1. & 2. I am responding as: an individual
3a. Type of wireless or RF/EMF sources involved (e.g., mobile phones, Wi-Fi, smart meters…)Mobile phones, cell towers, Wi-Fi, Smart Meters
3b. Nature, duration, frequency, and approximate timing (e.g., years):I have suffered with these effects for over 18 years but started to experience some symptoms 30 years ago. Sometimes the effects last for weeks and sometimes months from a single exposure.
3c. Adverse health effect(s) experienced:The wireless frequencies trigger severe Fibromyalgia, Chronic Fatigue, Vestibular Migraines, PPPD, food intolerances/gut issues, Tinnitus, headaches, Insomnia, Hashimotos, blood clotting issues/Atrial Fibrillation
3d. Time from first exposure to first appearance of adverse health effects; and did a change in exposure coincide with the onset of adverse effects:I first started experiencing symptoms of gut dysfunction and food intolerances 30 years ago when a cell tower was installed about 300 meters from my home. The severe symptoms started years later when I moved next door into a house that had mold toxicity. Then things got really bad.
3e. Was medical evaluation or treatment sought? (Optionally:) Was there a diagnosis?I was diagnosed with Fibromyalgia and Chronic Fatigue, and Hashimotos but nothing acknowledged the wireless frequency component as Doctors never recognized it. I now have a letter written recently by my GP that acknowledges this condition.
3f. Were steps taken to reduce or eliminate exposure, and were there subsequent changes in the effects?I purchased EMF blocking curtains and screens which have helped significantly. I spent thousands on devices and medicines to try to help myself.
3g. Any supporting documentation? This includes Scientific Reports, exposure measurements, or other relevant information:_
Additional Details you would like to share about your experiences of adverse health effects you believe to be associated with exposure to wireless radiation or EMF's:The current levels we are using for EMF need to be re-evaluated worldwide. This is a crisis and violation of human rights to live. What is considered low level radiation, is accumulative, meaning it doesn't leave our atmosphere and the more digital we become, the more radiation we produce and the more we produce the more we are slowing microwaving ourselves to death. There will be no reproduction soon because fertility is affected by these frequencies. There will be no old age because younger generations won't live that long. We are heading towards a total annihilation of the human species and we need people to wake up and recognize this now, if it's not already too late to make changes. I strongly urge officials to take these wireless frequencies as a serious risk to human life, not just for those of us who are sensitive but for all life on this planet.
B1a. Sources you experience as causing you Adverse Effects:Mobile phones, Cell towers, Artificial lighting, Wi-Fi, Smart Meters
B1b. Sources you can sense, but don't seem to harm you:Ethernet connected desktop computers, LED lights
B1c. Sources you can use without sensing or being harmed:The stove and cooking appliances. Texting on a mobile phone with all internet or connection to mobile data and bluetooth turned off.
B1d. Sources that seem to provide benefit (i.e., electrotherapy):_
B2a. Health conditions you think may contribute to your sensitivity to EMFs including wireless:Mold toxicity (never diagnosed but I know is a factor as I had 2 years living with significant black mold in bedrooms). Mercury toxicity from 14 mercury fillings (removed 14 years ago).
B2b. Health conditions you don't necessarily associate with your sensitivity to EMFs including wireless, but might be relevant:Fibroandenomas in breast tissue. Cysts in breasts.
B3. For each subquestion please list up to 5 drugs or therapies or home remedies (if any)
B3a. That you recommend, as they helped you tolerate or recover from EMF exposure:Grounding/Earthing. Ivermectin and high strength Oregano Oil. Meditation daily. Neurofeedback. Hypnosis, Blue blocking glasses.
B3b. That you recommend, but you’re not positive that they help:Minerals supplementation. Going gluten free/dairy free. Red Light Therapy. Ice Bathing. Elimination of

Fluoride/Chlorine/toxins in water, removal of mercury fillings.
B3c. That helped you but you don’t recommend. (e.g., the benefit did not last long or the side effects were too harmful):Way too many to list. I have cupboards full of supplements that never helped, cupboards full of devices that never helped and boxes full of jewelry or crystals that never helped.
B3d. Treatments that had no effect:EMS.
B3e. Treatments that made your sensitivity worse:65-74
B4. What is your age range?65-74
B5. What year did you become aware of your sensitivity to wireless radiation or electromagnetic fields?2012
B6. What country, state, province, or major city were you living in when you first noticed your sensitivity to wireless or electromagnetic fields?Sydney, Australia