These are the symptoms of EMR Syndrome that I experience continuously:

Sleep problems—short sleep and night awakenings
A variety of sharp, dull and burning pains and pressure in my head
Pain and ringing in the ears
Pain and pressure in the eyes, irritation, burning and tearing
Problems with concentration, memory, word-finding and learning
Dizziness, light-headedness
Fatigue, muscle weakness, balance problems, orthostatic intolerance
Heart palpitations
Leg and foot cramps, neuropathy
Symptoms of HPA axis disorder yet to be formally diagnosed
Autoimmune thyroid disorder—Hashimoto's
Sound of "snap, crackle, pop" from electrostatic discharge emitted from eyes and skull
Sneeze reflex stimulated by EMR, triggering a sneeze just before then "snap, crackle, pop" in my eyes

This is my experience of a wireless-based electronic attack and Havana Syndrome

Many targeted individuals manifest symptoms of traumatic brain injury consistent with the February 15, 2018 Journal of the American Medical Association (JAMA) report about American diplomats in Cuba and China who were attacked with directed energy weapons. The medical evaluations of the diplomats revealed "injury to widespread brain networks without an associated history of head trauma." As with the diplomats, targeted individuals subjected to weapons attacks in their homes frequently present with vision and hearing disorders, headaches, fatigue, dizziness, cognitive impairment and the same pattern of traumatic brain injury, but are unable to get properly diagnosed and treated because of the fact that they have not hit their heads or heard a loud blast consistent with the "expected" presentation of a patient with traumatic brain injury. The present standard of care does not equip neurologists with knowledge of the non-kinetic trauma inflicted on the brain from the "invisible" high-energy microwaves. And there will never be a standard of care for as long as the government's objective is to suppress all public knowledge of the widespread deployment of military weapons on its own citizens—war crimes being the highest-ranking category of capitol crimes. Hence news propaganda attributing the attacks on our diplomats to a "poorly engineered listening device" (when in fact a listening device is not capable of "accidentally" issuing a weapons-level amount of energy); then changing the ludicrous explanation to suggest that the diplomats' symptoms were due to pesticide exposure (though JAMA's report of "a constellation of neurological signs and symptoms commonly seen following mild traumatic brain injury, also referred to as concussion" is not the pattern of injury seen in a toxic chemical exposure. The news reports also blamed the characteristic sound of the weapon on "crickets" (crickets inflicting permanent hearing loss in 30-40% of the diplomats?). The controlled media reflects the objective to keep all knowledge of the widespread use of directed energy weapons hidden from the public, so that "deep state" powers may continue to perpetrate the covert deployment of military warfare technologies to torture, maim and murder its citizens; especially its activists and whistleblowers.

My attackers chose my 50th birthday to deploy the weapon that issued the powerful assault to my head. It was on August 22, 2008, while at home, that I received the tremendous blow to my head, known as an electronic attack or "neurostrike." It happened just after I had made a shocking discovery as a whistleblower. Also known as Anomalous Health Incidents (AHIs), Non-Kinetic Brain Injury (NKBI), and recently re-named as Directed Energy Bio-Effects (DEBE), my "Havana Syndrome" manifested in two phases, each phase bringing a different cascade of severe neurological symptoms, one after the other, bringing me close to death at several points along the way, and continuing for over a year. It ended when I moved to a new home, where it took yet another year for all but a few of my symptoms to gradually subside and remit.

The first phase of my Havana Syndrome began with a massive headache, dizziness and pressure in the head; the second phase with balance problems and cognitive deficits. Though my symptoms are consistent with the 2019 CDC Case Definition, I have not been formally diagnosed. As of yet, medical authorities have refused to recognize the fact that Havana Syndrome is not limited to diplomats, military and intelligence community. In fact it is widespread in a large subset of the civilian population known as "targeted individuals," or "TIs."

Sudden onset August 22nd, 2008; presented to emergency room and later my primary care physician with:

--Massive headache
--Severe pressure in my head
--Severe trouble breathing (frequently to the point of near-asphixiation)
--My legs became extremely heavy, stiff, weak, and nearly immovable; I could barely walk to the kitchen or bathroom; over several more months I recovered the ability to walk in steady increments, with some weakness and dragging of my left leg for several more months after that.
--Trouble talking: Slurring of speech and having to force speech—to speak more than a sentence and/or to speak loudly required forced effort—which in turn resulted in more difficulty breathing
--Severe dizziness
--Severe nausea
--Intermittent numbing of fingers and hands, mainly in the 4th and 5th fingers of my right hand, but sometimes other fingers, and occasionally involving my entire hands and forearms; this would happen mostly when I was sleeping
--Intermittent flashing lower back pain, extremely painful; hard to stand or walk when it flared-up
--Absolutely crushing fatigue
--Intermittent headaches in left eye area, with trickling sensation in the same spot, a continuous post-nasal drip, and a few nosebleeds
--Paresthesias all over and fasciculations in my fingers, hands, arms and legs

Late March of 2009: Another cascade of entirely new and equally severe symptoms:

--Severe ataxia; staggering uncontrollably when walking
--Severe muscle weakness began as the ataxia began to remit; went through several weeks of severe weakness in hands, arms and legs; floppy arms and legs; difficulty climbing stairs due to weakness of legs, difficulty swallowing and chewing (often biting my cheeks, lips or tongue), difficulty with handwriting, difficulty with brushing my teeth, slight trouble urinating (having to force it a bit), loss of sensation in genital area
--Episodes of near-comatose drowsiness
--Tinnitus
--Intermittent sensations of nerve and bone pain all over
--Shooting pinprick pains in pancreas, spleen, and liver areas
--Severe Achilles tendonitis
--Severe sleep apnea for several weeks; then completely remitted and never returned.
--Marked cognitive decline (slow processing speed, memory impairment, word finding difficulties)
--Severe chest pain
--Severe orthostatic intolerance (OI) / postural orthostatic tachycardia syndrome (POTS), which I charted and timed using a stopwatch, along with faintness, palpitations, low RBCs, blood pressure wildly fluctuating from hypotension alternating with hypertension and a pulse as low as 50 or as high as 100, and the appearance of tiny red spots (angiitis) on my abdomen and thighs
--Swelling of face and eyelids, one eyelid fluttered, eyes frequently tearing—especially when going outside
--Red rash-like patch on my foot the size of a silver dollar
--White spots (thrush?) in pharynx
--Loss of appetite
--Severe nausea
--Spot on throat painful to the touch (later diagnosed as Hashimoto's thyroiditis, an autoimmune disease)

My doctor simply stated, "I don't know what to make of this." All of my labs were normal. Indeed, the wacky symptoms would not make sense in a patient whose underlying health had been excellent.

In the same time frame, my four closest family members—my mother, father, aunt and cousin—were being attacked with these weapons and began manifesting similar symptoms, and it didn't take long before all four had been murdered. My mother and father, living under the same roof, died in the same week. My aunt and cousin, living under the same roof, also died in the same week. My sister, who witnessed the decline and death of my healthy parents, said that their suffering was so great that if she ever had to go through something that horrific, she would choose to be euthanized instead. It is a common practice for the targeted individual's support network to be taken out if they can't be turned against the targeted individual.

Autumn of 2016: a second decline began with the installation of a smart meter

It was eight years after being mostly recovered from Havana Syndrome, on October 30th, 2016, when our smart water meter was installed. I began to experience severe fatigue and nausea within the same hour of its installation. By then I had figured out the connection.

Between October 30th and December 10th, on several occasions I would suddenly feel what I would describe as a powerful magnetic field, as if a crushing weight were being put on me.

By December 10th, strange new head sensations began that felt like a strong vibration on top of my head.

By January, I began to experience a sensation like my head being tightened in a vice, accompanied by "snap, crackle and pop" sounds coming from within my skull. I also began to get headaches.

By February, chest pain began, along with pressure building in my head. My entire body would begin to vibrate, and then my fingers, hand and forearm would become completely numb on one side. During this time, I also began to hear a loud tone alternately in one ear or the other, and to experience pressure in both ears, like on an airplane. I also began to get burn-like stings and electrocution-like shocks to various parts of my body, and sharp pains on my head, as if getting struck with a hard object. I had not yet gone public with my whistleblowing and would go to bed at night at night wondering about the consequences yet to come, as I reflected on the words of a journalist who had "exposed too much" and was contacted by a shadowy figure who threatened him to back down with the words, "we will destroy your brain."

A smart gas meter was installed next, doubling my distressing symptoms, which happened just as immediately and dramatically upon installation.

Several more "densifications" and weapons attacks, each one bringing a further decline in my health.

More recently I have acquired a tremor, a return of balance problems (ataxia), a new level of fatigue, a new level of immunosuppression (very low WBC counts), and I am in the process of seeking a medical workup for what may be the most serious condition of all—possible adrenal disease caused from a chronically hyperstimulated HPA axis, which high-powered microwave exposure is known to cause.

New punishments were inflicted:

BURNED FOREHEAD – Several times, while sleeping in bed, I have sustained second-degree burns between my eyebrows near the bridge of my nose, indicative of a high-powered millimeter wave weapon (of the same frequency range deployed in the military's Active Denial System), or possibly a laser weapon. On each occasion I was woken up in tremendous pain, followed by inflammation and blistering, which had left a disfiguring scar.

HAIR – BLONDING MECHANISM AND UNEXPECTED HAIRCUT – This is more likely to have been from high energy laser weapons, known to thermally vaporize (decompose) and ablate hair. As hair absorbs the laser

energy, it destroys the pigment-containing melanocyte, turning the hair white or very light blond. I am an olive-skinned person of Mediterranean ancestry with dark brown hair and eyes. My hair does not lighten in the sun, as it can with fairer Caucasians of a more northern European ancestry. I also know a black man, a targeted individual, who has experienced the same blonding mechanism, which he pointed out to me when he noticed that much of my dark brown hair had turned light blond. Not only this, but when my hair grew out, the last eight inches of my long hair suddenly fell out in a nearly-perfect cut where the strands had been damaged from the attack by the weapon.

BROKEN AND DAMAGED TEETH – One night while sleeping I also felt a strong beam hitting my two front teeth, and when I looked in the mirror in the morning, I saw that a large vertical groove had been cut in both teeth, as though carved with a chisel. Only a laser could do that. It has marred my appearance and caused pieces of dentin to fall out. I have also been shot numerous times in the nerves of the teeth, causing excruciating pain, until l learned a neat little trick: pick up my chair, turn it 90 or180 degrees, sit down, and *voila* - suddenly the pain is gone.

V2K – I should also mention that prior to the installation of the smart meters in 2016 I had one incident outside of the home in which I was subjected to the V2K (voice-to-skull) military technology, which is synthetic telepathy deployed in the audible frequency range as synthetic telepathy that it is heard instead of received subliminally. This occurred on August 29, 2015, while I was using the computer at the public library. As I attended to my email, I was mildly irritated by the presence of people gathering directly behind my chair, whom I was trying to ignore. I was replying to an email and had typed the words, "what is it?"—and as soon as I hit "send," I actually heard the words, "what is it?" resound in my head so loudly that it startled me. Soon after this, one block away from the library, I discovered a man parked in a gold Chrysler Town and Country minivan with the Massachusetts license plate, "V2K." I shouted, "Hey, you're the V2K guy!" As soon as he saw me, he took off fast. I chased him on my bicycle for several blocks, wanting to get a good shot on my Go Pro, but he lost me. Days later, the library suffered a massive electrical fire in which two maintenance workers were badly injured, one of whom nearly died. Fire investigators could not determine why a transformer had been turned on that was supposed to be off. It may or may not be a coincidence that transformers are always added to the power lines at the homes of targeted individuals to accommodate the increased energy that these operations require. Could my V2K perpetrator have opened the transformer at the library for this reason? It took nearly a year for the library to be restored and reopened.

None of these experiences could have been perpetrated without wireless technology.