Living with EMS Is Like Being In An Invisible Cage

For people with Electromagnetic Syndrome (EMS), the prospect of being around a gathering of people, whether it is family and friends or an event, causes plenty of reservation. This isn't because of social anxiety, but rather a physiological and resultant psychological reaction to the plethora of wireless devices emitting microwave radio frequency (RF) radiation from cell phones, key fobs, tablets, iPads, Apple watches, pocket satellite connectors in addition to the vehicles with radar, Bluetooth, GPS, and the various specialized semiconductor chips and integrated circuits that power and connect the Internet of Things (IoT).

The truth is, many of us cannot attend events or even go into big box stores because of the flu-like symptoms of dizziness, tachycardia, nausea, anxiety, loss of cognition, head pressure, eyes burning, blurred vision, teeth aching and if in the area long enough, atrial fibrillation, joint pain, extreme fatigue and insomnia that lasts for several days after the exposure. Many people develop respiratory symptoms that are confused with the common cold or seasonal allergies because of the coughing and sneezing, eye lacrimation and increased mucous production that occur when the body immune system reacts to the cellular damage from radiation exposure and tries to protect and repair itself.

EMS is an allergic reaction to wireless frequencies and is estimated to affect at least thirty percent of the population. I believe 98% of the population have EMS. This could be determined with data analysis of the pharmaceuticals prescribed to address the symptoms listed above corrected for other causes and correlated with wireless device use, screen time and RF radiation exposure. Unfortunately, the medical industry nor the FCC is willing to address the harmful effects of man-made RF frequencies that the FCC has allowed to proliferate in our environment at an unprecedented rate with no regard for safety.

Even as a physician trained in alternative and conventional therapies, RF radiation was never a consideration in regard to health since EMS was not mentioned in my entire four-year medical school program. When I moved to a new state to attend medical school, I thought the cell tower less than 1/2 mile from the home I would be living in was a good thing because I would get better reception on my new iPhone. Of course, this is also when I got Wi-Fi for the home and a new laptop computer. By the way, the name 'laptop' is almost criminal since the frequencies would be exposing the gonads (ladies you are born with all of your future children in your ovaries) to microwave radio frequency radiation. While attending medical school, I was around hundreds of cell phones, laptops, wearables and other wireless devices, plus the school's Wi-Fi. In addition, the school was located at the intersection of a heavily trafficked road and interstate and a constant stream of vehicles equipped with multiple types of RF radiation and cell towers.

My first alarming symptom was the pre-syncope with grey outs while sitting in a lecture or walking on a sidewalk in the city utility easement that doubled as a park in my subdivision. My symptoms included loss of concentration, feeling faint and dizzy, nausea and a temporary loss of vision, tunnel vision, or dimming of light and color, Of course I went to the medical school clinic and was referred to a neurologist after one of the student doctors witnessed an episode on the exam room. Since all of the neurological exams were unremarkable, it was suggested that I increase stress relieving activities so that my immune system could overcome a possible chronic virus infection. Thank goodness, I declined an MRI since the contrast (dye), gadolinium, concentrates in the brain and attracts magnetic resonance - not good for someone who has become extremely allergic to frequencies!

There were a lot of excuses for the symptoms. For example, I hardly slept during the four years of medical school. I would fall to sleep out of exhaustion at 9 or 10 and then wake around 2:00 am unable to get back to sleep. I struggled to concentrate and reading comprehension declined so I started recording lectures and listening to them to study. I was increasingly anxious when I went to class…I thought it was anxiety about my daughter going to school alone and being home alone after school as well as being in a new place, having to learn to use a computer efficiently, menopause, social anxiety, and/or being an older student afraid I couldn't keep up. Besides the decline in cognition the worst part was feeling constantly on edge and ready to blow up for seemingly no reason, like having PMS on steroids 24/7.

I had a friend who had a cabin where we would go on the weekends to study. Upon our arrival, I would notice an immediate difference when I stepped out of the car. It seemed like the excess energy would flow out of my body when I stepped onto the ground. After about eight hours, my cognition would return so I could understand what I was reading. Of course, I attributed this to being in a less stressful environment since I have always loved the outdoors. Today I believe the weekend retreats away from the energy of the city and the RF radiation was the reason I was able to complete medical school in the top 10 of my class.

The year I moved to the area where I would establish my practice, smart meters were being installed on all buildings. My office was was in a triplex and there were three ‘smart’ meters on the outside wall of my suite. The other two suites were realty offices with multiple computers, tablets/pads, cordless DECT phones and cell phones and I had cordless DECT phones. I had been trained to use electronic health records and had purchased tablets for patients to do intakes on in the office. I remember conveying to my gentleman friend that I became extremely agitated and and had trouble staying on track when at the office. Of course, we attributed it to stress.

After 5 years, I purchased my ‘dream’ holistic medical building and my stress level went off the charts. I had doubled my expenses and the doctor contracted to join the practice backed out at the last minute. There were three cell phone towers all within 1/2 mile of the building that was next to one of the busiest roads in the state. The building was also wired with a sound system that was kept it on almost all of the time to drown out the road traffic noise. I didn’t realize the sound system wiring and volume controls has a strong electromagnetic field. It wasn’t long before I crashed. At first, I thought I had a brain tumor due to the lack of cognition and extreme fatigue. I can remember feeling like I needed to crawl out the front door so I could call my gentleman friend in desperation. I was so sick I couldn’t remember the immediate past or even think to go forward, which was uncannily frightening.

During the time that I was getting more and more ill, I noticed I felt better when I went for a walk in areas where there was no cell phone reception and as such, we had left our cell phones behind. When we got back to our vehicle or home, I would feel instantly agitated and anxious, ready to explode again. I would also to feel pressure on the inside of my head and I couldn’t think. My teeth would eventually begin to ache and I have never been able to figure out if it was because I was clenching them, although bruxism (grinding) is a symptom of EMS. My heart raced (tachycardia) and my body hurt all over and I felt exhausted. I still couldn’t sleep, waking at 2 or 3 am and feeling like I’d stuck my finger in a light socket - wired and tired. We call this adrenal fatigue, but it is really an imbalance in our hormones due to anxiety from the tachycardia (heart racing) and the allergic inflammatory response of the immune system’s reaction to man-made frequencies.

Since there was no training regarding EMS or radiation sickness, it took a long time to figure out what was causing the symptoms. Josh del Sol’s “Take Back You Power” weekend webinar, which focused mainly on the harmful wireless radiation from ‘smart’ meters, was the impetus that helped me discover EMS. Eventually, my son and gentleman friend wired the my medical building with ethernet, which was surprisingly easy and although it was not convenient like wireless, it allowed me to continue practicing.

I had advertised medical office space for lease in a low EMF environment and a doctor from Phoenix who also has electromagnetic syndrome inquired to rent the space. She gave me a copy of a medical conference she had attended on electromagnetic syndrome (also known as Havana Syndrome). That was in 2019. I tried all of the suggestions provided by the conference and attended another conference on the subject, mainly to heal myself. Nothing offered for remedy, except avoidance, resolved my symptoms.

This condition has been life changing. It has also been worse than death at times. It is frustrating and heartbreaking when everyone, especially family members, have doubt or deny the condition. People have asked me if I was sure I wanted to have EMS - as if it is something I have control of. Why would anyone want to have a condition that literally makes them sick any time they go around people or places with wireless microwave RF radiation, which is NEARLY EVERY PLACE IN THE WORLD BY NOW?

I have had people and loved ones test me to see if I am truly sensitive. I had patients defiantly challenge me as if in defiance by hiding their phone so they could bring it to the office. It seemed like no one wanted to know about electromagnetic frequencies, RF frequencies and EMS, fearing that if they did, they might have to recognize it in themselves, so I doubt even my own family members have read the information I have sent them on the subject.

Financially, this has been a devastating because many people left the practice since they couldn’t bring their cell phone into the visit - or maybe thought they EMS might be contagious.

The thing is - no one realized the ever-increasing symptoms they were experiencing were due to the wireless microwave RF radiation because it crept up on us insidiously. If you remember, our phones used to ask to connect to a Wi-Fi source. That stopped with an automatic update and our phones began automatically connecting to every RF signal, not for voice transmission, but for internet connectivity and app service. Then they made phones that the telecom industry could use as hot spots, unbeknownst to the owner, so that the

shorter wavelength bands could be used and penetrate almost any barrier. These pulsating shorter wavelengths are what are so harmful. The further a cell phone gets from a tower, the stronger the signal it sends out in order to connect to a tower, which is why it is so dangerous to use while driving in a metal box - just like a microwave oven. What does the RF radiation heat when you place a cup of water in a microwave oven? The water! Yes, that's right, you are mostly water! Isn't it a conundrum they are referred to as 'mobile' phones? Incidentally, the 2.4 GHz frequency on your wireless router is the same frequency as your microwave oven - look it up!

Wireless devices have proliferated into so many aspects of our lives, that it is difficult for me to visit people or go to public places. Shopping consists of quick trips to purchase only what I need to eat and live. Scanning registers, automatic door openers, security and surveillance cameras, clocks/temperature monitors, baby monitors, cordless DECT phones, cell phones, Wi-Fi from routers, 'smart' TVs, Bluetooth, Amazon stick, Alexa, satellite routers, security systems, garage door openers, PCs, laptops, tablets/iPads, 'smart' appliances, vacuums, key fobs, etc. are everywhere! Did you know cordless DECT phones and baby monitors are like having mini cell towers in your house?

I have written a book on the subject, yet to be published because I was warned it would never be picked up by major publishers as they will not bite the hand that feeds them. Media rarely touches the topic for the same reason. I love technology, but my research has demonstrated the current technology is killing us and it is decreasing our IQ at alarming rates. The frequencies can be used to control our brain wave patterns and therefore, thoughts. Surveillance has escalated and I feel there is more to this than anyone wants to know about.

Device addiction due to dopamine release that occurs every time we look at the screen, hear the phone or get a response to social media is a huge problem. Excess dopamine is definitely decreasing testosterone in males and increasing it in females. Microwave (RF) radiation also causes insulin resistance. This is why PCOS (polycystic ovarian syndrome) and infertility have escalated. Try telling that to a young woman as she pulls her microwave RF radiation emitting cell phone to her chest as if to hug or protect it. The mental image reminds me of Gollum on Lord of the Rings. **The phones are definitely our '*precious*'.**

Fear of being ostracized has reached a whole new level because the device addiction ensures that people are afraid to know or literally do not want to know about the deleterious effects of RF radiation. While practicing medicine, I came to recognize that people would rather swallow poisonous drugs with multiple side effects (otherwise known as pharmaceuticals), supplement with hormones, have the AV nodes in their heart atria burned ("ablation therapy") and undergo chemotherapy rather than recognize the cause of their anxiety, infertility, lack of cognition, insomnia, headaches, joint pain, insulin resistance, type II diabetes, weight gain, high blood pressure, tachycardia, a-fib, cancer, etc., etc.

It kills me to see people, especially my family members using their devices 24/7. My heart breaks when I see growing children talking on cell phones or holding tablets/iPads because their whole system is so susceptible to the neuronal damage from microwave RF radiation. As a physician, it is particularly disturbing to know how the medical industry is profiting from the illness the wireless devices and vaccines are causing…and for those who suffer with EMS, just think what it is like to have to ask people to turn off their cell phones off - completely off (not airplane mode). BTW - It does not help to leave the wireless devices outside the door or in a vehicle because the frequencies pass through everything.

Just having the knowledge of the various mechanisms of action of RF radiation causing biological harm accentuates my awareness of my personal symptoms. I have to continually remind myself that I have to respect people's choice, just as I would with alcohol, smoking, food addiction, etc., because I don't have to let it affect me, but when those choices are detrimentally affecting all life…I mean…colony collapse of bees (our major pollinators for food), entire flocks of birds dropping out the sky, whales beaching, alarming reduction in the migration of monarch butterflies, forests becoming more susceptible to insect infestation and fire… etc., etc., then it *is* effecting me. In addition, how do I not let the manmade frequencies affect me when they are ubiquitous in all public environments and are quickly invading private spaces due to satellite use? Observing the public use of wireless devices is a constant realization that the choices people are making are destroying all biological life and that increases anxiety, which accentuates the symptoms of EMS.

So, yes, the issue of microwave RF frequency proliferation matters to me because my life, my career and my health physically and psychologically has been irreparably harmed by the ubiquitous and insidiously ever increasing man-made frequencies in the environment. I am unable to live a normal life and had to retire early from practicing medicine. My family has ostracized me and then accepted my situation, although visits are few and short due to their dependence on their devices for their being and livelihoods. As I mentioned, it breaks my heart to understand the addiction and manufactured necessity for wireless devices and to realize most people have no choice in today's world.

By not owning and using a cell phone and having EMS, I have experienced extreme difficulty in

1. communicating with state government agencies;
2. carrying out financial matters with banking and investing due to two-factor authentication requirements;
3. communication due to required email two-factor authentication via text and decommissioning of landlines;
4. ordering medical supplies and performing tasks associated with a medical practice;
5. shopping for goods needed to live;
6. living in a household with others who must use their cell phone for business purposes;
7. obtaining internet service with the router disabled in modem/router combination equipment (and keeping the router disabled as they have wirelessly activated it);
8. maintaining a social life as I have had to become a recluse and cannot even go to city parks or libraries as they all have towers/antennae or Wi-Fi.

In essence, I am a prisoner in America, held in place by an unseen grid that is proliferating. Some say the data centers are being built in order to hold everyone in an invisible cage. I can testify from experience that no one wants this.