Dr. Smith Live

Energy Medicine: The New Frontier

November 12, 2026

Topics

- Will AI really solve our health issues?
- What's the basis for anxiety, depression, and panic attacks?
- Are all these electronic monitoring devices really healthy?

With our co-host

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Time: 07:00 PM Eastern Time (US and Canada)

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Will AI really solve our health issues?

In my humble opinion, I do not think so. Why? for the following reasons:

The influence of conventional medical thinking

Most healthcare AI is developed using information from:

- Published medical research, which does not focus on root causes.
- Hospital and physician records, which also does not focus on root causes.
- Established diagnostic classifications, which does not focus on root causes.
- Clinical treatment guidelines, which primarily focus on symptomatic relief.
- Pharmaceutical and clinical trial data, which primarily focus on drug treatment.

Consequently, AI inherits many of the assumptions and limitations embedded in those sources.

Understanding where conventional medicine is coming from, an integrated approach will never occur because the revenue stream for the pharmaceutical industry will be dramatically reduced.
The end result is that the patient will get the same invasive approach but through a computer generated software system that bypasses the doctor.

What's the basis for anxiety, depression, and panic attacks?

The basis for anxiety, depression and panic attacks is multifactorial, but the evidence compiled in the available literature points consistently toward two dominant categories of causation: an overwhelming toxic burden on the body and brain, and profound nutritional deficiency driven by a degraded food supply. These are not random afflictions that strike without reason. Rather, they are predictable physiological responses to specific, identifiable stressors that modern life imposes on the human organism.

The first major driver is excessive toxic burden. The list of contributors is extensive: heavily processed foods loaded with flours, sugars, GMOs, artificial sweeteners, colors, flavors, MSG, nitrates and other preservatives; heavily medicated animal protein; heavy metals found in vaccines, dental amalgams, fish, cookware, cosmetics, deodorants, cleaning products, insecticides and herbicides; prescription drugs including antibiotics, pain killers and birth control pills; excessive electromagnetic pollution; treated water containing fluoride, chlorine and VOCs; xenoestrogens from plastic containers and agricultural chemicals; and indoor and outdoor air pollution. Critically, "a poor mindset that results in undue stress, anxiety, and depression" is itself listed as a toxic burden, meaning the emotional and the physiological are deeply interwoven. When the liver's detoxification system becomes compromised, harmful substances roam freely until they embed themselves, and this is where deterioration begins and disease symptoms present.

The second major driver is malnourishment. Living in a world of continually tilled soils treated with chemicals has degraded the food supply to the point where much of it now contains up to 50 percent less nutrients than it did 50 years ago. This compromised soil, stripped of vitamins, minerals, enzymes and beneficial bacteria, cannot supply what the body requires, and deficiencies disrupt the very functions that depend on those nutrients. The result is a cascade of dysfunction that manifests as mood disorders, fatigue and cognitive decline.

Hormonal decline is a third, often overlooked basis. Low levels of human growth hormone produce symptoms including depression, anxiety and fatigue. Likewise, declining DHEA is linked to a wide range of degenerative conditions, and adequate levels are useful in combating depression. Melatonin, the timekeeper of the body, diminishes as the pineal gland calcifies, and the invention of the electric light bulb has thrown off these rhythms entirely, preventing the nightly repair and regeneration that sound sleep provides. Pregnenolone, produced in the brain, supports memory, concentration and mood, and its decline affects the raw material available to make other hormones.

The conventional medical response has been to prescribe synthetic chemicals that cross the blood-brain barrier and alter brain chemistry. Yet the FDA itself has found increased risks of suicidal thinking and behavior associated with antidepressants, anti-convulsives, smoking cessation drugs, asthma medications and even acne drugs. Since behavior can be affected by chemical changes in the brain, and "little is known about these effects," the

entire premise of drugging mood into submission rests on incomplete science. Families who experienced sudden losses feel they should have been given information to make an informed choice.

Modern lifestyle factors compound all of this. Addiction to digital technology, video games and energy drinks, combined with sugar, caffeine and junk food consumption, creates a recipe for dietary-driven depression mediated through the gut microbiome. The anxiety and reward cycle of constant connectivity mirrors the effect of sugar or cocaine on opioid receptors in young brains. Depression is not an incurable disease but rather a direct product of our times.

The solution-oriented evidence is equally clear. Supporting cellular balance through the twelve tissue salts, particularly Kali phosphoricum, which is described as a nerve nutrient present in brain cells and nerve tissue with uses including nervous conditions, anxiety, depression, exhaustion and insomnia, offers a gentle, non-toxic approach. Addressing the underlying emotional causes beneath any physical imbalance is essential, for without that, no remedy provides a long-term solution. Cultivating gratitude, mindfulness, prayer, physical affection and the deliberate release of negativity through reframing perception are all documented methods for restoring inner balance. The Emotional Freedom Techniques, a form of psychological acupressure based on energy meridians, can quickly restore balance and help rid the mind of negative thoughts and emotions. Financial hardship and work stress are significant contributors to

depression and anxiety, and embracing the idea of having "enough" while releasing oneself from the iron grip of advertising directly addresses those stressors.

Are all these electronic monitoring devices really healthy?

Yes. Wearable health-monitoring devices—including smartwatches, heart-rate monitors, blood-pressure monitors, and fitness trackers—can have adverse health effects. However, the risks depend on the technology used, the duration of exposure, the fit of the device, and the individual's medical circumstances.

Most modern wearable monitoring devices are considered safe for routine use. Nevertheless, there are several potential concerns worth examining, particularly for individuals wearing these devices continuously, 24 hours a day.

1. Potential adverse health effects

Potential	Explanation	Scientific assessment
Electromagnetic radiation (EMF)	Smartwatches may emit low-power radiofrequency signals through Bluetooth, Wi-Fi, or cellular connections.	No convincing evidence that exposure within established safety limits causes adverse health effects.
Skin irritation and dermatitis	Nickel, rubber, adhesives, sweat, and prolonged skin contact can cause allergic reactions or irritation.	Well documented.
Sleep disturbances	Vibrations, notifications, screen illumination, and awareness of monitoring can interrupt sleep.	Recognized potential effect.
Anxiety and psychological stress	Constant monitoring of heart rate, rhythm, and other parameters may produce excessive concern about normal physiological fluctuations.	Documented, particularly in people worried about cardiac conditions.

Incorrect medical readings	Optical sensors and automated blood-pressure devices can produce inaccurate readings under certain conditions.	Well documented; may lead to unnecessary concern or false reassurance.
Pressure-related injury	Tight wristbands or repeated inflation of blood-pressure cuffs can cause discomfort, bruising, or temporary circulatory interference.	Established, particularly with excessive pressure or frequent cuff inflation.
Interference with implanted medical devices	Magnets and certain electronic components can interfere with pacemakers or implantable defibrillators when placed too close.	Documented risk requiring precautions.

2. Electromagnetic radiation: Is continuous exposure harmful?

This is one of the most frequently raised concerns.

Smartwatches and fitness trackers typically use three technologies:

- Bluetooth and Wi-Fi: Emit low-power, non-ionizing radiofrequency electromagnetic energy.
- Optical heart-rate sensors: Use visible green or infrared light to detect changes in blood volume beneath the skin.
- ECG sensors: Detect electrical signals produced by the heart; they do not ordinarily transmit electrical stimulation into the body.

According to the CDC's July 2026 guidance, wearable devices generally expose users to radiofrequency energy below established federal exposure limits.

3. Special concerns for people with atrial fibrillation (AFib)

For individuals monitoring atrial fibrillation, wearable devices can be beneficial, but several limitations are important.

Potential benefits: Certain smartwatches can detect irregular pulse patterns, record single-lead ECGs, and help document episodes of suspected AFib.

Potential disadvantages: Motion artifacts, premature atrial contractions, premature ventricular contractions, and other irregular rhythms may be mistaken for AFib. Conversely, a normal reading does not rule out intermittent AFib.

There is no established evidence that ordinary smartwatch heart-rate monitoring itself triggers atrial fibrillation.

4. Recommendations for safer use

1. Wear the device comfortably rather than tightly.
2. Remove it periodically to clean and dry the skin.
3. Disable unnecessary notifications, especially during sleep.
4. Verify unexpected abnormal readings with appropriate medical equipment.
5. Avoid making medication changes based solely on smartwatch readings.
6. Follow device-specific precautions if you have a pacemaker or defibrillator.

7. Consider limiting wireless transmissions when connectivity is unnecessary, although this has not been shown to improve health outcomes.

Overall scientific conclusion

The most substantiated risks of wearable health monitors are skin reactions, inaccurate measurements, psychological effects of excessive monitoring, and magnetic interference with certain implanted devices—not injury from their routine electromagnetic emissions.

For most individuals, the benefits of appropriate cardiovascular monitoring likely outweigh these risks.