

EMF 1: Does Your Rolex Work?

Readers Summary:

1. Why is timing more important than the food we eat?
2. What controls the circadian cycles in our body?
3. What do Schumann Resonance, the Earth, and your brain all have in common?
4. Why are birds, bees, and bats dying at record rates today? Are we next?
5. How do you fine tune your brain's Rolex?

Many long term readers of my blog will recall that I have always told you that timing matters more than the food you eat. It is one of the core tenets in My Leptin Rx. Many of you may not understand why this fact is foundational for all biology and why it may make understanding metabolic pathways in a biology book worthless when you are trying to get optimal and trying to reverse disease.

This blog series is going to open you up to a new reality of understanding. Today is where I show you precisely how quantum mechanics of the Quilt's levee 30 might effects things you hold as a core belief.

We all seem to know circadian biology is important but no one in the paleo world has be able to explain fully why sleep and light are so important. It is clear they know it is important but when you know the WHY of an issue it generally makes the HOW a whole lot easier to understand. Are circadian cycles something that all humans have to pay attention to rigidly? The short answer is, yes, you must pay strict attention to them because your mitochondria do. After hearing my January 2013, Webinar on the Mitochondrial Rx, this statement may carry a deeper meaning for you because you may have a new perspective how important nanoscopic precision is in biology for energy generation. For evolution to work, a cell first

must adapt to its environment. For any organism to function properly, it must control the timing of its biological functions. That is why all higher organisms, from plants to insects, reptiles, birds and mammals, and even some lower unicellular forms of life such as bacteria, have developed an internal biological clock over millions of years. In humans, the master clock of all the body's biological clocks is located in the suprachiasmatic nucleus (SCN) of the hypothalamus. Most people with a biology or chemistry background believe that the circadian clock of the brain is controlled by the light and dark cycles alone. This is just not the case. There are magnetic cells in our SCN that also pay attention to the resonance frequency of the earth and its ionosphere. The electrical charge between the earth and the ionosphere has a frequency called the Schumann resonance frequency. This is an foundational physical finding that goes all the way back until life began on this planet. Life not only paid attention to light and dark, but it codified the frequency of the magnetic and electrical field of the planet into our biology. These are the three aspects or dimensions the brain uses to tell time. This clock is how we time all our biochemical reactions in our body. The reason for this is that life not only evolved with a dark and light cycle propagated by the sun, but it also evolved from our oceans and on land over 4 billion years. This means that all life has been grounded to the earth's at every point in life's history. You might not know this... but now you do. Watch this video to get the full effect of this coming series. This is a must watch.

<http://www.youtube.com/watch?v=FhMFvZFHo2c>

Resonance – Beings of Frequency from James Russell on YouTube

Alpha waves in the human brain resonate with the same frequency as the Schumann resonance of the Earth. This implies that life uses it as a fixed reference point in its nervous system for some reason.

In 2005, a study published by electrical engineer Roger Applewhite confirmed two highly significant facts:

1. Electrons move from the Earth to the body and vice versa when the body is grounded. This effect is sufficient to maintain the body at the same negative-charge electrical potential as the Earth. Electron flow in the mitochondria is known to reduce inflammation so it stands to reason that this flow of free electrons into the body from the earth is the mechanism by which inflammation is brought down.
2. Grounding powerfully reduces electromagnetic fields (EMFs) that have an effect on the body. EMF resonance above the normal frequencies found on EEG's, EKG's, and EMG's can all disturb the fast acting communication system that all life appears to use. I use all of these types of tests when I treating people for neurologic issues.

It appears life is also based upon a fast communicating electrical conduction system in the body that uses quantum mechanics to speed up the reactions of life to allow it to happen in real time. The molecular cellular processes that all life uses are too rapid and subtle to be explained by slow-moving chemical reactions and nerve impulses found in biochemistry. The proteins and enzymes are the stage upon which the drama of life unfolds. The actors can be none other than small and highly mobile units such as electrons and protons.

What is Grounding?

The Earth is negatively charged. It has an endless supply of negative-charged free electrons. Anytime you have two conductive objects and they make contact, such as your bare feet and the ground, electrons will flow from the place where they are abundant to the place where there are fewer of them. The electrical potential of the two objects will thus

equalize. That describes grounding simply for the **Non Geeks**.

Electrical Geeks: The land and seas of planet Earth are alive with an endless and constantly replenished supply of electrons. Since all life makes direct contact with the surface of the planet—the skin of our bodies touching the skin of the Earth—our conductive bodies naturally equalize with the Earth. Figuratively speaking, we refill the electron level in our tank that has become low. How do we know that the body absorbs those electrons? In the 2005 study listed above, it was proved with a simple experiment. Mr. Applewhite showed a voltage drop across an in-line resistor, measured with an oscilloscope, provided ample evidence of an exchange of electrons between the Earth and the body during grounding.

There are a number of other ways we know this happens in real life. One is common sense and non geeky. The Earth is always negatively charged. It has an endless supply of negative-charged free electrons. Anytime you have two conductive objects and they make contact, such as your bare feet and the ground. **The electrons will flow from the place where they are abundant to the place where there are fewer of them.** The electrical potential of the two objects will thus equalize. Similarly, when you stick a ground rod in the Earth, it allows the electrons to flow from the Earth via a wire into an object. It could be a freezer, an ipad, a computer, your cell phone or you. **Your body is conductive like any electrical appliance.** The colder you are the more you preserve the charge within batteries of life, the mitochondria. This is why we save our Duracell's in the refrigerator to keep their charge. The more wet you are the better conductor of this current you become because water is a better conductor than dry air. This implies being cold extends the life of your batteries and the wet is additive to electron movement in tissues from grounding.

Truth Bomb #1: Now think back to your own education. Where did you learn life first evolved? It evolved from the oceans that

have a free an unending source of electrons. This means the ocean has more electrons and many more free ions than the land does. This belies why life evolved there first and not on land. It required less energy generation than it would have on land. All life on this planet requires water to work. When internal power generation was relatively simple before mitochondria were part of the eukaryotic cell, life needed the extra power boost from the oceans electric current to help life survive. Electron exchange is what makes the world go round. I suspect this is why life, even today is so abundant in the ocean and renews itself so well despite of what modern man does to ruin it. When you live as a land based, warm adapted human mammal, and your are constantly insulated to life force in water, on land, the weather, on snow or ice, and the ground, you lose that steady stream of free electrons to your mitochondria. Your decisions to clothe yourself with insulating gear, wear rubber soled shoes, and not swim in the ocean, and warm your house and car constantly, so you can instead stay on your laptop and read FB status updates plays a huge role in why you still feel badly.

In North America, the power grid produces EMFs vibrating at 60Hz. This frequency alone is way above the natural resonance of the earth and the brain. Existing wires inside the walls of our homes produce EMFs even when appliances are not connected. The potential for interference of our internal communication system in our bodies varies from person to person and in different locations, depending on the intensity of the fields and how electron depleted we already are. Within an ungrounded body, electrons and other charged particles react with the environmental EMFs present in the immediate surroundings producing unnatural molecular perturbations. When a person is grounded to earth, the body is shielded from these perturbations by the Earth's electrons. The Applewhite study we just described showed that when the body is directly connected and "plugged" into the Earth, it is essentially shielded from electropollution. An EMF has both an electric

and a magnetic field, and the difference between the two and their effects on the body are determined by the bodies current energy supply of free electrons from food and their own ATP production in mitochondria.

The findings of a team of researchers from the Imperial College in London and the University of Washington's Department of Environmental and Occupational Health Sciences was eye opening for me. In a 2007 report, they said that measurements in an office setting showed that the electrical energies people are exposed to indoors for large periods of time escalate the risk of infection, stress, and degenerative diseases, and reduce oxygen uptake and activity levels. And I quote, "The nature of the electromagnetic environments that most humans are now regularly exposed to has changed dramatically over the past century and often bears little resemblance to those created in Nature". "In particular, the increased masking/shielding/insulation of individuals from beneficial types of natural electromagnetic phenomena, the presence of synthetic materials that can gain strong charge and increase exposures to inappropriate electric field levels and polarities have greatly altered the electromagnetic nature of the microenvironments many individuals usually occupy." These environmental signs of EMF are **codified by the magnetic cells in all life's suprachiasmatic nucleus (SCN) to give the brain another dimension of time to time the biochemical reactions of life for survival. The brain uses natural EMF resonance with light and dark to tell time. It is our brain's Rolex.**

Truth Bomb #2: It may help some of you realize why "your path has no clear destination and you get annoyed with the constant revisions that you must endure." Modern life is subjugating your design because you are unaware of how something so beneficial to your quality life is sucking the life and electrons right out of your mitochondria and your telomeres as you read this.

Truth Bomb #3: From Quelsen on our **forums**: “The human body adapts for one purpose. Survival that is all nothing else. Your mind determines and judges if what the looks like and feels like is acceptable for you, the body doesn’t give a hoot what you think, and goes on about the business of survival. My goal is to learn what I need to know so that my body conforms to what my mind thinks is optimal. Once I learn my the master of my body then and only then will I know this.”

Why is this a big deal?

You might be wondering how the Earth electromagnetic field protects all life from EMF sources. It is pretty simple if you look back to Nobel Prize winner physicist, Richard Feynman’s 1960’s lectures on the Earth’s subtle energy sources. The surface of the planet, has an abundance of electrons, which give it a net negative electrical charge. If you are standing outside on a clear sunny day, wearing shoes or standing on an insulating surface like a wood or plastic/vinyl floor, there is an electrical charge of some 350 volts between the Earth and the top of your head if you are 5 feet 9 inches (1.75m) tall. This charge is all around the earth but not around you when you are insulated from the charge by a badly conducting floor or by poor designed shoes or when your in a bed above the earth. We evolved constantly being plugged into to mother Earth so that our brain could have the third dimension of time.

We can actually measure this voltage difference today easily, so what I am laying out to you here is not folly. **The higher we go up in the atmosphere the higher the charge and voltage get for any biologic system.** The higher we go up the lower our zeta potential becomes of our serum. For those of you who listened to the January Webinar that should be an eye opening point alone. Keep in mind the natural charge is about zero volts at ground level at all times. When you take your shoes off and make direct contact with the earth the earth magnetic

field is able to be transmitted through your body because it is a good conductor of electric current and we have a lesser charge than the earth does. Electrons flow to the path of least resistance. This protective EMF from the Earth pushes the 350 volt charge about 3 feet above your head to offer you protection from Environmental sources of EMF like UV light and cosmic radiation. The Earth's magnetic field then covers your entire body and acts like an EMF protective shield for your body. Consider it like a giant EMF condom over your body when you are plugged into to the Earth. Maybe you can see why skin cancer is higher in modern life now? All life evolved with this protective shield until modern man showed up.

Important Point: If exogenous EMFs hit your body from any source, their net effect is cancelled by the electrons within your body supplied by the Earth if you are plugged in. **Nothing can change your electric potential, except uncoupling yourself from the Earth.** Unfortunately, most of you reading this are uncoupled because of modern life right now. Look at your shoe closet, bed height, or how far you live off the ground. Most of us have completely lost our shield protection and we now swim in a gigantic ocean filled with man-made EMF sources. Man-made EMF's are more dense the higher we go off the ground too because of modern communication methods. It is a ubiquitous situation globally today and modern healthcare never considers how this might effect our biology. **Medical epidemics are not caused by genetics but they are all underpinned by massive changes in epigenetics.**

Today, all life is bombarded with EMF from technology that exceeds our protective shield. But more importantly, our modern life has unplugged us from the earth because of how we insulate ourselves from the earth. **This disconnection causes internal perturbations in our ability to decipher the correct time to coordinate nanoscopic biologic reactions that are life sustaining to all life.** The one you learned about recently is **the formation of ATP in the mitochondria in the January**

Webinar. When your body slowly leaks the energy provided by electrons constantly you lose your charge at your inner mitochondrial membrane. When you lose your charge your net charge becomes more positive inside your cells. Biologic science already has discovered that ATP production fails in a positively charge environment. **When we have no ATP a body is called a cadaver.** What is most important for all life? ENERGY to fuel the requirements for life. The slow leak of electrons before death cause diseases like illnesses. The coordination of life sustaining biochemical reactions to generate ATP. Connecting any dots yet?

How is your Rolex?

The SCN receives its clues or epigenetic signals about prevailing light and temperature conditions from specialized cells in the retina. We covered this in detail in CT -6. Signals about these environmental signal/conditions travel from the hypothalamus to the pineal gland, which controls the secretion of melatonin. You learned about this in Brain Gut 11. Melatonin is secreted only in conditions of darkness is present for 4 hours consistently when the system is working well and ATP levels are optimal. Artificial light breaks this cycle. These molecular biological clocks control virtually all body system functions, including the wake-sleep circadian cycle. Bees, bats, and birds all have been found to have cells in their SCN that monitor the earth's magnetic field and use the resonant frequency navigate when they fly. You may now perceive why bees, bats and birds are dying at record rates now in our modern world as they have to fly through mankind's EMF. Their biology has no answer for the magnitude of the change.

The human SCN also has the same type of cells in our SCN as do birds, bees, and bats. What is their likely function in humans? **These cells likely help our brain to tell time by giving us the third dimension of time.** When you marry natural

light and dark and the earth's magnetic field you get a three dimensional view of space/time. Einstein described space/time in multiple dimensions in his writings on quantum mechanics. The brain is the ultimate quantum computer and it uses light, temperature, and the magnetic field of the Earth environment to tell time to precisely time biologic reactions.

The brain is then able to reconstruct this epigenetic information and accurately tell time. **Time control is massively important to have the nanoscopic control needed to make ATP from food electrons and many other biochemical reaction to sustain life.** You will soon agree with this bold statement as the series continues.

These cells may help explain why I have found and believe that our environmental light conditions are paramount in the equation for leptin resistance and inflammation generation in the brain. Obesity is at its core an inflammatory brain condition as I said many times in the forum. When the brain loses the ability to accurately tell time the result is the net products of the brain and bodies biochemical reactions is positively charged. Inflammation in a biological system carries a net positive charge due to formation of NF kappa beta in all cells. The SCN constantly samples these environmental cues from Earth's energy as well coordinates the various biological clocks regulating hormone flow in the body. Leptin resistance means there is a lot more NF kappa beta in cells and that there is alterations in light and dark cycles and the ability to sense the earth magnetic field is disturbed. Many research papers from chronobiology have shown us already that many metabolic diseases are dramatically affected by alterations in light and dark. Few studies so far have shown the effects on EMF because artificial EMF generation is now a trillion dollar global industry. This is why I am sharing my secret sauce for optimal health now. You must protect your Rolex from artificial light and manmade EMF of any kind and plug yourself back into the Earth ASAP. You

can not get to optimal if your clock can not rely on the precise nano-scopic precision of time to make ATP which in turn fuels everything that allows you to survive.

I promise you this is going to change in biology, because the truth always finds a way in science. You and I cant afford to wait for scientists, researchers, the government, corporations, or healthcare to get this message. Time is not promised and waits for no one, especially for the cells in your body right now. Along with artificial light, no other environmental stimuli is causing our brains to lose the ability to tell time exogenously or endogenously to drive the timing of our biochemical reactions. The slow and gentle rhythms of the Earth's energy field are essential for maintaining precise timing in these clocks in all life.

Ultimate Truth Bomb: That master is the controller of all life is is time. When time telling in the brain is off kilter, **inflammation is the net biologic result for the bodies reactions.** If you think this is not true, read on in the series. I have a lot more truth bombs coming for you to ponder.



Parting thought: llnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear.
–Hippocrates

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