Emf and vitamin d

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> Object: Strengthen your Immune System & Vitamin D activity

> Date: March 15 mars 2020 à 03:12:55 UTC−4

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> The status of our immune systems determines the extent of illness symptoms we

experience from any bacterial or viral infection. The data from the current

COVID-19 patients show that symptom severity varies, depending on one's immune

system status, and that 80% recover without needing significant treatment, and

those with preexisting conditions (e.g. diabetes, coronary atherosclerotic

disease, respiratory problems) are at risk of severe illness.

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> The study by Puri et al forwarded in the email below, published in March 2019,

shows that EMFs, from wireless radiation for example, increase allergic reactions

via increased intracellular calcium concentration in lymphocytes. This is clear

evidence of a negative effect on the immune system by wireless radiation. More

studies on immune system effects by wireless radiation can be found here

[https://mdsafetech.org/immune-system/](https://mdsafetech.org/immune-system/" \t "_blank) <<https://mdsafetech.org/immune-system/>> , by

Physicians for Safe Technology, a group of medical doctors and scientists.

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> Vitamin D3 is critically important for immune system and for gut health. Vitamin

D deficiency alters the microbiome and integrity of the gut epithelial barrier,

which may contribute to autoimmune diseases, such as inflammatory bowel disease,

rheumatoid arthritis, lupus, multiple sclerosis.

> "Vitamin D deficiency may contribute to autoimmunity via its effects on the

intestinal barrier function, microbiome composition, and/or direct effects on

immune responses." according to the review study "Relationships Between Vitamin

D, Gut Microbiome, and Systemic Autoimmunity" published in January 2020

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6985452/pdf/fimmu-10-03141.pdf](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6985452/pdf/fimmu-10-03141.pdf" \t "_blank)

<<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6985452/pdf/fimmu-10-03141.pdf>> (my

highlighted copy is attached)

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> "Vitamin D acts through the vitamin D receptor (VDR) to regulate gene

transcription...Lack of vitamin D signaling due to dietary deficiency or genetic

impairment of VDR expression/activity can impair

> physical and functional barrier integrity"

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> Wireless radiation has been found to affect the shape of the vitamin D receptor

molecule, thus impairing VDR activity and affecting its ability to bind to vitamin

D, according to this study published in July 2016

[https://www.researchgate.net/profile/Trevor\_Marshall2/publication/305254443\_Electrosmog\_and\_autoimmune\_disease/links/5785e9a008ae3949cf546f52.pdf?origin=publication\_detail](https://www.researchgate.net/profile/Trevor_Marshall2/publication/305254443_Electrosmog_and_autoimmune_disease/links/5785e9a008ae3949cf546f52.pdf?origin=publication_detail" \t "_blank)

<<https://www.researchgate.net/profile/Trevor_Marshall2/publication/305254443_Electrosmog_and_autoimmune_disease/links/5785e9a008ae3949cf546f52.pdf?origin=publication_detail>>

. (my highlighted copy is attached) The effects peaked at just under 6 GHz, which

is used by Wi-Fi

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> Thus, minimizing your exposure to wireless radiation will help your immune system.

Wireless radiation has increased in our environment within the last couple

months, from the increase in small cell antennas for 5G in major cities in the

U.S. and around the world, as evidenced by all the 5G commercials on TV. While

you may not be able to directly control the increase in small antennas outside,

there's a lot you can do in your living environment if you have not already.

> Sources of significant wireless radiation in the home: Wi-Fi router and Wi-Fi

extenders, smart TV's and smart appliances, cordless phones and baby monitors,

cell phones, laptops/tablets/computers not in airplane mode, wireless personal

assistants (Alexa, etc.), wireless security and camera systems (Ring, etc),

wireless video gaming systems (xbox, ps4, Wii, etc), wireless cable TV boxes, and

smart meters. It is possible to hardwire almost everything and mitigate to

acceptable wireless radiation levels.

> Here are 10 tips:

[https://ehtrust.org/take-action/educate-yourself/ten-steps-to-safe-tech/](https://ehtrust.org/take-action/educate-yourself/ten-steps-to-safe-tech/" \t "_blank)

<<https://ehtrust.org/take-action/educate-yourself/ten-steps-to-safe-tech/>>

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> ---------- Forwarded message ---------

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> British scientists Puri et al, showed that after LDI (Low Dose Immunotherapy)

treatment of allergy drops or allergy shots in 47 people, calcium uptake into

certain white blood cells, lymphocytes, is reduced, which may be the reason why

LDI works in reducing allergic reactions. However, with exposure to

electromagnetic fields, the calcium concentration in white blood cells increased,

which also increased their allergic reactions. Full-text of study

[https://www.degruyter.com/downloadpdf/j/jcim.ahead-of-print/jcim-2017-0156/jcim-2017-0156.pdf](https://www.degruyter.com/downloadpdf/j/jcim.ahead-of-print/jcim-2017-0156/jcim-2017-0156.pdf" \t "_blank)

<<https://www.degruyter.com/downloadpdf/j/jcim.ahead-of-print/jcim-2017-0156/jcim-2017-0156.pdf>>

(my highlighted copy attached) Article about this study

[https://sciencediscoveries.degruyter.com/everyday-electric-field-exposure-increased-sensitivity-allergens/](https://sciencediscoveries.degruyter.com/everyday-electric-field-exposure-increased-sensitivity-allergens/" \t "_blank)

<<https://sciencediscoveries.degruyter.com/everyday-electric-field-exposure-increased-sensitivity-allergens/>>

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> The Puri study showed that

> An increase in intracellular concentrations of calcium in white blood cells leads

to increased sensitivity reactions to allergens.

> Exposure to electromagnetic fields, such as wireless radiation, increases

concentration of intracellular calcium. The reason this happens is explained by

Dr. Martin Pall's work; EMFs open special calcium channels (VGCC's) in the cells,

thereby allowing more calcium into cells ( read Electromagnetic fields

act via activation of voltage-gated calcium channels to produce beneficial or

adverse effects <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3780531/>> Dr. Pall

also appeared in this PBS broadcast earlier this year "Short Guide to Cell Phone

Safety" <https://www.youtube.com/watch?v=5t2pdDYHtnY>

<<https://www.youtube.com/watch?v=5t2pdDYHtnY>>Increased sensitivity to

allergens/allergies, which manifest as increased respiratory allergies or skin

rashes, is one symptom of EHS, aka electromagnetic sensitivity. A 2014 study by

DeLuca et al, attached, proved electromagnetic sensitivity is a medical condition

by finding statistically significant metabolic differences between EHS and non-EHS

patients, and found that people who have problems detoxifying environmental

contaminants from their bodies and producing glutathione have a much higher chance

of developing this condition ("9.7 times increased risk for the haplotype

(null)GSTT1+ (null)GSTM1 variants") This is one reason why some are more

sensitive to the effects of EMFs and have symptoms while others seem unaffected

(who have better repair and detoxification mechanisms) . The study also explains

that the reason for skin allergic reactions like dermatitis which appears in 40%

of EHS patients is because they have lipophilic antioxidant depletion from

elevated oxidative stress when they are exposed to high levels of wireless

radiation.

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> (The 2016 Guideline used in Europe to diagnose and treat EMF-related health

problems is also attached.)

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> The graphs from the study below show the level of intracellular calcium in the

cells before and after LDI treatment, and they all show the same general pattern -

that intracellular calcium drops after LDI treatment without EMF exposure (red

line) and with EMF exposure (green line).

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> For nitrosamines, After LDI treatment, the calcium levels with EMF exposure (green

line) decrease, and are lower than what they were without EMF exposure before

treatment.

> However for nickel, although the calcium level drops after LDI treatment with EMF

exposure and without EMF exposure,

> With EMF exposure (green line), even after LDI treatment, the intracellular

concentration of calcium (171) is higher than it is in the case of no exposure

before treatment (152):

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>> <<https://sciencediscoveries.degruyter.com/everyday-electric-field-exposure-increased-sensitivity-allergens/>>

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