

October 18, 2026

Filed in response to HHS 2026-19252

Submitted by Katherine R Bridges, RLA

RE: EMR Syndrome

I have EMR Syndrome (electromagnetic/radio microwave syndrome), meaning I get sick from exposure to those fields including frequent and severe migraines, digestive issues, restless sleep, fatigue, bruising, eye floaters and ringing in my ears. With the ubiquitous high EMR around me my body succumbs easily to metals, parasites and tick borne illnesses.

I work with several medical professionals so these conditions are well documented. Recent annual testing show that physically I am healthy and have no chronic illnesses that require regular pharmaceutical medicines.

References:

The Invisible Rainbow by Arthur Firstenberg

All EMF*d Up by Anne Mills

“Physicians for Safe Technologies Conversion Chart” <https://mdsafetech.org/conversion-and-exposure-limits-emr-emf/>

Meters used to measure EMT levels:

2020 - Tri Field Meter (mG – milligauss; V/m - volts/m; mW/m² - milliwatts/m²)

2020 – Stetzerizer Microsurge Meter (GS – Graham Stetzer Units)

2025 - Safe & Sound Pro II Meter (μW/m² – microwatts /m² and V/m)

Shielding Products:

Less EMF <https://lessemf.com/>

Safe Living Technologies <https://safelivingtechnologies.com/>

Advocacy:

Hamden Weighs Rules for Massive Battery Storage Project, The Reporter, December 8, 2025 – <https://www.the-reporter.net/stories/batteries-benefits-and-big-questions-hamden-weighs-rules-for-massive-battery-storage-project,225906?>

Public Input at Walton Town Meeting – Negative Health Effects from EM, The Reporter, Feb 11, 2026 <https://www.the-reporter.net/stories/walton-resident-warns-of-health-effects-from-electromagnetic-exposure, 235756?>

History 2020 – 2021

I learned in 2020 that EMR fields were causing multiple health concerns. The most serious was that the four to six migraines a week that I had had for years was from EMR.

In my Manhattan apartment using a Trifield Meter and a Stetzerizer Microsurge Meter to determine levels, I took mitigating measures for EMR fields. Dirty electricity was relatively low because the electric wires were in metal conduit and outlet covers were metal so Stetzer filters were enough to lower the dirty electricity to safe levels. To reduce RF, I placed my modem and router in a faraday cage. I turned off power to my cable and TV at night. To this day I only own a flip phone, keeping it turned off and stored in a metal box except when I go out. Both severity and frequency of the migraines dropped significantly for the remaining time I was in my apartment to about three to four migraines per month.

History 2021 – Present

In October 2021, I moved to Walton, NY to live full time, purchasing a house in the village. From my experience at my apartment in Manhattan, I had chosen Walton because of the low “technology modernization”. The RF fields in 2021 were within safe levels, and analog electric meters were in use. I installed only a copper wired landline, no “bundled phone” and no smart phone. I continue to use a flip phone only when I go out. Through a separate supplier I had internet and cable installed. In 2022, when the Wi-Fi was increased from 2.4 GHz to 5 GHz I had to discontinue it, returning my router and using only a modem with hard wired internet. I also placed my modem in a faraday cage and shielding fabric over my computer and I use a wired mouse.

Electric Fields/Dirty Electricity (EF or GS)

What was shocking when I moved into my house was the presence of dirty electricity. I was measuring up to 1,000 GS on a Stetzer meter. <https://stetzerelectric.com/> Less than 50 GS is considered safe. I replaced the old knob & tube electric wiring (2/3rds of house) with nonmetallic sheathed cable so that all wires were grounded. Also all outlets and fixtures were properly grounded. I use only incandescent bulbs as LED and fluorescent bulbs cause strong dirty electricity which cause almost immediate headaches. I installed a whole house capacitor (<https://www.saticshield.com/power-perfect>) along with individual Stetzer filters at outlets for my computer, TV, refrigerator, washer and dryer. I still had very high readings (10x) on a Trifield meter even when the everyday electronics and lighting were turned off. These fields were coming from the continuous electric through nonmetallic sheathed cable up to a devices’ off switch. Because of the high EF, and the furnace and refrigerator had to stay on 24/7, I replaced the nonmetallic cables from the breaker box to the furnace and refrigerator with metal conduit.

Breakers for the washer and dryer are kept turned off except when in use.

The only way to stop these fields for safe sleeping is to turn off most breakers at night.

In December 2024 I placed the electric service feeder cable from the house service connection to the electric meter in a metal conduit pipe reducing EMF even more.

Goals: Less than 50 V/m on Trifield Meter

Less than 50 GS on Stetzer Meter

Magnetic Fields (MF)

Radon Pump – it is only turned on when I’m out of the house

Analog Electric Meter – not in an area that causes concern

Electric service connection to house – placed a magnetic field shield behind siding on house where service connects

Goal: Less than 5 mG on Trifield meter

2025 - Installation of Smart Meters throughout Delaware County:

The new Smart Meters were installed by NYSEG in August/September 2025. I opted out. However with a migraine of unknown origin in mid-September, then by mid-October experiencing an increase in severity and frequency of migraines (from 2 - 4 per month to 4 - 6 per week) I became concerned and reevaluated the EMR levels in my home.

I purchased a Safe & Sound Pro II meter and measured the fields throughout my house determining they were coming from the six closest neighboring smart meters, wireless security cameras and a cell antenna on the hill above my house. The RF fields were orange, red, flashing red on my Safe & Sound Pro II meter. First I purchased shielding clothing and blankets covering myself day and night. There was some improvement in the severity and frequency of my migraines. I did learn that shielding helped.

It is an intolerable way to live.

Working with Less EMF and Safe Living Technologies and the Safe & Sound Pro II Meter, I had a contractor apply multiple layers of copper/silver shielding paint on the walls facing neighboring smart meters, as well as shielding film on the windows facing the same and placing a shielding canopy over my bed. I was able to lower the RF to green on the S&S Pro II Meter throughout most of my house with occasional blips of yellow. At the cost of over \$25,000 in materials and a contractor, I can live comfortably in my home.

But it feels like a prison as the fields are throughout my exterior environment and public gathering spaces. I know that if I spend any time out publically, even when wearing shielding clothing, I will have a migraine the next day. Again I work with a research headache specialist so these conditions are well documented.

Goal: Less than 1,000 $\mu\text{W}/\text{m}^2$ or green light on Safe & Sound Pro II Meter

RF reading anecdotes using a Safe & Sound Pro II Meter:

For any length of time, sitting or sleeping, I can only tolerate fields less than 1,000 $\mu\text{W}/\text{m}^2$.

The (already unacceptable) safe level according to the FCC is 4,500,000 $\mu\text{W}/\text{m}^2$.

On a recent visit a doctor's office in the same building as the Social Security office in Oneonta NY the S&S Pro reading was 14,000,000 $\mu\text{W}/\text{m}^2$ (flashing red). On another visit, when the SS office was closed, the reading was in the yellow/orange zone.

At a workshop with about 16 people in attendance, a Wi-Fi router in the closet and everyone with their phones turned on, the S&S Pro reading was over 6,000,000 $\mu\text{W}/\text{m}^2$. I had to wear shielding clothing for the three days I was in the workshop.

Medical Imaging – Adverse effects:

Dental x-rays and mammograms – cause migraine and constipation for the next day

Sonogram – migraines for about 5 days after, constipated for day after

MRI – migraines for about 30 days after

Cumulative EMF and RF Fields:

With the increasing objects emitting more and more EMR fields in our environment, these days my tolerance level has become lower and lower.

The accumulation of all the fields of all the devices in our environment far exceeds any reasonable standard established for the individual devices, when each one is declared “safe”.

The mitigation measures I've taken, at great personal expense, is so I can live comfortably in my home. However outside my home, the accumulation of dirty electricity and radio-microwave fields together, if I have meetings or am in a room with Wi-Fi, LED lights/dirty electricity and a group of people who all have their phone turned on, the fields are intolerable to me triggering a migraine even wearing shielding clothing.

Types of Fields

Earthly fields vs continuous, pulsed, thermal and non-thermal man-made fields:

Cosmic EMR background we evolved from $<0.0000000001 \mu\text{W}/\text{cm}^2$

Per chart in Physicians for Safe Technology safe levels for RF radiation per FCC are said to be 450 $\mu\text{W}/\text{cm}^2$ or 4,500,000 $\mu\text{W}/\text{m}^2$

In 1966 continuous thermal levels of 10 mW/cm^2 were said to be safe for 6 minute intervals on a 180 lb. 35 year old man. That is the basis for the FCC standard and has not been substantially updated since. No standards have not been set for continuous non-thermal, pulsed thermal and pulsed non- thermal.