Data collection EMF/RFR exposure. Docket (HHS-OASH-2026-0397)

Perspective: Personal exposure to RF/EMF

2. My perspective is from personal, catastrophic exposure to EMF, RFR, and microwave radiation.

3. (a,b,c,d,e) My experience: Prior to August 2020, I was very healthy. I did not have any health issues. Unfortunately, that all changed after moving into housing on a military installation. I started exhibiting symptoms: constant pressure in my head, headaches, neck pain, pain behind my eyes, having difficulty sleeping, and brain fog. The symptoms progressively got worse. I was constantly fatigued. Then, approximately 3 weeks after moving in, I started having dizzy spells. My eyes became hyper-sensitive to light, and my ears became hyper-sensitive to sound. Through the month of September 2020, my symptoms did not improve, and by mid-September, I had an acute episode of vertigo, dizziness, nausea, and gait instability/difficulty walking. This episode landed me in the hospital. After my hospital visit, I followed up with my primary care provider at the Medical Group. The symptoms I was experiencing did not improve and became worse, and new symptoms presented. I began to experience audible pulsations in my head and intermittent numbness and tingling sensation in my head and neck, which quickly worsened, causing me physical and emotional distress. The numbness would start in the back of my head and neck, travel around into my face, across my upper back and shoulders, and down my arms. Then, I would experience an ice-cold sensation in these areas that would last 15 - 45 minutes.

My PC provider referred me for testing: MRI, ENT, and Audiology. The symptoms continued, and by mid-November, I became violently ill. My symptoms paralleled the “Havana Syndrome” as well as radiation sickness. I had a severe episode of vertigo, dizziness, blurred vision, loss of balance, extreme nausea, and violent projectile vomiting, which led to a gastrointestinal bleed. There was a constant swimming motion in my head that would not stop. My anxiety level was to the point of having a panic attack. I was completely unaware of what was making me so sick. The medical professionals didn’t know what was making me sick. This went on for a couple of days and nights. I was incapacitated and extremely distraught, not knowing if this was ever going to stop. Thankfully, the violent symptoms started to subside. Unknown to me at this time, when I became violently ill just days earlier, I had moved from my bedroom to the living room couch, thereby removing myself from the invisible assailant. A few days later, I came to realize there was an electrical drop panel with (3a) 2 pulsating smart meters, located on the opposite side of my bedroom wall,

where the head of my bed was located. (3b) For 3.5 months, my head was positioned approximately 1 foot away from the electrical panel and 2 pulsating smart meters. Every night I went to bed, my head and upper body were being bombarded by an electromagnetic field, RFR, and microwave radiation. I know this because I had a professional Building Biologist inspect and take readings in the house. The numerous medical professionals I sought help from during this timeframe were not able to make a diagnosis as they did not know what was wrong with me. I specifically asked many of these medical professionals if there might be a correlation between my symptoms and the smart meter exposure, and all but one of them dismissed my concern. It wasn't until I found an internal medical doctor, who also specializes in functional medicine, that I received my diagnosis: Overexposure to Microwave Radiation with onset of Multiple Chemical Sensitivity (MCS). Also, my body tipped over into severe Electro-Hypersensitivity (EHS). I was also told that I sustained a concussion.

3.(F). After realizing the electrical panel and smart meters were on my bedroom wall, I immediately moved out of the room. Slowly, the symptoms started to subside. Unfortunately, adverse health effects continued to grow, catastrophically changing my life. It is devastatingly painful to recount the first 2 - 3 years after my exposure. My life I had known for so long was no more. My everyday life became a constant navigation process to try and protect myself from any type of energy exposure. This was not easy as technology and electricity are everywhere. I also had to start navigating what I would eat and drink.

I stopped consuming caffeine and sugar as these items made my symptoms worse. I quickly became aware that I was also afflicted with gluten sensitivity, so this also removed many items from my diet. Due to MCS, I stopped using cosmetics, all types of scented sprays, lotion, and other products. Chemicals in cleaning supplies, including laundry detergent and dryer sheets, made it very difficult for me to perform simple cleaning tasks.

After the exposure, my body could not tolerate being near cell phones, Wi-Fi, Bluetooth, any wireless technology, running motors, fluorescent lights, LED and bright lights, electricity, etc. All these things would cause me headaches, dizziness, brain fog, and internal burning throughout my body. I was so hyper-sensitive that if I sat near an electrical outlet, I would experience internal burning. I had to wear specialized clothing to shield me from the effects of EMF, RFR, and other types of exposure, and although they did help, they did not offer me the protection I needed. Removing myself from the toxic wireless environment was recommended. So, I moved to the country to reduce exposure so my body could start healing. The adverse health effects forced me to move away from my family, isolated away from

everyone and everything. My happy, healthy, active life was no more. Isolation was my new norm.

Before moving to my new location, my husband had to take my truck to the dealership to disconnect Wi-Fi, Bluetooth, radio, etc., everything that could be safely disconnected, just so I could tolerate driving. Upon moving into the house, these are the things I had to do to protect myself from exposure: turn off the electricity at the electrical box to three-quarters of the house. The dishwasher, stove top, and oven were all disconnected. I wash dishes by hand and had to use a single butane burner to cook on. There is no Wi-Fi or wireless technology used in the house. Cell phones are turned off and stored in Mylar bags. I had to unplug the cable and TV as the RFR in these devices caused me internal burning. Just holding a remote control or a AAA battery would cause my hand to start burning. Leaving the house to go anywhere was very difficult due to exposure to all the wireless technology. Traveling anywhere was, and still is, very difficult for me. I did not travel for almost 2 years after the exposure. Every hotel and restaurant has Wi-Fi, Bluetooth, countless cell phones, computer systems, etc. I can no longer fly or go on a cruise. Still, to this day, I must navigate where I go and what I do so I do not subject myself to all the things that are detrimental to my health. I have a nursing license and can no longer work in my profession. So many things changed in my life after the exposure, including buying a vehicle. Buying a vehicle that I can tolerate being in is quite the obstacle for me. There is so much technology in vehicles today that buying a new car or truck is out of the question.

In closing, I am thankful that HHS Secretary Kennedy is collecting data concerning EMF, RFR exposure. The laws, rules, and regulations must be updated to protect all people, especially infants and children. Wireless Technology, smart meters, should not be allowed on bedroom walls or anywhere else where the most vulnerable may be exposed…How does one quantify the loss of their good health and well-being, and the loss of living a normal life? My EMF, RFR, Microwave Radiation exposure story is still being written.