Response to Request for Information from DHS regarding Radio Frequency (RF) and Electromagnetic Hypersensitivity (EHS)

September 23, 2026

This essay is an anecdotal, as opposed to scientific, account of 5 of my personal experiences with Radio Frequency in the modern world, over the last 10 years. The summary of the 5 experiences is that I am extremely Electromagnetically Hypersensitive (EHS), which indicates that some percentage of the population is also EHS, since surely I am not the only one.

I am an individual. Not a company or organization.

At the end I will suggest one monitoring device and three information sources.

Experiences:

1. The electric dog fence. While living with my elderly parents in a neighborhood of single family homes, a new neighbor directly across the street had an electric/electronic dog fence installed. When it went online, I felt like I had been punched in the gut. I was approximately 75 feet from the perimeter of the fence and maybe 100 feet from the suspected control center/RF emitter in the neighbors' garage. I felt like I had been punched in the gut, like my brain was being squeezed, like my heart and lungs were being squeezed, like I was very weakened. If I hung out in the rear of our house, which put additional distance and walls between me and the dog fence emitter, I felt much better but still not great. I had to find another place to live for about three months. Oddly, at the end of the three months, my reactions were lessened and I could move back in. My guess: the owners of the dog fence

"turned down" some function of the dog fence that was "over-emitting."

2. Smart TV. When staying with another relative, he briefly turned on the Internet feature on his smart TV. I felt like I had been punched in the gut and head again. He turned it off and all was well.

3. Community RF device installed in our garage in retirement community. Later, while living with my parents in their retirement community, the administrators of the community installed wireless devices at intervals throughout the neighborhoods. I now forget what the purpose of this was. Anyway, our garage was picked for one of these devices, since we were at the top of a hill. As soon as it was plugged in (it had a plug), I felt massive intracranial pressure. After panicking for about 15 minutes, I unplugged it and told the administrators in no uncertain terms that we would not have that thing in our garage. My parents needed me as caregiver and I could not live with that thing. Ergo, my parents' caregiver was dependent on not having that emitter on our property.

4. Medical Monitor and Communication Device from Home Health. After some kind of medical event, my dad's health care team came to the house and installed some kind of device that took info from him and beamed it wirelessly to the medical mother ship. I don't remember the details of the information gleaned. When the thing was turned on, I immediately got internal pressure sensations and a strong headache. Immediately. So I told the medical team we would not be able to have it in our home and they took it away.

5. Blue tooth in car. I bought a car in 2015. It had a blue tooth function. I never used the blue tooth function. Nevertheless it was "on" all the time because it couldn't be turned off. I drove the car for a year with this blue tooth function "on". During that time, whenever I drove and for a while after driving, my head hurt and my eyeballs changed shape. For real. My eyes got squinty and slitty but my actual eyeballs seemed to bulge a little outwards. This went on for a year. I kept thinking I might get used to it. After a year, I had the dealership disconnect the blue tooth. I immediately felt fine while driving and have ever since. No more bulging squinty eyeballs.

Three companies that have a knowledgable staff regarding EMF, RF, etc. are Shield Your Body, Safe Living Technologies, and Home EMF Tracing with Andrew McAfee.

A good device for measuring radio frequency is the Safe and Sound Pro, which sells for around $400 at Safe Living Technologies. There is probably a higher quality device that professionals use.