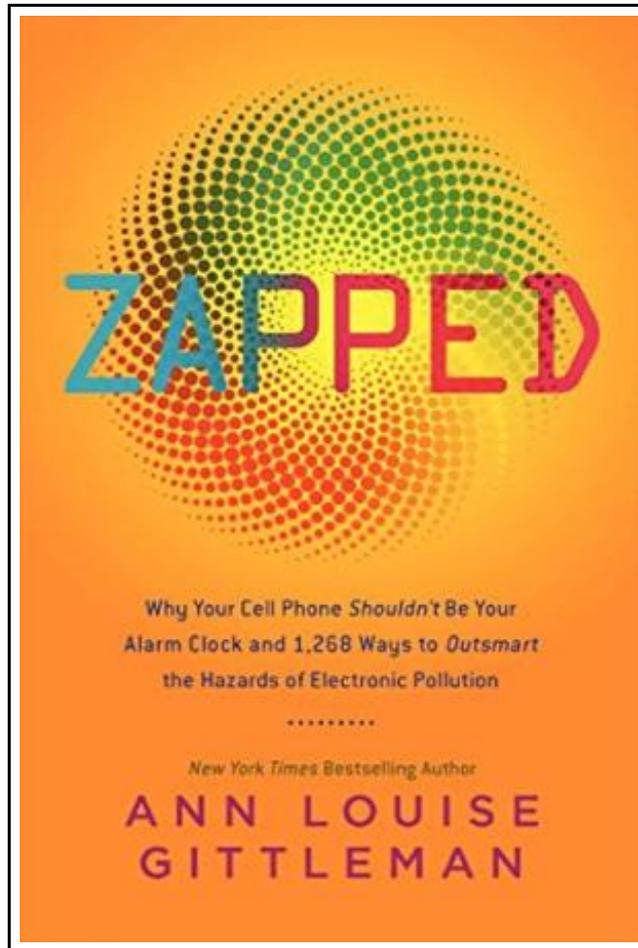


# Zapped: Why Your Cell Phone Shouldn't be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution



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## ***Reviews***

*Completely among the finest ebook We have at any time read through. it was actually writtern really properly and helpful. You are going to like just how the writer compose this publication.  
(Mr. Deangelo Considine)*

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HarperCollins Publishers Inc, United States, 2011. Paperback. Book Condition: New. Reprint. 198 x 132 mm. Language: English . Brand New Book. Consider your typical day: If you re like most people, it probably starts in front of your coffee maker and toaster, ends as you set the alarm on your cell phone, and involves no end of computers and gadgets, televisions and microwaves in between. We re being zapped: Today 84 percent of Americans own a cell phone, 89 million of us watch TV beamed in by satellite, and we can t sip a cup of coffee at our local cafe without being exposed to Wi-Fi. The very electronic innovations that have changed our lives are also exposing us, in ways big and small, to an unprecedented number of electromagnetic fields. Invisible pollution surrounds us twenty-four hours a day, seven days a week, interrupting our bodies natural flow of energy. And for some, that pollution has reached the point of toxicity, causing fatigue, irritability, weakness, and even illness. But we don t have to simply surrender. Ann Louise Gittleman brings forth the latest research into electromagnetic fields to create this groundbreaking guide for every citizen of the wireless age. With the proactive, levelheaded approach that has made her one of our most respected health experts, she not only clarifies the risks but also offers specific, step-by-step information for how anyone can minimize them. From where you place your sofa to when you use your cell phone to what you eat for dinner, Zapped is packed with strategies for avoiding and mitigating the damaging effects of electropollution. As she examines modern life room by room, device by device, Gittleman reveals a master plan for detoxifying your surroundings and protecting yourself and your family. We don t need to abandon our homes...



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