



# 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

Download now

Read Online 

**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, *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.

 [Download Zapped: Why Your Cell Phone Shouldn't Be Your ...pdf](#)

 [Read Online Zapped: Why Your Cell Phone Shouldn't Be Yo ...pdf](#)

# 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

## 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, *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.

## 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 Bibliography

- Sales Rank: #32519 in Books
- Brand: HarperOne
- Published on: 2011-11-05
- Released on: 2011-10-04
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .61" w x 5.31" l, .45 pounds
- Binding: Paperback
- 272 pages

 [Download Zapped: Why Your Cell Phone Shouldn't Be Your ...pdf](#)

 [Read Online Zapped: Why Your Cell Phone Shouldn't Be Yo ...pdf](#)

## **Download and Read Free Online 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**

---

### **Editorial Review**

#### Review

"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

#### From the Back Cover

#### 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.

#### About the Author

Ann Louise Gittleman is an award-winning author of thirty books and a highly respected health pioneer. She has appeared on *20/20*, *Dr. Phil*, *The View*, *Good Morning America*, *Extra!*, *Good Day New York*, CNN, PBS, CBS, NBC, MSNBC, CBN, FOX News, and the BBC. Her work has been featured in national publications including *Time*; *Newsweek*; *Harper's Bazaar*; *O, The Oprah Magazine*; *Seventeen*; *Fitness*; *Cosmopolitan*; *Parade*; *USA Weekend*; *Woman's World*; the *New York Times*; and the *Los Angeles Times*. Gittleman has been recognized as one of the top ten nutritionists in the country by *Self* magazine and has received the American Medical Writers Association award for excellence.

### **Users Review**

#### **From reader reviews:**

#### **Esther Ponce:**

Book is to be different for each and every grade. Book for children right up until adult are different content. To be sure that book is very important normally. The book *Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution* was making you to know about other information and of course you can take more information. It is extremely advantages for you. The e-book *Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution* is not only giving you considerably more new information but also for being your friend when you feel bored. You can spend your current spend time to read your reserve.

Try to make relationship together with the book Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution. You never sense lose out for everything in the event you read some books.

**John Enriquez:**

The reserve untitled Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution is the reserve that recommended to you to read. You can see the quality of the guide content that will be shown to you actually. The language that article author use to explained their way of doing something is easily to understand. The copy writer was did a lot of exploration when write the book, to ensure the information that they share to your account is absolutely accurate. You also can get the e-book of Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution from the publisher to make you a lot more enjoy free time.

**Bridget Chacon:**

Many people spending their moment by playing outside together with friends, fun activity with family or just watching TV all day long. You can have new activity to enjoy your whole day by reading through a book. Ugh, ya think reading a book can really hard because you have to accept the book everywhere? It alright you can have the e-book, bringing everywhere you want in your Touch screen phone. Like Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution which is keeping the e-book version. So , try out this book? Let's view.

**Nancy Ochoa:**

A lot of guide has printed but it takes a different approach. You can get it by web on social media. You can choose the top book for you, science, comic, novel, or whatever through searching from it. It is named of book Zapped: Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution. You can add your knowledge by it. Without departing the printed book, it may add your knowledge and make you happier to read. It is most essential that, you must aware about book. It can bring you from one location to other place.

**Download and Read Online 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 #2P69JGFKSCT**

## **Read 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 for online ebook**

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 Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 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 books to read online.

## **Online 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 ebook PDF download**

**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 Doc**

**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 Mobipocket**

**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 EPub**

**2P69JGFKSCT: 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**