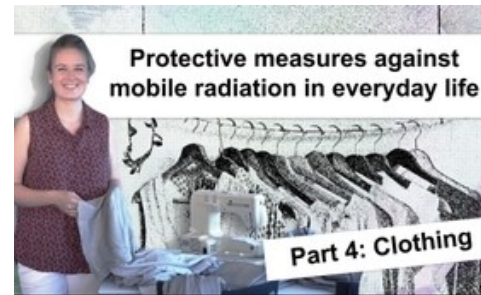




# Clothing - Protective measures against wireless radiation in everyday life (Part 4)



**This program is for all who are often on the move and want to protect themselves against mobile communication radiation. There are various solutions in the form of protective clothing. How you can make these clothes yourself is shown here.**

Maybe you are on the road more often and would like to be protected from radiation there as well. There are various solutions for this in the form of clothes and there are also clothes that you can buy on the market, such as these shirts for example.

You can also buy T-shirts, or leggings, or even belly bandages for pregnant women, caps, etc. at online shops. These are all things you can buy directly from the online shop. Since they are sometimes expensive, I would like to show you how you to make radiation protection clothing yourself. On these shops you can usually also buy radiation protection fabrics, like this one for example. The silver color comes from the fact that it has silver threads in it, which then have the repellent effect on the radiation. This one has two sides. This side you wear on your skin, it is very comfortable, and on this side you can see the metal. Since it has elastane in it, it is very convenient for making underwear or other clothing. Let me show you how it is done. You can make such a top yourself by cutting an old t-shirt or an old top apart and then lay it on your radiation protection cloth so that you have your own model.

You cut it out leaving an extra here and then you can sew it back together and you have your radiation protection shirt. If you leave the sleeves on, the end product will look something like this.

Or you can of course also make leggings, radiation protection leggings. It could look like this. Of course, you can also use this cloth to sew it into another garment, here for example as lining. So, it looks like a normal jacket on the outside and inside is this radiation protection cloth. The silver can easily discolor, but that does not matter, the fabric is just as effective and radiation resistant as in the very beginning. From the pattern you might have some leftovers and from these leftovers you can very well make a radiation protection hat. It goes like this: With this hat you can turn it over, this is the easiest way. You put the radiation protection cloth or pieces of it on top, fasten it and sew it together, then you can turn it around and you have your radiation protection hat. It is important that you have enough material in here so that you avoid a draught on the head.

What you can also do is making a radiation protection cap. It goes like this: First you sew a tube and then you close it at the top end. And here you have your sleeping cap. It can also be used as lining for a winter hat. There are many different fabrics. For example, this one, which is a bit stronger, a bit stiffer, and which is very well suited to be used as lining in a jacket, for example.

If you are on the road and want to protect yourself at night, one solution is to simply cut out a piece of cloth and wrap yourself in it. Or you can sew a whole sleeping bag out of it.

Below this program you will also find instructions and links to the online shops where you can buy all this. (currently only available in German)

So, you can either sew your own clothes or buy them in these shops. I hope I have encouraged you and shown that there are very simple solutions to protect your head or even your whole body.

from Solene

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