

RE: HHS-OASH-2026-0397 (Electromagnetic Fields, Radio-frequency Radiation, and Health)

First of all, I want to thank you for asking and putting this vital request out to the public.

Because EMFs are invisible, their impact can feel unfathomable to many. But just like microscopic bacteria or viruses that we cannot see with the naked eye, unseen forces can create profound disharmony and physical distress within living organisms. Decades of scientific research have exposed the health consequences of this inadequately monitored and regulated technology. Consider this: even natural EMFs require respect and boundary settings. Prolonged exposure to intense sunlight causes heat stroke, and cosmic or geothermal forces carry massive energetic intensity that human biology must navigate with care. Yet today we are overwhelmed by rampant synthetic EMF frequencies that our cells do not recognize, causing widespread disruption and havoc within our mental, emotional, and physical well-being.

We must remember how corporate power and economic interests have repeatedly delayed public health protections in the past. Here are just three examples:

- **Cigarettes:** It took over thirty years for the tobacco industry to publicly admit that smoking causes cancer and chronic lung disease, despite decades of their own internal research showing the undeniable harm to human biology. Ultimately, forty-six U.S. states united to sign the historic Master Settlement Agreement with major tobacco companies, forcing these corporations to pay over \$206 billion to offset public health costs while strictly banning advertising targeted at youth.
- **Asbestos:** Praised as a miracle fiber for fireproofing and building insulation throughout the 20th century, corporate management hid internal medical records linking asbestos fibers to fatal lung disease for over forty years before safety regulations were enforced. By the 1980s and 1990s, tens of thousands of personal injury lawsuits forced dozens of major asbestos manufacturers into bankruptcy, ultimately resulting in over \$30 billion placed into court-mandated trust funds to compensate victims.
- **Leaded Gasoline:** First added to fuel in the 1920s to prevent engine knock, chemical companies systematically ignored, downplayed, and suppressed warnings from toxicologists about lead's severe impact on the human brain and nervous system, especially in developing children. It took over half a century of relentless public health advocacy to finally remove leaded gasoline from consumer road fuels worldwide.

My own health journey with these invisible frequencies spans over twenty years. At the time, I worked in a technological department where everyone sat at computers all day. A computer tower was positioned right underneath my desk on the floor, inches from my legs, while I worked at a computer for 7 hours a day, 5 days a week, 3 weeks a month. I did not know then that these exposures were slowly debilitating my entire electromagnetic body.

During these 5 years of exposure, I began experiencing severe nerve and muscle pain. Eventually, the nerve pain became unbearable, accompanied by tremendous muscle weakness, profound fatigue, brain fog, and a complete lack of understanding as to what was happening to me. Neither conventional nor holistic medicine could solve the puzzle. When my employer asked me to transition from part-time hours to full-time, I simply could not do it, and I had to leave my job.

I applied for disability after my muscle pain and weakness grew unmanageable, but I was denied. Lacking the energy and the legal knowledge to navigate the complex application appeals, and unable to work to pay my bills as the head of household, I had to sell my condo and three other properties just to survive and care for my young child. Trying to find work on the computer only caused me to collapse again, losing all vital energy with nerve pain surging. In my 40s, for the first time in my life, I had to apply for public aid, food stamps, and public health assistance.

The signs of this environmental burden are everywhere. International educational data and recent testing rankings have highlighted how student performance and academic focus have declined significantly, while younger generations face unprecedented health declines and chronic illnesses developing decades earlier than their grandparents did. Yet, where boundaries are drawn, healing begins: in local schools in various countries worldwide that removed cell phones from the classrooms, student behavioral disturbances plunged by 95% almost overnight, offering a clear glimpse of what is possible when we free young minds from constant digital interference.

Slowly, over years, I began connecting the dots. I discovered independent researchers, scientists, and building biologists discussing the biological health effects of EMFs—including Nick Pineault, "The EMF Guy," and Oram Miller. It finally clicked: I was one of the many individuals suffering from hypersensitivity to artificial electromagnetic fields. It explained why entering a mall, a restaurant, or sitting at my computer left me feeling totally discombobulated.

Over 20 years later, I am still hypersensitive. I have learned to survive by strictly hardwiring my workspace, using blue blockers, employing an assistant to handle computer and the majority of my cell phone tasks, and getting help with household chores. Even though I feel better, I still have a long way to go, as my muscles and nerves have not recuperated to their full capacity.

Moving through daily life, it is heartbreaking to observe our society walking around with constant Bluetooth devices jammed into their ears, their nervous systems visibly strained and showing visible signs of eye twitching from chronic, invisible exposure, entirely unaware of the toll it is taking. I also discovered that while professional building biology standards and European medical communities formally recognize electromagnetic hypersensitivity as a physical diagnosis, it remains largely ignored in the United States.

The government's deep double standard becomes even clearer when we look at history. For decades—dating back to the Cold War's "Moscow Signal" and continuing into recent mysterious microwave attacks on U.S. embassy staff abroad during the Havana Syndrome and global incidents—intelligence agencies and governments have quietly investigated how targeted radio-frequency and microwave radiation induces neurological illness, dizziness, and cognitive collapse in human beings. The biological danger is acknowledged when it serves geopolitics, yet deny it to protect wireless industry profits.

At one point, hoping to find a healthier environment, I left my fatherland for my motherland of Colombia. But being surrounded by Wi-Fi and cell towers here as well, I realized I could not afford to return home, and financial realities—living now on a very small fixed pension and Social Security income after being unable to steadily work for nearly eighteen years—have kept me here. I have not been even healthy enough to travel, and currently, I can only go out two times a week before major fatigue and nerve pain take over.

The Great Absurdity: Protecting Machines While Ignoring Living Biology Interestingly enough, current world-system dynamics treat technology with more reverence than human life, going to extraordinary lengths to protect sensitive machinery while ignoring the impact on living cells.

Consider these remarkable examples:

- **China's FAST Radio Telescope:** When China opened the world's largest single-dish radio telescope in 2016 to listen for subtle frequencies from the far reaches of the cosmos, they established a strict 3-mile (5-kilometer) radio silence zone around it. Gas-powered cars, cell phones, digital cameras, Wi-Fi routers, and electronic gadgets are completely banned for miles around the dish. Why? Because scientists know that even the tiniest man-made EMF pulse severely distorts and disrupts the delicate electromagnetic sensitivity of the telescope.

- **The Green Bank Telescope (United States):** In West Virginia, the U.S. government established the National Radio Quiet Zone—a massive 13,000-square-mile sanctuary surrounding the Green Bank Observatory. Within the immediate radius of the giant Green Bank Telescope, Wi-Fi routers, cell phones, and Bluetooth devices are restricted or strictly banned. And again, this is set up because the faint energy signals coming from distant galaxies are so extraordinarily fragile that a single unshielded cell phone miles away can blind the telescope's sensors.

I cannot help but shake my head at the blindness. We go to extraordinary miles-wide lengths to shield metal dishes, circuits, and glass lenses so they can receive delicate cosmic vibrations without disturbance, yet we completely ignore the hypersensitive electric fields of the human heart, the human nervous system, the bees, the trees, and the living Earth.

From a metaphysical perspective, we must remember that we are all electromagnetic creatures: humans, animals, plants, Mother Earth, and the elemental kingdom. Which, by the way, from this perspective, the cell towers, satellites, and artificial EMFs bombarding Mother Earth from all directions are a major metaphysical driver behind our global weather chaos.

We must properly monitor and regulate this technology using higher science to make it truly safe for all life. As independent scientists, medical field advocates, and individuals who—including myself—have lived these intense life journeys firsthand, we are adding our voices to this record. Let us address this crisis swiftly for our mental, emotional, physical, and spiritual health.

— **Lizette Rodriguez**

Author & Medicine Woman