

SHARON BARR

Caucasian Female AGE _____ DOB _____

NKA (but does not tolerate erythromycin well)

Please resuscitate!!!

EHS (Electro Magnetically Hypersensitive)!!!!!!

Normal BP- 115/65

Normal resting HR – 72 BPM

Normal O2- 97%-98%

Normal BSC

AB+

Former C.O.T.A in an LTACH,

Mother of Joe and Holly Peters, Partner to John Osgood – Medical DPA

HX:

- S shaped scoliosis- lifelong; 2 previous neck injuries as well
- 1pack/ day cigarette habit X 40 yrs
- No other pre-existing conditions
- On no pharmaceutical medications – prescribed or OTC
- Takes **NECESSARY** daily supplement for EHS:
- **Cal-Mag, Omega 3's, Lysiene, Astaxanthin(antioxidant) , fulvic/humic minerals plus DMV and extra D and C, and B-12 (please continue the bolded vitamins while I am hospitalized)**
- Likely used nebulized colloidal silver & oral Tylenol at onset of virus along with oral Zinc and Quecertin.....possibly oral CBD...All apparently to no avail or I wouldn't be here.
- Whether or not you believe EHS is a valid Dx or not is irrelevant!

- ***If I am not kept shielded from WiFi and cell phones and high EMF's my low vagal tone (from chronic scoliosis and neck injuries stress) will become hyper apparent. I will begin to experience vaso-vagal effects in which my BP usually increases (140/95 is high for me) and my HR decreases dramatically (55 bpm) and heart palpitations begin. O2 becomes affected as well (varies). Hot flashes increase and painful muscle spasms occur which then makes my scoliosis worse and pulls me out of alignment in general (especially C-1!!)...resulting in even MORE pressure on my vagus nerve. This low vagal tone will increase my risk of systemic inflammation and cytokine storm effects.***

If you see me wearing a black, lightweight hoodie....PLEASE DO NOT REMOVE IT. It is made of conductive material and will partially shield me. **Please make sure I am as far away from WiFi routers as possible, and I request that staff not have their cell phones on in my vicinity.** If I came in with a **piece of silver fabric**, please attempt to ensure that it is wrapped around my legs as much as possible. **DO NOT LAUNDRER THESE ITEMS!!** You can **wrap a sheet around my legs** on top of the silver fabric if you are concerned about soiling and launder the sheet instead. **If you need to cut my hoodie open for chest access**, please secure it closed again with safety pins.

DO NOT MONITOR MY HEART RATE WITH ELECTRODES HOOKED TO A RADIO FREQUENCY UNIT THAT TRANSMITS THEM TO A MONITOR AT A FAR OFF DESK SOMEWHERE!!! It will only exacerbate my heart palpitations and vagus nerve issues.

My symptoms usually appear within 1-2 hours (unshielded) and 3-4 hours (shielded) of exposure. They dissipate over time but significant results can usually be seen within 20 minutes of removal of-or-from the offending field and can take up to 24 hours to subside entirely depending on length or severity of exposure. The longer, more intense the exposure, the longer it takes to recover and for the vagus nerve to get back into a parasympathetic mode. **Sometimes icepacks to the face and neck is a quick vagus "hack" back to para-sympathetic along with being in an "energy clean" environment. But they will not help if I am still exposed.**

If you determine that my BP is high and HR is low then you are not shielding me enough! **If you are out of options you might consider a CNS depressant such as valium to decrease the nervous system up-regulation?????** But that's just a guess on my part.

The CAL/MAG and D is **very important to EHS sufferers** because EMF's cause the cells' **voltage gated calcium channels** to open and dump calcium (and perhaps magnesium?) and an up-regulated vagus nerve does not produce/assimilate D as well as it should. The EFA's from Omega 3,6,7 & 9 etc...help support the healing and overall function of my damaged and chronically stressed PNS.

WAIVER:

I am aware that hydroxyl-chloroquine **may** reduce my heart rate. If I am well shielded I should be able to tolerate it and hereby give you permission to compassionately use it along with ABT and zinc protocols. In fact **I strongly request it and will not hold my physician responsible as long as he/she has taken EHS precautions first.**

IE:

- Far removed from WiFi
- No staff Cell phones on
- Fluorescent lights OFF whenever possible
- Shielded clothing and fabrics in place at all times
- Continued supplementation as indicated above
- No unnecessary EMF's allowed near patient (electric, low air loss beds,etc...) Ventilators in metal casings are usually shielded from emitting full EMFs.
- No frequency transmitting devices attached to electrodes on my body and I am distanced from other patients who do have them.
- Having established reasonably normal HR/BP/O2 parasympathetic function (under the CV-19 circumstances) prior to administration of hydroxy-chloroquine.

It is **IMPERATIVE** that I get out of this hospital **ASAP!!** The longer I am exposed to the energetically unhygienic conditions of the hospital, the lower my positive outcome and life expectancy goes. Please help me get back to my family as soon as possible by not ignoring these protocols. They need me very much right now.

**Attached are some evidence based, peer reviewed research papers and general EHS information that you may not have seen. **

Also attached are some signs I **request you have posted near my bed for all to see.**

I am, currently, the **only Certified EMF Safety Consultant in the Kansas City area.** I, too, have a mission on this planet and I am needed. Please, Doctor, let's work together on this.

Sincerely,

Sharon Barr

Witnessed on this date:

PS: My plastic bag can be easily sanitized and **all items inside have been washed and/or sanitized prior to going in it on 3/30/20.** If worse comes to worse and the above EHS protocols aren't enough and I remain in a sympathetic state, I came with a couple of rolls of tin foil with which you can create a faraday cage around my body as a top and bottom sheet of sorts (putting a conventional sheet between my skin and the foil of course) and then connecting the two together around the edges and grounding it with the included wire clipped to it. This is a serious and sober request.