I am submitting this comment in response to HHS's Request for Information on Electromagnetic Fields (EMFs), Radiofrequency (RF) Radiation, and Wireless Radiation Exposure.

This is what happened to me:

Eight years ago I was living in Los Angeles and developed debilitating **neurological symptoms: tremors, headaches and nervous system problems.** I laid awake every night, feeling like I was being electrocuted. I could barely function, no matter where I went from all the EMFs surrounding me. After doing some research, I unplugged my router one night, and I felt a big difference, so I knew that RF was the problem. I had developed **extreme electrosensitivity**. So the next year, after much suffering, I moved off the grid to New Mexico, away from cell towers and without wifi—only ethernet—in my home, which, over several years, radically reduced my symptoms. (I had the means to move, but most people do not have this privilege, and the only way to reduce symptoms is lack of exposure which is impossible in the city.)

One year ago, I was diagnosed with **Multiple Myeloma—an incurable blood cancer**—in which I have been receiving chemotherapy and will have to battle for the rest of my life. I believe my RF exposure greatly contributed to this horrible disease.

Please take this issue seriously. People's lives depend on it.

Sincerely,
Adair Seldon