Hello,

Where do I begin? It's been a rough 8 years. Well, to begin.. I have a lifelong history of sensitivity to electric fields. Now that I've researched I can pinpoint different times in my life lines up with our technological upgrades and Internet/cell phone speed etc .

In 2018 I remember one day waking up feeling like I was experiencing an earthquake. I couldn't walk and could feel my body tremoring and vibrating. Brain burning is how I can describe it. I got up and tried to walk to the kitchen and scream out if anyone is feeling what I'm feeling. The floor felt like it was shaking but no one else was feeling it. I calmed down and sat still feeling the shaking inside of me. I then got up and looked out the window and saw that the guys from the electric company had just finished installing smart meters on our home. I watched them walking back to their truck. I didn't think anything of it. Later that day I looked out again and saw that the 5g panels were being put on top of this residential complex two blocks away and when I looked over to the right further in the distance I could see there was now a new tower at the municipal building in town. I live on a hill so I can see out into the distance all of this from my kitchen window. Anyways .. I felt weird and like I had a seizure or something and couldn't eat or sleep that night.

Next day same thing .. something didn't feel right.

The day went on and I was dizzy and very fatigued like I had run miles. Body sore and the burning in my brain was a faint tingling sensation now. Came and went every few minutes. I ended up going to the ER to get checked out. They found nothing wrong and said I was having anxiety and a panic attack and sent me home. This was early September 2018. Now I sat and thought to myself "wait, I have been seeing here and there posts online about the smart meters that were gonna roll out as well as the new 5g to come" I was already seeing people promoting orgonite and copper brackets talking about the future of EMF's. I ran to my window looked out again and saw the guys back on top of that building and on the tower far to the right. I then knew and felt it in my heart I'm reacting to this.

Days later my husbands friend from middle school is complaining online of the same symptoms and she lives further down the hill blocks away before the Main Street by the municipal building. I contacted her and asked her what's going on and it blew me away. She started to describe the same symptoms as me and that something doesn't feel right

but chalks it up to stress and fatigue. I started to do research that night and started to find a lot of people talking about it. Little by little within weeks more and more towers and panels started to show up everywhere. Smart meters replacing the old analog meters etc. I started to get burns and welts across my arms and stomach, head burning and tingling. Internal vibrations and again just a feeling of impending doom. It was a rough few months of ER visits, doctors visits and me trying to convince my family that I believe these smart meters and towers are causing this. Mind you the “official” rollout of 5g had not yet been announced or supposedly happened yet. I spent most of 2019 with these symptoms and every few days more and more. Insomnia, extreme joint pain, horrible gastrointestinal flares, skin burning, eye pain etc. I started to feel like I was losing my mind. My family thought I was becoming schizophrenic and were very worried about me. I started to lose a lot of weight month after month. I started to post online my experience and connecting with others more and more about it. I knew something was happening and only a few of us in the world were feeling it. By end of 2019 I was seeing these towers anywhere I traveled now .. like everywhere! Panels on businesses, hospitals, water towers, firehouses, schools, police stations, highways.. smart meters everywhere. Like it took over everything. I could feel burns and dizziness and short of breath soon as I would walk I until certain areas and sure enough I would look up and around me I would see a tower. By December 2019 I had gotten sooo sick I felt like I was dying. Sure enough by January I started to hear about Covid. Right away I put two and two together. I started to see the symptoms people were getting. Now my husband is feeling what I’ve been feeling. Kids are having welts on them and getting dizzy. My family now believes me and feel it too. They are noticing.

Mother in law’s vertigo is off the charts and her diabetes starts to worsen like never before. Now COVID is being talked about more and more. Husbands friend is running to the doctors constantly with same symptoms and she’s scared. She gets told is anxiety and panic attacks but she’s like “no something is going on!”

I started to follow RFK online and on the children’s health defense and reading articles and testimonies and I couldn’t believe it. Anyways 5g fully rolls out and Covid then is declared a pandemic. I look up radiation symptoms and it’s exactly that if the flu and especially Covid. I became alienated from my friends and family because they literally thought I was going insane.

I became a huge advocate against EMF and was trying to warn everyone I can. Most though just didn’t listen. As the years have gone by and more and more people now have more and more health issues and with the testing of 6g I can see people are feeling it. Some are connecting the dots but some just think it’s aging or some virus or bad luck. People’s hands are burning including mine when I hold phone too long. They

go numb.. I have now a diagnosis of autonomic dysfunction and have elevated thyroid antibodies. My EBV keeps getting reactivated and I no longer can work because I'm so sensitive to the environment everywhere I go. Heart palpitations, headaches and neck stiffness, legs go numb. Sunburnt feelings that you can't see but I can feel like my skin is burning on the inside. Major muscle twitching, tinnitus off the charts for over a decade. Hearing loss even at times. So much more. Only time I slept soundly and had a bit of relief is when I went camping last summer and this summer and wasn't near towers or had much cell service at all. Soon as I entered main city areas again I started to feel so unwell again. I've had vasovagal syncope episodes happen at the mall, work when I was working, grocery store .. like I was going to die right there in front of everyone. Then friends in different states and past co-workers getting pre-syncope or full blown syncope episodes as well with no cause found. I'm so cognitively and mentally, emotional and physically shooken up that I can't even think straight or live a happy life. It breaks my heart seeing the world around me and people wearing smartwatches and wearables of all kinds and they are breaking out in allergic reactions and all of a sudden have neurological issues. My sister in law is one of them. I truly believe this was a bioweapon and I believe all other G's , 1g, 2g, 3g, and 4g affected us as well. Not only humans but plants, animals , insects. And don't let me get started on the chemtrails that's something I followed since 2012 and noticed a huge increase since 2018 till now. I can see the frequency patterns in the sky especially near towers. My life has pretty much been ruined and I struggle everyday. The list of symptoms is endless. I just pray and pray and keep pushing forward everyday. When I saw this hearing with RFK and the HHS two weeks ago I was shocked! I thought to myself "Finally! After many of us have become disabled , lost our lives and been deemed crazy, finally they are addressing it." I pray this is legit and THE right thing is done because once 6g is fully operational I know many of us are toast. I'm not stupid. This is a slow genocide and I pray the ACTUAL science is done and the REAL facts are released. Not a "oh we got the best of the best to look into it all and they concluded everything is safe and there's nothing to worry about. No correlation to what anyone is feeling or claiming" that would break so many people's hearts and I PRAY that's not the point of this. Do the right thing. Take our testimonies! Help the people! Save humanity! Because it's not looking good at all.

-Heather Sanchez