

# HEALING FORCES

by  
Amos Tranque

Fashion Department - Gerrit Rietveld Academy 2011

Graduation Thesis



# TABLE OF CONTENTS

Foreword

## **CHAPTER 1 - What is the connection between medicine and fashion?**

- 1-What are alternative medicines and how do they work?
  - 1.1 Introduction
  - 1.2 Conventional medicine VS alternative medicines
  - 1.3 Alternative medicines
    - 1.3.1 the use of alternative medicine in history
    - 1.3.2 the use of alternative medicines in fashion
  - 1.4 The skeptical point of view

## **CHAPTER 2 - Magnetism**

- 2-Magnetism and fashion
  - 2.1 Introduction
  - 2.2 What is magnetism?
    - 2.2.1 Magnetism, the invisible force
    - 2.2.2 Types of magnetism
    - 2.2.3 Magnetism and electricity
    - 2.2.4 Magnet polarities (North and South)
  - 2.3 How does magnetism influence living organisms?
  - 2.4 Magnetism and the human body
  - 2.5 How does magnetic therapy works?
  - 2.6 Magnetic therapy and fashion
  - 2.7 The body and the unseen space

## **CHAPTER 3 - The conceptual approach of magnetism into fashion**

- 3.1 Most common pain and cause survey
- 3.2 The office uniform (the suit)
- 3.3 Silhouettes and shapes
- 3.4 Structures and jewelry interacting with clothes
- 3.5 Materials
- 3.6 Colors

Conclusion



## FOREWORD

While watching “Redes”, one of most acclaimed TV programs on Spanish television at the moment, Eduardo Punset, a lawyer, economist and science commentator interviewed Hans Rosling to discuss a global vision of the power of numbers and statistics. Through the internet, the press, and television we receive news, data and historical events from all over the planet, however, we rarely have a global vision of what is happening in a country, of its history or their future perspectives. During the interview, a statistic graph showed that China started growing because their government invested in the health and education of the population as a strategy to become a wealthy country. From the moment I finished watching the episode, a sudden large amount of questions started happening in my head (as it normally happen after watching this program). Are we as individuals aware of the importance of a healthy body and mind? How does our mind translate illness in our body? What types of reactions do we have depending on the illness we have? What makes us sick and what makes us healthy? What is our first reaction when noticing the transition of our body/ mind becoming sick? Could a global epidemic collapse our civilization? A growing and conscious society, we always try to find new methods to bring our bodies in harmony when we are not feeling well physically and spiritually.

## CHAPTER 1 - What is the connection between medicine and fashion?

*“Anything that restores your health should be approved as a valid medicine”*

In general, my works are mostly expressing my concerns about human behavior. Trying to explore how to turn something negative into positive in order to create a healthy state of mind. We as individuals have to share the same environment and it is for our own benefit to create a good positive harmony. Any physical or emotional action we do during the course of our lives are basically connected to our self. The perception of our environment, the way we feel, react and interact with our surroundings depends on how our body and mind state are at that point in time. Thus, these are the two basic elements that keep us going from the moment we are born until we die. We should be aware how important is to keep our self in the best condition we can no matter whether we have to recur to classic or alternative medicine/ therapy.

In this thesis, I research what are the connections between medicine and fashion. I'm introducing magneto therapy as an alternative medicine in conjunction with fashion. Magnets are incorporated into the garments and placed at specific acupuncture points of the body. At the same time I'm approaching the principles of magnetism in a conceptual and abstract way to deepen the design vocabulary of the collection. Searching for the invisible space the force of magnets create around our body. The aim of this work is to create a level of awareness between the mind and body, our connection with the natural world and unlock the door to the many possibilities of fashion as a channel to medicine.

### 1-What are alternative medicines and how do they work?

#### 1.1 Introduction

In this thesis and for designing my collection, I will be focusing in one specific variant of alternative medicine (Magneto Therapy), which I will describe in detail in a later chapter. But before doing that, it is important for me to explain what is around these types of medicines. We are nature and nature is part of us. I believe that all the elements we have around us have a function and its up to us to wisely learn how to use them. From the use of herbs to the most advanced piece of technology. We have reached a point where the most ancient tradition meets ultramodern techniques and the use of science and technology makes possible the deepest research in each field in medicine. This chapter gives a brief explanation about the general understanding of alternative medicines and what do they do to the human body and mind, some examples of the most known alternative medicines, the difference between conventional and alternative medicine and a personal point of view about skepticism.

## 1.2 Conventional medicine VS alternative medicines

(1) *“The term ‘alternative medicine’ that is so commonly used today is somewhat unsuitable since that would seem to indicate that it is a form of treatment departing from so-called ‘traditional’ scientific practices and is just a possibility for a new treatment of disease. The truth is, so called ‘alternative’ medicine is the natural treatment of disease that was in effect in ancient times long before conventional medicine was ever introduced. Alternative medicine is traditional, whereas conventional medicine is relatively new and not traditional. So conventional medicine should rightly be deemed ‘alternative.’”* Before starting to explain the differences in how medicine as we know it has been labeled by certain institutions, It is for me necessary to emphasize that the fundamental form of medicine is the art of healing and that the main focus is to recover the body and mind from its malfunction regardless of the method you utilize to do accomplish it. Saying that, why is there the need of differentiating and subcategorizing medicines? I will leave this question open to these organizations. Also, the need to state that conventional medicine is originated from natural resources in their purest form. Chemicals are part of a process in which you use natural elements to artificially transform them. When we subcategorize conventional and alternative medicines, we are giving more relevance to one than another. I’m in the opinion that both medicines should work in conjunction in such a way that chemicals and aggression to the body should only be performed in extreme circumstances. Invest in more innovative research to find out how the natural resources can be of a better benefit for the human organism. Conventional medicine is mostly used to deal with the handling of traumas and emergencies and to specifically relief the symptoms and unlike alternative medicines, which gives the importance on preventing dealing with the original causes of a disorder. Alternative medicines are commonly adjusting your body and mind to its natural state. Conventional medicine is organ specific and it uses an aggressive intervention to treat illness and disease in a quick way. Alternative medicines are none aggressive to the body and the reaction responses are based on a long terms basis. Conventional medicine’s main weapon consists of surgery, chemotherapy, radiation, and powerful pharmaceutical drugs like antibiotics. They are supported by governmental institutions and included in the public health system and the people who are treated with this medicine are ruled in their path by these organizations, which have a standard set of rules or better said, by the book bible to state a one size fits all approach. Although alternative medicine is finding its way to be incorporated into the public health system, these institutions do not support all the existing therapies and it differs from country to country. (2) *“Some homeopathic treatment is covered by the public health service of several European countries, including France, the United Kingdom, Denmark, and Luxemburg. In other countries, such as Belgium, homeopathy is not covered.”* Alternative medicine aims to treat each individual as one. Each person is a different world and it looks deeper into the specific condition of the individual, not only its physical body but also in the state of mind. For instance, a patient could have developed psychosomatic reaction over the years, which is starting to manifest and affecting his physical body. The patient starts to experience a series of gastrointestinal disorders that causes pain but this is actually related to a psychological state from the past that has not being cured. Alternative medicine will focus first on healing the psychological state and let the body recover from itself. Conventional medicine understands the body as a mechanical system and considers the illnesses and disorders to be treated with chemicals. The patients tend to be passive and accept their treatment without too many questions.

I remember when I started to use alternative medicines. The first consultation with a practitioner at that time was quite unusual for me. He began to ask me questions that were pretty much linked to my “Self”, my ego, and me as an individual. How do you react to a stressful situation? Are you conscious of your reaction when acting in certain way? Do you consider yourself a happy person? What makes you happy? Is any of your parent death or having a terminal illness? All these questions were determining some aspects for the upcoming natural remedy treatment. None of these questions were made to me when visiting a normal doctor. I have been in touch with alternative medicine ever since. At the moment, my guru and I meet every month to have our usual chat. I would define it as a bio energetic philosophical conversation in which we create this interaction of energy between the two of us as beings. This is an experience on its own full of positive input and output that makes one realize how important is to be able to understand your “Self”, become conscious of the environment we are living in and learn to use energy in its purest form. In addition to that, we combine it with the use of Bach flowers as the result of each therapy. This is another example on how personalized become the use of alternative medicines. (3) *“Both conventional and alternative medicine is assigned to the principle of do no harm. However, while alternative medicine is essentially achieving this goal, conventional medicine seems to have almost totally lost sight of it. Hospitals are now the third largest killer in Australia and over one million people are seriously injured in American hospitals every year. Blood infections acquired in American hospitals cause 62,000 fatalities every year and bypass surgery results in 25,000 strokes a year. Two million patients experience adverse drug reactions in hospitals in the United States every year; of these, over 100,000 die making hospital-induced adverse drug reactions the fourth leading cause of death after heart disease, cancer, and stroke. The practice of conventional medicine is intimately tied in with the whole medico-pharmaceutical-industrial complex whose first priority is to make a profit. Although most conventional physicians have “healing the patient” as their first priority, they find it increasingly difficult to do so while operating within the system with its pharmaceutical salesmen, its rule books, its fear of malpractice suits, its endless paperwork to satisfy bureaucrats and insurance companies, and its time pressures. Most alternative medicine practitioners have no such constraints and pressures and can give the patient their undivided attention. Conventional medicine generally resists the use of natural remedies long after their efficacy has been scientifically proven (Germany is an exception to this).”*

## 1.3 Alternative medicines

### 1.3.1 the use of alternative medicine in history

“I remember the day my grandmother attached a towel full of crushed garlic around my wrist for the first time. It was a Sunday morning and I had a terrible toothache. One hour after she put this remedy in my wrist, the toothache started decreasing and an hour later I couldn’t say I ever had one”. The literal description of an alternative medicine reads as following: (1) *“alternative medicine is any healing practice “that does not fall within the realm of conventional medicine”*. As explained in the previous chapter there is a difference between alternative and conventional medicine. For us to be able to understand alternative medicine, we first need to grasp its meaning in the purest form. Taking into account that in prehistoric ages, humans did not have advanced medicine as we have now, plant materials like herbs and substances derived from natural sources were among the treatments for diseases in prehistoric cultures. By observing animal behavior, the prehistoric man also learned how to make use of hearth and clay as medicine and used both internally and externally for treating wounds and after surgery. Animals have a natural instinct to find their own medicine within nature. A strange behavior was noticed in a chimpanzee that was not feeling well. She started looking for the inside of a specific plant and started eating it, the next day the symptoms were gone and she was feeling much better. I can also see some similarities when I observe my cats eating the grass



or plants. My belief is that they do eat it in order to clean the fur balls accumulated in their stomach. Their own instinct tells them when to approach certain elements available to them.

In early Egyptian times Chiropractic practices were used among the civilization. This method primarily involved the adjustment of spine and joints to alleviate pain and improve general health. In that period priest were considered the doctors and they were quite advanced in medicine. They developed cures for a large amount of illnesses in which they mixed certain herbs to relief and cure. In addition to that, they also made use of spiritual healing and massage manipulation. The classical Chinese medicine's has been practiced for over 3000 years. Their belief is that the life and activity of individual human beings have an intimate relationship with the environment on all levels. Traditional Chinese medicine combines the use of medicinal herbs, acupuncture, and the use of therapeutic exercises such as Qi Gong. Hua Tuo (c. 140–c. 208 AD), who anesthetized patients during surgery with a formula of wine and powdered cannabis. Hua's physical, surgical, and herbal treatments were also used to cure headaches, dizziness, worms, fevers, coughing, blocked throat, and even a diagnosis for one lady that she had a dead fetus within her that needed to be taken out. Many of the alternative medicines we use today are derived from the Chinese medicine like acupuncture, acupressure, auriculotherapy, reflexology, a very complex herbal system and shiatsu among others.

Celtic Druids (translates truth-knower) were the members of the priestly class in Gaul and possibly other parts of Celtic Western Europe during the Iron Age. Druids were people full of myths, magic, and healing. They made the use of plant medicine, and central to this was the use of herbs. Many of these herbs where and are still used clinically to treat a range of conditions. Each of the herbs has its history, myth and symbolism. All the examples previously mentioned are a clear signal that explains that contrary to popular belief alternative medicine has a history longer than conventional medicine. There are a big number of alternative medicines, which are being practiced in our days. Naming some of the most popular, homeopathy has the principle of similar or "like cures like". The principle states that a disease can be cured by a substance that produces similar symptoms in healthy people, Acupuncture is the procedure of inserting and manipulating needles into various points on the body to relieve pain or for therapeutic purposes. Bach flower remedies are dilutions of flower material developed by Edward Bach, an English physician and homeopath, in the 1930s. The remedies are intended primarily for emotional and spiritual conditions, including but not limited to depression, anxiety, insomnia and stress To conclude this subject, it is essential to emphasize that over the years, the human being has managed to learn from nature and use these natural remedies to heal. New medicines are constantly emerging as part of evolution and thanks to the use of new technologies that help us investigate further the possibilities of nature as a healing device.



Egyptian tomb painting showing how Egyptians already used reflexology



Acupuncture points ancient diagram

### 1.3.2 the use of alternative medicine in fashion

When we talk about alternative medicines, we should also consider other elements than the ones we ingest like herbs or directly manipulate our body. Clothes are objects we wear in our bodies on a daily basis for multiple reasons. Naming some of them, clothes can be where to cover and protect our body but also to show a social status, a religious view, or to give a statement. The fibers of which these garments are made of are constructed with fibers. Natural fibers like linen, silks and wools for instance have healing qualities. For instance, at the electronic cellular level, flax cells are highly complementary with human cells producing many benefits on the human organism. Studies show that flax, the fiber from which linen is made of possesses exceptional hygienic properties. It acts like a filter that protects against chemical exposure, noise and dust. It also reduces solar radiation and is resistant to fungus and bacteria, helping to cure skin diseases and allergies. The ancient practice of wrapping sacred objects in silk was done for several reasons. Silk is a fiber, which acts in the highest vibration, relaxing, balancing and energizing your body shielding you from negative energies. With the use of new technologies and the help of science, intelligent fibers are becoming more and more popular. Laboratories are constantly busy trying to develop a new generation of fibers and textiles that will interact with us in different ways in our daily lives. Microcapsules inserted into textiles that contain small spheres with the objective of spreading in the body certain substances like an anti-inflammatory such as Ibuprofen. Of course the same system can be developed to work on a non-chemical basis. A sleeping mattress is being created using this technology with Aloe Vera. This plant has been used for centuries because of its healing properties. Another area that is currently being investigated is the use of spray textiles. This consists in a spray can that contains textile fibers, these can be sprayed over any surface including the human body. This will cover the surface with the yarn creating a textile. Medical properties can be added to the content of the can in order to use it later on when you spray on the body. Photovoltaic fabrics are able to detect the radiation and inform the wearer of the levels of such. These can also be used at some level to charge the electronic devices such as your mobile phone or mp3 player. There are infinite possibilities to work with in the area of intelligent fabrics. My aim for this collection is to be able to make a fabric that can be charged magnetically and be able to decide the position of the polarities and the strength of the magnetic field. This textile will then have what is necessary to apply magneto therapy in the body and it will be incorporated in my design at strategic points. The wearer will have the possibility of charging the piece of clothes himself whenever he thinks he should apply the therapy on his body.

### 1.4 The skeptical point of view.

*(1) "Many times years past by before any scientist priority discovery without relevance are acknowledged as fundamental to the progress of science"*

Being skeptical about something narrows our minds instead of expand it. A restriction of thoughts doesn't bring innovation. Unproven theories are just starting points, which create a chain of forthcoming research and investigation. The denial of the earth being round was the food of skeptical people back in ancient Greek times. Homer thought the world to be flat. In contrast, Pythagoras postulated that the earth was round. A century later, Aristotle sided with the theory of the roundness of the earth. Leave it to the clever Greek investigator Eratosthenes to

bring it all together with a calculation about the diameter of the earth, and also the inclination of its axis of rotation to its orbital plane about the sun. And later in Medieval Europe, the earth was thought to be flat. The people back then were in denial about something they could not confirm. It took certain time to verify that this was true, that the earth was round!

Edmon Fisher spent many years studying protein phosphorylation; the process that activates or deactivates protein enzymes by adding phosphate to the proteins. While fellow researchers focused on the living period of proteins without getting successful results, Edmon concentrated in totally the opposite direction, figure out how proteins die. The results brought him to win the Nobel prize in 1992 with a very important discovery in the world of biochemistry. Can skepticism be the motto of human kind? Instead of being open to things, we close up our minds. Is our mind in its simplest form free from skepticism? Somebody starts believing in something only when there are proven facts, there is nothing wrong with that but we should still be open to the fact that one day somebody can come to us and prove the unproven.

1.2 (1) <http://alternative-health-4.us/Alternative-Medicine-vs-Conventional-Medicine-Part-I.html>

1.2 (2) <http://en.wikipedia.org/wiki/Homeopathy>

1.2 (3) Alternative medicine-Why so Popular? By Hans R. Larsen [http://www.yourhealthbase.com/alternative\\_medicine.html](http://www.yourhealthbase.com/alternative_medicine.html)

1.3.1 (1) [http://en.wikipedia.org/wiki/Alternative\\_medicine](http://en.wikipedia.org/wiki/Alternative_medicine)

1.4 (1) Quotation tv program "Redes" /episode: Los semaforos de la celula/ <http://www.rtve.es/television/20101031/redes-31-10-2010-semaforos-celula/367446.shtml>



## **CHAPTER 2-Magnetism and fashion**

### **2.1 Introduction**

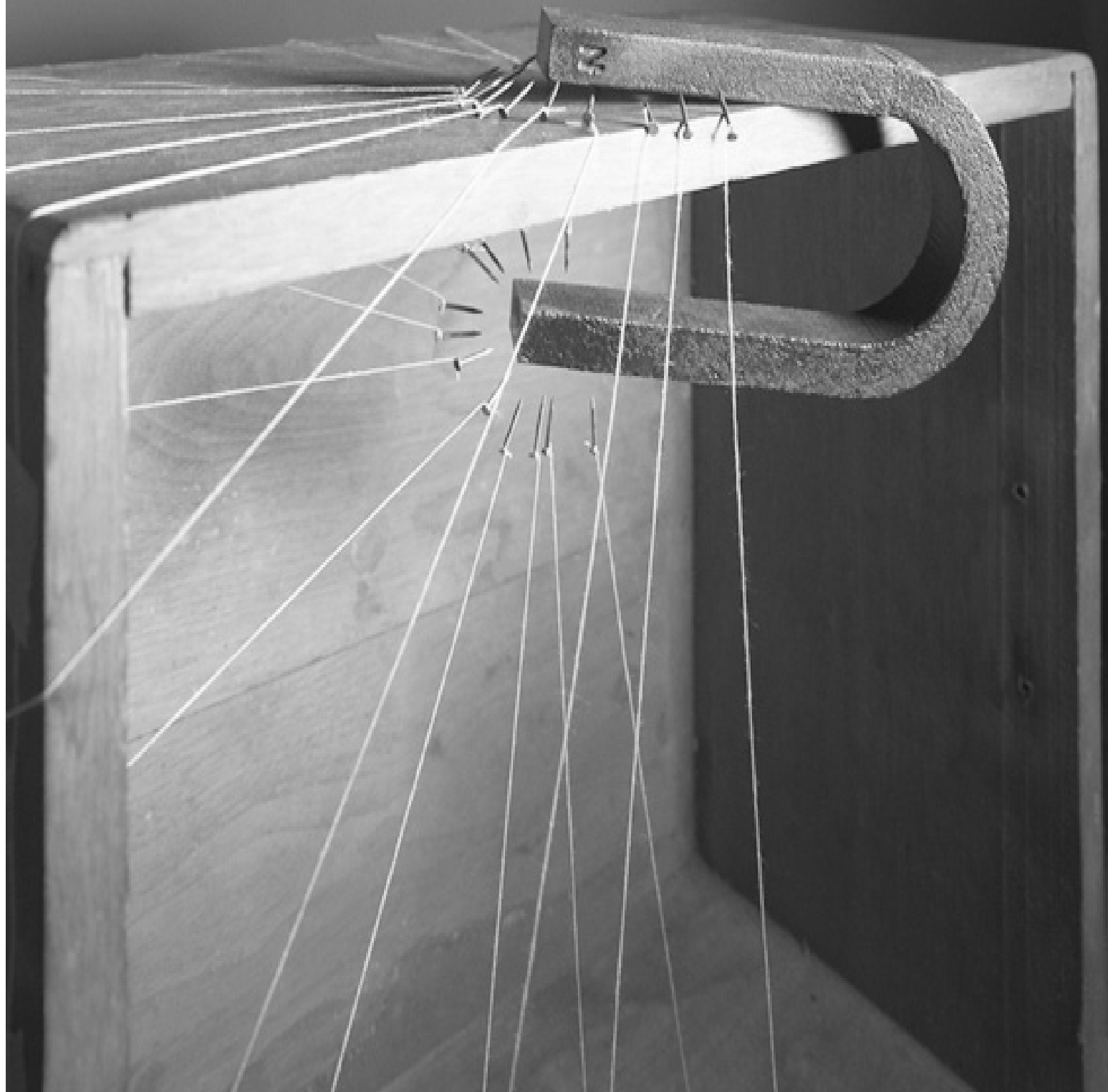
*“The earth has a huge magnetic field as have the sun and the moon. The sea’s tides are caused by the magnetic influence of the moon and its interaction with the magnetic field of the earth”*

Since we are coexisting within the magnetic field of the earth it is good to point out that all forms of matter are influenced by its magnetism to a greater or less significant level. After all we live in a planet with a huge magnetic field and our existence would not be possible without it. Before I begin with the qualities of magneto therapy and its possibilities within fashion, it is necessary for me to explain the essential information needed to grasp the basic nature of the therapy: Magnetism.

### **2.2 What is magnetism?**

#### **2.2.1 Magnetism, the invisible force**

Magnetism is a type of energy capable of moving things, which are not connected physically. Magnetism attracts or repels matter. It pulls or pushes, brings together and separates. Like the radar trying to catch a signal to later decide what to do with it. Magnetism is an invisible force, which reacts to its surrounding. Some materials are attracted to a magnetic field while others are repelled. Other materials are not responding to a magnetic field. These are known as non-magnetic. Thousands of years ago, people noticed that some heavy rocks attracted or repelled each other, this was a mysterious phenomena that could not be linked to any possible explanation other than magical. In Greek times, the word “magnetism” was introduced in their vocabulary due to the big amount of lodestones found in Magnesia or by the credit Plato gives to the finding of lodestones by a shepherd name Magnes. A Lodestone is a natural mineral stone also known as magnetite. Ancient Chinese learned to create a compass with a magnet inside that helped them navigate in the seas guided by earths magnetic poles.



Pulling force of magnetism

### **2.2.2 Types of magnetism**

Within our universe, magnetism is present at different scales. The spin magnetism is the one contained in all elementary particles based on the basic unit of matter, the atom. Magnetism is present in iron and some other metals under certain conditions. Electromagnetism interacts when charged particles are moving together in an organized manner. It is the force that holds electrons and protons together inside the atoms. Animal magnetism is the force present around all living organisms. This type of magnetic field is a very peculiar case. Many studies were made around this area for many years in which a pyramidal object is put on top of a human being without any possible interferences from the outside. This is called the bio field. At a certain point, the object starts rotating around showing the presence of a type of energy around the human body. And as previously mentioned, the planetary and stellar magnetism, which is known to be present around earth, starts and possibly planets.

### **2.2.3 Magnetism and electricity**

*(1) "Since our body is in essence an electrical self-regenerating machine, since all the universe is electrical, we are manifesting as a chemical being, for Chemistry is also electrical, we have to face the fact that – the life of the flesh is in the blood. Although we have to have proper blood to build proper flesh, that flesh is still subject to electrical law"*

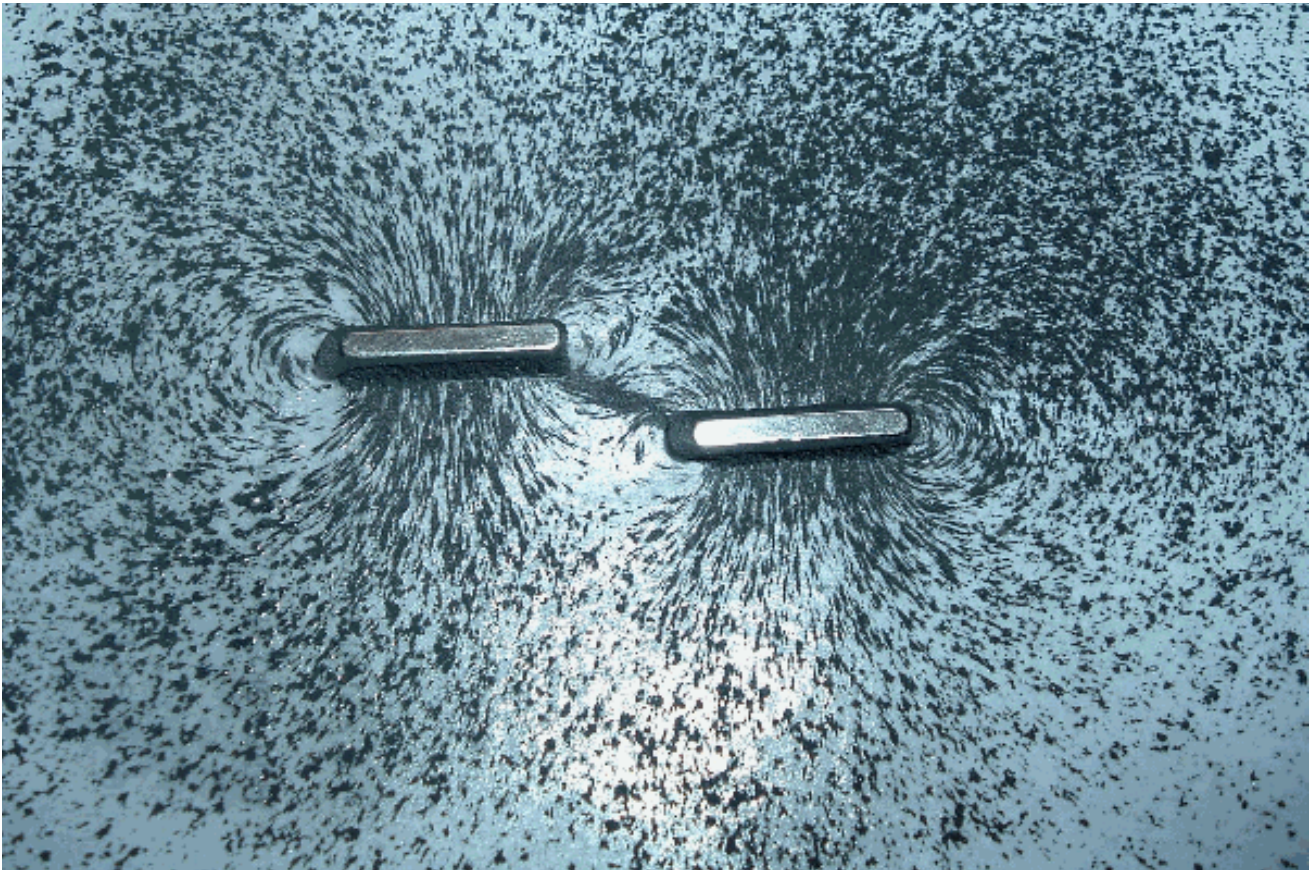
There is a close relationship between electricity and magnetism. As explained before, atoms are in all elementary particles of 'matter' and they play an important role in magnetism. Atoms contain protons, neutrons and electrons. The Protons and the neutrons form the nucleus of the atom while the electrons are spinning around this nucleus. Protons have a positive charge, Neutrons a neutral and electrons a negative charge. The key to magnetism is related to the way these atoms are structured within the material. In a non-magnetic object, the electrons are not aligned with each other while in a magnetic object they are. All the electrodes form a uniform line in, which their axis are all positioned facing the same direction. Electron's layer in movement around the magnet is what creates its magnetic field. The aligned electrons of a magnet rotating is what makes the electrons of the other material rotate in the opposite direction which will keep the two materials together using the force of attraction. This phenomenon brings us to the next fascinating part of magnets, the north and south poles.

### **2.2.4 Magnet polarities (North and South)**

When creating a magnet, the flux of electricity defines where the north and south poles will be in that material. The rule of polarity states that opposite poles will attract each other while the same will repel each other. Just imagine that you have two spheres. In one scenario, they are rotating in the opposite direction. The flux of energy coming out of both spheres will create an attraction force. But if you have them rotating in the same direction,

### 2.2.4 Magnet polarities (North and South)

When creating a magnet, the flux of electricity defines where the north and south poles will be in that material. The rule of polarity state that opposite poles will attract each other while the same will repel each other. Just imagine that you have to spheres. In one scenario, they are rotating in the opposite direction. The flux of energy coming out of both spheres will create an attraction force. But if you have them rotating in the same direction, there will be a conflict between then and both spheres will keep away from each other. The polarities in a magnet can never be separated and they will always have a north and a south pole. Lets imaging that you were about to cut a magnet in two, the new two pieces will again divide the north and south poles and the atoms will arrange themselves in such a way to divide north and south again.



Flux of magnetism



## **2.3 How does magnetism influence living organisms?**

From the tiniest bacteria to the biggest animal, all living organisms are sensitive to magnetic fields. While writing this thesis, I found myself watching the movie “The Core”. A science fiction disaster movie in which a series of strange events start occurring all over the world. All these events are connected by variances in earth electromagnetic field. The most striking scene for me happens at the beginning of the movie, when a multitude of doves were falling from the sky as if they were attacking people. I immediately knew that what was happening in the movie was something completely different to what it seemed. Doves’ organism contains magnetite, the most magnetic of all the natural minerals on earth. Like a natural compass, they have an internal navigation sensor that tells them how to find their way back home. This is also the case with other migratory birds. In the movie, doves were losing their sense of direction due to an anomaly in earth’s magnetic field.

Doves and other birds is not the only living organism proven to react to magnetic fields. Termites for instance are also sensitive to magnetic fields. In an experiment in Berlin, Gunther Becker, exposed the termites to a magnetic field. The insect preferred constructing the tunnels as far away from the magnetic field. In another experiment, rats were exposed to the different polarities of very strong magnets, the rats exposed to the north magnetic energy got skinny and lively while those exposed to the south pole got fat and lazy. By placing the magnets very close to the rats, they fell down sleepy like as if they were hypnotized. All the rats were removed from the cage except of one. She was exposed to the South Pole and shortly died. Repeating this experiment with another rat, she died within half an hour. Later in other chapter, I will explain how the polarities of a magnet can affect the human organism. Plants are also affected by the magnetic field, many experiments demonstrated that when planting two seeds of the same kind and exposing them to the different polarities, they grow faster or slower. These are just some examples of the many experiments and studies made with magnets.

## **2.4 Magnetism and the human body**

Documentation proves that old civilizations made the use of magnets. Cleopatra used to wear a magnet in her third eye. This was promoting her sleep and therefore, keeping her as pretty as she was. Egyptian priests applied a positive and negative charge onto cotton fabrics. It was believed that this method speeded up the healing process. In Africa, magnetite was ground up, used in food preparation, made into ointments or rubbed in the hair. Chinese put magnet stones in the different parts of the body to correct the disturbances between the Ying and the Yang. Many years passed and plenty of proven theories about how magnets could be beneficial for the human health were investigated, however, this didn’t trigger the eyes of society as a whole. Less money is invested for research. Human beings are not excluded from magnetism. The earth’s natural, magnetic field is essential for the existence of all living things, including our body.

The human body produces a subtle magnetic field generated by chemical reaction within cells and ionic currents of the nervous system. As previously mentioned, matter is composed of atoms and therefore a charge of electrons, protons and neutrons. When an atom is charged with more electrons than protons, it will have a negative charge while if the atom loses electrons, it will have a positive charge. These positive or negative particles are called ions. The human organism uses many ions to send signals between the nervous system and the brain. These ions travel around the internal system of our organism in big quantities, therefore, it is important to realize that electricity and magnetism do play a role, at a big or small scale.

There is a small percentage of our blood containing positively and negatively charged Ions like for instance the Sodium (Na+) and Chlorine (Cl-). When these ions travel in our arteries and we position a permanent magnet next to it, the ions will start moving in a magnetic field. They will get polarized and the ions with a negative charge will move in the opposite direction of those with a positive charge and they will relocate in opposite sides of the arteries. At the same time this polarization will generate an electric field and the Ions that were stuck in the arteries will be free again. This process cleans the arteries and promotes the blood circulation. Having said that, I'm in the opinion that in order for us to be able to understand how magnetism can influence the human body, it is best for a person to try it for himself. Start to feel your body as if it was compass, electricity is part of you, and magnetism is part of electricity. Putting the palm of your hands and feel the heat they generate, being aware of your body by becoming conscious of how do you feel when a storm is about to come or when the full moon is hitting your insomnia. Just take two magnets in both your hands and feel the energy they produce.

## **2.5 How does Magneto therapy work?**

As mentioned in the previous chapter, our blood contains a small percentage of ions. Iron is another element, which forms part of our blood cells hemoglobin. Blood is constantly running through our organism so when we position the pole of a magnet touching our body, ions will align between themselves in an organized way which will lead to the blood flow circulation to run smoother. A good blood circulation promotes oxygen in the organism's cells and therefore the natural healing capability of the person increases. There are different approaches and theories to magnetic therapy but what all have in common is the use of a magnet's magnetic field and the promotion of blood circulation in the body. Already a large number of devices like bracelets, necklaces, bondages, wraps, pillows, and even mattresses have been developed for specific pains or illnesses. Their design is limited to only cure the specific affected areas. Magnets are also used in the esoteric world and it relates to the energy of the body, the Aura, the alignment of the planets or whether your body has a positive or negative polarization among others. Another technique uses the body's energy paths or meridians. Magnets are put in the different acupuncture body points in order to stimulate these areas. For my collection I'm making use of this technique, therefore, I will emphasize and elaborate on explaining in detail how it works. This particular way of using magnets is linked to acupuncture, acupressure, reflexology and Shiatsu. The origin of these medicines go back around 4000 thousand years ago where the Chinese discovered that pressing certain points of the body relieved pain. Gradually, they found other locations that not only alleviated pain but also influenced the functioning of certain internal organs. Asian cultures conceived these pathways (or meridians) the circuit that carried the human energy to which they called 'Chi'. Acupressure points are sensitive to bioelectrical impulses and scientists have proven the existence of these paths with a sensitive electrical device.

Not to long ago, I visited my guru and he shortly explained to me how this device operates. He started placing the tips of the device in the different acupuncture points of my hand. One of the points was actually producing a different electrical current than usual. That means that the specific point was blocked and something had to be done to bring it back to normal. Acupuncture points are located all over the body by means that whenever we have a headache, not only we will have these points in the area of the head but also in our hands and feet. For magnetic therapy, the standard twelve meridians are used. Each meridian is named after a body organ or the function connected to its energy flow. Meridians run symmetrically on both sides of the body (see picture), this means that when applying magnets, we have to consider the acupuncture points in both sides of the body, for example the right and left elbow. This type of therapy becomes more personal depending on the individual's symptoms and it

does not only cover pains but also mind states like anxiety, stress, low immune system, etc... When using magnets within the therapy, there are some important facts that have to be considered:

- The strength of the magnets. For magnetic therapy, the most commonly used magnets have the strength of between 500 and 2.000 Gauss, any higher strength should be handled by specialists
- The duration of the treatment is dependent on the symptoms. In some treatments, the patient has to wear the magnets for a certain amount of time during the course of a specific period of days. In other treatments, the magnets are worn permanently the whole day until the symptoms come to an end.
- The polarity. The poles of a magnet create a different reaction in the organism. The North pole stimulates, increases protein activity, softens and expands capillary canals, helps the production of red blood cells, increases digestion, disperses body fluids, stimulates organ functions while the South pole decreases pain, calcium ions, protein activity, organ activity, sedates, calms and increases bacteria.
- Caution with magnets. Magnets should never be close to people using pacemakers. The south polarity of a magnet could make a tumor grow rapidly. Pregnant women should not be exposed to magnetic fields. Furthermore, magnets can affect electrical equipment and other materials sensitive to magnetic fields such as credit cards...

## **2.6 Magnetic therapy and Fashion**

As stated in previous chapters, the help of technology and other advanced techniques are making possible the creation of intelligent fabrics. These fabrics still have to be translated into a product that will hopefully satisfy a client. Here is when a raw product meets the design process and when we as designers face the issue of how to best use our designing tools. Unfortunately, not much has been done in the area other than accessories and jewelry only touching a very generic way of healing which leaves me with no examples of other designers or innovators. Therefore, I will only focus in writing an explanation of my plans for this project.

Magnetic therapy meets contemporary modern fashion. By using these two elements together, I want to emphasize my concerns about the importance of having a healthy body and mind. The garments are worked out in such a way that a magnetic field is applied at specific acupuncture points of the body when a person wears it. It will be possible to adjust the clothes to meet people's requirements based on their measurements and their illnesses by transferring the magnets to a different position within the garment. Some of the outfits will make use of static magnets while for others an intelligent fabric will be created. The wearer will be able to charge the outfit with electricity to create a magnetic field in the fabric. This fabric will be closed to the acupuncture points and therefore enhance the blood flow in that area. Just imagining the human race to be free of illnesses, sickness or emotional disorders feels like a snapshot taken out of a science fiction movie. I'm wondering whether this will become a normal way of life if we put more study into the interchange of energy between the magnets and our body. The design vocabulary of this collection will depict an abstraction of the two main forces of a magnet attraction and repel. This will be covered in the upcoming chapter.

## 2.7 The body and the unseen space

How does an object relate to other object? Space is a very intriguing phenomenon affecting every single matter in our universe. Space can be described in many ways. We can measure space, define space, feel space, construct and deconstruct it, change things within space. Magnets somehow can create an invisible tension in space, the distance between them pulls them apart and brings them together and at the same time making the invisible visible. Fashion designers are always facing the issue of how to address the body in their designs. The body and the unseen space, how far is close? Can you feel the space? Are the magnets pulling or pushing? We are made of the same matter. Matter is sharing space, which moves around us in the form of energy. When we talk about the forces of magnets and space, we need to be aware about the space that separates North and South, The north and north, The north and the body, The energy and the body, The body and the body. The 'unseeing space' has become a point of discussion for many. The language of dressing has turned out to be an instrument with the potential of communicating space related statements. The use of dress in the domains of space could speak to represent a multitude series of concepts and statements like power, domination, protection or reality among many others. The 1999 Alexander McQueen spring/summer collection showing a theatrical performance of two machines spraying paint on a white dress wore by the model, the way Nick Cave uses fashion to define the human body. Body manipulation expressed in the form of dress to define the physical space. When looking at the performance in Alexander McQueen's show, the articulated arms form a composition with the model's body as an extension of her. One would not work without the other. The way in how the space is used in this work triggers some questions about space's boundaries. The thought about the psychological aspects of the space in relation to the person are present but how aware are we about the extension of our body through space? Awareness is defined to be "The state or level of consciousness where sense data can be confirmed by an observer". To bring awareness in the direction of space, when we become aware, our senses open in the search of something that happened in the past, something happening to us now or something that will 'or not' happen in the future. Our mind is suddenly transformed into a type of radar with sensors. Our bodies turn out to be the ultimate weapon of alertness. We can see and feel a series of events happening around us. Exercising awareness should be part of everyone's day practice and it should be promoted in its full potential. Space is constantly playing an important role in our daily lives since we were confronted with it in every single movement. The thoughts start playing a significance influence with the perception that space differs from person to person on different scenarios. Whenever an individual reflection about space is made or the perception of such space is transformed into a more personal space. Personal space as we know it, is the area that surrounds each person, or that region in which a person considers to be his territory. Magnetism is therefore a good channel to define an invisible space and create this tension around the body. Could the forces of magnetism make our suits walk a meter ahead of our physical body? Will the invisible force keep the clothes attached to your our "Self"

(1) Magnet Healing book by Peter Rose/ page 8

2.2.3 (1) Power in a magnet to heal / by Dr A. K. Bhattacharya and Dr. Ralph U. Sierra/ page 22



Alexander McQueen Spring/summer 1999



Soundsuit by Nick Cave 2006



## CHAPTER 3-The conceptual approach of magnetism into fashion

### 3.1 Survey. Most common pain and their causes

In order for me to make a coherent collection and know which acupuncture points to use. I decided to perform a survey in which I asked 50 of my contacts to name their three most common pains or illnesses, above that they also provided what they think the causes of the pain or illness is. There is no particular structure within the people participating in the survey. Of the 50 people 34 are female and 16 male and they are between the ages go 21 and 70. Personally I was very pleased to get all the reactions and see that many of my close contacts suffer from similar pains or illnesses. Choosing the participants was not a random selection. It is important for me that the survey was made to these subjects. I feel that the closer I am to these people, the better I can relate to the concept and try to make something positive for them. Out of the results I selected the top ten pains/illnesses types and their correspondent causes (see chart below). The specific acupuncture points to heal these ten pains/illnesses will be selected and incorporated in the collection.

PAIN TYPE	OUT OF 50 PEOPLE	BELIEVED REASON OF THE PAIN/ ILLNESS	OUT OF 50 PEOPLE
Headache	28	Stress	38
Flu/cold	17	Weather changes/temperature changes	14
Back pain	14	Bad diet/ diet related	12
Neck pain/ cervicals	8	Genetic	10
Stomach ache	8	Virus transmitted by others	7
Headache (Migraine)	5	Computer	6
Tireness/lack of energy	5	Age	4
Back pain (lumbago)	3	Bad posture	4
Heyfever	3	Lack of exercise	4
Insomnia	3	Menstruation/ Hormones	4
Stomach cramps	3	Sport/ Sport injury	4
Teeth pain	3	Alcohol	3
Allergy	2	Low iron level in blood	3
Chest pain	2	Smoking	3
Depression	2	Bad Blood circulation	2
Digestive problems	2	Hipertension	2
Heartburn	2	Lack of water	2
Herpes	2	Psychological	2
Joint/articulation pain	2	Bright light	1
Knee pain	2	Carpal Tunnel Syndrome	1
Leg pain	2	Certain pollen	1
Muscle hache	2	Contact lenses	1
Shoulder pain	2	Cronic	1
Sinusitis	2	Dust / Pollution	1
Sore throat	2	Escoliosis	1
Astma	1	Fear	1
Breast pain	1	hyperactivity	1
Broken miniscus	1	Incorrect breathing	1
Broken nose	1	Living environment	1
Bruises/blue marks	1	long-term injury	1
Diabetes	1	Multiple exclerosis	1
Dizziness	1	Not Wearing glasses	1
High blood pressure	1	Sensitive nose	1
Mestruation pains	1	Sensitive stomache	1
Multiple exclerosis	1	Slow metabolism	1
Panic attack	1	Specific injury	1
Pins and needles in my hands	1	Tiredness	1

The top ten pains/illnesses

- 1- Headache
- 2- Flu/cold
- 3- Back pain
- 4- Neck pain/ cervical
- 5- Stomachache
- 6- Migraine
- 7- Tiredness/ lack of energy
- 8- Back pain (lumbago)
- 9- Hay fever
- 10 - Insomnia

The top ten causes were:

- 1-Stress
- 2- Weather or temperature changes
- 3- Diet related
- 4- Genetic
- 5- Virus transmitted by others
- 6- Computer
- 7- Age
- 8- Bad posture
- 9- Lack of exercise
- 10- Menstruation/ hormones

### **3.2 The office uniform (the Suit)**

The original elements of the suit as we know it trace back to 17th century's court dress. Unlike the simplicity of the modern suits, court suits were a very elaborated uniform like dress for men composed of a coat with tails, waistcoat and knee breeches, worn with silk stockings, and a formal court sword with a cut steel hilt and embellishments. The men were not entitled to court uniform or military uniform on all occasions of state where such are customarily worn. Court occasions include courts, state balls, and evening state parties.

For this thesis and for my collection I choose the office suit to be part of my inspiration and starting point for my designs. Why the suit? Like the Black Death epidemic in the 14th century, stress is the plague of the 21st century. This is part of the results of the industrial revolution starting in the 19th century. Everything started to be produced faster and easier. Consumerism managed to slowly mark a very important path in the 21st century society. There is no way back. People started buying more than what they needed and the market is offering more than what we can consume. Daily life objects are not given a second chance. Apart from the exceptional, society somehow managed to simplify the process of thinking in the human brain until it is becoming ignorance. The majority of people do not want to cultivate their minds and the easier things are the better. Everything has to be done for them and somehow, educating the brain becomes an effort. I still ask myself why?



17th Century Suit



Contemporary suit jacket

Office worker, did you know that the basic form of the shirt you are wearing was an underwear many years ago? We are a fast world living to the limits and exposing our body and mind into a sick environment. In the past, the suit was a made to measure (or bespoke) outfit. This was a ritual for men. Bespoke tailoring means clothes that are made not only to measure but also to a customer's exact requirements as discussed personally between himself and the tailor. In this way men could get a true fit and therefore a good suit.

Today, thousands of suits are made by manufacturing companies in one go and the concept of bespoke has almost been lost. The suit I myself used to work in an office environment for a couple of years and somehow I learned to observe how corporations and multinationals mostly end up to be a selfish platform with a main objective "More"! Good is never enough and these corporations somehow developed a system in, which people as "beings" become redundant. Main speakers would come and tell you how valuable every employee is for the company. But what do they know if they never bother to speak to the person at the bottom of the "hierarchical tree"? or are so focused on market strategy that they forget how employees are doing themselves on a more personal level within the company? Let's be honest here, the main objective of a multinational is more money, more profit, more revenue, more sales... Employees that should get a recognition aren't always noticed while the ones who are not performing properly get the most of it. This is what I call redundant! The suit dress code was introduced in the offices as a symbol of formality. Matching jacket and pants made out of the same fabric and color. A shirt and sometimes a vest are worn under the jacket. Black polished shoes, a tie and cuff links. There are many variations of each single piece of the suit. The jacket could be single or double breasted, two, three or more buttons, notched or peaked lapels, the rounded or square finishing at the bottom of the front panels, the pockets, trimmings, linings, a different position of the opening in the back (the vent), the shirt collar and cuffs are available in many forms, peaked, round, convertible, French, pinned, button down, the vest with the same principles of the jacket, etc... However, no matter



However, no matter the combination of elements in the classical office suit, it always has the same look. As if all are coming out of the same mold. Apart from the physical appearance and personality, the suit gives a homogeneous touch to the environment, the immaculate representation of formality at work. There is no space for individuality when wearing a suit. Somehow, it is like an invasion of the “Self”. In certain ways, you can say that you gain more importance when you wear a suit this is what dress does to our brain. The suit is associated with formality and power and even the poorest person can look rich when wearing a suit. On the other hand, a suit can also make you lose personality and independence. Like a school uniform, you are giving up a part of yourself just to represent something you may or may not be.

(1) *“The business suit or three-piece sack is made or marred by its cut alone. It is supposed to be an every-day inconspicuous garment. A few rules to follow are:*

*Don’t choose striking patterns of materials; suitable woolen stuffs come in endless variety, and any which look plain at a short distance are “safe,” though they may show a mixture of colors or pattern when viewed closely.*

*Don’t get too light a blue, too bright a green, or anything suggesting a horse blanket. At the present moment trousers are made with a cuff; sleeves are not. Lapels are moderately small. Padded shoulders are an abomination. Peg topped trousers equally bad. If you must be eccentric, save your efforts for the next fancy dress ball, where you may wear what you please, but in your business clothing be reasonable.*

*Above everything, don’t wear white socks, and don’t cover yourself with chains, fobs, scarf pins, lodge emblems, etc., and don’t wear “horsey” shirts and neckties. You will only make a bad impression on every one you meet. The clothes of a gentleman are always conservative; and it is safe to avoid everything that can possibly come under the heading of “novelty.”*

As formal and tidy the office suit may look, my personal point of view about this dress code etiquette is the result of a man made stressful environment lacking of individualism and personality. An office suit can be much more than black and a grey, a certain material, a cut or shape. Could a suit be made off a wonderful chunky knitted fabric and still be formal “enough” to be worn in an office? What about a suit with comfortable oversized pieces in a natural color palette? Could these be part of the business man closet one day?

### **3.3 Silhouettes and shapes**

As I previously mentioned a part of the design vocabulary for this collection focuses in the space created around the body by magnetism when they attract or repel. The references taken into consideration to achieve certain silhouette and shapes are inspired by art pieces like sculptures, performances, sounds among other types of media which, in certain level represent the main core of the concept. When looking at these pieces of art, the intention is not to think what that specific artist wants to express but define how they can visually work as a design tool in a more abstract way. A reaction to what I see and what the image communicates.

Taking for instance the work of Nancy Robins, an American Artist who mainly works with sculptures made out of industrial and consumer goods like mattresses, trailers, hot water heaters, airplanes and small appliances since the late 1970s. Everyday objects become unfamiliar and surprising, masculine forms very well thought but at the same time giving an organic feeling. Most of her works challenge gravity and the viewer expectations for how these things should behave. In terms of silhouettes and shapes for a collection based on magnetism, the re

reflection to attraction and repulsion is interpreted as if the body interacts as a unity with these two forces. Attraction, a very tailored look, in which clothes fit to perfection the shape of the body, at the same time, organic pieces growing out of the tailored areas to emphasize the effects of attraction and creating a strange atmosphere within these shapes. The body and its different parts work as a magnet that attracts anything around it, like a vantage point in the world of perspective. One shoulder is the attraction point. Everything gets stuck to this shoulder. The direction of the garment is focused in this point and that is what creates the silhouette in question. For repulsion, the body separates the clothes from the body. An oversized part of the garment that goes or wants to go in one or multiple directions. Pulling things apart of the body creating certain space between both the body and clothes. The tension Damian Ortega creates in this beautiful work illustrates the movement of repulsion and how this could be translated into a fashion silhouette. Again, a representation of silhouettes and shapes as an extension of the body and how relevant the space in between becomes when applying such forces around it.



Nancy Rubins/ Airplane parts and Hills 2003



Damian Ortega/ Controller of the universe 2007

### 3.4 Structures, jewelry and accessories interacting with clothes

The manipulation of magnetism becomes a crucial challenge when working with elements that are in constant movement, like fabrics and the human body. There is a real beauty in the way magnets work around different material and its unexpected behavior, however, the need of very static pieces become necessary in order to maintain these forces in a more controlled way. In Fashion it is always important to consider the adornment of the garments by the use of jewelry and accessories. Accessories are considered to be decorative the items that supplement and complement clothes, such as gloves, handbags, hats, belts, scarves, etc. Accessories can add color, style and class to an outfit, and create a certain look, but they can also have a practical function. Handbags can be used to carry small items such as cash, hats protect the face in bad weather, and gloves keep hands warm. Accessories have been around us since prehistoric ages, for practical use but also for decoration.

This collection's accessories and structures are inspired by Damian Ortega and Naomi Filmer's work. The way Damian Ortega represents the diverse parts of a wooden chair are repeated and separated in space creating a movement impact as an image. All these parts pulled apart from each other as if they were using the same poles of a magnet like negative-negative. The same feeling you get when magnets repel. The use of horizontal and vertical lines developing three dimensional forms creating structures, which cover the surface of certain part of the body in the form of accessories and jewelry pieces. The support to that helps seeing the invisible forces in a set of jewelry made out of a futuristic material to accomplish a futuristic and aerodynamic look. Creating these pieces by using the 3D printing technique and considering the placement of the magnets at the strategic points so that these accessories can interact with the clothes and by means, the clothes reacting to the accessories.



Damian Ortega



Naomi Filmer/ Breathing Volume 2009

### 3.5 Materials

The use of the correct fabrics and colors play a big role in the world of fashion. Designers have to face this challenge in the process when creating either a single garment or a whole collection. The choice of materials and colors is one of the main factors that will determine what a designer wants to express with his work. A suit jacket made out of wool will communicate something else than the same jacket made out of silk. Adding certain treatment to the fabrics or the unexpected use of materials could drastically change the way a garment looks in its basic pattern. It is curious to see how history places materials into a form. Somehow, in the past fashion designers did not consider much the implementation of new materials into the garments but just using the basic fabric, sometimes, with a surface decoration like beads or embroidery.

In the 60's Paco Rabanne marked history by using such unconventional materials as metal, paper and plastic for his outlandish and flamboyant designs. In 1964, he launched his first collection of 12 un-wearable dresses made out of unusual materials creating new techniques replacing fabric with metal and scissors with pliers – allowed Rabanne to revolutionize fashion. He deforms, works and twists materials. He braided mink, riveted leather, knitted with needles the size of broom handles. The only thing that is a given is an element of surprise, from aluminium chain mail in 1968 to his first concrete dress in 1995. The experimentalism of his designs created a point of reference for the generations to come. How to create new textures? What would happen if we mix paper with plastic? How would a fabric react when magnetic fields are part of the weaving process? Fashion becomes innovative when something refreshing and new is put on the table.

When we speak about magnets and fashion, there is not an area of experimentation around it and therefore I'm only in the position to wait for the results coming out of this collection. For the accessories to be able to interact with the clothes, these need to contain materials that respond to magnetism like iron, electricity conductive materials, but also a mix of other elements with normal magnets. The use of magnets with a rubber coat can for instance be one of the options. Creating contrast to depict magnetism, a semi transparent surface meets rigid and opaque. A mix of textures where the rough masculinity of the magnets gets delicate when manipulating and changing the original qualities of the material. The way Tony Crach's work catches the visual translation of the pulling force from magnetism. This image has strong inspirational sources to create new materials. The way all the threads are pulled downwards by the heavy weight of the stones and yet creating this feeling of movement and delicacy. Whenever there is a strong visual material, an experimental approach and technology, there is a good chance of an idea to become innovative and exciting to look at. As mentioned in other chapters, nowadays technology and science are making possible the development of new materials that can be used in fashion. Labs and other relevant companies spend a lot of research to accomplish that. In the end the human race always had the need of covering the body with materials of any kind.



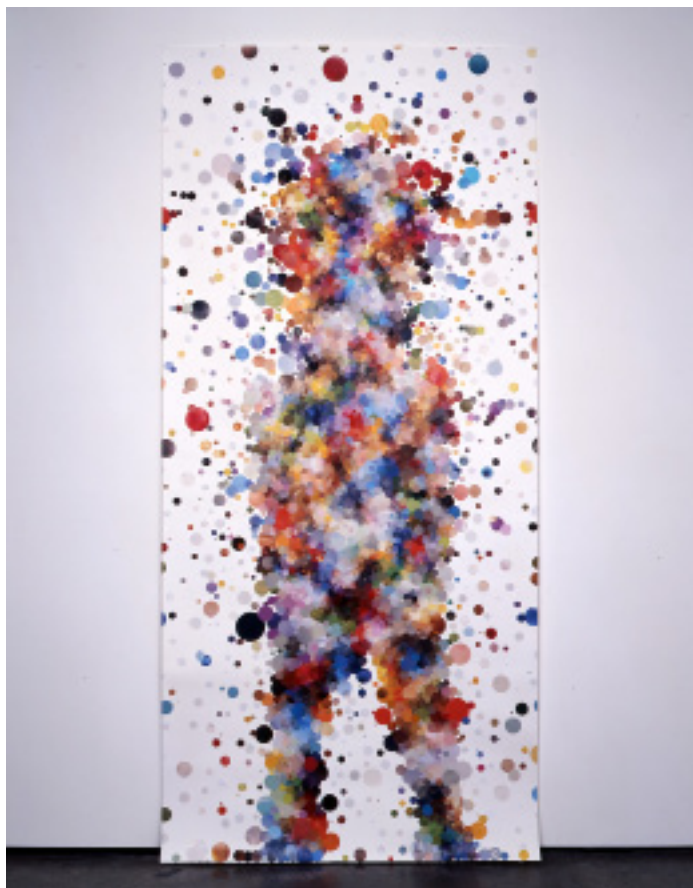
Tony Crach

### 3.6-Colors

A whole thesis could be build up to explain the phenomena of colors. They are present in our daily lives and we experience them in a multitude number of ways. The human mind has learned to associate color and connect them to our brain with certain emotions or moods. For instance, the colors of reds, yellows, oranges, browns, yellowish greens, orange reds, and the like are considered warm colors because they are the colors of fire. Warm colors can create excitement or even anger. They suggest emotions from simple optimism to strong violence. In nature, warm colors represent change as in the changing seasons. Also, warm colors appear larger than cool colors so red can visually overpower blue even if used in equal amounts. Warm colors appear closer while the cool seems to face in the background. A clear example of how color affects the human mind is the use of chromotherapy, an alternative medicine focused in use color and light to balance energy wherever a person's body is lacking from it, be it physical, emotional, spiritual, or mental. In other words, this holistic healing approach seeks to correct the imbalance in the body through colors.

*(1) "Does color therapy have the backing of science? To a big extent, yes. Scientists, who have extensively researched color and light, agree that color brings out unexpectedly acute emotional reactions in man, be it physical, emotional, spiritual or mental. It shines upon us from the sun and is emitted by every single cell in the human body. What is even more interesting is that each person reacts differently to the same color. So, while the color red may make you angry, it might make another person feel romantic! Throughout our lives we are continuously*





Tom Friedman

## CONCLUSION

While writing this Thesis, I found asking myself what is the importance of implementing new techniques in fashion. How the use of new materials can change its vocabulary and functionality and what is the role of a experimental mind behind these pieces of work to discover that actually, all these elements are the core of fashion. We as designers need to bring new things to the table in order to keep the role of fashion exciting and fresh. Conceptual fashion has been there for a couple of years now and fashion designers seem to be stuck around this circle. I think a concept is the perfect media to achieve new things but at the same time we as designers face the issue of trying to find new shapes to later discover that they have already being invented. Whenever a designer is recognized is because something new was offered to an audience. It is now time to explore fashion from a different perspective and make a new statement that will change the language of fashion. A new era of fashion designers who are more involved in what the clothes and their environment can bring to the body. We know that there is a potential in the conceptual thinking and its representation in clothes. I think the next step should be to use the resources we already have and make anything possible to find new ones. Science, the fast world we are living in and the office suit created this internal search to stand out and find the missing link between clothes and medicine. I think there is the need to bring the functionality of fashion to a higher level. You are covering your body but also healing it creating new language of dressing. This is the vision I have for my upcoming collections. Explore the world of alternative medicines and incorporate them in modern conceptual fashion. Could a dress be stimulating your body parts by using acupressure techniques? Instead of Aloe Vera in a mattress, can the textile of a cardigan carry the properties of a homeopathic dilution to be absorbed by your skin? Could a garment tell you when parts of your organism are suffering a deficiency? Like for instance changing color when your lungs are being exposed to pollution or your neck muscles are too tense? Could a jacket perform a shiatsu massage for you or perhaps an acupuncture session? I guess that all these questions can be only answered by trying it, which brings me to the conclusion that we should make use of fashion together with the advances of other areas as they come along and evolve in time. Who knows, maybe one day we will be wearing clothes even without them being present.

(1)The Clothes of a Gentleman by Emily Post (1873–1960). Etiquette.1922./<http://www.bartleby.com/95/34.html>  
3.6 (1) [http://www.methodsofhealing.com/Types\\_of\\_Healing/chromotherapy/](http://www.methodsofhealing.com/Types_of_Healing/chromotherapy/)



## REFERENCES

- [www.gapminder.org](http://www.gapminder.org) - is a statistics website shows how countries developed over the years
- Video (in Spanish) showing the interview with hans Rosling / <http://www.rtve.es/mediateca/videos/20100530/redes-30-05-10-desmontando-mitos-sobre-mundo/786197.shtml>
- [http://www.nzherald.co.nz/technology/news/article.cfm?c\\_id=5&objectid=10339384](http://www.nzherald.co.nz/technology/news/article.cfm?c_id=5&objectid=10339384)
- [http://www.naturalnews.com/Chinese\\_medicine.html](http://www.naturalnews.com/Chinese_medicine.html)
- <http://chinese-school.netfirms.com/Chinese-medicine.html>
- <http://en.wikipedia.org/wiki/Druid>
- <http://www.hebrewstoday.com/documents/15%20-%20Brochure%20linen%20clothing%201.pdf>
- TV documentary tres 14/ la ropa/ intelligent fabrics <http://www.rtve.es/television/20101108/tres14--ropa/368801.shtml>
- <http://www.sciencedaily.com/releases/2008/03/080329121141.htm>
- El libro de la magneto terapia by Roger Coghill
- Power in a magnet to heal / by Dr A. K. Bhattacharya and Dr. Ralph U. Sierra/ Information about the Biofield and how living organisms are affected by it
- Movie The Core / 2003/ directed by Jon Amiel
- Power in a magnet to heal / by Dr A. K. Bhattacharya and Dr. Ralph U. Sierra
- Magnet healing by Peter Rose
- [http://en.wikipedia.org/wiki/Suit\\_\(clothing\)](http://en.wikipedia.org/wiki/Suit_(clothing))
- ABC of men's fashion book by Hardy Amies

