DECLARATION OF John Decristofaro_____

John Decristofaro__ declares under penalty of perjury as follows:

1. I am a U.S. Citizen who temporarily resides in Umbria, Italy.
2. I have never consented, nor do I consent today, to the continuous, involuntary exposure to biologically active RF (Radio-frequency) radiation.

3. Working in offices and universities with heavy Pulsed RF (Radio-frequency) from cellular towers, phones, industrial Wi-Fi Routers, repeaters, Bluetooth and wearable smart tech devices causes pressure in my head that leads to a crushing migraine. It also causes my blood sugar to rise and crash. From all the hours being exposed to these harmful microwaves, it is more than likely the cause of my early age onset of cataracts. I had to have costly surgery to correct my eyes.

4. My wife who worked for a large US Telecom, became disabled with radiation sickness/ microwave sickness from high exposure to pulsed RF from antennas placed on her office roof (and facing her desk 200 feet away). On bad day at work, standing 40 feet under the roof-mounted 3G cellular RF antenna, the worst migraine started with brain swelling. She became instantly weak, collapsing on a desk. She started vomiting and then blacked out, losing consciousness. She also observed several incidents at her high level RF office where employees needed ambulances to give them oxygen from shortness of breath and cardiac issues. A 50 year old employee died at work of a heart attack.

5. The health decline of my wife becoming weaker and more ill over a painful 10 year time frame with escalating symptoms that almost killed her. She lost substantial weight from 130 to 83 pounds! She could not sleep. She started developing MS like symptoms with tremor and severe burning nerve pain. Her endocrine system, neurologic and cardiac were heavily affected. This is an EXPECTED outcome after chronic high levels of RF microwave exposure.

6. We did not have symptoms in the early days of cellular and Wi-Fi. We used wireless tech and RF devices at home and at work. We were not afraid of the health implications. She said she never imagined these devices and this technology would be allowed by the United States Government IF if was unsafe. We found out the hard way.

7. After we realized the harm to our bodies from RF microwaves we removed all RF emitting technology from the home and our vehicles. This was accomplished by turning Wi-Fi off, using hardwired ethernet internet. We use no cordless handsets or any Smart devices. I keep my cellphone turned OFF and only have it for emergency.

8. The results of having zero RF devices has been incredible to my health improvements. I no longer get daily headaches. I have better cognitive abilities, more memory and retention, more focus. My mood has improved. I have more energy and stamina. I have better circulation and coloring in my feet and hands. I don't have the same muscle aches pains and tension. My sleep has improved. Hair loss has stopped.

9. My wife received more exposure from RF at her work and being an early adopter of the cellular phones in the early 90's. She has not been able to regain her health as she still suffers from severe neurological, endocrine and cardiac health problems.

10. The chronic exposure from cell towers, Starlink, small cell antenna with mmWave and strong RF has forced my family to move twice since 2021. We had to move to rural areas far enough from cell towers. We had to sell our connected vehicles. We can't even buy new cars

because they make us sick with all the radar RF “safety” features and Wi-Fi, cellular etc all harmful pulsed RF. I had to retire to stop being made sick working in a soup of RF e-smog.

11. My wife continues to be disabled from RF and cannot use any wireless device at all. She cannot go freely away from the home. She needs a wheelchair to be taken to health appointments from all the cardiac and neurological problems as well as chronic fatigue. She cannot be around strong RF signals. She has to wear RF Shielded clothing every time we leave the home. She has lost her freedom to go and do things in public (dining, movies, concerts, travel) and lives at home only to go out for medical care since 2019.

12. RF signals in a typical public location, far exceed current safety limits because they are way too low, outdated and don't take health into consideration beyond thermal heating, which is NOT the only mechanism of harm with RF radiation. The limit is also exceeded when you have cumulative exposures from multiple sources, like 40,000 people with cellphones in a stadium with multiple cell towers. The normal public environment RF levels are usually between 50,000 and 2.5 million microwatts per Meter sq. For comparison using the very same RF meter, the Safe and Sound Pro II, our home is 0.002 microwatts per Meter sq on average.
13. We ask the US Government to review their own government funded studies and military reports that show clear injury from RF microwave radiation exposures. Beyond that trove of documents there are another at least 1000 scientific studies that are unbiased, not industry funded and show evidence of tumors, cellular and biologic damage from multiple mechanisms such as leaking Voltage Gated Calcium channels. I will add links to these sources of studies and documents.

14. In light of the avalanche of evidence, we ask for cellular technology to be more limited in scope, as a means for emergency or infrequent use. Cellular technology can be made safer. There are frequencies which are many times safer than the current frequencies in use for 3, 4 and 5G. Technology can be made safer with lower levels of emitting RF radiation. This can be regulated and enforced. Towers should be regulated to be away from all residential areas and also way from sensitive nature areas. The public should be advised and educated about the real health effects from RF microwave radiation. The government body that should oversee RF devices and antennas should be a newly created department, such as "Dept of Technology" which could announce lower RF cell tower levels, monitor antenna levels and create lower device radiation limits for companies to comply with.