

“The Synergy of 5G, EMFs, Environmental Assaults and the Impact on Human Health. Prevention, Diagnosis and Clinical Nutrition Interventions”

The proliferation of man-made, electromagnetic frequencies (EMFs) has generated numerous studies which explore and research the effects of microwave radiofrequency radiation and electromagnetic radiation, and the impact they have on human life and the environment. Although there has been a movement toward increased awareness of the possible detrimental effects of long-term, chronic exposure to EMFs, more education is necessary so that people can make informed decisions for their own health, the health of their children and the overall impact of EMFs can have on our environment and our future. Proper diagnosis of disease begins with well-informed healthcare practitioners who can effectively and accurately determine the root cause of disease patterns, and now many disease patterns include overexposures to EMFs as a root cause. Safe practices, as well as nutritional and holistic therapies can be helpful in the overall protection from overexposure, as well as recovery from acute or chronic overexposure.

Join us for the 2021 IAACN Scientific Symposium, “The Synergy of 5G, EMFs, Environmental Assaults and the Impact on Human Health. Prevention, Diagnosis and Clinical Nutrition Interventions” where we will glean clinical pearls to help our clients/patients. By reviewing and understanding research, we can study and recommend biochemical, orthomolecular, herbal, nutritional, homeopathic, building biology and shielding, as well as lifestyle modification methods of support for affected individuals.



Camilla Rees, MBA

"The Biological and Health Effects of Radio Frequency Electromagnetic Fields (RFR): Overview of the Science, Regulatory Issues, Planned Continued Antenna Densification, and Strategies for RFR Avoidance, Remediation and Resilience"

Camilla Rees, MBA, Senior Policy Advisor, National Institute for Science, Law and Public Policy; CEO, Wide Angle Health, LLC; Founder ElectromagneticHealth.org and Manhattan Neighbors for Safer Telecommunications; Advisory Boards, Building Biology Institute and National Institute of Digital Health and Wellness

Abstract: Overview of the emerging public health issue related to the biologically disruptive effects of Radio Frequency (RFR) electromagnetic fields that are increasingly eroding health, productivity and prospects for a quality life. Foundational education on the science showing risk, the increasing sources of exposure in homes, offices, schools and the outdoors environment, and remediation possibilities, challenges and risks.



Stephanie McCarter, M.D.

“Treating Patients with EMF (Electromagnetic Field) Sensitivities “

Stephanie McCarter, M.D. is board certified in Internal Medicine and currently practices Internal Medicine and Environmental Medicine at the Environmental Health Center of Dallas . She has sixteen years of experience working with world renowned environmental medicine physician, Dr. William Rea. She has been acknowledged for her work on Dr. Rea's book, “Reversibility of Chronic Degenerative Disease and Hypersensitivity”, Vol. 1. and his recent book, “EMF Effects from Power Sources and Electrosmog”. She has extensive experience with electromagnetic sensitivity and has given multiple lectures and interviews on the subject, most recently at the virtual international EMF conference in January 2021.

She is a member of the American College of Physicians, the Alpha Omega Alpha Honor Medical Society, the American Academy of Environmental Medicine, the International Society for Environmentally Acquired Illness. and on the board of the National Association of Environmental Medicine. She graduated from Indiana University School of Medicine in 1993 and from Pepperdine University in 1989.

She has built her own eco-friendly, low-electromagnetic-field home, consulting with well-known experts in healthy house building, including David Rousseau and Tang Lee of Canada, and Mary Oetzel in Texas.

She has also lectured on other areas of Environmental Medicine including the subjects of indoor/outdoor air quality, avoiding pollutants in air, food and water, implant syndrome, and on the preparation of antigens for provocation/neutralization immunotherapy.

Since 2017 Dr. McCarter has worked with LDA (low dose antigen) and LDI (low dose immunotherapy) for treatment of allergies, Lyme disease, Streptococcal infections and chronic viral infections.

Dr McCarter believes that the body is an energetically open system that is exchanging energy and materials with its surrounding environment and must be treated as such to achieve total wellness. She strongly believes such treatment should be of the whole body, mind, and spirit.

Abstract: treatment of electromagnetic (EMF) sensitivity is a multidisciplinary approach. EMF sensitivity involves systemic inflammation triggered by an overload of total pollutants and toxins that affect many of the bodily systems and possible infections. Each patient is unique and the

causes and symptoms of EMF sensitivity vary among patients. A patient case study is presented which involves taking a detailed history of exposures and sensitivities to physical EMF fields, molds and mycotoxins, chemicals, and heavy metals.

Diagnostic testing involves evaluating inflammatory markers, all parts of the immune system, and testing for possible co-infections. Nutrient testing, as well as solvent, heavy metal, mold and mycotoxin, and chemical toxicity profiles are performed.

Treatment involves patient education about lowering physical sources of EMF exposure in their home and methods to help ground their energy and lower EMF symptoms. Treatment of inflammation in the gastrointestinal tract and optimizing the microbiome are discussed. Nutrient deficiencies are treated and different immune boosters are given. Detoxification of heavy metals, molds and mycotoxins, and chemicals are performed with different modalities including oxygen therapy. Co-infections are identified and treated.

Finally patients are counseled on emotional (limbic) re-training of the brain and methods of grounding the body's energy including acupuncture, cranial sacral therapy, qi gong, meditation, and microcurrent/ PEMF/ bioresonance therapies.



Elizabeth Seymour, MD
Signs, Symptoms and Diagnosis of EMF Sensitivity

Elizabeth Seymour, MD is a family and functional medicine physician who joined the staff of the Environmental Health Center in 2015. She learned, witnessed, employed and experienced the techniques and knowledge of Dr. Rea as together they examined patients.

Dr. Seymour earned her B.S. in Biology at Texas Woman's University in Denton, TX where she graduated Magna Cum Laude and was a member of the Phi Theta Kappa Honor Society. She earned an M.S. in Health Services Administration at St. Joseph's College in Standish, Maine, and her medical degree at St. Matthews University School of Medicine, Grand Cayman, British West Indies. Her Postdoctoral Training was with Oklahoma University Health Sciences Center in Oklahoma City, Oklahoma as an Intern in Family Medicine from July 2006 – June 2007 and as a resident in Family Medicine from July 2007 – June 2009.

She is vitally involved in the community serving as Board Chair for the Denton Area Teacher's Credit Union, as President of the Denton County Medical Society, and as a board member of Medical City Denton Hospital. She has served on the Committee to Keep Denton Beautiful and on the Texas Dept. of Insurance Advisory Committee for the Standard Request Form for Prior Authorization of Medical Care or Health Care Services. She also was the Chairperson on the Health Care innovation Challenge Grant Review, Center for Medicare and Medicaid Innovation. Since 2009 Dr. Seymour has been a Rotary Member, Denton, TX.

Her community service has seen her serve as a volunteer for the Special Olympics, and as a Stephens County Science Fair Judge. She served on the Citizen's Advisory Committee for Denton ISD, Secondary Schools subcommittee. She was a volunteer assisting in the Integris Oral, Breast, and Prostate Cancer Screening. She has also been an Emergency Room Volunteer for the Denton Regional Medical Center.

She was appointed to serve on Leadership America in 2018. From July 2016 to May 2017 she served on the Texas Medical Association, Leadership College. She was appointed to serve from March 2012 to February 2014 on the Texas Academy of Family Physicians, National Conference of Special Constituencies (NSCS), and as an International Medical Graduate Delegate. From May 2012 – May 2014 she was appointed to serve as a Delegate to the Texas Medical Association's Council on Practice Management Services. She was appointed to the Leadership Texas Class of 2014, and from 2013 – 2014 she served on Leadership North Texas Class V. From 2012 through 2014 she served on the Leadership Denton Class 2013. In 2010 – 2011 she was appointed to serve on the Duncan Class VX as a Graduate.

Dr. Seymour along with Long, R., and Mold, J. has published in the Evidence-Based Practice, volume 13.1 (January 20010):4 the article “Osteoarthritis of the knee: Who is most likely to benefit from intraarticular corticosteroid injections, and for how long?”

She is a member of the American Academy of Environmental Medicine, Pan American Allergy Society, the American Medical Association, the Texas Medical Association, and the American Academy of Family Physicians, The Texas Academy of Family Physicians, and the Denton County Medical Society.

Dr. Seymour is board certified by the American Board of Family Medicine and is certified by the Institute of Functional Medicine. She is a fellow of the American Academy of Family Physicians.

Dr. Seymour’s current lectures/interviews include:

- EMF Conference 2019, Scotts Valley, CA. “Complex Patients – Environmental Health Center – Dallas, September 6-8, 2019.
- American Academy of Environmental Medicine, The Roots of Toxicity: When Environmental Chemicals Hurt Our Health. Dallas, TX, March 5-7, 2020.
- Interview on Simply Shemane’s Killer House Documentary with Shemane Nugent, June 30, 2020.

Abstract: How to evaluate and assess patients with EMF symptoms, obtain a proper diagnosis and recommend treatment options.



Sharon Goldberg, MD

Diagnosis and Treatment of Electromagnetic Field Associated Illness: An Integrative Approach

Sharon Goldberg is an Integrative Internal Medicine Physician based in Santa Fe, New Mexico. Her clinical interests include dietary, lifestyle and environmental modification to treat complex chronic disease. She has co-authored publications in the fields of dietary supplementation, autonomic nervous system assessment, and nutritional epidemiology and is currently Associate Professor of Medicine Community Faculty at the University of New Mexico School of Medicine.

After completing residency in 2000, Dr. Goldberg spent the bulk of her career in hospitals working as an Academic Hospitalist and Clinician Educator. Her interest in chronic disease epidemiology and prevention is based on her experience treating progressively younger and sicker Internal Medicine patients over the past two decades.

Dr. Goldberg received her MD from Tel-Aviv University in Israel, and Diploma in Tropical Medicine and Hygiene from the Universidad Peruana Cayetano Heredia in Lima, Peru. She became interested in the emerging field of Clinical Electromagnetics in 2015 and is an editorial board member of *Electromagnetic Biology and Medicine*. She has technical training and experience in in electromagnetic field assessment and mitigation, that she incorporates into patient care.

Abstract: As population exposure to manmade electromagnetic fields continues to increase, electromagnetic field associated illness is often missed as a potential diagnosis. Several protean mechanisms of harm induced by EMF exposure are well understood and widely accepted in the peer reviewed literature. These mechanisms include, oxidative stress, DNA damage and mitochondrial damage. This lecture focuses on the diagnosis and treatment of EMF associated illness, including signs and symptoms, laboratory testing, and integrative/lifestyle medicine approaches to treatment including EMF remediation of home environment and nutritional support based on systems biology.



Mary Anne Tierney, RN, MPH
Wireless Wisdom for Healthy Homes & Offices: How to Embrace Low-EMF Living

Mary Anne Tierney holds an Associate Degree in Nursing from Asheville-Buncombe Technical Community College in Asheville, NC. She holds a Masters of Public Health from the University of South Carolina and a Bachelor of Arts in Communication from the State University of NY at Buffalo. She is certified as an Electromagnetic Radiation Specialist by the Building Biology Institute. From 1993-2007, Mary Anne worked as a public health educator / program manager, helping clients overcome challenging health behaviors and teaching the Stages of Change to colleagues in order to assist clients with complex behavior change. From 2009-2020, she worked as an RN, primarily as a psychiatric nurse, working with patients in early recovery from the disease of addiction, and utilized Motivational Interviewing as the primary means to assist patients in their abstinence.

Bio: Mary Anne Tierney, RN, MPH, is an Electromagnetic Radiation Specialist, certified by the Building Biology Institute. Based in Asheville, NC, she is the founder of [Blue Ridge EMF Solutions](#), providing EMF assessments, mitigation, testing of indoor air quality, and remote coaching for those who are EMF sensitive. For 30 years Mary Anne specialized in health behavior change, working at the individual, community, and policy levels, first as a public health educator and then as a psychiatric nurse, caring for patients in early recovery from the disease of addiction. Mary Anne recently served as faculty for the [EMF Medical Conference 2021](#), presenting on *How to Create a Low EMF Sleep Sanctuary* and *Breaking the Dam of Denial: Advancing Patients' Knowledge, Attitudes, and Practices related to EMF Exposures*. Passionate about preventing children from EMF-related illnesses, Mary Anne has presented and testified on numerous occasions to public officials as the founder of the grassroots organization [SafeTech Kids NC](#).

Abstract: This session will focus on the specifics of how to lower electromagnetic fields (EMF) in homes and offices. Based on the standards of the [Building Biology Institute](#), attendees will learn practical steps for creating a restorative “Sleep Sanctuary” – with both low EMFs and clean indoor air. Each participant will have the opportunity to create a personalized *Low-EMF Living Plan* for their home and office. Highlights will also be presented on identifying patients’ “Stage of Change” related to their use of wireless devices, and how to coach on safer-tech practices.



Beth Shirley, RPh, CCN, DANLA

EMF & Nitric Oxide

Beth Shirley, RPh, CCN, DANLA, developed an expertise as a pharmacist and board certified clinical nutritionist during a 40+ year career. Her specialties include stress-induced hormonal imbalance, intestinal dysfunction, autoimmune and chronic inflammatory issues, detoxification, nutrigenomics and super-normal oxidative stress.

Consultant to the Clinical Nutrition and Integrative/Compounding Pharmacy industries in all areas of management, business development and related science.

Partner with leading nutraceutical innovators to develop go to market strategies for novel nutritional products of extraordinary impact.

Over the last twelve years, Beth has spent time working with some of the leading thought leaders in the world of nitric oxide research and through this has developed an in-depth knowledge on the topic and its potential applications in patient care.

She is currently the Executive Director of the Berkeley Life Scientific Advisory Board.

Abstract: Non thermal damage from RF (radio frequency) increases the generation of Reactive Oxygen Species (ROS) and increases oxidative stress in the cells and tissues. Oxidative stress and inflammation caused by free radical damage plays a role in every single chronic degenerative disease.

EMF increases free radical activity through the Fenton Reaction, activates NADPH oxidase (NOX), myeloperoxidase (MPO), iNOS (inducible NOS), uncouples the electron transport chain, decreases antioxidant activity (SOD) and activates mast cell degranulation. Blue light toxicity and constant light exposure markedly decreases NOS activity in pineal gland. EMF can cause mTOR activation decreasing autophagy.

ALL these factors decrease the production of or reduce the bioavailability of NO that modulates and is required for essential processes in cardiovascular health, metabolic health, mental health, circadian rhythm, hormone balance, sexual health intestinal health and immune function and

response.

Optimizing nitric oxide affects every single physiological process. We will talk about how increasing nitrate consumption supports the nitrate to nitrite to NO pathway and can address these factors potentially leading to mitigation of the damage from EMF.



Ann Louise Gittleman, Ph.D., C.N.S.
What You Should Eat to Beat EMFs and Electronic Pollution

Ann Louise Gittleman is a trend setting pioneer in the health and healing arena. She holds an MS in Nutrition Education from Columbia University, the title of Certified Nutrition Specialist (CNS) from the American College of Nutrition, and a PhD in Holistic Nutrition. The award-winning author of more than thirty-five books (including several New York Times bestsellers), Gittleman has also served as the Chief Nutritionist of the Pediatric Clinic at Bellevue Hospital and is the former Director of Nutrition at the Pritikin Longevity Center in Santa Monica, CA. She is a highly respected as an international leader in diet, nutrition and the environment. Her latest book is RADICAL LONGEVITY - The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging.

Abstract: Based on the latest scientific research, my Zap-Proof Superfoods, Seasonings, and Supplements will help arm you against the biological assaults of EMF pollution. These include major changes in cellular membrane function, fluctuation in calcium metabolism, cellular signaling, activation of heat shock proteins, DNA breaks and chromosome aberrations which result in increased free radical production, cell stress and premature aging. By replacing key antioxidants and other nutrients that electropollution robs, your body can become an invincible shield that can protect you from degenerative and autoimmune disease. The fundamental foundation is anti-inflammatory foods, seasonings and supplements which have scientifically demonstrated the ability to protect and heal from radiation damage.



Beverly Rubik, Ph.D. (biophysics)

**Evidence for a Possible Connection between Wireless Communication
Radiation Exposure and COVID-19**

Dr. Beverly Rubik has had a life-long interest in frontier areas of science and medicine that go beyond the mainstream, and she is internationally renowned for her pioneering research, especially on the biofield and energy medicine. She earned her Ph.D. in biophysics at the University of California at Berkeley and has published over 90 scientific papers and 2 books. From 1988 - 1995, Dr. Rubik was director of the Center for Frontier Sciences at Temple University in Philadelphia. From 1992 - 1997, she was one of 18 Congressionally-appointed members of the Program Advisory Board to the Office of Alternative Medicine at the US National Institutes of Health (NIH), which was the precursor to the National Center for Complementary and Integrative Health. In 1996, Dr. Rubik founded the Institute for Frontier Science (IFS), a 501c3 nonprofit research laboratory, now in Emeryville, CA, which was initially funded by Laurance Rockefeller, Sr., and later supported by the US National Institute of Health and others. Dr. Rubik is an adjunct faculty member who teaches doctoral students at the College of Integrative Medicine and Health Sciences at Saybrook University in Pasadena, California. Presently she is conducting research on the effects of wireless radiation on health, among other topics. Dr. Rubik has been widely interviewed in many media outlets, “Good Morning America” (ABC-TV). She is an esteemed speaker both nationally and internationally on various scientific and health-related topics.

Abstract: According to the Center for Disease Control and Prevention (CDC), there is an epidemiological triad underlying disease: the agent (virus), health status of the host, and the environment. Thus, an integrative approach to the COVID-19 pandemic would include a consideration of possible contributing environmental factors, although this has been ignored by public health officials and policymakers. The full deployment of 5G in Wuhan, China immediately prior to the pandemic and partial 5G deployment in other areas of the world where the pandemic initially spread points to the possibility that wireless radiation exposure may be a possible contributing environmental factor. To investigate this, we examined the scientific literature on the bioeffects from nonthermal exposure to low-level wireless radiation in relation to COVID-19 manifestations and disease progression. We found a correspondence between them that suggests a possible relationship. The evidence suggests that wireless radiation exposure is a possible contributing factor that exacerbates the prevalence and severity of COVID-19. We will also discuss several strategies to reduce wireless exposure to help protect public health.



Dr. Kathy Veon, DAOM, AP, CCN

EMF Trauma. Understanding the biological and emotional effects of EMF exposures.

Dr. Kathy Veon is an Acupuncture Physician and Certified Clinical Nutritionist based in Orlando, Florida. Her clinical practice focuses on healing the root causes of disease through means of acupuncture, clinical nutrition, functional medicine and many holistic and natural healing modalities. After completing her graduate studies on Oriental Medicine at the Florida College of Integrative Medicine in Orlando, Florida, she went on to complete her post-Doctorate (DAOM) degree at the Emperor's College of Traditional Oriental Medicine in Santa Monica, California with a specialty in Internal Medicine as well as intensive study of the research pertaining to how EMFs affect the human body and overall health outcomes.

Dr. Veon is also a certified Acupuncture Detoxification Specialist (ADS) and works with many people who have experienced trauma, addictions and PTSD. She has been a member of the Florida Board of Acupuncture since 2015 and is currently serving as Board Chair. Dr. Veon has been a member of the Board of Directors of the IAACN for two years and is currently serving as Committee Chair of Continuing Education. Her own healing journey from EMF overexposure has instilled a passion for promoting awareness and education to all healthcare professionals so that together, we can reduce chronic illness and make a positive difference in the health of future generations.

Abstract: Widespread EMF exposures have led to a growing number of the population becoming 'sensitive' to all forms of EMFs. Many of these people have found difficulties in finding a proper diagnosis, treatment and overall support from their loved ones, families, and society in general. As practitioners, we have a need to understand the symptoms of overexposure to EMFs and the effects they have on a person's outlook on life, mood, sleep, and acceptance in a society which prizes convenience and connectivity over health and wellness. Not only do EMFs cause

physical trauma and damage that is measurable and research through science, but they cause emotional traumas and isolation through the sudden realization that they do not fit in to our current global plan for wireless connectivity. Proper diagnosis of symptoms, developing a support team, implementation of effective therapies are necessary for those recovering from EMF overexposures.