

Documentation of my brain damage symptoms

[name redacted]

On 3/15/2024, my head was exposed to dangerously strong electromagnetic radiofrequency radiation from industrial machinery [redaction note: 5G small cell towers]. I felt pressure in the top front half of my head, on my brain. The pressure was an energy constricting and suffocating like smothering like a blanket my brain and I tried to think but could not form a thought. I moved away from the machinery and 24 hours later, the next morning, I recognized that I had memory loss and was unable to think except as being "on autopilot". Since then, my symptoms worsened continuously.

3/25/2024 – I went to the Emergency Department at Corewell Health Pennock Hospital. My dad accompanied me. I needed to go because twice I felt this blood drip coming down the middle of my brain which felt like it was about to touch and smother my brain stem which made me panic and feel like I was about to die. At the hospital, the doctor tested my motor functions and told me I was not in bad enough condition for them to help me there. He suggested an MRI but that would be more EMF radiation which is bad for my situation. He told me to follow-up with my doctor. He gave me generic concussion symptom information. He wrongly documented my "reason for visit" only as "headache" and "nausea" and diagnosed me with "intermittent confusion". I wrote on the paper to correct my record of what I had told the Emergency Department as "memory loss, brain damage, cognitive impairment, EMF exposure damage, possible brain tumor, brain bleed, feeling like I will die imminently," and "get an MRI". Most or all of the concussion symptoms in the generic information I have been experiencing. I checked off these: headaches or feeling dizzy, problems with body balance (minor), being sensitive to light or noise (minor), feeling like you may vomit (with nausea), being tired, feeling grouchy (irritable), problems remembering things, trouble focusing your mind (concentrating), organizing, or making decisions, not sleeping or eating as you used to, and being slow to think, act, react, speak, or read (causes headaches). I have also had mood changes and occasional minor problems seeing or hearing. I was a new patient and had not yet met the doctor at [redacted] in [redacted].

3/28/2024 – My dad and I went to [name redacted], FNP-C, at [name redacted] MD's office which is [redacted] at [redacted], Michigan [redacted]. [Name redacted] basically said she would write down what I said to her, but she didn't really believe what I told her. She wanted to do blood work to test me for drugs, which was basically in my opinion her way of insulting my integrity. Anyway, she told me she would look for a neurologist in Michigan who accepts my Delaware-only Medicaid health insurance... Several days later, I got a call from the office saying that no neurologist could be found using that insurance, and I also got three calls from a psychiatric and narcotics mental hospital in Hastings. I called back asking what was going on, that I was looking for a neurologist, not a psychiatrist, and then I basically ignored them. My dad was very disappointed to see what had happened, and so he said we would go doctor shopping again if necessary.

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[name redacted]

4/5/2024 – I went to [name redacted], who used a biocharger (40 Hz) to diagnose me, said my stress level was unbelievably high, and used the machine to somehow remove the EMF radiation sickness feeling from my body and do another pass to energize me, then had me try the biofeedback vibrational hookup on her pulse EMF machine on the Schumann Resonance frequency, first on my right hand which made me feel a stabbing pain in my upper arm, then with both hands which made me feel tingling in the middle vertical periphery of my head, which is the rear perimeter of where the initial damaging radiofrequency radiation pressure was on my head, from ear to ear, like a hair band's location between my ears across the top of my head. She told me the sensation is felt where there is damage. After that, I felt more relaxed, like the radiation burden was dissipated from my body. I was not as fatigued in general. But since then, every RF EMF radiation that my body is exposed to feels like it accumulates in my body making me sick and gives me a headache for hours.

4/15/2024 – To protect my head, I am wearing layers of aluminum foil on my head which I tested with my RF meter and offers some protection behind it from my cell phone at least. On this evening, I felt fatigued, nauseous, dizzy, my tongue was heavy in my mouth so I could barely speak, difficulty speaking, and a mild headache. I am not good after 8 PM, so I have a bedtime now as 9 PM at the latest, even if I have been sleeping all day. I tend to wake up around 2 AM or 4 AM.

4/17-18/2024 – insomnia leading to feeling of dementia

Before 4/18/2024 – headache when trying to understand what a person is saying, difficulty forming new memories, cannot remember old memories, growing headache for first 2 weeks, feeling like blood is dripping down from center top of my brain and I am about to die from it (probably from blood-brain barrier damage), nausea when tired or when mildly thirsty, pulse EMF biofeedback machine set on 7.8 Hertz validating damaged area being cranial region from ear to ear, completely fatigued all day and night, panic attacks in morning upon waking up because it feels like my damaged neurons are more permanently dying, cannot think but am continuously “on autopilot” as functional, “intermittent confusion”, loss of creative ability, memory loss, concussion symptoms, brain damage, blood-brain barrier damage, brain bleed, cognitive impairment, possible brain cancer or tumor, feeling weak or faint, unable to maintain attention span, unable to understand moderately detailed sentences spoken or read, headache and nausea when reading, can only recognize simple and short sentences that are not from me, dizzy, body balance problems, sensitive to light and noise, feeling like I might vomit, grouchy, slow to think, balance and headaches worsening, sometimes feeling weak or numb in parts of body (mildly), grounding helps my headaches, difficulty thinking creatively, being in fear for my life every day, headaches in damaged area upon blood pressure changes, EMF hypersensitivity (I had to disable my car's EMF too), cannot go to church anymore

(because of their WiFi things which I told them about and took measurements there, but they have no plans to accommodate me), cannot be in sunlight without head metal protection from UV or I feel dizzy and nauseous, cannot go into towns without worsening my brain damage symptoms, no understanding from doctors or hospital emergency room staff or nurses so far, no available accommodations in society for me like the disabled or wheelchair users, social isolation required increases my already extreme psychological distress, I have to invent my own protections which will probably cost me time and more money than I can afford, my brain damage seems permanent, I can no longer think, plan, or function like I used to, this puts me in undue financial distress without proper employment ability (I am mentally injured and disabled or handicapped, my capability and quality of life is far below what it used to be).

4/19/2024 – I tried intentionally mildly hyperventilating when I woke up. It does not make me dizzy, because it feels like there is a patch of neurons dead on the surface of my brain, while underneath that patch I felt a mild pressure from the hyperventilation. A couple minutes later, I felt pressure behind my eyes that makes my eyes hurt and get foggy a little and pushes my vision off-center (one eye pushed into crossing or wandering). It is scarily abnormal for me. Something isn't working right (in my brain regulation functions).

4/20/2024 – I haven't been able to think of words very frequently, like the word "petroleum" when mentioning to my father what plastics are made from, that plastic is biodegradable. I get exhausted easily. When I am tired, my heart feels weak and sore, like it is struggling from stress. I feel at least as brain-dead as a month ago. The occasional exposure to wireless, even subtly, makes it sore and feel like it's bleeding in my brain above my ears. That is how far the damage has spread already (seemingly on its own). I complain every day for a month now to my father about my symptoms, throughout the day. I'm constantly napping and feel tired in my chest. Although the biofeedback machine seems to have alleviated the sick, weakening radiation feeling, that comes back a little from any EMF exposure and stays indefinitely. I prefer complete silence all the time. My sore headaches are above my ears now and the rest higher up in the top middle of my head is a hot pain feeling. It feels like most of my brain is dead now and not going to heal. I am scared and miserable. I can't believe this has happened to me. This is life-changing, severely. My vocabulary is decreasing. All throughout each day I am reduced to begging God in prayer to help me. When I am tired, I can feel that my eyes are dilated open and my eyesight gets blurry and I can't focus. Waking up each morning is still a nightmare because it feels like my brain just dies more at that time of day, I think from the blood pressure change. I cannot register complex sentences, my brain just gives up. I just hear the noise of voices then, a strange phenomenon for me, not registering meanings of words in plain English that people are saying. My eyes just glaze over and I blankly stare at nothing. I am often too tired or depressed to respond. Being in or near sunlight makes me dizzy and

nauseous, probably from the UV rays. I am very uncomfortable when warm, but not sensitive to cold weather, like my brain shuts it out like I don't care about it, even when it's snowing. It's not always this way, but reading for more than about 20 seconds makes me nauseous. Reading more than one sentence in a row makes my head hurt, and I slow down to a stop by the end of the second short sentence. My gait is lethargic and tipsy. My taste sense is dulled. Sometimes my vision gets a little hazy or blurry. I have amnesia now. 9pm: Daddy just told me what the chickens did today, and I had to stop him repeatedly and ask to repeat and I repeated to him one small thing at a time trying to understand. Meanwhile, all the heat went out of the house because I forgot to close the front door. Insomnia again tonight; mint tea helps. Blurry in one eye when tired and standing up. Also I have still had difficulty gauging time.

4/21/2024 – My eyes are watery and bloodshot still. Still unsteady on my feet, moreso. More dizzy and exhausted especially in the chest. Feeling short of breath. Nauseous. Upset stomach. If I go outside without metallic head protection, I feel very sick from the sunlight UV rays within a couple minutes.

4/22/2024 – 6:30am was when my brain damaged area got a cold feeling like it was hardening, and my headache is at my temples now, and I knelt with my top of head down on bed to get the blood to get to my brain more to try to help me. That seems to help some, maybe. I felt like I might die from an aneurysm at any moment. It hurts. 9:30am – Just got this paper wet with oil on the table because I'm an idiot and forgot to clean up the table. I worked outside easy stuff weed whacking and trimming rose bushes, now I feel like I'm going to throw up. Plastic helmet offered minimal protection; headaches. I feel better sitting inside. Typing up this document now (finished 11am). 9:45 AM – I have serious depression episodes. I just said to myself, "Like what the fuck is the point of anything if I'm just going to die anyway?" I thought of how man used to live for hundreds of years, and I said, "What the hell?" I feel like I've been cheated out of life. There are so many great things I want to do for humanity, and now I have brain damage instead. I feel the pain in the damaged region, the same kind of pain I had when I had that pressure sensation there from the EMF that started the damage. My sense of smell has also been weak. My sense of hearing might also be weak. I am uncertain if my sense of sight has been affected. My eyes are always bloodshot and watery.

4/23/2024 – I had an awesome day today, relatively-speaking. My bedtime is 8 or 9 pm now. Bad things happen to me after that. Last night, I had two cups of warm mint tea that remedied my insomnia. I also had cooked salmon, and I think lettuce with apple cider vinegar and olive oil. Today I had a lot of energy. The sky was overcast and it was pleasantly cool outside. My UV protective coating on my glasses did not dim very much, and I wore a plastic helmet with face shield outside while doing the weed-whacking and mowing, and that was fine. It is 9pm now so I need to sleep. I am compensating, and

feeling more comfortable as long as I have no EMF exposure at all. Taking my cell phone out of airplane mode for a few minutes makes my head sore for at least 3 hours afterwards.

4/24/2024 – Got up at 5:30am today. Had two cups of lukewarm mint tea last night, some Doctor Zelenko vitamin supplements as usual recently, and celery with peanutbutter and sour cream, and lettuce and cucumber with apple cider vinegar and olive oil. I was hungry last night, and I like that light vegetables snack before bed. I feel like I have energy this morning, but I also feel tired and weak in the chest. I will lie down some more until it is daylight out. I am going to try to avoid all EMF completely today. I do not have a headache right now. My way of thinking is different, simplistic, I am not writing or communicating like I used to, I am not as thoughtful (capable of that) about things. I feel like I am not as intelligent as I used to be, not capable of any substantial critical thinking. I guess physical labor, rather than intelligence, is my new way of life now since I was injured by the radiation. I can't think about that right now, it makes my head hurt. I am getting a headache now in the front upper part of my brain. I feel mentally strained. Going back to bed. 7am – For some reason I am not chewing my food well enough before I try to swallow, so I will need to pay attention to that. I think it has to do with my tongue being lethargic. 7:45pm – I got a lot done outside today. Can't think worth a darn, but I have plenty of energy. I probably used to spend all my energy on mental things, now I don't bother with that anymore so it's all physical things. It's scary, but somewhat refreshing to not have to think about anything. 10pm – I am very irritable, impatient, and angry right now, maybe because I am tired, but I do not feel tired. I cannot figure out why I feel this way. There is something wrong with my brain.

4/25/2024 – 6:15am – The pain was above my ears, now it is moving towards the back of my head. It is like my entire head is being gradually damaged. I don't know why the damage is spreading, it makes no sense to me. I am not around the damaging EMF radiation anymore, so why is the damage spreading? First it went down towards my ears. Then due to using my cell phone in mobile data for a few minutes, it was also in the front of my head closer to my face. Now it is like two inches in the full perimeter of my head behind my ears. Only an area the size of my hand at the back of my head has yet to feel pain, I guess that will happen in the next few days. I wonder if that will affect my vision. I have given up on thinking, it is basically impossible for me to do now. I feel like I have a lot of energy and my chest is not tired. I don't know why that is, maybe because of having gotten more hours of sleep time. It's a weird imbalanced energy feeling, to be mentally shot yet have physical energy. At least I can still communicate for now while on auto-pilot. Only my dad has been able to tell the difference. I'd never make it in school, though, it would be like sitting in a noisy room; my cognitive impairment is worsening still, despite my not being among EMF anymore. I did, however, use my cell phone a little (I put it down, I don't hold it) yesterday to check my three new voicemail messages since days ago.

[name redacted]

I also went into town to mail a letter. The aluminum foil hat was very helpful yesterday while working outside. I don't get tired while using it, maybe because of it giving me some head protection against UV rays. But the aluminum foil hat is flimsy and not enough protection against RF-EMF. I guess I will try making it thicker and wider. This is ridiculous how I cannot get medical care for months; I guess people don't care about human lives anymore. I am increasingly unsteady on my feet now, I have to keep trying to not fall over while walking.

4/26/2024 -10:15am – I am dizzy.

4/27/2024 – I went to Walmart today and was in the self-checkout lane. I tried to put in \$33 in cash. It was a \$20 bill, two \$5 bills, and three \$1 bills. I kept trying to put the bills in the wrong slot, below the green flashing arrows rather than above the green flashing arrows. I put it in the right place. Then I kept trying to put it in the wrong place again. Then I put it in the right place again. Then I kept trying to put it in the wrong place again. I realized that I was not learning where to put the money, that I kept putting it in the wrong place again even after I figured it out.

4/28/2024 – I was feeling OK from sleeping all day, so I tried sending some text messages with a bible verse I translated myself today. At night I felt like I was actually going to die in my brain, my brain felt like it was heating up and being squeezed and I felt pain this time in the back of my head which up to this point was the only place the pain had not yet reached, and I was panicking again because I felt like I was going to die. I prayed to Jesus, angels, God, begging for someone to help me. Several minutes later, I felt miraculously relieved, mostly, so I was able to sleep. While I panicked, I thought about what hospital I could go to where I could get help, but I know no one will be able to help me, and the local hospital turned me away at the entrance before and kicked me out so I know they won't help me anymore. This means that no matter how well I am feeling from being not exposed to EMF, I cannot be around RF-EMF anymore, or I feel like I am getting brain cancer and my brain is going to fail and die imminently. I don't know if that's aneurysm or stroke or just shock or simply unconsciousness that would happen, or if I would actually just suddenly die.

4/29/2024 – My head hurts. I think my eyes might not be as bloodshot as they were before, but they are still bloodshot.