Subject: Chronic multisystemic symptoms linked to kHz PLC and TT grounding - First-hand 8-year observation with physical measurements – France

I am a 50-year-old French citizen, B.Sc. in Computer Science, former UNIX programmer and 3rd generation shop owner. I am submitting this as an individual with 8 years of continuous environmental exposure and the accumulation of datas.

Timeline and symptoms (July 2018 - Oct 2026):
My symptoms started 1st event: June 2018 (Blois, complete inability to sleep) then by July 14, 2018 at 6:05 AM at my home in Brittany: sudden deep vibrating sensation, inability to sleep for 4 consecutive days. Pattern repeated every weekend, then became quasi-permanent. I have experienced:

- Total insomnia 4-6 days/week for first 2 years, rescued only by using a hammock (movement in Newtonian frame breaks coupling)
- Constant vibratory constraint when body contacts solid, strong stress when head on pillow
- Heaviness anterior to ear lobes, at jaw origin
- Slow low-frequency wobbling auditory perceptions (2018-2020)
- Limb spasms, eliminated by grounding wrist strap to earth
- Non-digestive epigastric gargling at stomach apex
- Magnetophosphenes Aug 15, 2018, one tachycardia event
- Symptoms absent when moving (car, bike, running) and immediately present when static. Moving toes or hammock swinging stops effect.
- Symptoms worsened Sep 2021-March 2022 when a 4th triphasic distribution cable was energized on neighbor facade.
- Blind test by a friend on a boat (battery connected vs disconnected to pontoon earth) : I correctly identified connected/disconnected state by sleep quality.

This pattern followed Linky G3-PLC rollout in France (35-90 kHz). Testimony progression matches deployment map: Lyon, Toulon, Montpellier, Toulouse. Same phenomenon observed by me in Romania Spring 2024 during E-Distributie Muntenia PLC concentrator installation (sensation localized to calves, days of serene vs difficult coinciding with installations).

Measurements:
Over 6 years I equipped myself with: piezoelectric sensors, infrasound sensors, seismic sensors, audio mics, EM field meters, SDR RF receivers and antennas.

Trying to find an answer was my only goal, so I accumulated collections of PDFs, reports, testimonies, and personal logs. I remain broken. Nervously exausted by the phenomenon.

This phenomenon is measurable as ground potential aberrations in TT earthing system (French standard) due to PLC injection on unshielded cables and plague cities.

Proposed mechanism - supported by literature:

1. **kHz selective activation of vagal C-fibers**: Chang YC et al. 2022, Brain Stimul 15(6):1389-1404, https://doi.org/10.1016/j.brs.2022.09.015 - "kHz-frequency electrical stimulation selectively activates small, unmyelinated vagus afferents" while inhibiting larger myelinated fibers. At >5 kHz, selectivity is maximal at 8-10x threshold. This explains my vagal symptoms (epigastric gargling, ear heaviness, tachycardia) and why small movements abolish effect. PLC G3 at 35-90 kHz, with harmonics and non linear noises, unfiltered on the Grid hits exactly in this bioactive band.

2. **kHz nerve conduction block**: Neudorfer et al. 2021 demonstrates high-frequency nerve block - provides basis for asthenia and conduction anomalies.
3. **Anthropogenic infrasound/seismic sources**: Schwardt M et al. 2022, Surveys in Geophysics 43:1265-1361, https://doi.org/10.1007/s10712-022-09713-4 - Natural and Anthropogenic Sources of Seismic, Hydroacoustic, and Infrasonic Waves. Provides spectral signatures of power grid as anthropogenic infrasonic source, validating my piezo/infrasound recordings.
4. **Grounding aberrations and Lorentz forces in TT systems**: Body acting as antenna, coupling and induction from earth loop. This is not a "sensitivity" but a universal mammalian electrophysiology issue; sensitive individuals are sentinels. Works from Bell Lab Physician: Dr. Erling D. Sunde

Critical clarification on public misdirection and upstream hazard:
Public authorities and the utility maintain deliberate confusion between the meter itself (which, taken alone, presents little hazard) and the reality upstream. The core issue is not the meter box, but the legacy low-voltage wiring and distribution transformers that were never designed for permanent 35-90 kHz PLC injection.In TT earthing systems, injecting kHz carriers on unshielded cables creates ground potential aberrations, high-frequency circulating currents and Lorentz forces on conductors. Cables and transformers become the active radiating elements. This makes the infrastructure itself fragile and prone to severe failures that we now observe in the field: transformer explosions, LV board fires, phase shifts / neutral breaks, and premature ageing of insulation. Focusing risk assessment only on the meter (SAR, RF at 1m) is a category error. The exposure and safety hazard is distributed across the entire LV network, with the human body acting as a parasitic antenna in the earth loop. Any assessment of chronic disease root causes must include this upstream PLC-induced infrastructure stress.

Request to HHS:
Please include in your assessment of chronic disease root causes:

- **Cumulative kHz PLC exposure in real and detrimental environment, not in an idealized "clean room" / lab conditions where everything is perfect**. Measure in actual homes with legacy TT earthing, degraded neutral, unshielded overhead drops, wet soil, and heavily loaded LV transformers. This is where people live. Lab certification at 20°C on a new cable is irrelevant.
- **TT grounding aberration** as an exposure amplifier and creation of ground current loops where the human body acts as antenna.
- **Selective activation of unmyelinated vagus afferents by environmental kHz** (Chang mechanism) as contributor to dysautonomia, sleep disorder, asthenia
- **Upstream infrastructure fragility**: transformers and wiring not designed for permanent 35-90 kHz injection, leading to explosions, LV board fires, phase shifts / neutral breaks, and distributed HF radiation.
- Need for independent measurement of ground potential and body currents, not only far-field RF.

I have attempted to contact French authorities, ANSES, Enedis distributor. Referred to medical circuit, no technical investigation. I am not employed since 2023, daily life impaired by torture and asthenia.

Respectfully submitted,

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