

Dr Ron Ehrlich: Hello and welcome to Unstress, I'm Dr. Ron Ehrlich. Now today's episode is going to challenge you. We were always talking about food and exercise and sleep and it's very important. However, well, I'm not going to spoil it. My guest today is Jason Bawden Smith and Jason's background as you'll hear is environmental science. He's entrepreneur, he's an author, he's a speaker, but he also had his health challenges and I won't spoil that either because he'll share that with you. But today's episode will certainly challenge you. I hope you enjoy this conversation I had with Jason Bawden Smith. Welcome to the show, Jason.

Jason Bawden-Smith: Thank you, Ron. What a pleasure and honour to be invited on this tremendous show of yours on Unstress. I listened to a few episodes, I loved them all, and can't wait to dive deep into the topic today.

Dr Ron Ehrlich: Great. Well, there are so many things that I've been looking forward to talking to you about and there are quite a few things that we're going to cover that I think some of our listeners may find surprising, confronting, enlightening. But I wondered if you might just share with us a bit about your journey that's brought you to this point.

Jason Bawden-Smith: Sure. My interests on the environmental impact on human health started as a teenager when I was swimming in what was then, heavily contaminated oceans in Sydney. We're talking in the early and mid-80s where we swam in the effluent. When particular winds came, they blew this untreated sewerage from the sewage treatment plants, and I, unfortunately, got a severe ear infection which ruined my balance and prevented me from being a decent surfer. I was never going to be a great surfer, but there's nothing like getting a severe ear infection to motivate you.

I remember coming home one day, my mother said, "Why did you have a half an hour-long shower?" And I said, "Well, I was swimming in shit and I wanted to get it all off me." And I started complaining and whining and carrying on and she looked me square in the eye and said, "We're going to have to fix it, go on, fix it." And I went, "What, how am I going to do that?" But mothers have a great way of influencing you. And I spent the next 10 years working on that issue, led me to an applied science degree to environmental health. There were no environmental degrees in the mid to late 80s. I was one of the very first ones. Now they're everywhere.

From there I worked at New South Wales, Department of Health, where I worked on the border pollution issue, and then once that was solved, moved into more toxicology orientated childhood lead poisoning, was my major for my master's thesis, which was awarded at the university prize and made all the media pretty much across Australia and got me in a whole host of problems because I was coming out saying it was lead paint. And while we had lead petrol back in those days, it was giving a little bit to everybody. It wasn't the source of the actual childhood lead poisonings or the number of animals that were dying from lead poisoning.

That was my master's degree. I left health to go to academia. I started a PhD again on more lead research. I didn't like it. And the consultancy business was picking up because everyone, what they had suspected, and I suppose I was doing the building, what we call building biology these days way back then. And it led to an environmental company, which is now the largest contaminated land consultancy company in Australia called JBS&G, I'm very proud of that. It's mainly my partners and staff that have done all the work that yeah, we have around 200 staff running around Australia, cleaning up the most contaminated sites, and hopefully doing a great service for humanity and this country. And I know a lot about chemicals. I spent my whole life [crosstalk 00:04:33] the impacts of the environment on human health and I was very surprised to find out what happened after I got sick.

Dr Ron Ehrlich: Well, I grew up too in Pundai and I do remember some of those aerial shots, which would show that grown, God damn I even talk about it. Just so unbelievable that we would allow that. But a brown effluent and depending on the tides and the currents and the winds and of course lead is a big one, isn't it? Talk about public health, we could diverge here and talk about lead because I'm quite fascinated in that as a public health issue and the way that was swept under the carpet right from the beginning.

Jason Bawden-Smith: Maybe we do another show.



Dr Ron Ehrlich: Another show. There's too much to talk-

Jason Bawden-Smith: [inaudible 00:05:23] in the middle of all that.

Dr Ron Ehrlich: Yeah. And then, of course, contaminated sites. Wow, I wish I could say you must be running out of business, but I can imagine that business is booming. That's a sad comment. But here we are. Now we're talking about different things today. I've heard you speak about three foundational pillars and I wondered if you might share that with our listeners.

Jason Bawden-Smith: Okay. I will. What I'd like to do, Ron is just take a step back and explain how I came to that knowledge because I was classically trained if we're using musical terminology and biochemistry and nuclear DNA were the focus of all my training at university, and it wasn't until I got very sick and I had 20 chronic diseases. And I tried everything to get better and we won't go through all that, but let's just say from the McCory Street Specialists through all the alternative practitioners, all the way to energetic healing, and I couldn't get better and in letting go and thinking, all right, I'm a big trouble here, I may die, I'll just have to accept that, I got an inspiration to look at biology and physics when I was meditating at the beach in around 2015.

And I started doing the normal Internet search that you do and I stumbled across a neurosurgeon called Dr.Jack Kruse and listened to one of his talks and we just went, "Oh my goodness, this is a whole different approach," and I knew nothing about it. Now instantly I called BS. I've been studying the impact of the environment on human health for nearly three decades, how didn't I know about this? Come on. This can't be true, but it's coming from a neurosurgeon right at the top of the pops in the medical field. I said, alright, I'm desperate. Let's just try it. And I have this takeaway line that all you need to do is go to the beach and hear voices. And I said, "Wow, I could do that."Now it's a little bit more involved and we'll get into that.

Now the principles of biophysics are the three pillars you talked about are light, mainly sunlight, water, and magnetism. Now we'll probably go through each one specifically, but before we get into that, and I don't know if I'm jumping the gun here that why are they the foundational pillars rather than food, exercise, nutrition, and vitamins and supplements and all those things? The reason is that we were never told at school or university about the importance of a second DNA that we have in our body. We all know about the double-helix DNA, but what we weren't told about was mitochondria.

Now most people know mitochondria, the powerhouse of the cell and they create energy but they don't understand the depth of mitochondria. I have no clue that maybe up to 10 to 15% of your whole body weight is due to mitochondria. There're thousands of mitochondria in every brain and heart cell, there're less than your little toe, which doesn't need a lot of energy, but they're everywhere. And you only get this genome from your mother, not from both parents, is a total separate genome. And Prof.Doug Wallace is the guy to look up if you want to understand. He's the world international expert on mitochondria and he's come up with a theory of aging called heteroplasmy, which in basic terms is the number of mitochondria that become dysfunctional eventually lead to death.

It's a gradual, natural process that happens, but there're many things in life that you can do to prevent it from being coming dysfunctional. Unfortunately, we're doing the opposite and making them more dysfunctional. And he claims that 85 to 90% of all chronic disease is related to mitochondrial dysfunction. Dr.Kruse would say it's closer to 95 even 99%. You sit back and go, whoa, hang on, this is one whole new approach. And I'm still calling BS on all this stuff, right? I started implementing these three pillars of foundational health and I couldn't believe it.

Dr Ron Ehrlich: When you think about it, as you look around your house and you look at all the little appliances or anything you use, you need the power to make them functional. Otherwise, they're just a piece of junk. Remind us about, go back a little step here and just give us, because you've said that and mitochondria 101, Jason.



Jason Bawden-Smith: Wow.

Dr Ron Ehrlich: Go on.

Jason Bawden-Smith: Okay. They are essentially an organelle that sits in every cell except for red blood cells. And there's a good reason why they don't, but we won't go into that.

Dr Ron Ehrlich: No, I'm fascinated by that because we talk about the number of cells in the body, but it depends on whether you include those with DNA or with not. Red blood cells don't have mitochondria in them and they don't have a nucleus in them. They just really hate their transport molecule.

Jason Bawden-Smith: They haven't. A lot of people say they're carriers of oxygen and carrying of energy, but it's information as well. We haven't understood quantum biology, which is the study of biophysics and they carry a lot of information around the body, and that's how cells communicate. They're critical. But 101 mitochondria is, four complexes basically channel electrons.

A lot of people talk about the factual weights, it's the proteins, it's the carbohydrates. Well, if you break it down to a quantum level, it's electrons and it's called the electron chain transport. The mitochondria take in electrons and carry it through these complexes. Lots of interactions happen between all these different complexes, which we won't get into today because we're doing 101 mitochondria and other advanced mitochondria and that eventually leads to this nanomotor where ATP, which is the energy currency of the body is produced.

Now I would say ATP is not the most important function for mitochondria and that shocks a lot of people. I believe now that it's the creation of special water. And this water, Dr. Gerald Pollack is the researcher who first came out with this easy water. It's the fourth phase of water. It's not liquid, it's not gas, it's not ice, it's a jelly. It's a different phase of water and there's a lot of work coming out around that water which forms cytosol, all the watering yourself is made of this water and it carries a charge, it does a lot of signalling. And if your mitochondria aren't making that water, then you get intracellular dehydration and that just causes a lot of problems. It's not just energy, there's special water, which is low in deuterium and this may be beyond 101 mitochondria is critical. And it's going to be a big buzzword in the health industry over coming years' deuterium

Dr Ron Ehrlich: And deuterium is a different form of hydrogen?

Jason Bawden-Smith: Correct. It's an isotope. There are three isotopes of hydrogen, deuterium is a stable, non-radioactive isotope of hydrogen. It's twice the mass and twice the size of the normal proton of hydrogen. And if you have too much deuterium coming into your cell, then the hydrogen, which is used to power the motor, there's little nanometer that generates the ATP runs it. I think it's like 8,000 raise per minute. It's a red line in your car really spins hard and it uses hydrogen as well, not just electrons to spin. And if the hydrogen doesn't get in because it's blocked by the fact deuterium, then you have mitochondrial dysfunction, which is a cause of disease.

Dr Ron Ehrlich: Yeah, it's interesting, Jason. I always said that if I had a choice of what I would go back and study now, I wouldn't do a PhD, I'd go back and study, I may change that today, but I used to say I'd go back and study biochemistry, anatomy, and physiology, but I think I need to go one step further back and include biology and physics and biochemistry and leave the anatomy and physiology for the moment. I'm seeing where I'm heading here. Just to recap, the mitochondria are not just producing energy, ATP, but it's a whole electron transport system. And we remember that from second-year biochemistry that we learnt all those things and thank God we got out of the second year because once we learnt that we never had to think about it again.

Jason Bawden-Smith: I'll tell you a funny joke. I used to go out with a doctor in training and she woke up in the middle of the night nightmare screaming. And I said, "What's wrong?" She said, "I had nightmares about all the biochemical equations I have to learn for mitochondria." That was so funny.



Dr Ron Ehrlich: Yeah. And part of that process of the mitochondria in this production of this water, which is so critical to cellular health.

Jason Bawden-Smith: Totally. We are water beings, we're on a water planet. We keep forgetting how important hydration and it's not the water you drink, it's the water you make. And I'm supposed to be this water expert in Australia and I didn't know that a couple of years ago.

Dr Ron Ehrlich: Yeah. Because we're only talking 2015, so this has been a little bit of a revelation, aha, not a little bit, probably one of the biggest in your entire academic and personal life.

Jason Bawden-Smith: Well, it's saved my life. It's even deeper than that. I think if I didn't learn this knowledge, either cancer or the heart disease or one of the chronic conditions I had probably would have taken me by now. And understanding what mitochondria are for the whole holistic body, and I know you're holoblastically sitting there, they're environmental sensors, so they're sensing the environment in which you are putting your biology and we've forgotten for some reason that for millions of years we've evolved pretty much naked in the middle of the bush in natural frequencies. And it's only in the last few hundred years that we decided to put clothes on, build these houses, put air conditioning in and live. I think the USEPA is now saying 95 to 97% of the average American person's total life is spent indoors.

Dr Ron Ehrlich: Yeah. Well, you know what, there's another one, isn't it? The other pillar that you're talking and I don't think we've probably finished on water. We can come back to that, but the other one is sunlight. I've often felt that was an interesting thing, isn't it? We've acknowledged that without sunlight we are literally nothing and yet there it is 93 million miles away, but we have to protect ourselves from it. And I always had a little bit of a problem with that one. And yet, and we're going to talk about these two, the EMF stuff, no problem at all. Carry it around within your pocket, put it on your lap next to your ovaries and testicles and put it on your brain and put it next to your bed. Go on, tell us about another pillar.

Jason Bawden-Smith: Right. We'll jump into light.

Dr Ron Ehrlich: We'll come back to the water because I just want to get an overview and then dive into the water a bit more.

Jason Bawden-Smith: I've got skin in the game on this one. The audience can't see, but I have a scar running through the bottom of my lip halfway up side of my cheek. I lost a third of my bottom lip because I had a squamous cell carcinoma that was starting to metastasize and I had to go in for surgery in 2016 to have it removed. I have some graphic photos for those who want to see it.

I had skin cancer on my lip that required massive surgery. Thank goodness I had a great surgeon because there was a chance I wouldn't speak again. That's how much my face was ripped off. And I had what we thought was a basal cell carcinoma on my shoulder that we never tested. And then I came out and I saw a big Zorro zed and I went, "Why did you cut so much of my shoulder out?" And he said, "We think it could have been a melanoma."

Now I can't say that for a fact because we never tested it, but I had real skin cancer and required surgery. I was told throughout that whole process when I was getting it all tested and surgery and even going into the anesthesia room, which is a horrifying experience, he's saying, "Geez, you must have applied a lot of cricket when you were a kid and all that surfing you did when you were young."

And I'm sitting there going literally before I'm about to get my face cut off going, how could something I did 25, 30 years ago be responsible for what I've got now? It didn't quite add up for me. I dove into where is the source that UV causes cancer? Where does that come from? Because no one can tell you. And it was a book by John Hart.

Dr Ron Ehrlich: John?

Jason Bawden-Smith: OTT. John Hart and it's called [inaudible 00:20:19] Health. And he traced the bar to where they were doing studies on mice researching jaundice. Some babies are born with jaundice. And in the old days, they put them in the sunlight. But today they put them under these blue lights to try and recover from this jaundice issue through the liver. And the original study done on mice, they use UV lamps. There wasn't the natural sun, it was just big UV lamps and it caused eye cancer in the mice. They said, right, UV causes cancer. And that started the main, way back in the 50s, maybe earlier that UV cause cancer. Now they said, "The sun has UV light, so the sun must cause cancer."

And if you look at the studies properly and the study design, the evidence is very, very weak that sunlight causes any skin cancer. And, the great studies, the really good studies done mainly out of Sweden is showing that sunlight equals less morbidity or mortality across all disease spectrum. The more sun you have, the health you're going to be and the less disease you're going to have. And now you're seeing a lot of doctors coming out saying vitamin D levels are a proxy if and when you may get cancer. And the only real way to make proper sulphated vitamin D in your body is through sunlight. You can't do it by taking a pill. Well, you can increase your vitamin D but it causes calcium issues that get into your artery. And that's a segue to AMS, but that's another story.

The frequencies that we were biologically designed to be in sunlight, the natural grounding, some people call it earthing, bare feet on the ground. These are free electrons that we get from mother nature and we don't take our shoes off and stand on the ground anymore unless we go to the beach. They're the main frequency. Sure, the plants, the animals, they were all involved. But the primary two frequencies, the DC electricity from the sun, remember that direct current, not the alternating current we use in our houses, that was problem number one where we move from natural frequencies to artificial frequencies.

As much as people love Tesla is probably one of the major causes of more disease and death and I'm not going to say, but all those evil dictators that have of course so many strife over the centuries. It is a big problem using Ronell electricity. Then we moved inside, so we're not grounding anymore and we put all these artificial frequencies around us. We started with the light bulb. Originally we only had campfire and candles. And if you have a look at the spectrum of those, there's a lot of red light. Red light is the healing part of the sun.

Now UV can be dangerous if you have too much of it and too much of a good thing can be bad for you. You don't want to get burnt in the sun, but UV is critical for Vitamin D and a whole host of other biological processes. But the red light and your infrared light is really important. And I won't go through all the phases of our light technology, but we were brought up. Now you and I are rumbled brought up within candles and bulbs. They're the ones that were hot if we touch them. The reason they were hot was all that red light. The incandescent bulbs were more reflective of the natural sunlight than the current lights we have now, the LEDs, the halogens, the fluorescent lights.

We got rid of all the red because of wastes energy, all that heat was wasted. We decided because we didn't understand quantum biology, that I would just have the ones that cause actual white light, the bright white light. And those frequencies, unfortunately, are specifically, I shouldn't say that they were designed for luminous luxe brightness, but they're the same frequencies that melanopsin, which is a photoreceptor that resides, not just in our eye, but throughout our whole skin in the subcutaneous layers of our fat, they are the frequencies that destroy melanopsin. And it's unbelievable.

And melanopsin is what you need to make melatonin and all those hormones. And if you vitamin A gets released, retinol gets released once the melanopsin is destroyed. And that vitamin A runs around a strength if the other photoreceptor in your body, and it's just causing havoc. And that's a bio, physical, quantum biology pathway that no one's talking about, and it's something that I know poisoned me because I was blue light toxic. That's for sure. It wasn't EMF that got me, but that's the next frequency brought in, and maybe that's a good segue. I'm talking too much, Ron.

Dr Ron Ehrlich: No. Well, I'm just writing things down here, Jason, and trying to keep up with my head going ahead of my hand because this whole, I go back to Einstein. I said this at a talk I gave last week. I

said, "Einstein said that every atom in the universe is both energy and matter," which means every atom in our body is both energy and matter. And if we ignore that fact, which is easy to do because I go and try and explain quantum physics to someone and it's much easier to explain Newtonian physics, even that's not easy. But if we ignore that, that's just naive at the very least, at the very best, it's naive and it's negligent at the very worst.

This whole thing about electron transfer, which is quantum physics at an anatomical level, this whole thing about light, the right frequencies of light that we have evolved with to this point after millions of years, and the way we have intervened with this and we've always, in these public health messages, we're always, "Nature is bad and dangerous. Stay out, get inside and get all snuggled into your home and seal it off." Anyway, no, I'm still with you. Just back onto the melanopsin, just go back a little bit there because the melanopsin is important. It's a precursor to melatonin and it's present in the surface of the skin and the eyes.

Jason Bawden-Smith: And the eye and parts of your liver as well. We didn't know. And I give the credit here to Jack Kruse because he's the guy putting the puzzles together. He's not an originator, he doesn't publish papers, but he understands the quantum mechanics and medicine towards the hardest degrees you'll ever do and bring it together. And he thought it was neurotoxin that was going to be the culprit because of other studies, which we won't go in today and when we found out it was melanopsin, holy moly. Now we know that's in our eyes, guess what we use to see light? Our eyes. Guess what we see with our iPhone and our computer and our television? We're using our eyes.

And then we found out a couple of, I think it was only 2018 that it's actually in our skin as well. Now we know if we expose ourselves to these artificial frequencies, particularly through getting technical here, between 435 and 485 nanometers are the bad ones for melanopsin. Some people say up to 550 especially at night, but they are the frequencies that these lights that we're using today are designed there.

We got rid of all the other frequencies and just put the ones that destroy our melanopsin. Now we've found the pathway and all the critics and all the sceptics and all the people out there are saying, "Jason, you're just full of it, you can't prove this. You can't do that." Well, I'm sorry. We now have it and I can maybe in the show notes we can put some links to some YouTube videos because it's quite detailed and I don't want to lose the order, and then we've got other things to talk about today, but I'll give you the links and we can, yeah.

Dr Ron Ehrlich: But essentially for our audience and me to be honest, because hey, this podcast is so self-indulgent, Jason. I get an education while I'm talking to people. Melanopsin is the precursor to melatonin and these bad light sources have LED halogen fluorescent, which we flat out and I presume also the light from computers and iPhones and all of that destroy the melanopsin which doesn't allow the melatonin to-

Jason Bawden-Smith: Not just melatonin. The melanopsin, once that's destroyed, you get these indirection with vitamin A, with retinol in your blood and that releases outer hides, there are these chemicals that run around the body destroying all your other photoreceptors. And that has a dramatic impact on all your hormones, all your bodily functions. Melatonin is one of the critical ones because it's pretty much, that and leptin are the master hormones that really, we need to talk about both, right talk about but know about in terms of getting great health because melatonin is not just a sleep hormone. Most people think melatonin is made at night. Well, it's not. It's made in the morning and it's made by looking at the sunrise.

We talked about light before and I know we're going to finish the show with the tips that people could use. The number one tip is to see every sunrise. If you see every second sunrise for the rest of your life, the chances of getting chronic disease are next to zero. That's according to Jack Kruse, not me. Because I don't diagnose or treat anyone. I'm the environmental guy and-

Dr Ron Ehrlich: That's a big statement there.

Jason Bawden-Smith: That it's a massive statement and I couldn't make it, but he can because he's the neurosurgeon.

Dr Ron Ehrlich: Well then, let's talk about melatonin because you had touched on earlier about the importance of mitochondria, and as you say, most people think melatonin, well, I'll just take, particularly if you've had jet lag and you're particularly aware of it, you might take it an hour or so before you go to bed. But it's far more complicated than that. I know there's a 400 page textbook on melatonin, *The Master Hormone*, and you've mentioned leptin as well, which I'd love to talk about. Let's talk about melatonin and some of its more important functions.

Jason Bawden-Smith: I'm not an expert in melatonin. I try not to talk too much about diagnosis and treatment because I am an environmental guy. But the most important thing to understand with melatonin is it's made in the morning and it's only released after three to four hours of complete darkness. That's why people think it's made at night. Now it's released at night. That's why we recommend a sleep sanctuary, which is a total blackout. And we'll get to AMS in a minute because if your melatonin is not working, it's the hormone that's going to control apoptosis and autophagy. This is cell repair and cell death processing.

And every day we've got cells that aren't working very well that need to be repaired or be replaced. And we do that primarily at night. And if our melatonin is not working well, then those natural clearing processes of autophagy and apoptosis do not work. Sleep is something we need to talk about because without good quality sleep, you can not make melatonin and, therefore, you are much more prone to serious disease.

Dr Ron Ehrlich: And I think I'd had also heard, because I had listened to Jack Kruse talking and I'm hoping to get him on to discuss this too, but I know he had mentioned, I think I got this right, that it's also a very important part of regulating mitochondria.

Jason Bawden-Smith: Totally. It's its main job.

Dr Ron Ehrlich: Yeah.

Jason Bawden-Smith: Yeah. Sorry, I should've mentioned-

Dr Ron Ehrlich: No, that's fine. Look, my head is spinning, Jason. Now listen, EMF. Let's talk about that because we're surrounded but what do you think?

Jason Bawden-Smith: Electromagnetic frequencies are wonderful. Without them, you wouldn't be alive today. We need to understand there're good EMFs and there're bad EMFs. It's a spectrum. It goes from DC, which is the sun, the plants, us, we all work on this direct current and it steps up. It goes through what we call non-ionizing radiation which has a frequency they use for radar, IMF radio. The cell towers are mobile phones and the new range of Internet of things, and the heavier frequencies are planned for 5G in the rollout.

Then we get to the normal spectrum of light, which is sunlight. Sunlight is an EMF. I don't think all of the EMFs are bad. And then as the frequencies just get going high energy, up and down, we're into ionizing radiation, which is your x-rays, your gamma rays, your cosmic rays. Now the number one thing and why we have such a problem today is, and I'm not going to talk about corruption and fraud because it is so bad and so horrific that once you realize how bad it is, it's a 100 times worse.

But let's just say there're people on this planet that purposely had a meme. That meme was, if it's not ionizing if the energy levels aren't high enough, it is safe. Now they never mentioned the word safe, which is very interesting because I understand liability. But I went back and I wrote a book called *In The Dark* and we'll put a link on the show notes as well because I want to give it away. I want people to understand it. I have a link. It is a PDF. I'd rather you print it out and read it than read it on the screen and we can talk about the blue-blocking glasses that I'm wearing today that help you if you do want to watch it on a screen. And I summarize a lot of information in there.



Most people don't know about this book because I was told to shut up once it was published. And that's another story. Anyway, so the non-ionizing part of the spectrum has been the health effects of being hashed up. You can dig up US Navy reports that were released recently back not in '72 that show effects across a broad spectrum of biological impacts. You can read a book by, probably the best one is called Going Somewhere and the name's just, it was, Dr. Andrew Marino. He worked under Robert Oboko, one of the famous-

Dr Ron Ehrlich:                   Body electric. He did that-

Jason Bawden-Smith:   Exactly. But he was his right-hand man and he's the only guy that did 50 years continuous research on EMF. And he went from being the biology scientist over to becoming a lawyer to understand how this whole system works. If you don't believe EMF is an issue, you read Going Somewhere then talk to me. The data has been in for a long, long time. It's just been hashed up and we won't go through how they did it, but it's quite genius. But the number one main they put out there was, it's not ionizing, so, therefore, it's safe.

Now our engineers are brilliant. And they've been told that all these frequencies, as long as they're less zone and they're non-ionizing from the megahertz to the gigahertz range right down to the lower hertz, if they're fine, what can we build? What gadgets can we come up with to help us with productivity, efficiency, entertainment? And they've gone nuts because they were told that they could use the frequencies. I don't blame the engineers for all this technology. I'm a technology addict. We're all addicts.

We may be highly functioning addicts, but we're all addicts and we need to understand this is a drug. This has been purposely designed and you can go back to all the patterns that Google has to keep you in training, to keep you on these things. The way that he designed the light systems on Facebook, on Snapchat, or those apps. You see the kids today, you see the adults today dry pass every bus stop on the way to work or the way to the shops, everyone's staring at a screen, no one's talking anymore. It's more addictive than cocaine and heroin.

Dr Ron Ehrlich:                   Right. And it's interesting, Jason, just to digress there for a moment, isn't it? But for those of us that are old enough to grow up at a time when that wasn't the case, certain patterns of behavior and thinking were ingrained. But for those kids that were, say, 10 years when 2007 came along and social media and that whole thing started and they were really important times in development, they are suffering serious mental health issues.

Jason Bawden-Smith:   Horrific. The reason I'm coming out and speaking more openly after I was told to shut up is, and these are true stories. What is the number one cancer killer in children today? You probably know this, it's glioblastoma, those are brain tumours.

Dr Ron Ehrlich:                   Brain tumours, yup.

Jason Bawden-Smith:   When we were kids, there was no such thing as a brain tumour. There was leukemia, which is linked to the AC, electrical power grid, which everyone forgot about. But there weren't brain tumours. Now my nephew's classmate died last year of glioblastoma, age seven. This is hitting me, hitting my family. One of my best mining mates, I worked a lot in the mining industry as an environmental guy, he died two years ago of glioblastoma. The chances of surviving glioblastoma, I think, is less than 2%. You've got 12 months to live once you're diagnosed.

These brain tumours in kids have got me motivated to say enough's enough. And then when you talk about mental health, there was a young lass who committed suicide at my daughter's school. It was horrific. It shocked-

Dr Ron Ehrlich:                   Well, we've done a program, Jason, with Jody Low in July last year, Sydney Anxiety Clinic. And she shared a statistic that shocked me, but it's now quite well known, is that one in four



kids under the age of 18 have been diagnosed with anxiety and/or depression. And that's who we're being diagnosed and cutting, and the whole thing is just is-

Jason Bawden-Smith: Self-harm.

Dr Ron Ehrlich: Yeah, self-harm and as you say, you look in any public space and you see how people are interacting or not with each other. This is not only an electromagnetic assault on our society but an actual relationship assault, the way we relate to each other. But anyway, we digress for a moment but go on. It's all part of it. It's important.

Jason Bawden-Smith: It's important.

Dr Ron Ehrlich: It's important, yeah.

Jason Bawden-Smith: I always say to people, what's the number one cause of death in 15 to 25-year-olds? And the standard answer's car accidents because everyone thinks they paid a brock when they get their license and they drive crazy like I used to, but it's suicide. What the hell happened? I agree with you that the whole mental health area is, and I think it's all about disconnection. I think this technology, this indoor living is disconnecting us from nature, is disconnecting from the family, and disconnecting most importantly from ourselves. And yeah, I agree with you wholeheartedly.

Dr Ron Ehrlich: Yeah. But anyway, let's go on with the talking about this EMF and fire. Well, we get onto the fire, but the EMF radiation and I started the conversation by saying we're surrounded by it and what do you think? Well, you've given us the electromagnetic spectrum and of course, the whole issue with public health messages is, that it's a story that is very easy to miss. But once you hear it, it is very difficult to ignore.

Jason Bawden-Smith: The reason I'm hesitating is I don't want to put anyone in a state of fear. I'm the solution focus guy. What I'm about to tell you is real, it is happening, and you need to know. We have RF spectrum analyzers. These are sophisticated professional instruments that tell you what's going on and the number of frequencies being used around us every day and the frequencies now are saturated. It used to be like a finger, like a little stick, it had lots of gaps. Now it's blanked out.

We have now saturated this spectrum from low a megahertz up to mid-band gigahertz that is continually pulsating frequencies at us. Chinese water torture for our mitochondria and our biology, tap, tap, tap, tap. We can't hear it, we can't feel it, but our mitochondria in our body can. And I run around with the little, we call it the motto meter. It's a tiny little EMF meter. It's reasonably priced and it costs about \$200. And I've been testing around my local community now and I live in Sydney not far from where you live, Ron and I try not to go out as much as I used to. We've gone to extreme levels at our beaches, at your beach, at my beach, and I won't mention names, but those who know where Ron and I live are in Sydney and the beaches.

Dr Ron Ehrlich: That's okay. I don't mind though. Most of the beaches have got Wi-Fi, but one or two haven't, haven't they?

Jason Bawden-Smith: They have got cells. Now if you have a look at the cell towers, they've all changed the antennas. The power density and the number of antennas have been dramatically increased. The background radiation, just walking along the beach these days is at extreme levels. I go around testing so I can find a place to do the sunrise that's not radiating at me and I'm not going to tell everyone because everyone would come down there and join me. And then I've got a surfing beach I go to, which I know is low in frequencies. And you can work this out and maybe I'll share it one day, but not today.

You've got to buy these meters to find out what's going on. I was sitting at a cafe down the road and Trina said, "I can see a cell tower line of sight," it was a few hundred meters away, "and I know what that reading is." And she challenged me. Trina is my wife and she challenged me. I said, "It'll be



one red on the motto meter, I won't go into all the units to confuse people." And I said "The meter is in the car, go and get it." She did because whoever won this bet had to pay the bill and she lost.

Because I know if you've got direct line of sight with the cell tower from where you're sitting, all the penthouses, all the ones with glass overlooking the grand views of the harbour and the beaches, if you've got a line of sight with a cell tower, you've got extreme levels of radiation coming into your house because glass doesn't do anything to block it. The concrete does. The only way to do this is to measure. And that's why I love those little motor meters so much because I need to know what's going on because if this stuff, and it's a slows, it's like smoking now, you're not going to die tomorrow, but you have enough cigarettes. Eventually, it's going to catch you. And it's very similar. And I'm very careful now where I go, where I eat. If I go to a cafe, I sit right at the back away from the views because I know I'm protected from the concrete and I try and go out when there are not so many people at the cafe because they're all on their bloody cell phones and they're all meeting as well.

It's a management issue. It's getting to a point now where I'm seriously looking at relocating because when we roll out the 5G network, which won't officially be for a couple of years now, there are some trial plants in the inner city areas like George Street or Melbourne along Collins Street. They're starting to trial it out, I'd let them do it. It'll go ballistic in 2021, 2022 and if these small cells roll out across our neighbourhood, then I have to move.

Dr Ron Ehrlich: Let's just explain a little bit to our listener because it's easy to use the term 5G as though everyone knows what we're talking about. And I don't even pretend to know what I'm talking about. I do know that when I put my house and I had stuff blue cabled everywhere, that the guy wanted to put in the speakers. He said, "I'll put in Wi-Fi speakers for you." I went, "No you won't, you'll put cables in," but I still do have Wi-Fi in my house. "I'm going about to change a lot. But I noticed you when they put it in three or four years ago, I already saw the Wi-Fi signal coming up for 5G. I had an alternative of 4G, it was just the Wi-Fi signal and then a little dash next to it saying 5G and I honestly hate that.

Jason Bawden-Smith: This is a great way to confuse the public and I think it's done intentionally. The two Wi-Fi frequencies, they use a 2.4 GHz and 5 GHz. They are not 5G. 5G is very confusing. I don't want to go through everything with the audience, but there are five different technologies that come together to make up the first generation. This has got nothing to do with gigahertz. This is all about the generation of technology and one of those technologies is millimetre waves.

Now millimetre waves don't happen until you get really up to the high gigahertz. We have none of those in Australia uses the telecommunications, you do have them in your car. Some of the sensors in your cars are using millimetre waves and no one has a clue. We've been using millimetre waves point to point, so it's like a rifle shooting on a callback haul, back away microwave signals.

Tell & Show would run cables to their tower. Optus would shoot these millimetre waves under satellite dishes because they didn't run the cables. Now those millimetre waves are not so bad if they're not hitting you, that is hit going dish to dish and they don't want to lose the signal. They'd been around since the 70s but what they're trying to do now is, because I mentioned before the megahertz and the low gigahertz is now saturated. There's no more bandwidth and we're bringing out the Internet of things. We're going to have these chips in our toasters, our ovens, our fridges, our washing machines. Every gadget in your house will have a two-way RFID chip that will speak directly to a smart meter. They're putting on the front of your house so it needs your box.

Now Victoria's already done, the whole of Victoria is automated and rolled out and I try to put one in my house three or four months ago. Now I stopped that and we can talk about it, that this Internet of things requires all this new data. There's no bandwidth left. They're going to the higher frequencies up into the millimetre wave frequencies because they have no choice. That's all that's left.

When you hear 5G, technically you're talking about millimetre waves for telecommunications and today there is none or very little, but 5G technology, whether it's beamforming, all



these new phase antennas, this new technology is available to be used on all the other frequencies we have. Tell & Show is going to get rid of 3G and then use all those frequencies for the 5G technology minus the millimetre waves. It gets a little confusing. But fifth-generation technology is not the 5 GHz on your Wi-Fi.

Dr Ron Ehrlich: And the Internet of things is just an expression for making everything into connected, isn't it?

Jason Bawden-Smith: Correct. It's machines talking to machines. We're rolling out a new system of governance, so we've been on governance of a central banking debt slavery model where everyone's on the mouse wheel, just try to make ends meet and pay off the mortgage. And maybe when I get to 70 I'll be out, but I'll go on holiday. And we're moving from that because there's too much debt in the world too, what they call technocracy. It's a top-down surveillance control system, which China's leading the way with facial recognition.

There's going to be trillions of sensors out there monitoring, recording, and processing through artificial intelligence, everything we say, everything we do, and we're going to a more surveillance orientated control system. And you'll find that eventually there'll be no cash, there'll be a digital cryptocurrency or something like that. To allow the governance system to roll out, they need to connect everything and that's what they are in the process of doing now. And that was really what's got me mainly concerned.

Dr Ron Ehrlich: Yeah. I've just started reading, it's funny you should mention it, the Age of Surveillance Capitalism which is a very interesting book. But Jason, look, I was going to ask you, are you an optimist?

Jason Bawden-Smith: I am.

Dr Ron Ehrlich: Good. Me too.

Jason Bawden-Smith: I think we're in the best time to be alive ever.

Dr Ron Ehrlich: Great.

Jason Bawden-Smith: Will people get sick and die early? Absolutely.

Dr Ron Ehrlich: Well, they are.

Jason Bawden-Smith: Exactly. And it's going to get a lot more, there is a population called EHS, electrohypersensitivity. This is a real condition. It's not in their head as many mainstream psychiatrists claim, it's been well documented and well-researched. Around one to maybe 3% of the population, like a peanut allergy are allergic to electricity and all the different artificial frequencies we get through all the technology. They can't even live in the city. They can't be near it. They can tell you when your mobile phone is on or off. It's a terrible condition. It's like chronic fatigue on steroids. It's awful and they can't function in this world.

I am expecting, and this is not coming from my production, it's coming from Kruse and some of the quantum doctors, as I call them, that that may get up to 10, 15 even 20% in the next five to 10 years. Once that happens, everyone's going to blame everything else. It's going to be all the other things that are wrong with the world. Climate change, GMOs, Roundup, you name it. There's always a reason. They'll try and blame some weird, this weird that, but eventually we can fix this.

I know engineers who can fix it tomorrow, which is going to take a lot of money and a lot of new infrastructures. And I love tech, but I'm not giving up my Apple iPhone for anyone. I'm not, but I'm going to manage my exposures by having an aeroplane mode. And we can talk through some of the solutions now because otherwise, everyone's going to go and go, What's going-



Dr Ron Ehrlich: No. I think both us, Jason, are on a mission. It's not a mission from God, I think it's a mission we've given ourselves. And that is to empower people to take control and make a difference. Let's talk about some of those solutions.

Jason Bawden-Smith: All right. Here's my approach. I don't have to outrun the crocodile, I've just got to outrun the guy next to me.

Dr Ron Ehrlich: Okay.

Jason Bawden-Smith: My philosophy is that if I can maintain my mitochondria in a healthy state, and let's be very clear here, 20 years ago I was staring death in the face in my 20s. And a few years ago, 2015 some doctors said I had six months to live. I have reversed nearly all those conditions, I'm still managing three of them, I've reversed 17 of those conditions by living in a very highly populated cell phone tower everywhere city. You can manage this, you can live with it.

I want to give people, you don't have to panic, you can manage this but I do a lot of things which most people think I'm crazy, including my own family, but they work. Here's what I did to get my mitochondria healthy because once my mitochondria are healthy, I can withstand these frequencies. The immune system's working properly, all my hormones are working probably, my circadian rhythms are working properly. If I can do that, then I fortify myself. I build little mini faraday cages in my body by producing this low deuterium water that mitochondria make.

Remember water is the best faraday cage. If you go to the beach, you want to be in the water, not on the sand if you're next to all these cell towers. If we get all the water working at intracellular hydration, working well, it's a natural faraday cage. That's one way I'm not going to get eaten by the crocodile. What do I do? I see every sunrise. Now if I can't get to see it directly, now I live close to the East Coast on the beach so I can see them every day, I will at least stand outside of the backyard. I might not be able to see the sunrise because of the buildings in front of me, but at least I'm getting the natural light frequencies.

When I'm doing that, I am barefoot and I'm as naked as possible. Now for down the beach, just put your cozies on, you put your swimmers on and wear a bikini, you don't want to embarrass people. But you want to stand there because you want all your body to get these natural frequencies. Just like melanopsin that can be damaged by the artificial frequencies, it can be activated by all the good frequencies.

Dr Ron Ehrlich: And you mentioned that melanopsin was produced in the eyes and the surface of the skin. Yes, expose your body to the sun.

Jason Bawden-Smith: And the other good thing about the morning sun, it's a natural sunscreen. You want to build your sun callus up so it has a better sunscreen like a better heat rating. You're perfectly designed to live on this planet. That morning sun gives you the natural sunscreen so you can tolerate more of the stronger UV sun during midday. Now you don't want to spend all day in the sun because you're going to get burnt unless you've got a strong callous. Even now indigenous people sit under a tree in the middle of the day and they've got their black skin, so they've got more melanin, which is another word, which is the pigmentation in your skin to handle most of the sunrise. But even those animals sit under the tree when it's really hot. Sun is really important.

I spend two to six hours outside every day. I will take my computer outside, I'll run a big long ethernet cable that you put in your house so I might not radiate myself with Wi-Fi and I'll sit there and work in the sun. That's number one. The number two thing I do is block the artificial frequencies of light. I'm a bit extravagant because I know how important it is. When it's really hot like it is today in Sydney, I will go and put cricket clothes on if I watch the TV.

The reason I'll wear cricket clothes is that the white cricket clothes that I have were designed to block UV sun. That's what they're designed to do. And guess what's coming out of our television? UV frequencies. These blue lights are very close to UV frequencies. I don't want to destroy the

melanopsin in my skin. And I wear cricket clothes because they're the coolest ones I've got. And then I put on my red, blue-blocking glasses that block up to 550 nanometers. Right now I'm wearing my daytime ones because I want to be able to see properly and I don't feel you need to block all of the blue light during the day because there's a hell of a lot of blue light outside. I'm not one that thinks you've got to wear red glasses all the time when you're inside during the day.

Kruse disagrees. If you're in medicine, you can wear your red ones, but it blurs your vision and changes colours. It's pretty hard to work with. You never want to wear your red ones when you're driving. I don't know if you've driven and driven at night lately, Ron, but the headlights and the brake lights and the signs, it's insane.

Dr Ron Ehrlich: Yes. I have made a note of that. Well, I've got a new car a little while ago and I was just really struck by how bright things were and I ended up, actually this was rather silly. I lifted the chair in my car to try and get myself up higher so that it wasn't as bright, but it still has struck me how bright it is, but go on. These blue-blocking lights for when you're sitting in the daytime go the blue and the red light blocking lights-

Jason Bawden-Smith: You've got daytime and night time.

Dr Ron Ehrlich: Yeah, okay.

Jason Bawden-Smith: The best daytime ones are, and I'm wearing this from Blue Tech lenses. I don't like the ones that are sold that have got codings or dipping and there are reasons for that. I'd rather people wear something than nothing. It's just that I like these the best and I wear them during the day. And then at night, first of all, I don't turn many lights on in the house. I have these big red light panels that I use for heating, which we haven't gotten into, which is the science of photobiomodulation. And I just turn them on upstairs. I'm not allowed to do it downstairs because my wife and daughter think I'm nuts. But upstairs, which is my turf, I just put on the red light panel and I have no overhead lights on. Of course, I'm going to watch the 40 and cricket and maybe a movie. I don't watch the news and all the negative stuff, but I'm not going to say I don't watch TV, of course, I do.

And I wear my red blue-blocking glasses because they block everything up to 550 nanometers. Now if you want to watch Avatar or David Attenborough Earth Series, you probably don't want to do it with red glasses because you're not going to see all the beautiful colours but you can watch a movie quite easily wearing the red ones. That's the light blocking.

The next thing I do, and this is important, I manage my EMF. I manage it diligently and the only way I can do that is by having a meter. I haven't made it with me and in my car all the time so I can see what's going on. I'll give you an example, I was at the mine conference where we didn't make that, and Leslie's conference there in the Hilton and I was watching all the speakers who were standing at the back next door, the glass, and I was down in the very front. I usually like seeing the back of the bus, but the reason I didn't sit at the back of that conference is that I knew the cell towers were coming straight through that glass and irradiating the absolute hell out of all those speakers. All the knowledgeable, all the ones we tend to advice were ignorant of that factor. And I showed it a couple of them on the last day and they were just horrified.

Dr Ron Ehrlich: But you can also make simple things like your own devices within your home and what you're carrying around with you and what you're having in your bedroom and you'll say you've got a lot of control over that.

Jason Bawden-Smith: At home you do. You've got to make sure your home is a sanctuary because soon as you step out of it if you're in the city areas, you're going to get zapped. My home is very low EMF. As you said, I've got everything ethan cabled, I've addressed all my dirty electricity by putting a filter on my electrical box as it comes in and a kill switch at night where it turns all the electricity off, so the kids can't do anything on their computers. I stop all the electricity in the house.

The bedrooms have blinds that block out all the light because the street lights are bright now. You want to block out everything that you can, you want to be able to not see your hand when you're in the bedroom because that complete darkness is so important for circadian rhythm and we talked about melatonin and all those other hormonal reasons. I do that.

The next thing I do is make sure I move. One of the reasons I got sick was I was sitting behind a computer desk building a great company, but I didn't get out. I was in artificial frequencies for 20, 30 years, and that's what poisoned me. And I became sedentary and I ended up being 155 kilos. Most of that weight was put on by blue light and we're not going to go through how that works now, but blue light makes you fat. Blue light makes you eat more. The reason you have a craving for ice cream at 10 p.m. is because all the blue light you're getting from watching TV or the computer screen, people have no idea how important light it is. Then I use-

Dr Ron Ehrlich: Is that because of its effect on leptin?

Jason Bawden-Smith: Partly.

Dr Ron Ehrlich: We're going to do another show, Jason.

Jason Bawden-Smith: We can get into it. Yeah, we're going to go too long.

Dr Ron Ehrlich: We're going to go-

Jason Bawden-Smith: Yeah. It's all about melatonin suppression that decreases your sensitivity, your leptin, increases your hunger if you eat more and gain weight. That's the [crosstalk 01:05:43]

Dr Ron Ehrlich: Okay.

Jason Bawden-Smith: The movement is important. You need to move. You're designed to move. You don't have to exercise and don't exercise in the gym because what are you doing in the gym? You're going under artificial light, you've got another 100 people there with all their phones on. They've got their headphones in listening to something or streaming something. There are big televisions that people are watching while they're on the cycle machines. Don't go to the gym. Just do it naturally. How? In the park, go to the beach, get a personal trainer and do the boxing down by the park when you go out. Don't go to a blue-lit gym.

I went to a gym three days a week trying to lose weight before I knew this new knowledge. Guess what happened to me? And I was getting flogged. I was sweating, I was doing boxing, all those exercises was just killing me, three times a week. Guess what? I got fatter because my mitochondria were dysfunctional and I was putting myself into an environment that made it worse, so I couldn't lose weight doing the traditional system.

I exercise outside now and I mainly do movement. I don't do a lot of cardio, do some cardio. It's stretching for yoga [inaudible 01:07:00] there's lots of different moving meditation, which is just brilliant for you. That's important. Don't forget to take your shoes off when you're outside. That's a must. Now we talked about water because I wasn't making that really good to tear in depleted water, I did supplement my water and I've been doing that now for two years and one day we'll come out and say, low deuterium therapy may be one of the number one healing techniques used for most chronic diseases. But I didn't say that someone else told me that, made a big difference to me. But if you're healthy, you don't need to buy the water. Water is very, very expensive. I wouldn't use it.

The other big tip for getting mitochondria strong is, and I know you're not going to like this people, but cold thermogenesis. This is the ice baths that the athletes have always used after a marathon. You see them jumping in the ice bath to deal with their inflammation. Cold thermogenesis, getting in the cold, and it could be a cold shower. Now I don't like cold showers, but I do cold thermogenesis. I do it



naturally because of the water down the beach or get cold enough. You'd like to get down to about 12, 13 degrees Celsius if you want to do it professionally. But any change in temperature is good.

Dr Ron Ehrlich: Yeah. That's putting your body under this intentional stress, isn't it?

Jason Bawden-Smith: It is. We didn't get into holotypes because you wanted 101 mitochondria.

Dr Ron Ehrlich: No, don't go there now, Jason. I've got to pull you up on that because I'd love to hear about it but we're going to do-

Jason Bawden-Smith: Breathwork.

Dr Ron Ehrlich: ... breathwork. Okay.

Jason Bawden-Smith: Believe it or not, most people don't have enough carbon dioxide.

Dr Ron Ehrlich: Yes, we do cover breathing and we've done a program on Wim Hof with Professor Mark Cohen, but go on, tell us about breathwork.

Jason Bawden-Smith: I'm not a big fan of we mouth breathing method. Buteyko is probably my preferred one and-

Dr Ron Ehrlich: I love Buteyko, I love that.

Jason Bawden-Smith: Buteyko is a version of that. I had the second-worst classification of sleep apnea at least in New South Wales. I've been dealing with that problem and it's all about carbon dioxide. It's not about getting more oxygen. And yeah, I've been using a version of Buteyko a little bit different, but along those lines, it's had a dramatic improvement in that condition of mine. And most people who get a sleep apnea machine can never give it up. There are lots of reasons for that, but that's another show. And then the one thing Ehrlich, about food, I haven't mentioned food once, why's that?

Dr Ron Ehrlich: Go on, tell me a rhetorical question, you're going to answer it.

Jason Bawden-Smith: If your vitamin D level is normal or slightly elevated, you don't need to worry about food.

Dr Ron Ehrlich: Okay.

Jason Bawden-Smith: That's a big statement-

Dr Ron Ehrlich: That's a very big statement and it's a statement you're making just almost towards the end of our chat, which almost guarantees your return invitation. Congratulations Jason, you've been-

Jason Bawden-Smith: But there's one food advice I want to talk about and that's called DHA, which is a mega three fatty acid that we've had and been using their body for nearly ever, has never changed in the history of our biology. It's chronically absent because of the damage done by the artificial frequencies, particularly blue light. It destroys DHA. DHA is incredibly important for cell membranes. And if anyone knows the importance of cell membranes, and I'm sure your audience does, it's critical.

To maintain all the cell signalling and all the processing, you need lots of DHA. And that's why I love oysters and natural oysters that haven't been cooked because they are the best source of not only DHA but all the Moraine minerals that we lack. Selenium, Iodine, bioavailable copper, everyone forgets about bioavailable copper. That's why I eat three dozen oysters a week to build up my DHA



that was chronically destroyed from all these artificial frequencies. That, in a nutshell, is what I've done, not only to make myself resilient against all these frequencies but to reverse 20 chronic diseases. It's been quite a remarkable journey and I hope your audience enjoyed it.

Dr Ron Ehrlich: Well, Jason, we've covered so many parts there. And look, I often ask my guest, you've answered so many of them, but I'm going to ask you again, we're all on this health journey together. Just taking a step back from your professional role, what do you think the biggest challenge is now for people on that health journey? You've mentioned so many things, but what's the big one? What do you think?

Jason Bawden-Smith: The big one is the frequencies have changed so dramatically in our environment, and I don't want to be facetious here, but everyone's whinging about carbon dioxide doubling. Guess how much the electromagnetic fields have increased in the last few decades? One quadrillion time. What does that in English? That's 10 with 18 zeros.

Dr Ron Ehrlich: Wow.

Jason Bawden-Smith: One of your members of your ACNM has approached me to help her because everything she's done that has worked so well for long is no longer working. And the reason it's not working in our environment has trained so dramatically and we haven't seen it because it's invisible. It's not just the EMF, it's also the blue light, that is now the number one challenge and if we don't address foundational health, nothing's going to work.

Dr Ron Ehrlich: Jason, that's a hell of a note to finish on but thank you so much for sharing with us your wisdom and your experience and we are going to get you back because there's so much more to talk about, but thank you. And we're going to have links to, you mentioned that book that you've written and we're going to have links to your website and that meter and the books, there's so much we will have links to on this show and it's such an important topic that we have to nail this. We have to get on top of it. Thank you for joining me.

Jason Bawden-Smith: You're welcome. Thank you for inviting me.

Dr Ron Ehrlich: Well, a lot to think about and there's no doubt I'm going to get Jason back to talk more about some of the issues we touched on today. He has a special offer, *In The Dark*, the book which will be a free download. We'll have the links to that on our show notes and also links to Jason's site. I would encourage you to have another listen to this podcast because it's a big and challenging subject. I know when I first heard this side of healthcare, which I had to give some thought to, I went back and listened to it again as well. Not today's conversation, but other conversations that led me to Jason.

I hope you enjoyed that. I've got to remind you always, do leave a review on iTunes. I want to push this podcast up to where I believe it deserves to be with some very important health messages about a holistic approach to our health and our planet. Because the two, as we all know, are inseparable. Until next time, this is Dr. Ron Ehrlich. Be well.

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