



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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Gittleman delivers the first comprehensive, user-friendly guide that consolidates the latest research with a powerhouse, step-by-step guide to counteract the invisible hazards of everyday electromagnetic exposure from such things as cell phones and Wi-Fi.

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

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Natalie Vellacott says

This was an interesting read....not sure that it's 100% reliable but interesting definitely.

The author explains how electromagnetic pollution is invading our lives and gradually causing our illnesses. She sites various examples of individual cases where it does seem to be likely that EMP is responsible for the health problems experienced. She lists vitamins and minerals that will help combat the problem and suggests a range of expensive gadgets you could buy for your home/car/workplace etc. She provides lists of websites/resources for further reading. She explains how she has implemented some of her own recommendations. She even provides suggested recipes to incorporate various foods into your diet....

However, the book reads as an expose, as if the authorities are deliberately concealing data that is killing vast numbers of people and as if the answers contained in this book will solve any and all health problems. It seems as if the author attributes everything that is wrong in our lives to EMP. A lot of the detail is technical and may be beyond the abilities of the average reader (a lot of it was beyond me,) this may confuse people and cause them to panic, making them believe that they are being zapped and are about to drop dead any second if they don't buy expensive gadgets NOW!

The biggest problem with this book is that it is meant to be preventative so the author advocates buying all these things, having various tests done etc even if you are currently well. The reality is that most people won't even think about this unless they have always been worried about EMF/mobile phones microwaving their brains etc or they are already ill and trying to eliminate causes. If they are ill already these suggestions may work or at least help but they are unlikely to eliminate the problem altogether as everyone's body is different.

I don't agree with the author's views in relation to our oneness with the earth and mother nature. The earth was created by God (as were we) and God sustains the earth and causes it to function despite the consequences of the curse (sin.)

There are some interesting things in this book and useful resources. Also small things that we can all do to limit our exposure to EMP.....but don't panic on reading it! I have a light exposure to EMP as I don't like gadgets and therefore have very few but a typical gadget holder may be very scared on reading this book.....

Recommended for interest's sake and to learn about EMP.

Stephanie says

Scary. Hard to act on "depriving" oneself of electronics. I appreciated seeing that I'm big on the author's top 21 zap-proof superfoods and seasonings, i.e. artichokes, asparagus, blueberries, cinnamon cranberries,

cruciferous vegetables, cumin garlic, grass-fed beef, mushrooms, olive oil pomegranate juice, prunes, red beans, acai, rosemary, turmeric, wild Alaskan salmon, tart cherries, walnuts and yogurt. Wish I could afford organic. Zap-proof minerals are also big in my diet, e.g. calcium, magnesium, phosphorus, melatonin, potassium, sulfur, manganese, selenium, CoQ10 and zinc. I guess I didn't learn that much new, but was able to read supporting information. I do wish there was some way of removing the cell towers from my apartment roof. Ugh!

Joanna says

Feed my paranoia, why don't you? But at least it offers lots of helpful tips for reducing exposure to EMFs.

Tracey Allen at Carpe Librum says

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 is an informative read about the prevalence and damage that electromagnetic fields (EMF) and electronic pollution and how to mitigate these in the home and at work.

As the title suggests, this encompasses radiation from mobile phones, microwaves and high voltage power poles, all generally accepted by the majority of people to 'not be good for us.'

However *Zapped* goes even further to suggest that today's lifestyle is full of electronic devices such as wi-fi, laptops, ipads, cordless phones, ipods, televisions and time-saving kitchen appliances. Put simply, we are bombarded by EMF every day. Every room in our house has multiple devices plugged into powerpoints and some cases powerboards. At the time of writing this post, I have twelve other wi-fi networks criss-crossing mine at home making thirteen in total. Wow!

Some of us are sensitive to EMF and Gittleman believes that many health related problems that have been attributed to stress or other conditions can be attributed to EMF, even going so far as to suggest conditions such as chronic fatigue syndrome, headaches, migraines and more. Her evidence and information is quite compelling and certainly makes for interesting reading.

Zapped contains many resources including websites, and suggestions for further reading and I was pleased to see reference to *Earthing - The Most Important Health Discovery Ever?* by Clinton Ober which is one way to reduce EMF exposure. I've read this book, purchased and use the products daily.

Zapped is a great reference book with measurements, advice and guidance for those wanting to learn more about the environment around them. Did you know you can buy house paint to reduce your own exposure to mobile phone towers? *Zapped - Why Your Cell Phone Shouldn't Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution*.

Kebanek says

To alarmist for me. I think the author probably has a point, but this seemed like a very long pop science article.

Jodi says

This book provides a reasonable introduction to the idea of reducing the amount of EMFs we are exposed to each day, and how to go about doing so without giving up your computer and your phone and so on. It gives you lots and lots of useful tips on how to reposition electrical items, the best types of items to buy and what to avoid as well as how to use simple devices to measure the radiation in your own home.

This book is well researched and referenced. The first 37 pages outline the theory and science really well and forms a sort of mini-book all in itself.

Many excellent health books briefly mention the potential problems that EMFs can cause and how to minimise them, but the most thorough book I have read on this topic by far is 'Earthing: The Most Important Health Discovery Ever?'; This book talks about the problems of EMF exposure, provides some brief tips for how to minimise your exposure and then focuses on 'grounding' as the best way to minimise any problems caused by high levels of EMFs.

Zapped was the opposite. It gives lots and lots of tips about minimising your exposure, but only mentioned grounding for a page or two and didn't seem to give it even remotely the level of importance that the 'Earthing' book did. It didn't come across as at all essential or hugely helpful, which was just strange when the author of Zapped had read the book and should have known how well supported grounding is as a treatment for those with EMF sensitivities and others.

For that reason I'd very much recommend the 'Earthing' book before this one.

When I first heard about the concept of earthing or grounding I was very sceptical. I am a big supporter of orthomolecular and nutritional medicine and the not-very-popular idea of treating the causes of disease and not just suppressing symptoms with drugs...but earthing just sounds so completely eye-rollingly nuts at first! I came to the book with an open but very sceptical mind and with the attitude that I would have to see a lot of impressive evidence and solid logic to be convinced that this concept was worth bothering with and worth supporting. Long story short, this book did convince me. I went out and spent \$50 on a grounding mat before I had even got to the end of it.

People cut off from the electrical current of the earth for long periods of time develop all sorts of problems which are reversed by grounding, and studies have shown the positive effects it has on sleep and also on red blood cells. The red blood cell before and after photos in the book are amazing as are the thermography images. At least some of the studies done were double blind as well.

The fact that trying grounding is either free or very inexpensive, very easy to do, low risk in regards to side effects (low-level healing reactions are possible but that is about it) and potentially mildly or very helpful for those battling illness and pain also helps. The main benefits described by the book from grounding are pain relief, reduced inflammation, a reset sleep-wake cycle, feeling calmer and a dampening down of the sympathetic nervous system and adrenaline surges, resynchronisation of cortisol release, protection from EMF radiation and the problems it can cause, relief of muscle tension and headaches plus speeded healing and prevention of bedsores. It can also help you cope with jet-lag.

This book explains: "Exposure to sunlight produces vitamin D in the body. It's needed for health. Exposure

to the ground provides an electrical 'nutrient' in the form of electrons. Think of these electrons as vitamin G - G for ground. Just like vitamin D, you need vitamin G for your health as well."

'Earthing' author Dr Sinatra's son had a near-lethal electropollution illness for 6 years, which was slowly improved through grounding. If nothing else this book is absolutely *essential* reading for anyone suffering with severe EMF health issues. This book explains that when we are grounded our bodies don't have to cope with so much electrical 'noise' and that all our interconnected electrical systems (such as the heart) can then function better. Studies have backed up the reduction of EMF radiation with grounding. For this issue in particular grounding seems very promising and makes a lot of sense. If you are ill, read this book if you can and make up your own mind I say. See if your library has a copy at least, like mine did, and then your initial risk is minuscule. Remember too that the results from grounding may not be immediate and that it is very 'dose' dependent.

Although it is not something I can discern in myself, for years I have had a number of friends and acquaintances tell me that they suffer severely after high levels of EMF exposure. It seems like sensitivity to EMFs is a bit like multiple chemical sensitivity syndrome. If you have one prolonged or very big exposure it can sensitise you to 'normal' amounts for a long time or for the rest of your life, and some people are more sensitive to the effects of chemicals and EMFs and can become ill at levels which for most people would be unnoticeable.

It makes sense that we have all sorts of sensitivities to these stressors, just like people have very different tolerances to drugs and alcohol. The fact that everyone isn't made ill by low level EMF exposures is not proof that some people can't be made ill by these same exposures. People vary enormously due to biochemical individuality, and illness also greatly lowers your ability to withstand previously well-tolerated stressors. Like many people, I never experienced chemical sensitivities at all until I became severely ill.

I would like to remind people that there are huge financial vested interests at work in declaring various chemicals and EMF exposures as 'safe' and at turning the problem around to a 'blame the victim' mentality. Research is skewed, hidden and nowhere near enough studies are done. So you can't believe everything that you read, and should think twice before ever assuming that someone who says they have chemical or EMF sensitivities is 'making it up' or imagining it. There is no 'secondary gain' in having these problems, there really isn't, and the idea that these things could easily cause problems and do cause problems is backed up by some very solid research too.

Back to this book. The section on an anti-radiation diet and supplement plan wasn't great. It is very very hard to take seriously any type of anti-radiation or anti-oxidant plan that doesn't even include ONE MEASLY GRAM of vitamin C, let alone the multi-gram dose that would be appropriate. This is a huge omission, if you know anything at all about the impossible to overstate importance of vitamin C.

I would also disagree that whey supplements are good for you (real food is better!), tinned beans and cherry juice concentrate are superfoods, storebought yogurt is good for you, saturated fat causes heart disease (this is a myth), olive oil is the only and best oil to cook with, and that the way to boost glutathione in the body is to take GSH precursors. The best way to boost GSH is to take a liposomal GSH product - this form of GSH isn't broken down into its parts as soon as it reaches the body and is many times more effective than just taking GSH precursors. The book also doesn't specify that unrefined sea salt must be used instead of refined salt and heavily promotes all sorts of expensive so-called superfoods such as acai berries, noni and mangosteen - when in reality we need all the different types of fruits and especially vegetables and variety is important than a small number of very expensive so-called superfoods. It is slightly faddish in this respect, unfortunately. I would advise readers to skip the diet and supplement advice in this book as while it isn't at

all the worst out there it is far from the best as well.

I bought an EMF measuring device and was surprised at how little my appliances emitted compared to what the book suggested as estimates. Maybe this is because my house is less than 10 years old? For example my clock radio only emitted outward at a high level for far less than one foot, and so it wasn't at all necessary for me to have it 3 feet away from my head as the book suggested. This was good news as being too far away from all your switches and devices creates real practical problems when you are quite ill (as I am). So if moving all your things seems really impractical you might want to take some readings first to make sure you aren't making things more difficult for yourself than you need to. I bought my measuring device for under \$50.

But overall, making the changes suggested in the book really is not very difficult. Grounding and reducing EMF exposures isn't the whole answer to regaining health or preventing illness but it does seem like one very important or even essential part of the bigger picture. For some people it is also the main cause or trigger for their symptoms, it seems. It should not be ignored or dismissed out of hand without proper open-minded investigation, particularly as the risk and cost of grounding or minimising EMFs is so very low.

All in all this book is not the last word on the subject but provides a pretty solid overview of the problems of EMFs and how to minimise them.

Jodi Bassett, The Hummingbirds' Foundation for M.E.

Megan Stokes says

Really interesting. I do believe that there are some that are particularly sensitive to electronic pollution (like chemically sensitive people), but I think the majority of us don't need to follow most of the advice in this book. I've since done some things to limit my exposure, but on the whole, some of this stuff goes a bit too far.

Ania says

Here's the basics:

Keep at least 3 feet away from electronics, and walls at night. Eat anti-oxidants, do away with needless electronics, reduce wi-fi exposure, use a landline and floss* :)

*ok so she may not have said floss, but it's still important :D

Will Jeffries says

Enlightening information and kind-of fear-based as well - just don't let all this information get to you. My recommendation would be to just buy you a himalayan salt lamp - stick that sucker beside your computer - and you're good. In regard to the cellphone dilemma - you can go to qlink.com and get you one of those q-link mini's and sticker-attach it to your cell phone. Also, I've heard that if you put a wheatgrass plant beside your bed at night - you will breath a lot easier. Anyways, good info. and an interesting read.

Kimm says

Spent the day reading Gittleman's book on EMF pollution. Since I'm extremely sensitive to EMFs - there's alot of practical advice in this book for me.

I've never used a microwave and don't have one, rarely use a cell phone (a few times a year maybe) and I don't have a TV. Despite that - as a computer professional with scads of computer equipment running all day long - I am surrounded! :P I'm realizing there's alot more I can do to minimize the stress and disorders that EMFs cause. More about it when I finish the book!
