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2. Individual Consumer

3. I have experienced adverse effects from EMR countless times over my life. The following are the ones I can remember. Unfortunately, memory function is one of the things EMR exposure has an impact on, so there are many more that I am not remembering. All testing was done with either th DSP-523 or the TriField.

One concept I would like to highlight by putting it front and center is '<u>Perpetual Exposure</u>'.

There are sources of EMR that cause subtle symptoms and are perpetually present so it is not until I get away from them that I realize how it was affecting me. This requires leaving densely populated areas. When I do so, I generally find I can think more clearly, sleep better, get more done, and my mood improves. This enables me to realize what the symptoms were that I was experiencing. But most Americans don't get away frequently, making constant exposure to low intensity symptoms harder to detect.
Especially considering the compounding of so many sources at once (powerlines, household appliances, WiFi networks, cell phones and towers, dirty electricity, etc) people are inured to the effects and consider it normal.

It's even harder if people aren't paying close attention to their body and mental state. I'm particularly sensitive (I'm bothered by itchy tags in shirts, overly tight elastic waistbands, strong synthetic fragrances, and other things most Americans ignore) so I imagine for the average person it would go completely unnoticed that they are feeling worse. Depending on someone's sensitivity they may or may not consciously notice improvement when they get away from the exposure. However, I believe it could be measured on performance tests and that overall they would report higher scores of well-being when prompted.

<u>Exposure source, symptoms and experience:</u>

***DE = Dirty Electricty**

Laptop Adapter (DE/ELF) - Depression, Head Pressure, Confusion, Fatigue, Malaise. I didn't know why I had these symptoms until I learned about dirty electricity and went around my house with an AM radio tuned to the lowest frequency setting and when I approached the adapter it sounded like a chainsaw.

Smart Meter, PG&E (DE/RF) - I experience deafness and ringing in one ear suddenly and for about ten seconds, it occurs once a day or so. It started after it was installed. I experience an even more intense form now after a 28 unit apartment building was built next door. They have a large bank of smart meters. Smart meters emit at a frequency range that has been found to function as a nerve block. It's particularly bad during high humidity.

Vehicle - (ELF) Cardiac Inflammation and CNS Dysregulation. When I drive for extended periods my heart feels swollen and I feel strange, I call it "buzzed". Agitated, disoriented, unable to think as clearly. I have measured the vehicle with an EMF meter* and the levels are not out of the norm for consumer ICE vehicles, mostly ranging between 5-20mG in the space occupied by the driver.

WiFi - (RF) Tinnitus, Agitation, ADHD Worsened. I discovered I can detect WiFi when I got a new modem/router from ATT and I didn't realize it had the antennae turned on (I was using ethernet). After a couple weeks of feeling off (subtle very high frequency tinnitus and it was noticeable that I was unable to go into deep relaxation and meditate) I checked and found it was on. I turned it off and the symptoms went away soon after. Subsequently my neighbors got new WiFi networks and I could tell when each was brought online because I noticed the tinnitus again, and it would get louder each time. I was able to detect new ones up to about 4. After that the tinnitus was so loud I couldn't tell when a new one was added, but it has progressively gotten louder over the years since. It feels as though it makes my brain fizzy. Which makes sense when I found out it thins the blood brain barrier. I now understand why whales would beach themselves due to the loud ringing of navy sonar.

Powerlines - (ELF) Avoidance, Anxiety, Dizziness, Nausea, Insomnia. After high-tension power lines were installed in front of my house I noticed I had a strong aversion to the living room of my house, starting at a specific distance in the hallway. I felt a strange pressure in my head, and vertigo. I later learned with a meter that the EMR levels were double there than they were further back in the house.

Circuit Breaker Box - Dizziness, Nausea, Disorientation, Head Pain, Strange Unpleasant Feeling. When standing near one at a friend's house I felt so bad that I suggested we measure it and sure enough it was emitting high ELF EMR.

AirPlane - (ELF/RF) Similar to Vehicle: "Buzzed" feeling, Cardiac overdrive. It's hard to notice over all the stimulation of air travel, but after a while I realized this is largely why I feel so awful when flying.

Electric Trimmer - (ELF) Very buzzed feeling after use (combination of disorientation, inflammation, pressure in head, and agitation). Measured it and it was over the limit of the meter (maxes out at 200mG). Replaced with a cordless one which puts out about 20mG, symptoms greatly reduced.

Cell Phone - (RF) Cardiac arythmia experienced when holding it close to my chest after a particularly bad night of sleep. I believe my heart was more vulnerable due to the lack of sleep, but it alerted me to how dangerous a cell phone is due to the proximity to it.

Screens (Visible Light/UV) - Head Pressure, Head Ache, Eye Strain/Sore Eye Muscles, Depression. Likely due to Neuroinflammation. LCD types differ, IPS is especially bad - less so with TN and VA, while AMOLED can vary. Early laptop which had CFL backlight was by far the worst, in a category of it's own - I would feel radiated, nausea etc. Long sessions lead to symptoms that persist all day and caused insomnia.

Headphones:

Overear headphones are the worst, I notice pressure and disorientation. I find them so problematic I never use them, let alone long enough to know how bad they would be during extended use, but I imagine the effects would be terrible. This is not surprising because they use sizable magnets so close to the brain.

Fridge:

My refridgerator gives off RF which I only discovered because I noticed a very high pitched sound, similar to the WiFi experience but closer to a normal audible pitch. I then tested it with the Tri-Field and sure enough it gives off RF. This may be due to DE, I discovered it while writing this, I don't know why it emits RF. It is not a so called smart fridge in any way. I don't know what effects it has because I have always had a fridge, and can't separate them in my experience from those from the powerlines.

Light Switches:

I discovered the switches installed by the efficiency program from PG&E emit RF also, and that is near the head of my

bed. Again, impossible to determine what effects it has because it's in such an RF rich environment. Also discovered while writing this so may be DE (dimmer switches are known to give off DE).

<u>Adaptations</u>:

Computer:

I use a laptop over a PC and a particularly efficient one because the less wattage it consumes the less EMR it emits (generally). I have tested it for DE and it is far far better than my previous laptop. It consumes 35W at peak.

I use a monitor to get away from the laptop and a remote keyboard and mouse (corded).

Computer Screens:

For a long time I selected TN over IPS when it was the only alternative, but there is a new kind, VA, which seems similarly mild to TN, with improved contrast. Both have less color richness than IPS but feel less harsh to look at.

I always try to wear UV filtering sunglasses when using a computer to attenuate the intensity of the light. I noticed that polarized sunglasses can't see IPS screens (the screen appears black), which makes me think IPS emit only non-polarized light. I don't know if that's the only reason they seem harsher, but it might partly explain it because they wouldn't make polarized sunglasses if non-polarized light didn't cause eye strain. Eye strain is worse than it sounds because the optic nerve is directly connected to the brain and thus can contribute to brain inflammation.

I utilize a program to reduce blue light on my computer screen called f.lux. The benefit is noticeable, less optic nerve inflammation and less stimulating in the evening.

Mobile:

I do most of my work on my computer to avoid holding the mobile phone and being so close to a source of RF EMR.

If I have to use a mobile I try to stay as far away as possible, using speakerphone. And if I use it for long at close proximity I notice feeling pressure in my head and other hard to describe symptoms including agitation. I find myself pacing when talking on a mobile, and I realized it was likely due to my body subconsciously wanting to get away from the phone.

I use a landline VoIP for my phone calls when possible and use it on speakerphone. If I hold the handset close to my ear I feel pressure and discomfort in my head and an urge to pull it away quickly after exposure.

Vehicle:

I take breaks while driving on long road trips, for 15 minutes every 1-2 hours to ground and allow the feeling of agitation and inflammation to dissipate to a significant degree. I avoid driving more than 4 hours in a day.

I keep my left foot pulled back as the front left area of the driver's footwell has a higher level than the rear.

I avoid most Hybrid and Electric Vehicles but some are far worse than others. The Toyota Prius and Tesla EV for example have been measured at ~100mG in the cabin. whereas the Nissan Leaf had levels closer to most ICEs at around 20mG. I believe this to be partly due to a steel plate between the battery (which rides beneath the vehicle in most EVs) and the cabin.

General:

I find grounding is helpful, and wish I could do it all the time (except near high sources of EMR to avoid being the ground for it like a lightning rod). I have read it reduces inflammation and that tracks with my experience.

House:

My home has synthetic carpeting so I have to go outside to ground (unless I purchase and install a grounding mat) unless I take a shower (the tub is steel and the water is conductive and the pipes are copper and earthed). I find it takes about 20 minutes of grounding to start to feel better, and stay up to an hour for improved benefits.

Powerlines:

I spend the majority of my time at the back of my home where the EMR readings are the lowest. This was instinctive until I got an EMF meter and discovered that my repulsion for the living room was not imaginary. The levels are about double those of the back of the house (~21mG vs ~10mG). This is even more noticeable during very humid weather such as rain.

Appliances:

At home I don't have anything on when I'm sleeping, and when away from home I select where I stay to avoid sleeping near ELF or RF sources.

Travel accomodations:

Rather than stay in my friend's house I sleep in my minivan because I discovered it has significant inherent ELF EMR shielding (the levels can be less than half that of those outside). I haven't tested it for RF but I get cell reception inside so I doubt it helps as much for that.

Bedroom:

I have considered building a faraday cage by lining my bedroom walls with copper mesh to reduce the RF exposure, but am thinking it makes more sense to leave the city to reduce my overall exposure.

Environment:

Unfortunately because of Starlink, there is no where that feels electro-quiet anymore. I used to find going into nature to be a refuge, so it is an existential blow to lose the last safe place I had. Of course we had satellite TV/radio before Starlink, and TV and Radio before that, but this is compounding the problem continually as ever more satellites go up, and their coverage becomes planet-blanketing. They are also now at lower orbit than previously (to reduce reentry issues during decommission) which increases their EMR levels.

This issue sometimes makes me feel like there is nowhere left on the planet to escape an unbearable degradation of life quality. I don't feel suicidal, but I do feel despair sometimes because it's an irresolvable problem. I don't want to live inside a faraday cage all day, but if I want to feel true quiet again, it seems the only option, short of living in a deep cave.

It's worth noting I have a friend who is so affected by EMR she has gone completely off-grid and is not reachable by phone or computer, so I couldn't tell her about this docket, so she can't comment. I imagine there are countless more who similarly won't be contributing for that reason. And many more who simply didn't hear about it. She told me she can hear electricity. She's a down to earth and level-headed person, so I have no reason to doubt her. This problem has ruined her life.

Sensitivity to EMR, unlike chosing to eat organic, means getting as far away from civilization as possible. And even that isn't enough, as towers and satellites go up all over without individuals consent, discussion or public approval.

The impact is not simply on the individuals who choose to engage with these technologies, as the danger from this pollution radiates ubiquitously. This means it is directly impacting our right to the pursuit of happiness.

5. A comprehensive set of standards are needed. Specific to each place, for example schools with WiFi have been found to have higher incidence of behavioral issues from students with ADHD and ASD, generally worse scholastic performance.

As well as environmental limits for homes, sleeping quarters, schools, public buildings, public spaces, hospitals, nurseries, daycare, etc. I believe attention needs to be placed on consumer products, appliances and devices.

Some kind of certification to demonstrate a level of safety would give consumers choice in what level of exposure they bring into their home. Some appliances are noticeably better or worse than other similar ones, both in terms of ELF and DE.

This could be measured and levels of EMR could be labeled (1-5 for example where 1 is the lowest and considered relatively safe). This would circumvent the problems created by regulations but put pressure on companies to improve their products as consumers become more aware of the issue. I wish I knew which fridge or computer was at the safe end of the spectrum so I can make informed purchasing decisions. And companies could be provided with best practices discoveries about how to improve their products. Eventually however, there is no reason to allow unsafe products onto the market, and when the public is informed and concerned enough to support it, regulation would be helpful.

EMR shielding could be helpful in some cases, such as vehicle cabins, and to contain high output sources (fuse box, battery, alternator).

Most appliances are ungrounded which increases EMR. For many products there is no grounded option, but certification could incentivise companies to offer them.

For specific levels, I can provide my personal experience using a meter around my home and with appliances:

My limit:

I try to avoid spending much time in spaces that average above 0.10mG. So I would consider that the safe limit for homes, bedrooms and any space where people would have no choice to be for extended periods.

Tolerable:

I will linger for a while at ~0.20mG but it does have a subtle but noticeable effect on my cognitive function and mood. Once it climbs to 0.30-0.50 I feel noticeably agitated. This occurs in my living room when it's humid so I assume the humidity increases conductivity of the air. This needs to be considered as base levels will double when the air is humid.

As for appliances, I try to stay far enough away to keep even brief exposure below 1mG (>6ft for a blender for example).

This tracks with the deeper dive science on EMR, because while it's widely known that harmful effects have been found at 2mG (those findings are well established) it's also been detected at 1mG and even below that.

I'm afraid that if limits are set they won't be low enough, so while they'll be better than nothing, they will lead people to

believe they are safe when they are not. Put another way, they may not realize they are being affected and thus not consider trying exclusion to see if it helps their symptoms.

This brings me back full circle to the issue I mentioned at the beginning, which is it is very difficult to get to electro quiet, and yet that is a good place for people to start to build awareness of the effect. How can we know what something we're used to is doing to us unless we start out without it and then introduce it?

9. A broad set of resources needs to be evaluated and distilled, such as those provided by EMFAware.CA, among others.

17. I feel that there is so much information already available, the first step is to coallate what has been studied, and connect with organizations that have worked in this area, and establish a research department to both fund and collect data from scientists working in this field. I don't know why it hasn't been a priority. I feel like a roman wondering why lead in the aquaducts hasn't been a subject of concern by the government. It may be too late for us, but in case it's not, thanks to RFK and his team for working on this. God speed.