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Shielding while Driving - Jay - Medium

Jay

2-3 minutes

Over time, I noticed that it was hard for me to drive long distances. I would become fatigued to the point that after driving one hour, I would have to rest for four hours wherever I drove to. I would have to pull over half an hour in and use the restroom which never happened before. I avoided driving at all costs.

Then I tried wearing the apron when I drove- and it was a major difference. I no longer felt mid-section discomfort; I didn't have to stop and use the restroom. My legs in particular felt preserved when I draped the apron over my thighs and calves.

I've come to believe that they target us most when we're out in the open. When we're sitting outside or when we're driving on a highway — there's nothing between the satellite beaming this harmful EMF and you. This is why many TI's believe you're at greatest risk sitting next to the window as well. To my great surprise, I found that my driving fatigue was connected to my being targeted. My Trifield EMF meter confirmed the RF peak readings were abnormal (often a peak north of 10 mW/m²).

When I drive I wear a Xenolite lead vest and I drape a lead apron over my legs. It has made a major difference. I still am somewhat

fatigued after the drive, but nowhere as bad as before. (another driving tip: keep the car in cruise control so you use your legs less; and if possible, keep your arms at the bottom of the wheel, so they are out of sight from the front window; I've found this preserves my arms which cannot be shielded as easily).

In summary, the dental apron is versatile and you can use it various ways. I sometimes use it at night as a kind of "blanket" to cover parts of my body not protected by the Xenolite vest and skirt, and where my other shielding (such as rubber sleeves over my forearms) are not sufficient for that night's attacks.

There is a large market for medical practitioners and patients, so the dental aprons are well-made; there are many options to choose from. They are designed so the shielding material doesn't touch your body; there is fabric on either side and lead rubber in between. The lead is covered and contained; so there should be no lead exposure to the environment that could pose a hazard.