



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

By Ann Louise Gittleman

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...



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