Comment for HHS, 10/26

My journey with wireless illness began in 2003, when I first got a wireless router in my house. I immediately noticed my sleep felt different and I was not sleeping as well and kept waking up. It was like taking a bad nap and never feeling rested. I had always slept deeply, and never suffered from insomnia in my life before. It was suggested then that someone in the house switch off the router some nights, but not others, and I could guess which nights it was on or off. I got it right every time. It was unmistakable- the feeling of barely having slept, waking many times, feeling shaky, heart racing, and exhausted...this continued the more I was exposed to wireless, and as technology increased and more cell towers went up, 3G then 4G, and there was more density of signal, I felt even worse, with symptoms increasing- the sleep got worse, and had a feeling of constant jitteriness like my heart was racing, and total brain fog, I could not focus my thoughts, and felt exhausted and terrible all the time.I'd feel like a shell of myself, barely able to think, feel, or care about anything. I had to flee the cities I once lived in. Each time I left, I would find a safer place further from wireless, and make sure my home had no wifi devices. This was before smart tvs or speakers. Then I would be able to sleep again. It only took a single night to recover, and two nights to feel fully back to myself each time I changed locations. I could repeat this experiment many times, and it never failed. Even when stressed or sleeping on floors- if I was in a place with less wireless exposure, especially to cell towers, I felt better. Getting a RF meter changed everything. Here were facts about my experience, making the invisible suddenly visible and audible.

I also couldn't use a cell phone- after using one for a while around 2004-5, I'd develop a hot, painful burning sensation just over my left ear where I held my phone. Even on speakerphone calls, that spot would throb or get painful again after just a couple minutes and I'd have to hang up. Something was wrong. Over time, the more exposure I had to wireless sources, the sicker I got- developing an autoimmune condition, constant viruses and picking up pathogens. I got really weak, had to go on special diets just to function, and never felt rested.

But a single night away from the exposure to RF, out in the country, about an hour or two drive from where I lived, sleeping on a mattress on the floor of a friend's home who lived away from most cell towers- I recovered immediately. I'd wake up the next day, and feel like I was back! I was still me. I had energy, mental clarity, awareness joy, and was so excited just to be alive. Later, when I traveled to an island with no cell towers, my body bounced back from the illnesses and allergies I'd had for over a year, and I felt well. But eventually, I had to go home to where my life was, or choose to abandon my community, work, friends and family. I finally moved further away from the city, but the proliferation of this technology kept increasing, limiting the safe places to go. Being out of a city does not solve this problem- I had to be a minimum of 2 hours out from where I used to live and in a

very remote area to be able to find anywhere I could sleep. It has become harder and harder to find a safe place to sleep where I feel well. Travel means only going to separate house rentals where I must ask owners to turn off wifi and be in a remote area not near many neighbors, and avoiding cell towers. It's almost impossible to travel.

Sleeping near wireless creates the physical sensation that I am having all my energy and life sucked out of me, never falling into a deep restorative sleep, and it means not recovering from illnesses, getting weaker and walking around like a zombie, a shell, not a real person. It's like living with your battery perpetually at 2-3%- and if you leave that place and sleep somewhere else, you can feel almost back to 70-80% again in a single day- and 100% in two days! But if you're anywhere near exposure, you're constantly at 3%, it just keeps dropping down. There's no way to keep going or feel well, and you just keep getting more fragile, more sick from other issues piling up, and as a result, even more symptoms.

I saw a world renowned doctor in 2010, and he asked me to teach him how to use my RF meter. He was already well aware there could be potentially huge health risks from wireless exposure, but he could only suggest to his patients and readers to get as far away from it as possible to protect their health. Below I link to studies as well as the now well known report of firefighters whose sleep and health was impacted by being at close range to cell towers, the impacts including confusion and memory loss.

No one should have to live like this, or never be able to travel or sleep in a safe place. No one should have to flee their homes, friends, communities and work to find a safe place to sleep. No one should have to be afraid that they won't be able to sleep in their own home, and when they speak up, be told this is an imagined problem that doesn't exist. I know there are many more people who have been affected like me, and I am told many have worse symptoms.

In 30 years, safety standards have never been properly tested or changed- since 1996. Health has never been considered or examined in all that time, and symptoms have been dismissed. None of the technology we use today even existed in 1996. The FCC has been profiting off untested technology with no precautionary principle, and our health has come last. No one has considered the millions affected by these exposures- the many who haven't spoken up, or been able to figure out what it is, and for those who do not feel the effects, the possible negative health effects over a lifetime, for children being born now, for loved ones, exposed 24/7 to phones, routers, smart devices, cell towers, and more. No one truly knows the effects of this exposure or longterm risks. Putting health first must be the priority, now and always.

While this technology has given us convenience and ways to connect, the answer

isn't destroying it or eliminating it- it's making safer decisions about where it goes and how we use it, and putting health first in every decision. It means an informed public who can make choices about cell towers near their homes and schools or smart devices next to their babies and near their beds all night. It means not giving the FCC total control to decide what happens to people's health and lives, for the people whose lives are most impacted to have the most power in decision making and choices, and for communities to decide. Listen to the people speaking up now who have been suffering with very real health problems as a result of exposure. We need better research, transparency, public process, and a way to publicly share the health impacts of wireless, which are real. We need to know protecting human health will now be the top priority, to protect our families and futures.

Firefighters fighting cell towers: https://mdsafetech.org/2019/09/28/firefighters-fighting-fires-and-now-cell-towers/

World Exposure Limits, human exposures EMR/EMF: https://mdsafetech.org/conversion-and-exposure-limits-EMREMF/

Henry Lai: Genetic Effects of Non-Ionizing EMF Abstracts (2022) https://bioinitiative.org/wp-content/uploads/2022/06/Genetic-Effects-of-Non-Ionizing-EMF-Abstracts-2022.pdf

Henry Lai's research summaries, updated in 2022 for genetic, neurological and free radical (oxidative damage) studies: https://bioinitiative.org/research-summaries/