I am sensitive to electromagnetic frequencies (EMFs) and radio frequencies (RFs) caused by cell phones, electricity, WiFi, cell towers, and other wireless and electronic devices. To say that the discovery of my sensitivity greatly impacted my life, is an understatement. It nearly RUINED me, I had thoughts of ending my life. It has certainly ruined my career as a public school teacher. I can no longer teach in person because I cannot tolerate being around antennas, cell phones, smart meters, and all of the other miscellaneous wireless devices. I am forced to work from home and do not make nearly the amount of money that I used to make. I began having health issues in 2016. My symptoms included leg numbness, brain fog, balance issues, gastrointestinal issues, heart issues, and list goes on. I had never had any health issues prior, at that time I was in my mid 40s. That year, in 2016 was the first year they put WiFi on the ceiling of my classroom. Additionally, I was in a classroom with several iPads and cell phones. Through my health insurance, I had several tests done. The doctors told me it might be MS or a brain tumor. Over a 4 year period, I had blood tests, MRIs, nerve tests, endoscopy, colonoscopy, ekg, and several visits to address the many symptoms that I was experiencing. In the spring of 2020, 5g towers were being deployed all over my city and around my neighborhood. I started developing ear infections, heart issues, and my body felt like it was vibrating all the time. I knew that I hit the end of the road with Western Medicine, all the tests were inconclusive and there was nothing they could do for me. So, I decided to take matters into my own hands. I got rid of my WIFI and cell phone, I fully wired my home and began sleeping with the electricity off in my bedroom at night. I was still living in a housing tract and was surrounded by cell towers, so my symptoms did not completely go away, but they were greatly reduced by the changes I made. Today, I live with a lot of land separating me from my neighbors. I have a shield on my smart meter, as my electric company will not entertain an analog meter and I am 3 miles from the nearest cell tower. I do not allow cell phones or other wireless devices in my home. I now live a relatively comfortable life with minimal symptoms as long as I stay home. When going out to run errands or traveling I often experience the following: headaches, watery eyes with head pressure, trouble focusing, brain fog, inability to think clearly, balance issues and many other health symptoms depending on the type of EMF or RF and the concentration. I cannot be comfortable out in public, my trips are usually very short.

There is plenty of research out there that shows the dangers of wireless radiation. In 1971, the Naval Medical Research Institute in Maryland researched the biological effects and clinical manifestations attributed to radio frequency and microwave radiation. I highlighted the symptoms that I have personally experienced as a result of wireless radiation. In the Naval Medical Research Institute report, they found that the radiation caused all of the following and more: heating of organs, corneal damage, altered menstruation, altered fetal development, liver enlargement, decreased lactation in nursing mothers, altered renal function, changes in the oxidative processes in skin and organs, altered blood flow rate, electrocardiographic changes, myocardial necrosis, dehydration, death, headaches, insomnia, cranial nerve disorders, seizures, convulsions, altered heart rhythm, structural alterations in synapses of vagus nerve, stimulation

of parasympathetic nervous system and inhibition of sympathetic nervous system, depression, impotence, anxiety, lack of concentration, tremors, dizziness, scalp sensations, chest pain, increased irritability, blood disorders, vascular disorders, biochemical changes, metabolic disorders, gastrointestinal disorders, endocrine gland changes, and genetic and chromosomal changes. (Navy-Microwave-and-RF-Effects-Brief-1971.pdf)

In 1996 President Bill Clinton passed the Telecommunications Act of 1996, which has made it impossible to legally object to the placement of cell towers and cell tower equipment (PLAW-104publ104.pdf). People with my condition have no say whether or not a cell tower can be deployed near their home. Forcing people like myself to either live a life with endless health issues or move. I am confused why this was passed after looking at the 1971 Naval Medical Research Institute report.

There are many people that have independently researched the dangers of wireless radiation, including Dr. Joseph Mercola. Dr. Mercola is a licensed osteopathic physician and has been studying the dangers of EMF and RFs since 2010. Here is some information from article that he wrote,

“Exposure to microwave EMFs, like cellphones, causes massive mitochondrial dysfunction due to damage done by free radicals from peroxynitrite that also cause single and double stranded breaks in your DNA

Excessive free radicals triggered by low-frequency microwave exposure from cellphones and Wi-Fi networks have been linked to chronic diseases such as cardiac arrhythmias, anxiety, depression, autism, Alzheimer’s and infertility

Excessive calcium signaling produced by EMF exposures also has important roles in producing pathophysiological effects of EMFs including each of the effects listed above

Strategies that may help reduce the harmful effects of EMFs include optimizing your magnesium level, certain Nrf2-boosting foods, exercise, calorie restriction and strategies that boost nitric oxide signaling (which acts, in turn, by raising Nrf2.”
(electromagnetic-fields-harmful-effects-pdf.pdf )

Dr. Sharon Goldberg is another doctor that is aware of the dangers of wireless radiation. In 2018 she spoke on Senate Bill 637 at Michigan's 5G Small Cell Tower Legislation Hearing October 4, 2018.

"Wireless radiation has biological effects. Period. This is no longer a subject for debate when you look at PubMed and the peer-review literature. These effects are seen in all life forms; plants,

animals, insects, microbes. In humans we have clear evidence of cancer now; there is no question. We have evidence of DNA damage, cardiomyopathy, which is the precursor of congestive heart failure, neuropsychiatric effects... 5G is an untested application of a technology that we know is harmful; we know it from the science. In academics this is called human subjects research." ~ Dr. Sharon Goldberg (https://youtu.be/CK0AliMe-KA?si=Xw_I_lnH6MgsH41v)

People that have spoken out about the dangers of wireless radiation are not limited to doctors. Jeromy Johnson is a former Silicon-valley engineer turned health advocate, he is sensitive to electromagnetic and radio frequencies. He provides a wealth of information on reducing EMF and RF exposure on a Ted Talk. (https://youtu.be/F0NEaPTu9oI?si=TW9dk0ZEN5EVl4Bx)

In addition, there is a lot of independent research that has been conducted on EMF and RF's, which have been linked to Autism, ADHD, anxiety, depression, diabetes, and the list goes on. EMFs and RFs negatively impact every living thing on earth.

Below are several sources that very clearly show the link (there are many many more).

New Study Links Toxic Chemicals & EMF to Autism Causation - Science, Public Health Policy and the Law

Autism-relevant social abnormalities in mice exposed perinatally to extremely low frequency electromagnetic fields - PubMed

(PDF) Cell phone use and behavioural problems in young children

Electromagnetic fields and oxidative stress: The link to the development of cancer, neurological diseases, and behavioral disorders - PubMed