I have been a high performing athlete my entire life. A typical day for me consisted of waking early and flying out of bed with endless energy to work 2 jobs, to work out, play sports, and on and on. I was constantly taking trips, short and long, travelling all over the world. Not sure why but my energy was through the roof and I loved it.

Around 2013 to 2015, I'm in my 40s, I began to experience a severe loss of energy. I started having trouble getting up with my alarm. I started sleeping past my alarm which I had never done. I stopped sleeping through the night and began an agonising journey of sleepless, fitful and dreamless nights that ended with me more tired than the night before. A ringing in my ears began, I started grinding my teeth all night and during the day, I started gaining weight despite my insane involvement in sports and fitness. I started having trouble understanding concepts or sentences. I started forgetting things, words, and names. I started losing my desire to join my friends on outings or at parties. I started developing cravings for sugar and excessive carbs. I began to get a bit crabby and started to lose my positive outlook on life and people and noticed I began to get negative and critical. I started needing afternoon naps.

By around 2018 I thought I might have cancer I was so out of sorts – the wheels were coming off. I saw an old friend who had lost weight from stopping sugar and wheat. That discussion started me down a long, broad and deep rabbit hole that encompassed grains, glyphosate, EMFs, brain health, the microbiome and gut health, blood sugar, inflammation, fasting, detoxing and a host of topics. I started following a myriad of integrative/functional practitioners who wrote books, produced films, made docuseries, interviewed the gamut of experts and professionals with more information than I could keep in my head. I wrote it all down, bought the movies, paid for the docuseries, and did everything they taught. I had a super clean and restrictive diet of organic, whole foods, clean meats, no pork or farmed fish and no seed oils. No restaurants.

I hired an EMF expert to come to my house and measure my exposures. He showed me the meters to use and I bought them. He showed me the biggest sources: my smart meter which was just outside my bedroom wall, my computer, my phone, my neighbour's baby monitor, and many other sources. I started planning trips around where the cell towers were located and avoided hotels and camp grounds near them. Once I moved my smart meter off my house and out to the far corner of my detached garage, for the first time in about 15 years I had dreams, and slept through the night. I got my sleep back. I finally could get up when my alarm went off. My mood improved. My energy started to return. My memory started coming back. Just from that! But my ears kept ringing, my teeth kept grinding, my sugar cravings continued and a few other things were still present but not as bad.

Of everything I was doing, the biggest game changer was EMF. I started following those guys that taught about the exposures and how to mitigate them. I bought a houseful of dirty electricity filters that plug into the outlets. I bought a bed canopy that blocked EMF from phones and cell towers. I got rid of my router and went back to a physical Ethernet cable. I stayed with keyboards and mouse devices that still plugged in. I stopped holding my phone to my head, and put it in airplane mode and turned it off at night and put it in another room far from my bedroom. Then I bought a faraday bag and put it in there all night while off and in airplane mode.

Then I had a loss of energy again as house after house installed a router, an antennae, more cell towers went up. Cars had built-in wifi, every place you could go had wifi, during the Covid lockdowns the cell towers installed ballooned to a level of ridiculousness. I can feel in my teeth when I'm driving by a cell tower. I get pressure in my head when I spend any time near a cell tower or in a building with lots of wifi like a Verizon or Apple store or a mall or an office. Then all the satellites started launching. The more these advancements came, the more I reverted back to feeling like before with digestion issues, mood issues, energy issues, skin issues, hair loss, memory and cognitive issues, negative emotions, weight gain, loss of motivation, loss of empathy, and the worst of all – I lost my desire and enthusiasm of travelling and exploring.

I understand the benefits to humanity of this marvellous technology and what it offers us. But it is rapidly destroying our health, it is robbing us of our vitality and social connections, it's damaging our relationships from not having the resources to handle disagreements and conflict and inconveniences. It's keeping us in a perpetual state of survival mode, in fight or flight, as our cells and neurons try to endlessly deal with this onslaught of radiation, damage, and injury to our blood, our cells and DNA, and our brains. The shorter the wavelength and the more it pulsates, the more impossible it becomes for our bodies to adapt and adjust. Instead we are folding and succumbing.

My personal story is incomplete without my son's story. I have identical twin boys, now in their 40s. One started his family when he turned 20, having 4 kids before EMF really got going. The other waited until the right woman became his wife and they wanted lots of children. 10 years prior to that I repeatedly begged my son to take his phone out of his pocket as I wanted grandkids from him. He scoffed at me and referenced that ancient out of date and inaccurate FDA study that ignored cellular implications and only discussed heat and non-ionizing radiation from a decades old technology. I tried to explain the new studies showed blood and DNA damage, but he was brainwashed with the lies of the industry and the captured FDA. This son is a network professional. He is constantly sitting in front of routers, monitors, computers, and devices in an entirely wifi or smart house, and carrys his

phone in his pocket. Fast forward, and after 5 years of trying to get pregnant unsuccessfully, they got tested and she has fibroids and his sperm is 99% DNA damaged. They will never have children.

This technology has had no guardrails since inception, this race to be first has turned their backs on the earth and all that live in and on it, and this creation of convenience has destroyed my health, my life, and destroyed my son's ability to have children of his own. It's also destroying my earth, and my greatest passion which is nature itself by wiping out more than 70% of all insects, which are the primary food source for most of nature, and wiping out as much as 60% of all animals on land and in the sea. Humanity is on a stunning slide downward in fertility. Yes mankind has done a lot of stupid and cruel things to contribute to that decimation, but the biggest tool known to and used by man has been EMF radiation. If we as a government, humanity and species don't get a handle on this with rigorous testing, honest reporting, and real mitigations, we won't need it any more, because we will cease to be able to function and to procreate.