Public Comment on Potential Adverse Health Effects Associated with Radiofrequency Electromagnetic Radiation (RF-EMF)

2. Perspective Represented

I am submitting this comment as an individual consumer and patient sharing my personal experience with potential health effects that I believe may have been associated with radiofrequency (RF) exposure from wireless technology. I am also a Certified Building Biologist with specialized training as an Electromagnetic Radiation Specialist through the building biology platform.

My perspective is informed by my personal health journey, an assessment of my home conducted by a building biologist, my subsequent efforts to reduce RF exposure, and ongoing measurements of my home environment. My experience ultimately motivated me to pursue professional training so I could help others identify and evaluate potential environmental exposures in their own homes.

3. Personal Experience with Potential Adverse Health Effects

My Health Journey and Discovery of RF Exposure

In 2012, I was diagnosed with Lyme disease and spent many years working to regain my health. During that time, I pursued numerous treatments and therapies, including IV treatments, stem cells, peptides, bee sting therapy, immunotherapy, acupuncture, PEMF, dietary changes, and hormone support. Although I made progress, I continued to struggle with daily headaches, difficulty sleeping, fatigue, and brain fog. For years, I searched for answers and invested considerable time, effort, and resources trying to feel like myself again.

In 2020, a friend suggested that I have my home evaluated by a building biologist for environmental exposures, including electromagnetic fields (EMFs). Until then, I had never seriously considered that the wireless technologies surrounding us every day might be a contributing factor to my ongoing health struggles.

The findings were shocking. Our electric and magnetic field readings were acceptable, but the radiofrequency readings in several areas of our home were extremely high.

Although there were no cell towers close to our house, the building biologist measured RF power densities of 100,000 $\mu W/m^2$ at our stove and 19,000 $\mu W/m^2$ at our kitchen sink and island. According to the assessment report, these readings were attributable to an Orbi Wi-Fi extender located in our kitchen.

Our office also had very high RF readings, reaching approximately 50,000–70,000 $\mu W/m^2$ near my computer. At the time, I used a wireless laptop, keyboard, mouse, and printer. When we

tested my cell phone, the meter registered intermittent spikes reaching approximately 1,000,000 µW/m². Cell phones in my opinion are the area that we must take seriously, especially since children are currently using phone and carrying them on their bodies.

I was stunned by these findings. These were ordinary devices used in everyday life, often for extended periods, in the very spaces where we worked, prepared meals, and spent time with our families. I had never imagined that the RF levels in my home could be so high. Despite years of seeking medical care and trying different approaches to improve my health, I had never considered investigating RF exposure in my living environment.

Steps We Took to Reduce Our Exposure

Following the assessment, my husband and I made substantial changes to our home. We hardwired our house, eliminated our wireless devices, and discontinued Wi-Fi entirely. In my office, I replaced my wireless computer setup, keyboard, mouse, and printer with wired alternatives. I put my devices on airplane mode so they would not be looking for wi-fi.

Our focus was specifically on reducing RF exposure because the assessment had found our electric and magnetic field readings to be acceptable. We wanted to address the wireless sources that had been identified and substantially reduce our exposure in the areas where we spent the most time. We made our bedroom a sleep sanctuary with no electronic devices. When we sleep is when our body heals so that is one of the most important places.

These were significant changes to our daily lives, but we felt they were worthwhile given what we had learned about our home environment.

Measurable Changes in Our Home

I continue to monitor RF levels in my home regularly. I purchased the same RF measurement equipment used by the original building biologist, allowing me to continue assessing our environment after making these changes. The meters I use are the Gigahertz Solutions HF59B RF Meter and the Safe and Sound Pro II RF Meter.

Our current readings are generally average below approximately 3,000 µW/m², compared with the much higher readings recorded during the original assessment. Intermittent spikes still occur, but our measured RF levels are substantially lower than they were before we made these changes.

Changes in My Health

The improvements in my health were gradual rather than immediate. Over the following months after reducing our exposure, I began to notice meaningful improvements in my sleep, headaches, fatigue, and mental clarity. Little by little, I started feeling better. After years of

struggling with persistent symptoms despite pursuing numerous treatments, I began to feel more like myself again.

The combination of the unexpectedly high RF readings in our home, the substantial reduction in measured levels after we replaced wireless devices with wired alternatives and discontinued Wi-Fi, and the gradual improvements I experienced afterward made this an important turning point in my health journey. I truly believe that I could not have improved had I not changed my environment and reduced my exposure.

My experience led me to take the potential relationship between environmental RF exposure and health VERY seriously. It also made me question how much we truly understand about the cumulative and long-term exposures that have become commonplace in modern life. Research is very outdated.

Why I Decided to Help Others

The improvements I experienced after making these changes had a profound impact on my life. After spending years searching for answers to my own health challenges, I realized that many people may not consider their home and work environments when trying to understand persistent health problems.

I wanted to help others become more aware of potential environmental exposures and learn how to evaluate and reduce them. Motivated by my personal experience, I pursued the coursework and training to become a Certified Building Biologist, with specialized training as an Electromagnetic Radiation Specialist through the building biology platform.

Through this experience and my work in this field, I have met many people who are struggling with ongoing health problems and searching for answers. Some have shared experiences in which they felt they could not get well until they made changes to reduce environmental exposures, including RF from wireless technology. Hearing these accounts has reinforced my belief that people's experiences deserve to be heard and that potential environmental contributors to health problems warrant careful investigation.

I recognize that these individual accounts cannot independently establish that RF exposure caused someone's illness or that reducing exposure will produce the same results for everyone. However, I believe that recurring concerns reported by individuals deserve systematic investigation rather than dismissal without adequate evaluation.

I am particularly concerned that people may be unaware of the RF levels in their homes, workplaces, and sleeping environments, or that they may not realize that practical changes can reduce measured exposure. Many do not believe that these frequencies can contribute to

health issues. I believe the public deserves accessible, balanced information about these exposures and the current state of scientific evidence.

4. Observations and Recommendations for Future Research

My personal experience and subsequent training have led me to believe that further independent research into potential health effects associated with RF exposure is warranted.

I respectfully encourage federal agencies and researchers to investigate the following areas:

1. Long-term and repeated exposure. Research should examine real-world patterns of RF exposure in homes, workplaces, schools, and other environments where people spend substantial amounts of time, including during sleep. Cell towers are being put on school properties without proper research as to the effects on the children. I find this criminal and negligent.

2. Multiple sources of exposure. Studies should consider the variety of sources people encounter in everyday life, including Wi-Fi routers and extenders, mobile phones, wireless computer peripherals, wearable devices, smart-home technology, Bluetooth, and cellular infrastructure.

3. Individual differences in reported effects. Research should investigate whether some individuals may experience different responses to RF exposure and whether any identifiable factors influence those responses. I believe that people with compromised immune systems are affected most.

4. Potential health outcomes. Studies should examine reported symptoms such as headaches, sleep disturbances, fatigue, and difficulties with concentration or mental clarity, using appropriate methods to evaluate possible associations and alternative explanations.

5. Exposure reduction and health outcomes. Where scientifically appropriate, research should assess whether reducing RF exposure produces measurable changes in symptoms or other health outcomes in some individuals. Studies should use reliable exposure measurements, clearly defined outcomes, and suitable comparison groups.

6. Children and potentially vulnerable populations. Research should consider age-related differences, developmental stages, exposure patterns, and whether particular populations may warrant additional study.

7. Consistent measurement and reporting methods. Studies should clearly document measurement equipment, units, frequency ranges, exposure conditions, peak versus average readings, and the methods used to assess health outcomes. This would help researchers compare findings across studies and improve the quality of evidence available to the public.

8. Wildlife. Even the birds and bees and other wildlife have been shown to be affected by emf frequencies. These fields interfere with the natural sensory navigation systems of both bird and bees and possibly other animals. Honeybees and native bees use natural electrical, magnetic, and environmental cues to locate flowers, track distances, and return to their hives. Exposure to high-voltage power lines, telecommunications, and other EMF sources can scramble these sensory inputs, causing bees to become disoriented, visit fewer flowers, or fail to return home. Without bees and pollinators, we are at a great risk related to food.

Closing Statement

I am advocating for greater awareness, independent scientific research, and evidence-based guidance that allows people to make informed decisions about their homes and workplaces.

My own experience taught me that the environment in which we live and sleep deserves greater attention when we are trying to understand and support our health. After years of searching for answers, I discovered an environmental factor I had never considered. I made substantial changes, documented a significant reduction in measured RF levels, and gradually experienced great improvements in my sleep, headaches, fatigue, and mental clarity.

I respectfully encourage federal agencies to take reported experiences seriously, investigate potential health effects of RF exposure through independent and rigorous research, and provide clear, balanced information so individuals and families can make informed decisions for a healthier life.

Thank you for the opportunity to share my experience and contribute to this public inquiry.