

Signs and Symptoms of Radio Wave Illness

Health effects associated with exposure to radio waves arise from physiological stresses at the cellular level and subsequent adverse effects on tissues and organ systems. Common symptoms include:

- Fatigue
- Headaches
- Feeling of being generally unwell (malaise)
- Irritability, restlessness, or depressive tendencies
- Forgetfulness, difficulty concentrating ("brain fog")
- Disrupted or poor quality (non-restorative) sleep
- Coldness, numbness, or tingling in hands or feet
- Joint or muscle pain, leg cramps
- Intermittent cough or sore throat
- Indigestion, unusual or loose stools, constipation
- Heart palpitations, pressure or pain in chest, shortness of breath
- Uncharacteristically high blood pressure
- Ringing or hissing in the ears (tinnitus)
- Itchy or prickly sensation in skin
- Eye pain, blurry vision, floaters
- Pain in testicles/ovaries
- Urinary urgency

Effects may range in severity from such benign, temporary conditions as numbness around the ear when using a cell phone, or flu-like symptoms after prolonged exposure to WiFi, to debilitating conditions that significantly impair physical and mental health.

If you see in the above list several symptoms you experience frequently, consider hiring a specialist to survey your home and workplace for electromagnetic fields (EMFs). Such an expert can be found via Google or by visiting the website of the Building Biology Institute. If your symptoms are moderate or severe, also consult a physician who specializes in environmental medicine.

Common Sources of Radio Frequency (RF) Radiation

Indoor: mobile (cell) phones, cordless phones, WiFi, Bluetooth, wireless game consoles, burglar alarms, baby monitors, compact fluorescent lightbulbs (CFLs), TVs, computers, wireless tablets, microwave ovens, wireless sensors and appliances

Outdoor: telecommunication (cellular) antenna facilities, cell phones, WiFi, WiMax, "smart" digital utility meters (especially electricity meters), cars, radar, radio and TV transmitters