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4- Some Final Shielding Thoughts - Jay - Medium

Jay

3-4 minutes

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- **Remember to Use It:** It's important to remember to wear your shielding gear. If you work from home or are retired, you can wear your lead apron all day long at home. I will take it off, for example, when I get food delivered by Caviar; I wouldn't want the delivery person thinking I'm doing some dangerous self-dentistry after all! After I'm finished eating, I'm getting better at remembering to put it back on. If you're being hit with DEW, there's a chance it's not only 'occasional zapping' but chronic & subtle; which means that if you're not feeling painful zaps that doesn't mean you're not being hit. There's also a DEW mode which is slow and steady, imperceptible in many cases, but takes a toll over time. If you feel better with the lead apron, it may mean its blocking stuff that your body only feels cumulatively and is very real.
- **Find what works for you:** Every TI is attacked in different ways. The techniques I've applied were meant to address my symptoms:

mainly acoustic attacks (including when sleeping), subtle DEW that wears away my muscles over time, mental attacks (subliminal V2K and related). If you're symptoms are different, you may find different strategies and shielding materials work better. For example, [CounterTruth recommends rubber for shielding](#) if you regularly get a "knock-out" type attack (though I rarely get these, one recent time I did, I used rubber on top of my shielding helmet and it worked).

- **For knock-out type attacks**, where the frequency is being used to knock you unconscious, rubber works. I've used this natural [rubber mat from Salinka](#). I have a few of them and I put them over my head or over my sheet-lead helmet when that attack comes. (because I face this attack rarely I haven't developed a more elegant solution; but if you do, you could think about cutting the rubber, affixing it to a helmet — for example).

Experimental Section and Footnotes

NOT required reading.

If you're reading this far, and interested in miscellaneous notes, credits, and some things I am experimenting with.....

Other Shielding I use but less often

- **Gloves:** [Silver gloves from LessEMF](#). Seem to work reasonably well. I was able to type while wearing these. Which was not the case with [plastic lead gloves such as from SchureMed](#). I don't know why I don't use these more. In the past, my fingers/hand were hit more, but it's less these days. If they're targeted more, I will certainly use them. I also have the [Silverell gloves](#) which also work (though slightly less well than the LessEMF gloves). One

thing is I get zapped in my hands when I'm typing stuff like this :)
so I'm going to go fetch my LessEMF gloves if I can find them!

- **Socks:** from [LessEMF](#). Have not really used. Don't have feet problems.

Shielding that Does Not Seem to Work

- [4EHS Jacket](#) and [Pants](#) — suffers from flaw I outlined earlier; metal fabric that touches your skin or only separated by a layer of clothes seems to spread the current across your body. The result is generalized fatigue across your body (wherever the clothing reaches).
- [Silverell Hoodie](#) — see flaw of 4EHS above. In contrast, I find the lead rubber (in the dental apron) seems to do less conducting and more blocking.