



World EHS Day Symposium 2024 Speakers & Resources

Contact: Cece Doucette, Director, Massachusetts for Safe Technology, MA4SafeTech@gmail.com

00:05 – 05:18

Co-Host Cece Doucette: Welcome

Message from Massachusetts **Senator Julian Cyr:**

"S.155 and S.156 both address the potential harm of electromagnetic and radio frequency radiation by promoting consumer awareness of existing health warnings. The bills aim to allow consumers to make informed decisions around purchasing and using mobile phones and wireless devices, particularly regarding potential exposure risks for children. Given the ubiquity of these devices in our lives, we owe it to the residents of Massachusetts to explore any potential harm created by using these devices and to provide them with the best information possible to make informed decisions."

Massachusetts EMF Bills:

<https://sites.google.com/site/understandingemfs/massachusetts-emf-bills-2023-24?authuser=0>

05:19 – 09:31

Co-Hosts Courtney and Amelia Gilardi

A Good evening, welcome to Global EHS Day 2024. My name is Amelia, and my name is Courtney, and we were part of the 17 plus people injured by the cell tower that started transmitting at the top of our street nearly four years ago this summer.

C We want to thank you so much for taking the time out of your busy schedules to be here tonight honoring the voices of those with the invisible illness of electrosensitivity and making our stories, our lives and our asks for safe housing and policy change and protection, visible.

A We could not do this vital work without each of you. First, I want to thank the ones courageous and brave enough to publicly share your electrosensitivity stories. Second, I want to thank our safe tech communities which are forming cohorts and coalitions across the country and are working together with doctors, engineers, physicists, and other subject matter experts to share information, but to also to share wins, build on each other's successes, inspire each other to advocate for the civil rights of those with EHS and to raise awareness of what we all can do at every level of government from grassroots to congress to grow awareness and make positive change. Third, I want to thank our allies, those not injured, but who are standing in solidarity with the science, the sick, displaced and injured. It takes each of us, all working together, to do this vital and lifesaving work.

C We are honored to join countries such as France, Italy, Germany, England, Ireland, Australia, New Zealand, South America, South Africa, Canada and so many others in acknowledging the health epidemic caused by the increasing levels of radio frequency radiation and electromagnetic fields from all sources creating health issues like EHS and exacerbating existing ones.

A This fall, I read the story of Maria August, who took her life because she was electrosensitive and could not find a safe place with low RF readings in which to recover. Maria did not want her death to be in vain- she asked three things from each of us;

1. Learn the truth about electro sensitivity and the harms of smart meters and cell towers
2. Learn how to protect yourselves through using safe technology and implementing policies to keep harmful infrastructure off of and away from homes, schools and sensitive areas – and –
3. To create safe housing opportunities for those with EHS.

C Maria's wish was that her death would usher in a new era in which EHS is taken seriously, diagnosed correctly, treated immediately, and prevented widely. The recent Yale Symposium on RF and Pittsfield's Mayor issuing a Proclamation recognizing Electromagnetic Sensitivity Day are all steps in the right direction.

A May the actions we take and the awareness we create on Global EHS Day and each and every day of the year honor Maria and all those who suffer. **May her memory inspire us to take relentless positive action to create change so that no more lives are lost through the shame, stigma or ignorance of this environmentally induced illness.**

C To honor Maria's life and legacy, and all of the empty chairs representing those who cannot participate in society because of their EHS, and our work towards a more compassionate and just world for those suffering, before our guests share their testimonies, I would like to invite the Reverend Jenny Gregg of Cathedral of the Beloved here in Pittsfield, Massachusetts to start our time together with a beautiful and inspiring prayer that she specifically wrote for our EHS community. Thank you, Reverend Gregg, for joining us tonight.

Pittsfield EHS Day Proclamation and Court Case: <https://us20.campaign-archive.com/?u=62f2cbcbd8eeef4c8fe3da281&id=bd734c73aa>

<https://www.facebook.com/pittsfieldcell>

Yale 2024 EMF Health Symposium <https://ehtrust.org/yale-2024-symposium/>

09:32 – 12:51

[Reverend Jenny Gregg](#)

The Rev. Jennifer Gregg, Cathedral of the Beloved, Pittsfield, MA; transcript to come.

12:52 - 15:55

[Shelley Wright](#)

I'm a **retired teacher** who became sick around all wireless devices emitting radio frequency radiation in the microwave frequency range.

In the absence of microwave signals, my microwave sickness disappears. Text messages create sharp, electrical shocks, with subsequent head pressure, and debilitating migraines the next day. Symptoms can take hours or days to disappear. My proximity to the device, signal strength and the duration of my exposure have an impact on the severity of my symptoms and recovery time.

Determined not to give up the job I loved, I jumped through exhausting and time-consuming political hoops to seek accommodations and reduce workplace barriers.

To survive a pervasive, toxic access point in my classroom I felt forced to teach my students in hallways or outdoors. I lost the freedom to circulate around the room. Teaching from the corner of the classroom was restrictive and marking near stairwells was distracting. I experienced loss of professional development, and reduced workplace advancement. I also experienced isolation and limited collaboration with colleagues.

I felt forced to take unpaid medical leave and short-term disability, to regain my health.

As the Founding Director of **Canadian Educators for Safe Technology (CE4ST)** I use the International Declaration on the Human Rights of the Digital Child, TechSafe Schools and Environmental Health Trust to raise public awareness on the EMF science and risks, as well as superior Safe Tech practices which protect all children and pregnant staff in schools and at home. CE4ST also promotes more protective cell tower setbacks and accommodations for students, teachers and staff who are medically or electromagnetically vulnerable or disabled by RF emissions.

Vulnerable, electromagnetically disabled people require RF reduced, accessible parks, beaches, trails, and campsites to heal.

Compassionate communities can provide Safe Tech public health policies, to create barrier-free RF-reduced, wired: schools, hospitals, grocery stores, community facilities and public transportation.

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

<https://www.facebook.com/CanadianEducatorsforSafeTechnology/about/>

15:56 – 21:11

Mikko Ahonen, PhD

My name is Dr. Mikko Ahonen and I am an **EMF research scientist in Finland**. I'd like to share for the general public typical errors in provocation studies and what kind of new sensitivity research is needed.

It is counterproductive to ask research subjects: "Did you feel the exposure", when for example the Wi-Fi router is switched on and off. Especially when several research subjects get symptoms with a delay.

If this kind provocation study would be done properly, research subjects would be pre-tested beforehand to know which frequency range and which technology they react at, as not all people react to all signals.

There are people who react to the microwave range of frequencies but do not react to low-level magnetic fields. And vice versa. To my knowledge, only professor William Rea's research team has done this pre-testing properly. Additionally, there should be a long flush-out period between exposures. All this was overlooked in (industry) funded "psychological" provocation studies from James Rubin & ICNIRP members.

Often also research facilities were not "clean", there were several chemical exposures. Human can react both chemicals and EMFs, even getting similar symptoms.

Instead of provocations studies and asking about "feelings", better use of research money would be to focus on bioindicators. Dr. Lebrecht von Klitzing with his colleagues has suggested to do simultaneous recordings of heart rate variability (HRV), microcirculation and electric skin potentials as classification of Electrical Hyper Sensitivity (EHS).

I personally have been involved in HRV-studies led by Dr Tarmo Koppel. In our studies we have identified one interesting, additional measurement item: DC magnetic fields and their anomalies which have an effect on the heart on some research subjects.

So, all relevant EMF field combinations (AC/DC magnetic fields with microwaves) should be understood. The latest promising research direction is blood and/or urine molecular biomarkers, developed by professors Belpomme and De Luca. These biomarkers tests can be even combined with well-made provocation studies.

(Since 2008 Dr. Ahonen has studied bioelectromagnetics and published in Dr Lennart Hardell's research group. See <http://www.mikkoahonen.com>.)

References:

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21:12 – 23:33

Deb Chandler

Hello, my name is Deb and I'm from **Massachusetts**.

I have been using a smartphone since 2008. Years ago, a friend with **EHS** started asking me to shut off my phone when I was around her. As a result, I started noticing how much better I felt. But even though I continued to reduce my exposures, it was too late. My body had become sensitized. It has become CRYSTAL clear that EMFs are the cause of so many of my symptoms that I had blamed on my **chronic Lyme Disease**.

I'm a graphic designer by trade, but nowadays I can't do that work. Even using hard-wired Ethernet on my laptop, I get sick. I use Dirty Electric filters on my outlets, wear shielded clothing, shut off the modem at night and mostly keep my phone in Airplane mode, ESPECIALLY in my car.

When I go out for errands, I feel like I'm in a war zone. There's wi-fi everywhere, people irradiating themselves with their phones, earpods, smart watches, their electric cars. The levels of ambient radiation are through the roof.

I was forced out of my apartment in April. Now I am homeless, my housesit for a friend has come to an end. I have not found a place I can afford that has low EMFs. I still plan to create a tiny house village for us EHSers, but I need something for myself NOW.

The telecom industry is out of control. They are regulated by the FCC, a captured agency, run by industry insiders.

We EHSers are the canaries in the coalmine. Our numbers are rising daily. We are facing a public health crisis like that brought on by Big Tobacco. It took way too long for that industry to be reined in. Please believe us EHSers when we talk of our disabling symptoms, please educate and protect yourself now, and please support stricter regulations. You may feel fine today, but tomorrow it could be YOU who suddenly gets real sick.

Thank you. Together, we will prevail.

Harvard Captured Agency Report: http://ethics.harvard.edu/files/center-for-ethics/files/capturedagency_alster.pdf

23:34 – 26:15

[Laurie Wodin reading for Christine Daddario](#)

My name is Christine Daddario. I am 41 years old and live in **Massachusetts**. I am what they call “**electro-sensitive**,” which I believe is a misnomer. It should really be called Electromagnetically injured, or EMI because how can anyone not be sensitive to a toxin? That is like saying “cyanide-sensitive” or “fire-sensitive.”

It all started in 2011 when I got an iPhone. It would feel like I had the flu every time I used it. Fast forward to 2021 after they installed wireless where I worked at United Way. Each day, I got sicker and sicker until I miscarried my first child. I had to leave my job because it was making me sick. I am still unable to work, go inside public buildings, people's homes, or even drive a car without a lightning bolt of a headache beginning with extreme pain that can last four days or more. I can't use a phone, screen or any electric appliance.

Knowing how to protect myself from injury now, I was able to have a baby successfully recently. I must be content to try making the best of what I can, being in nature fairly close by, taking walks, etc. But life is very lonely and isolated. I am losing my sense of agency and feel somehow less than human as I can't withstand what many other humans can. I am in survival mode most of the time and try to concentrate on the joy of my child rather than what my life has become.

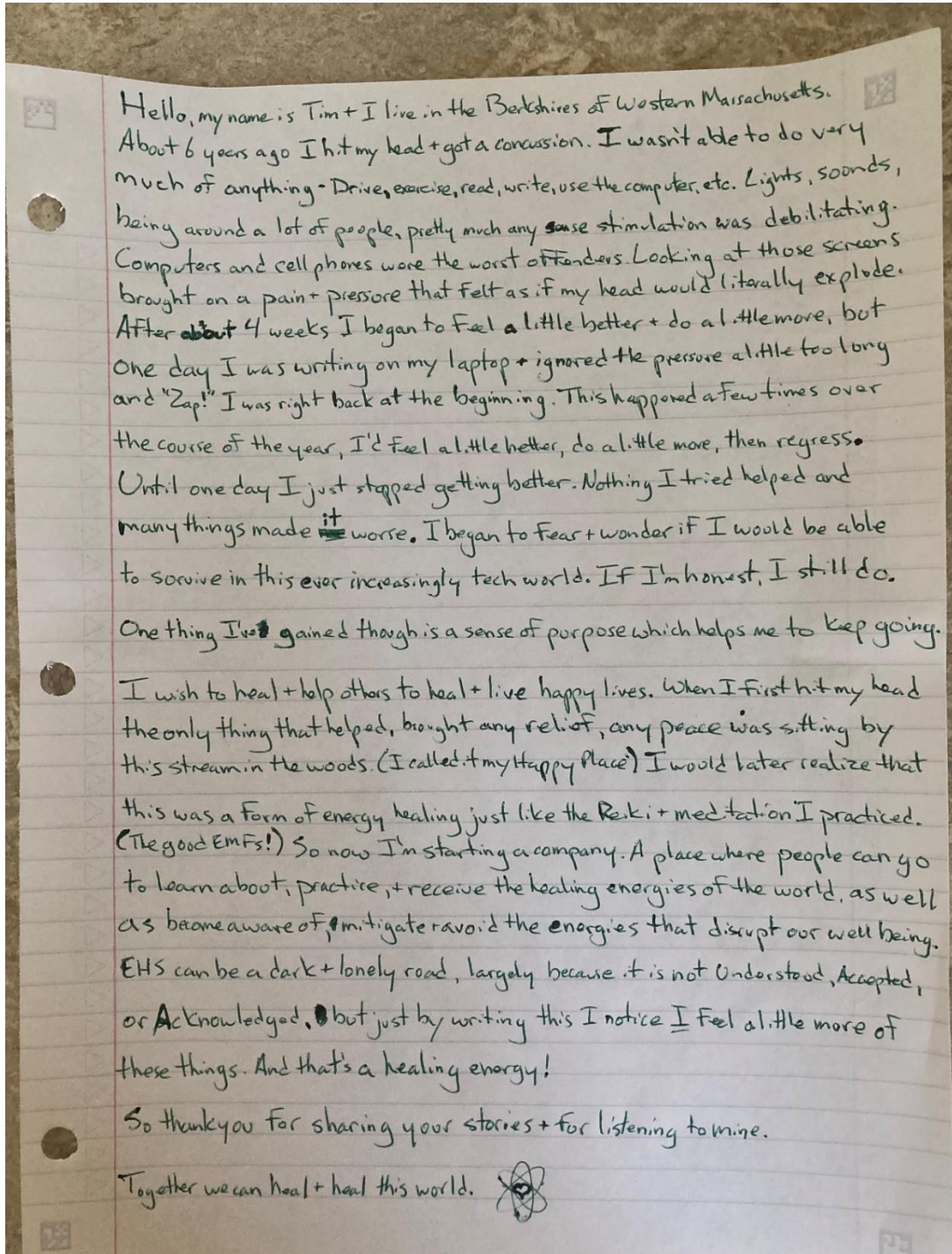
I try to heal but it is challenging as electricity and wireless radiation are so ubiquitous. It's frightening to think how much stronger it will get as it is added to every day.

Compounding this all is that I feel an outcast, after being a full participant in life and work all my life. I have always been an extremely healthy person, and without wireless radiation, I'd be living a normal working mother's life.

26:18 – 28:58

Tim Maurer

Tim is unable to use a computer due to his electromagnetic illness. Thank you providing your written statement below, Tim.



28:59 – 31:26

[Deb Hodgdon](#)

My name is Deb Hodgdon. I am co-founder of **NH for Safe Technology** and this is my unplanned journey over the past seven years.

In 2017, I was trying to safely come off blood thinners. I also had insomnia, tinnitus, heart arrhythmia, tooth and jaw pain, severe dry eye, facial flushing, dizziness and blood pressure issues. I had developed intense pressure headaches that felt like my brain was swollen or on fire. I had great difficulty thinking, speaking and remembering. I even got lost several times in the town I have lived in for nearly forty years. I did not yet know that it was all related, until we removed the wireless from our home and cars.

My health quickly improved. My seemingly unrelated symptoms disappeared as well.

Interestingly, the plant in my kitchen that sat there doing nothing for over a year, grew fifteen inches in just two months. That was an eye opener to everyone in the family. It is much easier to believe what you can actually see.

Realizing this is an issue that ultimately affects everyone, I stepped way out of my comfort zone, despite knowing others will certainly think I must be crazy. I held two public screenings of Generation Zapped and reached out to many, including legislators. My State Rep., Patrick Abrami was truly exceptional. He actually listened and responded by writing NH HB 522 with State Senator Tom Sherman as a bipartisan cosponsor. In 2019, NH HB522 became the first U.S. law addressing technology safety by establishing a commission to investigate the science.

The New Hampshire Commission on health and environmental effects of wireless technology produced a groundbreaking report in the fall of 2020 with fifteen recommendations. This report is a great place to become informed to empower you to protect yourself, your family and community by becoming aware and learning how to use technology safely.

<https://www.facebook.com/NHforSafeTech>

<https://www.gencourt.state.nh.us/statstudcomm/committees/1474/reports/5G%20final%20report.pdf>

31:27 – 34:33

[David DeHaas](#)

I am a Colon Hydrotherapist and Naturopathic Health Coach @ Living Waters Wellness Center in Boise, **Idaho** and President of Idahoans for Safe Technology.

As I went down the rabbit hole on EMF exposure I was aghast at how bad it really is. I have several clients who had symptoms that no one could identify the root cause. In every case there was a high degree of exposure to EMF's.

I have been involved in the Local Republican Party and wrote a resolution for the State Convention in 2020 to stop 5G. About 1/2 the group were supportive of properly legislating Cell Towers away from Homes and about 1/2 thought 5G would give them access to high-speed internet if they lived up in the mountains or way out in the country. Most were simply confused on what Any G meant for them and their families.

To bring awareness I began speaking at every local Republican Meeting. At one point I brought an EMF meter to the meeting. They had wi-fi on so it was pretty easy to show how much exposure was coming at them. Many asked after the meeting for me to measure their cell phone. I have a local radio program and invited Dr. Kent Chamberlin and Dr. Martin Pall to speak about EMF. One of those shows was heard by a local attorney. He reached out to us and said he could help.

We sat down with our local officials after the election in 2020 and started educating them on regulations and what was true about how they can use their local Land Use Policies to stop cell towers.

We went before our county commissioners many times to contest towers being located next to homes. The work paid off. We got one tower denied and it was never appealed. We currently have three towers stopped as they go thru litigation.

For all of these towers we started doing our own EMF measurements to show there was **no gap in coverage**. We got very precise on how we used our words and targeted the key points. We kept saying the same important points over and over showing how the Cell tower companies were being disingenuous with their data.

What we learned. **Show real data** on EMF using Meters. Cell tower companies show colored maps that have no data. It's easy to point out the Cellular guys are using smoke and mirrors to get their permits. Real Data stops that.

People don't like seeing their **homes' value decline** from a tower. We point that out as well.

We use meters and show the cause of harm by using the Court documents from the August 13th, 2021 decision that went against the FCC.

<http://www.livingwaterscleanse.com>

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

34:41 – 37:38

[Cece reading for Allison Teague](#)

My name is Allison Teague from **Vermont**. I am a former award-winning journalist, elite athlete in ski racing, and artist.

In 2005, I was exposed to a testing pulse from a new cell tower and for two weeks, both my dog and I experienced severe exhaustion and brain-fog. I worked at Dartmouth Hitchcock Medical Center, and no diagnosis could be found. I recovered but suddenly developed cataracts. My dog died 6 months later of cancer masses throughout his body.

I was again injured at my apartment in 2018. My brain was the fulcrum of two beams, one from wi-fi 5' away, the other from Smart meters 12' away, that burned a hole on my scalp and my hair came out in chunks. My tests were "normal", showing no heart attack or stroke. I poured through dedicated websites, read *THE INVISIBLE RAINBOW* by Arthur Firstenberg, and studied Dr. Zack Bush, among others.

It took two years of intense focus and mitigation to get to the point of being able to write as coherently as I've done here.

I moved away from the frequencies, and applying sound healing and dietary protocols, I could finally think clearly enough to realize the extent of my injury.

I currently live off-grid in a camper with dirty electricity. I have no hope of finding safe, affordable housing. Each day is a struggle to get up and keep going. I have no social activities, and feel marginalized and disenfranchised.

I have to leave supermarkets within 20 minutes. I cannot sit at a computer for longer than 30 minutes nor use a cell phone without both memory issues and exhaustion. I constantly experience tinnitus and skin prickles with exposure.

My advice is that wisdom is gained with knowledge: know your resources and use them. Thank you.

Arthur Firstenberg's *The Invisible Rainbow*: <https://cellphonetaskforce.org/#>

38:05 – 39:17

Barb Payne

I am Barbara Payne. I am a transcriber and proofreader.

Due to **EHS**, I experience pain, illness, isolation, and discrimination. In 2008, I began my volunteer advocacy alongside various organizations and experts — aiming for recognition, prevention, and recovery for everyone — as EHS can severely impact health, wellbeing, and quality-of-life. Since 2016, I also volunteer as President of not-for-profit Electromagnetic Pollution Illnesses Canada Foundation — that’s “E.P.I.C.” for short.

Success! EPIC modernizes awareness about why and how to prevent electrosmog. When I introduce myself and the topic in a brief sentence that includes the word “**MODERNIZE**,” usually the topic is not disregarded, plus usually I *am* accommodated — either fully or with genuine, respectful, best efforts — especially in business settings or at places that tend to accommodate disabled persons.

EPIC’s main campaign is “Practice safe tech and e-hygiene, for people and planet” because those everyday habits are as essential as Practice Safe Sex and any personal- or environmental-hygiene. To enable success, persons who have EHS, and their caregivers and supporters, need to know “practice safe tech and e-hygiene” habits.

For me, in personal situations I have the most success when I first mention it like this: “I’ve had an electromagnetic radiation injury; so wherever there’s electricity, electronics, or wireless signals, those can badly affect my heart, brain, muscles, and breathing.”

Thank you. Kindness and solutions matter.

TOP 5+2 e-HYGIENE super-smart HABITS: <https://iexistworld.org/top-5plus2-ehygiene-tips/>

Electromagnetic Pollution Illnesses Canada Foundation (EPIC): <https://iexistworld.org/>

40:19 – 42:46

[Roger Moller](#)

Hello, I'm Roger Moller from **Cambridge, U.K.**, a graduate engineer and I've been EHS for nearly 3 decades.

Without warning I became 'Electro-sensitive' but it took me 2 years to learn what it was called ... and a further 2 years to meet others who had also lost their tolerance to 'Electrosmog'.

There are many pre-disposing factors in my history, not least of which is that I've worked with telecoms and computers for nearly half a century. But it was sitting next to two FCT's, all day back in 1997 that determined the future direction of my life.

An FCT is a Fixed Cellular Terminal (also called a Premicell or Gateway and connects to a mobile network). FCTs are typically hidden in office buildings and, when attached to an in-house telephone system, provide enterprise-wide-cheap-or-free calls.

When, in 2008, neighbours turned on their new wireless router and within 24 hours I was forced to abandon my home of over 20 years and flee for my life with only what I could carry. On that occasion I was homeless for 3 months.

Man-made Electromagnetic Radiation has limited my opportunities and driven my choices for about half my life.

For the last 18 years, by carefully using what little tolerance I can accrue, I have worked as a Professional EMR Investigator at the sorts of levels known to affect the EHS.

But ... As with Gravity, we are all obliged to have an on-going relationship with 'Electrosmog'.

In some cases, shielding can be a temporary solution, but avoidance has stood the test of time.

My Advice?

- Deal with your Non-Elective exposure using meters, knowledge and shielding
- Address Elective Exposure by making informed choices
- Practice good Electrosmog Hygiene
- Budget your exposure and spend your tolerance to best effect

electricforester.blogspot.com

<https://electricforester.blogspot.com/2024/06/wireless-roadkill.html>

42:47 – 45:37

[Ken Gartner reading for George](#) (ex-military)

My name is George and I am an 87-year-old, ex-military microwave expert in **Australia**. I served in operational communications and taught microwaves for over 20 years. I know the dangers of non-ionised radiation.

When I retired in 1980, I was exposed to radiation from my neighbour's HAM radios and personal pre-cell phone equipment in their home and cars.

My wife insisted on having a cordless phone and I had no metre in those days to check the radiation.

I suffered from microwave illness, which was misdiagnosed as numerous idiopathic illnesses, cause unknown.

We moved to an island and my illness began to heal with no mobile phone technology. When we returned to the mainland my wife purchased a cell phone, and it felt like "ants running all over my body".

We later resettled in a retirement village and the radiation levels began to increase, from two cell towers to seven. Then a new tower was installed 600m away with 5G emitting 3.5GHz. The power and signal strength increased 100-fold.

In three years, five residents out of six died from brain cancer, and four of them lived on either side of our unit. The fifth was my wife. The new tower was the cause. After my wife's death, I painted our unit with shielding paint, covered windows in shielding fabric. I connected a corded landline and disabled all wireless. I reduced the radiation to 0.0002mW/m². I live 24/7 by myself with home care for cleaning and shopping. I can't go outside.

The most important thing, is to heal your myelin sheaths. Buy healthy food. Demyelination and mast cell activation releases histamine, causing inflammation, leading to oxidative stress and voltage gated calcium channel disruption, breaking down the cellular membrane. I took those steps, but 5G and old age, broke the camel's back.

Read George's full account here: <https://alpaca-chinchilla-x6xf.squarespace.com/s/George-Military-EHS-Biography.docx>

45:37 – 48:09

[Nancy Perlman](#)

I'm Nancy Perlman, a **holistic health coach**, supporting people with Electromagnetic Sensitivity to reclaim their health and get their life back. I live in **the U.S.** working virtually. I trained at the Institute for Integrative Nutrition and have done extensive training about the contributing factors leading to EMS, how to navigate the healing process using healing foods, supplements, detoxing, reduction in exposure, and releasing fears of EMFs.

I was one of those people. I became very ill with EMS six years ago. Within days of my wireless provider installing a new modem and booster in my home, a switch was turned on by my body, I couldn't turn off. These wireless devices were the straw that broke the camel's back. I was pushed into full blown EMS, though I didn't know it yet.

I was experiencing over 30 intolerable symptoms including sleeping an hour at a time, skin burning, headaches, heart palpitations, constant buzzing in my nervous system, difficulty swallowing, and an inability to participate in society or have peace in my home. I slept in my basement for two years to reduce my exposure at night to help me heal. I had underlying conditions weakening my immune system, including high levels of toxic heavy metals.

Does any of this sound like what you are dealing with?

After much research, I realized I had EMS. My doctor confirmed it.

EMFs, particularly radiation from wireless devices, haunted my existence. I thought God didn't want me here anymore. I prayed for answers to have peace again. I found answers and now I help others.

Find me at Nancy Perlman Health. I'm here to give you hope if you're dealing with EMS. There is a path back to health. Healing is possible.

Worldwide we must create living spaces with low EMFs to help enable healing. The FCC and legislators must finally set exposure levels that are protective of our health.

Email: nancy@nancyperlmanhealth.com

Website: www.nancyperlmanhealth.com

48:10 – 50:41

John and Anne Bunner

I am John Bunner. I was an Aviation Electronic Technician in the Navy where I studied and worked on RADAR, Radio and Infrared equipment, then worked as a Technician, Quality Engineer and Manager for over 20 years in the telephone industry. I worked another 10+ years in management on other electronic products.

My wife had brain surgery. After being seizure free for years, she began having multiple **seizures**. A friend asked if we had a **Smart Meter**. We checked and there was one on our bedroom wall. It was around 18” from my wife's head when she slept.

The power company stated that the meter only transmitted a few seconds a day. As an engineer, I checked for electromagnetic radiation with a meter. I found it was pulsing 24/7. These pulses were triggering her seizures.

My wife has to be constantly shielded from the waves because they will cause seizures. This includes Bluetooth, Wi-Fi, and Cellphone signals. With the internet of things, even my CPAP Bluetooth caused her to have a seizure.

So be vigilant, check for signals frequently - you can't see, smell, or hear them. We have relocated to Sugar Grove, West Virginia which is located in the **“Quiet Zone”**. This has reduced exposure to these signals.

My wife has to be constantly aware of these signals and constantly shielded. It is very hard.

Persons with epilepsy (especially children) need to be aware of these exposures.

If you have questions or comments, please email me at toomuchemr@gmail.com.

Naval Base for sale in Sugar Grove quiet zone: potential EHS community for investors? <https://www.cottonwood.com/listing/654196-133-hedrick-dr-sugar-grove-west-virginia-26815/>; YouTube videos: <https://www.youtube.com/watch?v=LVGWY580yBY>, <https://www.youtube.com/watch?v=ggtQIDqR9LY&t=4s&authuser=1>

50:42 – 53:58

August Brice

In the last few months, over a million people have watched the very moment I knew I had EHS.

My daughter recently found the video and I shared it on Instagram. It was Christmas Day 1991. We're opening presents. My husband proudly gifts my first cell phone. Very modern, a Motorola flip. As he shoots he encourages "Call your Mom!" Right on camera, as the phone connects I feel this lightning-like shock... The phone practically jumps out of my hand. I don't want to pick it back up- I'm tentative like it's gonna bite again.

I've researched and studied EMF ever since. As a trained journalist, I wanted to dig in and figure this out. What I found is that most people I told gave me that "puzzled puppy look."

What?

No.

The government allows companies to sell things that could potentially hurt people?

Truth is, cell phones and the digital devices that followed, were never tested as consumer products. Stunning. Startling. Absolutely true. Now billions of devices translate to unbridled exposure.

That means more and more people are discovering *they* can sense EMF's-they know they're impacted.

Actually, we're ALL being impacted, But with EHS they're "canaries in the coal mine" alerting the rest of mankind.

That's why I started Tech Wellness.

Now what I see is HOPE.

People nod their heads when they hear about my symptoms — 100's of women told me when they kill the wi-fi at night- the family sleeps better. Turning off wi-fi leads to turning off wireless on phones then laptops, then safe hard-wired connections. They tell friends, the school — then city council and there's a spark of understanding and change.

Meanwhile, I manage my symptoms. In 2008 I made a video saying distance is your friend- it's true - and a meter is your best friend- canopies, phone leashes and styluses are helpful - but what we need most is lower EMF-fortunately- change is in the air.

Instagram Post, Discovering EMF Sensitivity:

https://www.instagram.com/reel/CymVOzUAcUa/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Helpful Products for EMF:

Sleep Canopies: <https://techwellness.com/products/natural-swiss-shield-bed-emf-protection-box-canopy>

Leash: <https://techwellness.com/products/phone-leash-lanyard-to-carry-cellphone>

Meters: <https://techwellness.com/collections/emf-meters>

Stylus: <https://techwellness.com/collections/best-stylus>

53:59 – 57:22

Bryan Stearns, PhD

I'm Dr. Bryan Stearns, from **Missouri**. I used to casually think of any health dangers from EMFs as basically a conspiracy theory. My degree is in computer science (**artificial intelligence**), and I've also studied physics, psychology, and medicine on the side. So, I knew that in theory EMFs can affect the body. I'd just never heard reason to take it seriously.

Then I discovered I was sensitive, about four years ago, when, I was frustrated at an increasingly severe stretch of headaches, brain fog, insomnia, and I remembered hearing about EHS and I experimentally unplugged all the many smart home and Wi-Fi devices around my house. And the physical relief was instantaneous and extreme.

I've spent years now experimenting with myself, finding what does and doesn't cause what symptoms. My main symptoms are headaches. But also gut irritation, red spots on my skin, insomnia, restless leg, inability to focus, and blood sugar sensitivity.

I am a bit unusual in that my symptoms are exacerbated by a genetic disease I have that causes low blood phosphorous. When my phosphorous is low, my EHS is worse.

Now, admitting that one could have EHS can seem daunting, but learning about it has been such a gift from God to me. Now that I know, and have learned how to avoid EMFs, I can sleep again. I'm not in constant pain. I can eat normally without overloading my blood sugar or worrying about my gut.

Through my experiences some of my family members have found relief from milder EHS symptoms they've had as well. I suspect that very many of us are affected in ways we just never notice. It's hard to tell how something affects you if you're surrounded by it 24/7.

So, my closing advice to everyone out there is: have an open mind. Thank you.

57:23 – 1:01:06

[Paul Heroux, PhD](#)

I am Dr. Paul Heroux from **McGill University in Canada**.

The power and telecommunications industries have used two arguments to support their view that human exposures to non-thermal non-ionizing radiation is inoffensive. First, the radiation is non-ionizing. Second, the energy quanta of the radiation are too weak to overcome the competing energy of thermal motion in aqueous media. Those arguments rest on the Arrhenius equation (1889) and on the concept of energy of activation.

Later scientific developments such as the Eyring equation (1935) and the Bennett-Chandler (1977-1978) equation on reaction rates, and the Second Law of Thermodynamics, recognized in living systems by Schrödinger as “negentropy”, all undermine these arguments.

The Second Law of Thermodynamics supplies the ionization claimed by industry to be lacking, allowing charges straying from the electron transport chain to flow through water and form Reactive Oxygen Species. The flow of protons (without counter ions) through the mitochondrial inter-membrane space and through ATP synthase’s alpha water channel creates a second antenna receptive to external electromagnetic fields. These currents magnify the sensitivity of biological tissues to external electromagnetic fields by a factor of 200 beyond the expected sensitivity of redox reactions in inorganic materials.

The health effects of low levels of non-ionizing radiation observed at current environmental levels are in fact completely supported by physics. Furthermore, the expansion of extra-low frequency radiation and wireless transmission in living spaces is in direct conflict with preservation of a healthy environment, particularly because of the effects on diabetes.

Dr. Heroux’s Presentation for Italy World EHS Day 2024:

<https://www.dropbox.com/scl/fi/hefkbykxexofikwxf3uvz/EHS-Italy.mp4?rlkey=3nk8z5wjx1fkxrpxk6ciiqh7&st=fyjhae5y&dl=0>

Slides: <https://www.ma4safetech.org/s/7th-World-Electrosensitivity-Day-Paul-Heroux.pdf>

1:01:09 – 1:04:24

[Yusuf \(JP\) Saleeby, MD CTP](#)

My name is JP Saleeby and I am an **Integrative Physician** practicing in **South Carolina**. I was made aware of EMF/RF sensitivity by the large number of patients I see who have issues. Most are plagued with complex chronic illnesses.

Conditions such as vector borne stealth infections and recent viral infections are top on the list.

Avoidance of electromagnetic radiation is #1 after that. I have been offering:

The #1 Mineral to help mitigate EMF toxicity. Magnesium Malate which helps our cell membranes and cell function by tamping down the “calcium flooding” associated with EMF/RF impact on Voltage-Gated Calcium Channels (VGCCs). Free Radicals and other harmful agents rise in cells when too much calcium enters the cytoplasm. Magnesium mitigates this process. There are other agents as well that are used for “detoxing” your cells from the ravages of exposure:

1. Dandelion Extract
2. Nattokinase
3. Methyl donor B-complex vitamins
4. Vitamin C
5. Clay and Activated Charcoal Binders
6. Hyssop extract at bedtime
7. Parsley tinctures
8. Valerian root extracts at bedtime
9. There are several other herbal tinctures & interventions

To help yourself with electromagnetic illness make sure you seek care from a clinician knowledgeable with this condition.

Carolina Holistic Medicine offers **Telemedicine** help globally for those with EMF sensitivity and other complex chronic illnesses: www.CarolinaHolisticMedicine.com.

Priority Health Academy is a **non-profit teaching center** for clinicians wishing to learn more about reformed-Functional Medicine and EMF sensitivity management: www.Priority-Health.us.

1:04:28 – 1:07:31

[Sheena Symington](#)

My Name is Sheena Symington and I am the Director of the non-profit **Electrosensitive Society**, Inc. My website is (www.electrosensitivesociety.com).

I help a growing number of people who are disabled by exposure to electromagnetic pollution. I'm also a research associate at the Rose Lab (www.theroselab.com) and for the past 20+ years I have been studying the biological effects of electromagnetic pollution and helping those who suffer from Electro Hyper Sensitivity (EHS) or what we also refer to as electromagnetic injury (EMI).

I educate the public on the importance of electromagnetic hygiene and I advocate for those with EHS in order to provide them access to workplaces, schools, medical facilities and hospitals.

Since 2020, I have worked with many hospitals to help them reduce their electromagnetic exposure in order to provide their EHS patients access to their facilities. Some hospitals have included the accommodation of EHS, into their official accommodation policies and are ensuring a cleaner electromagnetic environment within their new constructions.

For details on how hospitals can accommodate patients who have EHS please see the accommodations section on my website under the solutions tab:
www.electrosensitivesociety.com.

There is a growing number of doctors who are now able to diagnose this type of environmentally-induced disability and many electrosmog remediation specialists are now trained to help reduce electromagnetic exposure, which is critical. I also have a link on my website under solutions specifically created for doctors.

I volunteer my time to educate about electromagnetic injury to all levels of government from municipal to federal. I want offer my expertise to each of you who need help with advocacy – particularly in educating your government officials and/or medical practitioners.

Please feel free to contact me at sheena@electrosensitivesociety.com.

Together we are making a difference!

How to accommodate EHS within a hospital:
<https://www.electrosensitivesociety.com/how-hospitals-can-accommodate-patients-who-haveehs/>

Official hospital accommodation policy:
<https://quintehealth.ca/wp-content/uploads/2023/06/2.3.2-Accessibility-Environmental->

[Sensitivities-May-2023.pdf](#)

Info for doctors:

<https://www.electrosensitivesociety.com/information-for-health-care-professionals/>

www.theroselab.com

1:08:23 – 1:12:21

[Godelieve Richards](#)

My name is Godelieve Richard and I am from **Switzerland** and Charlemont, **Massachusetts**.

I have been EHS for 14 years. It started in Boston because of a very high exposure of wireless and electrical radiation. I would have died if I didn't understand why I was so severely ill. I understood and healed in incredible ways.

Today I wanted to communicate that all of the EHS should speak up, don't be shy, ask for accommodations everywhere and to everybody. If only a few of us speak up things are not going to change. EHS day is about that, going in the streets and showing the problem to others. Some people might not be so kind with you first, but probably one day they will understand that you were right. Don't be intimidated. Be kind, respectful, but please speak up.

My husband and I have been very active making art, songs, performances, etc. Some of it made journalists interested in writing about this subject. Don't be discouraged, do whatever you can, but please express the problem. You can find info about what we do on these 2 websites:

<https://www.hilltownhealth.org>

<https://ptco.org/shows/canary/>

You can join the mailing lists, sometimes we have activities without devices.

Lately we have been working on creating a nature and art program for 0- to 8-year-olds without devices, it will start in the fall.

My husband has been working with our town, and Charlemont has passed a one-year smart meter moratorium, and updated the town's cell tower by-law to be more protective.

You could also try to move close to us, so we can fight together and keep some places without high pollution.

1:12:22 – 1:18:41

Cece Doucette: Closing remarks

Monthly public education webinars: <https://www.ma4safetech.org/events>

EMF Medical Conference Training (no cost): <https://alpaca-chinchilla-x6xf.squarespace.com/s/EMF-Medical-Conference-2021-Video-List-with-Links.pdf>

Tech Safe Schools: <https://www.techsafeschools.org/>

30-min. Safer Tech Education Course:
<https://www.safertecheducation.org/courses/safer-tech-education/>

Americans for Responsible Technology:
<https://www.americansforresponsibletech.org/tool-kit>