



What The Heck Is Going On?!

Why are there so many cases of unexplainable chronic pain and fatigue?

What might be contributing to so many odd symptoms in areas of the body that medical testing has not been able to diagnose?

Why has there been such a dramatic increase in people with difficulty sleeping (i.e., falling asleep, staying asleep, feeling rested in the morning, sleep disorders)?

What might help explain the odd sensations people have such as chronic tightness of muscles (even with regular stretching/mobility work), clenching in the pelvic area, muscle cramping, or odd tingling sensations in different parts of the body?

Why are so many people feeling overwhelmed, anxious, sad/depressed, etc.?

There has been a significant increase in the number of unexplained, undiagnosed, idiopathic, nonspecific, quality of life affecting conditions presenting to health professionals in the past 30-50 years. Pain in different areas or regions that are not precipitated by pathology or activity, pain or disability upon waking in the morning (“I think I slept wrong”), numbness/tingling/deep “ache” of nonpathological or of true neural origin, overall body tightness and stiffness, mental health issues, a sense of being off balance, unexplained digestive issues, chronic headaches/migraines, leg aches when driving, feelings of joint and tissue instability, unexplained symptoms in numerous areas, poor response to typically successful interventions....and the list goes on.

What could produce at times such debilitating issues and increase one’s vulnerability to some of the ailments and conditions that seem to be increasing across society?

What has changed in our bodies, or maybe, what has also changed in our environment, that has affected the human organism such that it is experiencing these often-unexplainable symptoms?

The last 30-50 years has seen a dramatic increase in a number of different human conditions:

- [Allergies](#) (including [food sensitivities](#))
- [Autism](#)
- [Autoimmune diseases](#)
- [Diabetes \(youth and adult\)](#)
- [Dyslexia](#)
- [Mental health issues](#) (both pre- and post-pandemic)
 - ADD, ADHD, depression, anxiety, suicidal thoughts and actions
- [Neurodegenerative diseases](#) (especially at younger ages) such as Alzheimer's, dementia, and Parkinson's
- [Sleep disorders](#) (both pre- and post-pandemic)
- [Tick borne illnesses](#)
- Sadly, there has also been ["profound changes in human morbidity across a range of disparate conditions"](#)
- As well as numerous other things (such as [tinnitus](#), vertigo, etc.)

The last 30-50 years has also seen a dramatic increase in the introduction of varying electromagnetic fields (EMFs) into our environment. The amazing rise in technological advances has also corresponded with a rise in many different types of these EMFs (i.e., different frequencies, wavelengths, intensities, etc.). Their prevalence in our environment, society, homes, and on our person has been clearly demonstrated to influence living organisms.

If you or patients and clients you work with have been struggling with trying to find answers and/or interventions to help them manage different physical ailments, then better understanding what these artificial fields of energy are and taking some steps to reduce exposure to them may provide profound benefits. If nothing else, better educating ourselves of what they are and taking some steps to mitigate their prevalence in our lives will likely have many longer-term benefits.

There are a number of white papers that have been [provided on this webpage](#) to help educate the public on this very important topic. They provide many links and other resources for those that are interested in learning more about it. The author has found through significant investigation and personal and professional experience that significant changes can be achieved in various unexplained physical issues when adequate steps are taken to manage our exposure to these amazingly helpful (from a technology perspective), yet considerably prevalent artificial environmental pollutants.

Education is our most powerful tool to better manage the things can affect the well-being of ourselves, our loved ones and those that have been entrusted to our care.