

Michael Roessle...: All right, I think we're recording. Hello, everyone. Welcome to another video in the Wellness Optimization series that we started doing here on lockdown out of necessity to share some interesting topics and interesting information that we feel is relevant to the current situation. Today I'm going to talk about EMF and electro smog, and all things around that, with Cathy Cooke. Thanks for joining us, Cathy.

Cathy Cooke: Thank you so much for tackling this overwhelming topic. I'm super happy to be here.

Michael Roessle...: We're going to tackle an overwhelming topic in a reasonably short time without trying to overwhelm you. That's our challenge today. We don't want to fire hose you, we want to give you the most relevant information that we can concisely and then we'll open the door up to you to explore more, to talk to Cathy further, and to do some investigation around your own house which we're going to do around mine which we'll share with you too. Why EMF now, like as part of this series? We talked about, we had one with herbalism and things you can find around your house that help with viruses. We did one on navigating relationships in closed quarters under stressful situations, which most people aren't used to doing.

Michael Roessle...: We had Michael [McAvoy] on talking about things that Michael McAvoy talks about. We had [Kuran] as virus infectious disease standpoint of transmission and safety things around the house. But EMF is different. That's a different topic than those and a lot of people would say, "How does this relate?" And I'm sure if you have social media, or the internet, at this point you've seen all the posts or videos or YouTube videos or articles or anything, talking about 5G and COVID-19 and this is not going to be one of those videos. But the topic, which I think is the silver lining, has gotten a whole bunch more attention in the last month than I think it did before from more people who wouldn't have otherwise given it a second thought.

Michael Roessle...: I've had a bunch of people message me and asked about 5G, which didn't happen before. We're going to talk about it and the potential relevance of it in this situation and then some tips around your house. But first, Cathy has an interesting story about herself and how you got into being a building biologist and working with people to lower EMFs in their home. You also work with mold and toxicity issues in homes. But we first met and talked a number of years ago and you were dealing with some confusing symptoms that you couldn't figure out and you tried everything and you were at your wits end basically, I think I met you pretty close to "I don't know what to do and I'm out of ideas." You were pretty frustrated.

Cathy Cooke: I was in a super desperate situation.

Michael Roessle...: You can take it from there. Just let people know, and the cat's welcome. That's fine.

Cathy Cooke: [inaudible 00:03:12]. I think it was about 2015, maybe. It was right after you guys did your big webinar series with Rebel Health Tribe. Then we chatted after that. Gosh, I have that similar story, as so many of us do and so many of our clients do, of being sick for decades and nobody in the conventional medical field been able to really give us anything. I had to figure out a lot of it myself. Then got a lot of help with working with some functional medicine practitioners. But in 2015 I was suffering from insomnia severely. I had a lot of other symptoms like the chronic fatigue, musculoskeletal issues, some similar stuff that a lot of us

deal with. But my insomnia was so severe, I could lay in my bed for 10 hours and not sleep a minute.

Cathy Cooke: As anybody knows, who has had a bad night of sleep, the next day is just completely spent. You can't think clearly, you can't work, you can't really exercise, everything suffers. This was going on night after night after night, week after week after week, and you can only take sleepless nights for so long before your body just gives in. I was a certified holistic nutritionist at the time and had access to some pretty good medical providers, and they even told me, I had numerous functional medicine providers and naturopaths look me straight in the eye and say, "I can't help you. I have nothing more to offer you."

Cathy Cooke: That wasn't the answer I was willing to accept. So I kept researching and this topic of EMFs kept coming up. But it wasn't something that I had any understanding of whatsoever it all seemed super woo woo and out there to me. But it kept coming up with enough frequency that I said, "Okay, I got to pay attention to this." So I knew enough to say, "Okay, I could test this by not using my cell phone and unplugging my wifi for a while and see what happens." And so I turned off my cell phone and put it in a drawer in my kitchen. And about two days later I noticed that the very severe tinnitus that I had in my left ear for over a decade was completely gone. Just totally gone, which had never happened before which completely blew my mind.

Michael Roessle...: Tinnitus is tricky too. Most people I know that have had it for a really hard time it's like no one ever finds a-

Cathy Cooke: Yeah. I mean, what can you do? There's hardly anything you can do about it. And then after that my sleep started to get progressively better and better. A lot of other symptoms decreased like weird stuff like heart palpitations that I had, muscle twitching, anxiety, just some random different things that could be attributed to dozens of things but it was so clear to me. And it was so dramatic that, I mean, I knew at that time as a nutritionist, if I was going to be able to help my clients, I needed to understand this piece of it because we're all exposed all the time. So then I just did it. I mean, I just kind of jumped in and applied to the Building Biology Institute. I took every class that they had at the time and became certified because I knew it was that important.

Cathy Cooke: And it's not like this is a mold toxicity where you can clean up the body, you're using all kinds of binders, you get all your lab work to be crystal clear, and you support the body to get rid of the mold. This is something that we're going to be exposed to forever. I knew I had to tackle that and so I've been practicing as a building biologist ever since.

Michael Roessle...: Yeah, this isn't going away and I would guess it's probably saturated urban areas, I would guess since we first talked, if that was 2015, I would guess the EMF saturation from 2015 to 2020 is close to double.

Cathy Cooke: That's a pretty good estimate and I-

Michael Roessle...: In urban places like-

Cathy Cooke: Yeah, I'd say you're right, because even then, like I had a flip phone back then, which I hardly ever used most-

Michael Roessle...: I think it's gone from 3G to 4G.

Cathy Cooke: Yep.

Michael Roessle...: And the phones themselves, like this thing puts off way more than that did.

Cathy Cooke: Yeah, exactly. And then you think about all of the wireless devices that have come out since then like wireless earbuds or smart speakers or Fitbit or-

Michael Roessle...: Even the cars.

Cathy Cooke: Yeah, I'd say that's a pretty good estimate, if not more.

Michael Roessle...: Yeah. And so most so has most of the other factors which play into unfigure-utable chronic diseases. I mean, how awesome was that when your ears stopped ringing?

Cathy Cooke: Sorry, my other cat's trying to get in on-

Michael Roessle...: It's okay. Cats love being on our show.

Cathy Cooke: Okay, good. I mean, I couldn't even believe it. I was so skeptical of this. I-

Michael Roessle...: You were skeptical of pretty much everything when I met you because you were at that point of like, "I've tried that. I've tried this. I've tried that. I've worked with this. I've tried that." And I can now relate to that feeling with mirrors situation. Everything we've gone through and tried and done and all that and I now understand the frustration of seeing people go on the internet and be like, "Oh, all you have to do to feel better is this one thing."

Michael Roessle...: And it's like, "No, that worked for you, which is awesome. And it didn't work for me. So stop telling everyone it'll work for everyone." That must have been pretty amazing. And it's a relatively simple thing to do.

Cathy Cooke: It's so simple but the addiction factor to our devices is a very, very serious thing. And that's my main frustration. For me, I'm super introverted. I need tons of downtime and alone time so I don't need that constant connection and that constant checking in and seeing if people have liked my posts. I don't need it. Maybe it's easier for me than for other people because clients call me all the time to help them to reduce their exposure but they won't do anything about this, they just won't. And they're like, "Well I can't change my behaviors on this."

Cathy Cooke: And it's frustrating, but I understand it at the same time. So the question is, well, is it because there's the addiction factor to it? I mean, you can get a landline, landlines still exist. I make phone calls through my computer similar to what we're doing now and I'm hardwired, right? So I have an ethernet cord going to my computer so I could talk on

the phone all day long and I'm not getting any exposure. It's a very, very difficult thing to get people to change their behaviors but it is very simple, right? Very simple stuff.

Cathy Cooke: All you do is get into your settings and put it on airplane mode. Make sure wifi is off and Bluetooth is off. That's important because most people don't do that. And then that's it-

Michael Roessle...: Yeah because I learned that the last... I don't usually use the internet on planes, like when I travel because it's just... I'm not going to get into a social commentary. But I feel like I'm contributing to the whole thing that there even is internet on planes if I pay for the internet that's on planes. So I didn't. But then I went on one trip this last year where I had to, I had to get some work done, and I bought the internet on the plane. But I had to ask the woman, I said, "How do I use the internet if I'm on airplane mode?" And she said, "Oh, you can just switch on the wifi." And I'm like, "But airplane mode is no..." And she's like, "No, no, no. Airplane mode is no phone service and some phones on default, when you put them on airplane mode, have no wifi and no Bluetooth like. On some of them a default turns both off. But some of them you put it on airplane mode, and it's still searching for Bluetooth and wifi. You just can't make phone calls."

Michael Roessle...: And I'm like, "Oh, that's dumb. I didn't know that. And that changes everything." So then I noticed when I went home and put my phone on airplane mode, my wifi was still on.

Cathy Cooke: Yeah. Because why would you know that? I mean, why, why would we know? And even when people say, "Well, I can't I can't keep it on airplane mode. I have to get my call." Then I say, "Well, at least turn Bluetooth off and wifi off. You're getting three hits from three separate things. You can at least turn some of them off if you have to have one of them on."

Michael Roessle...: Yeah, I always have wifi and Bluetooth off on my phone. And honestly mine just doesn't work very well on wifi. The things don't work as well. So it's more radiation and it works less good. But while we're talking about... well, let's first, before we get into phones and little things to do, the EMF, we talked before we started recording about some things that you learned. You went through the training at the Building Biology Institute and you did the EMF and air quality certifications. But in there, I'm guessing that's where you picked up the information or from... is it Martin Paul... you said that EMF voltage gated calcium channels.

Michael Roessle...: Can you just speak just a little bit on that? And we also talked about how neither of us are experts in electricity as far as being electrical engineers, and how confusing it can get so I don't expect you to get crazy. Just most of the people watching this, it'll be kind of their first exposure to some of this information. So can you give someone just a 101 quickie on what is theorized that happens, or known, I don't know where the line is there and our physiology with this exposure to-

Cathy Cooke: Yeah, [crosstalk] sure. It's the work of Dr. Martin Paul, who's a professor emeritus at Washington University. And what he has discovered is that one of the main mechanisms of how this EMF exposure, the non native EMF. When I say non native, I'm talking about anything that's man made. So the earth has its own Schumann resonance, which

is an electromagnetic field. And that's a good thing. We want to be in touch with that but non native or manmade EMFs, when we are in proximity to these fields, they're artificially opening our voltage gates. So your cells have a voltage gated calcium channel on them to keep adequate amounts of calcium on the outside.

Cathy Cooke: We're supposed to have more calcium on the outside. And when they open up, the calcium can flood in. Basically we get a downstream effect of oxidative stress from too much calcium flooding into the cell. And then what kind of health symptoms or illnesses come from oxidative stress? I mean, everything. Yeah. There's other research out there showing DNA breaks, nervous system dysregulation. There's a lot. There's quite a bit of science out there showing the different mechanisms but that is, the work of Dr. Martin. Paul, is the biggest one, the most conclusive. It's got abundant research behind it, looking at the direct mechanism on a cellular level.

Michael Roessle...: [crosstalk] target him for a masterclass presentation.

Cathy Cooke: Absolutely. You [crosstalk 00:15:57]-

Michael Roessle...: Does he do them? Does he do... yes? Because some of these professors, I've tried. Some of them are bunkered down, weird, totally isolation. They don't do any... like the cell danger response, Robert Naviaux at UCSD, he's doing groundbreaking research on cell danger response, you can literally not pay him money to do interviews with anyone because he's so introverted and science and doesn't... and so it's weird. This industry is weird. But so he does do podcasts or interviews?

Cathy Cooke: I was actually just on a call with him a couple days ago, there was like, I don't know, 50 people on the call. It was a small EMF awareness group from Oregon. He was supposed to be actually coming to Idaho, actually tomorrow because we asked him to come down and do a conference. This was a couple months ago, of course that got canceled. But yeah, he's totally open to it because his mission is spreading the word. And he's awesome. And he's super interesting to speak with.

Michael Roessle...: I would love to chat with him. So we'll do that. So we talked to also, I asked you before we came on air when we were talking a little bit about that, some people are much more sensitive to EMF and others for whatever reason, the same reason, like 10 of us might go in a room and two of us leave with whatever disease and eight do don't or whatever. Maybe not the same reasons but the same way. And some people aren't that sensitive and/or don't realize it. So what are some factors that can impact somebody's sensitivity? Doing this, I'm sure once you figured out your own situation, which you were likely sensitive to other things too, and you've worked with a lot of people now around this and studied it, you've probably seen some common themes as far as who's the most susceptible to high EMF sensitivity?

Cathy Cooke: Yeah. So for me, my story goes back to I was 12 years old and I was bit by tick and I got the severe flu after that and my life's never been the same since, right?

Michael Roessle...: Where'd you grow up?

Cathy Cooke: Missouri, Kansas City. So you can call that Lyme disease, you can call it, I don't know, co-infections, whatever. But it definitely made me much more sensitive for

the rest of my life. And I also had extremely high levels of mercury. So I was like 22, I just graduated from college, I went to see a dentist who turns out he had been disbarred from all these other states because of malpractice because he was filling people's mouths with silver fillings that didn't need them. and I was one of his victims.

Cathy Cooke: So I got a big mouthful of silver fillings, I've, of course, since I had them removed, but I had extremely high levels of mercury. And I've done a lot of traveling. So I've had Dengue fever, I've had some parasites, I've had other exotic infections and that kind of stuff. So I was a prime candidate to be sensitive to this stuff for those reasons. And this is what I find typically is that people who are the most sensitive, heavy metals is a big one. Pre existing infections, specifically mold. Mold exposure, I find, is probably one of the biggest.

Cathy Cooke: I've got one client in particular who's... he's a construction worker. He's like six foot six, he's a big beefy burly dude, not somebody that's very sensitive and delicate, but I mean, he's a rock solid kind of guy. And every time he drives past the cell tower, he goes crazy. And he gets this burning searing pain in his head. And that happened after he was living in a house that had mold damage that he didn't know about. And he from mycotoxin testing and Shoemaker lab testing, he's got very, very high mold sensitivity.

Cathy Cooke: So, those are the most common scenarios I see. But I also know many people who don't have any underlying issues and just one day they do this and they suddenly start to get this searing pain. So there's definitely a pattern to it, but as with everything else, there's total randomness to it as well.

Michael Roessle...: Just like everything else. Yeah, everybody wants answers for security and that's just not what life is. But there are themes to it. And I've kind of seen that too in our group and in other groups I'm in, those groups tend to be the ones that are more sensitive and notice more when they do changes. I still have a mouthful of amalgam fillings. I was going to get them all removed and do some cavitation surgeries and some of that type of stuff and then it was either do that or move out west. And I moved to Arizona to live with Mira and I could do one or the other. And I chose that and like, "Oh, I'll do it later." And then I just haven't done it and now with her health the way it is all of my all of our extra money goes to to that.

Michael Roessle...: So I'm kind of taking... I feel really good don't have any health issues right now situation. I have high ferritin, too, I have hemachromatosis so there's things that I need to deal with, but she's the priority. So my mouth is probably like an antenna.

Cathy Cooke: Well, but you know, there are people who will live their whole lives with this situation and be fine.

Michael Roessle...: Yeah. Everything's about percentages and... not percentages, but I try to put in as many healthy inputs and remove as many unhealthy inputs as I can. And that's kind of my own approach. And I know that my mouth and my iron are two unhealthy inputs but I have a lot of healthy inputs that I try to do and then I don't freak myself out and walk around and be like, "Oh my god, I'm gonna die because I have fillings in my mouth." Like yes, I know they're not ideal but there's a [inaudible] that goes to is walking around, "I'm going to die because I have feelings in my mouth."

Cathy Cooke: That is so super important. I get called me at their wit's end and they're making the situation so much worse because they're freaking out about it.

Michael Roessle...: Freaking out, the body doesn't like. And it doesn't what you're freaking out about, it doesn't care, it just doesn't like freaking out. So, that's some of the effects and the people more susceptible. We mentioned the phone. And we were kind of talking about the little dots and the sleeves and the cases and the things. Now, I've heard various opinions on how far away from the body when the phone is on, and mine is a 4G signal, when the phone is on, about how far away... and you have meters for this, we're going to talk about meters in a minute. How far away from my body would this be before it doesn't have very much [crosstalk 00:23:33]?

Cathy Cooke: That's such a good question. I mean, if you're using it and you're on a call or whatever you're doing, it has to be in close enough proximity with you to be able to use it. And in that case, you're getting a huge exposure. But the other thing is-

Michael Roessle...: Even if I'm on earbuds and I set it over there and it's at the length of the thing?

Cathy Cooke: Yeah. I mean, among my measurements, building biology guidelines, we want to see our radio frequency measurements under 10 micro watts per square meter. If my phone is, I don't know, three feet from me or so, I'm I usually am picking up like 17, 18, 19,000 micro watts per square meter.

Michael Roessle...: And they want you to be under 10?

Cathy Cooke: Yeah.

Michael Roessle...: Like one zero, 10?

Cathy Cooke: Yeah, like 9, 10.

Michael Roessle...: And 17,000?

Cathy Cooke: 17,000. It's pretty. 20,000 is pretty typical if I'm right next to the phone, a couple feet away from me. I mean, it fluctuates dramatically, so it'll fluctuate between 3,000 and 20,000.

Michael Roessle...: Depending on what it's doing?

Cathy Cooke: Right. If it's not in a call but it's just on it'll just kind of ping every 30 seconds or so to check in and the numbers won't be nearly as high depending on the phone. But any distance you can have is best. I mean, here is absolutely the worst. Which, of course, your cell phone manual tells you not to do this, it tells you right in the manual not to put it next to your body. But even this is better than this. Even this is better than this.

Michael Roessle...: And it's rather exponential in the distance, right?

Cathy Cooke: Yeah. So it's the inverse square law. So it reduces by what? Quadruple or something?

Michael Roessle...: I don't know. A lot.

Cathy Cooke: Yeah, dramatically. So if you have to use cell phone, texting and putting it on speaker and keeping it away from you, is significantly better than doing this, right? I never-

Michael Roessle...: I never ever hold it to my head anymore. My earbuds got killed the other day and I didn't talk on the phone for three days until other earbuds came because I don't like speakerphone. I'll use it if I have to. I just don't like it. I have air tube.

Cathy Cooke: Yeah, air tube head set. Those are good.

Michael Roessle...: Yeah, I mean, it's the best option, I think, if you're gonna use the phone and be on the phone. Now you use your computer to make phone calls you told me before.

Cathy Cooke: Yep, yep, I make all my calls through basically Google voicemail, which I'm trying to get away from Google, I don't use it but that's the only option I have for phone calls right now. So it's free phone number, you can text on it and you can make phone calls. So I talk through my computer just like we're doing now for all my calls.

Michael Roessle...: And hardwired. So my computer's hardwired to, is the ethernet cable from the modem to the computer. This is better signal, better service, faster service, faster everything with no... modems don't make more than like a normal little electronic gizmo of emission, right?

Cathy Cooke: No like a magnetic field or electric field-

Michael Roessle...: Yeah, like a minimal... the modem. Now the routers are totally different story. But the modem. And mine is a modem and a router and I'm actually going to get some cloth from you that I can put over the router and it will reduce the amount of output of the router significantly because even though my computer is hardwired when that thing is on it's, it's a router also. So, for me to turn off the wifi, I have to turn off the... it's dumb, but that's the situation there. So we know about phones. We know wifi routers like to... please turn them off at night when you go to bed. If you're not going to hard wire your house, please turn the wifi router off at night. Af we just get all of America to do that in these buildings with like a ton of people living in them somewhere. Because that's the thing, people that live in an apartment in New York, they turn off their wifi router, they're still exposed to 22 wifi routers.

Michael Roessle...: Everyone just turn off your wifi router when you're sleeping. It does everyone a favor, but so we know phones, we know wifi routers. What are a few culprits of high output in the house that you find that people are either surprised by or don't know about or something like that? Do you have a couple that are like common that you're like, "Hmm, I bet that's a thing"?

Cathy Cooke: Yeah. So actually I just did a blog post that I published, I think yesterday, on some hidden sources because it's so fascinating to me when I'm in a home assessing something and I'm like, we can't figure out where this field is coming from like, "What is this? What is this? This is not obvious." So what I'm finding is washers and dryers, which

maybe people don't realize that but just appliances in general, specifically washers and dryers, have radio frequency capabilities. Why? I do not know, I do not understand what you possibly-

Michael Roessle...: Probably more than the newer ones?

Cathy Cooke: The newer ones Yeah.

Michael Roessle...: Yeah, you can probably make your laundry go from the other side of town with a button on your phone. So [crosstalk 00:28:57]-

Cathy Cooke: Yeah. That's exactly why. But some of them [crosstalk 00:29:05], the homeowners have said, they're like, "Oh, no, I bought that years ago. I can't... there's no way." And I'm like, "Well, it is. It's definitely giving off a frequency." So it's kind of surprising.

Michael Roessle...: Interesting. Ours are very old. We rent and the ones here are probably close to as old as this place. So I'll check it out when I get my meter.

Cathy Cooke: Well, if it's that old... I mean, I'm talking like four or five years.

Michael Roessle...: Yeah. So if they're even if they're plugged in, but they're off? Or it only when they're running?

Cathy Cooke: Usually when it's running.

Michael Roessle...: When it's running. Okay, well, I'll check it everywhere.

Cathy Cooke: Yeah, usually when it's running, which is good, because if it was giving it off, 24/7... and there are devices I mean, recently I figured out a water softener. Somebody's water softener that was in their garage was giving off a signal 24/7, continuously, even though the only reason it had a radio frequency signal on it was to send the person a text on their phone twice a year to tell them that their salt was low. But it was giving out continuous radio-

Michael Roessle...: Were they able to turn that off?

Cathy Cooke: No. I told them to get another one and I think they ended up shielding it with like... like this is a space blanket that has metal in it and I think they shielded it with one of those or some of this cloth that I have and they just draped it over it which, I mean, because there was no way to disable it. Most of these newer devices don't make it possible for you to disable it because why would you want to disable it?

Michael Roessle...: Yeah. America. I think it skipped over a thing. I got washers and dryers, I got a couple other ones I'd like to ask you about but you've now worked with a bunch of people with this. This is your passion, this is what helped you and you want to help other people with it. You saw improvement in sleep immediately, improvement in the tinnitus immediately. Can you share some happy stories of any of your clients that have seen shifts in their own symptoms with making some switches?

Cathy Cooke: So one of the most awesome experiences was when I was working with a family, this was actually my final project a couple years ago. And I chose this family close by that home schools their kids and they have, gosh, I don't know, five or six

children and two dogs and it's just a crazy house. But they don't have a lot of money because the mom stays at home, the dad works, they have a big family. And the daughter who was, I think, nine years old had never slept through the night in her entire life. She was relatively healthy but was starting to show some signs of some health issues and some behavior issue but they weren't really concerned of the overall health of the EMF situation.

Cathy Cooke: But I chose them to do my final assessment on their house because I had a feeling that some of these issues were stemming from their wifi situation and they actually had a ton of stuff in their house that they had no idea about like one of these... is it an Amazon Fire Stick or Netflix Fire Stick? I don't know. Some TV that you plug in [crosstalk 00:32:31]-

Michael Roessle...: I don't know if [crosstalk 00:32:34], I don't know.

Cathy Cooke: I don't either. They tell me this, I'm like, "I don't know what that means."

Michael Roessle...: I'm not hip enough to know what most of this stuff [crosstalk 00:32:38]-

Cathy Cooke: They have a Chrome TV too. Which, right? Google Chrome, it's another thing that you comes in and gives off this radio frequency-

Michael Roessle...: Yeah, this computer monitor is my TV.

Cathy Cooke: Yeah, same. And then the wifi was in the garage underneath the daughter's bedroom. So they had a number of sources they weren't even realizing was a big deal. So I mitigated all this stuff, they didn't even watch TV. I don't even know why they had all this stuff. We so unplugged all this stuff, they turn the wifi off at night. And the mom called me the next day and said, "I cannot believe that I'm actually making this phone call but my daughter slept through the night last night for the first time in her life." And she was nine years old. And the daughter didn't know what was going. It wasn't a placebo for the daughter, right? It brought me to tears. This is so important.

Michael Roessle...: I've never done the work you do but I've gotten calls from clients that were... it's a difficult career doing anything that involves working with people who are suffering or in pain or sick or anything for people who are about other people, it's really hard and it's hard emotionally too when you can't get something figured out for someone or something doesn't help or that. And then to get the call or the email around things like that is the greatest thing. And it makes all the stress and the frustration and the emotional challenge of it all totally worth it when you get that one phone call. It's like, "This happened. And this has never happened before and I feel great and thank you so much." And then you just hang up and you're just like, "That was awesome."

Cathy Cooke: Yeah, 100%.

Michael Roessle...: This isn't a glory world to be in. No one's going to throw you a parade after that, that family is... well they should. But I just mean the town and... you know what I mean?

Cathy Cooke: Yeah, totally.

Michael Roessle...: We're not pro athletes, we're not actors. The people who, this culture, really glorifies. It's just those little things that make little changes, people don't realize until they have a chronic condition or a chronic issue or a chronic thing in their life what it does to their life. And then when it's gone and even in some capacity, even if it's better, it's amazing. But that was your final project for your program?

Cathy Cooke: Yeah, that was the final project for my advanced EMF certification. And I mean-

Michael Roessle...: Did you get an A?

Cathy Cooke: Well I got certified. So I take it that's an A. And that's the most frequent comment I get, probably every week somebody will say... and it's usually the nonbelievers because otherwise they're like on board with it. But it's the people that weren't convinced that call me and say, "I can't believe how much better I'm sleeping." That's the biggest piece. That and headaches. Headaches are another really big one that diminish, which is great.

Michael Roessle...: Headaches suck.

Cathy Cooke: Yeah, absolutely.

Michael Roessle...: All right. So washers and dryers. I'm guessing refrigerators would fall into that category?

Cathy Cooke: I haven't come across that yet.

Michael Roessle...: Do we not have smart refrigerators yet? I'm not in the loop.

Cathy Cooke: How often do you have to replace a refrigerator? I feel like it-

Michael Roessle...: Yeah, I guess most people have older ones.

Cathy Cooke: I mean, they're out there. They're absolutely out there. I haven't come across them yet.

Michael Roessle...: Can you talk about wall plugs? Like there's a plug in the wall over there, if there's nothing plugged into it, what's it doing?

Cathy Cooke: Yes. So the wires that are running into your wall have voltage on them 24/7. So if I had... actually I've got my meters right here. So if I was to put a meter up anywhere there's a wire going in your house. And it doesn't have to be next to the outlet. You're going to see a very elevated electric field no matter what because that's just the nature of running electricity through [crosstalk 00:37:22]. Yeah, it goes up a little bit near the switch itself and that's a dimmer switch so it'll be higher.

Michael Roessle...: Because the dimmer switch takes the full power and then puts a valve on it.

Cathy Cooke: Yeah-

Michael Roessle...: Is that the same on a knob for... so I have these salt lamps and the salt lamps have on the cord itself, there's the little knob that turns it on or off but the knob turns it on, it clicks and then you can keep turning it, it gets brighter and then you dim it and it clicks off. That little thing itself, would that be-

Cathy Cooke: Yeah, those usually but dirty electricity on the line, what we call dirty electricity which is an altered sign wave. So if we had nothing plugged in, electrically would go up and down 60 hertz a second. But I picture it like a dam, so you've 60 hertz coming through your walls to a device and then you're like, "Nah, I think I want that to be a lesser amount." Well where is all that power going to go? It comes out of your line into the living space. So this will have dirty electricity coming out here. Which, for some people who are very, very sensitive is one of the worst exposures. Worse than the radio frequencies from phones and what not.

Michael Roessle...: Well perhaps those shouldn't be on our nightstands. It's going to be very interesting to see what happens when we... we're going to walk through, she's going to do a virtual walk through with me and then we're going to put a report up on the site and it'll be very interesting because I think this might be something we're missing with Mira. She comes home with headaches after work sometimes and she works in a hospital ER and that could be a lot of reasons, honestly, because right now they're wearing all this extra PPE that's tight on the face. She wears an N95 mask for eight and a half hours which are form fitted and tight, she's got head gear on. So that alone could make headaches. That much exposure to lights and the stress could make headaches. But the EMF in hospitals is probably just off the charts.

Cathy Cooke: It's off the charts for all fields. Every single one of them are off the charts.

Michael Roessle...: Yeah. That'll be interesting. I'm going to have her sneak a meter to work and turn it on.

Cathy Cooke: Oh good. That'll be interesting, yeah.

Michael Roessle...: Cool. So what's one more little hidden culprit that you run into?

Cathy Cooke: Well let's just talk about what's by the bed because that's what's most important for us. So things like digital alarm clocks or lamps, anything that you've got plugged in next to your bed, even if you've got no TV, no phone, no router, any of that stuff, in your bedroom but you've got digital alarm clocks or you've got these high electric fields in your bedroom, that could very well be disrupting sleep as well. I usually recommend that people turn breakers off to the bedroom at night but it does take some testing because if you've got one circuit here and another circuit over there and I turn this circuit off, the fields can actually go up because no I've reduced that cancellation effect from two circuits being in proximity to each other. So you do have to test before you just do that but the breaker in my bedroom is off permanently. I just don't have any electrical current going into my bedroom because I don't need it. What do I need in there?

Michael Roessle...: We have an Air Doctor.

Cathy Cooke: That's one of the one things that...

Michael Roessle...: It's not next to the bed, it's on the other side of the room but...

Cathy Cooke: Well, what I would suggest in that case is either turn it off before you go to bed because you've been running it all night and open a window. Or you can run an extension cord.

Michael Roessle...: Yeah, run an extension cord to somewhere else?

Cathy Cooke: Yeah.

Michael Roessle...: Because I don't think the machine itself, I mean, it's a machine so it will make some but I don't think it would be a super high output.

Cathy Cooke: I've tested a lot of Air Doctors and they're relatively fine. They don't give off much.

Michael Roessle...: Okay, well maybe we'll try that. Maybe we'll try the breaker and run the extension cord down the steps to the plug down here. Cool. Well so what we're going to do next is I have a meter coming from your store that we'll test my house and we'll make a little report. And I'm going to post that. This will be up first so if you're watching it right when it comes out, it might not be there yet. But if you're watching it later, I'll put the report just below the video with a button that says like, "See Micheal's report." Or something like that just to see what we come up with or whatever. And then Cathy is going to put together a little bundle offer that will include a meter and your own walk through and little consult which she can do virtually. A lot of your inspections are done in person there where you live but you can do them virtually and teach people how to do such an inspection.

Michael Roessle...: So we haven't worked out the exact of that yet but that will also be below the video and there will be a button that says, "Do your house." Or something like that. So we'll get both of those set up in the next few days to a week and we'll get those up. I think this is something that is not going to go away. It's going to get worse and the same can be said for this virus situation and future virus situation and chronic disease epidemics and things of that nature.

Michael Roessle...: I'm pretty sure there's going to be a little bit of a new focus on improving one's overall health because what they're seeing with COVID and it'll be the same with any virus pandemic or any major disease thing that goes around is comorbidities and chronic health conditions and amplifying the situation exponentially. Now there are the outliers because every time I say that someone will post something like, "I have a colleague, a personal trainer who's 32 that lives down the block from them in Connecticut just died with no preexisting conditions, was a trainer, healthy."

Michael Roessle...: So I'm not negating that but a vast majority of the people having really severe situations or deaths, have chronic health conditions of heart disease, obesity, diabetes, things like that. And this will be something that, it's picked up so much honestly in the last few years in the functional medicine space. You said you work with a couple clinics there in Boise.

I'm going a different route myself professionally more down the trauma, emotional, energetic, spiritual and that also, I've watched kind of pick up.

Michael Roessle...: Both of these are things that even five years ago in the functional medicine space, there might have been a couple cling hard or a couple people who were more advanced talking about trauma or talking about EMFs or talking about a couple other subjects that were kind of fringe. And now I think most functional medicine practitioners are conscious of EMFs. They may not know what to do. They can't do what you do but they can tell people, "Turn your router off at night." The basics are there and the same is with trauma and those type of things. But I think this is going to be one of those like, "Who's your EMF consultant?" Amongst people who are really into health and trying to deal with chronic disease because it's going to get silly bonkers when this goes to full 5G everywhere and...

Cathy Cooke: Yeah, we're going to see a lot more health challenges among a lot of people. And how are they ever going to make this connection? You can't see it.

Michael Roessle...: By us being loud about it.

Cathy Cooke: Yeah, absolutely.

Michael Roessle...: And people like Dr. Paul being loud about it. And taking it to... because it's the professors, it's the scientists and the professors with the fancy letters after their name who can get in the door to talk to decision makers, somewhat-

Cathy Cooke: Sometimes.

Michael Roessle...: More than I can.

Cathy Cooke: There's a pretty big smear campaign against the top EMF researchers across the board.

Michael Roessle...: I'm sure but they have a better shot than I do. But it's going to take widespread awareness and people being activists about it. There's a town near here, Mill Valley in Marin that voted to ban 5G.

Cathy Cooke: Oh they did?

Michael Roessle...: Yeah.

Cathy Cooke: So you guys aren't having any 5G in [crosstalk 00:46:27]-

Michael Roessle...: Yeah, it's in Mill Valley. That's not here, it's near here. It's a town near here.

Cathy Cooke: Oh yes, I knew that.

Michael Roessle...: Mill Valley. And the way they're able to do it because there's like bullshit in place that doesn't allow you to challenge it based on health concerns, they challenged it by proving that the 5G antennas, which for those who don't know, are going to be like everywhere. They have to put them every 100... I don't know-

Cathy Cooke: 100, 200 feet.

Michael Roessle...: Yeah. So in a neighborhood they will be all over the place. And they were able to show that having one put by your house lowers the property value. And so Marin is a pretty wealthy area and Mill Valley is a wealthy town within a wealthy area. And the activists who went to the town to get it blocked were doing it because of health issues but they knew that that wasn't the angle they could take. So then they convinced a bunch of rich people that their property value would go down and then they didn't want that. So as of right now, the roll out of it is banned in Mill Valley and there's people from there that are trying to work with other communities around the country to share what worked, essentially.

Cathy Cooke: Yeah. And that's one of the things, I've been leading a group here in Boise to do the same thing. We were starting to really get on a roll and make some good progress until everything got shut down. I was meeting with city officials from all over the valley here. But we need everybody's voice, we need everybody to be writing their elected officials to tell them that we don't want this in all the places where even if it's rolled out or not, we just need our voices to be heard. So yeah, if they don't have 5G or they don't want more cell towers in their area, well the first thing we need to do is reduce our alliance on this because we're voting every time for the antennas every time we turn it on. But yeah, activism is important in this field for sure.

Michael Roessle...: Cool. Well maybe if you have some links to share with me on that, places where people can sign things and sign up for things and sign up for updates and get involved, if there's a couple organizations that are in the forefront there that you... I know of a couple but I'm sure you know better ones than I do or more of them. So we'll put a little resource underneath. We'll put a link to your site. And you've got awesome stuff in your shop too, that's where I got the meter and then we'll put a link to your site, we'll put a link to my report, well put a button to the thing where they can order a meter and a walk through. And then we'll put some clicks that they can go to to learn more and lend your voice because I'm guessing the sites where they can get involved also have a bunch of information.

Cathy Cooke: Yep, for sure.

Michael Roessle...: Cool. Well thank you so much. I feel like I need to make more of a fuss around this than I have been. It's something I know about and that I try to be conscious of but it's not something that we've done a ton. I interviewed Nick....

Cathy Cooke: [Pinoe 00:49:32].

Michael Roessle...: Yeah. A couple years ago as part of a microbiome master class and he talked about ways that EMF can impact organisms in the body and the gut and things like that. It was really fascinating and he shared a bunch of other facts. I've met Nick a couple times. I know him, he's a good dude. His book is pretty solid and then he's got a practitioner education course but other than that and just mentioning it in some other interviews, it's never been a primary thing we've focused on and I think I would like to focus on it some more. So maybe I'll lean on you to help me figure out the best way to do that or-

Cathy Cooke: Awesome, yeah, I'd love to-

Michael Roessle...: You could maybe write a couple posts if you'd like. I'd love to publish them or get them in front of more people and I want to take up this cause more than I have. So forgive me for not and welcome me on board.

Cathy Cooke: We're all going at our own pace here. You've got a lot to focus on, so understandable.

Michael Roessle...: Cool. Well thank you so much, Cathy. This was fun, I learned a ton, and I'm sure everybody else did. And we'll talk more soon.

Cathy Cooke: Okay. Thanks, Micheal.