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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 21<sup>st</sup> 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](http://www.areyouzapped.com).

**ZAPPED**

Ann Louise Gittleman  
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zapped â€” zÃƒfÃƒ|pt adj. exhausted; drained; tired to the point of exhaustion zÃƒfÃƒ|p n. short length of time in a microwave oven; energy and enthusiasm; unexpected forceful strike or hit; jolt; spicy quality v. kill, shoot; destroy; defeat; attack suddenlyâ€”â€” English contemporary dictionary. zapped â€” /zÃƒ|pt / (say zapt) Colloquial â€”verb 1. past participle of zap. â€”adjective 2. tired to the point of exhaustion â€” Australian English dictionary. zapped â€” adj. fatigued; tired; exhausted â€” English slang. Zapped Again! Zapped Wiki Zapped Catch Zapped on Disney Channel! Read more > Boy Training App? What if you could control boys with your phone? Read more > Characters! Get the 411 on the Characters! Read more > Boys Are Dogs! learn more about the book! Read more > Welcome to the Zapped Wiki, a collaborative zapped definition: 1. past simple and past participle of zap informal 2. past simple and past participle of zapâ€”â€”. Learn more.Â More examples Fewer examples. Originally a criminal himself, he got zapped on the head and lost his memory. From. Wikipedia. This example is from Wikipedia and may be reused under a CC BY-SA license. Using scattered pulses of light only a fraction of the scar is zapped by the laser over the course of several treatments. From. Wikipedia.

Zapped - "The Making of Zapped" Featurette - MarVista Entertainment. MarVista Entertainment. 3:16. Pop Dance song on Disney's Zapped (starring Zendaya Coleman). Heavy Hitters Music. 1:32. Zapped Peliculas completas en espa±ol. CallumekynxtÆ'y. 1:15:37. Spencer Boldman - Zapped - Disney Channel Official. Disney Channel. 0:16. Zapped - Go For It! ( NightCore / Renald Francoeur - Go For It ). Joseph Ghareeb. Zapped Wiki Zapped Catch Zapped on Disney Channel! Read more > Boy Training App? What if you could control boys with your phone? Read more > Characters! Get the 411 on the Characters! Read more > Boys Are Dogs! learn more about the book! Read more > Welcome to the Zapped Wiki, a collaborative

Zapped. 2014 All 1h 32m Family Comedies. A girl discovers a dog-training app that can get boys to obey her every command. But she soon learns that it isn't the cure-all she had hoped for. Starring: Zendaya, Chanelle Peloso, Spencer Boldman. Watch all you want for free. Try 30 days free. zapped â€” zĂfĂ|pt adj. exhausted; drained; tired to the point of exhaustion zĂfĂ|p n. short length of time in a microwave oven; energy and enthusiasm; unexpected forceful strike or hit; jolt; spicy quality v. kill, shoot; destroy; defeat; attack suddenlyâ€| â€| English contemporary dictionary. zapped â€” /zĂ|pt / (say zapt) Colloquial â€“verb 1. past participle of zap. â€“adjective 2. tired to the point of exhaustion â€| Australian English dictionary. zapped â€” adj. fatigued; tired; exhausted â€| English slang. Zapped Again!