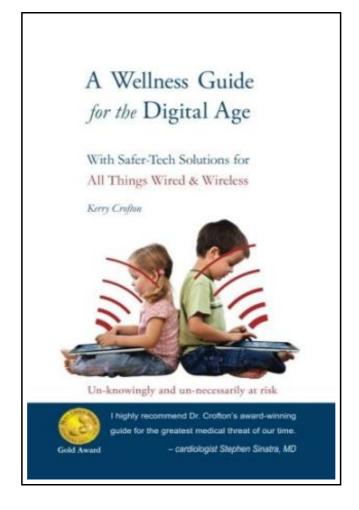
A Wellness Guide for the Digital Age (Paperback)



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Reviews

An extremely wonderful pdf with lucid and perfect explanations. I could possibly comprehended every little thing out of this created e pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Janie Wilkinson)

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Global Wellbeing Books, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.[This is the new edition of Wireless Radiation Rescue.] This generation spends most of their time inside, on digital devices, immersed in harmful levels of wireless radiation. Many are tech-obsessed and disconnected - from themselves, each other and the natural world. Most parents and grandparents are unknowingly putting their children - born and unborn - at risk with the unsafe use of all things wired and wireless. We want our children to be tech-savvy, but we also want them healthy - they can be connected in this digital age in much safer ways - at home and at school. And many people are taking great care to age well but missing a key strategy - living in a safer-tech environment. Here s what all of us need to know: the research and recommendations with easy and affordable solutions from the world s leading experts: How to keep the convenience of digital and mobile devices and reduce the potential health hazards - at all stages of life: -Pregnancy and Parenting - from conception to college - and beyond require safer-tech solutions as never before, as the born and unborn are exposed to harmful - government-sanctioned - levels of radiation: wired and wireless; - The mindful use of technology so we don t become tech-obsessed with the latest on digital addiction and our digital detox program - discovering the delights of unplugging now and then and reconnecting with ourselves, each other and the natural world; - New discoveries for healthy aging in this digital age. Our international team of experts also offer in this guide: A summary of the science: A detailed survey to assess risks and symptoms Simple strategies targeting: sleep...



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