Dr Viirre 4-14-25

An EMF sensitivity is a HUGE disability!

I can't use a Cell Phone: I can't interface with any system which slaves me to carry a data and text cell phone on my body— and be available to receive a text as UCSD is pushing me to do.

RF symptoms around a normal (High SAR) cell phone—
if I hold one to my ear as I had to last year when I borrowed one— it will give me a migraine in 10 mins of use.
I had to get a low SAR flip phone last year to call the Rangers during my work day. Call only— no text. I only use it to call out.
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Not only am I sensitive to EMF's— my neck and arm injury prevent normal cell use.
I can't bend my head down and use my right arm in small motor movements
(pinched nerve— I can only look straight ahead.) (3 ligaments damaged)

The only way I can function is to be standing at a large desktop computer— far from the EMF's.
To type I must hold a piece of foam under my armpit— then I can. I must squeeze a yoga block with my thighs and hold my stomach in so I don't pitch too far forward.
I have to do yoga ALL the time to keep this functional posture. My hip flexors and scales grab and pull my head forward, so I have to keep computer use to a minimum.
I need a anti-glare anti- vibration screen over my 21" desktop— or I can't function (reticare.com
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It has taken me 15 months to figure out how to live my my 20 ft travel trailer.
I am not there yet— but my RV is tolerable…
— IF I work very hard around the high electrical and magnetic fields. With house power on— I am at 260 volts inside. Grounding does not help enough— nor line conditioners.

The only way I can function is to bring a 12 gauge X cord thru the slider to power the apartment fridge I had to buy, as the stock one was slaved to the house power. The X cord powers my computer/router/landline (all hard wired— nothing wireless in here.) I am counting load and use a small single burner and a fan or two.
Heat is from the LP— or 250 watt heat lamps. (No space heater)
My DC fuses are out— unless I want to shower, or run the LP. To shower— I have to plug back in the RV house 30 amp plug for 30 mins— but then I have no phone.
So— the house power is off 95% of the time. This means I have no A/C!
Hard when it is 135 degrees outside as it has been at Lake Morena. I just use fan small and a wet rag around my neck. But— doubly hard when the HAB's are so high I can;'t be outside without symptoms: (asthma, fatigue, eyes burn, cough). (So- I have to leave here.)

Even with all of the workarounds— I still have vertigo in the shower and front of the coach.
it got better when I covered up the solar panels so they do not charge the battery.
I use a smart meter shield to cover the smart meter 70 ft away— works fine.

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After going out for errands or shopping— my ears ring so much and I have so much fatigue
— I need to take a rest day. Often I come back with vertigo. It does abate in a day or so.

My neck goes into a painful contraction around high magnetic fields— producing an immediate migraine. I have to be very careful to avoid high tension wires— parking etc.

CVS pharmacy has a very high alarm system and when I go inside I feel so jittery I have to leave immediately. Kohl's has the same effect with its LED lighting. Immediate fatigue which lasts for days— (last time I went in was 2 yrs ago) I can only shop Walmart and Costco as their lights are up high— not at Target with lower brighter lighting.