

SHIELDING GARMENTS

Shielded clothing is a great way to reduce your exposure to radiofrequency radiation especially when you can't control the environment... perhaps at work or school, at church, while shopping, travelling or at a doctors visit for example. They are also great for relaxing at home or sleeping.

Our clothing is made from a variety of fabrics which reflect the radiation away from the body. Obviously, only that part of the body which is covered will be shielded. It would be understandable to shield only the parts of your body where symptoms occur, but this may not be adequate. Remember that radiation to the unshielded skin will create biochemical changes which can then circulate throughout the body, causing symptoms in remote areas such as the heart, brain or reproductive organs.



Also, it is a myth that radiation entering through openings for the arms or legs will be trapped inside the garment. Modest levels of radiation are absorbed by the first few millimeters of skin that they encounter and never penetrate deep enough to be reflected off of the inner part of the garment. See this video for proof: <https://lessemf.com/faq-shie.html#skin> Furthermore, there are right and wrong ways to test the shielding performance of your garment, see an excellent demonstration video here: <https://lessemf.com/personal.html#testing>



If you have a garment in mind that you don't see in this catalog, choose one of the many shielding fabrics (starting on page 28) to make or line any design you like. Take a look here: <https://lessemf.com/ideas.html> for unique and useful projects done by some of our customers. Contact us if you need help selecting the proper fabric for your project.

A note about washing shielded clothing:

Poor water quality will damage Silver. In particular Sulphur, high Fluoride, and low pH will react strongly with Silver and destroy conductivity and shielding performance.

Test your tap water on a swatch before washing your garment:

- 1- soak a small fabric swatch in warm tap water for 1 hour.
- 2- look for color change in the water or swatch, especially blackening.
- 3- air dry the swatch and check for conductivity (by touching an Ohm meter to two points on the fabric)



If color change or loss of conductivity occurs, DO NOT use tap water to wash/rinse your fabric, use distilled or de-ionized, reverse osmosis water.