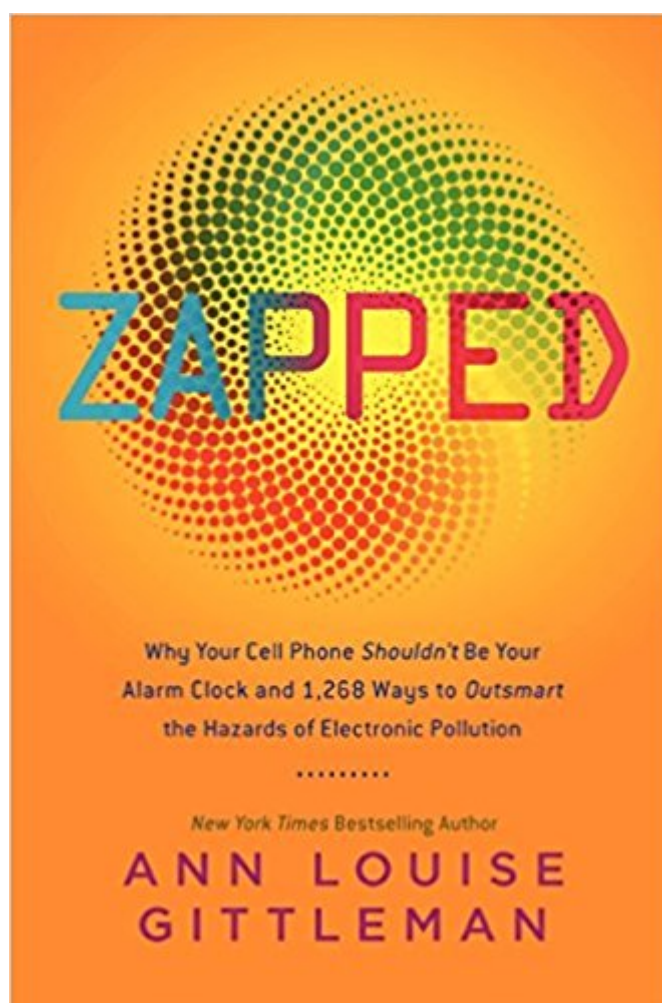


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# Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock And 1,268 Ways To Outsmart The Hazards Of Electronic Pollution



## Synopsis

A groundbreaking exposé of the hidden truths of electropollution, *Zapped* is the first comprehensive, step-by-step guide to counteracting the invisible hazards of everyday electromagnetic exposure. Award-winning author, nutritionist, and *First for Women* magazine columnist Ann Louise Gittleman combines the best of energy medicine with the latest scientific research in a user-friendly powerhouse designed to safeguard you and your family. Following her New York Times bestselling books on weight loss (*The Fat Flush Plan*; *Fat Flush for Life*) and perimenopause (*Before the Change*), Gittleman offers another vital, pioneering work of health science for the new century.

## Book Information

Paperback: 272 pages

Publisher: HarperOne; Reprint edition (November 5, 2011)

Language: English

ISBN-10: 0061864285

ISBN-13: 978-0061864285

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 115 customer reviews

Best Sellers Rank: #56,950 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Safety & First Aid #70 in Books > Engineering & Transportation > Engineering > Electrical & Electronics > Electronics #5729 in Books > Self-Help

## Customer Reviews

"Gittleman provides a cogent, sobering look at the effects of ever present electromagnetic pollution on our biology and clear, practical advice on how to minimize our exposures and our risk. Please follow her advice, it may save your life and give you renewed energy." --Mark Hyman, MD, New York Times bestselling author "Ann Louise Gittleman is a trailblazer whose impeccable, groundbreaking research and knowledge paved the way for nutritionists today." --J. J. Virgin, New York Times bestselling author, praise for the author --This text refers to an out of print or unavailable edition of this title.

An Eye-Opening Guide for Anyone Who's Plugged In Are we going to give up our cell phones, laptops, and other electronics? Absolutely not. But emerging scientific evidence reveals

that the very innovations that have changed our lives are also exposing us to an unprecedented number of electromagnetic fields – and that it's crucial we make important changes to our home and work environments. Now, Ann Louise Gittleman has created the first step-by-step manual for fortifying your body, detoxifying your home, and protecting yourself and your family from electronic pollution (and her powerful fixes are easier than you might think!). Zapped is an empowering guide to living safely with the gadgets we can't live without.

I am sensitive to EMF energy. Before I read this book, I didn't know about "dirty energy" and I discovered how HUGE the impact is being anywhere near those spiraled light bulbs, I replaced everyone in my house, unplugged a bunch of stuff I was using, moved my cpap machine farther away from my head and bought a grounding sheet for my bed. It is amazing how much more peaceful my house feels to me now. It feels "quieter" somehow in my head. My body feels more relaxed.

This author is exceptional. I have not yet finished reading the book, but it is very informative. We need to modify our habits, in order to be healthy. That way, we will not put a strain on our medical system. Now that smart meters (see internet, too) will allow us to use electricity in a more careful way, we can go about taking care in our use of other forms of electricity. Worth every dime, and it is a great reference kit, too.

Read this. Educate yourself!! Recipe section was kind of a random addition but fun

Great introduction for someone who is not tech savvy. There are plenty of very practical suggestions for protecting yourself and your family. It would have been great to include a discussion on earthing.

Good book full of information about EMF radiation and the health concerns for many of us. Has lots of suggestions, internet links, and even recipes to combat EMF. Lots of case history information and general information about the whole gamut of the effects of this modern plague.

Great book. Very informative and well written. The content is ever green and helps you to understand how technology is interfering with your sleep, and even more importantly, your health.

Much in here you could probably not get anywhere else.

Outstanding book! I learned so much!! I recommend it to everyone who cares about their health, especially those with small children and infants.

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