

# Low-Tech, Low-Cost Shielding Tools and Tips: Protect Yourself from EMF Radiation

EMF (electromagnetic field) radiation is a type of invisible energy that surrounds us all the time. It comes from a variety of sources, including power lines, cell phones, computers, and other electronic devices.

Exposure to EMF radiation has been linked to a number of health problems, including:

- Cancer
- Reproductive problems
- Neurological problems
- Immune system problems

Children and pregnant women are particularly vulnerable to the effects of EMF radiation.



## Electronic Harassment: Targeted Individuals: eBook 1: Low-Tech, Low-Cost Shielding Tools and Tips

★★★★☆ 4.2 out of 5

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The best way to protect yourself from EMF radiation is to reduce your exposure to it. You can do this by:

- Limiting your use of electronic devices
- Staying away from power lines and other sources of EMF radiation
- Using shielding materials to block EMF radiation

There are a number of low-tech, low-cost ways to shield yourself from EMF radiation. These include:

- **Using metal mesh:** Metal mesh is a good conductor of electricity, which means that it can block EMF radiation. You can use metal mesh to create a Faraday cage, which is a type of enclosure that blocks EMF radiation.
- **Using Mylar fabric:** Mylar fabric is a thin, metallic fabric that is also a good conductor of electricity. You can use Mylar fabric to create curtains, clothing, or other items that will block EMF radiation.
- **Using carbon cloth:** Carbon cloth is a type of fabric that is made from carbon fibers. Carbon fibers are good conductors of electricity, which means that carbon cloth can block EMF radiation. You can use carbon cloth to create clothing, blankets, or other items that will block EMF radiation.
- **Using ferrite beads:** Ferrite beads are small, doughnut-shaped devices that are made from a type of magnetic material. Ferrite beads

can be used to block EMF radiation from wires and cables.

- **Using grounding mats:** Grounding mats are conductive mats that can be used to ground yourself and protect yourself from EMF radiation.

EMF radiation is a serious health hazard, but it is one that can be easily avoided. By using low-tech, low-cost shielding tools and tips, you can protect yourself and your family from the harmful effects of EMF radiation.



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