Comments to the HHS Regarding EMF/EMR radiation.

October 20, 2026

I have grave concerns about electromagnetic radiation and microwave milligauss radiation, which is emitted from power lines, smart meters and other building techniques/wiring/renovations. The general guidelines for milligauss readings for humans is 0 (zero), with 1 or less being acceptable. Unfortunately, I discovered I had been living in very high microwave milligauss radiation with readings from 3 to 7+ inside and higher in the yard, especially in the backyard. The number increased immediately stepping out from the back sliding door. It went to 10-22+, as I walked towards the powerlines behind the house. They are located in the electric company's field that backs up to the backyard.

In addition, the home had been equipped with a smart meter without our knowledge. The inside readings were high in most of the home and even higher in the room and area near the wall where the smart meter had been installed. My bedroom and bed were located against the wall just upstairs from where the smart meter was located. After I was able to get the power company to change it to a digital meter that they said was not 'smart', the number went down a few digits but was still around 5 milligauss. We were even charged money for this change but not for them to previously install a dangerous smart meter without our knowledge!

After leaving that home for an extended period of time, I discovered my TSH blood levels went down after years of working on this with very little results. The only thing I changed was not being in the home and yard with such high milligauss readings!

I was having many health issues and I believe the wireless/electromagnetic radiation and microwave radiation from the power lines, meters, etc. were the main culprits.

In addition to the high TSH, my other health issues included: fatigue and low energy when being inside a lot, sudden onset dizziness and belching – symptoms that started together and became chronic.

My understanding is the science being used to "regulate" the cell phone technologies is from 1996. There has been a lot of science done since then, including impacts of radiation on human health and impact on the environment. This information should be reviewed and new regulations updated so exposure limits can be made based on the newer, current technologies. The regulations should also specify the best way to use the variety of wireless devices so people understand the risks and ways to mitigate them.

In addition, I am not sure if microwave milligauss radiation is even regulated since the power lines' radiation (in the Washington, DC suburbs in Maryland) were allowed to continue to climb

and harm people living within a wide radius. We had long-time neighbors with heart disease, breast cancer, strokes, myeloma cancer and other serious illness. Many have unfortunately passed from these illnesses. There seems to be a higher number of illnesses on our side of the street close to the power lines, than the other side, which is slighter farther from the high milligauss numbers.

As you know, the D.C. Circuit Court of Appeals directed the FCC to provide a reasoned explanation for its determination that its guidelines adequately protect humans against harmful effects of RF radiation unrelated to cancer. Specifically, the court required the FCC to address the impacts of RF radiation on children, the health implications of long-term exposure, the ubiquity of wireless devices and technological developments, impacts on the environment, and the adequacy of the FCC's testing procedures for cell phones and other portable devices.

I urge HHS to do the research and work with the FCC to fully consider evidence and real-world experiences concerning the health and environmental impacts of wireless radiation, including non-cancer health effects, impacts on children, long-term and cumulative exposure, cancer, and impacts on wildlife and the environment.

The FCC is not a health agency and does not have expertise in medicine, biology or public health. Yet, the agency continues to assert authority over RF exposure standards and is preparing to reach conclusions about whether its existing guidelines adequately protect the public.

I urge the HHS to share with the FCC all the studies and research already done and published on this topic over the years since 1996, as there are thousands of them! Since the FCC is not a health agency, we need the health agencies to step up and provide the evidence regarding the harms of wireless radiation and do a review of the literature/research to determine the safety levels for 2027. This is 30 years of government agencies ignoring the negative health effects and not doing the independent research.

I want the HHS and FCC to rely on appropriate health and biological expertise and experts, as well as all the science completed since the guidelines were established, when addressing the issues identified by the court and for me, my family, friends and the entire nation.

For example, researchers linked on this site more than 3,000 peer-reviewed studies published since 1990 that reported significant adverse effects from EMF exposure: https://www.saferemr.com/2018/02/effects-of-exposure-to-electromagnetic.html

Thank you for doing the due diligence on this very important and universal topic that affect all of us, everywhere.