Introduction

Hello, thank you to Health and Human Services for looking into how RF may affect beings on earth. I am posting as an individual who has been affected by all four types of EMFs.

Timeline

2007 – I develop severe sensitivities to chemicals and fragrances after exposure to something that caused a strange smell in a townhome I used to own. Multiple home inspections (Mold, VOC, Radon) did not uncover the source of the smell in the home. I had to sell the home due to severe symptoms which included severe asthma, severe tinnitus, food sensitivities and bloody noses.

I mention this because at that time I had phone conversations with Dr. Lisa Nagy and Debra Lynn Dadd who provided consultations on the topic of Chemical Sensitivity. In those conversations, both mentioned that many people with MCS eventually also develop EHS.

2008 – Received Job Accommodation to work from home permanently due to asthma reactions to fragrance in the office and photosensitivity to fluorescent lights. Also received accommodation each year to retain use of older low-EMF laptop until 2018 when the latest version of Windows was rolled out corporate-wide.

2012 - I am able to tolerate using my Samsung S3 3g phone and lower transmission WIFI. We are still using WIFI in the home and I use my Smartphone to make calls. RF readings on my Acoustimeter are in the "green" range at .05 v/m or less. The Stetzer Line Meter readings are in the 35-50 GSU which is in the "acceptable" range.

2016 - I become fully Electro-Sensitive due to several factors including the nationwide rollout of 4g, neighbors using WIFI routers with stronger transmissions and the purchase of my first 4g phone (Samsung Note 3).

Readings on my Acoustimeter increased to .06-.35. I can now hear cell antenna transmissions sounds on my RF meter. The Graham Stetzer Line Meter readings are now 50-100 GSU. I am not able to tolerate the Greenwave/Stetzer/Satic Shield Plug-in Dirty Electricity filters so I plugged in Belkin surge protectors on each circuit to lower the Dirty electricity in the home to 50 GSU.

When using the Samsung Note 3 4g phone, I started experiencing burning pain in my hand and face and skin lesions on my head. This is when I had to stop using WIFI, put my smartphone on Airplane Mode and hardwire my internet access.

2018 - I experienced severe symptoms when a Smart Meter was installed on our house by the water utility. Within a ½ hour, I felt a wave of severe brain fog descend over me, heart palpitations, anxiety. Fortunately, we were able to remove the meter, but we have to periodically fight to not have the Smart Meter installed again. I live in fear that we will be forced to have one someday. I also experienced the same symptoms when visiting my parents who had smart meters on their condos.

August 2024 - There was a severe storm with tornadoes that caused power to be out for 6 days including nearby cell antennas. For the first time in years, I felt like my old self – my brain fog lifted, my food sensitivities started improving, my skin didn't feel hot and itchy, I was able to sit outside in the sun without feeling like I was being baked alive.

November 2024 - I went to the Emergency Room for heart attack-like symptoms.

September 2025 - I had to go on steroid eye drops due to severe dry eye when my EHS symptoms were severe.

July 2026 - I had dental and endodontist appointments for jaw pain and cheek swelling which occurred after clenching my jaw at night due to pain from EMFs.

<u>2026 Living Environment</u>

My symptoms have increased each year as more powerful RF technology is rolled out. Our neighbor's WIFI is so powerful that it reaches several yards out to our detached garage. The antennasearch.com results list 396 towers and 244 cell antennas within 3 miles of our home.

The RF readings are now .15 – 1.0 V/m. The Graham Stetzer Line Meter readings are 200-500 GSU without the Belkin surge protectors plugged in, 85-150 GSU with them plugged in. My comfort range is less than 50 GSU.

After becoming fully electro-sensitive, I had EMF Consultants assess our home (a Building Biologist, Shielded Healing). They advised using shielding fabric or shielding paint. The paint is a permanent option which we do not want to use. I've put up 2 layers of Swiss Shield Naturelle from Safe Living Technologies on the bedroom walls facing the neighbor's home to block their WIFI, but it is not able to fully shield the newer, stronger transmissions of their WIFI mesh routers/ Ring camera/smart devices.

We keep the dishwasher and stove unplugged when not in use because of the high Dirty Electricity they generate. We turn off several circuits at night to lower the Electric fields in the house so I am better able to sleep.

We do not use WIFI in the home. We disconnect the Internet COAX cable coming into the home at night.

I use my Smartphone for internet access by connecting to Ethernet via an adapter. I also have it connected to an Ethernet Grounding Adapter to lower the electric fields. I have all RF emitting settings turned off on my smartphone – NFC, WIFI, Bluetooth, 4G, Location Services, Mobile Hotspot, Find my Phone, Sharing.

I Use a landline or Google Voice to make phone calls. I use Google Voice to text or prepare texts on my smartphone while on airplane mode then briefly take the phone off Airplane Mode to send the text.

I have to spend most of my day in Dream Canopies from LessEMF.com. I can no longer go to the gym, eat out at restaurants, golf with my friends in a league. I'm estranged from 3 of my 4 siblings in part due to them not believing this is a real health issue. I have to leave the house for 2 hours while the dishwasher runs because newer appliances with digital displays create large amounts of Dirty Electricity.

Symptoms

The following is a list of the symptoms I experience when exposed to RF and/or Dirty Electricity. These symptoms go away when I am in a location away from EMFs.

> Loud tinnitus, burning itchy skin, lesions, severe headaches, fatigue, brain fog, sleep disturbance, memory difficulties, dizzy spells, irritability, electric zaps, intense pressure on head that feels like a vise grip, stabbing pain in body, muscle pain that feels like I pulled or tore a muscle, chest pain, heart palpitations, food sensitivities, burning pain in my hand when holding my phone with all RF turned off, redness of face and overheating of body when exposed to RF for periods of time.

Cost

I've spent around $50,000 on meters, fabric shielding, shielded cables, ethernet adapters, EMF consultations, home assessments, doctor visits, various integrated and environmental doctor appointments, acupuncture, allergy reduction treatments, energy healing,

I've spent countless hours researching how to protect myself, how to limit exposure, understanding what each new RF technology is and how I can avoid it.

I've spent hours adjusting settings on both mine and my partner's laptops and smartphones to turn off anything that emits RF. I make my partner put his iPhone inside a "kill can" at all times in case he forgets to put his phone on airplane mode. I have to constantly test with my RF Acoustimeter to make sure nothing has accidentally been turned on or that any device updates have turned RF back on. (Note – Windows 11 updates often turn the WIFI back on via the UEFI BIOS access which exists on newer laptops. Turning on Airplane Mode does not fully disable the WIFI radio. Multiple additional steps are required to turn the physical hardware radio back off.)

The only thing that provides relief is avoidance of EMFs. Multiple times per week, I take my Safe and Sound travel RF meter and find locations in the park where RF is low and spend time there sitting in my car or walking. Besides avoidance, other things I do to find relief are: "earthing" while I am in the park, foot soaks in Epsom Salts (magnesium), low EMF near infrared sauna and cold showers. But none of these are as effective as avoidance.

I live in fear every time I see any kind of utility truck on the street wondering are they installing some type of RF device? Are they running new wiring that will increase the EMFs in the home?

Recommendations:

I hope you will also look into the three other types of EMF – Magnetic, Electric and particularly Dirty Electricity. I am affected by all four types of EMFs. I have tested this with meters. I am only able to tolerate the readings that are recommended by various experts and agencies such as the Building Biology Institute that are in the "safe for sensitive groups" range. My understanding is that there has not been testing done that assesses the impact of all types of EMFs collectively in real-life situations that humans experience now on a daily basis.

I would like to see accommodations for people with EHS: 1) doctors in the US that diagnose this health issue, 2) the ability to obtain disability, 3) the ability to Opt-out of Smart Meters, 4) the ability to opt-out from having cell antennas installed near our home, 5) Assessments of the U.S. National Electric Code to review items that required when rewiring a home that result in higher EMFs in the household.

Recap of Situation:

My life was in a good state prior to developing Chemical and Electro-Sensitivity – I had a good position at a major regional bank working in the Technology department, my stress levels were

low, my health was excellent, I worked out 4-5 days a week lifting heavy weights and doing cardio. I was a few years away from paying off my townhome. After developing MCS and with the continued proliferation of the four types of EMFs, my lifestyle has declined drastically. Since having to retire early, I spend my days living in shielding canopies trying to manage my EMF symptoms and researching solutions to minimize EMF exposure. I am hoping that there will be a better future for me and that my days will not end living a miserable, pain-filled, isolated life.

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