

SUMMARY

The issue of EMF emissions and exposure on human health is complex with long-term societal implications. The effects can be disabling and degenerative, resulting in the inability of people to work, experience social interactions and fully participate in everyday activities. However, little has been done, officially, to address the situation. Its public perception, fostered by the government's approval of all technology and the medical community's reticence to believe patient reports, has been one of minimalization or complete unbelief instead of being one that allows the resultant condition to be recognized for the growing legitimate problem that it is.

To date, limited health studies, typically focusing on cancer without serious acknowledgment of the day-to-day effects on human function, have produced seemingly skewed results that reflect their industry genesis. In addition, they tend to focus only on one type of technology instead of addressing the multitude of sources that create EMFs cumulatively.

Because technology is advancing and increasing, the effects are becoming more debilitating and the public needs not only more unbiased scientific information, but also mitigation and financial resources so that we can be protected and, possibly, returned to better health.

Public Experiences and Reported Potential Adverse Health Effects

2. I am responding to this request for information in several capacities: as an individual affected by EMFs, as a patient who has been examined by unbelieving doctors; as a family member who has watched her daughter's health deteriorate daily from exposure to electrical sources; as a citizen who sees an escalating problem that appears to have no recourse, but needs one.
3. My experience has been that discovery of the association between adverse effects of exposure to RF/EMFs and our health usually has been retroactive following a process of elimination. For instance, my daughter and I ("we") had noticed severe headaches while driving past specific areas. After discovering that the area had cell towers, and that the headaches regularly subsided without medication of any kind several blocks down the road, we deduced that the source was probably those towers. We confirmed it later by checking to see how many towers there were and their sources [antennasearch.com]. In our quest for answers, months and years later, we also began to see correlations between certain symptoms and certain providers and types and directions of towers. This happened with a variety of EMF sources. So far, we have identified the following physical effects of exposure, occurring in varying intensities depending on the source and type of the signal. In alphabetical order:

Aphasia
Brain Fatigue
Bruising – Unexplained
Confusion
Deadened Nerve Sensation
Difficulty Breathing
Disorientation
Distorted Taste and Smell
Ear Pain
Excessive Sweating/ Chills
Fatigued Body
Fatigued Heart
Fluttering Heart
Hair Thinning and Loss
Headaches -
 Migraines
 Sharp, Specifically Located-
 Head Pain
Hearing Loss
Heart Palpitations
Hurting Heart
Hurting Lower Back
Hurting Ribs
Inability to Eat
Inability to Sleep
Intestinal Pain
Irritability and/or Outbursts of
Rage
Lightheadedness
Loss of Short-term Memory
Loss of Muscle Tone
Loss of Hand Strength/ Dropping
Things
Loss of Appetite
Memory Interruptions
Muscle Aches and Pains
Nausea, Diarrhea/ Vomiting
Neck Pain - Severe
Numb Legs, Ankles, Feet, Arms,
and Lips
 Overheating/ Internal
 Thermostat Changes

Painful Ears and Eustachian Tubes
Passing Out
Peeling Skin/ Lips
Pounding Heart
Rib Pain
Rubbery Skin
Severe, Sudden Weight Loss - 50 pounds
Skin Outbreaks
Specific Muscle Pain - Upper Chest
Stomach Pain/ Swelling
Swollen Lips
Tendon Pain
Tinnitus
Twitching/ Tremors
Unreasonable Responses
Vertigo/ Losing Balance
Visual Problems/ Blurred Eyesight

- a. The following types of wireless technology or RF/EMF sources have been involved:

Outside:

Towers

Base - NOTE: At every intersection with a tower, the speed limit drops so exposure is increased.

Mini on Street Posts and Telephone Poles

Maxi in Fields, on Mountaintops

Solar Panels

Individual

Solar Farms

Windmills

Hydroelectric Plants

Generators

Transformers

High-powered Electric Wires

Smart Meters

Airport Communications Systems

Security Systems

Satellite Emissions

Homeland Security

Communications

Safety Systems

Traffic Lights

Train Signals and GPS

RFID's

Store Products

Library Books

Internet of Things

Toll Tags

Vehicle Keys

Required Microchipping –

Dogs

Cats

Cattle

Sheep

Race Horses

Humans (Currently banned in fourteen states)

Automobiles

GPS Systems

Satellite Radio
Store Registers
Crop Hydration Systems (Sprinklers)
Tractors and Agricultural Equipment
Sam's Club Arch Readers at Exits
Surveillance monitoring devices, including cameras, in stores
Robotic Cleaners and RFID Readers in stores
Solar Flares
Rocket Launches
Military maneuvers
Airplanes
Rockets
Increased Dome Activity
Satellite signals
Helicopters
Crowds of people in cars, or in stadiums, or stores (each with a cell phone)

Inside:

Computers
Radios
Earbuds
Microwave Ovens
Smart Appliances
Refrigerators
Dishwashers
Stoves
Washers and Dryers
Lightbulbs
 LED
 Fluorescent
Screens/Entertainment
 Televisions
 Computer Monitors
 DVD Players

- b. The nature, duration, and approximate time of exposure vary. In general, symptoms are triggered every time we come in contact with a source. If we are exposed for a long period of time, the symptoms take longer to dissipate. This can take a few minutes to hours or days. Pain rarely goes away completely. For instance, this comment has taken several hours to compile. I had to take OTC medication to continue working on the computer. My daughter cannot get near her computer without intense headaches.

NOTE: When the intensity of some signals increased (Windows 11 became mandatory and 5G was rolled out) the associated symptoms increased exponentially. AI has its own peculiar pitch that generates intense pain.

- c. My daughter's exposure has resulted in permanent hearing loss and Long-term Disability. One of the most discouraging consequences has been that she has not been able to accept honors at the national level because they required in-person attendance at the swearing-in ceremony.

My exposure varies in intensity daily. We both have extremely limited social interaction. This degenerative process even keeps us from having a dog, whether for service or as a pet.

- d. Several years ago (2022), my daughter began to suffer from a series of seemingly unrelated problems that impacted her health. She went to several doctors to report her unending headaches, abdominal pain, nausea, ear problems and aphasia--to no avail. I began having similar symptoms, including light-headedness and heartbeat irregularities. Doctors kept testing and testing, but found nothing. They finally decided that our conditions were psychosomatic and dismissed us both.

Because we were in such unrelieved discomfort, and on our own, we began to keep track of what was happening. A pattern emerged. When we were not in our rented smart-house, we felt better. When we were in it, we were debilitated. It finally dawned on us that something was up with the electronics. As soon as we could, we moved out of the house, and the area, searching for relief and confirmation of what we had noticed.

That is when we were able to document the correlation between the activation of the high-powered cell towers, other magnetic super-sources and our health. We took to the road for about a year in our little travel trailer to see if we could find a new place to live. On the road we discovered that we would drive to an area that seemed safe and usually about two weeks later, we would have to move again because the EMF effect was getting to us. We travelled more than 15,000 miles, trying to find relief as stronger signals were rolled out across country. We ended up in a house in Florida with only two base towers and fourteen antennas that were located within a three-mile radius--to no avail.

Over the past two and a half years, our problems only increased. This year (2026) my daughter became so ill from exposure to her computer that she had to give up her job and was approved for Longterm Disability. The last episode involved her realizing that in addition to excruciating pain caused by the wi-fi and her computer, she could no longer hear. Testing confirmed her hearing loss. So, we went back to our research protocols and discovered that two weeks before, when her hearing loss had set in, T-Mobile had just installed a new tower with ultra-high-powered signal in our area.

- e. Further evaluation by her Neurologist confirmed her worsened condition. MRI's were conducted. Hearing tests. Physical exams.
 - f. Our life has become a mitigation race with sparse success. The following is a partial list of what we have attempted: Use of EMF limiting handmade window coverings. Use of expensive commercial EMF equipment that is supposed to "clean" the electricity in our home. Purchase of signal-blocking apparel. Elimination of public activities: limited doctors' visits (virtual after first in-person evaluation), no dentists, no ER visits, no shopping. Only occasional use of cell phones and computers (daughter); limited use for me. No wi-fi exposure. All electronics turned off, including circuit breakers when not in use. No smart equipment allowed in house. No driving down highways (always have to go back roads to avoid heavy tower influence). No vacations. No National Park visits or camping. No public attendance of events like the theater or sporting events. Essentially, we spend most of our lives in one partially protected bedroom where the effects are somewhat lessened.
 - g. The official supporting documentation that we have is in our medical reports and Disability documentation.
5. As a lay person, my understanding of National and International exposure standards is limited. However, large gaps in information exist for the public
- o. The largest gaps in knowledge seem to be in:
 - 1. How to protect ourselves successfully from these multiple exposures
 - 2. How to belay the assumption that only one device exists at a time
 - 3. How to expand research beyond Industry control and open up results of credible, independent studies to the public
 - 4. How to obtain funding for mitigations for individuals and not just block grants
 - p. Cumulative exposure over time should be of the highest priority for research classifications.
6. Scientific evidence on this subject is difficult to find; it is typically unknown to the public. The easily obtainable information is often supplied by previous experts in the field who have set up websites, websites that want to sell products that may or may not help to protect consumers, and/or from personal anecdote and medical history.

Measuring Human Exposure and Public Health Surveillance

9. All technical and exposure-related information should be disclosed to consumers, residents, workers, schools, healthcare providers, local governments. At the moment all that is easily available is suspect, especially since the release of AI.
10. I do not know of easily available data resources. A related point here is that even this call for information was hidden. I found it by accident, and, yet, the outcome of this call for information is vital to our improved lives.
11. Typically, only cancer studies that disprove EMF effects are easily available online. My impression from my observations of those whom we know who are suffering from similar undiagnosed symptoms right now is that they are highly intelligent, sensitive people (usually women) and, include those on or near the Autism spectrum. Others who should be studied should include: Workers who are constantly exposed to various technologies; Children; Older Citizens – especially vulnerable populations in medical facilities that are overloaded with technology inside and outside, and those who seem to be suffering from Alzheimer's.

Existing Evidence

15. Because this field of study is emergent, all of the listed categories for evidence should be considered when regulations are designed, including the unexpected effects on animals and plants. For instance, our symptoms increased when buried fiber optic cables were installed on the town setback on the edge of our property. Those emissions pass through the earth, presumably affecting everything that grows or depends on what grows in it.

Federal Research Priorities

This problem exists and is increasing with no mitigation resources available to those who are affected by it.

We need:

- a. Funding resources for Faraday protections/ adaptations to housing. Grants for Faraday rooms and overall home protection (including devices). Current devices are extremely expensive, although necessary.
- b. Changes in signal-blocking legislation that allow for exceptions for people who need to be protected from exposure and effects (e.g. Removing the restrictions on blocking cell and radio signals).
- c. A campaign to remove the stigma associated with having a reaction to EMF's by openly acknowledging the conditions caused by this technology. This should include rebranding of the condition currently called Electromagnetic Hypersensitivity, which puts the blame for it on the person, to calling it something like Electromagnetic Overexposure, which redirects the responsibility onto the providers.
- d. NO ONE ASKED US if we wanted any of this. All installations should be voted on, including removal and/or regulation of dangerous equipment.

Additional Information

18. A helpful website:

antennasearch.com

CONCLUSION

In conclusion, EMF excess is having a detrimental effect on American lives. Some citizens are painfully aware of it; others are being affected without their knowledge. Because this is a national and international problem, the world would benefit from protocols that not only acknowledge what is happening, but would also provide viable solutions.