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After college, I had a variety of jobs and ended up with Merrill Lynch as a registered (with a broker's license) sales assistant. But my real passion was my part-time work as a dog trainer. I had been working evenings and weekends for almost 20 years, so I decided to follow my dream and I became a full time business owner of one of the top training schools in the Atlanta area. I ran that business for ten years.

My passion, and my talent, lied in helping people and dogs. I taught classes, but I also worked with serious behavior problems: from fear to aggression. Keeping dogs in their homes was my focus and my success. I was THE go to person for behavior; over 60 veterinarians, other trainers and even one local rescue group, referred clients to me both for classes and private sessions.

My microwave sickness began when Smart Meters rolled into my neighborhood. I was able to opt out, so I really didn't think anything of it. But then I developed a very severe case of vertigo that lasted for weeks. Falling down was the norm for me. I had to walk with a cane, I couldn't drive, and I spent a good deal of time flat on my back. Backtracking, it appears to have happened around the time the smart meters in my neighborhood went live.

The next thing to go wrong was my heart. Arrhythmia and Bradycardia that would shoot my pulse down to 35-40 with all the underlying symptoms (weakness and feeling like I was going to pass out).

A trip to the cardiologist, along with multiple tests showed very little to concern the doctor and I was told that if it continued, I would probably need a pacemaker.

But i had begun logging the incidents and I noticed something: they happened at almost the same time each time - 1:25 pm and only if I was sitting at my desk in my house. I also would wake up at night and when it happened, it happened at 3:25 am.

I got out my HF-35C meter that measures RF Radiation. Sure enough, for a few brief moments every day at 1:25 pm myHF-35c meter would go off. The neighbors' smart meters were going through my house when they sent their signals back to the EMC. Fortunately for me, the Smart Meters they are using only transmit briefly for about 4 times a day.

I mapped out every potential path through my home. One went right through my chest when I was sitting at my desk. The other went through my chest while I was in bed. I put up shielding to block the path and saw immediate improvement. The problem has almost completely disappeared. The only time I go into arrhythmia now is if I have been out running errands and gotten multiple exposures or if I'm standing up (above the shielding) when the meters in the neighborhood stan transmitting.

But all is not well. When I'm around cell phones for too long, I have a severe pounding in my head both in the front and the back of the skull. Occasionally, I will also feel "prickly" over my arms and legs. And if I am exposed for a long time to a high level, I also lose my ability to

control my body temperature and develop intense chills. At its worst for me, I develop deep tissue pain in my extremities. If that happens, I can pretty much count on being in bed for 24-48 hours.

Insomnia is also a pretty regular thing now on the evenings after I have been exposed. Sure, I can take something for it, like melatonin or other sleep aids but they come with their own side effects and a feeling of sluggishness in the morning.

Thanksgiving of this past year, I was determined to have a normal day. I went to dinner and a movie with friends...and spent the next two days writhing in bed from the intense muscle pain and "prickly" feeling all over my skin. The dinner was in a crowded restaurant (lots of cell phones) and the movie theatre had WiFi. I felt the headache start as I walked into the theatre, but I'd paid my ticket, and I really really wanted to have a normal day with friends, so I toughed it out. But the exposures were just too much to bear, I won't be doing that again anytime soon.

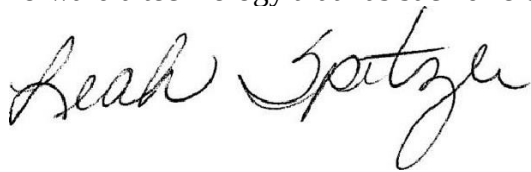
My experience with microwave sickness is relatively mild by comparison to some. I can control my current home environment, so even when I got sick from the night out, I had a safe place to come - home - to recuperate and heal. But if 5G comes in - if 5G cell towers are placed near our outside my home, I will not longer be able to recover from the microwave exposure. There will be no way to block it, and my home will not be safe for me.

I could, conceivably, live in a constant state of arrhythmia, as well as a constant state of pain, and it could, conceivably, be my death sentence.

A pacemaker won't be an option at that point as it uses WiFi technology. And it won't help with the deep tissues pain, the headaches, or the insomnia.

I cannot afford to move. I don't want to move. I shouldn't have to even be thinking about moving. This has been my home for over 30 years. And where could I go? With 5G EVERYWHERE - where could I go even if I could move? The few remaining places in the country have waiting lists, and well, with 5G permeating through everything - going everywhere they won't be safe for long either.

The thought is overwhelming. I love the life I have. I have the right to the life I have. I have the right to a safe home. I don't want to lose it simply because the telecom industry wants to push forward a technology that has such dire consequences for so many people.

A handwritten signature in cursive script, reading "Leah Spitzer". The signature is written in dark ink on a white background.