To people that care,

I am so happy to see the damage caused by EMFs being taken seriously by entities that can help. I am an individual whose active life came to a complete halt due to EMF hypersensitivity. It took years to come to understand what the cause of my illness was and to take charge of what I could in getting my life back…though not completely.

I am now 65-years old, but showed sensitivity to electronics in my 30's, though I have always been sensitive to humans' energy. I was sensitive to static electricity even when others weren't. At times I would hear phones ring or text before a call or text actually came through; and large power lines affected me. I had 3 very strong electric shocks in the early 1990's, so don't know if that helped to trigger anything. I also began having constant headaches ranging from mild to extreme. From a young age, my son was bothered by hearing electricity in walls. And my husband too had felt negative health affects.

I worked most my life in the medical field – beginning by growing up in my parent's herb shop and dad's natural practice. I became an EMT at 20 and later became a lab scientist. I have worked in 2 doctors' offices, 2 Urgent Cares, and 6 hospitals in 3 different states, besides teaching at 2 medical schools. I was head of hematology/coag at a hospital in 2008 when strong symptoms developed:
*strong static shocks from my instruments (even though standing on thick anti-static mats)
*hair often stood on end
*began loosing my memory – being unable to recall important words and calculations

We moved and I took a part-time, non-lead job at another hospital as a Generalist, and then to teach at a medical school. My medical lab work came to an end in 2010. I stepped aside because I didn't want to be a cause of harm to a patient due to my making a mistake. I should've applied for disability at that time, but didn't have that kind of mindset….I was made to work.

In 2010 I began having other neurological issues:
*headaches got worse
*dizziness when squatting or bending to the point of nearly passing out
*extreme shock-like feeling running from the top of my spine all the way down to my tail
*if I was touched lightly on my shoulder, it would send a strong electric shock through me
*more memory loss and a bit of confusion
*lymphoma returned (I had been diagnosed with NHL in 1993, but was in remission)
*EXTREME heating of my head that I attributed to menopause, but now believe to be triggered or at least worsened by EMFs

We moved to another location in 2013. I went for a job interview in 12/2013 and was a complete idiot – my mind went completely blank when asked questions.

The big assault on my life came in the summer of 2014. All around the same time, I got a new iPhone, had Wi-Fi in our house, everyone around me started using 'smart' devices, and a smart meter was put on our house. BOOM! I had my first seizure. I had 3 that week. The 3rd one came after we had been boondocking and my hubby stopped under a monster power line tower. I grabbed my head and yelled to move due to the heat and electricity I felt in my head. The next morning I had a Grand Mal seizure in public. I was ambulanced to a hospital and put on an anti-seizure med. I still had seizures, but was now dopey too. I only took the meds for a few months before stopping.
Interestingly, for a week following the Grand Mal, every time I turned on running water, I could hear the electricity in it, and if I touched it, I got shocked.
Two weeks later, I was being seen by a doctor for something else when I had a seizure in his office. I was then put in the hospital and monitored for 3 days. I had a couple of seizures, and was diagnosed with epilepsy.
A friend suggested it was the smart meter. Thus, I called the power company and told them we needed our old meter back on. They refused, until I said I was having seizures. They came out and made the switch the next day. (No power company has done that since.)
Normally, I have an aura before a seizure (confusion or my eyes begin to vibrate), but I found that loud, sudden noises could drop me immediately. I am affected more audibly than visually.

In 2015, we moved to Tacoma – the absolute worst place for me. Using AntennaSearch.com, I found that there were nearly 600 wireless antennas within 3-miles of my home, not counting all the wired electricity. I did try to work again while I still could. Got a job for a doctor's office only 5-miles away and just 2-days/week. That ended after a year when I had a seizure driving on the way home. I only worked the front desk and had to total everything out at the end of the day. Sometimes I could, sometimes I couldn't. Something very strange happened one day –
*I was trying to write on paper a message left on the phone. Each time I tried to write the phone number down, I wrote the wrong numbers on the paper. It was like my brain was sending wrong info to my hand.
I eventually became completely brainless!...
*I became totally homebound with severe dementia
*when away from home in a store, etc, my family could never leave me alone because I would become confused, not knowing where I was. Totally lost!
*had bone pain in my hand and arm using the wireless mouse every time I was on my computer
*I had multiple seizures on a daily basis
*even when not a seizure, I would what I call 'tweak & huff' a lot (uncontrolled body movements and audible sounds like you hear in a person with Tourette's)
*At times I would sit for hours just staring, aware, but unable to think,...of anything
*Other times I would lose hours during the day that left me without knowledge of that time frame

I continued to have seizures. I would rarely have the big ones, as most of mine were partial (now called focal seizures). My teeth were ruined due to the clenching of my jaw (even during the smaller partial seizures), and I now have dentures due to the breaking of my teeth.

My daughter took me to a neurologist in Tacoma. I had a seizure in his office. He told me to stop trying to figure out the cause and just accept it and take my meds. I told him he was talking to the wrong person, that I went into the lab field because I want to know the cause of things, not just treat symptoms.
I continued to research as I could, learning more and more about the dangers and effects of EMFs. (It's sad how many other countries are more pro-active in recognizing and limiting EMFs than where I live in the US. It makes it extremely difficult to find medical or financial help.)
We moved from the city, which helped quite a bit.
Another doctor I saw got a big smile as she listened to my insides with her stethoscope. She told me she could hear my electricity inside of me. She had studied about it, but I was the first person she actually heard it in. She said "no wonder you have problems!" She thought maybe I had Lyme's Disease. I tested negative for that, but I know that it is difficult to diagnose with a blood test.

The navy began testing EMFs in the Puget Sound area where we lived. More and more we would see the helicopters over our house and the testing vans drive around. One day our truck was hit with an EMP while we were driving. It was like something out of a sci-fi movie – the car began shifting down on its own, lights and radio began flashing on and off on the dash, electric door locks began going up and down. We were able to pull off the highway before the truck completely shut down. After about 15-minutes, it started up again and drove okay. I called a mechanic and told him what happened and needed him to check out the electronics. He said we were the 4th call he'd gotten with the same kind of thing happening.

We moved to another state, buying a country home with not much around us – the arid desert of AZ. Distance helped, but the arid air added more static electricity. I continued adding things to my healthcare that worked (and I could afford) –
*distance from antennas, etc
*using EMF blocking paint where needed
*Faraday cage on our smart meter
*having fiber optics when available
*taking supplements to improve my immune system
*taking CBD oil in morning and evening
*adding things into my daily doses that fought radiation and added moisture (potassium iodide, hyaluronic acid, etc)
*Stetzer filters in my home
*only using wired/ethernet for TV and internet; had a wired landline phone
*putting cell phones into faraday pouches
*wore a Q-link necklace (though I don't really notice any aid with that)
*bought and wear shungite bracelet and necklace (I do notice it helps)

My seizures lessened tremendously and eventually went away aside from the rare partial one (and this is only if I continue to use all the precautions). But every time I had to go into the city, I would still have seizures. Thus, I bought silver-threaded caps. The first time I wore one in the city was the first time I did NOT have a seizure while there. I soon found I had to wear a

'therapy' cap every time I left home. Sometimes I also have to wear a therapy shirt and/or wrap. They all block the radiation by 99%. In time, I was even able to start driving again, only limited, and never in the city or on the interstate. And if I felt 'off' in any way, I did not drive at all.
As I improved, I have now gotten to the point where I can drive again, though still avoiding areas of chaos like interstates and cities. Also keeping windows up, as loud sudden noises can affect me.

Over two years ago we moved to another place to be closer to medical, shopping, and friends. Unfortunately, it put us inside the large area of Fort Huachuca's EMF test zone (the largest in the U.S.). Sadly, at our current location there is no fiber optic or wired phone availability. So we are back to having a satellite dish (Hughes Net) and only cell phones. I added in more protection:
*grounding sheets
*my husband built me a 'grounded, faraday cage' craft building (though I haven't had much time to spend in it as he had a stroke last February and our lives once again have been turned upside down)
I'm still pretty much seizure-free, but since living in 'the zone', older symptoms have returned:
*headaches
*painfully tingling skin (sometimes I can't even step outside as the suns radiation causes immediate pain on my skin, even in the shade)
*anger when on a phone or computer for too long (even using ethernet)
*some memory issues & mild confusion
I'm assuming these old symptoms returning is due to us living in the EMF test zone.
Also, I don't sweat (not sure when that started), so my body has no way to cool off. And since I have to wear a cap on my head all the time when out and sometimes even at home, my body can't even let heat escape via my head. Not good when you live in the hot desert.

We took a huge income drop when I was no longer able to work. I did apply for disability after my seizures started but was turned down. I didn't have the brain capacity to keep trying. After I began improving, but knowing that I still could not work, I was going to try again, but was told by a lawyer that I had waited too long and no longer had any work credits. Thus, I took early (and VERY low) Social Security. And because I choose to use what many call 'alternative' treatments (that actually work), instead of drugs, I probably wouldn't have been given disability anyways. Without me being able to work, my husband was left being the sole source of real income. But after his stroke eight months ago, he is no longer able to work and went on early SS. Time will tell if he is approved for disability. Because our income no longer covers our bills, we will have to sell and move again.
Trying to find a 'quiet' EMF area that is 'safe' for me to live is a great challenge. No place is truly safe any longer, even the countryside, as there are tons of satellites overhead and more and more wireless and wired electronic THINGS appearing everywhere, let alone the new giant AI plants. And then there are all the hybrid and electric cars, etc. This makes it extremely difficult to go anywhere that is quiet and safe - shopping, medical trips, vacations, even camping.
Add to that all the skepticism from many who think this is all in your head.

I also have had heart issues develop in the past few years, being seen by cardiologist a couple of times. My dad and two siblings all died of heart disease; therefore, I should not take this lightly. BUT, I cannot find a cardiologist who still uses the old-style Holter monitor. Everyone has gone to using wireless devices. Those would definitely cause seizures in me; thus, I am unable to have my heart tested. I also cannot have another MRI of my head. The one I had after my seizures began burned my head. It has now been 12 years, and I still have pain and tenderness on the backside of my head where the burning occurred.

We need more medical professionals who are aware of this growing man-made environmental (and very devastating) illness. I believe that in time, there will be no functioning brains left in humans, especially the young ones….or animals. More and more animals are having seizures and otherwise being affected by the increasing amount and strength of EMF/RFs.

Thank you for listening. I hope my story helps.