

~Health Impacts Severe Enough Not To Be Ignored~ EMF

Swiss Research Foundation & EMF Frequencies (5G) What is radiation? How does it effect US?

📌 What the Foundation Board Is (and Isn't)

The **Foundation Board** of the Swiss Research Foundation for Electricity and Mobile Communication (FSM) is an **oversight body** that helps govern research funding, elect the scientific committee, and manage the administrative budget for studies on electromagnetic fields (EMF). Its members include university scientists, regulators, federal authorities, and consumer advocates. ([EMF ETH Zürich](#))

Key points from the board page:

- It includes representatives from scientific institutions and regulatory bodies. ([EMF ETH Zürich](#))
- It *does not itself conduct research* but oversees how research projects are funded and reviewed. ([EMF ETH Zürich](#))
- Research supported by the foundation covers *opportunities and risks* of EMF, including radio communications like 5G. ([EMF ETH Zürich](#))

This means the board reflects the *state of established scientific inquiry* on EMF exposure and health effects, rather than an advocacy platform.

“Numerous recent scientific publications have shown that RF-EMF affects living organisms at levels well below most international and national guidelines. Effects include increased cancer risk, cellular stress, increase in harmful free radicals, genetic damages, structural and functional changes of the reproductive system, learning and memory deficits, neurological disorders, and negative impacts on general well-being in humans. Damage goes well beyond the human race, as there is growing evidence of harmful effects to both plant and animal life’ ([30](#)).” ← The Board

📘 Current Scientific Consensus on EMF Risks

❗ Mainstream Evidence

- Major scientific bodies (including WHO and public health agencies) do **not recognize EMF exposure from phones or 5G as a proven cause of disease**.
- Studies of **electromagnetic hypersensitivity (EHS)**—where people report symptoms from EMF exposure, have *not demonstrated a direct causal link* between EMF levels below international safety limits and physiological harm. ([WebMD](#)) ← So they claim.

- *Scientific claims and conclusions are not the same thing. Science must always be challenged and especially where human health is concerned: **no this is not conclusive science.***

⚠ Reported Symptoms vs. Demonstrated Mechanism

People with self-reported sensitivity describe symptoms like:

- Headache, fatigue
- Skin prickling or burning
- Dizziness, tingling sensations
- Nervous system issues
- Skin sensitivity
- Heart tremors

But clinical research **has not reliably shown that these symptoms are caused by EMF exposure itself**; instead, factors like stress, anxiety, or other conditions may be involved. ([Wikipedia](#)) *Not claimed enough.*

✨ D. Cowdrey's Anecdotal Health Journey

While personal experience is anecdotal, shared lived experiences make empirical cases:

📍 Early Sensory Changes

After repeated exposure to *permethrin*, a synthetic pyrethroid insecticide used for roaches, mosquitos and other applications, through fogging and indoor use, D. Cowdrey began noticing unusual **nerve and sensory issues**:

- Burning sensations on the skin
- Tingling or unusual nerve feelings

Medically, **permethrin has known neurotoxic effects at high doses**, and skin sensations ranging from numbness to a burning feeling have been reported, especially with heavy dermal exposure. ([NCBI](#))

She also noticed that her skin *felt* like it was burning and that this sensation correlated with device exposure, leading her to **explore electromagnetic fields (EMF)** as a possible contributing factor.

📍 Seeking Solutions Beyond Standard Medicine

Unable to find relief through traditional avenues, she moved from her place of residence and began searching for:

- **Devices that do not use 5G radio frequencies**
- **EMF-shielding clothing** (blankets, hats, jackets)
- **Phone sleeves that claim to block or attenuate EMF**
- **EMF-aware accessories for laptops**

These approaches reflect *personal effort to reduce perceived triggers, and lingering health effects.*

📍 What She Believes and Why It Matters to Her

Despite the American-scientific consensus, which may be biased based on corporate and profit-driven studies, that typical EMF exposure **within safety limits does not cause short or long-term harm**, D. Cowdrey feels this research framework *fails to account for individual biology*, and falls ***radically*** short of basic understandings of energetic frequencies and cellular health, especially:

- Nervous system sensitivity
- Skin health and cellular integrity
- Long-term cellular stress reactions

Her perspective emphasizes that **individual biologic variation isn't fully captured in broad population studies**, and she worries that electromagnetic frequencies might have subtle long-term effects not yet understood or recognized by mainstream science. We are still learning, and still, **we fail.**

🧠 Important Distinctions

Evidence vs. Experience

- *Clinical evidence* generally does not support EMF exposure as a cause of physiological damage at levels produced by consumer devices. ([WebMD](#))
- *Individual experience* can nevertheless be real, scary and distressing; this is similar to other medically unexplained symptom syndromes (e.g., idiopathic environmental intolerances).
- **We can explain them.**

Personal approaches to health

Using non-5G devices or protective gear is a **personal choice** people may make to feel safer, healthier or more comfortable.

Final Thought

D. Cowdrey's journey illustrates a **personal health narrative** that challenges conventional science. While mainstream research generally concludes that EMF from devices at regulated levels is safe, individuals with unique sensitivities may continue to seek alternative strategies for their wellbeing, underscoring that scientific studies and lived experience can have different lenses, both of which deserve respectful **scientific consideration**.

Cowdrey posits that the science of EMF harms should be challenged.
