EMF REPORT

Video: Smart Meter from Hell
https://www.youtube.com/watch?v=WHk3cLf85Dk

1. & 2. Responding as: an individual
3a. Type of sources: ALL: mobile phones, towers, bluetooth, WiFi, Smart Meters
3b. Nature, duration, frequency, timing: Aware f impact since deployment of Smart Meters around my home in April of 2014
3c. Adverse health effects: Four staged impact.
1. sensation of pressure on my cranium, especially on the temporal lobes (first 10 mins)
2. sensation of dizziness and nausea (within 30 mins)
3. If I do not exit the field, then the cognitive disconnect starts: I cannot think clearly, rational sequenced thinking is lost. It is as if the synapses in my brain lose their ability to connect
4. This only happened twice, before I realized I simply had to get out of doc: I became actively paranoid, terrified, ..at least I still knew it was because of the exposure.
FYI: I am a PhD in Psychology and a normally well-adjusted, intelligent human being.
3d. Time from exposure to appearance of adverse effects; did a change coincide with onset: YES. Within 9 hours of my home being surrounded by 6 Smart Meters, April 9 of 2014, my left retina detached. FYI here is a video made by a local videographer 3 months later -- at his request. My anxiety is still tangible iin this report. They titled it Smart MeterFrom Hell:
https://www.youtube.com/watch?v=WHk3cLf85Dk
3e. Medical evaluation sought? Diagnosis? Yes, 4 operations later I could again see out of my left eye. However, I have yet to meet a doctor who has a clue how to help me live well with the ongoing (daily worse) EMF/RF exposure in any public place or transportation.
3f. Steps taken to reduce exposure; subsequent changes in effects: My home used to measure green inside with my RF meter (stucco, metal roof -- a kind of faraday cage). In the past year, because of increased external electromagnetic pollution, it has become yellow inside. I sleep under a nylon silver impregnated screen tent, which allows me a green night's sleep. As soon as I exit my front door the RF pollution measurements increase. By a block and a half frommy front door, I am on the main drag of Sedona, AZ: it is consistently a solid red, sometimes even a blinking red = worst measurement.
3g. Supporting documentation: Anecdotal, but very informative. I have been going to a meditation retreat deep in the woods north of Jemez Springs, NM at about 7000 feet. For years I came home sick, not knowing why -- where I slept in my van, it was green. Four years ago I went into the main hall at a break when no one was there, and got a full on RED reading. I just came home from my first retreat in three years. I had worked with the leadership and asked them to ask everyone arriving either to leave their phones (and 'smart' watched) in their vehicles, or to go into settings, turn off WiFi and turn off Bluetooth and then either engage airplane or turn the phone off. The readings in the main meditation hall remained predominantly green, with occasional yellow, nothing higher. I remained well throughout the retreat for the first time. What a joy. What I have learned, is that our phones are designed as tracking machines and if you do not manually turnoff the WiFi and BT, they continue to track even when the phone is on airplane or turned off.
Additional Details: I am so grateful you are choosing to shed light on the EMF/RF pollution that increasingly surrounds us and challenges the wellbeing of a system that evolved without it.
B1a. Sources experienced as causing Adverse Effects: Entering any public building, including our hospitals and doctors offices, puts me at risk. They almost always, based on measurements I have taken, read RED. This means no restaurant meals with friends, no public movie showings, I do necessary organic food shopping once a week as quickly as I can. No one brings a live cellphone into my home. I have everything here hardwired, and even so the ethernet cables when in use, leak radiation up to orange. I put a shield between me and my Mac laptop. I wear a Blue Shield device in

direct contact with my body -- it helps,, but only minimally.
B1b. Sources can sense, but don't harm: NONE
B1c. Can use without sensing: Sometimes, I don't feel the effects until after. They are always there.
B1d. That provide benefit: ???
B2a. Health conditions that may contribute: Major Brain Fog. Weakness in my long muscles, especially in my legs. Inability to make decisions / confusion. I LIVE AS WELL AS I CAN BY AVOIDANCE, AND BY HIKING IN THE WILDERNESS AT LEAST A MILE OUT OF TOWN,AND BY SLEEPING GREEN AT NIGHT.
B2b. Other health conditions: I had an infection in my leg that lasted from January through August of this year, developed cellulitis - 2 bouts of antibiotics, that still did not take it out. In the past I have always healed super quickly from any injury. I suspect a connection, but cannot proveit.
B3. Drugs, therapies, remedies, or practices:
B3a. Can recommend: Time in the wilderness, far, far away from any towers.
When I go to visit my daughter in HI (flying in an airplane is a death sentence for me) I ask them to take me immediately to the shore and the water upon arrival. Within 1/2 hour of ocean water, walking barefoot on the sand, I am measurably back in my body, and my brain begins to function again.
B3b. Can recommend, but not positive they help: Have yet to discover a wearable that actually does what it claims to do -- block or mitigate the exposures..
B3c. Helped but don’t recommend: NA
B3d. Treatments having no effect: NA No one has offered a treatment. Our doctors are clueless.
B3e. That made sensitivity worse: 75+
B4. Age range: 75+
B5. Year you became aware of your sensitivity to RF/EMFs: 2014 with the deployment of the Smart Meters. Devastating.
B6. Country, state, province, or city lived in when first noticed sensitivity: Sedona, AZ