I am a resilient 37-year-old American woman who lived a healthy life with a strong constitution and who became debilitated by EMF and RF exposure beginning in 2020, at age 31.

2020 — Onset of Symptoms

My first symptoms started in **2020**. I had lived in the same house for five years without these symptoms. I knew nothing about EMF or RF.

Onset of symptoms: extreme anxiety, irritability and brief feelings of rage

I got my first smartphone. I felt intense anxiety for the first time in my life. I would become overwhelmed with an increased heart rate and skin-crawling anxiety. At first, I could combat the symptoms with lavender.

A CPAP machine was introduced into the house. I began experiencing intense anxiety and bouts of rage with the slightest stress—something I had never experienced before.

I started eliminating electronics from our home because I suspected they were connected to my new symptoms. I turned off our Wi-Fi, ran Ethernet, and got a corded phone for our landline. However, the cellphones, laptop, and CPAP remained.

2023 — Symptoms Become Severe

In 2023, I first noticed that every cell phone call I made triggered symptoms.

Onset of symptoms: debilitating migraine, blurred vision, brain fog and extreme irritability

I got rid of my smartphone and started requesting that wireless devices be turned off in our home. I experienced the CPAP triggering the same severe symptoms as well.

2024 — Complete Debilitation and Home Investigation

By 2024, I was completely debilitated.

Symptoms: depression, pain in my legs, anxiety, panic, brain fog, irregular heartbeat and chest pain

I couldn't remember what I was doing when I crossed a room. I experienced relentless headaches that lasted for days, along with irregular heartbeat and chest pain. I felt myself dying at age 34.

I hired a building biologist to investigate my home and have provided a copy of the report as supporting documentation.

The building biologist found elevated EMF measurements associated with electrical sources within and around my home. He found that the underground power line running parallel to our new home placement, approximately 30 feet away, was producing elevated magnetic-field readings throughout the floor plan of our home. He also documented RF readings and noted nearby cellphone infrastructure and major power

lines in relation to the home's electrical environment. He took measurements associated with my CPAP machine as well.

The CPAP machine would wake me from a dead sleep when switched on, even from across the house. I would experience pain, anxiety, an intense irregular heartbeat, and wake up in a sweat of panic.

This was also when I first experienced driving into the major city causing extreme headaches and brain fog that lasted for approximately eight hours after I returned home. I was no longer able to go into town. I was no longer able to manage my business. I was barely able to keep going every day while trying to control my heart and breathing. I knew that if we did not relocate, I would die.

I became a patient of an MD who is also a building biologist. She has had a 30-year career working with patients who experience EMF-related symptoms and who are also subjected to mold toxicity. She tested me for mold exposure and found extremely elevated exposure, which she believed was likely related to my previous home. She diagnosed me with EHS and helped me detox and learn to avoid EMF exposure. I also started taking magnesium to help curb symptoms when I had to go into public.

2025 — Major Reduction in Symptoms

In 2025, we moved to a new home with only two neighbors approximately 450 feet away.

Symptoms reduced: all previous symptoms gone with the exception of leg cramping, occasional headaches and brain fog

There were zero cellphone towers within three miles according to AntennaSearch. There were no powerlines or electrical issues that I identified around the new home. Upon arrival, I had our smart meter replaced with a manually read meter, and we began living without wireless devices in the home. I do not use a cell phone, nor does anyone who comes to our home.

2026 — Significant Recovery

By 2026, I was approximately **85% back to my original health**.

Symptoms reduced: all previous symptoms gone, with rare occasional headaches, brain fog, light irritability and restlessness directly after high exposure

Going to town is tolerable for short periods of time, but I may develop headaches and fatigue for two to three hours after returning from areas where I experience high exposure. Sometimes I have to sleep it off.

My neighbors are close enough that I can feel varying intensity during the week, with the worst effects occurring on holiday weekends. Symptoms are obvious to everyone in the house, including the children: headaches, irritability, restlessness, leg cramping during sleep, and brain fog.

We have four generations of women living in this home, and we are all sensitive to EMF and RF.

A trip to the beach proved heartbreaking. We sat on the beach for two hours, and my children became irritable, emotional and crying, restless and manic. Over 100 cellphone towers and antennas are within three miles of that beach. I mourned the loss of the calm, quiet connection to the earth that I felt growing up. It has been replaced with what I experience as discomfort and chaos from the new wireless infrastructure.

What I Am Asking HHS to Consider

Public places should be free of unsafe exposure. Children's schools should not be allowed to expose children to cellphones and towers on school property or to Wi-Fi throughout school facilities.

The government should create widespread public awareness about the dangers and potential side effects of EMF and all of its sources. Awareness alone would improve society by providing credibility to those who suffer from symptoms, while giving people the ability to do what they can to protect themselves—which is impossible if people do not know there is a potential danger.

My Conclusion and Supporting Evidence

I am submitting my experience because I believe I have established a clear connection between my EMF and RF exposures and the health effects I experienced. My symptoms began after significant changes in my wireless exposure environment, became progressively more severe as my exposures continued, and substantially improved after I removed wireless devices from my environment and moved to a location with significantly different exposure conditions.

The building inspection provided objective measurements of the electromagnetic environment in my home during the period when my health was at its worst. The inspection included measurements of RF, AC magnetic fields, and AC electric fields inside and outside the home. The report also documented elevated exterior magnetic-field readings and RF measurements around the property.

My own experience before and after reducing exposure provides the context for those measurements.

I understand that my experience is personal evidence rather than a controlled scientific study. I am not claiming that one person's experience replaces scientific research. I am asking HHS to consider my experience, my documented exposure measurements, and the experiences of others as part of the evidence that should inform further research and public-health policy.

I believe people experiencing what I have experienced deserve to be heard, investigated, and protected rather than dismissed simply because the mechanisms are not yet fully understood.

Supporting Documentation

1. Home Electromagnetic Radiation Inspection — January 12, 2024
Optimal Dwelling Spaces LLC / Shane Reilly, Building Biologist. This report documents electromagnetic measurements taken inside and outside my home, including RF, AC magnetic fields, and AC electric fields, as well as measurements associated with electrical sources and household devices.

2. Personal Account

This comment provides my firsthand account of the onset and progression of my symptoms, the exposure circumstances I experienced, the steps I took to reduce exposure, my medical evaluation, observations within my household, and the substantial improvement I experienced after relocating and reducing wireless exposure.