Nancy Henderson EMF HISTORY (Short Form) 9-26-23
From the Electro Sensitive Society https://www.electrosensitivesociety.com/ehs/

There are ElectroHyperSensitivity (EHS) Precursors:

(1) Physical Trauma (Concussion/Whiplash)
(2) Chemical Trauma (Exposure to Toxins)
(3) Biological Trauma (High levels of Bacteria, Fugal, parasite loads, etc)
(4) Electrical Trauma (chronic/high level exposure to electromagnetic pollution)
(5) Impaired Immune System

I have ALL of these Precursors:

(1) Forceps delivery. MVA/whiplash 1993, 2001, 2013. Barotrauma. Artist injury.
(2) Chronic heavy metal exposure airbrushing cadmium heavy metals 10 yrs.
(3) CVID related poor gut function: Lyme, past/current parasite infection/mold.
(4) High RF for first 10 years on Military bases, + 10 yrs under high tension lines.
(5) CVID (Primary Immune Deficiency) Earliest memories: aversion to mold/chem

My EMF Symptoms list below correlates with EHS Symptoms on the link above.
Around High Magnetic and RF Fields, I have an INCREASE of baseline symptoms:

Variable, Painful **Tinnitus**, **Hyperacusis**
* **Ear Pressure, Vertigo** (improves after removal)
* **Chronic joint and Muscle Pain/Stiffness**
* **Fatigue> to Exhaustion**. Need naps, sleep
* **Difficulty Concentrating**
* **Migraines** (in 20 seconds upon 2mg exposure to Powerlines— lasting for 3 days)
* **Intolerance of Blue Light**/Monitors/LED/ Fluorescent (Reticare does help)
* **Vision Disturbance**/Eye fatigue/tracking issues
* **Sleep Disturbances**/Circadian Rhythm Disregulation, Unrefreshing sleep
* Hyperactivity alternating with Exhaustion
* **Frequent Night-time Urination**
* Bedwetting as a child till age 10
* **Dehydration,** Excessive thirst, Salt cravings Impaired sense of smell
* **Increased sensitivity to Smog**/indoor air qual
* Poor gut function after EMF exposure> next day motility is shut down.
* **Constipation** moving to Irritable Bowel
* Blood Sugar Dysregulation (despite no carbs)

As a result, this past 6 months I can **NO** longer:
* Go to the gym to do my 3 hr workout. Yoga for 30 years has been a plus for my health I cannot do without!
* Due to inability to be in a Medical Transport next to GPS, Cells, UCSD WiFi:

I cannot go to Pain Clinic Osteopath (at 12 appts per yr), or Rotator PT, because I spend the next 1-2 days recovering. New POTS symp
* Shop for food, essentials for more than 2 hrs without crashing the next day. (and I cannot get out of bed next day.)
* Keep my normal weight of 100#. I am at 93.5, despite an increase in protein intake. I cannot tolerate fats, I malabsorb.
* I need to use caffeine to make my brain work.
* New Increased sensitivity to other allergens: mold, dust, chems, foods = hives. Occasional new diarrhea after triggers.
* **Increase** of Vertigo/ Tinnitus next to breakers
* New 2022 Nissan Truck has mold in the A/C.
* New RV has VOC's — need to remediate.
* Moving exposes me to more allergens.

Additionally, now that I have discovered a 100mg field in my Tacoma of 23 years, I realize that I have had an **ongoing painful muscle contraction in my C-spine** from **High Magnetic and RF field exposure** which has **impaired me for over 15 years and exacerbated my rotator injury.** I had to file for Disability due to this injury 13 yrs ago. It has restricted movement I need to function and earn a living (ie: bend my head down and use my right arm to work.) **I am in so much pain, I cannot get the basics done.**

On the Military RF Exposure, it was from Edwards AFB (X-15), Incherlik AFB, (U-2).
Note that as of 1972, the US Navy had 2300 studies describing harmful effects of Radar.