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## #2a — Body Wear — Shielding your Body against EMF attacks

Jay

13-17 minutes

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*(Body Shielding shields against DEW attacks: whether “sharp” and you feel the zap, or “subtle”- you don’t feel it gradually become more fatigued)*

Before I jump into details, here are the vests I use to protect my body:

- During the day- [Xenolite Standard Vest](#) (0.175mm/0.175mm), 600-B Lead composite, black, one size larger than I am. Thickness is custom-ordered (not an option on the website).
- At Night- [Xenolite Standard Vest](#) (0.35mm/0.25mm), 600-B Lead composite, black, one size larger than I am. Thickness is custom-ordered (not an option on the website).

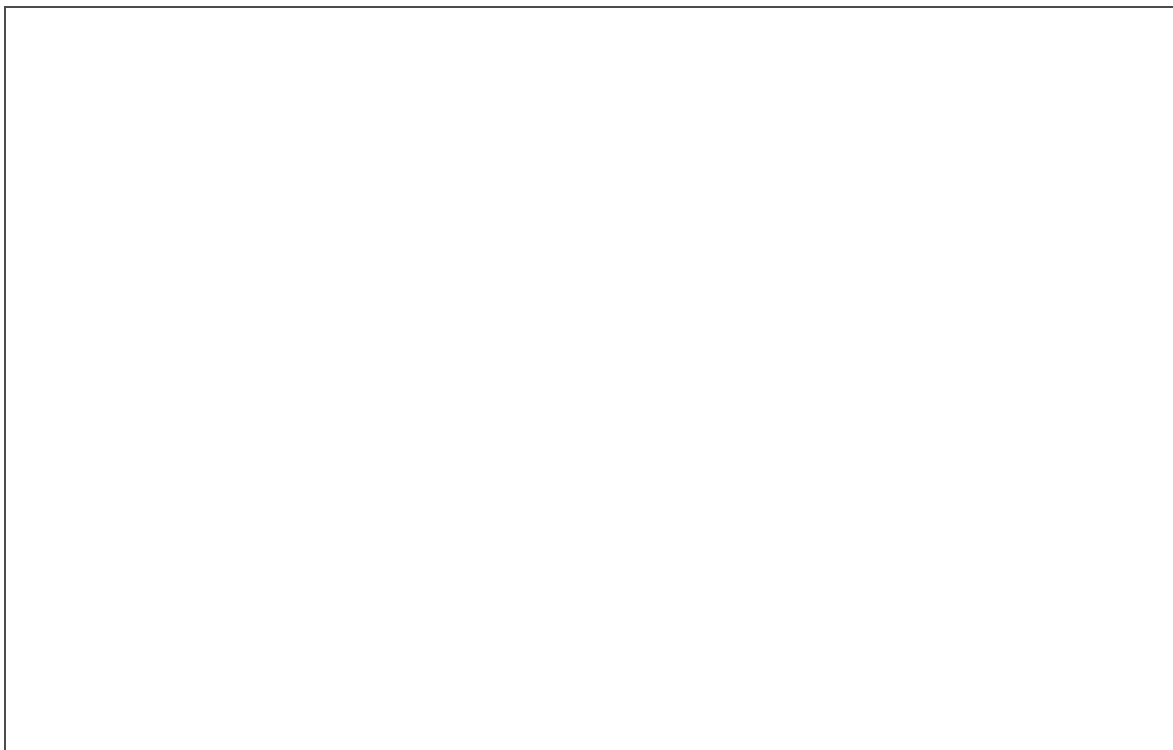
([click here to see the full list](#) of the wearable shielding I personally wear)

### Why Lead Rubber Works So Well to Block DEW, and other So-called Anti-EMF clothing does Not

It's easy to go wrong with body shielding for TI's. **There are a lot of clothing products sold to "block EMF" and my experience is many of them do not work.** I believe the problem has to do with most anti-EMF clothing has metal sewn into the fabric. Metal doesn't just block electric frequencies; it conducts them as well. This means that if your calf is being targeted, for example, anti-EMF pants will blunt concentrated attacks on it, but will also *transmit that currency throughout your legs*. What I've experienced is generalized fatigue as a result. **I believe the best EMF shielding has material that works against conductivity (ie: lead rubber).**

I've tested extensively the following anti-EMF clothing: Silverell hoodie (made with silver), as well as 4EHS jacket and pants (made with 29% metal fibers). **I did not have great results with either- and had the generalized fatigue I described earlier.** The stuff you find on sites like LessEMF will mostly not work because they are too lightweight to withstand the power density of EMF attacks used by perps (sites like LessEMF are meant for people who are sensitive to EMF like wifi, a different kind of customer whose shielding requirements are milder).

However, **one form of body shielding which has worked reliably against EMF attacks TI's face is lead rubber.** (Scroll near the bottom of the article to see the vests I recommend for TI's)



**What happens to many TI's is that they are targeted with DEW in their midsection, abdomen, chest because that's where all the organs are. In some cases, the targeting is "sharp" — it is overt and painful. In other cases, you may feel a general fatigue, a feeling of "I'm not well" but you don't know why; you aren't feeling "pain" per-se in any particular part. Often this groggy unwell feeling is coming from generalized DEW targeting of your mid-section (you can gauge with an RF meter if the readings are abnormal). By subjecting your organs to directed energy, you just generally feel unwell, weak, and tired. [You may get digestive attacks](#). Sometimes you feel that it takes more energy to breathe. Your lungs, heart, liver, kidney, stomach, colon can all be attacked with DEW. **Important: Wearing lead rubber stops these attacks.****

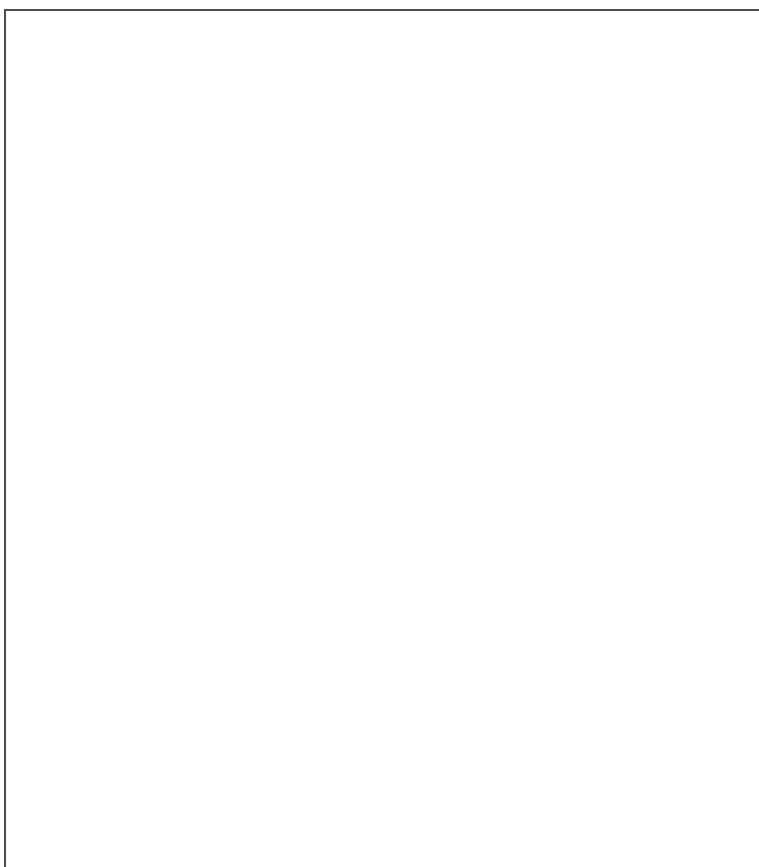
## **Why Lead Rubber is the Holy Grail for TI's hit with DEW**

- Like many metals, lead rubber has terrific shielding properties.

Lead is used for shielding high frequency (x-rays) in the medical industry and can also block lesser microwave-range frequencies that TI's face.

- Unlike many metals, **lead is soft**, and therefore is ideal for use in clothes which need to be soft and bend to fit our body. And comfortable to wear (versus a “knight's armor” out of steel or copper).
- Critically, **lead rubber reduces conductivity**. The rubber aspect of it keeps it from transmitting significant frequencies to the body. My experience is that other EMF clothes which purport to protect you and which usually have metal like silver stitched into the fabric *conduct that frequency into your body*. Lead rubber does not.

## Lead Vest



*American Express's slogan is “Don't Live Life Without It”. Well for*

*Tl's, that slogan may as well apply with lightweight lead vests.*

Here is a product that has quality manufacturing, many options, and proven scientifically to have protection against projected frequencies. We benefit from an industry around creating these products for the medical industry to protect patients from x-rays. If lead can block x-rays, which are orders of magnitude more powerful than the microwave range frequencies we are hit with, it can serve our purpose.

I recommend [Xenolite](#) because their vests are lightweight and shield well (as comparison, I ordered a lead vest from China on eBay that weighed about 30 lbs!) Xenolite has also been good to work with and can customize your wearable lead shielding based on requirements. However, there are many other vendors such as [Infab](#) and [Kemper](#). If you search for these products they are typically referred to as 'lead aprons' (not vests).

*Where ever you order from, when you speak with them, **do NOT mention you are a Tl or your circumstances**. If they ask you why you want one, say for testing electronics equipment, or 'personal use' or whatever you're comfortable with.*

No matter where you order, vests are typically custom-made and will take ~1 month to make and ship. If you are in need of immediate relief, see the section below for Lead Dental Aprons which are pre-made and ready to ship.

A lead vest/apron covers the upper body. It typically is sleeveless (since made for x-rays to prevent cancer, and there is no such thing as cancer of the arm), it will typically weigh between 3 and 9 pounds. It uses velcro to close and can be easily worn and removed.

## My Vest Recommendations for TI's

I wear the Xenolite 630VS vest night and day; but I opt for more thickness at night (0.35 mm) versus day (0.175 mm)

- I wear the [Xenolite 630 VS vest](#) during the day at a thickness of **0.175 mm**. I've found this thickness is Ideal for TI's for daytime wear. It's about half as lite than the standard ~0.35 mm. This makes a big difference when you wear it all day under your clothes, like I do. The 0.175 mm thickness is also enough to block all the DEW I face by day. (Note Jan 2020: I am currently testing 0.125 mm as well). When ordering, choose option: 600-B Lead composite.
- I wear the [Xenolite 630 VS vest](#) during the night at a thickness of **0.35mm**. I face more targeting at night, especially when I sleep so I need more protection. (I've found this works for everything I face, but if you feel your targeting is extreme, Xenolite has an option to make the thickness 0.5 mm. By default the vest back thickness is 0.25mm but you can customize that and make it thicker if you are hit in the back often.) When ordering, choose option: 600-B Lead composite.

For those who want to explore the different configuratations and options for lead vests, read on.

## Vest Options

**Frontal vs. Full-Coverage:** *Full-coverage covers both front and back of the upper body*; frontal just the front (please note this is not Full Body- which covers upper body and lower body. By "Full coverage" I mean covering the entire upper body, front and back) .

The other main difference is weight; full-coverage will typically weigh twice as much. Personally, I began with frontal during the day since it weighed only 3 lbs, was not bulky (could wear under clothes when I worked). I've switched to full coverage only because I found i could reduce the thickness and it still blocked microwave-range DEW. Which I'll explain below. At night, I always wear full-coverage. (For clarification, often companies will simply refer to full coverage vests as just Vests or Aprons because it is default. They will specifically label front-only vests as Frontal vests).

[Link to Xenolite Vest/Skirt Options](#) (you can call and custom order if you only want the vest). The lead vests in this section are full coverage.

[Link to Xenolite Full-Wrap Options](#) . Xenolite has full-wrap options that like Vest/Skirt options are full coverage, but cover both your upper and lower body. I personally find these far too heavy to wear all day and prefer the vest in the vest/skirt option. But you can check them out if it fits your need.

\*Note: if you call Xenolite, don't tell them you're a TI. If asked, just say that you have EMHS (electromagnetic hypersensitivity).

**Thickness:** Lead vests typically come in 0.3 to 0.5 mm thickness (that is thickness of the lead rubber; sometimes referenced as "pb" for lead; ie: 0.35 mm Pb). Remember this is used to block x-rays. Microwave energy is orders of magnitude lower on the frequency range. I've found success in reducing the size and it still works against DEW. I've custom-ordered Xenolite vests down to 0.125 mm and had good results. At present I wear a 0.175mm full-coverage vest during the day and a 0.3 mm full coverage vest at

night. You can custom request Xenolite make a thickness down to 0.125mm. **I find 0.175mm works a little better and at this reduced thickness (down from 0.3mm), it is light enough I can wear during the day.** For work, I usually wear a normal vest like a Patagonia vest over it so it's not discernible. (When you special request lower thickness, you have to acknowledge that this will not work for x-rays as the company does not want to be legally responsible in case that's the expectation of the customer).

**Lead versus Lead-Alt:** I've tried both. They are very similar so I think it's mainly personal preference. After trying lead, I bought a lead-alt vest in the hopes it would be considerably lighter. It felt maybe 10–20% lighter but not a major difference. Perhaps if you order a full-body lead apron (covering both upper and lower body), then that percentage would make a bigger difference because the overall weight is greater so 20% of that might count for more. But for the upper body vests we've been talking about, I didn't notice much. At Xenolite, the lead-alt vests cost about 25%+ more than the lead vests.

### **Other:**

- You may notice vendors sell Full-Body lead vests that cover *both* upper and lower body in one piece of clothing. Xenolite, for example, refers to these kinds of vests as [“Full Wrap” aprons](#). I tried experimenting with these (I have purchased three different full wrap aprons), and **I found these were just too heavy**. We're talking like 13–15 lbs. (If you reduce the thickness to 0.125mm, it's possible they are more wearable.) . Ultimately I found they were too heavy and cumbersome for both daytime and nighttime.
- Check the measurements on Xenolite's site. If you plan to wear it



during the day, I recommend getting it so that it ends at your waist. This is so you can wear clothes over it during the day. I wear my vest to work and have not had a problem or anyone noticing it. You can also call Xenolite to customize the size/length- they are usually good about that. *For night*, I recommend you order the vest a size larger than you are; otherwise it can constrict your breathing.

- If you go the [frontal Xenolite apron](#) route, that you request the arm straps (called 'elastic tabs') on the vest be extended by several inches (ie: 3 inches). Otherwise it tends to be a bit too tight.
- I recommend ordering in black. It is the easiest to wear and not be noticed.

## Other Thoughts on Lead Rubber & Vest Use

I will describe lead shielding, but many companies also produce *lead-alternative shielding* which have the same shielding properties but use Bismuth, Tungsten, etc. instead. If you would prefer non-lead options, they are available. For example, Xenolite, whose lead vests I recommend, offer lead-alt options for most of their products. As do other vendors. I have tested these lead-alt products and they seem to work the same as lead shielding. They are a little lighter — maybe 10%-20%- and a little more expensive.

In some cases, the DEW is more targeted (rather than generalized)- in which case you feel sharp pinches or zaps. Lead rubber should stop these as well.

***Probably the most important use of the lead shielding is when I sleep.*** I find the perps really weaken me when I sleep; I wake up sore everywhere and my muscles are tight (as if they are

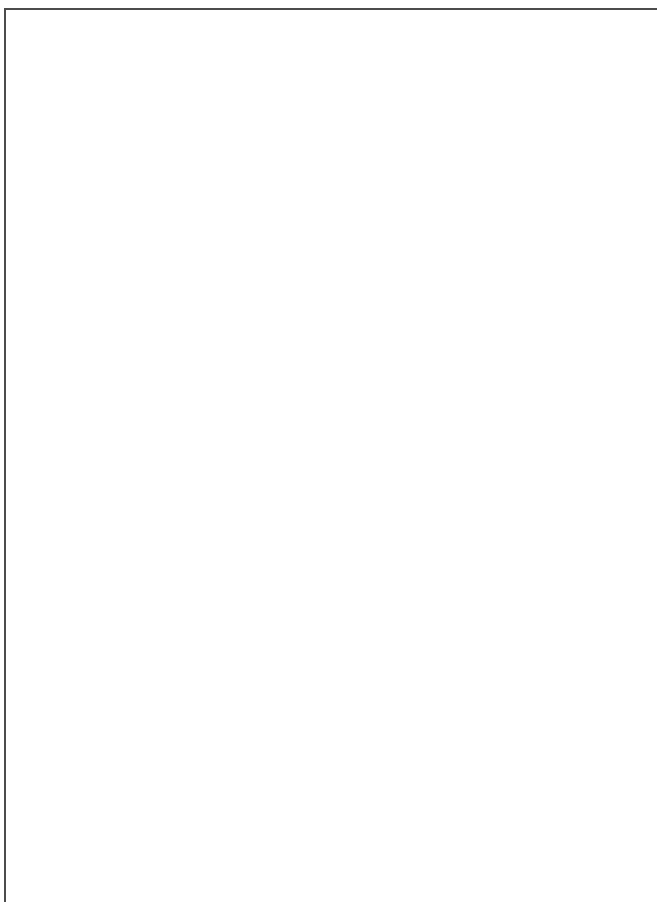
constantly being flexed) from exposure to DEW. As you can imagine constant tension in the muscles contributes to fatigue. It took me a few years to realize that this growing muscle pain and fatigue I had was artificially created, not a genuine medical illness. I found out because as a test I covered my forearm with a lead sheet and found that my forearm stiffness gradually dissipated. I soon found the lead wearable shielding could protect me in a similar way, but be manageable to wear for my whole body.

Wearing the lead shielding at night has made a world of difference. My body feels more rested when I wake. No mid-section discomfort; less fatigue on my thighs.

## Lead Dental Aprons

*(October 2018 UPDATE:* While the Lead Apron is still useful as an all-purpose, versatile shielding solution against DEW, I personally use it less now that I have a full set of wearable DEW shielding apparel- especially the more wearable lightweight Xenolite vest. But the generic dental lead apron still has use; and I still use it in various ways; ie: as an extra “blanket” to cover body parts that are being hit and not covered by my wearable shielding)

Here is the [lead apron I use most often; it's on Amazon](#):



It's by flow dental. It's 7.9 lbs- which I find is not too heavy to wear around the home. It has the equivalent of 0.5mm PB (lead) protection. The interior is a non-slip surface- so it's easy to drape it over yourself like your lap, and not have it slip off.

You can use the vests in multiple ways. For example, when sitting, sometimes I wear one and drape another over my thighs; or I wear it around the waist, so it covers my entire legs. If you're laying down on my couch to read, you can place it length-wise over me to cover most of your body. Also see my writeup: [Shielding while Driving](#).

## Beyond the Torso

So far I've talked about lead vests. What about the rest of your body? See these articles I've written in talking about shielding for:

forearms, legs, shoulders/upper-arms, etc. [My full list of wearable shielding is here](#). Also see:

[Block DEW Attacks: When they Attack Around your Lead Apron-Back, Neck, Shoulder](#)

[Quick Hit: Shoulder-Shielding \(from DEW\)](#)

[TI Shielding Digest: Forearms, Thighs, Shoulders, and more....](#)