

Wireless Radiation Sickness Gets a New Name – 'EMR Syndrome'

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STORY AT-A-GLANCE

- › The term Electromagnetic Radiation (EMR) Syndrome is gaining recognition to better describe the symptoms – like headaches, dizziness, and fatigue – linked to electromagnetic fields (EMFs), which millions of people experience today
- › This growing recognition of EMR Syndrome is shifting the focus from blaming affected individuals to addressing the health risks of wireless radiation. Advocates push for safer technology and policy changes
- › Individuals affected by EMR Syndrome suffer from severe symptoms like cognitive issues, sleep disturbances, and heart problems, often leading to isolation and lifestyle adjustments to reduce exposure
- › Researchers link EMFs to mitochondrial damage, DNA fragmentation, and neurological issues. Studies suggest prolonged exposure contributes to chronic diseases, reproductive health problems, and even cancer
- › Using wired internet connections, avoiding smart appliances, disabling Wi-Fi at night, and minimizing cellphone use are strategies that help protect against EMF-related health effects

Millions of people worldwide experience unexplained headaches, dizziness, heart palpitations, and chronic fatigue when exposed to everyday wireless devices that emit **electromagnetic fields (EMFs)**. While this condition has been called by various names, such as Electrohypersensitivity, Microwave Syndrome, Havana Syndrome and Radiation

Sickness, a single term is now being recognized – Electromagnetic Radiation Syndrome, or simply EMR Syndrome.¹

Public awareness about the dangers of EMFs is growing, and this shift in terminology marks a major turning point. The more people understand the link between wireless radiation and its damaging health effects, the stronger the push for safer technology will become.

A 'New Unifying Name for a 21st-Century Health Crisis'

According to a report from the Children's Health Defense, EMR Syndrome was coined by the One Name Project – a grassroots online community established in January 2024 that aims to bring together medical professionals, scientists, safe technology advocates and individuals living with EMR-related disabilities.²

- **The "Disease of the Digital Age"** – The One Name project says this condition is "characterized by a wide range of symptoms linked to electromagnetic radiation (EMR) emitted by modern technologies such as cell towers, smart meters, Wi-Fi networks, Bluetooth devices, and smart technologies." According to their press release:

"For those affected, even minimal exposure to EMR can trigger severe reactions, e.g., headaches, dizziness, fatigue, heart palpitations, tinnitus, sleep disturbances, ADHD and other cognitive impairments – leaving them unable to tolerate many modern environments and, in extreme cases, isolated from technology and society."

- **EMF-sensitive individuals have been ignored for a long time** – For many years, individuals suffering from symptoms linked to wireless radiation exposure have faced skepticism and dismissal. Many have been called "sensitive," and their struggles invalidated – they're told that their problem is more psychological than physiological, and that it's "all in their head."

- **By contrast, "EMR Syndrome" directly attributes the illness to electromagnetic radiation exposure** – It shifts the focus to the cause rather than the individual's reaction to it. Organizing committee member Kent Chamberlin, Ph.D., said, "This decision was the result of a truly collaborative process. We've not only created a unified identity for this condition but also a renewed sense of hope for those living with it."³
- **Advantages of this new terminology** – By formally establishing a single, clear term to identify this looming health condition, those who suffer from the adverse effects of wireless technology will have better clarity in diagnosis. It will also help streamline research efforts and open the door for policy changes that prioritize human health over unchecked technological advancements. Dr. Sharon Goldberg, an integrative physician, comments:

*"The name EMR Syndrome not only reflects the reality of the condition, but also serves as a call to action for awareness, funding, and innovation to help those affected reclaim their lives."*⁴

New Terminology Changes the Conversation for EMF-Sensitive Individuals

Medical terminology has a powerful effect on whether a condition is taken seriously, which is why selecting a new name was an extensive, months-long process for the One Name Project.

- **Many were involved in the name-selection process** – They conducted an online public forum for over four months, collecting input from patients, researchers and safe technology advocates. Their initial goal was to identify the most important criteria for a new name rather than simply picking one based on personal preference.⁵
- **A special committee made the final decision** – After gathering data, a decision-making committee composed of 11 medical professionals, engineers, and safe

technology leaders was tasked with making the final decision. Their goal was to find a term that was both scientifically accurate and widely understandable.

- **After multiple discussions, "EMR Syndrome" was chosen** – This new name struck a balance between credibility in research, accessibility for the general public and effectiveness in advocacy.

*"This balance was paramount to the process," Pam Wallace, an organizing committee member who directs SafeTech Forward in Michigan, said. "It's the reason we had professionals from the medical, scientific, legal and educational communities on the Decision-Making Committee."*⁶

The One Name Project is now working so global organizations like the World Health Organization (WHO) will formally recognize EMR Syndrome. They're also planning to create accommodation cards that people with this syndrome can carry and distribute for educational purposes. These cards, which explain what the condition is,⁷ will soon be available on the EMR Syndrome website.⁸

Some People Feel the Effects of EMFs Worse Than Others

For some, the effects of EMFs are unmistakable and undeniable. The RT documentary "Wi-Fi Refugees" investigates the struggles reported by people who claim to suffer adverse health effects because of EMFs.

- **Dealing with EMFs is an everyday struggle for many sensitive people** – For these individuals, every day is a constant battle filled with pain, discomfort, and other symptoms that take an extreme toll on their lives.⁹ Jennifer Wood, one of the individuals with EMR Syndrome featured in the documentary, shares her ordeal:

"[S]ome places are worse than others. When I'm in a crowd of people that are using a lot of cell phones or Wi-Fi, it gets much more intense. It's the same feeling. You feel pins and needles in your head and a metallic bar in the forehead. It's a kind of nausea that you can't describe."

*It's not the kind of nausea I used to feel if I got sick from food or the flu or something. It's a kind of poisonous nausea that's impossible to describe."*¹⁰

- **How does EMR Syndrome develop?** In some cases, individuals have reported becoming suddenly sensitive to EMFs after an illness or a significant exposure event. Others develop symptoms gradually over time as their bodies accumulate exposure. Prof. David O. Carpenter, director of the Institute for Health and the Environment, says:

"There were a number of reports that have been published where military people involved in radar work got in the radar beam and got an excessive exposure. And there's some 10 or 12 reports of individuals perfectly healthy before that sudden exposure.

*After that exposure, [they] suffered from constant headaches, from photophobia. They couldn't stand to be in the presence of light. They felt their brain wasn't working right. It's classic electrohypersensitivity."*¹¹

- **EMF sensitivity had a significant effect on their lifestyle** – Many of these individuals have resorted to extreme measures to reduce the impact of EMFs on their health, making significant adjustments to their lifestyle habits and living space to minimize their exposure.

In the documentary, Sue Howard narrates how she used to stay in a specially constructed room, just to avoid the crippling pain from EMFs. She missed out on numerous events like her daughter's graduation due to her symptoms.

Common Symptoms Associated with EMR Syndrome

EMFs affect individuals in different ways. For Godelieve Richard, it started with dizziness and nausea that was so severe she had to go to the ER (the dizziness never went away). For Jennifer, it began with pain in her upper abdomen, as if something was stuck in her solar plexus, along with a metallic, poisonous taste in her mouth. And for Sue, it was a burning sensation on her skin.¹²

- **Individuals with EMR Syndrome experience a wide range of unpleasant symptoms**
 - While they vary from one person to another, there are commonly reported indicators, such as:
 - Skin itch/rash/flushing/burning and/or tingling – A "burning pins and needles" kind of pain, especially in the head and chest area
 - Confusion/poor concentration and/or memory loss
 - Fatigue and muscle weakness
 - Headache
 - Chest pain and heart problems
- **Other reported symptoms associated with EMFs** – In some cases, EMF-sensitive individuals also experience ear pain, insomnia, tinnitus (ringing in the ears), paralysis, panic attacks, seizures, feeling a vibration in the body, and unrelenting dizziness.
- **EMF symptoms are often met with skepticism** – Because the conventional medical community doesn't recognize this condition, those who suffer are often met with skepticism. After being subjected to various lab tests and examinations, many end up being dismissed by their conventional physicians.

In the documentary, *Ida Pardo*, another EMF-sensitive individual, shares that she's spent between \$10,000 and \$20,000 per year on medical evaluations and treatments for her symptoms. "Most of my savings have been put toward trying to figure out what was wrong with me and gain my health back," she said.

EMFs Are a Mitochondrial Poison That's Causing Massive Cellular Dysfunction

In 2020, I published my book "EMF*D" to help educate the public about the dangers of EMFs, including the harms associated with 5G and, ultimately, how to protect yourself

and limit your exposure.

- **EMFs are severely damaging your mitochondria** – One of the things that catalyzed me to write this book was my deep appreciation of the impact of mitochondrial function in health and disease. Once I realized that EMFs cause massive mitochondrial dysfunction, the danger our wireless society poses became very clear to me.
- **Having fewer mitochondria has detrimental effects on your health** – The fewer mitochondria you have, and the more dysfunctional they are, the faster you'll age and the more prone you'll be to chronic degenerative diseases. By inducing mitochondrial dysfunction, the wireless world we're living in is driving us all into an early grave. Through "EMF*D," I hope to help more people understand this biological threat.

Martin Pall, Ph.D., is one of the experts who helped me understand the mechanisms of EMFs and how they harm people, animals and plants. Pall has a bachelor's degree in physics from Johns Hopkins and a Ph.D. in biochemistry and genetics from Caltech.

He has also published research on EMFs,^{13,14,15,16} making him uniquely qualified for this type of research. For nearly two decades, Pall has been scouring the medical literature, integrating and drawing parallels between work done by others to shed light on this issue.

- **Why do EMFs lead to chronic illnesses?** To put it simply, the primary danger of EMFs – and what drives the processes of chronic disease – is the mitochondrial damage triggered by peroxynitrites, one of the most damaging types of reactive nitrogen species.

Low-frequency microwave radiation activates the voltage-gated calcium channels (VGCCs) in the outer membrane of your cells, causing them to open, thus allowing an abnormal influx of calcium ions. This activates nitric oxide, which reacts with superoxide and forms peroxynitrite.¹⁷

- **Peroxynitrites are potent reactive nitrogen species** – They are associated with an increased level of systemic inflammation and mitochondrial dysfunction – they are thought to be a root cause for many of today's chronic diseases. Some of the common risks associated with EMFs include:

- **Open the blood-brain barrier**, allowing toxins to enter your brain.
- **Fragment DNA** – Studies have shown EMFs cause DNA fragmentation. Significant oxidative stress from peroxynitrites may also result in single-strand breaks of DNA.
- **Alter cellular function due to excessive charge** – In a previous interview, Alasdair Philips, founder of Powerwatch, explained how EMF exposure alters cellular function by way of excessive charges. Essentially, the cell functions as a gel, held together by electric charge. When the charge becomes excessive due to a massive influx of electrons, the function of the cell is disrupted.
- **Raise the risk for abnormal cell growth and cancer, including leukemia and cancer of the brain, acoustic nerve, salivary gland, eyes, testes, thyroid, and breast** – As early as 2011, the evidence was strong enough for the International Agency for Research on Cancer, the cancer research arm of the World Health Organization, to declare cellphones a Group 2B "possible carcinogen."

Since then, multiple studies have found support for EMF having carcinogenic potential, including two recent government-funded studies. [18,19,20](#)

- **Has neurological effects** – Studies dating back to the 1950s and 1960s show the nervous system is the organ most sensitive to EMFs. Some of these studies show massive changes in the structure of neurons, including cell death and synaptic dysfunction.
- **Contributes to reproductive problems in both sexes** – For example, prenatal exposure to magnetic fields can nearly triple a pregnant woman's risk of

miscarriage.²¹ In men, studies show EMF radiation from cellphones and laptops reduces sperm motility and viability, and increases sperm DNA fragmentation.^{22,23}

- **Alters your microbiome** – It turns what might otherwise be beneficial microbes pathogenic. This has far-ranging health effects, since your gut microbiome plays an important role in health.

I recommend watching my [full interview with Pall](#) to get a better understanding of the damaging mechanism of EMFs, and why this pervasive threat must never be overlooked.

Ways to Reduce Your EMF Exposure

Indeed, this move to rename EMF sensitivity to EMR Syndrome is a turning point in the fight to acknowledge this condition. It also gives a clearer distinction that the problem isn't the people – it's the radiation.

Unfortunately, you cannot see, hear or smell EMFs – and most do not feel it. Still, the research is evident that biological effects are taking place whether you're able to sense it or not. Hence, implementing strategies to help reduce your overall exposure load is crucial to protect your health. Below are some tips to keep in mind:

- **Connect your desktop computer to the internet via a wired connection and be sure to put your desktop in airplane mode** – Avoid wireless keyboards, trackballs, mice, game systems, printers, and house phones, and opt for the wired versions.
- **Turn off your Wi-Fi when not in use, especially at night when you are sleeping** – Ideally it is best to work toward hardwiring your house so you can turn off the Wi-Fi at all times. If you have a notebook without any Ethernet ports it is easy to purchase a USB Ethernet adapter that will allow you to connect to the internet without a wireless connection.
- **Shut off the electricity to your bedroom at night** – This typically works to reduce electrical fields from the wires in your wall unless there is an adjoining room next to

your bedroom. If that is the case, you will need to use a meter to determine if you also need to turn off power in the adjacent room.

- **Use a battery-powered clock, ideally one without any light** — I use a talking clock that I merely press a button to determine the time and never see any light at night.
- **If you still use a microwave oven, consider replacing it with a steam convection oven** — It will heat your food as quickly and far more safely. Next to induction stovetop burners, microwave ovens are likely the largest EMF polluters in your home.
- **Avoid using "smart" appliances and thermostats that depend on wireless signaling** — This would include all new "smart" TVs. They are called smart because they emit a Wi-Fi signal and, unlike your computer, you are unable to shut the Wi-Fi signal off. Consider using a large computer monitor as your TV, as they don't emit Wi-Fi.
- **Refuse smart meters as long as you can** — You can also add a shield to an existing smart meter, some of which have been shown to reduce radiation by 98% to 99%.²⁴
- **Considering moving your baby's bed into your room instead of using a baby monitor, or use a hard-wired monitor** — In any case avoid any baby monitor that is wireless. There are some wired options available.
- **Replace CFL bulbs with incandescent bulbs** — Ideally remove all fluorescent lights from your house. Not only do they emit unhealthy light, but more importantly they will actually transfer current to your body just being close to the bulbs.
- **Avoid carrying your cellphone on your body unless it is in airplane mode** — Never sleep with it in your bedroom unless it is in airplane mode (and especially not under your pillow). Even in airplane mode it emits signals, which is why I put my phone in a Faraday bag.
- **When using your cellphone, use the speaker phone and hold the phone at least 3 feet away from you** — Seek to radically decrease your time on the cellphone. I probably am down to below 30 minutes a month on my cell, mostly when traveling.

Instead use VoIP software phones that you can use while connected to the internet via a wired connection.

Frequently Asked Questions (FAQs) About EMR Syndrome

Q: What is EMR Syndrome and why is it gaining recognition now?

A: EMR Syndrome (Electromagnetic Radiation Syndrome) is a term being adopted to describe the wide range of symptoms – like headaches, dizziness, fatigue, and cognitive issues – linked to exposure to electromagnetic fields (EMFs) from wireless technology. It's part of a growing movement to legitimize and unify understanding of the health impacts of modern EMF exposure.

Q: What causes EMR Syndrome and how does it affect the body?

A: EMR Syndrome is believed to result from prolonged exposure to EMFs, which can disrupt mitochondrial function, fragment DNA, and affect the nervous system. These biological effects may lead to chronic illnesses, reproductive issues, neurological symptoms, and even cancer.

Q: What symptoms are commonly associated with EMR Syndrome?

A: Symptoms vary but commonly include headaches, insomnia, fatigue, confusion, skin burning or tingling, heart palpitations, tinnitus, and dizziness. Some individuals experience such severe reactions that they become isolated or unable to live in areas with wireless signals.

Q: Why is changing the name to "EMR Syndrome" important?

A: Renaming the condition from vague or stigmatized terms like "electrohypersensitivity" to "EMR Syndrome" shifts the focus from blaming the individual to recognizing the harmful effects of radiation exposure. It also aids advocacy, research, and policy reform efforts by giving the condition scientific credibility and a unified identity.

Q: How can individuals reduce their exposure to EMFs?

A: Recommended strategies include using wired internet connections, turning off Wi-Fi and wireless devices at night, avoiding smart appliances, disabling smart meters, and minimizing cellphone use. Additional precautions like shielding devices and switching to non-wireless household items can also help reduce exposure.

Sources and References

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