



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

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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.

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