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“At a time when Electro-Magnetic Fields (EMF’s) have reached a toxic level, Gittleman has developed a proactive approach for dealing with the constant bombardment. Rather than terrorize readers with the negatives, she offers them practical, step-by-step solutions for altering the invisible forces that now surround us all. **Great idea. Great book.**”

— *New Age Retailer*

ZAPPED

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

by *New York Times* bestselling author

Ann Louise Gittleman

84 percent of Americans own a cell phone, 89 million of us watch TV beamed to us by satellite, and we can’t have a cup of coffee our local café without being exposed to Wi-Fi. Wireless internet, smart phones, and laptops have transformed the way we work and live. But what are the consequences of this revolution? The same technology that allows us to video chat with friends across the world and surf the Internet from the comfort of our beds has exposed us to a dangerous and unprecedented number of electromagnetic fields (EMFs). ***We are constantly being exposed to EMFs***—invisible lines of force that surround all electrical devices—at a rate 100 million times greater than our grandparents were. In her groundbreaking new book **ZAPPED** (HarperOne, Hardcover \$25.99, on-sale October 2010), health expert and *New York Times* bestselling author **Ann Louise Gittleman** reveals startling truths about the invisible hazards of the 21st century that will motivate us to change how we use our laptops, how we locate our home electronics and televisions, and even how we sleep.

Radiation from cell phones is just the tip of the iceberg. In **ZAPPED**, Gittleman explores emerging evidence that EMFs from wall outlets, refrigerators, computers, dimmer switches, hair dryers, and a host of other everyday devices are creating energy disturbances within the body, leading to increased free radicals and disruptions in cellular DNA, which are in turn linked to a wide range of negative health effects, including tumors, chronic fatigue, and other diseases. ***These risks are especially high for children***, whose developing bones are thinner than

adults, making them even more vulnerable to electromagnetic disturbances in the brain and other organs.

ZAPPED is a call to action. Gittleman reviews the latest scientific research and provides a proactive plan to counteract the toxic effects of overexposure. Small changes, including how we use our electronic devices and how we arrange our living and working spaces, can make a big difference in our levels of exposure to EMF radiation. Her practical approach moves room by room, teaching readers how to identify and remedy the electromagnetic trouble spots in their homes and offices. ***Gittleman offers concrete solutions to zap-proof our lives***, such as:

- Hold your cell phone away from your head when the call is connecting—that's when the signal is strongest.
- Keep televisions out of the bedroom. They emit AC magnetic fields that interfere with the production of melatonin, the hormone that governs your Circadian rhythms.
- Eat to beat EMFs. Superfoods and seasonings such as artichokes and cinnamon help to replace the anti-oxidants, enzymes, and nutrients that electro pollution can rob from your body. Gittleman's expertise in nutrition allows her to formulate a diet that turns your body into a shield against EMFs and other electronic dangers.

Are we going to give up our cell phones, laptops, and other electronics? Absolutely not, but emerging scientific evidence tells us that it is crucial to make important changes in our home and work environments. A must-read for anyone who is plugged in, **ZAPPED** teaches readers how to survive the dangers of technology and thrive in the wireless age.

About the Author:

New York Times bestselling author **Ann Louise Gittleman** is highly respected as a health pioneer, weight-loss expert, and award-winning author of thirty books, including *The Fat Flush Plan*. Ann Louise's credentials include an M.S. in Nutrition Education from Columbia University and a CNS from the American College of Nutrition, and her work has been featured in *Time*, *Newsweek*, *The New York Times*, *CNN*, *The Wall Street Journal*, *USA Today*, *The San Francisco Chronicle*, and many other outlets. 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. Visit her website at www.areyouzapped.com.

ZAPPED

Ann Louise Gittleman
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Zapped features on the long list for Best returning sitcom in the British Comedy Guide awards. Get voting and tell your friends to as well! Here is the link: <https://www.comedy.co.uk/awards/2018/>. Vote in the Comedy.co.uk Awards - simply pick your favourite TV and radio shows from last year. Zapped. 2 January. From the writers of "Zapped"™ Brand new series of "Insert Name Here"™ starts 10pm tonight on BBC2. See all. Watch on UKTV Play. Zapped. Series 2 | Episode 6. Paul Kaye excels in Dave's hit fantasy-comedy. It's Brian last chance to get home. There's one problem: keeping Howell alive and sober enough to cast a spell. Zapped. What's happening in Zapped Series 2? Brian is still trapped in a parallel universe - so what's going to happen now? Full cast return for a second series of Zapped. James Buckley to reprise lead role in Zapped. Who's Who in Zapped. Meet the residents of Munty, a bizarre backwater town in a parallel world. Zapped Giants. This quest was marked obsolete by Blizzard and cannot be obtained or completed. Use Zorbin's Ultra-Shrinker to zap any kind of giant found in Feralas into a more manageable form. Bring 15 Miniaturization Residues found on the zapped versions of these giants to Zorbin Fandazzle at the docks of the Forgotten Coast, Feralas. Miniaturization Residue (15). Provided item