

I've been following the research on EMF radiation for over 10 years and it never ceases to astonish me, and at the same time disturbing, how the rollouts continue one after the other without any regard for human lives, animal life and the environment being destroyed to mine for these materials to make technologies that claim to be cleaner and greener. Far too long overlooked and of equal importance, is the human energy field and its role in maintaining health and vitality and what role foreign energy fields play in disrupting this health, vitality from the interactions of natural endogenous and foreign energy fields. We have been incrementally and systematically separated from the Earth's natural energy fields with shoes that are not compatible, toxic clothing and other disconnects contributing to increased acute disorders and chronic illnesses. Our society has been selling us biologically incompatible goods for quite some time now.

As an individual with lived experience and a healthcare professional I didn't realize the impact until I started to experience symptoms. I began reducing all sources EMF in my home at the time instinctively before I had symptoms because it just felt right based on the research. It wasn't until after moving from a low EMF area to a high EMF area did my body system experience a type of shock, seizure like activity and development of ME/CFS, dysautonomia, migraines almost on a daily basis, carbohydrate intolerance, anxiety and chronic pain. I now know there are millions of others out there like me who are suffering daily by the continuous overabundance of towers/base stations, smart phones, laptops, wifi, electric & hybrid cars and smart meters and yet for the severe, these services and devices are their only connection to the outside world but what if, they are unknowingly worsening their symptoms and preventing recovery? We shall see in the forthcoming citations in this comment.

Another aspect is the presence of this radiation in medical facilities, mental health facilities and residential programs and shelters where our most vulnerable populations go to seek shelter, rehabilitation and recovery. Once I had an EMG and the doctor was very much aware that the 60hz frequency from the wiring was interfering with the results. How can I expect to trust any results with this interference? And you know, the results conflicted with the previous EMG setting back care months at this point. This brings the additional question of sound building design, beneficial building materials instead of dead trees and proper filters preventing EMF leaks in housing/buildings.

According to an outdated World Health Organization paper, “The symptoms are certainly real and can vary widely in their severity. Whatever its cause, EHS can be a disabling problem for the affected individual” (1). This outdated paper validates but then moves the problem to possible mental health which is something done by doctors prolonging the symptoms and/or suffering. More recent evidence however from the IFM (2), show “potential clinical patterns of toxic health effects among some populations, such as endocrine disruption, mental health disturbances, cardiovascular abnormalities, increased oxidative stress, and increased Alzheimer’s disease and tumor risk”. NDNR lists reports of “sleep disturbances, fatigue, headaches, dizziness, difficulties with memory recall and concentration, headache, depression, anxiety, restlessness, dysesthesia, allergy symptoms have also been noted which may be a consequence of increased histamine release, as observed in animals exposed to EMFs”. Certain laboratory changes have also been observed in individuals presenting with sensitivity to EMF exposure, such as “elevations in hs-C-reactive protein (hs-CRP), IgE (even in the absence of known allergy), and 8-OHdG,²⁴ and decreases in serum antioxidants, such as glutathione, superoxide dismutase, myeloperoxidase, and catalase”. (3) In another animal model, Shekoohi Shooli, F., Mortazavi, S. A., Jarideh, S., Nematollahii, S., Yousefi, F., Haghani, M., Mortazavi, S. M., & Shojaei-Fard, M. B. (2016) used a cellphone jammer to lower blood sugar. (4) Are we to infer from this that EMF radiation is one of the causes of diabetes? We might not have to infer anything because Meo, S. A., Alsubaie, Y., Almubarak, Z., Almutawa, H., AlQasem, Y., & Hasanato, R. M. (2015) concluded, “Exposure to high RF-EMFR generated by MPBS is associated with elevated level of HbA1c and prevalence of pre diabetes mellitus among school aged adolescents. RF-EMFR appears to be another risk factor contributing to high levels of HbA1c and incidence of type 2 diabetes mellitus.” (5) Another human study (6) concluded, “In healthy participants and compared with no exposure, 50-minute cell phone exposure was associated with increased brain glucose metabolism in the region closest to the antenna.” Meanwhile, Kucukgoncu, S., Kosir, U., Zhou, E., Sullivan, E., Srihari, V. H., & Tek, C. (2019) concluded “Our results highlight impaired glucose metabolism at the onset of SMIs, suggesting both patients with psychosis and mood disorders are high-risk groups for diabetes development (6). This is quite alarming because glucose metabolism dysfunction influences much more than diabetic risk and cognitive dysfunction including, according to Zhang, S., Zhang, Y., Wen, Z., Yang, Y., Bu, T., Bu, X., & Ni, Q. (2023), “glucose transport, glycolysis, PPP, and TCA cycle in glucose metabolism are aberrant in the brains of diabetic patients and animals, leading to reduced ATP synthesis, aggerated oxidative stress/inflammation, all of which drive decreased synthesis of neurotransmitters and neurotransmitter modulator, aberrant synaptic plasticity, and ultimately neuronal damage and cognitive impairment. Among these pathogenic processes, impaired cerebral insulin signal is highly emphasized and characterized as an important pathogenic mechanism in the regulation of glucose metabolism” and interestingly inflammation in the previous citation leads to a wide array of illnesses (8) (9) including (10) “the IFO-VGIC mechanism and the consequent OS constitute a comprehensive mechanism that **explains all known adverse biological and health effects reported to be induced by**

anthropogenic EMFs” concluded Panagopoulos, D. J., Yakymenko, I., De Iuliis, G. N., & Chrousos, G. P. (2025) in their paper, A comprehensive mechanism of biological and health effects of anthropogenic extremely low frequency and wireless communication electromagnetic fields.

Much more than assessments need to be done about this. We need immediate safe zones set up for people to enjoy life in public spaces, wifi removed from healthcare facilities, shelters, group homes and residential recovery programs. Any program receiving state and federal funding will have to comply because the safety of the individuals in their care come first. All internet should be hardwired, ground properly, filtered (including home/building electrical wiring and/or radiation blocked. Additionally, the public needs reliable and reasonably priced signal jammers, protective clothing and other tools to be proactive and make spaces safer.

1. Electromagnetic hypersensitivity
<https://www.who.int/teams/environment-climate-change-and-health/radiation-and-health/non-ionizing/hypersensitivity>
2. EMFs: Health Impacts and Reducing Exposures
<https://www.ifm.org/articles/emf-health-reducing-exposures>
3. EMF Exposure: Neuropsychiatric Effects
<https://ndnr.com/emf-exposure-neuropsychiatric-effects/>
4. Shekoohi Shooli, F., Mortazavi, S. A., Jarideh, S., Nematollahii, S., Yousefi, F., Haghani, M., Mortazavi, S. M., & Shojaei-Fard, M. B. (2016). Short-Term Exposure to Electromagnetic Fields Generated by Mobile Phone Jammers Decreases the Fasting Blood Sugar in Adult Male Rats. *Journal of biomedical physics & engineering*, 6(1), 27–32.
5. Meo, S. A., Alsubaie, Y., Almubarak, Z., Almutawa, H., AlQasem, Y., & Hasanato, R. M. (2015). Association of Exposure to Radio-Frequency Electromagnetic Field Radiation (RF-EMFR) Generated by Mobile Phone Base Stations with Glycated Hemoglobin (HbA1c) and Risk of Type 2 Diabetes Mellitus. *International journal of environmental research and public health*, 12(11), 14519–14528.
<https://doi.org/10.3390/ijerph121114519>
6. Volkow, N. D., Tomasi, D., Wang, G. J., Vaska, P., Fowler, J. S., Telang, F., Alexoff, D., Logan, J., & Wong, C. (2011). Effects of cell phone radiofrequency signal exposure on brain glucose metabolism. *JAMA*, 305(8), 808–813.
<https://doi.org/10.1001/jama.2011.186>
7. Kucukgoncu, S., Kosir, U., Zhou, E., Sullivan, E., Srihari, V. H., & Tek, C. (2019). Glucose metabolism dysregulation at the onset of mental illness is not limited to first episode psychosis: A systematic review and meta-analysis. *Early intervention in psychiatry*, 13(5), 1021–1031. <https://doi.org/10.1111/eip.12749>

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9. Johansson O. (2009). Disturbance of the immune system by electromagnetic fields-A potentially underlying cause for cellular damage and tissue repair reduction which could lead to disease and impairment. *Pathophysiology : the official journal of the International Society for Pathophysiology*, 16(2-3), 157–177. <https://doi.org/10.1016/j.pathophys.2009.03.004>
10. Panagopoulos, D. J., Yakymenko, I., De Iuliis, G. N., & Chrousos, G. P. (2025). A comprehensive mechanism of biological and health effects of anthropogenic extremely low frequency and wireless communication electromagnetic fields. *Frontiers in public health*, 13, 1585441. <https://doi.org/10.3389/fpubh.2025.1585441>