

I am a mom, a wife, an artist, a former estate planning attorney, a health & life coach. I am passionate about health and about sharing health with people. I love to workout and am passionate about eating living foods.

I am sensitive. As a person, yes, in that I'm very empathic. As a biological being, yes, in that I am extremely sensitive to certain foods, some medications, and yes, to wireless radiation.

I'm a lover of nature, of all of creation, of plants, animals, and people. We live in Colorado, a place where I like to say that God took a lot of time in creating. Colorado is absolutely beautiful.

I feel that it is my duty, my calling, to protect all of creation- for we don't live on this earth to take from it while we are here. We live on it to protect it for generations to come. And the RF radiation that is being rolled out across our world, to blanket our entire planet is not an act that is protective of our world for future generations. Blanketing our world in radiation that will touch every.living.thing is grotesquely destructive, irresponsible, and selfish towards future generations.

I first became aware of my sensitivity to wireless radiation in July of 2020. I was staying at a relative's house in Philadelphia and was unable to be in their living room as I would become incredibly 'spacey' in that room. I hosted an online business meeting in that room, and I felt what I can only describe as almost an out-of-body experience, not connecting with the person who was speaking on the screen at the online meeting, who was, in fact, me, and the person who was watching the speaker, again, me, sitting in the chair. It was a terrifying feeling, so wrong; I wouldn't wish it upon anyone. Later, that same day at midnight, I was trying to sleep while my husband was downstairs working. I came downstairs in tears, with incredible head pain from the tower near the home we were staying in. I remember saying to him, "This isn't safe; why would anyone feel this is safe! Something that causes this much pain IS.NOT.SAFE.!!"

In August 2020, my husband and I had dropped our kids at college in the Midwest. We drove on into Ohio en route to Pennsylvania. I was driving as we drove into Ohio, via the Ohio Turnpike on Route 80. I felt pressure in my head and head pain as we drove. By the time we reached the Pennsylvania turnpike, my husband was driving. The pressure and pain in Pennsylvania were incredibly worse, like a spike to my head. My husband had not believed such pain from the towers was possible, and yet it was conclusively shown. I could close my eyes and would cry out when I felt the assault, like a spike to the side of my head. I could open my eyes, and we would see a cell tower out the window. The pain would lessen as we drove farther away from the tower, only to return when another beamed its radiation into our vicinity. By the time we reached our destination, I was a shaking mess of pain and anxiety, as the strikes to my head were like the assaults of a mugger in the middle of the night. I had no idea when they'd occur, how intense the pain would be, and I had no way of stopping them from coming.

At home in Colorado, I was blessed that I did not feel pain from the cell towers until October, 2020. It seems that at that point, many more cell towers were erected and turned on in my area. I drove to a mountainous region the last weekend in September, 2020. I was in pain and distraught that our beautiful mountains were being covered in hideous towers. Coming home that first day in October, 2020, I was more distraught when I saw new towers down the highway from my home. These cell towers have absolutely negatively impacted my life. Since the fall of 2020, I've had to cut ski days short, leave day trips early, and decline to attend functions, all because of the presence of cell towers. I wonder as I go to the grocery, the post office, the mall, a friend's house, whether I will have to leave because of head pain, head pressure, and nausea, which also comes on when I've been in the presence of a tower too long. I wonder about my life trajectory. I don't understand why some days the pain is so much more intense. Are the towers more activated those days? Have more cells been added to the towers? Is it the barometric pressure...The telecom companies are not required to tell us what is going on with each tower. We don't get to see an on/off switch, a power load button, or a radiation meter as we drive by the towers. There are so many unknowns about this radiation. Some days I can only be in one room in my house as the others are too painful for me. I try to hide from windows and keep the windows themselves closed, hoping these efforts will help. In the spring of 2021, we opened the doors and windows of my home as we usually do since we love the fresh air and typically do not need air conditioning. It was unbearable. I'd walk into a room in my house in which both the front door and the back door was visible. I had to go back upstairs, immediately nauseous and my head spinning.

I can feel 5G phones... every.single.one of them. My husband and I were picked up by a friend in Chicago in October 2021. My husband knew that I was concerned about the towers in the Chicago area and on the road to our destination. Having been in the area a few months prior, I knew there were towers along our route. He asked me how I was- and I responded that I was feeling horrible, more horrible than I had expected. On an impulse, he asked our friend if he had a 5G phone. Yes, he did, a Samsung phone. Our friend turned off his phone, and within five minutes, most of the nausea had abated. I wasn't feeling perfect, but the over-the-top nausea had passed and I will just then dealing with the head pain from the cell towers out the car windows.

Since October 2021 the rollout of cell towers and stronger cell phones has obviously continued. More and more people are walking around with 5G phones, and more antennas are being put on cell towers. My life is forever altered.

I've been in airports where I have to move when another passenger waiting at a gate is on their 5G cell phone, as my head pain and dizziness are intolerable. When visiting a family member, I am not able to go into a certain room in their house because that is where their router, their wifi, and their devices are kept. Once, when visiting this same family member, we were stuck in traffic on a side road, and our car was stopped literally right next to a cell tower. Twenty minutes later, when the traffic cleared and we were able to move, I was nauseous and had a migraine-like headache.

I've been at a doctor's appointment and noticed an enormous cell tower immediately outside the waiting room. When I got to the exam room and the doctor entered and was asking me questions, I had to tell her I could not think clearly due to the cell tower outside her practice window. That is another thing that happens to me: I can have trouble thinking when I'm in the presence of a cell tower. Sometimes I know the words I am looking for are in my brain, but I cannot speak them. Other times, I just feel stress and confusion, knowing I should be able to answer questions, but I cannot form a thought.

I was at a family vacation in 2025, at the beach. I told one of the family members that I wasn't sleeping well. I was not able to fall asleep until truly 2:30- 3 a.m. every single night. It was a rainy beach week, and I ended up doing some work in our bedroom, where it was quiet. But I wasn't able to really do any work. I'd take off my glasses, and a minute later, I didn't know where my glasses were. Or I'd put something else in the room and immediately could not find it again. The last night we slept there, I realized there must be something on the other side of the wall where our heads were. Sure enough, immediately behind our heads on the outside of the house was where all of the electrical and wifi came into the house. My husband, my kids, and I, whose beds were also on the same wall as ours, had been bombarded with dirty electricity and Wi-Fi for 6 nights.

I declined going on this vacation in 2026. The house that was rented was of the same design as the one from the prior year. There was no way I was taking the chance of having to sleep in the same dangerous room. The choices I make about how and where to spend my time have been materially affected by cell towers and EMF radiation.

On more than one occasion, I have told my husband that I am feeling inexplicably bad. General malaise, sleeplessness, bad headache and confusion. On each of these occasions, a few days later, we have received a text from Comcast informing us of "great news": the cell towers in our area had just been "enhanced". That enhancement is putting the health of all of us—people, animals, pollinators-- at risk. But only some of us can feel these dangerous assaults. And we are the "tin-hat-wearing weirdos" as proponents of this untested radiation would like everyone to believe.

Many people are very kind to me when I tell them I am sensitive to cell towers and cell phones. Some are not, and unfortunately: I've had people outright yell at me; I've had them yell at other family members about me; I've had people aggressively hold their cell phones up to my face, a mere inches from my head.

I wonder how I would feel if all cell towers, cell phones, and wifi would simply disappear. How much better would I feel?

I've been told I'm unique in how the RF radiation affects me. I feel it quickly, within two minutes, and I clear it quickly, usually within five minutes of removing myself from the RF radiation, unless my exposure has been too long. And by too long, I mean eight

hours. Not eight days, or eight months. If I've been in the presence of the radiation for a number of hours, it will be many hours until I feel better. At times I've just gone to bed, praying that when I wake up in the morning, my pain will have subsided.

I'm lucky in that the pain that I have from a tower does clear quickly when I move away from it. Many others who are affected by RF radiation do not find relief from their symptoms as quickly as I.

My husband is an electrical and biomedical engineer. He was not initially concerned about wireless radiation until he saw me, time after time, in a crumpled mess of pain. Now he completely believes me. He doesn't understand it yet either. And he's an engineer.

I am a canary in the coal mine. Six to ten percent of the population is sensitive to these towers like I am. I am frightened, I am hurting, and I can do nothing to escape the radiation that is being beamed across our world. Maybe I'm one of the lucky ones in that I feel the effects of the radiation, and I can try to leave an area where I am feeling it strongly. Maybe I will fare better than those who feel nothing and stay working in the hardware store, the grocery store, or the middle school with the cell towers on the roof of the building they spend hours in each day. But why risk the health and longevity of so many... and for what exactly?

I feel that we are living this truth adage currently: Truth Passes Through Three Stages: First, It Is Ridiculed. Second, It Is Violently Opposed. Third, It Is Accepted As Self-Evident. Are we in Stage 1 or Stage 2 right now? I don't know. I only hope and pray that Stage 3 comes quickly and the dangerous use of EMF and wireless radiation is stopped.

I am thankful to HHS for calling for input from the public. I urge HHS to carefully evaluate these experiences and the scientific evidence, identify gaps in current research, give particular attention to children and other potentially vulnerable populations, and establish appropriate federal research priorities regarding wireless radiation and public health.

I urge Congress to take action to support federal research into the potential health effects of wireless radiation and ensure public health remains a priority. No area of science has been settled, and non-ionizing radiation is included in this statement. This is a crucial topic, and if 5G and other forms of EMF radiation continue to roll out across our planet, and if 5G satellites continue to be blasted into space, there will be no escape for anyone, not for any person, any pet, any livestock, any pollinator. I urge the people who have been elected to our federal government to look beyond their desire for money, for power, for fame, and to do what is right: to seek information, to seek independent studies to determine the dangers of and the health effects from wireless radiation. Those who stand up for safety, those who stand up for protection of citizens, and of creation will be positively remembered.

This is too important and too dangerous a matter to be ignored.



