

I believe I am electro-magnetic hyper sensitive.

I believe my journey towards this started when my work situation had me sitting in close proximity to a massive electronic hub for six years 😞. This hub was where all the routers were that brought in and sent wi-fi out to the rest of the building (an elementary school, extremely sad 😞😞). Unfortunately for me, this hub was on the other side of the wall of my office so I never saw it or had any idea I was in any danger. However, my first migraine started within a week. By the end of my first school year there, I was suffering horrible, 72 hour long migraines approximately every other month. By the end of the sixth year there, my brain fog and general exhaustion was severe, in addition to these migraines. I recall, in June, literally picking up a document with instructions on it and not being able to process it. That was not who I was.

Of course, I blamed my headaches, the brain fog, the exhaustion on anything I could think of – ‘oh I worked too hard today, oh I allowed myself to become dehydrated, oh this must be menopause.’

During the worst of these years, I would come home and have no choice but to lay back in my recliner and close my eyes for an hour. I would have to set a timer otherwise, I’m not sure how long I would have slept. But here’s the worst part of those naptimes – I would sit in my recliner beside my cordless phone, with my cell phone and laptop, 10 feet from the smart meter on my house and 25 feet from the smart meter on my neighbor’s house, and right above our internet/TV router in the room below me. But of course, I didn’t know any of the dangers of any of those things then.

In a rare occurrence, that school actually had a fire in it that ultimately caused the building to be torn down. It was a blessing in disguise for me personally because I was forced into a different building. The migraines continued for another two years and then amazingly and although I could not figure out as to why, they finally eased. The exhaustion did not improve, although the brain fog also eased up to a degree.

The tipping point for me came early in the next school year. We were having some glitches with our TV cable at home. A young man came along and said, “You guys are still hardwired here, no wonder you’re having problems, everyone is wireless now with these new routers.” Yes, of course, we went along and became wireless. But that was the tipping point for me. Still sitting beside my cordless phone, with the cell, the laptop, the smart meters, and now on top of that next generation wireless router, with what I believe was an injured brain, I tipped over from sensitive to hyper-sensitive. My ears began to ring (and have never stopped), there is pressure in my head, a strong metal taste in my mouth, difficulties focusing, fatigue and those were my better days.

Right around that time, November 2017, my husband broke his foot quite badly. I picked up a violent flu virus and there we were, virtually housebound for a few days. The pressure and ringing in my head became so intense and I somehow followed this intensity to that router, unplugging it completely. My husband wasn’t all that thrilled with me as he was couch bound,

injured and would have liked to watch some TV. But somehow, I knew I needed that router off. Right around this time, I recalled a TED talk I had heard a few years ago. It was Jeromy Johnson telling his story with EMF sensitivity. I played the talk again, and found I was nodding along, saying yes, me too. Those things he was saying applied to me and I began my journey of discovery.

By 2019, I have done the easy things. My house and my husband's office are hard-wired. I have dirty electricity meters in my house. I left my school district job June 2019 after the start to that school year was a 12 day migraine. Around Day 11 of that migraine, I spotted a new 'next generation' router under the printer. This router had been put in over the summer, and I did not know about it. All I knew was I was in trouble with this migraine. Finally, by fluke, I noticed the router which was about 10 feet from my desk and of course everyone in the building was walking right by it all the time (and using computers right beside it and sitting on the floor beside it, on and on. It makes me so sad.) I used shielding material around the router at school, but that last year, I was at about a 30% level of functioning.

My husband is self-employed and I have been working with him around my school district job for 12 years. Now, after leaving my school district job, I work most days in our building which is in an industrial area. We are beside high voltage electrical wires and surrounded by many wi-fi networks although our building is now hard-wired. There are two smart meters and a large electrical panel right in the main office. all our PC towers and monitors hard-wired along with my keyboard and mouse. The main office uses fluorescent lights, but I have them turned off in my office and use a lamp instead. We are looking at how to change our work but will need still 3 – 4 years in this building.

I rarely use my cell phone and insist that my husband keep his phone in airplane mode as much as possible. That's hard for him as he is a salesman and is addicted to his phone as anyone is. I put covers on both smart meters (but later removed them) and moved my recliner to the best possible position. I no longer have any cordless phones. I unplugged the lamp beside my bed and moved the clock/radio to my husband's side. I purchased a non-metal spring, non-toxic bed mattress (but it is still sitting on a box spring). I rarely use a microwave. In the summer of 2019, I started using a shielding canopy around my bed and have turned the electricity in my bedroom completely off at the breaker box.

I purchased a meter called an HF-Analyser HF35C, which is how I discovered the radiation coming off the cordless phone and leaks in the microwave oven. But I'm not at all sure that I'm using it correctly. I also purchased a Greenwave EMI meter that I used to reduce dirty electricity to low levels. I purchased a small amount of shielding material called RadioClear High Transparency High Shielding film from Less EMF Inc. that I used in our vehicle when my HF35C detected very high levels (of what I don't know exactly the best words to describe). This shielding material seems effective as the meter levels went way down.

The other thing I have done at home is to purchase and use a low EMF far infrared sauna in hopes of detoxing my body. I found a naturopathic doctor who did not know about EMF's but

was open minded. She did some research that found anecdotal evidence supporting the notion that EMF sensitive people can have extremely high levels of heavy metals in their bodies. Through a urine sample test, it is determined that I have extremely high levels of lead, mercury, thallium, arsenic, cadmium and a few others. A blood test from the medical doctor side revealed high ferritin. It seems I am a walking lightning rod.

Although I can never be sure, I think now that I'm becoming so sensitive that after an afternoon spent at a friend's house within very close proximity to their router within a day of spending a long afternoon spent beside a wireless radio (that one I should have caught) in our vehicle, I was virtually unable to do anything but fitfully rest for an entire day.

One other thing that is happening to me are these intense hot flashes. Of course, I just assumed menopause but now I think they are connected or possibly linked to a bad EMF exposure. The intense flashes started right after my dad was hospitalized and I spent several days with him in that unhealthy environment of a modern hospital. These flashes are so intense that I feel unwell, almost kind of 'fried', nauseated and of course very hot and sweaty. Dad was hospitalized a couple of months after I tipped over from the new router at home.

On my own, I am working on finding good supplements to support detoxing, brain health, stiff joints and reduced ability to concentrate and learn.

My story makes me sad. I virtually lost a decade of my life to those migraines and exhaustion and all of it I believe was preventable. If I had only known about that electronic hub. Sigh.