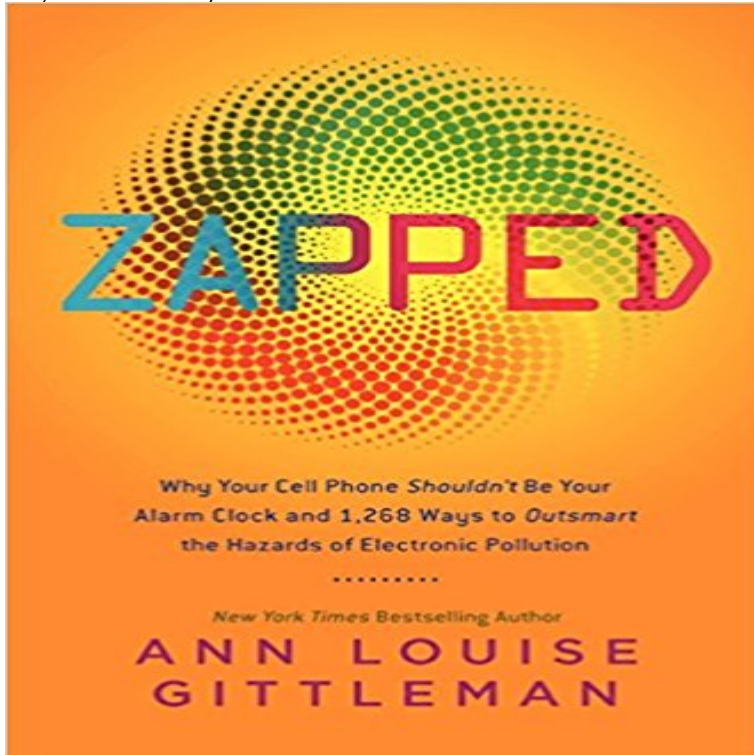


# Zapped: Why Your Cell Phone Shouldnt Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution



A groundbreaking expose 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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