

September 21, 2016

Dear Fellow Americans,

We Americans are in need of correcting our addiction to cell phones, Wi-Fi, and other wireless devices before the health and wellness of this nation is beyond repair. Too many people are starting to obtain symptoms that are exclusively the results of wireless radiation. This radiation uses the same or similar frequencies as your microwave oven. Cancers and tumors are on the rise in this nation. These are the byproducts of the rise in manmade radiation. This must stop!

We can be technologically advanced with landline phones, fiber optic internet, etc... just like Hérouville Saint Clair, France where their mayor is removing all forms of wireless in their town and installing fiber optic wiring and the citizens there absolutely love it. Therefore ask yourself is it worth the wait for millions of people to be harmed by wireless radiation or are we going to learn from the cigarette lawsuits and Hérouville Saint Clair, France. Are we going to make sure we set up preventative measures and safe havens for everyone before there is a global epidemic to wireless radiation that will be far worse than the Black Plague? What will you choose: wireless and cancer or wired and health?

I am one of thousands who have become a victim of wireless radiation. I once believed in the hype you hear from politicians, doctors, media, and the wireless industry that wireless is non-ionizing radiation and is not harmful. They are wrong and it needs to be corrected.

I have 24 ailments to wireless radiation and I refuse to see medical help on most of them. I refuse medical help for what is the use going when others before me, including my own mother get treated with disrespect and discriminated against by the medical field. When these people have great concerns about wireless radiation from any electronic devices that communicate wirelessly, the medical field refuses to treat them by, *“providing competent medical care, with compassion and respect for human dignity and rights.”* Which is stated in the Principles of Medical Ethics revised and adopted by the AMA House of Delegates (June 17, 2001) written within the first bullet. I will further enlighten about this within the first few pages of my story.

Politicians refuse to acknowledge or even address the issue. I have written letters to the following politicians: Senators Ron Johnson, Tammy Baldwin, Chuck Grassley, and Joni Ernst; Speaker of the House Paul Ryan; Congresswoman Gwen Moore; Congressmen Ron Kind, Rod Blum, and Dave Loebsack; Wisconsin Governor Scott Walker, Mayor of La Crosse Tim Kabat, Wisconsin Senator Jennifer Shilling, almost every 2016 Presidential Candidates, and many, many others. Most of them would respond far off topic, if they responded at all. One would always refer our concern to someone who always made sure the issue at hand was basically psychosomatic for they do not want to own up to the destruction of thousands of people's lives they created by pushing legislation for wireless companies. The only one, let me say this again, ***the only one*** out of all these to respond on topic without handing the issue to someone else was Wisconsin Senator Jennifer Shilling. She was not afraid to provide an answer, respectable of what was said and was almost on topic however she claimed the main threat she felt was air pollution. This is air pollution and the biggest threat of it!!

Last is the media where I emailed WKBT and WXOW out of La Crosse, WI; KCRG out of Cedar Rapids, IA; KWWL out of Waterloo, IA; and KTTC out of Rochester, MN. I also

emailed every news anchor within these television stations and **NOT** a single one responded, even questioned or pursued for more information. This only shows how our media neglects to bring out the truth and reality of wireless radiation and the harmful effects it causes everyone and everything, especially the young, our future generations.

In my story I express how people with these sensitivities are being treated by all three groups of supposedly fellow American citizens. How people with sensitivities feel that politicians, doctors, and media encourage people with these sensitivities to not come forward, to become isolated, even encourage them that suicide is the better option for **absolutely no one** cared to listen. This philosophy of **not really listening** to all citizens or **not even listening** to them at all by their politicians or doctors and even the media has gone on far too long and must end!

The wireless industries power control of providing under the table financing just like the cigarette companies did, must also stop! We must act NOW before it is far too late to reverse the damages created by wireless radiation by waiting like we did with the cigarette companies. Are you going to allow the wireless industry to use the same tactics as the cigarette companies to prevent them from being held accountable for health and wellness of their victims, especially children?

After I discuss what ailments I experience with wireless radiation I have proposed nine possible solutions to this problem or ways to help alleviate the problem for everyone including those who suffer. I encourage you to read this and ask yourself, "*Do I have similar symptoms?*" or maybe you feel that you "*experienced that, and maybe should consider reducing or eliminating wireless radiation exposure or even better, ending the cell phone contract with the cellular company and eliminating all wireless devices.*"

Let us all stand up and let us protect the health of future generations from wireless radiation!

Matt Huck

Technology lover falls victim to the Wireless Industry Lies and Deception

By Matt Huck

This is my story, my journey, and my ongoing battle I have today with this new global addiction. I used to have hopes and dreams that fueled my life goals and aspirations. I enjoyed accomplishing these goals and building new hopes and new dreams, however one fateful day that all changed. Instead of hopes and dreams fueling my life is a new unsettling daily feeling. The daily feeling of, “how do I survive today,” “will today be worse than yesterday for yesterday was horrible,” or “how did I manage to wake up today.” What activities, what routes, what steps must I take today just so I do not suffer in pain. Will I even be able to enjoy today, enjoy being happy and enjoy life?

The pain I now have to live with daily makes it hard for me to push the will to live. Push the desire of wanting to try to hope again, to wish again or even dream again, because now I have this new life long companion who dictates my life. Tells me where to go, what I can and cannot do, even what steps throughout the day I can take. What makes this worse is that most of your family, your friends, and even your doctors will not and refuse to talk about this new addiction that is sweeping the world. When you have no one to count on, no one who will support you, makes it hard for you to get politicians and the media to listen to your story for they do not believe in what you have to say. The only way to get your story heard is if you do something drastic.

Almost all doctors, media, and politicians refuse to acknowledge facts and refuse to put standards in place based on these facts about this new global addiction. They will do everything in their power to claim that this does not exist despite the exponentially growing claims and facts that state otherwise. Let us take doctors, very few doctors today do what doctors used to do for years and that is “listen” to their patients. Listen to what is happening and make notes of it. Find out everything, what has changed, is there something new, etc... Let us take for example a patient walked into the doctor’s office and told them that their arm was cut off by a chainsaw. The response everyone gets that suffers ailments from this global problem is I see you are in pain however you need to see a shrink for your arm being cut off by a chainsaw, well that is psychosomatic. Let me set an appointment up with the shrink for you. This is exactly what a number of doctors, media, and politicians are using to address these victims. Even though clearly in this example the patient’s pain was created by the chainsaw which obviously severed their arm. Doctors today only treat the symptoms instead of the root of the symptoms. Mainstream media neglects to tell the truth on the harmful health effects from the real problem and broadcast the story accurately of those who do suffer. Politicians dodge the issue, for they never want to take the responsibility of admitting that the government has made a mistake, and to take responsibilities to help make people’s lives better.

The health concerns of this new problem are not new since the United States military knew of this during the Cold War with Russia, even Russia learned about this health effects during this time frame. They have strict guidelines and standards for their citizens on this growing epidemic. It is almost like the Black Plague is here except this epidemic affects the entire global population, and will make most sufferers wonder if a full package of sleeping pills is better than the daily pain and suffering this brings them. What is sad and unfortunate is some sufferers have already taken to this solution, for they could not see fighting a fight where they felt no one cared about them or what was happening to them, including their doctors, politicians and the

mainstream media. To them, my only wish is that they had the support from others who suffer from this epidemic, especially when it seems like no one even their own family had their back. Strength in numbers to fight for a brighter future for everyone, especially those that are unaware of the destruction of this addiction will bring to their lives. We continue to live in a nation that allows the destruction of innocent lives, especially the lives of millions of school children without a whim or care in the world.

I hope this will shed light onto this rapidly growing global addiction. For people must be educated in the dangers of this by the mainstream media, who are failing at all levels to educate the public. To be heard by their local, state and federal politicians who are failing to listen to the very people who elected them and to stand up for their voice among other elected officials. Politicians who make sure their story is heard and is never swept under the rug. Even if it may only seem like one person, one story, remember it was only one innocent life that now has become a victim in your district to this epidemic. Demand that standards be put in place for this epidemic and not wait for the nation to fall to it like the Black Plague.

Doctors, media and politicians alike must humble themselves and educate themselves about this and be willing to educate others. Many others who suffer from this new global addiction are forced to believe it is something else. Forced to take medications, such as prescriptions for Opioid pain killers, they do not need for ailments that would simply disappear for some if the right measures were in place. I have read many stories of those who suffered from ailments or medical conditions, given drugs they needed for these conditions yet after finding the real root of the problem and eliminating it, their conditions improved. In some cases to where they are able to get off the medications they did not need. They were able to live a normal life due to the fact they found the real and actual truth, which was the root of their problem. Which either they found on their own or were guided by a doctor who actually believes in this epidemic and is fighting with their patients so they can have normal healthy lives.

If this addiction was address in every normal doctor visit, which it has yet to be done, we would find that this epidemic would be better managed by tighter regulations and strict standards. If the medical field would ask a series of questions like they do about a person's history with cigarettes and alcohol, they would be far more equipped to help their patients. Whether they choose to ignore this or do not know about this addiction due to lack of education, I do not know. However, they should be asking these questions like a remote few do. Since this new global addiction is getting way out of control and affects every single person on this planet in one way or the other. I would like to see these questions asked at every single doctor visit for this epidemic affects how a patient should be treated for whatever ailment(s) that came up.

If you are a doctor, the media, or politician who does not agree with me, then I ask you to talk to the hundreds of sufferers who have shared their stories online about this epidemic. I ask you to talk to the few in the medical field, those doctors, nurses and physicians who are recognizing this problem and are helping people live better lives because of it. I urge you to look into all the studies that have proven over and over again that this does exist and if you still do not think it exists then read those hundreds of stories online of those who suffer because of the damage this caused. I urge you to get educated in this global addiction, I urge you to quit pushing aside the few voices so you can please the big dollar industry filibusters, I urge you to sit down with those that suffer and talk to them eye to eye and hear their story. Hear their pain, their suffering, their new life they have now because of this global addiction. If you are unwilling to do the research,

listen to the voices, and learn from those who experience it on a daily basis, then why are you working in one of these fields.

I am a voice who suffers from this epidemic. I am one of those who against all odds, is standing up and is fighting for stricter standards and measures. Standing up for those who cannot stand up and fight, for those who chose to end their fight with suicide because the world would not listen. I am standing up and my voice will be heard. I, myself, wonder if I should take that box of sleeping pills to end my own life, but two things keep me fighting and I will keep fighting. Ecclesiastes 7:16-17, *“Do not be overly righteous, nor be overly wise: Why should you destroy yourself? Do not be overly wicked, nor be foolish: Why should you die before your time?”* My ever growing passion that the voices of those who suffer from this epidemic must be heard for the safety of everyone especially the children of the world. In other words, why should I die before my time, since I have a fire to educate people about this global addiction and put an end to the destruction of innocent children’s lives.

I am a 35 year old who has a BA in business management. I am very knowledgeable in Microsoft Office, C++, HTML, and Pascal Coding. I also have worked with other software programs and computer coding languages. I own a Dell XPS Generation 4 computer that had a wireless keyboard and mouse. I used a Wi-Fi Linksys router in my home for my laptop and printer use on the home network. I even enjoyed playing video games on many consoles including the PC where I used to use wireless game controllers and I used to exercise on my Wii with either the EA Sports Active Accessories or the Wii fit board.

I owned a cell phone just like everyone with my first cellular plan starting in 2003, and later using a Bluetooth headset for my phones. I used that even more after being advised by the mainstream media who interviewed doctors that it was better to use headsets than using your phone directly next to your head. I especially used Bluetooth while I drove in my car to work or long distance trips not realizing that inside a car using these devices would be detrimental. I even had a GPS Garmin Dash-cam for recording all my routes I drove. I can even state that I lived for almost two years above a Verizon retail store, just a normal life correct. I was big into being tech savvy and was always into the latest gizmos and gadgets whether I purchased them or not.

This is what I thought was a normal life, little did I know that something would change all this. This new global epidemic would eventually change my life forever. Looking back, all the signs were warning me of this ultimate life change, life altering disaster, created by this nation’s addiction. In 2006-2010, I would go into the local hospital for constipation type issues, as well as migraine type headaches. At one point in my apartment above Verizon I woke up to my alarm but literally could not move my head, my arms and my legs. I was literally frozen in my bed unable to speak and move. In fact to this day, I wake up to the slightest alarm sound due to this fear of what happened to me that morning. My family can attest to the change in my alarm habits for I used to sleep through all my alarms, now I rarely sleep through an alarm, in fact in most cases I am awake minutes before the alarm goes off.

Change of job in 2011 brought me a new management career which required me to carry a cordless phone and a radio device for communication at all times at work. I believe this was the last straw to my ultimate life changing crash in August of 2012. The night where I had a massive-excruciating headache that Ibuprofen couldn’t help. In fact to this day, I cannot take Ibuprofen, even though it was my number one choice for pain medication at the time. I threw

everything up I had for supper that evening, and I was in so much pain that I literally started to wish that my life would just end for the pain was beyond unbearable, beyond sufferable. The doctor at the Emergency Room told me that if he had to give me any more pain killers he would have to prescribe narcotics. I told him no on the narcotics and hoped that the dosages he did give me would lessen the pain. Let me just state that was one of the longest nights of my life. This is the night that fully threw my life into this new global epidemic of sensitivity at full throttle.

To this day, I am sensitive to all electronic devices that communicate wirelessly at some level. Most people would call them “wireless devices,” however the mainstream media calls them “*electronic devices*” so they can hide the truth about the devices that are causing this global epidemic. In order to satisfy the wireless industry who support them, they have chosen to lie to the public and put the big dollar industry in front of the safety of their own family and friends. This is true with the politicians who have let the big dollar industry run this country for the past half a century. We wouldn’t have a huge new global epidemic called “Microwave Sickness,” if the media would tell the public the truth, and the politicians would stand up and fight for safe standards for the people’s voices they represent.

One huge slap in the face to all sufferers is when President Barack Obama appointed Tom Wheeler the head of the Federal Communication Commission (FCC) who was previously the CEO of the Telecom Industry. Tom Wheeler just wants to make sure more children’s lives are destroyed by wireless radiation from classroom tablets and classroom Wi-Fi routers. Cell towers being placed outside children’s bedrooms like that in Appleton, Wisconsin by Verizon or worse yet right next to the schools that educate them like I find in so many cities. With Spectrum Frontier, the need to have wireless transmitters at every 12th house basically a cell phone tower at every 12th house and this list goes on. Tom Wheeler pushes big corporation money and agenda in front of the health of the United States citizens and their children. This became clear when Tom Wheeler and the FCC passed “Spectrum Frontiers” agenda plan on July 14, 2016. I ask that congress veto Tom Wheeler’s plans and stop the “Spectrum Frontiers” agenda the FCC passed. I demand that Tom Wheeler be voted out of office for putting CTIA, Verizon, AT&T, Sprint, US Cellular, T-Mobile, MetroPCs, Cricket Wireless, etc... and this new agenda “Spectrum Frontiers” ahead of children’s health and lives. Many studies have proven that children’s health is destroyed and even unrepairable with massive future complications from wireless radiation damage. Why should children suffer from this epidemic and have symptoms similar to mine at a young age?

I am going to refer to eleven documents from my research on this matter.

1. <http://www.citizensforsafetechnology.co/news/doctorsinformationpackage/>: where you can download a pdf file that can inform doctors, nurses and physicians about Microwave Sickness, Electromagnetic Hypersensitivity (EHS), Electromagnetic Frequency (EMF), etc... allowing them to be able to accurately diagnose their patients.
2. <http://weepinitiative.org/talkingtoyourdoctor.pdf> which is published by WEEP: Canadian Initiative to Stop Wireless, Electric, and Electromagnetic Pollution has on their first page a list of symptoms.
3. <http://CitizensForSafeTechnology.org>: has a PDO pdf file with numerous symptoms people report who are electrosensitive.
4. <http://www.science20.com/print/65707>: “*What Are The Symptoms Of Electromagnetic Hypersensitivity*” lists the most common symptoms of EHS.

5. *"The Cell Phone Poisoning of America,"* ©2008 Logical Health LLC which can be found at http://thecrowhouse.com/Documents/Cell_Phone_Poisoning_Of_America.pdf. I will be using page 8 where there is a list of conditions in their document.
6. http://www.ehow.com/how_4543048_recognize-symptoms-electromagnetic-hypersensitivi which was printed out in 2012 had in #5 listing symptoms.
7. http://www.safeschool.ca/Symptoms_to_Watch_For.html: list symptoms reported by actual Students exposed to WiFi in their schools.
8. <http://www.norad4u.com/ehs/ehssymptoms>: *"My experience of EHS symptoms"* lists symptoms the website author, *"NoRad"* experiences when exposed to electromagnetic radiation.
9. <http://www.bestemfhealth.com/electromagnetichypersensitivity.html>: lists symptoms this website author experiences when exposed to electromagnetic radiation.
10. <http://stopsmartmetersau.files.wordpress.com/2015/03/symptoms-after-exposure-to-smart-meter-radiation.pdf> or <http://emfsafetynetwork.org/wp-content/uploads/2010/08/Symptoms-after-Exposure-to-Smart-Meter-Radiation.pdf> has *"Symptoms after Exposure to Smart Meter Radiation"* list, in a bar graph form, all the conditions that people have had due to smart meters.
11. <http://en.geovital.com/research/> has a list of over a hundred studies currently that show *"health issues with the exposure to radiation at far lower levels than maximum exposure limits set by many governments."*

I have printed copies of these documents if you are unable to find them on the internet. I will utilize all eleven documents as I list all my health ailments because of this new global epidemic. I am only 35 years old and the many symptoms I list I should not have to be worrying about on a daily basis, let alone children.

Let me first say before I start my list that these are my symptoms and what happens to me. Everyone is different. The best analogy I use to describe this difference is with alcohol. Not everyone who drinks alcohol is going to react the same to the same amount of alcohol consumed. Take for example a petite woman at a hundred pounds is going to react quicker and be far more sensitive to the volume of alcohol she consumes than a full figure woman at two hundred and fifty. Just as some will get a buzz after one can of beer while others it may be six or more and this is true with their hang-over the next morning which affects everyone differently as well.

This is exactly how wireless radiation is to a person. It is not just simple like treating a severed arm from a chainsaw. It has to be treated like a drug for it is a toxin that multiplies over time. Just like alcohol or drug addiction, once you are sober and then re-enter this toxin back into your body, you fall quicker. It does more damage to your body quicker, and to come out of it is even harder and worse than the first time during detox. Wireless radiation from electronic devices that communicate wirelessly is a toxin and/or a poison, whichever way you want to look at it. That is why doctors cannot treat it as an instant pain or a severed arm, but must treat it as a drug or alcohol overdose which requires a person to detox in order to feel good. Also, you have to administer pain relieving drugs or medication accordingly just like a drug or alcohol overdose, because the medication is altered and does not effectively work according to plan because of the toxins in the person's body.

Here are my symptoms.

1. **Headaches / Migraines:**^{1 2 3 4 5 6 7 8 9 10}

I get headaches that are not typical headaches or migraines. However, these headaches can occur before, during, after or not at all with your typical headache or migraine. I call these headaches “*radiation headaches*” which are more or less a microwave headache. They occur every time I am around electronic devices that communicate wirelessly especially cell phones and cell phone towers. They may occur the same day or a day or two down the road. I know two instances like the town of Waukon, Iowa where they occur within a mile of town. They may last for hours depending on how long I am in town. The second instance is La Crosse or Onalaska, Wisconsin where these headaches do not occur until almost exactly 48 hours from when I leave this area and am in a radiation-free zone.

I call these not your typical headaches or migraines because they are a heat induced headache. It does not utilize pain killers like the other two. Since this is a microwave radiation headache where your brain has been cooked just like food in a microwave, you must cool your body temperature or ice your headache to get rid of it. For me, I shoot to give my brain an instant ice cream brain freeze from eating ice cream too fast to kill my “*radiation headache*” the quickest. It is very painful and will make you wish you were dead, but that is the quickest method for me.

Now these headaches for me happen in two spots within my head. The first spot which is triggered by cell phones, cell towers, tablets, I-phones, Wi-Fi etc... is on the right side of my head. It is centrally located behind my right temporal region. The left side of my head same region, is triggered by cordless or DECT phones. Both of these areas when tripped feels like someone is taking an eight inch chef or seven inch Santoku Knife and shoving it done my head and into my throat. I used to state it was a steak knife but then I realized some people might think of a steak knife as the one you use when you are eating steak and not one similar to a chef's clever knife. These are very painful headaches and are very debilitating.

These “*radiation headaches*” have been growing in frequency and intensity since my overall health crash to this new global epidemic in 2012. Some phones on the market today, set at the right settings, can paralyze me or even kill me for I have already been almost knocked out cold by one certain popular phone model twice before I had to leave my last place of employment in 2015. People love their technology, but what I cannot figure out is why love something if it is killing you in the inside. “*Once you lose your health, you will never be able to gain it back*” so why not do what you can to prevent your health from being robbed by big

¹ (Doctor's Information Package, 2015)

² (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

³ (Citizens for Safe Technology, n.d.)

⁴ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

⁵ (The Cell Phone Poisoning of America, 2008, p. 8)

⁶ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

⁷ (Symptoms to Watch For, n.d.)

⁸ (My experience of EHS Symptoms, n.d.)

⁹ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

¹⁰ (Research - Health effects of low level radiation exposure, n.d.)

corporations like CTIA, Verizon, US Cellular and Tom Wheeler and the rest of the FCC.

2. **Pressure in the head:**^{11 12 13 14 15 16 17}

When I am around wireless radiation I will start to develop pressure within my cheek bones and behind the eyes. I will feel like someone is punching me in the cheeks so hard that my eyes just want to pop out. If I do not get the pressure in my cheeks, then it feels like my eyes are burning.

Also at times, I get the pressure build up in my teeth, it will make them feel like I have popcorn for teeth, like they need to pop from a kernel to popcorn. It is very painful, and the worst feeling I have had involving my teeth. Somedays it literally is so painful I can barely chew harder or chewier foods.

Another pressure I get is in the ears. I really notice it when I wear ear protection when I work around loud equipment like the lawn mowers, string trimmers, etc... The pressure build up when enclosed in ear protection creates a head ache for me through a sharp ear ache or pain.

3. **Rush of blood to the head and/or Leakage into blood-brain barrier:**^{18 19}

In places with heavy concentration of wireless radiation from all forms, I do experience a sense of standing on my head blood rush to my head. It is quite nerve racking and scary, for how can I feel like I am standing on my head when I am sitting or standing perfectly up and down. And, this only occurs when I am around heavily saturated areas of Wi-Fi, cell towers, cell phones, etc... Also, I believe without a shadow of a doubt that due to this there is leakage into my blood-brain barrier. I believe this happens and/or occurs without the feeling of the blood rush as well.

4. **Nose bleeds:**^{20 21}

Bloody noses or constant nose bleeds due to radiation or living less than a block from a cell phone tower. Since moving into an area that has no cell phone radiation from cell towers and other wireless devices, my nose bleeds have completely stopped. They used to happen mostly during blowing my nose, I would get half junk and half blood, and then there were times I would sometimes get mostly blood. This was almost a daily occurrence for this to happen. There were times where I wondered if I had a severe brain bleed or something seriously wrong but with little income I could not afford to see doctors who would not diagnose the root of the issue.

¹¹ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

¹² (Citizens for Safe Technology, n.d.)

¹³ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

¹⁴ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

¹⁵ (NoRad, n.d.)

¹⁶ (Electromagnetic Hypersensitivity - Symptoms, Prevention and Recovery, n.d.)

¹⁷ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

¹⁸ (Logical Health, 2008)

¹⁹ (NoRad, n.d.)

²⁰ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

²¹ (Citizens for Safe Technology, n.d.)

5. **Ringling ears or Tinnitus:**^{22 23 24 25 26 27}

I have nonstop ringing in my ears due to the damage from cell phone radiation. I often have days when the ringing would be so great it would over power surrounding noise making it difficult for me to hear normal conversations with people, especially on the phone. There is rarely a time I can talk on the phone that doesn't have multiple affects. Most of the time talking on the phone will lead to a severe ear ache for the rest of the day, or even a headache.

6. **Light sensitivities:**^{28 29 30 31}

I have problems with this when I have been tripped by radiation. When the pain gets so great that it turns my radiation headache into a radiation migraine. Then I have to not only ice my head for the heat aspects of the radiation, but also I need to sleep it off with some type of over the counter pain medication to help with the migraine headache as well. These are the worst when I get the double whammy and I get one to two radiation migraines a month.

7. **Concentration:**^{32 33 34 35 36 37 38 39 40}

When I am around wireless radiation over time, I will start to lose concentration. It starts to become painful just to focus on a task. Even to the point of getting stress headaches that will create a radiation headache. When I am not around wireless radiation of any kind I have absolutely no problem working hard or completing a task.

²² (Clair, 2015)

²³ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

²⁴ (Citizens for Safe Technology, n.d.)

²⁵ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

²⁶ (NoRad, n.d.)

²⁷ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

²⁸ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

²⁹ (Symptoms to Watch For, n.d.)

³⁰ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

³¹ (Research - Health effects of low level radiation exposure, n.d.)

³² (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

³³ (Citizens for Safe Technology, n.d.)

³⁴ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

³⁵ (Logical Health, 2008)

³⁶ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

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³⁸ (NoRad, n.d.)

³⁹ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁴⁰ (Research - Health effects of low level radiation exposure, n.d.)

8. **Memory loss & Brain fog:**^{41 42 43 44 45 46 47 48 49 50 51}

At the age of 35 I should never have short term memory loss or brain fog. The big thing is while I am trying to concentrate on things, I experience what I call brain fog. It is like trying to think through Mercury. It is very difficult to think or operate when in the presence of wireless radiation. When I am around it, my brain will also feel like a brick or anvil for it gets a heavy feeling.

I also will sometimes suffer short term memory, even though I have what they call photographic memory. Co-workers both at Fareway and Menards, taking Menards for example, I would know where products were located that I rarely worked. These co-workers can vouch for my abilities, that I could tell you where an item was within a foot of its location and what items were around it, roughly how high it was off the floor, etc... Yet, it would be hard to remember stuff I should never have problems remembering.

Once I get away from wireless radiation, I rarely have any problems. I feel like I am free or able to think clearly with full clarity.

9. **Dizziness & Vertigo:**^{52 53 54 55 56 57 58 59}

Random dizziness and vertigo after being heavily dosed with wireless radiation, this would also continue while I detoxed from wireless radiation. Once I have fully detoxed and have been away from it, I have almost no problems. I must say I hate the drunken feeling without even drinking a single drink when I am in the presence of wireless radiation, especially those emitted from cell phone towers of all kinds.

10. **Patience & Aggressiveness:**^{60 61 62 63}

The fluctuation of my patience level, I found that the more I have been under constant radiation the less patient with things I become, sometimes even just instant rage. I

⁴¹ (Clair, 2015)

⁴² (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁴³ (Citizens for Safe Technology, n.d.)

⁴⁴ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

⁴⁵ (Logical Health, 2008)

⁴⁶ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

⁴⁷ (Symptoms to Watch For, n.d.)

⁴⁸ (NoRad, n.d.)

⁴⁹ (Electromagnetic Hypersensitivity - Symptoms, Prevention and Recovery, n.d.)

⁵⁰ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁵¹ (Research - Health effects of low level radiation exposure, n.d.)

⁵² (Clair, 2015)

⁵³ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁵⁴ (Citizens for Safe Technology, n.d.)

⁵⁵ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

⁵⁶ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

⁵⁷ (Symptoms to Watch For, n.d.)

⁵⁸ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁵⁹ (Research - Health effects of low level radiation exposure, n.d.)

⁶⁰ (Clair, 2015)

⁶¹ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁶² (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁶³ (Research - Health effects of low level radiation exposure, n.d.)

am usually a very patient person, with very little that bothers me, but when I am heavily dosed with wireless radiation the harder it is for me to keep my patience due to being under the stress of wireless radiation. YES, wireless radiation stresses your body and uses up your patience reserve or basically your energy reserve so you are less patient than before. I have also noticed the rapidly increasing accounts of road rage, marital and relationship abuse both physical and mental, violence, etc... on the news

11. **Fear / Anxiety:**^{64 65 66 67}

Two fears I have is paralysis just like what happened to me in my apartment in Independence, Iowa. If you missed the story it is above within paragraph #12, starting with sentence #5.⁶⁸ This fear of being completely helpless, especially when I was living alone haunted me, sometimes prevented me from sleeping at night for I then would get anxious about it.

The other fear I have is being killed instantly by an Apple I-phone. At the right settings on the Apple I-phones I know can completely and utterly knock me out for they are the reason I had to leave my last job. I have been getting progressively worse with these phones with two of them almost knocking me out, I would get extremely dizzy and really have to work hard at keeping my vertigo. It is hard to go anywhere when you are constantly looking for who has cell phones, what kind of phone, does it have the Apple logo and if so, how to avoid them so you can get your errands done.

12. **Insomnia or Lack of sleep:**^{69 70 71 72 73 74 75 76 77}

I cannot sleep after being dosed with wireless radiation due to the feeling like I am holding onto an electric fence and my body pulsates for hours. It is a weird feeling to feel like you are emitting energy into the air, but that is what you are doing. Your body is super charged like the Energizer Bunny commercials where they say it keeps going and going... You lay in bed radiating like a light bulb and no matter what you do to try to sleep you cannot for you need to radiate out this invading energy created from wireless radiation.

⁶⁴ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁶⁵ (Citizens for Safe Technology, n.d.)

⁶⁶ (Symptoms to Watch For, n.d.)

⁶⁷ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁶⁸ *“At one point in my apartment above Verizon I woke up to my alarm but could not literally move my head, my arms and my legs. I was literally frozen in my bed unable to speak and move. In fact to this day, I wake up to the slight alarm sound due to this fear of what happened to me that morning.”*

⁶⁹ (Clair, 2015)

⁷⁰ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁷¹ (Citizens for Safe Technology, n.d.)

⁷² (Logical Health, 2008)

⁷³ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

⁷⁴ (Symptoms to Watch For, n.d.)

⁷⁵ (NoRad, n.d.)

⁷⁶ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁷⁷ (Research - Health effects of low level radiation exposure, n.d.)

13. **Heighten sense of smell or Multiple Chemical Sensitivity (MCS):**^{78 79}

The heighten sense of smell especially to gasoline which just a molecular drop can send me into a massive headache. You are like well, that can happen to just anyone, so let me use another example. Recently I went somewhere where they were using a fragrance to enlighten the mood setting at this establishment, which to those in the area was like no big deal. I was only within the fragrance for less than a minute and I had a sharp piercing pain that lasted for over 48 hours. When I ate anything it tasted like the fragrance which led me to hardly eating anything for over 50 hours except a total of six toasts with butter. It sucks when you go to eat and all you eat is what set you off in the first place.

I also have problems with aerosol cans like Lysol, Febreze, as well as a minute amount of any hair sprays. Heavy dosages of hair sprays used to give me problems before I crashed, now I cannot even handle the slightest amount without a massive and in most cases disabling headache. In addition certain perfumes and colognes, certain body washes and shampoos, a few types of food flavorings, and a few other scents will do the same thing.

14. **Chest pressure / Difficulty breathing:**^{80 81 82 83 84}

I get pressure in my chest like I am in a vice every time I go near a handful of towns.

Many towns I don't know about might affect me the same due to cell phone towers near them. In order for me to take a trip, I must spend two to three months planning the route I will take. Looking at all photos and videos to help me locate where towers are and what type of towers they are. Finding out as much as I can to educate me on this area. This allows me the ability to decide whether or not I want to travel this route or through this particular area. It is sad when you have to take a trip through the videos of truckers and people who video tape their routes and put them up for the public to watch. This is a necessity for those sensitive to towers, for we can't just take a normal everyday traveled route, because we have to eliminate areas.

Let me digress for a few paragraphs for this is relevant to what happens when I plan my route then after taking my route to a certain destination. For example, I have already eliminated the whole entire state of Ohio due to towers, and everyone I know who is sensitive I tell them to STAY OUT OF OHIO!!! Do not travel, do not visit, or basically just do not even bother looking at Ohio as a place to travel. Reason, they have way too many towers. It does not matter where you seem to be. I could not see these towers watching the videos or looking at the pictures, therefore assumed that it was safe to travel however after traveling this in May of 2016, I personally will no longer travel Ohio. This is sad but it gave me headaches that prohibited me to do my share of driving, especially when we had to take the same route back through.

⁷⁸ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁷⁹ (Citizens for Safe Technology, n.d.)

⁸⁰ (Clair, 2015)

⁸¹ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁸² (Citizens for Safe Technology, n.d.)

⁸³ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

⁸⁴ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

Springfield, Ohio is where we had to make a stop for food during our trip. We stopped at the Springfield Wendy's just off the interstate for it looked like it was not in the same proximity to towers. On a side note here, it is important to address that throughout this entire trip we ate nowhere else but Wendy's for myself and others on the trip got headache relief from Wendy's Frosties by using it to cool our heads from within our mouth or creating brain freeze headaches. Yes to treat a migraine headache, which doctors will tell you it is, with a brain freeze! No Pain medication, no Tylenol, no Ibuprophen, or Advil, or Zofran or even Taradol, just plainly putting your head which is being heated up like food in a microwave into a deep freeze to cool it off.

During our stop at this Wendy's, they were extremely busy with one guy ordering at least ten separate meals, for I assume for ten different people since he was ordering them off his smartphone. The lines were long with the majority of the people on their phones. During our wait I started to feel the tightness in my chest, the pressure in my eyes and cheeks, the intensified ringing in my ears, which eventually turned into a headache that lasted from Dayton, Ohio to the Illinois and Indiana state line on Interstate 74.

I want to add that my friend, who is not extremely sensitive but does have a little sensitivity, was able to feel Englewood, Ohio. They needed to use the restroom extremely bad, so we pulled off Interstate 70 to stop at a restroom. Before we got to the gasoline station, this friend was telling us to get back on the Interstate for they were feeling this town. They were getting similar symptoms as described above at Springfield. This particular friend is also adamant about people who suffer from this new global epidemic to stay out of Ohio. Do not travel this state.

Can you imagine as this global epidemic continues to grow, what those who suffer from it can and will do to tourism in a local area, or even a state for we are not the only ones who tell others where not to travel and where to travel. I travelled Ohio numerous times and Ohio is a beautiful state, but not anymore with the plague of cell towers they have concentrating the road ways. Microwave illness and electromagnetic sensitive people will never be able to travel the beautiful state of Ohio and experience its culture and history. This is starting to become true even for my state of Wisconsin where they are starting to increase tower locations as well as other states like Iowa, Illinois, Indiana, and Minnesota, just to name a few.

15. Irregular heart beat / Heart issues:^{85 86 87 88 89 90 91 92 93}

This became extremely apparent in 2015. I had to end full time employment with Menards, Inc. earlier that year stating in my resignation, "*I want to add that this resignation is not voluntary. I would prefer to stay with Menards! Everyone in this*

⁸⁵ (Clair, 2015)

⁸⁶ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁸⁷ (Citizens for Safe Technology, n.d.)

⁸⁸ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

⁸⁹ (Logical Health, 2008)

⁹⁰ (Symptoms to Watch For, n.d.)

⁹¹ (Electromagnetic Hypersensitivity - Symptoms, Prevention and Recovery, n.d.)

⁹² (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁹³ (Research - Health effects of low level radiation exposure, n.d.)

department, including myself enjoys working for Don Hills in the Plumbing Department. However, with the company's increased use of wireless technology, I am forced to choose my health over the joys of my employment. One should always feel safe at their employment and not be forced to leave to protect their health."

The following day they end up taking my time clock badge and releasing me before allowing me to work my two weeks stating they were releasing me because of my health.

With this new global epidemic, finding employment is hard for those who suffer from it and by the end of 2015 I was forced to apply for federal and state assistance. Due to this global epidemic when I was given food assistance through Wisconsin, they required me to spend 80 hours per month at a job or 80 hours per month at the unemployment office. With no employment available for me that does not have wireless is impossible to find, therefore forcing me to have to try and attend a meeting scheduled by the state with a representative at the office. I went to this office located at Suite 103, 2615 East S Ave, La Crosse, WI, I was only at this office for ten minutes. However these ten minutes caused me to have an instant headache and a week's worth of heart problems with massive irregular heartbeats that were extremely painful. As if my heart was pumping nails instead of blood, I could literally feel my heart beat in the pain. This was caused by three cell towers within a few blocks of this center as well as the heavy concentration of Wi-Fi in the center. I am not the only person who suffered from being at this location.

My friend that I brought along also suffered headaches from this location. Our headaches were so intense that it altered our sense of taste. We had mint chocolate chip ice cream later that same morning however to us it tasted like banana. No mint, no chocolate, nothing but banana ice cream. Despite it being mint chocolate chip and it was green with mint chocolate chips. Another friend tasted each of ours and stated that they tasted like mint and not banana. Wireless radiation can alter the senses, such as taste.

This forced me in less than two months to end my food assistance. Basically now I have to rely on the support of five family members for my everyday survival for doctors, politicians, and the mainstream media do not care. All of these people take turns trying to basically support me so I am not basically on the streets living homeless. This is wrong and this government needs to take ownership of this problem and take immediate action to solve this problem.

16. **High blood pressure:**^{94 95 96 97}

If I was heavily radiated or under high dosage of radiation from cell phones or cell towers I almost always had high blood pressure especially in the systolic blood pressure values which would be near 150 or in some cases much higher like in 2010 when I was living above Verizon Wireless at Independence, Iowa it was in the 160's over 90's. The conversation about high blood pressure always coincided with times when I lived in Iowa at Coralville, Cedar Rapids, and above Verizon in

⁹⁴ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

⁹⁵ (Logical Health, 2008)

⁹⁶ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

⁹⁷ (Research - Health effects of low level radiation exposure, n.d.)

Independence, where I would be living in places with high concentration of wireless radiation.

17. **Appetite irregularities:**^{98 99 100 101 102 103 104}

This was very evident when I lived above the Verizon retail store at Independence, Iowa. However at the time, I never correlated it to be because of wireless radiation, I would have numerous occasions of either not wanting to eat or I could not have enough to eat and eat almost all day long. I do not have an eating disorder of any kind, for when I lived in Ashton, Iowa I always had lots of energy, ate three good meals a day and biked 30+ miles a day. However living at Independence I always had no energy even when I had three meals a day or even ran two miles a day. I either had to force myself to eat something like a frozen pizza or I would have to try and drink water to somewhat diminish the always hungry feeling. As if whatever I ate was just going through my system, as if my digestive system shut down and was not utilizing the food taken in. This went away when I lived in locations with far less radiation. In 2013, this came back when I lived with my father in La Crosse, Wisconsin especially during my employment with Menards after they increased wireless power and capabilities within the store.

18. **Dehydration:**^{105 106}

Dehydration for me usually happens when I am saturated in wireless radiation. Then I would drink water as if I had been walking across the Sahara Desert for months. I would drink so much that even when I would be bloated in water, I still had thirst all day long. It would not go away, these lasted usually 24-36 hours, well through the nights in some cases. However in most of these cases, as quickly as I was bringing it in, the quicker it would be coming out. This in addition to what I experienced with my appetite, I started to realize that my body was having a hard time near high areas of wireless radiation. My body was basically shutting down and not utilizing energy and water efficiently.

19. **Abdominal Pain:**¹⁰⁷

I will get two forms of abdominal pain. I will get the side kick to the rib cage pain. It is always in the lower region of the rib cage if not the bottom right rib. I will have sharp pain some days others it will be a dull ache. However it will be in the same region, same location every single time. This has been going on and off for over five years and this will especially happen when I have been in areas like La Crosse and Onalaska, Wisconsin; Cedar Rapids, Iowa City, Muscatine, and Marquette, Iowa; Springfield, Ohio; Indianapolis, Indiana and few others.

⁹⁸ (Clair, 2015)

⁹⁹ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

¹⁰⁰ (Citizens for Safe Technology, n.d.)

¹⁰¹ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

¹⁰² (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

¹⁰³ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

¹⁰⁴ (Research - Health effects of low level radiation exposure, n.d.)

¹⁰⁵ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

¹⁰⁶ (Citizens for Safe Technology, n.d.)

¹⁰⁷ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

The other abdominal pain, which only comes after I feel as if I had some internal bleeding which I will discuss next. This abdominal pain is within my diaphragm. My whole lower ribs, upper stomach, feel like it was karate chopped from below or other times like it was smashed from above by an anvil. Usually within 36-48 hours after I was in heavy doses of radiation. It never comes before or during the time I am about to find out about my internal bleeding but after. It is always after, why is this? I believe the bleeding occurs and because wireless radiation has numbed the nerves in these muscles it prevents pain to be felt until after I detox from wireless radiation as if I had a hangover from alcohol.

You have the numbing effect, the alcohol but in my case the wireless radiation. Then you have the placebo effect of alcohol where your body will go through pain but it is never felt or remembered per say which for me is wireless radiation. Usually lasting a few to several hours after your last dose just like the alcohol high. Then you have the hangover where your body lets you know the pain from having drank all that alcohol and the pain from all the activities you did while you were drunk, which for me is wireless radiation. They are all the same, and wireless radiation is not an instant pain but a drug addiction pain and must be handled in this way!

20. **Internal bleeding:**¹⁰⁸

This would be in blood in the stools, in some cases not fresh, fresh blood but fresh enough to know that I was bleeding somewhere and only occurs when I was in places I listed in my last symptom #19. There was times when I would consider going into see a doctor about it, but the way the American medical field handles wireless radiation I refused to go. Why go to see a medical professional when medical professionals are not doing their job correctly by diagnosing and treating wireless radiation from all man-made devices. Therefore I continue to pray that I do not die from internal bleeding for at least I know when every occurrence occurs and why it occurred.

21. **Fatigue:**^{109 110 111 112 113 114 115 116}

Extreme fatigue is a big thing with wireless radiation. You may have slept all day the day before, got plenty of rest but today you are still walking through a bog or a mud pit. It feels like you will never get anything done that day for it's a struggle just to move forward as if someone tied weights onto your shoulders. I am an athletic person, I ran track and field in high school and college, but I never felt extreme fatigue, not even after a race like I do every single day in wireless radiation.

When I lived in Independence, Iowa above that Verizon retail store, during the weekdays on my day off, it did not matter what day it was, it always seemed like between the nine to five hour range, I was always extremely tired. Most cases so

¹⁰⁸ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

¹⁰⁹ (Clair, 2015)

¹¹⁰ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

¹¹¹ (Citizens for Safe Technology, n.d.)

¹¹² (Logical Health, 2008)

¹¹³ (How to Recognize the Symptoms of Electromagnetic Hypersensitivity, n.d.)

¹¹⁴ (NoRad, n.d.)

¹¹⁵ (Symptoms after Exposure to Smart Meter Radiation, n.d.) or (Symptoms after Exposure to Smart Meter Radiation, n.d.)

¹¹⁶ (Research - Health effects of low level radiation exposure, n.d.)

tired that I would always end up taking afternoon naps which always made it worse. It was not until 8 or even 9 o'clock at night would I seem to find the energy to do anything or want to do something and that is when I would need to get to bed for work.

Other times you would be so tired but you cannot rest. You know you need to rest because of heavy labor and you are fatigued from this but you cannot rest because you are emitting energy like an electric fence. This energy created by wireless radiation prevents you from sleeping or getting a good night's rest which then also adds to extreme fatigue or creates extreme fatigue.

22. **Muscle and/or Joint pain or Even muscle spasms:** ^{117 118 119 120 121 122 123}

I have one bad knee just like everyone else, but what is worse is that it seems to hurt more when I am around wireless radiation. It would be hard to kneel down on it, get up or even just plain and simple walking. When I was in Coralville and using a cell phone quite frequently, I even went into the clinic for knee swelling that came out of the blue. People will say they can feel the weather in their joints, this I know is true for not only can I feel it in my joints but also my tender spot in my head created by wireless radiation.

Muscle spasms are another issue. There are times I would have a muscle twitch like it was connected to electricity. It would just twitch so hard, so fast, at times I can see the twitching happening at the skin level. These random out of the blue twitching always happen when I have been radiated. These are **always** happening when I am in wireless radiation as frequent as almost a daily occurrence. I have already gone into the doctors and have medical records on chest muscle spasms as well as back spasms. In all these visits, were times when I was living, working, or both in areas of extreme high wireless radiation.

23. **Tingling in extremities or Paralysis:** ^{124 125 126 127 128}

I have days where I lose all feeling in my arms due to just plain randomness from the damage I believe wireless radiation did to my nerves in my shoulders. I can just be walking along the street and all of a sudden my arm will go numb or my leg, or arm or foot or hand. Just out of the blue, go extremely numb. As if I was sitting on it for hours and then finally got off it to allow the blood to flow back into that region. Some medical fields will say you have blood clotting or cholesterol issues, which I may have some of, but what the medical field **refuses** to acknowledge, and why I refuse to state this in any medical report for the past five years, is that this always

¹¹⁷ (Clair, 2015)

¹¹⁸ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

¹¹⁹ (Citizens for Safe Technology, n.d.)

¹²⁰ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

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¹²⁶ (What Are The Symptoms Of Electromagnetic hypersensitivity, n.d.)

¹²⁷ (NoRad, n.d.)

¹²⁸ (Research - Health effects of low level radiation exposure, n.d.)

happens when I have been in or near radiation. I never experience this when I am in places that are in very low levels of wireless radiation for months at a time. To top this section off is my Independence story where I couldn't move one morning I shared with you earlier. This was exactly the feeling of paralysis. Granted I am grateful I was able to gain movement that morning, however to this day I still fear that one day wireless radiation damage to my body will end up making me paralyzed.

24. **Heat sensation:**^{129 130}

This is big during the summer. Most of my childhood was on a dairy farm. I know what summer heat is, however radiation heat from wireless is just like a summer heat. Therefore not only are cell phones, cell phone towers, Wi-Fi, etc... microwaving and heating your cells like food, then add in the summer heat, and it becomes nearly impossible to do anything without feeling like you have heat exhaustion.

I never would think that a small device like a cell phone would cook your brain into cancer, but after I crashed and the research I have done, I found out the truth that is being hidden. The best way to tell you if you are being microwaved and cooked just like food is when you talk on a cell phone, have you felt this after a long phone call on the side of your head that you used for the phone call feel really hot, while the other side seems to be really cool, or cold in nature. It would especially be hot where the phone was, even feel like it was burning you. This is the microwaves just like microwave oven uses, your phone uses to communicate with cell phone towers and receivers. Industry will tell you this is because you have a bad battery or a malfunctioning phone, but it doesn't matter what type of battery or phone you have this will always happen.

This list goes on and on for me, and the conditions I suffer from due to the failure of not being properly educated about the dangers of electronic devices that communicate wirelessly from the big corporations, who have put profit before people's health and well-being. I know I am not the only one who suffers from the same symptoms or even similar symptoms, but who suffer from wireless radiation just the same. I have met many people who suffer from this new global epidemic, Microwave Sickness, and read about many more in their written stories.

What I propose is the following:

1. Stop the "Spectrum Frontiers" agenda until further research has been done that proves without a shadow of a doubt that all forms of wireless is safe, for even a government study showed that cell phones do create cancer. The \$25 million US National Toxicology Program (NTP) study "*showed statistically significant increases in cancer among rats that had been exposed to GSM or CDMA signals for two years.*" - <http://microwavenews.com/news-center/ntp-cancer-results>
2. Set up congressional standards that are updated to the current times of technology and not overly outdated. Our current standards for wireless radiation is set on the premise of thermal properties. Studies after studies have shown that radiation damage can be created within what is considered as non-thermal. Whether it is "ionizing" or "non-ionizing,"

¹²⁹ (Electro Hypersensitivity: Talking to Your Doctor, n.d.)

¹³⁰ (NoRad, n.d.)

radiation is radiation and should be treated like radiation. We need standards on all levels of man-made radiation to protect natural radiation found in the environment naturally as well as to protect the health and well-being of the planet at all levels.

3. Educate the medical field to ask additional questions at each doctor visit to help provide a well-rounded knowledge of a person's ailments. Questions like:
 - a. Do you use any electronic devices that communicate wirelessly?
 - b. Does your home have any smart appliances, GPS devices or a smart meter?
 - c. List all the devices you are around?
 - d. Do you have these devices at home or at work?
 - e. Where are these devices located at home or where you work?
 - f. How many hours a day are you around electronic devices that communicate wirelessly?
 - g. Do your symptoms occur when you are around these devices?
 - h. What symptoms occur when you are near these devices?
 - i. Do any of these symptoms occur later after being exposed? How much later?
4. Demand that mainstream media educate the public and quit being bullied to expressing only the big corporation's agenda. It has been proven that average US citizens are not happy with the big corporations and want a change. Mainstream media needs to start supporting the truth in regards to electronic devices that communicate wirelessly and quit playing word games with the public. I value freedom of speech but the mainstream media has no right to manipulate words to prevent people from gaining knowledge about wireless radiation. Especially when that knowledge of wireless radiation from electronic devices that communicate wirelessly have already been proven that it destroys human DNA, destroys female mitochondria, produces cancers, produces leukemia, and many, many other medical conditions to list on just one page.
5. Establish support groups to help those who are suffering from Microwave Sickness and provide disability payments to all who have Electromagnetic Hypersensitivity (EHS), Microwave Sickness, Electromagnetic Frequency (EMF) sufferers including those who have been denied disabilities to these epidemic ailments. This should also be extended to Multiple Chemical Sensitivity (MCS) sufferers as well for in some cases one created the other ailment. For science continues to exponentially prove that all these conditions exist and are rapidly growing.
6. Demand employers to make their places of employment actual Equal Opportunity Employer (EOE) for everyone. Right now employers in this nation are not EOE by definition for they fail to have safe working environments for people with Microwave Sickness. Employers bring in wireless devices sacrificing quality and health of their workers. If people are not healthy to be able to work then America will never be on top in this new worldwide economy. There needs to be new standards that prohibit employers from discriminating against people with Microwave Sickness and EHS. The progress of this nation's businesses lie with a healthy work force.
7. Establish the demand for safe technology that does not destroy life but helps promote and sustain life. Provide funding that helps engineers and developers to build these technologies. One way to provide funds will be through fines given to companies that do not provide "safe, clean, and healthy" technology. Safe and clean for the environment by not putting toxins into it like wireless radiation, and sustains people's health and doesn't destroy human life.

8. Provide absolute quiet zones in all 50 states for people to live that are sensitive and are not able to live with technology. These quiet zones need to be set up so they have areas that are free from wireless radiation from electronic devices that communicate wirelessly this includes but not limited to global Wi-Fi, Satellite Wi-Fi, Wi-Fi, Mi-Fi, Cell Towers, Cell Phones, Bluetooth, Smart meters, etc...
9. Last proposal I ask is that US and State congress men and women sit down with a handful of us who suffer from this with your electronic devices turned off and listen to our stories. The stories from all of us that cannot come out of our neck of the woods to fight because we cannot due to all the electronic devices that communicate wirelessly. I without a shadow of a doubt believe that every news outlet across this nation has an individual or a group of people tucked away who suffer from this within the range of their over the air broadcast system. I would talk to any politician, doctor, or the media who is going to listen to my story and tell the story as it is and not doctor it up to please the big corporations or hide the truth. But I would want to challenge doctors, the media, and politicians to this proposal, for I know in America there is at least one person who suffers from wireless radiation in every state who lives secluded due to their sensitivities to the world around them through this new global epidemic.

In conclusion keep in mind this new global epidemic may not be affecting your daily life right now. Regardless, people need safety measures to help prevent this new global epidemic, Microwave Sickness and doctors need to treat wireless radiation into every single patient they help for wireless radiation works on the same concept as a drug. Would a doctor prescribe you two drugs that don't work with each other which will kill you? I would hope not so why are they prescribing drugs and vaccines now without any concern about wireless radiation. I am a human being, a United States citizen, an active registered voter, and I want my voice and many others in this great country of ours who suffer from the same illness and more from manmade radiation to be heard and our lives as well as future generations' lives to be safe and free from manmade radiation at all levels.

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