



# 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

A groundbreaking exposé of the hidden truths of electropollution -- the first comprehensive, user-friendly guide that consolidates the latest research with a powerhouse, step-by-step guide to counteract the invisible hazards of everyday electromagnetic exposure, safeguarding you and your family.

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There are 260 million cell phones in America (85% of Americans have one) and 89 million of us watch television beamed into our homes by satellite. It's impossible to have a cup of coffee at Starbucks without being exposed to WI-FI. All of us are constantly exposed to electromagnetic fields-the invisible force that surrounds all electrical devices-and at a rate 100 million times greater than our grandparents were. We're being zapped: high levels of EMFs have reached the point of toxic overload, making us tired, irritable, and sick.

Zapped outlines these invisible hazards and offers a proactive approach to living safely with technology. This dynamic and effective program is based on cutting-edge research, case studies, and Gittleman's years of clinical practice. Readers will learn the science behind "digital age allergies" and determine their own sensitivity, as well as how to discover the strength and location of harmful electromagnetic fields in their homes and offices. With proactive, practical instruction, Gittleman moves room by room, teaching readers how to remedy the force fields in their environment and create harmonious energy flow.

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## Author Bio

New York Times-bestselling author Ann Louise Gittleman is highly respected as a health pioneer, weight loss expert, and award-winning author of 30 books. She revolutionized weight loss in her bestselling book *The Fat Flush Plan*. Millions of readers follow her advice through her column in *First for Women* magazine, where she has been a columnist since 2003. She was featured on *20/20*, *Dr. Phil*, *The View*, *Good Morning America*, *Extra*, *CNN*, *PBS*, *CBS*, *NBC*, *MSNBC*, *CBN*, *Fox News*, *Good Day New York* and the *BBC*. Her work has been featured in national publications ranging from *Time*, *Newsweek*, *Harper's Bazaar*, *The Oprah Magazine*, *Seventeen*, *Fitness*, *Cosmopolitan*, *Parade*, *USA Weekend*, *Woman's World*, the *New York Times*, and the *Los Angeles Times*. Ann Louise was recognized as one of the top ten nutritionists in the country by *Self* magazine (1993) and was the recipient of the American Medical Writers Association award for excellence (1992).