I have been a computer graphic designer since the 1990s. In 2022, when I turned on the WiFi of a new, more powerful router, I had a sudden, overwhelming reaction and had to evacuate the house until it was turned off.

Since then, I have been unable to expose myself to radiation from wireless devices, mobile phones, WiFi, Bluetooth or cell towers without wearing a whole shielding outfit. The last time I went shopping bareheaded, I lost consciousness and was taken to the hospital emergency department, where the doctor told me never to expose myself to synthetic EMF radiation again.

When exposed to radiofrequencies or EF/ELF from the AC electrical grid, my symptoms are:

- Heart palpitations
- Dizziness
- Brain fog
- Speech difficulties
- Stomach pain
- Sweating
- Breathlessness
- Weakness and fainting
- A sudden, urgent need to urinate
- And, a few hours later, herpes/shingles

When not exposed to radiation, I am in perfect health.

In 2023, an additional cell tower was installed 1 km from home, and I can no longer access my own garden or the upper floor without protection.

Despite a medical certificate from the environmental pathologies department of a hospital, my requests for accommodation or assistance from public and health services are dismissed.

The consequences for my life are disastrous:

- No longer any access to public spaces.
- No longer any access to healthcare: I am losing my teeth and fear dental infection or hospitalization, which would be impossible given radiation levels in healthcare facilities.
- Dismissed by doctors: the last ones I consulted either made fun of me or offered psychiatric care, which is inappropriate for my environmental issues.
- Dismissed by government administrations.
- I am socially isolated because almost everyone carries irradiating devices, while my condition is not widely recognized, and most people do not believe EMR Syndrome is real.
- I cannot relocate: finding a home without neighbours, far from a cell tower, and without a smart meter is now almost impossible.

I am living on borrowed time as levels keep increasing and there are no longer any no-RF zones to take refuge.

For years, without adequate information about the dangers of radiofrequencies, I used a cordless phone, a mobile phone and WiFi, trusting that regulatory limits protected me. If I had had real information about the dangers of RF, I could have chosen wired connections and calls at home, because all this wireless technology was not necessary.

The same lack of information meant I was unaware of the need to ground every device connected to the mains, although this is easy to manage and would probably have prevented or alleviated my current situation.

I am part of the international collective EMP Victims. At www.empvictims.org, you will find more than 4,600 signatories to our Humanitarian Appeal and numerous video testimonies from people around the world living similar situations to mine.