

Narratives of Wireless Microwave Radiation Harm: A Thematic Analysis

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Abstract

This study examined published narratives of those harmed by wireless microwave radiation. Few qualitative studies in the literature examine the health effects to individuals harmed by wireless microwave radiation. Twenty-one published narratives from blogs on the Internet were obtained and the data were analyzed using thematic analysis. Three main themes were established: ‘the prime cause of harm’, ‘biological effects’, and ‘reactions’. The findings showed significant health harms from those exposed to wireless microwave radiation devices and their infrastructure. Most individuals became electromagnetically sensitive and could no longer use wireless devices that emit microwaves or be in proximity to its infrastructure. Many of these individuals became environmental refugees having to flee their homes in search of safety which proved elusive for many. Many were angry at the government for allowing such public danger to exist and many were afraid. Several individuals were able to continue working after completely altering their environments so that they were free of any wireless microwave radiation or learned to use these devices in a safer way. More qualitative studies of this kind need to be conducted.

Keywords: wireless microwave radiation, narratives of health harms, thematic analysis, qualitative, environmental refugees.

Narratives of Wireless Microwave Radiation Harm: A Thematic Analysis

When President Clinton signed the Telecommunications Act of 1996 into law, he paved the way for wireless cellular phone technology to blossom. Very few people had cellular phones in 1996 and the vast majority of the world did not. After the Telecommunications Act was passed cellphone tower infrastructure was built out across the US in preparation for cellphone sales the following Christmas. Cellphones are powered by wireless microwave radiation (Physicians for a Safe Technology, 2020; Singer, 2015).

In 1993, Dr. George Carlo, an epidemiologist, and a pathologist was hired by one of the main lobbyists for the cellular industry, to disprove the claims that cellphones were dangerous even though no studies had been done. Carlo made a 6-year-study and found harm to the brain from cellphone antennas and, that children are much more susceptible to these harms. He told the cellular industry and the FCC about his findings and said that more research was needed (Blank, 2015; Rotella, Abbott, & Gold, 2001). But the industry wove “a sinister web of corporate greed and masterful PR "spin" that choked his efforts (Rotella, Abbott, & Gold, 2001),” and buried his study (Blank, 2015; Rotella, Abbott & Gold, 2001).

According to Robert Kane BSEE, MSEE (2001) who worked in the telecommunications industry for over 30 years explains that there has existed research studies going back to the 1950s showing damage to the body’s DNA, tissue, the formation of cataracts, tumors, loss of memory, motor skills, and chromosomes from cellular telephones. On the cover of his book Kane (2001) states:

You pick up the phone once, twice, ten times a day – or only a few times a month. But each and every time, you’re gambling that “this time” won’t be the occasion when the

radiation causes irreparable damage to your brain. It only takes a seemingly small trauma at a very small location to result in tissue damage, DNA damage, or chromosome mutations.

Kane (2001) claimed that the reason that we are unaware of these grave dangers is that the wireless industry has buried and denied the scientific studies which have shown harm, something which they knew about 40 years before they ever began marketing cellular telephones. According to him, there has never been an industry in the history of humankind that has marketed and distributed “products hostile to human health with foreknowledge of those harms (p. x).” All biological life on Planet Earth evolved with very low background radiation, now that level of background radiation is two billion times higher (Blank, 2015; Firstenberg, 2017; Kane, 2001). Can the narratives of those harmed by wireless microwave radiation inform us of its dangers? This study examines the narratives of the negative health impacts of wireless microwave radiation through thematic analysis of the self-published narratives by those harmed.

Literature Review

Today we are bathed in wireless microwave radiation emitted by WiFi and cellular-connected devices in homes, offices, and nearly all public buildings from wireless laptops, TVs, printers, cellphones, WiFi routers, WiFi-enabled baby monitors, WiFi emergency pendants for seniors, WiFi home alarms and doorbells, WiFi cars and trucks, and Smart devices such as Amazon’s wireless assistance Alexa, Google’s Home, Smart speakers, Smart utility meters, satellite radio, and current estimates of up to 4, 600 satellites beaming these frequencies to earth (Firstenberg, 2017; Blank, 2015;). All biological life on this planet is exposed to man-made wireless microwave radiation with disastrous results - but like the tobacco companies, the wireless industry, our government, and military have continued to hide these dangers from the

public for profit, for surveillance, and military dominance (Begich & Manning, 2007; Feickert, 2018; Freeland, 2018; Phillips, Brown, & Thornton, 2006)).

Wildlife Impacts

Balmori (2005) a wildlife biologist from Valladolid, Spain made a study using a telescope to see the effects on the breeding success of 60 nests of white storks in his city; 30 nests were within 200 meters of a cell tower, and 30 nests were further than 300 meters. Twelve of the 30 nests within 200 meters of the cell tower produced no fledged chicks: some had no chicks, and some chicks died soon after hatching. Nests more than 300 meters from the cell tower had only one nest and no chicks. He also studied the behavior of storks within 100 meters of the cell tower. Of the stork couples he studied, he found strange behaviors. When they tried to build nests they fought, and many sticks fell on the ground. Balmori (2005) found that “Some nests were never completed and the storks remained passively in front of cellsite antennae (p. 113).” As we are more and more polarized as a nation we must ask the question - has wireless microwave radiation had a similar effect on us as on the storks in Balmori’s (2005) study?

Colony collapse disorder has caused a loss of honey bees worldwide. In a 2009 study at the University of Punjab in India, two cellphones were placed in two out of four hives. One cellphone was in talk mode and the other in receiving mode to keep the connection. The phones were on for 15 minutes twice a day, once in the morning and once in the afternoon, twice a week. When the phones were on the bees became quiet, as if they didn’t know what they should do. After three months the hives had fewer and fewer bees coming and going (Blank, 2015; Firstenberg, 2017). “The number of eggs laid by the queen declined from 546 to 145 per day” and “Honey stores declined from 3,200 to 400 square centimeters (Firstenberg, 2017, p. 147).” When the experiment was completed there was no honey, no young, and no bees remaining - it

was a complete loss. We are losing birds, amphibians, insects, plants, and trees worldwide which have been coincident with the installation and use of wireless microwave radiation devices; cellphones, cell towers, satellites, Wi-Fi, and other sources of wireless microwave radiation. (Balmori, 2005; Blank, 2015; Firstenberg, 2017; Singer, 2015).

Human Impacts

Studies have shown exposure from WiFi and cellphone wireless microwave radiation causes brain tumors, acoustic neuromas, and irreversible nerve cell damage (Dasdag et al., 2015; Hardell & Sage, 2008; Pall, 2018; Salford, Brun, Eberhardt, Malmgren, & Persson, 2003). Exposure to WiFi and WiFi-enabled laptops has been shown to cause the DNA of human spermatozoa to fragment and decrease in motility (Dasdag et al., 2015; Pall, 2018) with a corresponding decrease in egg production (Pall, 2018). Pall's (2018) study found pulsed wireless microwave radiation from WiFi caused psychiatric and psychological changes. Johannson's (2009) study found behavioral problems in children exposed to cellphones prenatally. Pall (2013) found that exposure from pulsed wireless microwave radiation caused pathophysiological changes to voltage-gated calcium channels (VGCC) and increased the intracellular Ca²⁺, nitric oxide, and free radicals resulting in oxidative stress (Pall, 2018). The body is bioelectric and wireless microwave radiation can disrupt the signals of the cells resulting in a malfunction of the organs, illness, cell death, and nerve cell damage (Genuis, 2008; Pall, 2018). Morgan, Kesari, and Davis (2014) made a unique study using peer-reviewed epidemiological studies of cellphone exposure over five years. Using a computer program they were able to calculate the equivalent radiation dosages to a fetus. They found that fetuses and children absorb much more wireless microwave radiation. They strongly advise protecting them before, and after birth (Sage & Burgio, 2017).

Hedendahl, Carlberg, Koppel, and Hardell (2017) found high levels of wireless microwave radiation in schools caused negative health and developmental effects. They determined that schools should use wired Internet connections for all devices and use cellphones in airplane mode only since children and adolescents are at greater risk of injury. Thomée, Dellve, Härenstam, and Hagberg (2010) conducted a qualitative study about the high use of information and computer technology with a cohort of 16 women and 16 men using interviews. Students at the university with high mobile phone and Internet use self-reported symptoms of insomnia, school and family stress, and depressed mood. This study showed that difficulties arise with digital communication due to the constant expectation from the sender of an immediate response, together with the stress of constantly juggling the demands and expectations created by computer-mediated conversation (Thomée et al.; 2010).

Government Coverup and Military Use

Dr. Joel Moscowitz of the U. C. Berkeley School of Public Health took the California Department of Public Health (CDPH) to court in 2017 under the California Public Records Act forcing them to release their pamphlet on cellphone radiation dangers (U. C. Berkeley School of Public Health, 2019). The CDPH pamphlet showed that when using a cellphone texting is safer; if you do call keep it away from your head, and if you are watching a video or downloading large files you should keep the phone away from both your head and your body. They further advise not to keep your cellphone on your body but to store it away from you in a purse, a backpack, or in a briefcase because when the phone is on it is communicating with the cell tower and sends out wireless microwave radiation. When not using the phone it should be switched to airplane mode which disconnects the cellular, Bluetooth, and Wi-Fi signals (Smith, 2017, p. 2). The CDPH pamphlet acknowledged the long term dangers of cellphone use by children who have a

greater risk because they are still developing and because they will have more exposure from use over time. They cite the possible health harms from cellphones as brain tumors, acoustic neuromas, reduced sperm count and motility, “headaches and effects on learning and memory, hearing, behavior, and sleep (Smith, 2017, p. 1).”

In 1977 the CIA declassified and translated a USSR study on the effects of non-ionizing electromagnetic radiation and included 353 people exposed to microwaves in their work and 532 people in the control group. The results showed that workers exposed to microwave radiation had an increase in blood pressure, both systolic and diastolic; neurasthenic manifestations; increases in the excitability of the autonomic nervous system; and a negative influence on metabolic processes specifically carbohydrate and protein metabolism (CIA, 1977). The Washington Post and other news sources reported that on June 1, 2020, the Department of Defense and the National Guard in Washington D.C. considered using a Long Range Acoustic Device (LRAD), a sound cannon and sonic weapon, and an Active Denial System (ADS) which heats the body like a microwave oven and has been shown to cause heating, burns, and blisters, against the peaceful civilian protestors in Lafayette Park (Lang, 2020; *Unanswered Questions About the US Park Police's June 1 Attack on Peaceful Protesters at Lafayette Square: The House Committee on Natural Resources*, 2020). This is not the first time these weapons have been used on civilians and now it seems that our government will continue to use these weapons on civilians. These few examples have shown that our military knew about the effects of wireless microwave radiation on the human body and that they have deliberately created weapons to target and harm human beings (Begich & Manning, 2007; Feickert, 2018; Freeland, 2018; Phillips, Brown, & Thornton, 2006)).

International Appeal

According to the *International Doctors' Appeal 2012*, (n. d.), although there have been many warnings about the danger of radio-frequency microwave radiation we continue to create new and more dangerous wireless devices that emit this radiation. Because all biological life “is controlled by naturally occurring electromagnetic fields and signals (*International Doctors' Appeal 2012*, n.d.)” the wireless microwave radiation interferes with how these cells communicate with each other and that they have been shown to affect metabolism adversely. We have found that technical radiation causes “increased permeability of the blood-brain barrier, changes in brain wave activity, unbalanced release of neurotransmitters and hormones (especially the increase in stress hormones) (*International Doctors' Appeal 2012*, n. d.)”, negative impacts to the immune system, DNA and RNA, and reduced fertility. We have seen a frightening increase in depression, anxiety, stroke, Alzheimer's and dementia, autistic spectrum disorder, attention deficit hyperactive disorder, and other health problems such as chronic pain, hypertension, and cardiovascular disorders. There has been a dramatic increase in cancers of all kinds, including childhood cancers especially of the brain, and an increase in electromagnetic hypersensitivity (EHS) (Blank, 2015; Firstenberg, 2017; *International Doctors' Appeal 2012*, n. d.).

“In those who are affected, severe symptoms to electromagnetic fields can develop immediately or hours after exposure to technical electromagnetic fields (*International Doctors' Appeal 2012*, n. d.),” from cellphones, portable phones, WiFi, Smart electric meters and all devices emitting wireless microwave radiation. Smart electric meters emit pulsed microwave radiation and have replaced analog electric meters on homes and buildings throughout the US and worldwide. (*International Doctors' Appeal 2012*, n. d.; Wycherley, 2017). Smart electric meters “emit as many as 14,000 short bursts of intense microwave radiation a day, disrupting

cellular electrochemistry and causing health symptoms from migraine to tinnitus, insomnia, dizziness, anxiety, chest pain, palpitations, and memory loss (Wycherley, 2017).” When PG&E installed these meters in California many people had to leave their homes, or sleep in their cars to escape the danger. People throughout the US and worldwide testified to the negative health effects including IT workers from Silicon Valley (Wycherley, 2017).

The International Doctors’ Appeal follows the 2002 “Freiburg Appeal” which was an appeal to humanity to reduce the use of wireless microwave radiation signed by over 1,000 doctors and supported by at least 36,000 people worldwide. Appeals to reduce wireless microwave radiation have come from the Russian Radiation Protection Committee, The European Environment Agency, and the European Parliament. In 2011 the World Health Organization classified wireless microwave radiation as a possible 2B carcinogen like lead, asbestos, and cigarettes (*International Doctors’ Appeal 2012*, n. d.).

Critique of Literature

Wireless microwave radiation dangers to biological life have been known for many years. In 1977 the CIA declassified a translation from a Russian study of workers who used microwaves and showed harms to the cardiovascular system, metabolism, effects to the autonomic nervous system, and neurasthenic manifestations. Since then many studies have found brain tumors, DNA and RNA damage, spermatozoa and egg damage, fertility issues, psychological changes, behavioral problems, increase in cancer, that children are more susceptible, and neurodegenerative disorders (Dasdag et al., 2015; Genuis, 2008; Hardell & Sage, 2008; Johansson, 2009; Pall, 2013; Sage & Burgio, 2017; Salford et al., 2003). Dasdag et al. (2015), looked at rats exposed to 2.4 GHz emitted by WiFi and found MicroRNA damage but this was the first study to have shown the effects of WiFi on MicroRNA and they suggest more

studies are needed. Genius' (2008) reviewed the scientific literature, public health recommendations, and several case histories. He found significant harms but research on humans is not ethical therefore it is not possible to establish a clear cause and effect relationship. Also, due to the surrounding microwave radiation measurements can be confounded.

Using a meta-analysis Hardell & Sage (2008) "reviewed 18 studies, two cohort studies, and 16 case-control studies" by those who used a mobile phone for more than 10 years. The study showed an increased risk of brain cancer, tumors, and neuromas, and they believe the evidence of negative health impacts is so great that it warrants taking a precautionary approach. They suggest we begin limiting the amount of radiation from wireless throughout our country now. Salford et al. (2003), used rats to study the leakage of albumin through the blood-brain barrier when exposed to microwaves. They showed that leakage of albumin through the blood-brain caused damage to the neurons in the experimental but not the control rats. They fear that a whole generation of cellphone users will be damaged in this way. Avendaño et al. (2012) used sperm from healthy donors to see the effect that laptops using WiFi had. They then measured the sperm motility, vitality, and DNA fragmentation and found that all those exposed to WiFi were affected while the control sperm was not. This is the first such test and more studies like this need to be conducted.

Hedendahl et al. (2017) measured the levels of wireless microwave radiation in school. It was a small unique study and they suggest that more studies of this type be conducted. Thomée et al. (2010) conducted a qualitative study about the high use of information and computer technology at a university with a cohort of 16 women and 16 men using interviews. More qualitative studies like this need to be conducted as there are few in the scientific literature.

Many peer-reviewed scientific studies have shown harm to all life. Since it is unethical to experiment with humans more qualitative studies need to be done using surveys, interviews, case studies, and other ethical methods.

Purpose Statement

The purpose of this study is to examine the negative health impacts of wireless microwave radiation by analyzing the published narratives of individuals who have been adversely affected, using thematic analysis. These narratives were taken from blogs and websites published between 2000 and 2020.

Significance of Study

Only a few qualitative studies have been done showing the negative health impacts of wireless microwave radiation. Wireless microwave radiation is invisible making it hard to see the cause and effect relationship. We like to use wireless devices and they make life more convenient and fun but there is a great deal of denial about their danger. Like the tobacco industry, the wireless industry has manipulated scientific data to make a product which they knew in advance to be dangerous, seem safe, while they continue to increase the number of devices powered by wireless microwave radiation.

Despite the overwhelming evidence that wireless microwave radiation is harmful to all life most doctors, academics, health departments, and 99.9% of the population in the United States remain ignorant of the dangers. The Internet of Things and 5G is now being installed using a much more dangerous form of wireless radiation. Ground and space-based infrastructure are being installed to support it. Will we awaken in time to stop the madness of this dangerous technology? That is the question.

Method

This is a qualitative study that uses thematic analysis. By analyzing the narratives of individuals harmed by wireless microwave radiation over the past 20 years, this study shows the health harms caused by wireless microwave radiation devices and their infrastructure.

Materials

Using purposive sampling 21 individual narratives were gathered from blogs on the Internet. These narratives were self-published by individuals harmed by wireless microwave radiation and were published between 2000 and 2020. Three themes were indicated within the narratives: the prime cause of harm, the biological effects, and the reactions to the harm (Butina, 2015).

Data Collection

The thematic coding scheme in Appendix A contains themes, codes, and subcodes within each category. The coding scheme was built upon as the reading of the data dictated. After the codes and subcodes were compiled, the data were examined for themes and analyzed for conclusions according to my research question. Appendix B contains the blogs that were analyzed.

In the collection of the data, I did everything possible to avoid bias. This research study has been impartial and independent. I have upheld the standards of quality and integrity for research, as delineated by the Institutional Review Board of California State University, East Bay, as I implemented my research and reported the findings.

Data Analysis

The unit of analysis is the individual. Using color-coding for codes and subcodes from the individual narratives I then marked these under their codes as defined in the coding scheme. After grouping codes into subcodes, I identified the main themes. These themes were developed through an iterative analysis of the content. Using thematic analysis I qualitatively analyzed the main themes of the narratives (Braun & Clarke, 2006).

I am a trustworthy researcher. I have had a prolonged engagement with the study of wireless microwave radiation and its harmful effects on all life. The data I gathered is an unbiased sample of self-published personal narratives by those who have experienced health harm from wireless microwave radiation.

Findings

This study uses a purposive sample of 21 narratives published between 2000 to 2020 from Internet blogs. Each narrative is by a person who has been harmed by wireless microwave radiation. I used the search engines Startpage and Google and found these blogs at several websites dedicated to the education of the public on the dangers of wireless microwave radiation

The narratives of those who were harmed by wireless microwave radiation have many attributes in common. Though the health insult to each individual in these narratives is unique, there were three main themes that they had in common. The first theme, the prime cause of harm, regards the wireless device or infrastructure which first injured them. The second theme, biological effects, is how they described their physiological symptoms. The third theme is reactions, every narrative included a reaction about what happened to them, and sometimes they reacted by assigning blame and sometimes by expressing the fear and danger they felt.

Prime Cause of Harm

There are many wireless devices available on the market today and supportive wireless infrastructure in our cities, towns, neighborhoods, and skies. Smart Meters are now installed in every neighborhood often without the customer's permission and sometimes in a hostile way. A school teacher in San Francisco wrote, "I have been suffering horrible migraine headaches since a Smart Meter was installed on my home in the fall of 2010. The meter was installed without my permission. (Blog 17)." Migraines and headaches are common symptoms that many people feel when exposed to wireless radiation. Smart Meters have made a lot of people sick causing many to become electromagnetic hypersensitive (EHS). Their negative health impacts have caused people to have to move, to live in their cars, but often they are unable to find any safe place to be and become environmental refugees.

Many of the narratives of wireless microwave harm available on the Internet are from Smart Meters. Smart electric meters "emit as many as 14,000 short bursts of intense microwave radiation a day, disrupting cellular electrochemistry and causing health symptoms from migraine to tinnitus, insomnia, dizziness, anxiety, chest pain, palpitations, and memory loss (Wycherley, 2017)." Smart Meters were installed on every house and activism began during their installation, unlike other wireless technologies whose infrastructure has been activated, and their devices sold with no advance public knowledge. Smart Meter activism extended to many countries worldwide and many people became sick at that time even though they had used other wireless devices before being irradiated by Smart Meters.

Cellphones are another prime cause of negative health impacts. A California man who had used a cellphone on the right side of his head for more than 20 years developed a malignant brain tumor there. Doctors from many countries agreed that his long term use of the cellphone in that area of his head was the most probable cause of his tumor. He noted:

I am in sales, and I used a cell phone for over 20 years for about 10,000 lifetime hours. I always held my phone to my right ear and the tumor was on the right side of my brain, slightly in front of my ear (Blog 3).

This man recovered and returned to work. He still uses a cellphone but now he does not put it to his head and he uses it in the safest manner possible. Unfortunately, as long as people continue to use cellphones which require cell towers that emit wireless microwave radiation the background radiation of the planet will continue to increase. Although everyone knows microwaves cook and heat food somehow they can't connect the fact that cellphones emit free microwaves into their brain and body just like the ones from a microwave oven.

Cellphone towers are the infrastructure that hides everywhere in our world today, masquerading as trees, they hide in church steeples, they are on hospitals, next to preschools and everywhere humans live and use cellphones. Businesses and landowners who put cell towers on their property are paid a lot of money and must sign long-term unbreakable contracts. Cell towers irradiate our towns, our countrysides and they irradiate us as we sleep at night, a time when our bodies are most vulnerable and repairing the damage of the day. Some of the narratives included in this study are by people that became ill from the wireless microwave radiation emitted by cell towers as one man from New York City said:

When I went to an interview last week, soon after sitting down I felt the unmistakable sensations on my skull, on my skin, and then I saw the antennas aligned on the building across the street, magic wands sprinkling their magical modern gifts on me. (Blog 10).

A man from Arizona who wrote about a cell tower installed near his business wrote, "Since the tower has been there, I have been experiencing severe fatigue, headaches, and other physical

problems. Shortly after it was built, my partner had to leave the business because the cell tower kept shutting off his pacemaker (Blog 6).” Wireless microwave cell towers must create a high level of wireless microwave radiation to connect, creating a handshake in the air, with nearby cellphones. If a person becomes after being near a cell tower or antenna then they can often relate their negative health symptoms to them, as these two men did.

Other prime causes of harm were from WiFi and WiFi infrastructure, GPS in the automobile, exposure from installing Internet satellite receivers and, several became EHS by a prior chemical poisoning. One doctor opined that he believed his blood-brain barrier had been compromised from being chemically poisoned by carbon monoxide previously thereby making him more susceptible to becoming EHS.

Biological Effects

There were a large variety of biological symptoms reported in the data. The most common symptoms were Neurological and Cardiovascular with the remaining symptoms falling under Other Body Effects.

The neurological symptoms were often described as feeling electrical, motorized, and vibrating. One woman wrote, “it feels like unremitting, wired, electrified torture. It feels like I am fused with a force field, that I’m no longer human but part of a circuit. I feel like my body is pulsating to an artificial frequency (Blog 4).” Many people suffering from EHS feel they are being electrified or shocked which in truth, they are – it’s just wireless electromagnetic radiation.

The neurological system is not the only system that works with bioelectricity. The cardiovascular system also depends heavily on the proper balance of bioelectricity to operate optimally and to nourish the whole system. Many narratives reported cardiovascular type

symptoms. One woman whose apartment was 86 feet away from a tower wrote, I have massive headaches, brain fog, Supraventricular tachycardia when wi-fi or strong electric currents are around my heart accelerates up to 300 beats per minute. (P 11).

Like this woman, many people in the narratives reported cardiovascular symptoms. A man from Australia said:

I managed to have smart meter installation delayed at my house, but suddenly became sick overnight with palpitations, chest pain, insomnia, dizziness, inability to concentrate and memory loss and fainting spells. After becoming sick I found out that the day I became suddenly sick was the day the smart meter roll-out was completed in my area and the smart meters were remotely turned on from base (Blog 14).

You can opt-out of the smart meter program in California but not in most states or other countries. The opt-out provision in California was won through intense activism and by many presentations of their harm at the California Public Utilities Commission (CPUC) by those aware of the dangers of pulsed wireless microwave radiation but the opt-out helps little when you work at a business or live in a multi-unit housing complex where many smart meters are installed. Some people must pay all of their neighbors' smart meter opt-out fees if they want to protect themselves.

Many of the symptoms reported in the narratives were multi-system complaints, and are grouped under Other Body Effects. One woman related what happened to her:

I live in Minnesota where a cell phone tower appeared across the street from my home at about the time the symptoms began of nausea, extreme fatigue, headaches, confusion,

brain fog, pain everywhere in my body that appeared overnight without warning including the change of a lump appearing in my right eye, asthma and arthritis. (Blog 9).

Like this woman, those affected by wireless microwave radiation can have a wide range of symptoms. Although the majority of the symptoms fall under neurological and cardiovascular, many other symptoms result from these exposures. A doctor who had become EHS from WiFi after being poisoned by carbon monoxide wrote:

A few hours of Internet research produced a diagnosis—electromagnetic hypersensitivity (EHS)—along with information about what to do, most of which focused on avoiding and/or shielding myself from radiowave exposure. But clearing the environment of electromagnetic fields is no easy task. With a newly-bought radiowave meter in hand, I began mapping out my world and soon discovered how ubiquitous this technology is: wireless routers and computers; cellphones and cell towers; cordless phones and microwave ovens; smart meters and smart keys (Blog 12).

This doctor lives in California and continues to practice medicine but he had to alter his place of work and his home dramatically by removing all wireless radiation devices, and avoiding those in public spaces. WiFi is ubiquitous today and even if you eliminate your WiFi use you will still be exposed in public buildings or from neighbors' WiFi radiation going beyond their property. Practicing medicine today is difficult without using devices that emit wireless microwave radiation, and most offices and medical buildings have many smart meters installed and nearly every home too. A California woman who first became sick from a cell mast (cell tower) in Europe wrote:

It became extremely difficult to visit my doctor. My doctor had to believe, as i was informed and taught them. ...but the hospital and exam rooms have huge amounts of

wireless and radiation. I had to gown up in my 'headgear" in order to stay sane enough to last the exam. (One of the symptoms is 'fight or flight') We took the radiation meters to the hospital and with the building manager, walked around and found a room with very low EMF's and had the exam there. The best thing you can do for yourself, is avoidance of radiation, as this is 'radiation sickness" (and has been know since the 1940's).

(Blog21).

Most people who are EHS have the same problem as this woman. They are afraid to get sick for fear they may have to go to the hospital which usually has cell towers on top, WiFi throughout, and other wireless microwave emitting medical devices.

Reactions

Most of the writers expressed shock or surprise at being made sick by wireless microwave radiation. For some of those affected, it took many years before they were able to understand what it was that was making them sick. Most people never consider that wireless microwave radiation could be the cause, that something so dangerous could be legal, and when they do understand, they often become very angry or fearful. Although they reacted differently to being harmed by wireless microwave radiation there were common motifs. Some worked to diagnose and remediate their health problem, some changed their environments, some tried to get help while others reacted with fear and anger. One man had a brain tumor removed, one became an activist to inform others, many left the town they lived in for a time or permanently moved away, and one woman who lives in Australia filed a lawsuit against a cell tower company. She had multiple chemical sensitivity (MCS) and then became EHS too. To protect herself, she built a safe house on a piece of land she bought. She had lived there for ten years when a cell tower company purchased property across from her where they planned to erect a cell tower. Before

beginning construction, the company was made aware that the woman was EHS yet they continued with the project anyway and completed it. Before activating the cell tower she filed a lawsuit to stop them. Speaking of his client's situation, her barrister stated:

Clearly [she] is in immediate danger, if I may use an analogy to explain: Imagine a neighbor is building a large machine gun, bolted securely to the ground, aimed directly at your home, it is in full view of you, you see it every day, then one day you see the neighbor load the gun with unlimited bullets and you are told by your neighbor that he/she intends to fire that gun at you and your house continuously, day in and day out, bombarding you for eternity with a hail of bullets, you become extremely anxious and fearful that the neighbor is actually going to pull the trigger (Blog 7).

This woman's plight is not unusual. The wireless industry doesn't care if it hurts people and the Telecommunication Act of 1996 makes it illegal in the US for a city or community to deny installing cell towers based on health effects. When Mendocino tried to do it they were threatened with a four million dollar lawsuit.

Some of the people in these narratives slept in their cars to escape the effects of the radiation. One person left a home they had owned for over 20 years, and another had to sleep at their mother in law's house. Most people expressed negative feelings over the prospect of getting help either from industry or from any part of our government. And although some participant's families helped them others were ignored or considered crazy by their family. A former NYC woman explained:

With my bank account drained from decades of undiagnosed illness and failed medical intervention, I must rely on the kindness of friends and strangers to grant me temporary

safe haven — to disable their Wi-Fi, to unplug their cordless phones, even sometimes to shut down their energy-efficient electronics or entire circuit systems — just so I can sleep, so I can eat, so I can rest, so I can work, so I can think, so I might possibly heal. And then, inevitably, energy forces me to move again. (Blog 13).

This woman described her former life in NYC as filled with high-class parties, being in many skyscrapers for various functions and jobs, owning a plethora of the latest digital toys, and living in a wonderful apartment in the city. Now she is broke and on the lookout just trying to find a safe place to heal. Several narratives discussed the impossibility of finding safe affordable housing for their EHS. Others were angry that the government had allowed wireless microwave radiation to be used by and on the public, or that it was legal when there have been scientific studies going back 70 years or more showing danger to human health.

Discussion

This study examines the biological effects and health dangers associated with the use of wireless microwave radiation devices and their infrastructure through self-published narratives by those harmed by wireless microwave radiation. The findings of this study indicate that many sources of technical wireless microwave radiation are implicated in these harms. They emit microwave radiation and cause a spectrum of symptoms and illnesses.

The analysis of these narratives confirms the validity of my research question and the scientific literature, both of which found significant health harm albeit one subjective and anecdotal, and the other objective and scientific. The real-life experiences of the people who wrote these narratives confirm what many doctors, researchers, and people nationwide have been trying to alert us to, the danger that wireless microwave radiation poses to all human and

biological life. They urge us to adopt the precautionary principle before utilizing any new technology, especially technology that is powered by wireless microwave radiation. Cellphones cause brain tumors and acoustic neuromas from the wireless microwave radiation they emit as numerous scientific studies have indicated (Dasdag et al., 2015; Genuis, 2008; Hardell & Sage, 2008; Johansson, 2009; Pall, 2013; Sage & Burgio, 2017; Salford et al., 2003). Johansson (2009) found that children exposed to cellphones in utero had more behavioral problems. Because the human body is bioelectric, wireless microwave radiation disrupts the cellular signaling which can result in a malfunction of the organs, and cell death (Genuis, 2008; Pall, 2018). These are just a few of the peer-reviewed scientific studies that found negative health impacts from wireless microwave radiation.

Just under half of the narratives in this study are by people who were made sick by Smart Meters with the next largest group made sick by cell towers. With other types of wireless harm, it is often harder to ascertain what is causing your symptoms, and the medical profession in the United States is still unwilling to look at the impact of wireless microwave radiation on health, except in rare cases. So, although brain tumors, cancers, and many other disease states are being caused by wireless microwave radiation I found only one narrative of brain cancer published possibly due to the difficulty of locating these blogs if they currently exist and/or because of the time limitations. As the knowledge about the dangers of wireless microwave radiation increases, it will be easier for people to consider that wireless microwave radiation could be causing their health problems, and more such narratives may be available in the future. These narratives were posted on websites that had no format or structure, creating a wide variety of data. Those who have been traumatized by wireless microwave radiation are often scared, stressed, and searching for safety. Under those circumstances, they may not remember or include all aspects of their

experience in their narratives, and many had little or no demographic information. These were limiting factors in this study.

The findings of this study are important because few qualitative studies examine the negative health impacts of wireless microwave radiation on people. Wireless devices are fun to use, make our lives more convenient and many companies now demand that employees own them. They are addictive, and there is a great deal of denial about their danger. Because of the cellphone, the workday doesn't end after eight hours anymore. Now workers and owners too are expected to be on call 24/7. This creates additional stress in people's lives.

Daily we hear on the news that millions of people in this country deny that COVID is real, and because of this, they are attacking doctors and those who work in health care. It is even worse for those who have been made sick by wireless microwave radiation. There is the almost complete denial of these dangers in the United States, and those who become EHS are marginalized, joked about, and sometimes purposely harmed by ordinary people. They cannot find doctors willing to believe them or medical offices free of WiFi and other wireless devices nor safe houses or cities where they can live. Through these narrative excerpts, perhaps we can enter into the experiences of these people who are like canaries in the coal mine, warning us of the dangers of wireless microwave radiation. Now the Internet of Things and 5G is coming to a city near you and more ground and space-based infrastructure is being installed to support it, further irradiating our planet with a new and much more powerful form of wireless radiation - millimeter waves. Soon there will be nowhere to hide for anyone. It's time to wake up before we destroy ourselves and all life on this planet.

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Appendices

Appendix A

Coding Scheme

<p>Prime Cause</p>	<p>Smart meters installed Installed 60 Internet satellites Cellphone use 20 years right side of the head Cell tower installed Cellphone All cell towers WiFi WiFi router All wireless devices Chemical poisoning led to EHS GPS in automobile</p>	
<p>Biological Effects</p>	<p>Neurological Effects</p>	<p>Electrical feeling inside Headaches Brain squeeze Grand Mal Seizure Brain Cancer Electrified torture A circuit, not human Numbness Cognitive dysfunction Vertigo Ringing in ears Confusion and confused movements Unable to read diagnose or comprehend Drifting thoughts Unable to function Burning in the head area Pulsating body Memory loss Idling motor in the head Vibrating Metal taste when exposed to wireless Massive head pressure</p>
	<p>Cardiovascular Effects</p>	<p>Elevated blood pressure Shut off pacemaker Erratic EKG</p>

	<p>Other Body Effects</p>	<p>Heart flutters Irregular heartbeats Tachycardia</p> <p>Grave's Disease Muscles twitching Body hair disappeared Fear Violently ill Body pain everywhere Severe fatigue Asthma Arthritis Swollen glands No sex drive Gall bladder problems Stomach problems Wheezing & congested body Falls asleep at odd times Flu-like symptoms Fainting spells Can't drive or work Burning skin/eyes Lump in eye Skull and skin sensations Insomnia Difficulty standing Reacting to everything EMF and wireless Can feel WiFi Hysteria Respiratory problems Bloody nose</p>
<p>Reactions</p>	<p>Diagnosing Remediating</p>	<p>Craniotomy to remove a brain tumor Many tests to discover the cause of symptoms 8 months of research = Smart Meters causing illness Purchased RF meter & measured fields Aluminum shielding helping but not 100% EMF and WiFi proofed home now too expensive Hope the landlord will let me opt-out of Smart Meter Filed a lawsuit against cell tower operation Actively disseminating information to others</p>

	<p>Fear & Anger</p>	<p>Antennas are like magical modern gifts of torture Wake up everyone we need to unite to stop it Afraid Helpless feeling, nowhere to turn Never informed of the danger Scam satellite employment training 70 years of scientific studies say dangerous for life The city assured residents the cell tower was safe & a permit was granted Sign on cell tower “unsafe for humans” 13 years later WHO recognized EHS in 2005 yet still unknown by the public Europe ahead of the USA in knowledge Don’t believe California will help me PG&E lied to us PG&E just sneaked in and installed them Research shows how harmful these devices are Rights have been violated Government is a vicious circle, no remedy, no advocacy We are being deprived of our human and civil rights Breakdown of democracy and social justice Church unconcerned causing health harms Civil rights violation to harm people with wireless Morally obligated to help The home association has a contract for wireless I didn’t give them my permission to install a Smart Meter I can’t believe this is happening in this country Smart Meters are everywhere Installed the Smart Meter over my objection Life now a living hell</p>
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Demographics

<p>Before & After</p>	<p>Professional College-educated Appliance engineer Parent Married Former government employee Doctor High school teacher</p>
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	<p>New York City maven Real estate developer before & after surgery 70 years old 31 years old Active in sports and outdoor activities Never ill EMF refugee Lost everything Financial crisis Drained bank account and can't work</p>
<p>Residence</p>	<p>Indiana California NYC, New York New York Phoenix, AZ Tasmania, Australia Burbank, California Victoria, Australia Plantation, Florida West Kelowna, British Columbia San Francisco, California Turlock, California</p>

Appendix B

Blogs

Blog 1

5/2013 My family recently moved into a new home which has 4 smart meters, we had wifi also initially. I began feeling ill: symptoms included a sensation of electricity coursing through my body, headaches, my blood pressure soared, the sensation of my brain feeling like it was being squeezed, and a sensation of burning on my skin and eyes. I could not find relief anywhere in my home. The symptoms of my three sons are less than my own and more vague: headache, “feeling sick upon waking”, feeling a jolt type feeling sometimes.

I have purchased an RF meter but, even after much reading, still don't understand the subject very well. I do know that my meter indicated that there are strong fields all over my home and very strong pulse points in four corners of my home from the smart meters. There is literally no place in my house that does not show high RF levels. I can't escape from this feeling anywhere in my home and I even experience it where ever wifi is being used and even just near people using cell phones and near cell towers.

The effects that I feel from this exposure take a long to to subside even when I go to my father in laws where the meter shows no high levels of RF. I feel much, much better there but still have burning sensations on a much lower level. I have only been away from my home for about 12 hours now and can feel the symptoms greatly reduced.

I am afraid I am being caused permanent damage and most importantly that my young sons may be receiving damage from this exposure. They are only 7,7 (twins), and 10 years old. I am turning to you all for help because I am certain that I will not receive much help from the authorities. My own family cannot understand what is happening to me and to, I fear, my children. I am not crazy or imagining my symptoms. I hold a MA in Social Work, have a BA in psychology, have been employed in a professional setting for many years prior to the birth of my children. – Anon, Indiana, U.S.

Blog 2

Author: Sam Created: 21 Oct 2013 Updated: 21 Oct 2013

After 60 installations I came down with Graves Disease.

I was an installer for Wildblue Satellite Internet, in the US. I installed around 60 units and then came down with Graves Disease. Graves disease is an autoimmune disorder that leads to overactivity of the thyroid gland (hyperthyroidism). The disease caused me to lose around 50 lbs in a few weeks, my heart rate was 115 beats a minute, I almost died. The symptoms came on very fast. Within a few weeks. I had to have my Thyroid removed. Now I am on hormone medicine for the rest of my life. To this day, I am still not back to my old self. This all happened about four years ago. I quit installing the satellite internet dishes when I became ill. I believe the satellite dishes caused the Graves Disease. I have never been ill in my entire life. I have always been active in sports and outdoor activity's. Now, I do not have the strength or stamina to

do many activity's. Wildblue never warned me or others in their installation classes, of the danger from radiation from the dishes. Like I said, I KNOW my disease was caused by radiation from being hands on with these dishes. By the way. I am 62 years old now, but i can pass for a 40 year old. My family have a long line of healthy genes. All in my family tree, live into their 90's and 100's.. Wildblue was a horrible company to work for. The online training and test were a scam. They gave you a manual to download and you could take the different test three times. I downloaded the manual so their was no chance in failing. The onsite test was just as much of a scam. The instructor told us. When I talk loud and nod my head. This means the part that we are reviewing, will be on the test. Write it down. No chance of failing...I was wondering if anyone else has contacted you with the same problems that I have had.

Blog 13

I can feel Wi-Fi. And power lines. And smart phones. And electric heat. And LED lights. But, before you get too excited about my real-life "Spidey sense," let me warn you, it does not feel good. And I didn't always possess this extrasensory perceptive power.

I was a New York City media maven for 15 years. I strode into dazzling skyscrapers with Don Draper and Peggy Olson wannabes. I clinked glasses of dirty vodka martinis with beat reporters and fedora-wearing publishers. I dwelled in an overpriced studio on Manhattan's sublime West 57th Street. I stressed over deadlines, sipped wine on rooftops and hopped subways in heels — all with a sparkling, enchanting metropolis of international envy to call my home.

And of course, I had all the digital toys to accompany this persona: A creative director's dream of a Mac computer system, the smartest smart phone of the moment, the fastest of the fast wireless networks, the streaming tunes, the apps for that, the iEverythings and the incessant surge of digital pings directing and announcing my every move.

That was my life until a few years ago. And now, I am an EMF Refugee.

I wander in exodus seeking asylum from a fierce and escalating worldwide storm of artificial and damaging electromagnetic fields (EMFs). I'm a fugitive on the run from wireless frequencies. I'm an émigré fleeing persecution from dirty electricity. I have relinquished any concept of possession, ownership or permanent residence, ready to pack up and escape for my safety on a moment's notice. But in a world now filled with overlapping, omnipresent radiofrequency and pulsed microwave technologies, where exactly should I flee? Where is it safe? That is always the question. And there isn't always an answer.

With my bank account drained from decades of undiagnosed illness and failed medical intervention, I must rely on the kindness of friends and strangers to grant me temporary safe haven — to disable their Wi-Fi, to unplug their cordless phones, even sometimes to shut down their energy-efficient electronics or entire circuit systems — just so I can sleep, so I can eat, so I can rest, so I can work, so I can think, so I might possibly heal. And then, inevitably, energy forces me to move again.

So how does a Notre Dame alumna, the editor-in-chief of the 2000 *Dome*, who graduated *summa cum laude* and Phi Beta Kappa with an astounding network of friends and loved ones, wind up as an EMF refugee? Quite simply: It is estimated that 3 to 5 percent of the world's population suffers from a very modern, very real, yet controversial physiological condition known as electro-hypersensitivity (EHS). I am now one of them.

This means I experience debilitating neurological and immunological symptoms in the presence of radiofrequency transmissions (think wireless routers, cell phones, Bluetooth devices, tablets, game consoles, smart tech and cell towers), low-frequency fields (think computers, televisions, engines, wiring and power lines), and dirty electricity (the high-frequency microsurgers that ride on top of our otherwise clean electric current, such as our power grid, LED lights, variable speed air conditioning units, and other seemingly innocuous items).

We are humans, and we have evolved with a broad spectrum of natural electromagnetic fields innate to our Earth and the universe. But we are also now being barraged by harmful, man-made, unnatural frequencies — all invisible to the human eye but irradiating us nonetheless. And it is this electrosmog that quite literally makes me sick.

I've always been a sensitive individual — emotionally, physically, creatively — so in theory, I was a prime candidate for this condition. But, there was a catalyst. In my mid-30s, I considered my college futon days finally behind me. My apartment needed a grown-up comfy cushy sofa to welcome my guests or my solitary midnight TV screenings. So, I ordered a plush microfiber loveseat from a prominent furniture retailer. No sooner was it delivered than I began to experience a frightening, systemic, neuro-immunological breakdown. In a scene right out of a Marvel comic book, this electrically-charged, chemically-infused synthetic couch created an unusually powerful static-electricity vortex, thereby electrifying and shocking everything inside my apartment — including me. From that moment on, I've been EHS.

I see the stares, the glances, the disbelief, the doubt. I see people humoring me. Terrified of me. Placating me. Dismissing me. I hear the hushed tones: "That's the girl who thinks she can feel Wi-Fi." Everyone wants proof. But you can't see what I feel. And when I present the hard evidence — the myriad international, peer-reviewed studies on the harmful biological effects of EMFs, for instance — people turn a deaf ear. Because no one wants any of this to be true. No one wants to imagine for a second that their digital devices might be harming them; or that their smart gadgets might not be so smart after all; or that their hyper-connected homes, offices, cars and transport systems might lead to a public health crisis of epic proportions.

Well, why can't this be true? Humans are bioelectrical beings. Our bodies, our hearts, our brains operate based on electrical impulses. Maybe the most sensitive of us humans can actually feel the difference between good energy and bad energy.

People always want to prove me wrong. Some have covertly turned on their Wi-Fi routers in my presence, just to see if I can feel it, when I don't know it's transmitting. Guess what? I can feel it. I always do. And they're always astonished. But that's not a fun parlor game for me.

People like to prove the science wrong, too. They call out “non-specific symptoms.” They cherry-pick the data. They call EHS a “nocebo” that is leading people to feel ill because they think they have been exposed to something that might sicken them. But I challenge those doubters to delve into the published research. And maybe to consider that in 2011 the World Health Organization reclassified radiofrequency electromagnetic fields as “possibly carcinogenic to humans” based on an increased risk for glioma, a malignant type of brain cancer.

“But what does it feel like?” This is the most popular question I’ve been asked in the last three years. In a nutshell — it feels like unremitting, wired, electrified torture. It feels like I am fused with a force field, that I’m no longer human but part of a circuit. It feels like my body is pulsating to an artificial frequency. If I were to check off some boxes in a physician’s waiting room, my symptom list would include numbness, tingling, muscle twitching, vertigo, loss of balance, pressurized headaches, spinal pain, rashes, insomnia, memory lapses, cognitive dysfunction, altered heart rate, tinnitus, fatigue, gastrointestinal distress and urological spasms — just for starters.

My symptoms worsen to torment based on dose and duration of EMF intensity, and diminish only with distance from the offending source. Which means, if there’s something energetically hurting me, there’s no waiting it out, there’s no “maybe I’ll get used to it,” there’s no “Alison, can’t you just deal with it?” And if I can’t shut it down, there is only one thing to do: Leave.

And then find another safe space . . . any safe space . . . even if that space is a neighbor’s backyard. Or a converted workman’s shed on an upstate New York farm. Or a remote cottage on a dirt road in Rhode Island. Or a friend’s car in her driveway. Or a pew in a local church. All of which I’ve called sanctuary when left with no other recourse.

You’d be surprised how many loved ones are unwilling to unplug their digital worlds, even for a few nights. You’d be astonished how many people choose their streaming movies over your very existence. Or maybe they simply don’t see it that way. Maybe it’s not a lack of caring. But it is a lack of awareness. A lack of understanding of what EHS means for the suffering individual. And how there is yet to be a network of safe houses for people with my condition. And how there’s no pill or drug infusion or hospitalization that will magically “cure” the individual or make the symptoms disappear. And how it’s not “just a headache” that’ll go away by morning. And how at its most severe, an EHS individual can suffer a heart attack, a seizure, or a stroke. Which is why — roof or no roof — like all war-torn refugees, I always leave when under siege.

In living my very own dystopian novel, I’ve discovered a hidden network of EHS comrades around the globe. Former designers, lawyers, bankers, pilots, teachers, students: brilliant, accomplished, hard-working, highly educated individuals of all ages who have been forced to leave their career, school, home, family, friends and community, their financial worth, their entire reality, to go off the grid in order to heal. To seek peace within their bodies, to make the pain stop, to be able to breathe again, think again, sleep again, exist again.

These people have become my lifeline. They answer my panicked messages at 1 a.m. when a sudden change in energy makes my sanctuary no longer safe, when I’m in pain and scared and need a friend who just gets it. They’ve given me tips and tricks on how to use a computer (here’s

one: get an internal “solid state drive,” and use with a wired external keyboard and mouse), where to sit in a car (usually in the back, farthest from the driver’s seat), and what type of light bulbs are best (incandescent). They’ve urged me to keep going, to overcome all obstacles; told me that I’m strong enough, courageous enough, and resilient. They can tell me this because they’ve endured it all as well. Because to survive, they’ve slept in their own cars and in shacks and tents in the wilderness. They also feel the immense power of energy. Brave new world, indeed.

You don’t become electro-hypersensitive without spending some serious time contemplating energy in all its forms — scientific, metaphysical, spiritual. According to the laws of physics, energy can neither be created nor destroyed. But, leaving the intricate calculus formulas for the textbooks, what this theorem means to me is: Energy is everywhere. And energy is everything.

Thoughts are energy. Words are energy. Movement, breathing, sound and creativity, love and faith are all energy. Energy can be blocked, stuck, fragmented, balanced, depleted, stolen, open or closed. Energy can fuel you, or it can enervate you. It can attract or repel. It can be positive or negative. But no matter what, energy is constant.

And now, despite my profound physical and material losses, I have nonetheless found connection within disconnection. I’ve discovered stillness, hope, heart, infinite love and divine compassion. There’s transcendence in embracing such impermanence, in letting go of surface desires and goals. I’ve become grounded within my present. That is where I can dwell, regardless of what physical structure (or lack thereof) serves as my fleeting peripheral residence.

So I put my bare feet in the dirt. I stretch my hands around a tree. I look up beyond the power transformers and see magnificent cloud formations. I feel the pulse of earth and the ebbing frequency of the wind. I find the healing rhythms within nature, within love, within a gracious power guiding me through it all. And I can sense, within every fiber of my being, that we are all one, entwined in spirit, and connected by energy.

Blog 13

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This means I experience debilitating neurological and immunological symptoms in the presence of radiofrequency transmissions (think wireless routers, cell phones, Bluetooth devices, tablets, game consoles, smart tech and cell towers), low-frequency fields (think computers, televisions, engines, wiring and power lines), and dirty electricity (the high-frequency microsurgers that ride on top of our otherwise clean electric current, such as our power grid, LED lights, variable speed air conditioning units, and other seemingly innocuous items).

We are humans, and we have evolved with a broad spectrum of natural electromagnetic fields innate to our Earth and the universe. But we are also now being barraged by harmful, man-made, unnatural frequencies — all invisible to the human eye but irradiating us nonetheless. And it is this electrosmog that quite literally makes me sick.

I've always been a sensitive individual — emotionally, physically, creatively — so in theory, I was a prime candidate for this condition. But, there was a catalyst. In my mid-30s, I considered my college futon days finally behind me. My apartment needed a grown-up comfy cushy sofa to welcome my guests or my solitary midnight TV screenings. So, I ordered a plush microfiber loveseat from a prominent furniture retailer. No sooner was it delivered than I began to experience a frightening, systemic, neuro-immunological breakdown. In a scene right out of a Marvel comic book, this electrically-charged, chemically-infused synthetic couch created an unusually powerful static-electricity vortex, thereby electrifying and shocking everything inside my apartment — including me. From that moment on, I've been EHS.

I see the stares, the glances, the disbelief, the doubt. I see people humoring me. Terrified of me. Placating me. Dismissing me. I hear the hushed tones: “That’s the girl who thinks she can feel Wi-Fi.” Everyone wants proof. But you can’t see what I feel. And when I present the hard evidence — the myriad international, peer-reviewed studies on the harmful biological effects of EMFs, for instance — people turn a deaf ear. Because no one wants any of this to be true. No one wants to imagine for a second that their digital devices might be harming them; or that their smart gadgets might not be so smart after all; or that their hyper-connected homes, offices, cars and transport systems might lead to a public health crisis of epic proportions.

Well, why can’t this be true? Humans are bioelectrical beings. Our bodies, our hearts, our brains operate based on electrical impulses. Maybe the most sensitive of us humans can actually feel the difference between good energy and bad energy.

People always want to prove me wrong. Some have covertly turned on their Wi-Fi routers in my presence, just to see if I can feel it, when I don’t know it’s transmitting. Guess what? I can feel it. I always do. And they’re always astonished. But that’s not a fun parlor game for me.

People like to prove the science wrong, too. They call out “non-specific symptoms.” They cherry-pick the data. They call EHS a “nocebo” that is leading people to feel ill because they think they have been exposed to something that might sicken them. But I challenge those doubters to delve into the published research. And maybe to consider that in 2011 the World Health Organization reclassified radiofrequency electromagnetic fields as “possibly carcinogenic to humans” based on an increased risk for glioma, a malignant type of brain cancer.

“But what does it feel like?” This is the most popular question I’ve been asked in the last three years. In a nutshell — it feels like unremitting, wired, electrified torture. It feels like I am fused with a force field, that I’m no longer human but part of a circuit. It feels like my body is pulsating to an artificial frequency. If I were to check off some boxes in a physician’s waiting room, my symptom list would include numbness, tingling, muscle twitching, vertigo, loss of balance, pressurized headaches, spinal pain, rashes, insomnia, memory lapses, cognitive dysfunction, altered heart rate, tinnitus, fatigue, gastrointestinal distress and urological spasms — just for starters.

My symptoms worsen to torment based on dose and duration of EMF intensity, and diminish only with distance from the offending source. Which means, if there’s something energetically hurting me, there’s no waiting it out, there’s no “maybe I’ll get used to it,” there’s no “Alison, can’t you just deal with it?” And if I can’t shut it down, there is only one thing to do: Leave.

And then find another safe space . . . any safe space . . . even if that space is a neighbor’s backyard. Or a converted workman’s shed on an upstate New York farm. Or a remote cottage on a dirt road in Rhode Island. Or a friend’s car in her driveway. Or a pew in a local church. All of which I’ve called sanctuary when left with no other recourse.

You’d be surprised how many loved ones are unwilling to unplug their digital worlds, even for a few nights. You’d be astonished how many people choose their streaming movies over your very existence. Or maybe they simply don’t see it that way. Maybe it’s not a lack of caring. But it is a

lack of awareness. A lack of understanding of what EHS means for the suffering individual. And how there is yet to be a network of safe houses for people with my condition. And how there's no pill or drug infusion or hospitalization that will magically "cure" the individual or make the symptoms disappear. And how it's not "just a headache" that'll go away by morning. And how at its most severe, an EHS individual can suffer a heart attack, a seizure, or a stroke. Which is why — roof or no roof — like all war-torn refugees, I always leave when under siege.

In living my very own dystopian novel, I've discovered a hidden network of EHS comrades around the globe. Former designers, lawyers, bankers, pilots, teachers, students: brilliant, accomplished, hard-working, highly educated individuals of all ages who have been forced to leave their career, school, home, family, friends and community, their financial worth, their entire reality, to go off the grid in order to heal. To seek peace within their bodies, to make the pain stop, to be able to breathe again, think again, sleep again, exist again.

These people have become my lifeline. They answer my panicked messages at 1 a.m. when a sudden change in energy makes my sanctuary no longer safe, when I'm in pain and scared and need a friend who just gets it. They've given me tips and tricks on how to use a computer (here's one: get an internal "solid state drive," and use with a wired external keyboard and mouse), where to sit in a car (usually in the back, farthest from the driver's seat), and what type of light bulbs are best (incandescent). They've urged me to keep going, to overcome all obstacles; told me that I'm strong enough, courageous enough, and resilient. They can tell me this because they've endured it all as well. Because to survive, they've slept in their own cars and in shacks and tents in the wilderness. They also feel the immense power of energy. Brave new world, indeed.

You don't become electro-hypersensitive without spending some serious time contemplating energy in all its forms — scientific, metaphysical, spiritual. According to the laws of physics, energy can neither be created nor destroyed. But, leaving the intricate calculus formulas for the textbooks, what this theorem means to me is: Energy is everywhere. And energy is everything.

Thoughts are energy. Words are energy. Movement, breathing, sound and creativity, love and faith are all energy. Energy can be blocked, stuck, fragmented, balanced, depleted, stolen, open or closed. Energy can fuel you, or it can enervate you. It can attract or repel. It can be positive or negative. But no matter what, energy is constant.

And now, despite my profound physical and material losses, I have nonetheless found connection within disconnection. I've discovered stillness, hope, heart, infinite love and divine compassion. There's transcendence in embracing such impermanence, in letting go of surface desires and goals. I've become grounded within my present. That is where I can dwell, regardless of what physical structure (or lack thereof) serves as my fleeting peripheral residence.

So I put my bare feet in the dirt. I stretch my hands around a tree. I look up beyond the power transformers and see magnificent cloud formations. I feel the pulse of earth and the ebbing frequency of the wind. I find the healing rhythms within nature, within love, within a gracious power guiding me through it all. And I can sense, within every fiber of my being, that we are all one, entwined in spirit, and connected by energy.

Blog 6**Contamination level: Feeling violently sick all the time.**

Author: Jim

Created: 20 Sep 2018

On or about February 19, 2004, Sprint entered a hearing with the City of Phoenix, Arizona for zoning of a cell phone tower approximately 20 feet from my property and work area. At that hearing, they assured the City and everyone, including me, that the tower would be totally safe. The permit was granted even after I explained that my business partner had a pace maker, and it is a well-known fact that the cell towers interfere with pace makers. Shortly after it was built, my partner had to leave the business due to the cell tower shutting off his pace maker. His doctor told him to stay away from cell towers, which is what caused it to quit working.

Since the tower has been there, I have been experiencing severe fatigue, headaches and other physical problems. In December 2016, they installed more equipment on the tower, as they have done many times before and since then. Shortly after the December 2016 installation, I noticed I was losing my hair; by January 2017 – in less than 30 days – I had lost every hair on my body. Shortly after that I noticed they put a sign on the gate in front of the tower, which states “Unsafe for Human Exposure”. I feel now I am losing my memory ability too. What’s next?

This case file has 1 entry and has been commented by 4 people

Update

Created: 30 Oct 2018

I went in for a EKG July 6 2018. Sense the last visit the reading had dropped about 50% . I went in again 3 weeks later and the reading was normal. I believe the cell phone tower is causing this fluctuation.

As I say what’s next? Somebody needs to do something about these cell phone towers. Hopefully while I’m still alive.

Blog 7

Author: PN

Created: 6 May 2015

A WOMAN has sought an injunction against the operation of an NBN tower just built near her home.

Injunction against the operation of an NBN tower just built near her home.

A WOMAN has sought an injunction against the operation of an NBN tower just built near her home.

Jody Watkins, 40, of Garden Island Creek in southern Tasmania, has appeared in the Supreme Court in a bid for an interim injunction.

Her barrister Ray Broomhall said Ms Watkins had serious health issues including electromagnetic hypersensitivity.

Associate judge Stephen Holt said it would be able to be considered in the Supreme Court this Friday.

Jodie was diagnosed by three independent doctors and having EHS, one of them was the same doctor who gave evidence in the McDonald case. The Dr's also stated that if the tower is turned on it will cause serious health problems to Jodie and will also cause her home to become uninhabitable to her.

Further two electromagnetic experts conducted a joint survey in regards to Jodie's symptoms and exposure to EMR from a separate tower that was operational and emitting EMR in another area, it was noted in the report that she suffered detrimental health symptoms at the exposure to the EMR from that tower and concluded that the proposed NBN tower neighbouring her land if turned on would be a probable hazard to her health.

The law says that a person has the right to the use and enjoyment of their land without any interference from neighbours. NBN Co has designed and constructed a device with the clear intent to pollute its neighbours with EMR.

Section 3 of the Environmental Management and Pollution Control Act states that EMR is a pollutant and that the emission of a pollutant onto neighbouring land is a nuisance if it interferes with the use and enjoyment of land. The Local Government Act states at 201 that the General Manager of the Council (Huon Valley Council) may abate a nuisance if "there is immediate danger to any person or property".

Jodie made a complaint to the council only a few week ago requesting the Council issue an abatement notice against NBN Co. The Council refused to issue an abatement notice.

We will argue that the Council has a duty to protect Jodie from pollution (EMR) that interferes with her enjoyment of her land. Even though in this case the Council decided not to abate, they did so at their own peril, because the duty still exists, and Jodie may possibly include the Council in a suit for negligence if the tower is turned on if she is forced to leave her home and is injured by the EMR.

Not only does the Council have a duty to protect Jodie, but now because it is in legislation, the Court also has a duty to protect her. That is why I am seeking an injunction to permanently restrain NBN from turning on the tower or pulling the EMR trigger.

Clearly Jodie is in immediate danger, if I may use an analogy to explain: Imagine a neighbour is building a large machine gun, bolted securely to the ground, aimed directly at your home, it is in full view of you, you see it every day, then one day you see the neighbour load the gun with unlimited bullets and you are told by your neighbour that he/she intends to fire that gun at you and your house continuously, day in and day out, bombarding you for eternity with a hail of bullets, you become extremely anxious and fearful that the neighbour is actually going to pull the trigger. This is the analogy I am going to use in the Court in regards to what NBN Co have done in constructing the tower and their intention to emit EMR every day onto Jodie's land on a permanent basis.

The tort of nuisance is a powerful legal tool to use in Court. NBN Co have a duty to use their

own property as not to injure their neighbour. That's the law. All Jodie has to do is prove that physical damage will occur to her land (contaminated with EMR to render uninhabitable), or injury to health such as headaches (EHS and Dr's report) etc which prevents her from enjoying the use of her land.

NBN Co are using the ARPANSA safety standard as the main reason why they feel they can turn the tower on. NBN Co and Malcolm Turnbull (Minister for Communications and head of NBN Co) have said that the tower's EMR emissions will comply with the APANSA standard. The ARPANSA standard states that EMR emissions are safe to the "general public" between 3kHz to 300GHz, and admits in its own standard that 'some people have abnormal sensitivities' to EMR. Jodie is a person that comes under that exception.

Jodie is being discriminated for her "abnormal sensitivity", she has been on a disabled pension since 1997 due to this health condition. The legislation that allows the ARPANSA safety guideline to be used actually has attached to it a "declaration" that "this legislation does not interfere with Australia's Human Rights obligations".

We will argue that the legislation goes against its misleading declaration as it does interfere with her human rights and that it discriminates against her because of her disability.

We will use that argument amongst many other to seek a permanent injunction to stop NBN co from pulling the trigger. We have filed a writ, and statement of claim. The writ enable us to sue and the court action will amount to a huge trial with a large amount of evidence, with witnesses and experts to be examined and cross examined, submissions made to the Court etc. The defence (NBN Co) and Jodie (the plaintiff) need time to prepare for trial, and then attend and argue at trial heard, until finally the Court publishes it decision. This matter could take months or years to conclude.

Whilst we are in the process for preparing for trial and I have applied for an interim (temporary) injunction, this interim injunction will stop NBN Co from pulling the trigger on a temporary basis until such time as the original trail is heard and determined by the Court, this interim injunction could be in place for months or years until either a permanent injunction is awarded or until Jodie loses the fight, the interim (temporary) injunction is lifted and NBN Co are allowed turn on the tower.

To grant an interim injunction the Court will insist that Jodie provides an undertaking that if she loses the trial that she will pay NBN Co's legal costs and economic loses (ie lost revenue, contactors wages, internet carriers contractual loses etc) to cover the term of the interim injunction. The Court has indicated that it believes that Jodie does not have the assets or means to cover NBN Co's potential loses even if she gave an undertaking as NBN Co could potentially lose millions of dollars whist the injunction is in place.

To put it bluntly, Jodie has no option but to place her home up as a security and all that she owns, and even that will not be enough to satisfy NBN Co.

I will argue that NBN Co will need to provide real evidence of their potential loss which in the

circumstance will be extremely hard for them to quantify loss in such a short time before we appear on Friday to have the interim injunction application heard.

Further NBN Co were fully aware of her health condition before they constructed the tower and even before they were granted planning approval by council. Yet they continued to build the tower and may I say completely at their own peril.

The beauty of a nuisance claim is that we are going to the court of equity, the Supreme Court has this function and can override legislation if it believes that legislation is inequitable and/or unconscionable. Telecommunication regulators such as ACMA in legislation do not have to give a financial undertaking if they place an injunction against the public or private individuals. It would be unconscionable and inequitable to allow regulators to waive having to give an undertaking, but making Jodie do so. It would be inequitable that Jodie's finances compared to that of the Federal Government via NBN Co's unlimited resources.

It would be unconscionable to allow a person let alone a corporation to harm and injure a person merely because the victim does not have the means to pay an undertaking to stop them from harming her health.

Jodie also has been diagnosed with Chemical sensitivity, and she reacts badly to formaldehyde, which is found in most paints, glues, carpets, chipboard and laminates, laminex etc. She lived in the bush in a tent for 5 years away from society in a bid to protect her from chemicals and EMR. She finally purchased a 10 acre secluded block of land that was virtually free from EMR and she constructed a formaldehyde free home with her bare hands whilst on a disabled pension. She even grows her own chemical free food on the land. If the tower is turned on she will be forced to live back in the bush somewhere where there is no EMR emissions. She can't move into a normal house because of her chemical sensitivity and she will become homeless.

To force Jodie out of her home because she doesn't have the means to pay an undertaking if required would be an unconscionable act. The Court of equity hopefully will step in and override the legislative requirement of giving an undertaking as being completely unconscionable and grant that a monetary undertaking should be waived in Jodie's case.

That is what we are up against, we have a few hurdles, it will be a monumental battle, I am representing Jodie on a pro bono (no fee) basis, but I feel that in the interests of justice that Jodie gets relief on behalf of all EHS sufferers, it is the least I can do.

You and I can help by spreading the word, alerting everyone of Jodie's predicament, maybe some kind soul can pledge to the court to help add to the undertaking, such as an unwanted block of land or some asset of value, even just one dollar would help, write a letter addressed to me for the attention of the Supreme Court of Tasmania and in that letter note what items of value they undertake to give to NBN Co should Jodie fail in her bid.

These letters, and I hope many will flood in before Friday, will be invaluable as it may help in persuading the Court to waive the undertaking.

I hope this clarifies what Jodie is trying to do. If she wins this case, then it will set a precedent for all EHS suffers to be protected from NBN towers, smart meters and the like.

Finally a solution is at hand for all, lets grab this opportunity, and fight for Jodie and for justice.

Blog 8

Author: Lee Created: 15 Oct 2014

I feel so strongly about its implications, some people are more sensitive and susceptible than others, but during the course of time these emissions could start to have some effect, maybe subtle at first but could get worse.

Again, I am deeply concerned for our children, for their well-being and welfare.

They are totally innocent and oblivious to any kind of danger

They place their trust in us, and we, as adults, should protect them whenever we can from any kind of danger and unknown threats as well as those threats we generally know about.

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Created: 15 Oct 2014

My experience with Wi-Fi, I feel so strongly about its implications, some people are more sensitive and susceptible than others, but during the course of time these emissions could start to have some effect, maybe subtle at first but could get worse.

Again, I am deeply concerned for our children, for their well-being and welfare.

They are totally innocent and oblivious to any kind of danger

They place their trust in us, and we, as adults, should protect them whenever we can from any kind of danger and unknown threats as well as those threats we generally know about.

The Web has a host of useful information that can be accessed by anyone with internet coverage. I ask you, please try and spend some time researching this information on Wi-Fi systems whenever possible.

And really do a thorough search into different sites.

I feel my experiences in the field should not be taken lightly, I have been an appliance engineer for 25 years running my own businesses and a number of successful shops.

Covering a full Working life, I know how Wi-Fi systems do affect me,

Within 10 minutes of sitting near a Wi Fi hub, my concentration is severely influenced up to 85% I suffer headaches and a burning in the head region.

I have to get away from the device, I find it awkward when I am visiting a friends house or family , I have to ask them to disconnect the unit

The Wi Fi 's has made my life very difficult to live with,

I find that my visits have been severally reduced.

A mobile phone, I can only hold to an ear for approx ten seconds before my eardrum burns, If I am using a mobile I use it on hands free I can not hold the phone I can feel the waves of the phone running through my body, I have reverted to a landline now only using a mobile for an emergency and it is always switched off.

EME off of computers cause a problem for me using a normal wired mouse my fingers thumb

and palm of hand burns from the Electric Magnetic Emissions, I used a wireless keyboard once when I purchased a new HP computer, I promptly got rid of the mouse and keyboard and purchased wired versions although as I say I can still feel the EME, I try and regulate how long I am on a computer for.

The same goes for Tom Tom navigation in the car I can only put it on for short periods of time, I put in the address get on the road and switch it back on when I am nearing the destination, or maybe get an update when I am not sure which way to go, but again I feel I get a muggy head leading to a headache

Regards.

Lee D

Blog 9

Author: Kaleigh Created: 21 Nov 2017

Former government employee with five year history of electronics abuse.

The Awakening

The worst part of being a victim of electronics is that no one believes you. For the past five years I reported the use of surveillance/harassment equipment that appears to be targeted at me but no one has ever responded. I believe the individuals responsible were trained in the UK for acoustic/sonic, Radio Frequency (RF), microwave, Voice-to-Skull (V2K), targeted sonic disruption using bio tags as markers, all user controlled via a cell phone tower. I reported that I can hear a sound that is a high-pitched buzzing that no one else can hear and that I can prove with the use of a RF detector a friend gave me that was made in Sweden. I live in Minnesota where a cell phone tower appeared across the street from my home at about the time the symptoms began of nausea, extreme fatigue, headaches, confusion, brain fog, pain everywhere in my body that appeared overnight without warning including the change of a lump appearing in my right eye, asthma, and arthritis. Someone is using sound to control my life (acoustic attacks). The low range frequencies cause the nausea and headaches where the high-pitched sounds create a sense of fear, hysteria, and anger. I have also tested some vehicles driving past my home emitting these sounds that create heart flutters that I started to track. My life has been put through living hell because I had no idea what was happening to me. I will swear for all time this appears to be targeted because no one else in the room with me can hear or feel any of the affects. It appears that my entire home is emitting sound that I can only find one source, the cell phone tower across the street installed in a church lot. While I am sure the church is getting kickbacks for housing the tower creating the problems for me, I also stopped by and let them know what was happening to me as a result of their tower with no change or concern for the agony it inflicts on me. There are days where it feels like there is a 1K pound brick on my head pushing me down into the floor.

I am very grateful for this website. For years I suspected I wasn't the only one that suffered as a result of electronic surveillance and the extreme civil rights violations associated with the poison

emitted from the tower, drive-by, and in-home acoustic, magnetic, and electrical all-singing-and-dancing household. Thank you to all for sharing your stories because it has also given me reassurance that I am not hearing voices from beyond (as some have suggested) and the courage to continue to fight back against this kind of personal assault that an invisible perpetrator can use to terrify and terrorize me.

Blog 10

Author: MJ
Rudolph

Created: 4 Mar 2012

Updated: 1 Oct 2013

Unchecked proliferation of cell phone antennas has turned out to be a problem for me.

This case file has 1 entry and has been commented by 6 people

Fast
Forward

Created: 1 Oct 2013

I'm starting at the present, rather than the beginning. Today, I turned down another job. I want to work, I need to work, but I get sick when I'm close to cell phone antennas. When I went to interview last week, soon after sitting down I felt the unmistakable sensations on my skull, on my skin, and then I saw the antennas aligned on the building across the street, magic wands sprinkling their magical modern gifts on me. The effects are cumulative, but it never takes long for the symptoms to assert themselves: the hurting head, the memory problems, crashing at odd times throughout the day, a wheezing congested feeling throughout my body, the internal vibrations when I lie down at night--as though there's an idling motor inside my head--the suddenly oddly irregular heartbeat wanting to explode out of my chest. Swollen glands, weird stringy hair, twitchy muscles. A drawn worn-out look that I'd never carried before these wireless days. Sex drive? Forget that. As I said to my sister the other day: "Electro-sensitivity sounds like such a trifle. O he's *sensitive*." In reality, you feel like the life is being sucked out of you." So today, I got the call, asking me to start on a 4 week job (the others were longer, one would have kept me busy for the rest of the year). I wrote back saying "some personal matters have arisen, and I won't be available." It hurts to do this. I like working, and I like to pay my bills too. But I can't withstand another round of those physiological effects. And so I'll wait for the next call, hopefully from a place in a basement

Blog 11

EHS/EMF Heart palpitations and wifi sensitivity

USA

Contamination level: Severe illness! Forced to abandon a home.

Author: Lisa Created: 1 Jun 2016 Updated: 1 Jun 2016

Large electric tower 86 feet away from my apartment
my story

I had been getting sicker and sicker for yearsnot knowing what was causing it. Long story short major amounts of dirty electricity coming off large tower 86 feet away from my apartment. I have massive headaches, brain fog, Supra ventricular tachycardia when wi-fi or strong electric currents are around me my heart accelerates up to 300 Beats per minute . I need to call ambulance to convert me (basically kill me and bring me back) I have gall bladder issues stomach issues, pain, lots of pain, and so many other things....What I have found that helps: Acupuncture- first time I went it was like 80 pounds of bricks coming off my head Organic Sulfur - this helps with rebuilding your cells getting more oxygen in and stomach problems and taking heavy metals out Apple cider Vinegar- taste awful but helps with stomach issues and your immune system and taking heavy metals out Alive multi vitamin to get good stuff back in Probiotic with 85 billion live cultures and 33 strains I wear a piece of cloth I purchased from the swiss sheid company and wear that tied around my head night and day /////it does NOT block everything but does help considerably Earthing- i ground myself as much as possible I have no issues talking to and responding back to anyone with these problems. I know how tough it is to have a conversation with anyone else about it they think you need to put on your tinfoil hat and go away..... Contact me at lisagervasi22@gmail.com

Blog 12

PERSONAL HISTORY

What's the Diagnosis, Doctor?

Scott Eberle, MD

Case Study

A 56-year-old high-functioning professional man presents with a recent decline in mental capacity, coupled with daily headaches and insomnia. He has a history of chronic carbon monoxide (CO) poisoning in 2010, manifesting as rapid mental decline and severe headaches, which improved dramatically hours after identifying and removing the CO source, a faulty gas heater. He had a slow, incomplete recovery over the next year, as measured by an improved capacity to do focused mental work.

After a second year of relative stability, he began getting worse during the third year out, 2013. Mental resilience is again declining and appears noticeably worse after he spends time in the office building where he has worked for 15 years. Nonfocal headaches and insomnia are also frequent. He has no significant physical symptoms from the neck down. He exercises almost daily and has noticed no significant decline in strength or endurance.

The Patient's Story

“What's the diagnosis, doctor?”

For weeks on end, I asked myself that question several times a day. You see, that previously high-functioning professional was me, and by early 2013 I was not functioning well at all.

I did lots of research and consulted several specialists. Ideas and tests were pursued, but nothing definitive was discovered. Could it simply be that, after two years of improvement and stability, the CO poisoning was now entering a second stage of decline? Or was something new

developing, in particular something that worsened whenever I went to Hospice of Petaluma, my workplace of many years?

An important shift in my thinking occurred when I developed severe confusion and headache during monthly meetings held at our sister program, Memorial Hospice, which had just moved into a newly remodeled building. I wondered: Is it the carpet degassing that others have complained about? Or is it the wireless broadcaster on the ceiling of the meeting room? The latter got me thinking about the wireless system at our Petaluma office, which had been installed nine months earlier—around the time I had begun getting worse.

My suspicions aroused, I decided to do a “scientific trial.” At home I had a router with both wireless and wired options. I sat with eyes closed a few feet from the router and, at an unknown time, a friend turned on the silent wireless function. About 10 minutes into the trial, I started having a piercing headache: sharp and pointy going up the middle of my brain just left of

midline. My friend confirmed that he had turned on the router less than a minute before I had become symptomatic. Might this be the answer?

A few hours of Internet research produced a diagnosis—electromagnetic hypersensitivity (EHS)—along with information about what to do, most

of which focused on avoiding and/or shielding myself from radiowave exposure. But clearing the environment of electromagnetic fields is no easy task. With a newly-bought radiowave meter in hand, I began mapping out my world and soon discovered how ubiquitous this technology is: wireless routers and computers; cellphones and cell towers; cordless phones and microwave ovens; smart meters and smart keys. I recently heard a physician speaker estimate that the current density of radiowaves, per cubic inch of air, is now several million times greater than it was 10 years ago. For months after the self-diagnosis, I worked closely with an experienced consultant, meticulously

testing my environment, keeping a detailed journal about exposures and symptoms, and completing an array of shielding and rewiring projects. As I write now, a year has passed and, as a result of all that I’ve learned and done, I feel great most of the time—the best I have felt since before the CO poisoning.

That said, I remain vulnerable to any surprise electromagnetic exposure. I call it “getting zapped.” When that happens, an all-too-familiar pattern unfolds. Within an hour, my brain feels unnaturally activated, like a shot of mental caffeine. An hour or two later, a headache starts and mental function slows, followed by a night of poor sleep. The next day I awaken feeling mentally washed out. It takes me 24 hours to feel okay and 48–72 hours to return to normal. According to a leading theory about EHS, my CO poisoning may have caused blood-brain barrier damage, meaning that voltage-gated ion channels are now triggered by radiowaves, prompting unwanted chemical leakage into the brain.

With 60–80 exposures in the last year, I have, in effect, repeated my original experiment over and over. Cause and effect are beyond question to me now, as it would be if a person with a suspected drug allergy took that drug many times and repeatedly developed the same rash. Using a radiowave meter to closely monitor peak exposures, I have learned that my threshold for risk with an exposure is at or above 0.001 microwatts per square centimeter ($\mu\text{W}/\text{cm}^2$). Current American standards, however, claim we are safe at radio-wave levels up to $100 \mu\text{W}/\text{cm}^2$ —100,000 times higher than my danger threshold.

Seems I’m a classic canary in a coalmine. That’s why I write.

Dr. Eberle, a family physician, is medical director of Hospice of Petaluma.

Blog 13

Within 5 hours of having a smart meter installed on my apartment building I developed a severe band-like headache. I did not know what a smart meter was when the man with the hard hat knocked on my door to tell me that my power would be turned off for about 10 minutes. I thought nothing of it. The headache persisted through the night and was unresponsive to medication. The next morning I also experienced nausea and began to think that I was coming down with the flu. However, when I left my apartment and went to another city (no meters) my symptoms cleared up. I was perplexed when they returned that evening after I returned home. This pattern continued for the next 3 days: headaches, nausea, some heart palpitations, and feelings of irritability and confusion — all of which resolved when I left Burbank and went into LA City. After 5 days I could no longer tolerate the symptoms and left my home of 23 years, to live out of my car and sleep in the homes of friends and family to avoid the unbearable health issues.

I am disabled and, try as I might, I have been unable to find subsidized housing in an area that is free of meters. I am exhausted and despair at what my future holds. I have told Burbank Water and Power about my problems. A board member told me to move out of Burbank. I contacted the CPUC and was told that they have no jurisdiction over my utility company and was instructed to contact my City Council. I have spoken several times at City Council meetings but the council members are relying on the information provided to them by the CPUC, the California Council of Science and Technology, and Burbank Water and Power. It is the most of vicious of circles. There is no remedy. There is no advocacy.

Several of my neighbors are experiencing similar symptoms, complaining of insomnia, headaches, difficulty concentrating. The mesh network and the meters are a scourge, depriving us of our human rights and our civil rights.

Blog 14

Sick with palpitations, chest pain, insomnia, dizziness...

I managed to have smart meter installation delayed at my house, but suddenly became sick overnight with palpitations, chest pain, insomnia, dizziness, inability to concentrate and memory loss and fainting spells. AFTER becoming sick I found out that the day I became suddenly sick was the day the smart meter roll-out was completed in my area and the smart meters were remotely turned on from base. I can no longer drive, I can't work (I'm a doctor), I have to go and sleep at my mother in law's place (there are no smart meters there yet).

My life is completely ruined and the energy companies and members of Victorian Parliament completely ignore me. Two doctors have confirmed my disability is entirely due to my sensitivity to smart meters' radio transmission and I am 100% sure of that as I can always tell accurately if I am in a smart metered area or not.

We are now planning to move to South Australia to survive. What is happening in Victoria is a complete breakdown of democracy and an affront to social justice of enormous proportions and implications.

What if this is happening to an old lady living alone? Where can she go? We are all morally obliged to speak up and do something about it, if not for ourselves, for the vulnerable amongst us that, if affected, could not do anything about it.

Blog 15

West Kelowna man claims Smart Meters are killing him "...an Okanagan man claims the meters may be interfering with an important medical device – his pacemaker. Jerry Smith, 70, of West Kelowna is partially paralyzed as a result of the 10 strokes he's had since last August...."

I am an engineer. I have used technology my entire adult life – cell phones, smart phones, wi-fi, laptops, you name it. I really enjoyed all of this and had no issues or fears related to technology.

Then, when a bank of smart meters were put next to our apartment, both my wife and I starting experiencing headaches, insomnia, heart palpitations and tinnitus. Within a couple weeks, I could no longer use a cell phone without the same symptoms. Within a month I could feel the microwave radiation from cell towers. I have had to completely change my life because of this.
Jeromy

Blog 16

4/29/2013 I am a 31 year old Female and I reside in Plantation, FL. I would say I started to notice major health concerns since the FPL Smart meter was put beside our bedroom window and it did me in. It gradually kept giving me headaches. Also, I have permanent retainers from wearing braces, behind my bottom and top teeth. Anytime a wi-fi or cell signal passes me I get a metal taste in my mouth. My Smart Meter peak occurred when I was in a deep sleep around 6:00am and was awoken to massive pressure in my head. It felt like my brain was on fire and it wanted to explode all at the same time. I woke up frantically screaming . I was holding my head and I had my husband scared. I hurried out of the bedroom still holding my head.

We were up all morning trying to figure out what it was. I felt as if my brain had burned. I knew it was from the Smart Meter because I was feeling it a little more each day. I called to have the Smart meter removed. For the rest of the week I felt the left side of my head and face numb. I couldn't speak properly or concentrate. Since then I have not been the same. I have a very difficult time concentrating. The newest thing that is occurring is that I feel my skin burning. I feel the top of my head burning as well.

Since the whole Smart meter incident we have removed our home wi-fi and we put our cell phones on airplane mode. What is killing me though is that our entire community not only has Smart Meters but our association just made a deal with AT&T and every house has U-verse. Each house has a wireless modem which transmits wi-fi and television. Even though we had our wi-fi turned off from the modem we also had the company run all the cable lines through the attic to the rooms for television. Our houses are so close together that our house gets both of our neighbors signals from each side.

Blog 17

I have been suffering horrible migraine headaches since a SmartMeter was installed on my home in the fall of 2010. The meter was installed without my permission. When the installer arrived unannounced, I happened to be home. I told him I did not want a Smartmeter. He responded by telling me I had no choice and walked right in my gate and installed it.

It took almost a year of 15-18 debilitating migraine level headaches before the cause was discovered. I saw doctors and had blood tests, MRI's CT scans, took migraine medications all with no relief. I kept a headache journal as recommended by headache specialists at UCSF and found no connection to headache development and diet, activity, etc. Looking at every variable possible, it was finally discovered that when I am around Smartmeters, I get headaches. When I am not, I don't get headaches.

I am a high school teacher and was able to go visit my Mom in a neighborhood that has no Smartmeters when school let out in June of 2011. For my 9 day visit with my mother, I had no headaches. When I returned home, the headaches resumed on my first day back. The Smartmeter was then suspected. I shielded the SM with simple aluminum shielding, and the migraine headache significantly reduced to a normal headache. When I remove the shield the intense migraines come back; replace the shield, they go away. The shielding is not 100% blockage. I need this meter completely off my home!!

I cannot walk my dog in my own neighborhood. All the buzz from my neighbors meters make me dizzy and don't help my headaches!! I feel trapped. There aren't many places to escape the horrible effects of these meters because they are everywhere. I love my job and I love where I live, but I feel I am being forced to leave. I cannot believe this is happening in this country!

The longer I am exposed to this SmartMeter, the more sensitive I am becoming. My doctor says I have developed electrical sensitivity. I am miserable and there are some days I wish someone would just shoot me. These SmartMeters and the technology they use have turned me from a happy and productive member of society, into a desperate and miserable person. Please help!!!!!!!!!!

Blog 18

8/13/2013 Hello, I live in an upstairs apartment, in Turlock, CA. I have been feeling sick since they installed 16 smart meters on a panel 6 feet away from my building. I have developed respiratory problems and insomnia and anxiety and pressure in my head. They have checked me for physical problems and Dr. says there is nothing wrong with me and they keep prescribing me anxiety meds to help me sleep at night that are messing with my heart and my head.

In a desperate attempt to figure out what is wrong with me, I came across a website that revealed a possibility that I may be exposed to the smart meter radiation. My husband has also developed asthma, coughing, bloody nose headaches.

Since then I have left my home and have been getting sicker because I cannot find anyone that believes me. Can you please help me find out how to even test for the exposure in my body?

If I stay away from the meters are my symptoms reversible mainly the insomnia and the anxiety. I have never experienced such a thing before. I am exhausted and I cannot find a doctor to help me. Most doctors are oblivious to what I am suggesting.

Blog 19

2/2014 The first ones installed on the side of my apartment building were just steps away from my apartment. I had lived in this apartment for 5 years with no problems. Suddenly I started having terrible problems sleeping. I tried everything I could think of and finally went to my doctor who gave me sleeping pills. For over a year I needed a pill every night, sometimes a half worked, but only for a few hours and soon I would be using the second half.

On Thursday, 4 days ago, newer and stronger meters we put in to replace the ones installed a little over a year ago. Now I cannot sleep, even with the sleeping pill and I am feeling so fatigued and muddle-brained that I can barely think straight and even have trouble standing up straight. I have literally done nothing since they have been put in and feel achy all over and disoriented, slightly dizzy.

Since I am in a rental, I am going to have to try to move, probably to another state, because I do not feel that California is going to do anything good on this matter to protect my health.

Blog 20

8/2013 I've been doing my own research for 8 months now, and have definitely concluded that Smart Meters are causing this horrible humming noise in my home. It is ruining my life and is violating my rights as a human being. I noticed it in the rental house I was living in for 7 months. I went to my parent's house to see if I heard it there and sure enough I did. I finally moved to the country in Sonoma County and it's horrible here too. Each place has Smart Meters. It's not like a normal sound from a refrigerator, etc. It's a low frequency humming sound that actually hurts my ears. I can't get to sleep and have had to run a fan or some noise to try to drown it out. But, since it vibrates in my ear, that is hard to do. I've gone online and millions are complaining of this humming noise. This is INSANE! If you do the research, you will find out how harmful these meters are. What are they going to do to our children, who are sleeping in the rooms where they are connected? PGE lied to us, sneaked into our homes to put these in, have not done proper testing, and are causing health problems to millions. Some counties in CA have banned them and I really hope it continues. I will have to ask my landlord if he is willing to opt out, and I will pay whatever to get peace again. This is torture. And yes, there are electrosensitive people out there for the person who said there aren't. Ignorance! Cell phones even hurt my ears. They have even linked heavy cell phone usage to brain tumors. Wake up everyone! It's time to stand up to this bullshit.

Blog 21

Author: Annette Mills Updated: 14 Apr 2017

Cell Phone Mast Poisoning/Experiences and Suggestions on how you can help yourself....somewhat. Educate yourself and know that You are not alone.

Created: 13 Apr 2017

Poisoned in Germany 2006-07, moved to California 2009. Forced to leave 2 homes in east bay to find more rural area not bombarded by radiation from towers/antenna/neighbors. Last updated previous filing 2012.

Our family moved from city, as i could not take living in a faraday cage anymore. We found a rural area that was safe, and husband and i lived separately so i could recover my health without being in a cage. Then, 2012, bout with cancer put life on hold. Recovered. (to be continued)

As we live in a rural town, for the first couple of years it was quite easy to live normal. I felt normal. Away from pulsed microwave radiation, one is able to heal to an extent, feeling normal...healthy. When one is put in a situation of radiation, then you get symptoms. I wish it was mental, then i could just know i was crazy and bend beyond it....but it is not. I wish the symptoms were always the same, then i could pre-medicate,,but they aren't.

When i am in a radiation situation, like when in a "big box" store, i can get tunnel vision, confusion, thick tongued, anxious and confused. I could not find my car in a parking lot though it was right in front of the exit door. I am lost, frustrated and scared. Once i was in line at a sandwich shop and i lost motor control and fell to the ground like a rag doll. I could not speak ...or even string together words to form a coherent thought. I could not think of the words "there" or "hungry" or or...anything. I was empty. I had gotten zapped again and it was so scary. My husband was scared. Nothing to do about it but make sure we were away from the source. The FIRST thing to do if you believe you have EHS, is clean up your own home. Make sure there are no wireless devices in your bedroom. If you have a smart meter on your home, make sure your bedroom is the farthest room from it, (if you can't have a digital meter put in). As hands free phones have huge amounts of radiation, have given us the highest readings on our meter, i would suggest getting land line corded phones. (very important). Get wired printers/routers. Wire your computer. (my computer is how i must shop now for most things) Get rid of wireless in your home. It should be your sanctuary.

SECOND, and so important, is get a good radiation meter. (amazon or lessemf.com). This is important so that you can see which areas you can and can not be in, BEFORE you get ill. Also, it gives you a way to verify that the symptoms you are feeling ARE related to your surrounding and not because you forgot to eat or you need to drink more water....(Amazingly, EMF's are not always the first thing i think of when i start feeling ill)

THIRD, get a metalized piece of headgear. The last thing you want to do if find yourself stuck in traffic among people all with their phones on, or by repeaters, or by an auto with it's own 3000 square foot "hot spot". Get protection for emergencies, then carry it around with you always.

Fourth,,don't you be your own worst enemy....Do Not use a cell phone in a car, as the vehicle acts like a faraday cage and your phone has to ramp up it's radiation/power to 'talk' with the tower....get out of your vehicle. Same thing if you are in an area with poor reception, the phone must ramp up to scream to the tower to be heard. Also, turn your phone off when not in use....or don't use one unless you have a flat tire, like me. Be bold enough to ask those around you to turn their phones off....off. And many people don't know how to do that. Amazing.

With the meter, you will find that there are many places you should not enter, or be real real quick if you do.

It became extremely difficult to visit my doctor. My doctor had to believe, as i was informed and taught them. ...but the hospital and exam rooms have huge amounts of wireless and radiation. I had to gown up in my "headgear" in order to stay sane enough to last the exam. (One of the symptoms is 'fight or flight') We took the radiation meters to the hospital and with the building manager, walked around and found a room with very low EMF's and had the exam there.

The best thing you can do for yourself, is avoidance of radiation, as this is 'radiation sickness' (and has been know since the 1940's).

There are so many repeaters on the freeways nowadays, that i became ill before arriving at our destination...so, we found out that there is a window tinting made for the CIA/FBI...for anti-eaves dropping. We had that put on our vehicle and it brought the EMF's down considerably, but

still not to zero in some areas. I have purchased metalized clothing. Google "EMF protective clothing", also sold at "lessemf.com" Helps some.

I had little business card sized information, i made and ordered, stating EHS definition, EHS symptoms, and listing links to more info on. With this, i can be somewhere, and if i must leave in a hurry, i can hand this out and hope the person i was interacting with,,understands...or doesn't. I don't care if someone doesn't believe anymore. Sounds mean, but , good....fry yourself. I am already there. Just turn your F'n phone off around me, or i have to leave. This sometimes means leaving food i was going to purchase , on the counter and running away. Or, if we happen to find a cafe without wifi, our food must be put in a To-Go container. Or, if we happen to find a bar without wifi, we must leave our beer on the counter and run.

You never really have control over how much radiation you get, as your neighbors all have wireless. Talk with them. Maybe like us, you have wonderful neighbors willing to 'get wired'. We paid for one neighbors "wired" xbox, as i was feeling it from our home. It worked out well...they had their xbox and i was out of the cage again. Just ask. A "no" won't make it any worse than it was,,,and not everyone believes that there is such a thing as EHS. It is OK. It is not our job to make believers out of everyone...but you should know all you can about your illness. Educate yourself. (Did you know that radiation and many devices were developed as a weapon of war?)

So, we have people calling and asking us to help them 'clean' up their homes from radiation, and we go their with our meters and advice. There are some that are not sensitive to radiation, but dirty electricity, and so we also bring Stetzer meters and Stetzerizers, to see if their home is 'dirty' in the electrical sense. My husband has helped people build them selves a "faraday" cage, as REM sleep is so so important. go to "you tube" "Sleep Inside A Faraday Cage" for instructions.

So, there are not many places i can go to anymore. I feel cloistered. No more concerts, no more pubs, no more meeting girlfriends at the cafe or friends out for dinner. I can no longer go to the library. I must buy my books online. It is painful to grocery shop, get gas in the car. There is not much i can do anymore, or places i can go. The rural little town we live in now has wifi/EMF/antenna on many store roofs and in the post office to grocery stores...everywhere. It looks like we must move once again as a tower will be going in shortly, and they are also going to put in 5G. LookOut !.

Please, clean up your home before you take a doctors prescription for something that might be gotten rid of as easily as removing a phone from your bedside. U.S. doctors are not trained in radiation sickness EHS. European doctors are. Educate yourself.

Best of Luck, and i am sorry this has happened to you. You are not alone. (scientists estimate that 50% of people will have EHS by 2020)

annette.