at night to electro sanitize your life. Cheers.