Thank you for bringing the topic of radiofrequency electromagnetic radiation and its impacts on human health to HHS and giving it the national attention is has so needed.

I'm submitting this comment in response to HHS's Request for Information on Electromagnetic Fields (EMFs), Radiofrequency (RF) Radiation, and Wireless Radiation Exposure.

I am presenting to you my story, and solutions I believe will serve in the prevention of others having health impacts from the accumulated exposure of EMFs, especially from wireless technology.

My name is Nancy Perlman. My health was greatly impacted by the accumulation of exposure to the environmental toxin of electromagnetic radiation from EMFs over the years. Since then, I have learned a great deal about the health impacts of EMFs and have been an advocate for government change, education, and helping people with EMF Sensitivity to get their health and lives back.

Here are my asks to you that can help to create a healthier country for all Americans and living things:

Radiofrequency Electromagnetic Radiation (RF-EMR)

- Make the FCC comply with the 2021 Federal Court Order from the U.S. Court of Appeals lawsuit, (The Environmental Health Trust vs the FCC https://ehtrust.org/in-historic-decision-federal-court-finds-fcc-failed-to-explain-why-it-ignored-scientific-evidence-showing-harm-from-wireless-radiation) that the FCC must review everything that was submitted to them on the scientific research and read the public comments from the people whose health has been impacted greatly from this accumulation of radiation from wireless and EMF. The FCC can no longer ignore this court order. They must update the safety limits for human exposure to wireless radiation on the biological health effects based on the peer-reviewed independent research studies that have been done.
- Restore state and local control over cell tower and antenna siting by assisting the overturning or amending of Section 704 of the Telecommunications Act of 1996 https://www.congress.gov/104/plaws/publ104/PLAW-104publ104.pdf so health and environmental effects are legally and rightfully considered when decisions are being made about wireless infrastructure placement. I have personally seen tremendous local control taken away and placement of cell tower, antennas, and 5G small cells in front of and close to homes, schools, and businesses where people's health was greatly impacted.
- Have a warning (like cigarettes do), that is clearly labeled on the packaging of cell phones and wireless air pods that is visible before the time of purchase. It needs to state the potential impacts from exposure that sums up: "To reduce

exposure to RF energy, use a hands-free option, such as the built-in speakerphone, headphones, or other similar accessories. Keep them off the body and away from a pregnant women. RF energy is radiofrequency microwave radiation that has shown to cause cancer and fertility issues in male rats, and EMF Sensitivity or EMR Syndrome in humans." Include a link to The Environmental Health Trust https://ehtrust.org/ , The Baby Safe Project https://www.babysafeproject.org/ , and the HHS websites to learn more. You will find the warning on an iPhone by going to Settings – General – Legal & Regulatory – RF Exposure, then read paragraph 3. That section makes it clear that the wireless industry is well aware of the biological health impacts of wireless technology.

- Find ways to work with the telecommunications industry to find cleaner and safer technology and safe exposure limits for wireless devices.

EMFs Overall

- Have a government website all Americans are made aware of that explains about EMFs (all four types – radiofrequency, dirty electricity, electric fields, magnetic fields), why and how to limit their exposure while still enjoying their usage. This gives Americans informed choice.

Dirty Electricity

- Make incandescent bulbs readily available so people have a choice between a healthy incandescent bulb and the LED light bulb.
- Work with the solar panel industry to create clean solar panels for homes and businesses rather than dirty electricity emitting ones.

A full commission appointed by the State of New Hampshire published their 5G Commission recommendations concerning health and environmental impacts of 5G and RF radiation and reviewed many independent peer-reviewed scientific studies. The commission directly attempted to get direct answers to their specific questions from the FCC and other federal agencies to no avail. You can view the studies at this link:

https://gc.nh.gov/statstudcomm/committees/1474/reports/5G%20final%20report.pdf

In sharing my story below with you, I am being a voice for all the people globally who have been suffering with EMF Sensitivity (aka EMR Syndrome, EHS, EMS) and for all of the people who have yet to experience it and will experience it. May no one ever have to walk the path that I walked with my health.

Here is my story. In 2018 my wireless provider came to move my router to another location in my home. They offered me a new router. I agreed, as the assumption is new is good and it was free.

Little did I know that they installed a much more powerful router and added a booster as well. A few days later, it was as if a switch had been turned on that I couldn't turn off. I could no longer tolerate EMFs and wireless technology. The radiofrequency electromagnetic radiation (RF-EMR) emitted by wireless technology affected me the most. I believe that without this cumulative exposure, I would not have experienced what followed."

I experienced more than 30 debilitating symptoms including:

- Completely dysregulated nervous system vibrating all the time
- Sleeping for only an hour at a time at night for many, many months
- Exhaustion
- Brain fog
- Forehead numb and painful
- Pain all over
- Burning in my wrists and forearms
- Body overheated and sweating
- Tinnitus
- Diarrhea
- Pain in the back of my head and temples
- Burning in my abdomen
- Heart racing
- Heart palpitations
- Sensitive teeth
- Depression & Anxiety
- Difficulty swallowing with eating and drinking
- Bloating
- Extreme headaches every time I ate or drank
- Nausea
- Intestinal pain

- Crusty nostrils
- Ear pain
- Burning in tailbone
- Dry mouth and dry eyes

I thought I was going to lose my life because of all these symptoms. My existence was quite unbearable 24/7. My family experienced a great deal of stress and lifestyle modifications due to my symptoms.

I had a building biologist come to my home to measure the EMFs and help to reduce my exposure. She also discovered cell antennas on top of a building 1,000 feet away from my home across the park that were sending very high levels of RF in my home. Because of the Telecommunications Act of 1996, I couldn't get them turned off or removed. They continue to be there today, affecting the quiet enjoyment of my home.

As a result, I slept in my basement for two years so I could heal, as the levels of RF were very low there. I hardwired my home and reduced my exposure wherever possible.

My ability to participate in society became greatly limited, as the EMF levels in public places are very high. Going in public places for extended periods of time or travelling became incredibly challenging.

After much research, I learned what I needed to do get well and heal. I had to address the external environment by reducing the EMFs in my home, address the internal environment by detoxing and repairing my body with healing foods, supplements, and herbs, and addressing the fears I had developed about EMFs and wireless technology.

I took my power back. Today I am living a joyful live and still have some sensitivity.

I so appreciate department for shining a light on and making the invisible visible by looking at all of the research of the biological health impacts of EMFs, the comments from those whose health has been impacted by the environmental toxins of EMFs, and helping to be instrumental in the beginning of creating RF exposure limits that are reasonable and safe for the health of Americans and all living things on the planet.

Thank you for taking the time to review my comments.