



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 83: Protect Yourself from EMFs with Justin Frandson

Dr. Setareh Moafi: [00:00:02] AD// I'm sure you've tried a variety of natural deodorants as part of your basic self-care, and recently we've tried a natural deodorant that actually works for both of us. It has a fully sustainable design, with an aluminum case that comes with biodegradable and recyclable refills that you just switch out, so it's super convenient. You can get the flexible subscription option or just purchase them as one offs. The orders are customizable. You can choose your case, color the scent combinations, and you can get a variety of beautiful fragrances of essential oils.

Salvador Cefalu: [00:00:36] It's also eco friendly, with all natural ingredients, aluminum and paraben free, as well as vegan and cruelty free. And I really appreciate that this product doesn't stain my clothing, and it seems to last all day long with one application.

Dr. Setareh Moafi: [00:00:50] Yeah, it's pretty amazing. You just put it on in the morning and you're done for the day, so go wild today if you want to try this product with a special discount of 25% off your first order when you use the promo code naturalhealing at checkout, go to wearewild.com with promo code naturalhealing at checkout. Enjoy!
//AD.

Dr. Setareh Moafi: [00:01:14] How does our environment impact our well-being? Well, to help us answer that question, we have a very special guest on our show today. Justin Frandson is a renowned athleticism performance coach and author. He specializes in nerve work and is the founder of athleticism.com and emfrocks.com. He's been working in the field of athletic performance for over 25 years. Justin is the author of *Athleticism: Whole Body + Whole Brain + Performance*, which delves into the connection between athletic performance and the environment. Frandson became interested in the impact of environmental factors on athletic performance, after noticing that many of his clients were breaking down due to the effects of wearable technology. In response to this, he looked to nature for solutions to the man made EMF challenge. His grounding bags, which are sold at physician clinics across the country, are the leading natural answer for helping people coexist with EMFs. Welcome to the show, Justin.

Justin Frandson: [00:02:22] Setareh, Salvador, thank you for having me on.



Dr. Setareh Moafi: [00:02:47] Welcome to the Natural Healing Podcast, the show designed to guide, inspire and empower you to elevate your health so you can achieve your goals and dreams. We are your hosts Dr. Setareh Moafi

Salvador Cefalu: [00:03:00] And Salvador Cefalu.

Dr. Setareh Moafi: [00:03:03] A husband and wife team of acupuncturists, and owners of A Center for Natural Healing an integrative wellness clinic based in the heart of Silicon Valley.

Salvador Cefalu: [00:03:12] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle.

Salvador Cefalu: [00:03:25] It sounds like what with your product these grounding bags you're trying to bring nature into the home.

Justin Frandson: [00:03:32] That's what we do. We hand mine crystals. It's a natural resonance and unfortunately we're living in these homes to call them homes but they're really electrical boxes and ever since we introduced electricity in the home since 1889 all the challenges of all the bigs, cancer, suicide, diabetes, Alzheimer's disease and cardiovascular disease have all increased and everyone's blaming it on fake foods and Yeah that's part of it. But I think on of the biggest components that we missed out on is We're living in these fields and that they're invisible, but people don't think about them as being a stressor.

Salvador Cefalu: [00:04:11] Yeah, yeah, they're highly inflammatory.

Justin Frandson: [00:04:14] Definitely.

Dr. Setareh Moafi: [00:04:14] I'm curious, Justin, before we get into all of what you're offering as a solution. But also, you know, we really want to learn about EMFs because I think they're kind of like, you know, we hear like soundbites about this concept. But many people I think don't understand really what electromagnetic frequencies are. But before we get into that, I want to hear about your personal story. Like how did you get into this? What's your background and what brought you here?



Justin Frandson: [00:04:39] Yeah. So I'm a performance coach. I started at athleticism.com over 26 years ago now and working with athletes I was an athlete. I went to SC, wanted to play tennis there and got hurt. Hurt both my wrists. And so I've had this passion to help people achieve the level of success they wanted to in their prospective sports. And so that's what really got me into the health and performance basically area arena. And over a decade ago, I saw some of our athletes breaking down from wearable technology. And that was the big, big deal, where it was the Fitbit era, where they were getting recalled. And one guy came in and he had a smartwatch on his wrist, and he said, Justin, I pained my wrist and my kind of on my arms, just weaker than the other one. I said, well, hey, get that radiation off your wrist. The easiest way to get someone better is to get rid of the stressor. And so that's what really got me into the EMF side of things.

Dr. Setareh Moafi: [00:05:40] Very interesting because I have personal experience with like, which I tested out a Fitbit a few years ago just to kind of track my steps and start to kind of check my sleep. And I noticed it threw me off completely. And I mean, I'm really sensitive, so I got it right away, but I noticed the arm that I was wearing it on felt weaker. I noticed I was getting like palpitations. It was disrupting my sleep. And I know for sure you can't associate it with anything else. But if you do research online and go, why is this happening? There's no answers and a lot of it is like, oh, that's a hoax. It's not really true and whatever. But clearly we know that it is.

Justin Frandson: [00:06:17] Well, definitely. I mean, you're putting localized radiation over a pulse point. It's got to disrupt some things in your body. And, you know, for the people that are more in tune with energy and can feel it more, some people call it a sensitivity. I'll call it a gift that you can feel energy. And, uh, it's really profound when you have that around you and on your environment or I can't like for me, I can't sit in an electric car. It's just too much sitting on a massive battery.

Dr. Setareh Moafi: [00:06:49] Interesting. Yeah. And we now, I mean, we can get into well, first let's talk about can you distinguish for us or define for us what EMFs are and then describe the different types so that we know kind of a good background on this.



Justin Frandson: [00:07:03] Yes. So electromagnetic fields they call them emfs. We like to call the non-native ones a man made ones electromagnetic radiation. And so these electromagnetic fields can be native or non-native. So they can be man made. And that's where the electricity comes in. The wireless comes in the native ones. Most people don't really think too much about them. But that's the framework of our entire universe is our native waveforms and resonance. Every living being has a resonance, and we're one with our universe. We call it the living collective intelligence matrix, where we communicate through these waveforms and this air around us, which is our environment. I always ask everyone, what's our environment? Well, it's it's everything around you. It could allow you to thrive or it could kill you. And when we lean in on the air part of it, that's our atmosphere. It's ether or plasma. And these waves and particles travel through it. That's how we're able to communicate. You're up in Northern California, I'm in Southern California, and those are through one directional waveforms. But the framework of our planet is based on scalar waves. Those waves are unpolarized. They distribute equally in every direction. So if I were to drop a pebble in a pond and a pond, the residents of the pond will go in a circular direction.

Justin Frandson: [00:08:26] Correct? Yeah. So why? Why doesn't it go in a straight line to the right when you drop a pebble in? Well, those are because it's unpolarized. It's a scalar wave. It's not meant to be a one directional waveform. It's the same as when they say, you know, our residents, our qi, our biofield. It goes out about 6 to 8ft in every direction. It's not just straight out of Justin's right ear where you can't stand six feet, you know, out of his right ear it's all around us. Or if we're earthing or grounding the residents, the human residents of Earth, it's not just you're in it in one spot and then you're out of it in another spot. It's basically a resonance all around us. So those are some examples to showcase. The framework of scalar waves, and how we're one with nature and the resonance of a universe, and to the contrary, all non-native electromagnetic fields which I like to call electromagnetic radiation. They're one directional waveforms or they don't work. So that's why you have cell tower panels facing every direction. It's because they have to broadcast in those specific arenas for that communication to be directed in that way.

Dr. Setareh Moafi: [00:09:40] Can you give us examples of what kinds of things emit these non-native EMFs?



Justin Frandson: [00:09:46] Well, it's all electricity in your home, all the electricity, and then you have different spectrums of it. And what they do is they have meters to meter, different speeds of those different spectrums. So a milligauss meter would meter the electricity and and and magnetic resistance up like 50 to 60Hz or waves per second. And then you have a dirty electricity meter like a stetzer electric meter. That meter will read about 4000 to 100,000 waves per second. Then you have the acoustic meters, which are the wireless meters, and those will read. They're designed to measure the speed of a wave from 50 million into the billions of waves per second. And these cell phones, they don't have a meter right now that I have that meters it at the level, but they're 16 to 90 billion waves per second. That's the speed of what 5G is inundating with with us on. So you can quantify those different wave forms by just getting a meter and measuring those different speeds.

Dr. Setareh Moafi: [00:10:54] And how reliable are these meters? You wanted to. You wanted to share yours?

Salvador Cefalu: [00:10:58] Yeah. We have a trifield meter, and apparently they're not the most sensitive instruments to use.

Justin Frandson: [00:11:06] They're good enough to where you can get a reading off of something and show somebody like, hey, when you if you put on a I forget if they have a radio frequency where. Yeah. So when you put a cell phone next to it, the thing starts buzzing and that sound that you hear is the really the sound that our bodies are hearing. Our nervous system hears, plants hear. Most animals can hear. Most people can't hear it, so they can't hear that bandwidth. But that noise is the pollution that we're we're our bodies are hearing. The universe is hearing at all times. So those are good tools to. Yeah, especially a one directional acoustic meter where you pointed out a cell phone. And like for my daughter, I'm like, hey, honey, this isn't, you know, your security blanket. This thing is a weapon. Literally. Like you want it as far away from you as you can and use it as little as you can and and especially. Yeah, yeah. And when you're not using it, like, turn the thing off, put it on airplane mode and turn off, because let me show you. You think it's silent right now. But let's point this meter at it. The meter starts screaming. I think the kids really grasp that after they see that.



Dr. Setareh Moafi: [00:12:15] Absolutely. And especially now with like the popularity of like TikTok and all these social media videos becoming really popular. When you look at the trifield meter, when you put a video on your phone, it just like. Goes out of range. How much radiation or how much, you know?

Salvador Cefalu: [00:12:31] Well, fortunately we have a short commute of a couple of miles, but we just got a, uh, electric car last year. And, uh, when you put this meter in the car, it goes off, you know, off the safe levels for sure.

Justin Frandson: [00:12:43] Yeah. So one of the big things I want to really share with everyone is, is the challenges with electric cars. And I'll encourage you to convert back to a combustion engine because, uh, there's so many benefits from that. Just environmentally, the impact of the batteries and, and all the minerals used in those elements, I think they're really toxic. They're putting cadmium in it and nickel and cobalt and mercury, and there's so much stuff in those batteries. And then you're sitting on a massive battery. That alone equates to 18% lower testosterone for guys and girls driving electric cars. So we're seeing big marker changes hormonally with the disruption. And that's from the vibration of that battery. That's a that's a massive, massive battery that you're sitting on. And so that's the dirty electricity spectrum, which is a really tricky spectrum for bodies to assimilate.

Salvador Cefalu: [00:13:44] Really just from the movement of the battery, not even it being turned on.

Justin Frandson: [00:13:49] Yeah. Well it's storing power. It's like a little power source. Yeah. So yeah.

Salvador Cefalu: [00:13:55] Shaking it up.

Dr. Setareh Moafi: [00:13:57] So we know cell phones. We know electric cars. And what about I mean, now it's becoming really popular, especially here in Northern California, is, you know, putting solar panels on homes.

Justin Frandson: [00:14:07] Well, it's the same thing. You're storing that into a battery and that's on your house that vibrations going through your whole house. So with our



protocols, with our grounding bags, which I'm sure we'll get into, is you normally do five grounding bags per 2000ft² of a regular home, but one with solar. You just need a few more bags. You seven in a Tesla or electric car. Normally it's just one grounding bag behind a driver's seat or behind a seat. We're testing it as wanting seven grounding bags behind the driver's seat to clear that battery.

Dr. Setareh Moafi: [00:14:40] Wow.

Salvador Cefalu: [00:14:41] Wow. You're going to have seven bags in your back seat.

Justin Frandson: [00:14:44] Yeah, I mean, they're about 1 pound a hand. Mine crystal. So seven of these together will kick off enough resonance to create a coherence between you and the vibration of that battery. Yeah.

Dr. Setareh Moafi: [00:14:58] So. Why don't we get into that then? Can you tell us about the Rock? So earlier, before we started recording, Salvador mentioned maybe you want to get into that. How rocks and stones are a big part of Chinese medicine. So it's an interesting correlation, right?

Salvador Cefalu: [00:15:12] So we definitely use stones in our clinic. We will apply them on the body for example is one way. And also you could use them as you're using them in terms of uh, harmonizing the environment, like in terms of like feng shui. So now you've got a dozen of different, you know, rocks that we're talking about in that arena. So you have something very specific that you guys are mining and using. So I was I was hoping you'd get into that a little bit.

Justin Frandson: [00:15:39] Yeah, definitely. Thanks. The shungite amethyst, black tourmaline, some of the other known crystals for EMF protection. They're fantastic. They have magnetic resonances. Ours have that resonance, but they also have a moisture content with them. So they've been compressed from underground water source. So they literally are beautiful pink crystals and they have moisture content in them. So you have to keep them sealed. So this bags hot sealed so the crystals don't dry out. And we deploy them inside of our grounding bag. So they're in just uh, more of a decorative cloth as well. And that's we deploy them in that way. So we double seal them, and then you put that on your bed. You'll sleep up to 60% deeper depending on how disruptive



your deep sleep is. But Rodney White out of Nebraska, he did a sleep test, and his deep sleep went from 45 minutes to 100 minutes for three months straight with the grounding bags, and he would recharge them every month for about 15 20 minutes outside. But it phenomenal results when you bring the resonance of nature into your home. Doctor Burlando are you guys from Doctor Burlando Alpha Vedic com? He'll be one of your favorite listens too. He's just absolutely brilliant. He's at the latter part of his career, so he's a farmer and he does frequency healing.

Justin Frandson: [00:17:09] And his and his botanical gardens up in Smith River, California, Oregon border and grows all of his own stuff for his supplements. And he did a waveform test with our grounding backs. And he has dual impedance antennas, and they measure your qi or any distortion in it. And so for what he'll say is your qi is indicative of your health. So Bruce Lipton will say, you know, if something's disrupting your qi, that messes with the chemistry of your body. And so the grounding backs clinically, passively treated up to 91% of the markers that were off from the EMF in it. So it's a huge, huge passive protocol to help facilitate healing. And we can make it active by doing a tapping protocol. You can actually tap on the bags and recharge your thymus, or your teeth or your eyes or your intestines. So those are the four weak links of the body, but they're a phenomenal, phenomenal crystal that has properties that we haven't seen in the other ones, because the moisture with the magnetic that creates such a coherence in our field and the game is just how much of the Earth's resonance do we need, or can we bring into our home to create that coherence?

Dr. Setareh Moafi: [00:18:27] And how were these discovered? How is it discovered these particular stones would be effective for this?

Justin Frandson: [00:18:32] Well, I found it through a doctor using, um, treating people successfully. So I was in the field. I was selling another person's product that had crystals with copper in it. What I found is the copper ended up getting overrun, and then it would imprint the bat into you. And so when we were talking earlier, there's so many other products out there that are basically manufactured resonances and frequencies, and they're embedding it into pendants or metal plates or just broadcasting it. And so for me that's like saying, hey, Setareh, do you like eating GMO food?

Dr. Setareh Moafi: [00:19:08] Yeah.



Justin Frandson: [00:19:09] No, no one does. Right. So why would we want to genetically modify? Why would we want to modify resonance in our environment to overpower the other modified resonance. So to me it just didn't make sense. So we look to nature. This doctor was using them successfully. And he was he was at the tail end of his practice. So I got the source and asked him if I had permission to bring it to market. He said, please go for it. And so that's where we're able to do it, repackaged it, made it even better and brought it to market. And we have minis for your purse, pocket or backpack and, and then the grounding bags and there's protocols with it. And the tapping protocol helps clear toxicity out of your bio field. So you'll ten-x your energies. And they just the muscle testing wise they they're working so well I started sampling them with all our AK docs which are applied kinesiologists muscle tester docs locally. And I'm in the Newport Beach area and these guys were just loving it, and they didn't like the other product that I had because it wasn't as natural.

Dr. Setareh Moafi: [00:20:18] Mhm. Yeah. Because a lot of these like grounding what are they called grounding plates. And you know the ones that you plug in to a grounded outlet in your home. Right. Those are all man made am I correct. Like everything goes into them.

Justin Frandson: [00:20:30] Right. Definitely. It's a manufactured product that you have to plug into the grounding part of the outlet that's plugging into the grid, basically. So exactly. Electricity doesn't travel inside of the wires. It's on the outside of them. People don't really understand that. So if your bed's touching the wall, it's charged to the level of the outlet. And if there's electricity in that wall. So we got to really start to understand our environments and how we interplay with them for sure. And and using a grounding. I mean, I love Clint Ober's work. He was one of the guys that brought this to the forefront with his earthing book and his research on earthing and grounding, how it helps get rid of pain and helps facilitate healing. His knowledge is amazing. The product not so much because you have to plug it into the grid. It's same as Doctor Mercola. He's got a great book called EMF, but his product is sleep in a Faraday tent. Well, if I brought a tent home and said, hey, hey honey, we're going to sleep in a tent and my wife would be like, no, you are. You're out of here. And so we want the resonances of the Earth energy field. That's what charges us. Eileen McKissick will talk about our body being a body battery. We get a negative charge from the Earth's resonance. We pull those electrons



in it to feed us. We get a positive charge from unpolarized light of the sun. We breathe in minerals. We hopefully we get it from some of our food, and then we get the water and minerals from the conductivity and conductivity from the water. And so when we're missing any one of those elements, our body battery is going to be chipped away. And it's like you don't have water and a battery in your car, the battery's going to die. So it's really similar with our body as well.

Dr. Setareh Moafi: [00:22:19] Yeah, that totally resonates, at least for me. I mean, our house is surrounded or filled with stones and plants, and we live really in the heart of Silicon Valley, where it's like, I can imagine if they did tests to see the EMF radiation in this area compared to the rest of the country, it would probably be off the charts.

Salvador Cefalu: [00:22:36] We have a cell tower right at the end of our block.

Dr. Setareh Moafi: [00:22:38] Yeah, they're just popping up everywhere. It's insane. And then they're talking about if you bring up the topic of like 5G being toxic, people really get mad. Like you're pushing out like some conspiracy theory. And we feel the difference I feel when I leave the valley the moment I enter, like the threshold to come back into this area, everything in my nervous system changes. It gets way more amped. And so to counter a lot of those effects, both at home and in our clinic, we use stones and plants and things like that. But it's hard because that's just the environment that we're in.

Justin Frandson: [00:23:10] Yeah, I definitely so. We want to really make sure that you're taking the precautions and getting outside into nature more. And the more you could do that, the more sunlight, the more grounding barefoot, getting into bodies of water. That's sure really help meet your life force and established protocols. Technology is home is going to be at least helpful as well for so all year, but electricity goes off of bedrooms at night. The phones are charged outgoing and Wi-Fi is off. Set the line a timer as well. Um, so we're just getting residents of your home, and the lease is low and so able to as close to nature as you can. Exactly. That's going to allow us to not age as quicker as quickly. One of the things that we notice is my wife was going through early menopause when I first found these products over a handful of years ago, and she had a night sweats and wake up every night sweating, and then her menstrual cycle stopped for three months straight. And until I brought the grounding bags into her house, she



was just having the worst night's sleep. And once we did, everything normalized. Her cycle returned after three months. Like, that's crazy. So during those time frames where you can see time ticking is is where we notice that it was such a an incredible improvement for her. So that's when I knew we had something really special.

Dr. Setareh Moafi: [00:24:44] Wow. Yeah. And, you know, in Chinese medicine, it's, you know, when we push ourselves too hard or we have we're overstimulated in any way. It wears out the kidneys that hold our essence, that hold what we call the jing. And so it's no wonder that we have, like, accelerated aging. You know, people are really good about keeping the outside young, you know, through different procedures and things like that. But internally, people are aging very quickly. Like you said, a lot of women are going through early menopause. Men are having their testosterone levels drop very young and then having all these health problems, including sleep problems and, you know, digestive gut health issues. And I'm sure so much of that, like you said in the beginning, is related to our to these environmental factors.

Dr. Setareh Moafi: [00:25:28] Yeah.

Salvador Cefalu: [00:25:29] And which is huge now.

Justin Frandson: [00:25:31] Oh for sure. Well, Salvador, I mean, think about this like, let's be a computer manufacturer and make a product called a laptop and put a battery and a router and tell everyone to put it over their reproductive organs.

Dr. Setareh Moafi: [00:25:46] Yeah.

Justin Frandson: [00:25:47] I mean, that's, it's it's literally evil and criminal. I feel it just it's a really because the women's ovaries absorbed ten times the amount of radiation than any other part of the body, and the guy's sperm counts just plummet. So we're not looking at the environment around us. And because we don't, we think electricity is just this greatest thing. We've had it for over 130 years. It's great. Well, no, no, no. Read the book *The Invisible Rainbow* by Arthur Firstenberg. He categorized the history of electricity in life. Ever since we introduced electricity in the homes, all the bigs have gone up. And then even before that, if it was a time where a lot of people had disease, it was directly correlated with a solar flare or a cosmic shift in our atmosphere. So we're



electric beings, electromagnetic beings, and we're one with this atmosphere. When there's a frequency shift in our electromagnetic blanket of an atmosphere, our bodies are going to adapt at the level we're capable. And when we need to. And we saw that, as the book states in 1918 when they introduced radio waves, that was the same time as the Spanish flu, and then World War Two radar and then Hong Kong flu. We had satellites we launched, and then everyone knows the last several years they've just ratcheted up this 5G. And even in Laguna Beach, Newport Beach area, people are getting sick in the summertime like no one gets sick in the summertime here. It's like the healthiest place on the planet. Well, when you when you radiate them even more, their bodies are going to adapt no matter what time of year it is.

Salvador Cefalu: [00:27:19] Yeah.

Dr. Setareh Moafi: [00:27:20] Yeah, that's a good observation. It's really scary if you think about it. I mean, the further we get from nature, the unhealthier we become.

Justin Frandson: [00:27:28] Yeah.

Dr. Setareh Moafi: [00:27:29] And, you know, people are always revering how great technology and science and all that is. And it advances us forward in so many ways. And then it just keeps pulling us further away from the natural way of being, you know, just bringing in these elements like the EMF rocks, bringing in stones into your home shifts that like it counteracts the way that we have learned to adapt to live, which is more and more sterile, more and more, you know, technological and, you know, more and more disconnected from what really, really matters.

Justin Frandson: [00:28:00] Yeah, we have to really get back to understanding that we're a light being and our bodies are holographic light, essentially. And we communicate ourselves, communicate through light. And the fascia is that framework where all the connection takes place. So if we're getting dehydrated, we're 2.45 billion waves per second, 2.45GHz is the same beginning level where water starts to destructure we're going to see our our planet dehydrated and then our bodies dehydrated. So I think right now silica or diatomaceous earth is going to be one of the biggest things you could put back in your body to keep your body pliable and young and youthful and hydrated and keep the fascia hydrated.



Dr. Setareh Moafi: [00:28:45] That's a good suggestion.

Salvador Cefalu: [00:28:47] So there's a system that was discovered about five years ago, they calling it the Interstitium and the Interstitium. We're correlating it with an organ system in Chinese medicine, which is called the triple heater. And the triple heater is a system that was always considered the organ that has function but no form. So apparently the form has now been discovered, and it's basically a connective tissue system that integrates the whole body. And it's really all about fluid metabolism. So it really ties into the integrity of what you're talking about.

Justin Frandson: [00:29:18] I would call it the fascia system is what that intelligence is. I think the fascia is I think even qi, our universe, everything is fascia. We're made from that. And so I would go as far as to say it's all fascia related.

Salvador Cefalu: [00:29:34] Well definitely qi is flowing through and you need the fluid medium to help facilitate that.

Justin Frandson: [00:29:41] Yeah. So that's where the silica, you know comes in. To play. So the diatomaceous earth and then, you know, get irisemash will help flush out some of the bad. So those are some of the key things that, that I've been really enjoying feeding my body with.

Dr. Setareh Moafi: [00:29:58] And what about zeolite? I feel like zeolite would also be profound for for helping detox a lot of that gas like that.

Justin Frandson: [00:30:07] Definitely. That's that's doctor Burlando will say the zeolites great for EMF protection and carbon C60. We have an MCT oil on athleticism com called lean oil which is great for buffering insulin and glucose spiking. And and I think the one of the big things with diabetes is which is probably one of the missed ones. But I had a client fly on an airplane and newly diagnosed with it. So they had their smartwatches. Ironically, the thing that's causing them, it is the thing that that's yeah, they're monitoring it with it. Yeah. Yeah. So they don't die so their son doesn't die on them. But the glucose spike spike 200 points when everyone turned on their Wi-Fi on the flight and it kid got a bloody nose. And so so again direct correlation our



environment messes with are the systems in place. So we I feel a lot of the disease out there in pretty much every major, uh, element. And that's probably one of the challenges with our government hasn't been able to pinpoint. It's like, oh, EMF is the direct cause of X, Y, and Z. You know, it's it's literally causing everything. So I think if you're going to the symptoms of it, it would be, well, Doctor Martin, Paul talks about the voltage gated calcium channels opening up so that those are four big words for your gateway, for your mitochondria to function, to get energy voltage.

Justin Frandson: [00:31:40] And so you have a mitochondria lax right out of the gateways. And then D structures water calcifies your pineal gland. You're not connecting above I a lot of ones I go into level one, two and three. For level ones. All cognitive lack of focus, memory, anxiety, fatigue, stress, headaches, ringing in the ears, behavioral challenges, lack of sleep. Then you go into level two which would be non trauma. Concussion symptoms of nausea, vomiting, seizures muscle twitches, grinding the teeth, rashes on the skin, bloody nose like all that stuff. Well we'll see. We saw that on the Havana cohort was the first attack of US embassy workers on foreign soil with microwave millimeter waves. And then the bigs are cancer, suicide, diabetes, Alzheimer's, cardiovascular and then a lack of fertility and fertility. And then then what I see is the eyes, the teeth, the thymus and the intestine areas, or are areas that get hit that I think become a gateway for all those other ones.

Salvador Cefalu: [00:32:52] You know, there's definitely research that's out there that's just not being utilized. Because I remember before 5G was even becoming broadcast much, a man had already done research on rats and saw how their reproductive function was just declining rapidly. So it's not like it's not established at all by science and it's just doesn't get acknowledged. What are you going to do? Big business.

Justin Frandson: [00:33:21] Yeah, I mean, 1996, our government set procedural levels on what's ionizing versus non-ionizing. And they said, hey, if it doesn't create a thermal effect, it's okay. But that's not true. From our doctor Martin Pauls work and bioinitiative.org has thousands of studies from multiple countries and hundreds of scientists. The stuff isn't. This isn't great for us. Nih even has studies all over their website on all this California and California Department of Public Health. When I was deep into researching this over about a decade ago on this topic, the CDF hid their findings on cell phones and and how it had acoustic nerve challenges and cancer. And



and they were sued by a Berkeley professor just to release the findings. He didn't want any money. He's just tell us what you found. And so they procedurally put it up. I saw it for like a minute. And now they have this, this lame pamphlet that says, hey, be aware of cell phones, but it doesn't go into anything of their study. That's how just corrupt a lot of these big businesses are. They're in it for their profit and they don't care about your health. And we've been lied to in literally every industry, in every industry. There's there's like, oh, the pharmaceutical is like, yeah, shots and masks are great for you. No they're not. And then you go into agriculture like, oh, glyphosate is great and modify food that's great for you. And then, you know, electric cars are great for the environment. And you know, they're like, all that is just nonsense.

Dr. Setareh Moafi: [00:34:57] Yeah, it's gaslighting all around. And also, you know, being given mixed messages, which creates a lot of confusion because you're told, just like it makes me think of like the tobacco industry back in the day when it was very clear through studies that tobacco, you know, would kill you if you had enough of it, and they would tell you this and even put the signs on the boxes of cigarettes saying, this will kill you. You should not be smoking cigarettes. And people would still buy it because the marketing was so effective. It was so cool to smoke cigarettes. And it's the same thing right now with things like cell phones. I mean, look at the marketing that companies like Apple do. I mean, it's mesmerizing, right? And so you forget that this is like a toxic thing that we really shouldn't even have, but has now become what we think is a necessity for our lives.

Justin Frandson: [00:35:44] Oh for sure. Yeah, 100%. This is the new smoking. M's are a class two B carcinogen. They say possible class two B. I mean, I would say it's way worse than that. And they're just not directly correlating it with it. But. But the stuff is an environmental toxin. It's poison. I'm a big waterman. I'm in the ocean almost every day. On Monday, I got to swim with the dolphins in our cove and Laguna Beach, and which was super special. But when I went underwater there eking their sounds are making are so loud. They were so close. I mean, literally there were an arm's length. So when I jumped in, I they were starting to swim away and I did a big holler. I was like, whoa. And they turned around and circled me and were all around me and just absolutely amazing. And I could hear when the whales are nearby, but then when there's an electric foil board in the cove, it sounds like noise pollution. Sounds like there's a radio station that's on static turned all the way up. Oh yeah. So we can hear



those bandwidths a lot more underwater than we do just in our air. And but that's those noises. That's our bodies are feeling it and plants feel it. The pets hear it and feel it like the stuff is just an environmental toxin. And Ebrahim Karim will say it's de-structuring our and our dehydrating our planet from it. It's mostly if there's any shift in temperature, it's because of the EMFs is what he'll say.

Dr. Setareh Moafi: [00:37:15] And I think one of the relatable things that's important to touch on because, you know, maybe some people aren't dealing with the major things that we've discussed in terms of the damages to health, like, let's say, the extremes like cancer or infertility or diabetes or whatever. But I think one thing that many of us do notice is that over time, our sleep has become impacted.

Salvador Cefalu: [00:37:35] Yeah.

Dr. Setareh Moafi: [00:37:36] So can you talk about the relationship between the EMFs and sleep and how I think most of us have felt that worsen over the years as technology has gotten more advanced.

Justin Frandson: [00:37:47] Yeah. Setareh, this is the biggest topic. And I think this is where our grounding bags really help a lot of people out. And they've become these deep sleep grounding bags and the reason is, is let's talk about the brainwave states and the speeds of the brainwaves when you're in different awake states. So when you're in a Delta state, you're about one or below 1 to 4Hz or waves per second. That's how low and slow your brainwave state is. When you're in a theta, you're about 4 to 8. And then that's when that's that REM patterns. And you're you're getting into those lucid dreams. And, you know, those are those lower speeds of waveforms where your brain's at, where you can really get that deep, restorative sleep with rapid eye movement and such. For our athletes, when we're in the flow and we're in the zone, we're about 8 to 13Hz or waves per second. So that's in the zone state where you can't miss. Now, the human residents of the Earth is 7.83Hz, or waves per second, depending on the season and where you are. So we rev in sleep and high level performance is really one with the universe.

Justin Frandson: [00:39:01] We're right about at that same bandwidth. These guys 2.45 billion waves per second of a one directional waveform. So what happens? That's



just this just a cell phone alone. So you accumulate that with smart meters and all your wireless devices and all the smart devices in your home, and the electricity or the dirty electricity with solar and all that going on in your home, what happens is, is your brain tries to figure out what's pinging it. So in the middle of the night, if you wake up, the brain wakes you up to say like, hey, what is broadcasting? Do I have to listen to this? And what happens is you go into a twilight sleep so you don't get back into that deep, restorative sleep. And until you can create a coherence with your environment through our grounding bags. They are super helpful. Even if you turn all your stuff off, they're still going to be extraneous signals where the grounding bags will help you get into that. And Rodney White tested that a 60% deeper sleep.

Dr. Setareh Moafi: [00:40:10] Wow. That's amazing. That's really you know, it's really empowering to know that there's something to counteract it. Because I know for so many people, it's such a frustrating thing. And I know I've had a history in the past of insomnia, and it really wrecks every aspect of your life. So to know that at least there's a way to pinpoint that there, I mean, potentially for most people, this is related for sure to the EMF exposure and to know that we could do something about it, I think is really, really empowering.

Justin Frandson: [00:40:39] Definitely.

Salvador Cefalu: [00:40:40] So, Justin, you'll just put a bag underneath the center of the bed and not not do all four posts.

Justin Frandson: [00:40:46] Actually, I prefer it between the two of you. Like at the head of the bed, on the bed, between the mattress and the headboard. Like just like just between the two. Between a couple. Yeah, that's going to be a great spot for it. If you want to under make sure it's touching the leg of the bed at the head of the bed, and it's just got to be touching the bed. The tests we've done show that when you bring more of the residents together, it's stronger than creating a perimeter around you. But if you test it with literally, it's like one right above you, one on the right and left and run right. Your foot. That close perimeter is amazing. But if it's a further perimeter out, like a house, they're better. They're stronger together.

Dr. Setareh Moafi: [00:41:28] Oh, interesting.



Justin Frandson: [00:41:29] Yeah. And then there's protocols. We have minis for purse pocket or backpack for on the go protection. So the cool thing with the grounding bags is there's protocols to use them. And the protocols are just absolutely incredible. Because what we're doing is we're teaching our bodies to. Go back to the way we're supposed to be without having stuck stuff in our energy fields. And so the tapping protocol that we have helps clear any stuck EMF in your bio field, and you have emotions that you hold on to. You have just all this stuck generational stuff that messes with the key. But sometimes we can someone can be really toxic with EMF toxicity in their bio field. So that's where you'll have a sitar, like more sensitive people. And if someone's really toxic, those are going to be the ones that are going to be really sensitive. Most of the time when you clear that toxicity out, they're not as sensitive. So external flushes, we use the tapping protocol. Just holding it and tapping on the bag will ten-x someone's energy. And then the other hand covers your eyes t thymus and intestine. That'll recharge their body to because it's really tough to heal when you're discharged. So it's one of the most missed elements of health. Like let's get the polarity back in your systems so you can start to heal. They're just so, so missed getting outside. Just recharge your battery and it's free. But those are some of the big things that we want to really be aware of.

Salvador Cefalu: [00:43:06] Yeah that's cool.

Dr. Setareh Moafi: [00:43:07] Yeah, it sounds like I need a solid recharge and detox to reduce my sensitivity.

Salvador Cefalu: [00:43:12] Yeah I think that's a good idea to zeolite. You know, it could be taken internally and that's going to help flush out some of that. You could say heat toxin from the tissues directly.

Dr. Setareh Moafi: [00:43:24] We started carrying zeolite in our clinic actually following the vaccines. And I've noticed a tremendous difference because we we do pulse taking to diagnose primarily. We also use other methods. But pulse taking is one of the primary methods we use to to see what's going on in person's body. And I noticed a huge change in my patients pulses when they post-vaccine when they got the vaccine. And



you could literally see their insides burning up. And then when they would take the zeolite for a while and everything would start to cool down, it was profound.

Justin Frandson: [00:43:56] Wow. Yeah. It's fantastic.

Salvador Cefalu: [00:43:58] They used it. For radiation exposure.

Dr. Setareh Moafi: [00:44:00] That's right.

Salvador Cefalu: [00:44:01] Chernobyl.

Justin Frandson: [00:44:02] Yeah. Zeolites. Fantastic. And then also one of the cool things too is when you get someone that's that's more radiation toxic, that's hiding behind the heavy metals or they, they feel the grounding bag and they're like, man, I had the worst night's sleep. We recommend taking them through bentonite clay, apple cider vinegar and protease like a protease, a proteolytic enzyme. Those three in conjunction with zeolite is fantastic, but those three together help the body subtly flush internal stuck EMF stuff. So we have the external, the tapping internal with those and oh cool, then they'll integrate really well with the bag.

Dr. Setareh Moafi: [00:44:43] Oh, awesome. Yeah. I mean it's it's like a whole system, you know, revamp whenever you want to do something. Obviously that one element, the grounding bags isn't going to do everything, but I think it could be a powerful thing to supplement.

Dr. Setareh Moafi: [00:45:00] AD // Want to know the single most important thing you can do to strengthen your immune system? Improve your gut health? More and more studies demonstrate the important relationship between gut health and healthy immunity, as well as the ability to have consistent energy and mental clarity. Ahara Botanics is our personal line of products, including probiotics to support gut health, digestive enzymes to support digestion and nutrient absorption, and proteolytic enzymes to support healthy joint and muscle function, tissue recovery, and circulation. Visit Ahara Botanics. Com and use the promo code healthy10 to get 10% off your first order now. That's aharabotanics.com with promo code healthy10. //AD



Dr. Setareh Moafi: [00:45:51] The beautiful thing I think about the grounding bags is you just stick them around your home. It doesn't take a lot of effort, right? Yeah. Taking supplements or whatever else.

Justin Frandson: [00:45:59] You're going to get some incredible feedback from your your patients and just saying how much you're sleeping. Then you start to accumulate 3%, you know, on up to 60 for months and years on end. It's significant. So yeah, they're a fantastic resource to at least start to give us a fighting chance. Because when you go in and you go to a practitioner, we're building this life force. You're getting everything in harmony. The second they step out the door, it's under complete attack. But if you can carry, you know, maybe a mini grounding bag with you and have it in your pocket and there's some semblance of a coherence with that environment, your treatments end up holding a lot longer, and then you can keep notching up with them as well. And so it's been fantastic for so many doctor clinics all around the country.

Dr. Setareh Moafi: [00:46:50] And that's a really good point, because I think the main reason we actually started this podcast is to try to internally resource people who couldn't necessarily get treatment or couldn't afford treatment or couldn't, you know, couldn't get that regularity in their lives to have somebody else come in and do some sort of care for them, to learn how to do it yourself. And so this is very much in alignment. Having the grounding bags and the other resources you have is those are great tools to add.

Salvador Cefalu: [00:47:17] Justin has been very enlightening. It's been great to meet you and to learn about your unique products.

Dr. Setareh Moafi: [00:47:22] Yeah, we can't wait to get our hands on them and start bringing them into our clinic also.

Justin Frandson: [00:47:27] All right, well, thank you so much for having me on. I appreciate it, you guys. One of the last comments I want to make is just to let everyone know, to get grounded by nature, because that's your nature. Get outside, take in the resonance of the earth. It's so medicinal. It's so beautiful out there. Take in the sounds, the smells, the colors, the light and the frequencies of the healing capacity that nature provides for us to help recharge your body and help give you the vitality that you're



looking for. So thank you so much for having me. I appreciate it. Setareh and Salvador, you guys are awesome, so I look forward to connecting in person.

Dr. Setareh Moafi: [00:48:14] You can find all of the resources we discussed throughout this episode, as well as links to the products that Justin has available on his website, both in the show notes for this episode, as well as when you visit acenterfornaturalhealing.com/emf. And there you're going to find the transcript for this episode. All of the show notes and links again to the resources that we talked about. But most importantly, when you visit that website, we want to hear from you. We want to know what your biggest takeaway was, because this really helps us to learn more about you personally. But also gives us insight into what to share more on the podcast. Thank you so much for listening to another episode of The Natural Healing Podcast. As always, we look forward to being with you again soon. I'm so excited that you've come this far in this journey with us. Thank you for listening to the end of this episode. Now, when you have a moment, please go to Apple Podcasts and Spotify. Follow and rate us when you leave a five star review. It really makes a tremendous difference in how much of an impact we're able to make, and also how easily we're able to continue to share these resources with you, as well as with more listeners just like you. This is how we are able to build the beautiful global community that we have with The Natural Healing Podcast. Once again, thanks for taking the time to be here. We so appreciate you.