







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

Ann Louise Gittleman

In *Zapped*, bestselling author Ann Louise Gittleman turns her focus to a brewing topic—the invisible hazards of the digital age. The issue at hand is EMFs (electromagnetic fields). Our BlackBerries emit them, as do wi-fi hot spots, and the satellite waves beamed into our TVs. These invisible force fields are everywhere, and they're toxic. According to Gittleman, the exposure is making us tired, irritable, weak—and over time, very sick.

In *Zapped*, she reveals the science behind these digital allergies. Then, she takes readers on a tour through the home, the office, even the car, highlighting each space's worst offenders. Gittleman shows us practical ways to rearrange elements of our lives to minimize exposure to EMFs. Getting "un-zapped" doesn't have to be a major undertaking. Consider these quick, everyday fixes to hazards that might surprise you:

Hazard	Solution
 "Green" Light Bulbs	Fluorescent, halogen, and even energy-saving light bulbs (the corkscrew kind) generate more EMFs than standard incandescent bulbs. If you must use "green" curlicue bulbs, keep them out of any lamps placed near your head.
 Magnetic Fields	Ceiling fans, recessed lighting, and refrigerators all generate high magnetic fields in rooms above—be sure you don't have any beneath the rooms where your family sleeps.
 Microwave Oven	With age, microwave ovens can start to "leak" radio frequency power, the result of loose doors or worn seals. Replace old microwaves, or have a qualified service person inspect and repair them.
 Walls and Electric Wiring	Moving couches and chairs away from the wall, where your electric wiring is located, will minimize your exposure to EMFs. Also, never place a sofa on a wall where a refrigerator is located on the other side of the wall.
 Cell Phones	Your cell phone emits its strongest signal when your call is connecting—so keep it away from your head during those few seconds. (Better yet, keep it away from your head for the whole call by using a headset or speakerphone.)
 Work Space	Many people spend almost as much time at work as at home; so rethink your work space. Try to move your chair away from wiring or sources of EMFs, like copy machines. Consider a desk lamp so you can switch off overhead fluorescent lighting.