

Department of Health and Human Services
Hubert H. Humphrey building
200 Independence Avenue, SW
Washington, D.C. 20201

RE: Docket HHS-OASH-2026-0397

Good Morning,

As a research scientist, I would like to comment on the consequences of exposure to electromagnetic fields (EMF) and radio frequency radiation (RF). My academic background and career detailed below provide me with the background needed for holistic consideration of this phenomenon in the world we inhabit.

My Ph.D. and MS were earned at an Ivy League university. This achievement was built on an interdisciplinary base - a BA from an exclusive private college and a BS from a land grant university. Degrees in hand, I accepted a post-doctoral fellowship at a university in The Netherlands and an appointment as Academic Visitor at Oxford University, UK. This training enabled me to engage in an international life of research and scholarly activities in the USA, UK, Europe, and West and Southern Africa. I have been awarded grants from the American Social Sciences Research Council and the MacArthur Foundation, as well as from the prestigious British Leverhulme Trust. I have written a book, book chapters, and peer reviewed articles, some of which were invited, and participated in seminars, workshops and conferences where some of my presentations were keynote addresses. Currently I am affiliated with a British university as a Senior Research Fellow.

My primary area of interest is long-term environmental change caused by social interventions in landscapes, and my approach has always been interdisciplinary. This is reflected in the breadth and scope of my work (archival and field-work based research and writing). I am, therefore, accustomed to being able to read widely across many disciplines and write analyses in which diverse information is synthesized. This active professional life, which involved travel on all forms of public transportation (airplane, train, ship and bus) and staying in a range of accommodation from expensive hotels to university dormitories existed when wireless technologies did not. It ended abruptly in 2016 when wireless technologies engulfed my life.

The commentary which follows is based upon planned and unplanned micro-level field experiments in which I have used the scientific method of observation, hypothesis, experimentation, analysis and conclusion. The materials and methods employed to obtain observations have varied with each experiment, as described in the following paragraphs.

Observations and Hypotheses

After the death of my Canadian spouse I decided to move to the French-speaking Province of Quebec, Canada to fulfill a childhood dream of becoming fully fluent in

French. I had just had a complete physical examination and was told that my health was excellent and that, in particular, my heart was exceptionally strong. After selling our house in May 2015, I moved to a small city with two universities where I found a lovely apartment whose proprietor was adamantly opposed to smoking in his building. I felt lucky, safe and secure, with a base from which to purchase another house. I knew nothing about domestic and municipal electricity systems or EMFs and RFs, had never heard of a smart meter, and did not own a cell phone. I did not know that the bank of 6 smart meters on the wall below my bedroom window could pose a threat. Wifi existed only in a few public places. I attributed the novel experience of insomnia to the stress in my personal life. At the end of the summer students moved back to apartments in my building and those nearby. Many subscribed to the new, powerful wifi system that Bell Canada was promoting. In the apartment below mine the router was directly under my living room broadcasting 4G-LTE frequencies.

I developed headaches, my heartbeat became noticeable and irregular, my hair started to fall out, I was gaining weight, and other odd things occurred in my body. I was unaware that Linda Saili and colleagues were publishing “Effects of acute exposure to WIFI signals on heart variability and blood pressure in Albinos rabbits” (*Environmental Toxicology and Pharmacology* (2015) 40(2):600-605). I felt better every time I left the apartment. Sleeping was difficult. I tried sleeping on the deck, but the headache remained. Finally I took my blankets to the car just to escape headaches. And wondered why, as a person with a Ph.D., a lease for a 3 bedroom apartment, and enough money to buy a house, I was sleeping like a homeless person. Since I had to prepare an invited paper to be at an Austrian university in mid-November, I took my notes and papers to a picnic table in a park to write. Fortunately, the weather was warm enough that autumn. Problems began upon my arrival in Europe.

In the hotel in Prague, Czechia, the router for the wifi system was located next to the entrance of my room. A ferocious headache developed immediately, so I asked for another room. The hotel in Vienna, Europe’s first “green” hotel, also was full of headache-producing wifi, but not as strong as in Prague. Fortunately, the university lecture hall did not have wifi, and I was able to make my presentation in comfort, and go to a very nice restaurant afterwards. The hotel in Frankfurt, Germany, en route to the UK university by train, had such a strong wireless system that I could not sleep anywhere. I even tried a couch in the basement games room to no avail. In England, I stayed with a colleague who had a land line and cabled internet. By the time I returned to Quebec in December it was clear that the RF radiation of wireless communication systems negatively affected my body, even though I did not own a cell phone or any wireless devices.

On January 2, 2016 an electrician came to survey my apartment. After using several different meters, he said to me, in French which I barely understood (he speaks a local dialect): “This apartment is very unsafe, you are on the verge of becoming very sick, you should never sleep here, never spend more than three hours at a time here, buy protective clothing, and find a new place to live. There is no place in this city that would be safe for you.” January is a very cold month in Quebec, most residential leases are written from

June 30 – July 1. Looking for an apartment would be difficult, if not impossible. I was unfamiliar with the regional geography, did not speak French well, had sold our house so could not “go home”, had no local friends, and no family nearby. The only thing that was certain was that the artificial radiation upon which wireless technologies depend affects my body’s organs and systems and their functioning. Thus began years of housing insecurity and a perpetual attempt to protect myself from electromagnetic fields and radio frequency radiation.

I have come to learn more about the scientific studies that explain why I am made so uncomfortable and dysfunctional, how each frequency affects a different party of the body, and that the heterogeneity of people’s bodies ensures that not everyone has the same responses. There have been times when my life was in jeopardy because of impairment due to radio frequency exposure. My brain’s cognitive function has been impaired. Despite a regular study schedule on my own, I have failed to perfect my knowledge of French (I cannot attend any institution offering courses, since they all have wifi, and other students have cell phones, other smart technologies such as watches, and bluetooth powered equipment).

Since EMF/RF first impinged upon, then prevented, my professional life, I have used my skills of observation and evaluation to 1) formulate hypotheses about the unusual occurrences in my body which I can perceive; 2) implement experiments in search of remediation; and 3) assess the result(s) of each intervention. Both the formulation of possible remedies and interpretation of their effectiveness have been supported by discussion with others engaged in similar searches for self-protection and by consulting the growing interdisciplinary, international scientific literature concerning injury, malfunction and mortality in a wide range of life forms (from cells to entire organisms) associated with different amounts, kinds and duration of exposure to EMF/RF. Fortunately the peer-reviewed scientific literature is easily accessed on many websites sponsored by academic, professional and non-government institutions, and scientifically-based summary and explanatory publications intended for a more general audience are available.

My efforts to seek medical assistance have been fruitless. Acquiring official records in the Province of Quebec is not possible because any health practitioner - from massage therapist or acupuncturist to nurse or doctor - will lose their license to practice should they diagnose or treat a patient for adverse physiological responses to radio frequency or electromagnetic radiation exposure. A patient’s descriptions of auditory or visual perceptions are interpreted as signs of mental illness. Insistence on harms from a source imperceptible to most people and valorized by governments is grounds for placement in a psychiatric ward. Since it is illegal to be diagnosed or treated, and dangerous to admit physical symptoms, neither I, nor any of the others resident in Quebec whose lives are adversely affected disrupted by radio frequency radiation, can provide official confirmation. However, one doctor who insisted my hypothesis of unpleasant symptoms were being caused by EMF/RF was nonsense, offered to increase the range of tests included in the routine evaluation of my blood sample. The results showed that there were no signs of imbalance or early indications of disease. I am an exceptionally healthy

individual - unusually so for my age. The MD had taken a bit of a risk, in what could be construed as an act of kindness. She had no justification for the extensive blood analysis. The conclusion that I drew was that standard laboratory screening tests do not reflect the disruptions caused by EMF/RF exposure in my body.

In lieu of medical certification, a file full of receipts documents the thousands of dollars I have spent in an effort to protect my person and to shield my places of work and residence as I moved in search of safety. I have bought meters to make visible the largely imperceptible radio frequencies - purchasing new ones as the frequencies in use expanded. I have experimented with special diets and supplements to support my bodily functions. As recommended by the electrician, I wear protective clothing made from metallic threads (spun with silver or copper). These, like meters, must be replaced as frequencies change. I have bought protective canopies for my bed and workspace; screens and curtains for walls and windows; rolls of paper-backed aluminum foil to cover floors; cables and shields for my computer; and a safely wired landline telephone. My 16 year old car is entirely mechanical. I pay to keep it in good working order to avoid electronically enhanced vehicles. Since most of the clothing and supplies were purchased from specialist suppliers, their purpose is obvious from the receipts. (I can assure you that no one would wear protective clothing – particularly in summer – unless their well-being depended upon it.). For an overview of the wide variety of shielding/protective products and meters available to (and purchased by) the general public, as well as their cost, see the website at www.lessemf.com.

In the following paragraphs I shall describe a few “micro-research projects” whose structure were both ‘natural’ (not by design) and planned (intentional experiment). These very personal “experiments”, repeated under a range of conditions have strongly supported my conclusions that EMF/RF seriously disrupt my physiology, and that there are two rational responses: avoidance and nutritional support for my body’s capacity to defend itself.

Avoidance: Physical Distance and Shielding

The first response to a noxious substance is, typically, avoidance. I am not alone in having retreated more than once, moving to places not yet contaminated, as wireless technology’s geographical extent increased. At a local level I have had to withdraw from participation in civic gatherings and social events due to the ubiquity of wifi. I cannot go to the cinema, concerts, or the theatre, eat in a restaurant, or visit a shopping mall. Most tragically for me, I can no longer swim in, or canoe on, Quebec’s beautiful lakes because towers are located near their shores and frequencies bounce on water.

When physical distancing is impossible, personal shielding can be constructed by wearing protective clothing. Not every body tolerates being wrapped in metallic fibres. Fortunately, mine does. But being forced to wear such garments in an attempt to ensure the safety of my physical person is undignified. Not only do these coverings inhibit my ability to express myself, but they also subject me to the indignity of either explanation or enduring different forms of ostracism. A hooded shirt has social connotations and attracts

hostile stares and negative comments. A protective shirt and separate cap covered by an ordinary hat does not protect the thyroid gland (located in the throat), but is less peculiar. Any kind of protective clothing makes the summer hotter. When driving, I always wear not only a protective shirt and cap, but also drape a protective veil over a broad-brimmed cap to protect my face and the openings to my brain – ears, eyes, nose, mouth and my thyroid. The veil has attracted unwanted police attention. It takes inner personal strength to appear in public in such a freakish manner.

Although far from perfect, wearing protective clothing reduces my exposure and allows me to function better mentally and physically. Each time I enter a public space I must consider the amount and duration of radio frequency exposure, and decide whether the consequences of this exposure can be justified by some benefit of participation. Without protection, my cognitive function declines. I can feel – and act - like one of the mice assessed according to Hebb-Williams maze analysis in the 2019 study by Kishoer et al. “Effect of 1800-2100MHz electromagnetic radiation on learning memory and hippocampal morphology in Swiss Albino mice” (*Journal of Clinical and Diagnostic Research* 13(2):AC14-AC17).

Although I perceive an assortment of physiological problems from exposure and general benefits from avoidance and wearing protective clothing, there are four very clear examples of the importance of physical distance and the benefits – as well as limitations - of shielding. These examples constitute unplanned experiments because there are distinct exposure times and control periods without exposure.

1. Headache and Impaired Cognitive Function vs Mental Clarity

Two years ago central and western Massachusetts did not have complete cell tower coverage, and there were no smart meters. I drove down US Route 91 through Vermont to visit friends and a shop in Greenfield. One friend’s house received internet and telephone services from a satellite provider, the other had cabled internet access and a landline telephone. Greenfield prides itself on its advanced levels of “connectivity” at the municipal level. I wore my protective clothing continuously. I had a mild headache while staying at the home of the friend with satellite wifi. En route to the other friend’s house, which is located in a small village surrounded by forest with low to no cell phone reception, I became lost. Even though I was worried about where I was and if I would reach my friend’s house on time, I could feel my entire body relaxing. I realized that I felt the way I had all of my life before the arrival of wifi in my environment. The tension in my muscles gradually lessened throughout my body as I drove around in the unpopulated landscape. This sensation of “the way I used to feel” disappeared when I returned to the house with the satellite wireless internet. My body became tight and contracted once again.

The next day I went to Greenfield. The wifi in the specialty shop was so strong that I could hardly think. I left as soon as I could, and left Greenfield by the most direct route. I was very disoriented, even though this was a store I knew well in a region in where I had lived for man years. Driving away to lower levels of emissions brought relief: my mind

became clearer, my sense of direction returned, and the headache was diminished – but not gone. Although I had experienced a brief period of physical relief during the forest drive through an area without wireless technology emissions, the symptoms of biophysical stress returned upon re-entry to zones with EMF and RF. My body was physically exhausted by the visit, despite wearing protective clothing.

2. Loss of Consciousness while Driving

Three years ago, in Quebec, as I traveled down a divided highway going approximately 60 miles per hour in peri-urban traffic, I suddenly began to feel sleepy. Up ahead large transmission lines crossed the highway, and next to them was a tower bristling with antenna. The closer I came, the ‘sleepier’ I felt. Realizing that I was actually losing consciousness, I summoned all of my will power to force myself to remain alert. I chanted to myself: “you must remain awake, you are driving fast in traffic on a road without a shoulder, this *will* end soon - you are driving away from the emissions, hang on”. I was close to semi-conscious. As one does in times of low visibility, I focused on the white line on the side of the road, clung to the steering wheel, and kept up my internal chant. With distance, my mind cleared, but I was very frightened. Guided by the white line and my inner strength and determination, I had managed to avoid what would certainly have been a multiple car accident with injuries, perhaps fatalities.

The loss of consciousness was geographically defined, provoked by proximity to the enormous electromagnetic fields of high tension transmission lines combined with the radio frequency emissions from a cell tower full of antennae supporting an urban area. Avoidance took me away from the exposure, and my consciousness returned. I continued to practice avoidance that day, driving back on secondary roads that had neither high tension transmission lines nor cell towers nearby. I have not attempted to drive on any highway in Quebec since then. When I drove to Western Massachusetts on Rt. 91, the sense of “sleepiness” occurred near St. Johnsbury, but since I knew why, I used my mind to stay alert and increased my speed to drive out of range. Again, proximity was the problem and avoidance was the solution.

The same thing happened to an acquaintance on the south shore of Montreal, but she was unable to remain conscious. Her car left the road. Fortunately, she was unhurt, but her vehicle was damaged. She could not possibly explain to the police or insurance company what had actually happened – it would have been recorded as an incident of mental illness and threatened her ability to drive.

Avoidance while driving has been my practice since my experiences. How many other drivers are affected by externally induced “sleepiness”?

3. Restricted Breathing and Suffocation

Two very fit friends live in a small city in Quebec that is surrounded by farms, lakes and small rivers. One is part of a couple who built their house using only hand tools, and

was always physically active. The other was a professional gardener who kayaked regularly (lifting the kayak up onto the car roof without assistance to drive to a lake), and was a vigorous walker throughout the hilly city. About two years ago each began to have difficulty breathing, each went to a doctor, and each was diagnosed with a newly discovered disease: Adult Onset Asthma. Both now have to carry a puffer wherever they go. The kayaker sold the kayak and can barely walk the length of a city block.

I visited their city not long after their diagnoses to shop. I was wearing a protective shirt and hat. After parking the car I intended to walk to several nearby stores. Counting my steps, at 600 paces I began to have difficulty breathing and immediately returned to the car. (Its aluminum body is protective). I then drove to the shops, quickly made my purchases, and left town as soon as possible. My breathing returned to normal once outside the city limits. This experience with “Adult Onset Asthma” had a defined physical geography from which I could escape. Avoidance was the solution; protective clothing rated at 5G had been ineffective.

Two months ago, while working at my desk wearing an old protective hoodie and sitting under a protective canopy, an increasingly loud and piercing high-pitched noise began. As it intensified, a headache developed and I felt drowsy. I lay down on my bed under a canopy certified to protect up to 5G. My throat became sore, my lungs constricted, and soon I was gasping for breath. I could not inhale – it was as if my lungs were paralyzed. I thought I was going to die. Then I remembered that a new \$400 shirt and cap protective up to 6G had arrived the day before. I was able to reach them, put them on, and lie back under than canopy. Immediately I felt my lungs inflate, air rushed in, and I could breathe normally. This time an attack of “Adult Onset Asthma” had been resolved by a protective shirt. A highly protective shield had been effective when avoidance was impossible.

However, the experience of arrested breathing was utterly exhausting. It felt as if my bodily functions had stopped completely. I did not have the strength to get out of bed for 15 hours. The next morning my mind was clear. I was a tired, and had a sore throat, but I was able to resume work at my desk. I have no idea how to prevent a further occurrence. I would move if I could – but to where? The place where I currently reside cannot be shielded further. I wear the 6G protective shirt indoors if I begin to feel sleepy, my breathing becomes labored, my lungs begin to feel sore or there is a burning sensation in my abdomen.

4. Constrained Professional Life Further Constricted

Public participation in professional activities ended in 2016. All forms of public transport have wifi systems and universities and conference halls are fully supported with wireless technologies, as are libraries and archives. I can no longer be physically present at the British university where I have a research appointment. Academic life has been seriously curtailed. My response has been to use the internet to support continued study and writing. The success of this strategy is marked by the publication of a three-part series of critical analysis in a peer-reviewed journal.

Now I am struggling to write a book. Each chapter has coincided with the introduction of a new range and strength of radio frequencies emitted from increasingly abundant and unavoidable cell towers. Chapter five, on which I am currently working, is taking much longer to write than chapter two, which was far more complex. There are parts of days - as well as entire days when - when I simply cannot think because radio frequencies emitted from cell towers a mile away from my residence penetrate the walls and windows despite protective screens - impeding me even though I wear protective clothing at home and sit under a protective canopy.

As a scholar with a reputation for producing carefully documented, peer-reviewed publications, I am very alarmed. With each bout of exposure, I worry that the neurological pathways in my hippocampus are actually being destroyed, like those of the Albino mice in Kishore et al.'s study, rather than simply being functionally disrupted (Kinshore et al. 2019 "Effect of 1800-2100MHz electromagnetic radiation on learning memory and hippocampal morphology" *Journal of Clinical and Diagnostic Research* 13(2):AC14-AC17).

These very personal "unplanned experiments" strongly support the conclusion that EMF/Rf seriously disrupt my physiology, and that there are two rational responses: avoidance (geographical or by shielding) and supporting my body's efforts to protect itself from external sources of stress.

Nutritional Support for a Stressed Body

Efforts to maintain the biophysical integrity of my body have been guided by the concept of biological stress named and described by Hungarian-Canadian endocrinologist János Hugo Bruno "Hans" Selye (1907-1982) and the nutritional implications of stress identified by American nutritionist Adelle Davis (1904-1974). Selye studied the functioning of the adrenal system in response to a stressor (defined as any physical or psychological stimulus). His research was described for non-technical readers in a book published in 1956, *The Stress of Life*. This book caught the attention of Adelle Davis, who had published a textbook on nutrition in 1942. She proceeded to identify the nutritional components that would be required to maintain health under conditions of physiological stress.

Selye's research is summarized in Davis (1992:10-13). Bodies react to every kind of stress in the same way. Distinct from an acute (short-term) event, prolonged provocation induces a three-staged response. In the first stage, called 'the alarm response', hormones in the pituitary gland are mobilized to initiate protective responses at different sites throughout the body. Various compounds are released or synthesized which can repair damage that has occurred. The extent of this series of reactions depends upon the degree of disruption. Should the stress continue or exceed the capacity of repair mechanisms, the body enters a 'stage of resistance' in which it rebuilds itself using the available required nutrients. As soon as any of the essential raw materials are depleted, the body enters the 'stage of exhaustion'. Repair and rebuilding cease and "disease develops, if it has not already done so, and eventually death threatens or results" (Davis 1992:10).

Davis wrote four popular books in the 1960s (republished throughout the 1970s and beyond) to explain the significance of nutrition for the maintenance of health. She states repeatedly that nutrition is not in competition with medicine or doctors, because nutrition is about achieving and sustaining health, while medicine is about the identification of disease and its treatment (e.g. Davis 1992:3). A 1992 UK edition of *Let's Get Well* has been essential in my attempt to maintain physiological stability in the face of continual stress from EMFs and RFs. In the book forty nutrients are discussed that the body cannot, itself, make, but are essential for complete biochemical function (1 essential fatty acid, 15 vitamins, 14 minerals and 10 amino acids). When in adequate supply (sufficient quantities and proper ratios), our bodies can synthesize the tens of thousands of compounds (including enzymes and co-enzymes) essential for cellular, organ, and system functions. Because these “forty nutrients work together, the lack of one might result in the underproduction of hundreds of other essential compounds” (Davis 1992:2).

In the face of constant bombardment by RF radiation and, in public places, EMF as well as RFs emitted by devices, I have endeavored to ensure that the forty fundamental nutrients are always available and in correct amounts and proportions. This is more complicated than it sounds, as our bodies are dynamic in an unstressed state; with stress, biochemical activity accelerates. There are few observable symptoms to indicate which nutrient is required, and never an indication of precisely how much. Experimentation is the only way to determine what the best practice might be. Careful observation can lead to the identification of some signs or signals indicating what is needed by each person and in each situation.

My intention is to maintain my body somewhere between the alarm and response stages of stress in which repair is perpetual and effective. I hope that this will prevent the development of neurological degenerative diseases like amyotrophic lateral sclerosis (ALS) and Parkinson's disease. Colin Pritchard, Anne Silk and Larts Hansen (2019) used clinical levels of studies (rather than laboratory animals) to explore the “unprecedented accelerating rise in neurological deaths”. They reported their findings in the article “Are rises in electro-magnetic field in the human environment, interacting with multiple environmental pollutions, the tipping point for increases in neurological deaths in the Western World?” (*Medical Hypotheses* 127:76-83). They argue that “the brain is essentially an electro-biochemical organ and electrical impulses operate the nervous system, so in one sense, the EMFs are unlikely to be ‘neutral’ on human neurology over time” (Pritchard et al. 2019: 97). The same could be said for wireless communication systems which flood the air around us with electrical impulses of various kinds. EMF can be seen as precursors to neurological pathology. The term traumatic EMF was coined after laboratory experiments showed neurological disease similar to that caused by electric shock and head trauma (Pritchard et al 2019:80). Although Pritchard et al. specifically addressed exposure to EMFs, certain general statements hold true for the increase in RF exposure as well.

Many environmentally linked diseases take 20 or more years to develop. The digital world that surrounds us with EMF and RF radiation began in the 1990s, 30 years ago.

What the researchers characterized as an “epidemic of neurological disease in the Western World” has developed rapidly in the last 25 years. When considered from the perspective of increased levels and varieties of stressors, this recently changed environment places an increased demand upon biochemical functions which depend upon 40 essential nutrients. The amount of high quality food required to maintain health under these new circumstances is considerable – and constant.

Since avoidance is impossible and shielding inadequate, my solution to the constant physiological stress of emersion in EMF and RFs has been to ensure an adequate supply of the 40 basic body requirements so that my body has the raw materials to build the compounds required for repair as needed, thus moving between the alarm stage and the stage of resistance. My simple goal is to avoid the stage of exhaustion, thus preventing the development of (an identifiable) disease. I have found consolation in the statement that “When diet is adequate, a person may go for years withstanding tremendous stress with little apparent harm” (Davis 1992:10).

Responding to physiological stress with specific nutritional supports precludes following dietary fads and exotic supplements. It also excludes processed foods and micro-waved foods (which destroy vitamins and other nutrients). Instead, a diet consisting of the freshest possible grains, fruits, and vegetables produced on well-cared for soil without pesticides and herbicides, together with meat and other products from animals who, themselves, have been able to lead lives with adequate nutrition and exercise to promoted their own nutrition and well being is optimal. To this base one must add supplements of various kinds, always of the highest quality, to meet the body’s additional needs induced by stress. This is far more expensive and takes more time than buying boxes and cans in the average supermarket, but doing so reduces the costs of ill health in the long run.

Conclusions

Although specific devices operate with and emit a variety of frequencies, and produce different levels of electromagnetic fields, and each has been associated with a range of diseases, the overall effect is the same. Exposure by any means – emission from a cell tower, a router in the home, office or public space, to a particular device or technology - produces the same condition in every living organism- physiological stress. This is true from the level of a cell to the whole being. Such stress can be managed – for how long is unknown for EMF and RF exposures - or it can cause immediate injury, leading to disease or death. The measures required for individual protection are expensive and in constant need of renewal. They inhibit participation in social and civic life. Avoidance by moving is increasingly impractical as wireless technologies expand across the land and descend from space. Shielding is the only remaining avenue of physical self-protection.

Those who are aware of their discomfort and its connection to EMF/RF exposure do what is possible (and affordable) in their places of residence and work to protect themselves. However, most people are unaware of their internal injuries, do not know that wireless technologies threaten their health, and have no understanding of the

nutritional needs to sustain health in the face of physiological stress. This includes physicians, politicians and others involved with decision-making. The result is a population that is vulnerable to misinformation. Since very little credible and coherent information is available, the internet and its advertising agents (“influencers”) are able to promote (and profit from) misleading, if not dangerous, recommendations. Sadly, Adelle Davis’ books are out of print, and most copies were not printed on acid-free paper.

As the pages crumble, destroy an extraordinary synthesis of basic physiological and nutritional material is being destroyed. For, although written for the general public, each book is meticulously referenced with footnotes to scientific sources. That is how I found – and read – Hans Selye’s *The Stress of Life* when I was in, or near, what I later learned was a state of adrenal exhaustion after a severe car accident. Following Ms. Davis’ recommendations in *Let’s Get Well* literally saved my life (as one doctor later noted). Our physical world has changed dramatically since Dr. Selye and Ms. Davis wrote their books. The consequences of widespread wireless communication systems and devices are now measurable. Laboratory experiments, clinical studies, and environmental field research provide incontrovertible evidence of harms. It behooves the government to make a serious and critical review of the theoretical notions of safe levels of exposure which were used to formulate the 1990s standards – the time when the mass population exposure experiment began. Evidence is ubiquitous that wireless technology has created unnecessary and nearly universal suffering. This must be stopped, and people must be informed of how they might protect themselves as well as those in their care. I strongly endorse the conclusion reached by Pritchard et al. (2019:81):

There is a need to re-think the modern world’s impact upon human health and its epigenetic development:

Thank you for your attention.

A USA citizen and Senior Research Scientist