Comments on Notice of Inquiry, ET Docket No. 13-84 to FCC

by Junghie Elky

The current RFR exposure limits have impacted my well-being and caused me to experience health problems. I have had the experience of electro-sensitivity, which is basically being "allergic" to electromagnetic fields (EMFs) and man-made radio waves, with symptoms including dizziness, headaches, pains, including ear aches, and, most notably, fatigue, by being near them. I remember quite distinctly getting a headache in the back of my skull that lasted for many hours, even lingering until the next day, when my children were communicating wirelessly with each other on their Nintendo DSes in the car while I was driving. The head tightening came on when they started playing. I noticed the same headache when my daughter came walking in my direction while talking on the cell phone. I was not even aware she was on the cell phone (I was in a bedroom, when she came walking down the hallway). I used to sleep with a portable phone next to my bed, but I would invariably wake up when my muscles on the top of my head would twitch and have spasms in the direction of the phone. My hand would have a shooting pain when even touching a cell phone. We used to have something plugged into our wireless router that would boost the wireless signal through our wiring. I felt sick and awful just to be inside the house without knowing why, until finally, I found out, through my husband, about this technology and unhooked it. Immediately, I felt better and could at least stand to be in my house. Being under fluorescent tubing would make feel dizzy and fatigued. These are just a couple of examples of how radio frequencies had adversely affected me at a time when I was especially sensitive.

Thankfully, I have since recovered from electrosensitivity (for the most part at least; when I get too tired and am around computers or cell phones, for example, I notice some of the same symptoms of dizziness start. When turning on a cell phone, I sometimes feel like a strong magnetic pull/dizziness toward the direction of the phone).

I believe my exhaustion from constant overwork weakened and made me susceptible. While I am much better now, after having avoided or reduced my exposure to EMFs and man-made radio frequencies and doing a variety of holistic therapies to make me stronger, I know that exposure to man-made radio frequencies can be harmful to those who are susceptible. These include people who may not have the strongest constitutions and/or who may have become fatigued through too much stress or overwork/lack of sleep, combined with too much exposure to EMFs and radiofrequency, such as through their occupations. There are many well-documented cases in books and articles of electrosensitivity in people and probably a lot of undocumented cases. These are people from all walks of life and include those in "respectable" professions, such as doctors, nurses, engineers, and artists. They/we are not crazy or imagining our symptoms and know that radio frequencies can and do harm, especially through excessive exposure. Anyone who has had electrosensitivity knows what it's like and knows it is a very real, unmistakable experience of essentially being hypersensitive to EMFs and man-made radio frequencies. There are objectives studies that show clear, convincing cause-and-effect relationship between man-made radiofrequency radiation exposure and health problems, such as cardiac arrhythmias.

I think it is exceptionally important now to reduce human (and wildlife) exposure to man-made radio frequencies, as never before has the planet experienced such levels of unnatural radiation—our bodies are now swimming in a sea of unnatural frequencies. The younger the body, the more

exposed they are. It is really alarming to think how much unnatural radiation our children are and will be exposed to in their lifetime. It is unpredecented and, basically, a big science experiment to see the long-term effects with our children as the guinea pigs. Thus, for future generations, we must reduce radiofrequency radiation exposure now.

Thank you for this opportunity to comment.

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