

Mind Control Protection & Remediation

Brain Sync MP3s Day: Alpha, Beta, or Gamma; Night: Delta or Theta -- life changing, highly recommended
Website: <https://www.brainsync.com/>

Brainwave on YouTube: Many free files, mostly daytime frequencies, use VLC Media player to listen

DAS Italian modelling clay pack. These are heavy and can be challenging to use near your head, unless you have some form of physical support. Michael's Artist Supply store is a good source of bulk clay.

Activa Products, lightweight clay packs from Japan, available from Michael's Artist Supply or Amazon. There is room for about 24 of the below magnets per lightweight clay pack.

Powerful Neodymium Bar Magnets, Rare-Earth Metal Neodymium Magnet, N45, Incredibly Strong 33 LB Strength - 60 x 10 x 5 mm. Purchase at least 100 each. You may find that you need several times that quantity.

Tactical Military Pouch Army Camo Waist Holster with Belt Clip 1000D by Amy Molle. For smartphones. I use this at the gym to hold my cell phone, or when brainwave is needed around the house.

Skullcandy Ink'd+ in-Ear Earbuds. Good earbuds and low cost on Amazon, but they need heat-shrink applied for strain relief at several locations. Consider Wirefy Heat Shrink Tubing Kit on Amazon. A hair dryer should supply sufficient heat.

Lightweight Lead Blanket: I purchased two blankets online from a medical supply store. I use one over the bedside table (below) and have my head protected at night. It protects against headache and brain fog, but is not so effective for fatigue and watery eyes, if trying to read under this contraption. I have the second blanket for my feet supported with anything that has bulk. A second or even third bedside table each with its own lead blanket is also a possibility. I recommend at least two lead blankets, even if you are not initially using any physical support for them. Consider regular weight lead blankets, if you have support. The below bedside table is sufficient.

EMF Meter, Advanced GQ EMF-390 Multi-Field Electromagnetic Radiation 3-in-1 EMF ELF RF meter, 5G Cell Tower Smart meter Wifi Signal Detector RF up to 10GHz with Data Logger and 2.5Ghz Spectrum Analyzer. This is probably the best low-cost meter available. There is a learning curve, but the GQ website has plenty of helpful information.

Turn off your house WiFi at night. Disable the built-in WiFi adapter in laptops and use Ethernet or a 10 to 20 feet length of USB cable to a WiFi adapter. Put a small shield between you and the adapter.

Turn off bedroom AC power at night.

Live music is therapeutic. A non-smoking casino is an excellent escape.

Indica marijuana is therapeutic and is especially good at night.

ENO hammock with straps. Very easy to setup and take down. Good for the below recommendation.

Sleep around. At least once per week, go off the radar and sleep somewhere else. Prepare places in advance. EMF emission free is very important -- even brainwaves from you head. Shield your cell phone, that is also in airplane mode. Automobile key fobs need to be shielded. The benefit is protocol dependent. Especially good when you know it is going to be a bad night, i.e. the headache weapon.

Canopy Bed. Wayfair.com online store has an excellent selection. Choose a metal frame capable of supporting lead blankets. An A-frame canopy is interesting with a reflective outside cover and lead underneath.

Medline Adjustable Overbed Bedside Table with Wheels, Great for Hospital Use or At Home as Bed Tray, Composite Table Top by [Medline](#). Three bedside tables with a lead blanket over each, would offer substantial protection at night. This may be easier and less expensive than a canopy bed.

Altec Lansing BXR1221 2.1 Speaker System. This is a three-piece speaker system. I use this and a slightly larger Altec Lansing system simultaneously. A medium size woofer speaker will provide brainwave sound impossible to obtain with earbuds. This is actually somewhat annoying while playing Slow Wave Sleep (Delta), but is fine with the other brainwave MP3s. I use the two speaker systems at night AND earbuds. A single laptop drives the amplifier (below) which provides a separate volume control for each of the three audio outputs. The fourth audio output is unused.

Portable Stereo Headphone Amplifier, 4-Channel -- Professional Multi Channel Mini Earphone Splitter Amp w/ 4 ¼" Balanced TRS Headphones Output Jack and 1/4" TRS Audio Input for Sound Mixer - Pyle PHA40

UGREEN 6.35mm (1/4 inch) Male to 3.5mm (1/8 inch) Female Stereo Audio Adapter Gold Plated, 2 Pack by [UGREEN](#) Need a bunch depending on how many channels you use. A six or eight pack is likely a better choice.

AmazonBasics 3.5mm Male to Male Stereo Audio Aux Cable - 4 Feet (1.2 Meters) by [AmazonBasics](#) Need one per speaker system. Need at least one male to female for the earbuds.

Seville Classics Expandable Closet Organizer System, UltraZinc by [Seville Classics](#)

I use these for their intended purpose. However, combining two or three together with hospital grade lead blankets on top and hanging from the side could provide shielding while working at a desk or a computer.

Pro Chef Kitchen Tools Round S Hooks - Kitchen Pot Racks Hook 10 Pack Set - Heavy Duty S Shaped Clothing Hangers - Fits Utensil Organizer Rack Hanger Bar - Outdoor Garage Home Storage Organization

I use these with the Seville Closet Organizer above. The hooks could be used to hang lead blankets on the Seville Organizer. Consider ordering some for your lead blankets with eyelets sufficient for hanging.

Radiation Detox Tea recommended by Anthony William the Medical Medium. Blend equal amounts of Atlantic kelp, Atlantic dulse, dandelion leaf and nettle leaf. Please read the reviews of Anthony's books on Amazon.

Quercetin and turmeric for chemtrail detox. Nature's Way immune gummies, with vitamins C, D3 and zinc work in combination with the quercetin. Gummies are the preferred way to take zinc.

Garlic capsule, one each, per day. I use Nature's Way. A small-medium garlic glove, consumed raw (not on an empty stomach) is an excellent substitute. If you take raw garlic, consider taking a parsley capsule to counteract the smell. Keeping a strong immune system is one of the most important things you can do for your health.

Seaweed or kelp capsule, one each, every day. This is for the radiation released from Fukushima power plant.

Lower Back Support, Botanical Support for The Lower Back, 4 Fluid Ounce, by [Planetary Herbals](#)

Shielding for Hats

WireJewelry 26 Gauge 0.016 Dead Soft Copper Sheet Metal - 6x12 Inch by [WireJewelry](#)

Ideal gauge (thickness) is unknown. I purchased 18 gauge which is too thick. 26 or 30 gauge is likely a better choice.

Velostat. I bought a large roll from Less EMF, but have yet to fully utilize. Two or more layers of Velostat alternating with thin copper sheets are likely an excellent combination for a hat. Weight is a major constraint.

Woremor EMF Radiation Protection Bush Hat. Consider adding the thin copper sheets and Velostat to an existing EMF hat. Unfortunately, even the extra-large Woremor hat is a bit small.

Joyce Chen 51-0220, Unlimited Scissor, Red
For cutting the above copper sheets.

Copper Foil Tape (2inch X 33 FT) with Conductive Adhesive for Guitar & EMI Shielding, Slug Repellent, Crafts, Electrical Repairs, Grounding by [LOVIMAG](#)