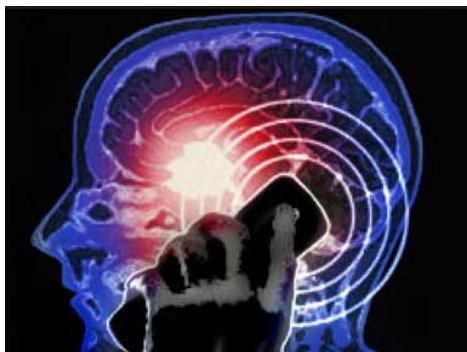


# Is Wireless Radiation A Health Hazard?

Compiled by Lisa Swarbrick of [SomaFitWellness.com](http://SomaFitWellness.com) for YOU, (friend, client, seeker & health advocate).

## OVERVIEW & BACKSTORY

We are bioelectric beings. Our brain is electrically conductive, our heart is electric, all our body cells communicate with electrical impulses therefore every single bodily process will be affected by radiofrequency microwave electromagnetic radiation. Big Tobacco lied about cigarettes and Big Telecom is lying about the safety of wireless tech, it's what industry does and we are smarter than that now. They will tell you there are no studies to prove it. This is simply false. Thousands of studies show the Electrosmog around us is undermining our health. Electrosmog is the biggest change in our environment.



About Wireless Technology  
Radiation- “This is the  
biggest health crisis of our  
time.”

*-Dr. Dietrich Klinghardt*

The [US gov't has known since the 1950's](#) of the ill effects of electromagnetic fields and radiofrequency radiation (EMF, EMR). It used to be known as radar-man's disease and they began to study the health hazards and found it negatively affects every system in the body. So they began to see this as a major use for offensive and defensive warfare. Yet the industry will tell you there is no biological interaction. Industry will always tell you their products are safe. Profit over people. They populate & poison the pool of evidence with their own fraudulent studies. They remove heads of organizations and plant their own people to oversee studies & media. I have colleagues who are attorneys that are fighting & exposing this.

The FCC itself is supposed to protect us, yet their last 3 CEOs and execs are ex Verizon & other wireless staff - the FCC is basically in racketeering mode. [There is actually a book on this](#) and currently the [US conference of mayors](#) and many [cities/counties/municipalities](#) are suing the FCC over the fact they've taken away the rights of local municipalities to even have any say in where wireless companies put their infrastructure (towers). Essentially, the FCC gave all power to the industry. In fact, the 1996 Telecom Act took away your right to protest wireless infrastructure based on any health or environmental effects.

[Watch Tom Wheeler](#), then CEO of the FCC state that they don't have time to wait for the standards and regulations when there are billions of dollars at stake, and stay out of the way of technological development. ([In this video](#) you can also hear one of our colleagues, Kevin Mottus, ask him questions about health effects and he ignores him and chooses to speak to the next person.) [This is their behavior](#). Outright denial of health effects that are staring them in the face. Wireless companies and their lobbying money own the congress and legislature. No one is there to look after the health interests of the public. Let me repeat, profit over people. And for those of us who love our tech, it's an inconvenient truth.

There are thousands and thousands of studies worldwide showing biological damage. Industry should have to prove it's safe. Insurance companies refuse to cover wireless harms. That's a red flag. Most of your

devices will have small print that says you shouldn't touch or hold the device against your body. Why are they able to say that when the actual use of the device requires it to be used that way? Something is amiss. We are all figuring it out. And those of us, about 1/3 or 35% of the population are the canaries in the coalmine who can actually FEEL this microwave pulsed radiation. I am one of those people and I can assure you I did not ever want to say that or experience this but I know with 100% certainty I get sick from wireless radiation. Those of us who are sensitive are NOT the only ones who will be. We are the FIRST LINE, the canaries, warning of the biological interaction and I can assure you we had other things to do with our life plans. However, WE ARE THE EVIDENCE. This is also the name of the international advocacy group I now belong to bringing scientists, professors, doctors, attorneys, celebrities and everyday people together with scientific evidence and empirical evidence to meet with senators, attorney generals and lawmakers to slow this process down and call for safer tech.

<http://www.WeAreTheEvidence.org>

## THE EVIDENCE- US ARMY, NAVY & US JOINT PUBLICATIONS

Let's start with the evidence from the US Navy, The US Air Force and translations from Russian and worldwide studies. These are complete eye openers and they didn't even have 4G, 5G or full wifi yet. The ElectroSmog soup we live in now cannot even be studied cumulatively but common sense dictates the result is not healthy once you add it all up. It is the biggest change in our environment in the last 25 years. They have known since the 1930's that nonionizing radiation interacts with human biology. In one document it outlines harm to every system in our body. It's overwhelming to look at this and the monumental amount of other evidence out there. Stop listening to the wireless industry's claims that it's safe. Big Tobacco lied about cigarettes and we are being lied to about the wireless technology we know and love. We need to practice wireless hygiene and educate ourselves.

**1994 Griffiss Air Force Base, NY Surveillance & Photonics Directorate at Roma Laboratory, Rome, NY**

**"Radiofrequency Microwave Radiation Biological Effects and Safety Standards Review"**

<http://www.dtic.mil/docs/citations/ADA282886>

**CIA 2012 Declassified Document from 1977 (shows studies from the 1950's onward)**

**"Translations of USSR Science & Technology Biomedical Sciences Effects of Nonionizing Electromagnetic Radiation" US Joint Publications Research Service**

<https://www.cia.gov/library/readingroom/document/cia-rdp88b01125r000300120005-6>

**1972 Naval Medical Research Institute, Maryland**

**"Clinical Manifestations attributed to Microwave & Radio Frequency Radiation"**

[http://www.magdahavas.com/wp-content/uploads/2011/06/Glaser\\_1972\\_shortened.pdf](http://www.magdahavas.com/wp-content/uploads/2011/06/Glaser_1972_shortened.pdf)

**"Putting it bluntly mobile phones are damaging the living cells in our bodies and killing many of us prematurely... We have created something that is harming us, and it is getting out of control."**

*-Dr. Martin Blank Cellular BioPhysics*



## MAIN DATABASES OF EMF EVIDENCE

There are two main databases for EMF (Electromagnetic Fields) studies. [EMF Portal](#) or the [ORSAA Database \(Oceania Radiofrequency Scientific Advisory Association\)](#). It lists every study ever published showing positive or negative effects and also classifies it by who funded the studies. It is here it becomes clear where the special interests in populating the studies with misinformation starts from. You can also do searches for new info quickly as it comes out here- search [PubMed](#). Dr. Joel Moskowitz of the University of Berkely has put together a massive database and also his interpretations of the evidence. Find his info here- <https://www.saferemr.com>.

The top main findings (TIP of the iceberg) that microwave radiation does-

- [breaks the blood brain barrier](#) (extremely damaging to health of the brain and body, leaky gut barrier follows, of which either of these undermines health dramatically)  
<http://slowdigital.com/2017/12/07/allan-frey-a-pioneer-of-radiation-research/https://pdfs.semanticscholar.org/f351/cfdb01a591e5bd45382f1de46ec52ac16a0b.pdf>
- creates oxidative stress (this is the start of all disease processes and leads to DNA damage)  
<https://www.sciencedirect.com/science/article/pii/S0013935118302639>  
<https://www.ncbi.nlm.nih.gov/pubmed/26520617>
- creates DNA damage (that gets passed on to children, we are mutating our genome)  
<https://www.ncbi.nlm.nih.gov/pubmed/7677797>  
<https://www.saferemr.com/2018/11/NTP-final-reports31.html>
- is 100% implicated in multiple types of cancers listed in the NTP study  
<https://ntp.niehs.nih.gov/results/areas/cellphones/index.html>  
<https://www.emf-portal.org/en/site-search/results?query=wireless+radiation+cancers&languageIds%5B%5D=en>
- is disruptive to the brain/nervous system  
<https://mdsafetech.org/brain-and-nervous-system-effects/>  
<https://klinghardtinstitute.com/wp-content/uploads/2018/02/Electromagnetic-Radiation.pdf>

I have no doubt in my mind that at the present time, the greatest polluting element in the earth's environment is the proliferations of electromagnetic fields.

-Leo Praesen



NOTE- I have selected only a couple studies in each case for quick reference, please search the main databases below. There are countless papers on harm to every system in the body not just those listed above. Countries all over the world are changing their wireless attitudes for schools, for policy and laws. [A tribunal just ordered the Italian gov't to start an information campaign](#) about possible health risks. Reports will always carefully say “possible” health risks. They are trying to make their advertisers happy (the wireless industry). [Parents For Safe Technology](#) monitors global awareness campaigns, “Switzerland, Italy, France, Austria, Luxembourg, Bulgaria, Poland, Hungary, Israel, Russia and China have set RF exposure limits *100 to 10,000 times less than* the USA.” Think about it.

Two 2018 special investigation articles- [The Nation's article](#) by two of their investigative health journalists. [This article from The Epoch Times](#), discusses the “worldwide pan-epidemic” the coming of 5G infrastructure is bound to create when millions of small cell towers are outside our windows.

## SPIN VS FACT

The 30 million dollar study done by the National Toxicology Program at the National Institute of Environmental Health first published CLEAR EVIDENCE in 2016. Due to massive pushback and pressure from the wireless industry they forced the NTP NIEHS study to go under the review of an 11 expert panel. In March of 2018 there was a hearing from this 11 expert review panel in North Carolina, our colleague Kevin Mottus was there and describes how the wireless industry was there heavily lobbying for their interests and shockingly so was the FDA who was lobbying that it relates to rat studies and has nothing to do with humans (despite rats and mice being accepted as standard for every other study out there). Nov. 1, 2018 the panel published their results in concurrence with the fact that there is CLEAR EVIDENCE of DNA damage, oxidative stress and multiple cancers on the top of the list. The FDA immediately downplayed this. It's important to look at how the industry “spins” studies and dismisses and minimizes. Dr. Joel Moskowitz (University of Berkeley) put together a quick reference guide to this-

<https://drive.google.com/file/d/0B14R6QNkmaXuUmZtWE5oQ0tBUG8/view>

## KEY VIDEOS TO START WATCHING

- My colleague, attorney Dafna Tachover, Founder of [www.WeAreTheEvidence.org](http://www.WeAreTheEvidence.org) testifies against 5G with Senator Patrick Colbeck, Professor Paul Heroux and Dr. James Ziobron- <https://youtu.be/e6JMjyXre3U>
- Professor Martin Pall speaks about how EMFs cause biological harm. <https://youtu.be/Pjt0iJThPU0>
- Dr. Paul Heroux discusses the NTP NIH study- [https://www.youtube.com/watch?v=j\\_JAxX30biU&t=1s](https://www.youtube.com/watch?v=j_JAxX30biU&t=1s)
- Dr. Paul Heroux hammers testimony about the dangers of wireless- <https://youtu.be/qvw0YnLdzps>
- Dr. Jack Kruse explains in detail his view on how [5G wireless will further damage our cells and health](#).

Many videos can be found by the expert Dr. Olle Johannsen- <https://youtu.be/1VWDHvIsGqo>

- Watch Rick Sanchez discuss 5G with Michele Greenstein- [https://youtu.be/H\\_f9gpg4t6c](https://youtu.be/H_f9gpg4t6c)
- Dr. Devra Davis- The Truth About Mobile Phones and Cancer <https://youtu.be/BwyDCHf5iCY>
- Dr. Sharon Goldberg testifies against 5G- <https://youtu.be/CK0AliMe-KA>
- TedX talk with Jeremy Johnson “Wireless Wake Up Call” - <https://youtu.be/FONEaPTu9oI>

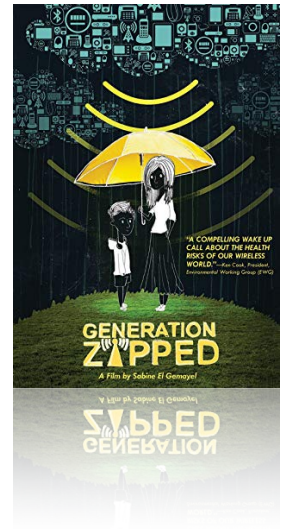
...there are [countless more testimonies](#) all over the world coming out nearly every day by scientists, senators, professors, doctors, advocacy groups etc.. whistle blowing. [Have the conversation](#).



## MOVIES

GENERATION ZAPPED is a must watch 2018 movie that looks at the illnesses in the young people today from screen time, blue screen, digital addiction to wireless radiation poisoning. It doesn't even go too in depth as to not overwhelm. But it is a very powerful presentation. This movie is being shown in concerned communities.

Trailer- <https://youtu.be/h7R4gKs8Vil>  
<https://generationzapped.com/>



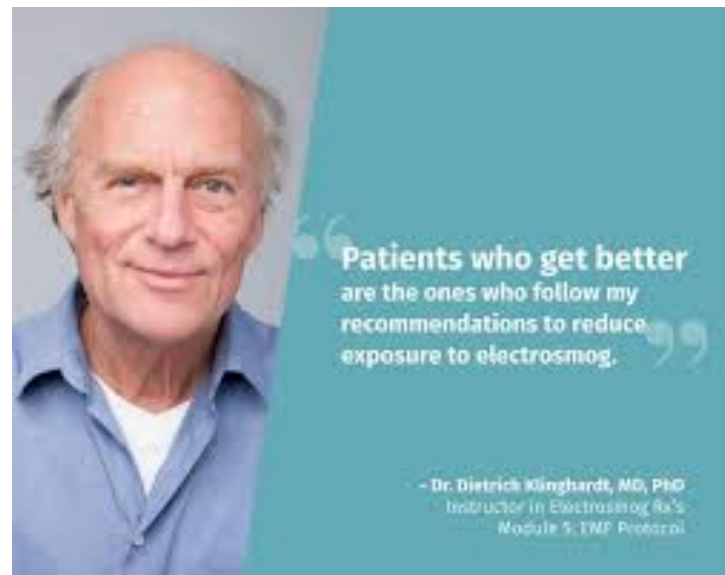
## SYMPTOMOLOGY

*Please see sidebar for a downloadable PDF by doctors for doctors & health practitioners about how wireless radiation (EMFs) are affecting people. Some effects are immediate upon touching devices, others like sunburns and microwaves that keep on cooking, build up and are cumulative, other symptoms are from the collective electrosmog in our environment.*

Summary of effects are not limited to-

- burning, buzzing, tingling when using devices
- tinnitus & pain or pressure in the ears & head
- pain, pressure, discomfort in areas near device
- anxiety & depression, nervous system ailments
- memory, concentration & cognitive dysfunction
- insomnia & sleep disturbances
- nosebleeds & headaches, vision disturbances
- dizziness, loss of coordination, even blackouts
- neuromuscular dysfunction, aches & pains
- histamine responses and skin irritations
- several types of cancers
- oxidative stress, free radical damage, DNA damage
- broken blood brain barrier, leads to leaky gut also
- ADD/ADHD, behavioural issues in children
- Autism links & can make it worse
- digestive disturbances, blood sugar issues
- heart palpitations, cardiac arrest
- worsening of other underlying conditions

[Click here for Dr. Klinghardt & Nick Pineault's "HOW EMFs AFFECT YOUR PATIENTS" PDF.](#)



**I have no doubt in my mind that at the present time, the greatest polluting element in the earth's environment is the proliferations of electromagnetic fields.**

*-Robert O. Becker, M.D.*



## ACTION PLAN START-

Did you know that the 1996 Telecom Act already took away YOUR RIGHT to fight a cell tower anywhere based on health or environmental effects? That's right, communities and groups who have attempted to fight this have even been sued by the Wireless Industry, there are dozens of lawsuits all over the US right now where municipalities are being sued by the Wireless companies, just for addressing health issues.

This is why we know they are NOT acting in our interest, starting with taking away our most basic right to even fight against technology based on health reasons. [Smart Meters are especially toxic](#), yet some states do not even allow opt outs. However, New Mexico has completely outlawed Smart Meters after We Are The Evidence's Dafna Tachover had a part in educating and convincing the state's law and policy makers. We Are The Evidence are always looking for people to hold local lectures to awaken communities, assist with connecting people and for donations to continue their important work. [www.WeAreTheEvidence.org](http://www.WeAreTheEvidence.org)

It's wise to buy yourself a meter that can measure RF but also magnetic and electric fields. The studies show all of these have hazardous effects on human biology.

**Small purchase-** Purchase an RF meter to assure safety for you and your family, to avoid sleeping in high RF fields. Recommended- [https://www.amazon.com/Cornet-ED-88TPlus-EMF-Detector-100MHz/dp/B01LFXEQNW/ref=sr\\_1\\_1?ie=UTF8&qid=1547260958&sr=8-1&keywords=cornet+ed88tplus](https://www.amazon.com/Cornet-ED-88TPlus-EMF-Detector-100MHz/dp/B01LFXEQNW/ref=sr_1_1?ie=UTF8&qid=1547260958&sr=8-1&keywords=cornet+ed88tplus)

**Medium purchase-** Buy an RF meter **that also measures magnetic and electric fields**. The only one is the brand new [tri-field meter](#) (the old one wasn't very effective for RF). [https://www.amazon.com/TriField-EMF-Meter-Model-TF2/dp/B078T2R64C/ref=sr\\_1\\_1\\_sspa?ie=UTF8&qid=1547261107&sr=8-1-spons&keywords=trifield+tf2+emf+meter&psc=1](https://www.amazon.com/TriField-EMF-Meter-Model-TF2/dp/B078T2R64C/ref=sr_1_1_sspa?ie=UTF8&qid=1547261107&sr=8-1-spons&keywords=trifield+tf2+emf+meter&psc=1)

I own an Acoustimeter for testing RF radiation (\$400) AND an older Tri-Field meter that only does magnetic and electric fields (because you do not want to sleep in a high magnetic field either and today's appliances and dirty electricity make knowing this another asset for your health). The [new Trifield TF2](#) does everything for RF, Magnetic and Electric fields so you can ascertain if your environment is safe.



# TOP TEN ACTION PLAN STARTERS

**...get started on this top 10 and continue to research the deeper websites listed below.**

1- Unplug wifi at night. It's always blasting microwave radiation and you don't need it while you sleep when your body is trying to rest and repair. Purchase an EMF meter, you will be alarmed! [Search on YouTube as well.](#)

2- Access the internet at home via a wired ethernet connection. [WiFi is not the only way to connect.](#) You will have to call your provider to turn off the wireless frequencies on your router & some providers are no longer letting you do this. But if you must have both, there is an [Eco-Router](#) with lower radiation with an on/off button.

3- Check with your service provider and have them turn down the power on your router so it isn't blasting you at 10mW of microwave radiation at all times, because it should cover your whole house even at 1mW or LESS! If you have the 2.4GHz and 5GHZ signals, and you're not using the 5GHz, have the service company turn that frequency off. Some new routers add a 3rd frequency, 60GHz, disable this too.

4- Never sleep with your iPhone. Turn it to airplane mode at night. The alarm will still work. Try to limit the amount of surfing on your phone, the [microwave radiation that comes off them is actually really high](#) for the amount of constant use, and they are always held so close to our organs! Never put your phone to your ear, do not keep it in pockets or on your person. Your smart phone manual will even tell to keep it away from contact with your body. You can also get an ethernet phone adapter so you can use most functions on it, wired at home.

5- Refuse to buy or use 'smart' devices. And discourage those you know from doing so. Every "smart" washer, dryer, TV, toaster, printer or plant waterer is constantly communicating to the Internet of Things onto the 5G network and smart meter creating a toxic wireless radiation environment for you and your family. Opt out or refuse the "smart" meter being put on your house. This is different by state. [Smart meters emit microwave radiation constantly](#), not like they say only a few times a day. This is measurable!

6- Use EMF meters to measure, mark and avoid hotspots to lessen your toxic load. [Once you have an RF meter and can see and hear this radiation](#), you begin to understand why you don't feel well in certain environments and better in others. This meter will help keep you safe by providing info to help you find a safer house, apartment, business, child's school choice, etc.... you will discover, moving to the country is best!

7- [Understand EMFs and their behaviors, educate yourself, do your own research.](#) Just remember that pretty much the only studies that will tell you it's safe are from the industry. We are smarter than that now!

8- Buy a home [EarthCalm](#) system that will raise the levels of the earth's magnetic field Schumann frequency that our cell's and brainwaves sync to. Your nervous system wants to regulate to this natural frequency instead of man-made electromagnetic and radio frequency microwave radiation signals. I personally use an Earth Calm system and in experiments with friends, I can tell 100% of the time whether it is plugged in. But the best thing is to actually turn off your wifi, use ethernet and limit use of wireless devices. Make a healthy home sanctuary.

9- Whenever possible, limit your exposure to the emitting devices you use such as wifi routers, tablets, ipads, Bluetooth speakers, smart printers, cell phones: use a headset or speaker mode while talking on a cellphone, it at least lessens your radiation, try to talk through the computer on Skype, Facebook video/audio, Facetime etc...

10- Educate and communicate with people about this issue. [I agree with Dr. Klinghardt, it is the biggest health crisis facing humanity today.](#) Visit any of the sites below and more! Enter EMF into your Google and Facebook search page and see countless pages devoted to education and asking for safer technology.

Below is a link to SomaFit Wellness and our Healthy Home Harmonizing page with more resources and even a PDF doc for your doctors and health care practitioners about how to recognize when symptoms begin to start. Created by investigative health journalist Nick Pineault in conjunction with Dr. Klinghart's Institute.

<http://somafitwellness.com/healthy-home-harmonizing/>

## OTHER WEBSITES AND RESOURCES-

Resources-

Just reading the names of these sites should be an education beginning.

<https://wearetheevidence.org/>

<https://emfscientist.org/>

<https://www.saferemr.com/>

<https://whatis5g.info/>

<https://mdsafetech.org/>

<https://www.emf-portal.org/en>

<https://microwavenews.com/>

<https://www.5gappeal.eu/>

<http://scientists4wiredtech.com/>

<https://centerforsafewireless.us/web/main/>

<https://ehtrust.org>

<http://www.bioinitiative.org/>

<http://www.parentsforsafetechnology.org>

<https://inpowermovement.com/>

<https://generationzapped.com/>

<http://manhattanneighbors.org/>

<https://www.emfwarriors.com/>

## Are your symptoms caused by your wireless devices?

### Common symptoms of Microwave Sickness/Electro-Sensitivity

#### Brain

Headaches  
Insomnia/Sleep Problems  
Dizziness  
Difficulty Concentrating  
Memory Problems  
Brain Fog  
Fatigue

#### Ears

Tinnitus  
Humming  
Sharp Pain  
Noise Sensitivity

#### Skin

Skin Rash  
Itching  
Burning  
Facial Flushing

#### Mood

Irritability  
Depression

#### Eye

Pressure In/Behind Eyes  
Eye Twitching  
Deteriorating Vision  
Vision Disturbances  
Cataract

#### Heart

Palpitations  
Arrhythmia  
Chest Pain/Pressure  
Difficulty Breathing  
Low/High Blood Pressure

#### Other

Adrenal Problems  
Digestive Problems  
Weight Loss/Gain  
Tingling  
Dehydration  
Hair Loss  
Flu Like Symptoms

More information at  
[www.WeAreTheEvidence.org](http://www.WeAreTheEvidence.org)



Microwave Sickness is likely the most immediate and widespread manifestation of the adverse health effects from radiation emitted from wireless devices and infrastructure. At least 10% of the population has already developed symptoms. The rates are likely higher.



## OTHER WEBSITES AND RESOURCES-

EMF Warriors

<https://m.facebook.com/groups/435524353449853>

<http://thepeoplesinitiative.org/>

<http://mystreetmychoice.com/>

<https://www.electrosmogprevention.org/>

<http://www.ehs-mcs.org/en/>

<http://www.justproveit.net/>

<http://www.magdahavas.com/>

<http://www.cellphonetaskforce.org/>

<http://smartmetereducationnetwork.com/>

<http://www.wifiinschools.org.uk/>

<https://www.safespaceprotection.com/news-and-info/emfs-from-home-appliances/>

[http://www.theecologist.org/News/news\\_analysis/2988266/wireless\\_pollution\\_out\\_of\\_control\\_as\\_corporate\\_race\\_for\\_5g\\_gears\\_up.html](http://www.theecologist.org/News/news_analysis/2988266/wireless_pollution_out_of_control_as_corporate_race_for_5g_gears_up.html)

Institute Of Building Biology and Ecology

<http://hbelc.org/>

<http://www.powerwatch.org.uk/>

<http://www.emrpolicy.org/>

<https://www.emfanalysis.com/emf-refugee/>

<http://sammilham.com/>

<http://www.emfrelief.com/worst-offenders.html>

<https://www.emfacts.com/>

Canadians for Safe Technology

<http://c4st.org/>

<https://ssita.org.uk/>

**Know Your Exposure**



**The BabySafe Project**  
[www.BabySafeProject.org](http://www.BabySafeProject.org)



## OTHER WEBSITES AND RESOURCES-

<http://lucysanford.com/>

<http://www.electricsense.com/>

<https://emfcommunity.com/>

<http://www.trueemfsolutions.com/>

<https://www.emf-experts.com/>

<https://anhinternational.org/campaign/electro-magnetic-radiation-emr/#Tips>

[http://www.kawarthasafetechnology.org/uploads/1/0/0/8/10084439/friesen\\_update\\_scientific\\_literature\\_rsc\\_expert\\_panel\\_rev\\_draft\\_safety\\_code\\_6\\_201326jan2014.pdf](http://www.kawarthasafetechnology.org/uploads/1/0/0/8/10084439/friesen_update_scientific_literature_rsc_expert_panel_rev_draft_safety_code_6_201326jan2014.pdf)

<http://www.stetzerelectric.com/category/research/>

<http://www.klinghardtacademy.com/>

<http://electromagneticsafeplanet.com/>

<http://www.es-uk.info/about/andrewt.html>

<http://www.earthcalm.com/>

<http://www.electrosensitivity.co/dirty-electricity.html>

<http://www.emfsa.co.za/projects-initiatives/irradiated-excellent-resource/>

<http://electricalpollution.com/>

<https://lessemf.com/>

<https://www.emfanalysis.com/>

<http://slt.co/>

<Http://emfsolutions.com>

<http://emf-detector.org>

<Http://www.electromagnetichealth.org>

<http://www.electroplague.com>

<http://www.radiationrefugee.com>



## OTHER WEBSITES AND RESOURCES-

<https://ukradiation.co.uk/>

<http://www.stayonthetruth.com>

American Academy of Environmental Medicine

<https://www.aemonline.org>

For a list of advocates for safer technology and concerns over man made EMFs, in countries from Namibia, Slovenia, France, New Zealand, Denmark, and many more-

<http://www.iemfa.org/emf-scientist-appeal-to-the-united-nations/>

<https://smartgridawareness.org/2017/04/09/dr-milham-testifies-smart-meters-public-health-hazard/>

Bioelectromagnetics Society

<https://www.bems.org/>

[www.emfclothing.com](http://www.emfclothing.com)

[www.emfblues.com](http://www.emfblues.com)

<http://www.emfields-solutions.com>

<http://www.halexandria.org/dward077.htm>

California Alliance For Safer Technology

<http://www.ca4safertech.com/>

**HEAD** aches, migraines, pressure  
**SLEEP** difficulties, insomnia  
**HEART** racing or irregular  
**FATIGUE** (extreme)  
**EARS** ringing, tinnitus  
**DIZZINESS**, vertigo  
**SKIN** rash, tingling/burning sensation  
**NAUSEA**, vomiting  
**BLOOD SUGAR** fluctuations  
**NOSE** dry or bleeds (*esp. children*)  
**FLUSHED** face or skin (*red or warm*)  
**THIRST** excessive, dehydration  
**MOUTH** tooth pain, bleeding gums  
**MEMORY** loss, confusion  
**CONCENTRATION** difficulties

## electroSENSITIVITY (EHS) reported symptoms

**ANXIETY**, agitation, panic attacks  
**PAIN** in joints or muscles  
**DEPRESSION**, mood changes  
**VISION** disruptions  
**EYES** painful or dry  
**BREATHING** difficulties, shortness of breath, symptoms like asthma  
**SYMPTOMS EASILY CONFUSED** with fibromyalgia, chronic fatigue, IBS  
**OTHER SENSITIVITIES** (*esp. chemicals*)

[CitizensForSafeTechnology.org](http://CitizensForSafeTechnology.org)