



# **A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving**

*Dr Kerry Crofton PhD*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# **A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving**

*Dr Kerry Crofton PhD*

## **A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving** Dr Kerry Crofton PhD

[This is a revision of Wireless Radiation Rescue and the updated 2014 edition of A Wellness Guide for The Digital Age.] Our website is: [www.safertechsolutions.org](http://www.safertechsolutions.org) This generation spends much 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 problems, dizziness, headaches, tingling in the hands, ringing in the ears, eye pain, bloodshot eyes, skin rashes, cardiac symptoms, electro-sensitivity, ADD/ADHD, autism. Cardiologist Stephen Sinatra, MD offers his endorsement, "I highly recommend Dr. Crofton's ground-breaking book. It is well-researched and informative. Electro-pollution is the greatest medical threat of our time. These recommendations will benefit all." And leading epidemiologist and expert in this field, Devra Davis, PhD Nobel co-laureate and author of Disconnect: The Truth About Cell Phone Radiation says, "Signals from cell phones reach more deeply into children's thinner skulls and smaller brains. This book is a wake-up call with solutions." WE HUMANS, EACH WONDERFULLY UNIQUE and complex, have an inborn healthiness that is based partially on all the electrical fields – within and around us – being in harmony. And, our heart and brain cells have their own delicate electrical integrity. Our modus operandi, our wellbeing, so to speak, relies on being attuned in this way. We are overwhelming this natural state with a new environmental health hazard – the smog of electro-pollution. The waves of microwave radiation – from mobile phones and all Wi-Fi devices – are powerful enough to blast data through concrete. Imagine how easily this radiation travels through us, and our vulnerable children. Good news: this is a wake-up call with easy-to-implement solutions. This wellness guide reveals how government-sanctioned levels of radiation, from all things wired and wireless, can be harmful to our health – and how to use all of these electronics more safely. Our medical team cautions about a range of potential side effects: exposure without symptoms (you don't feel anything but harm is still occurring,) mild to moderate symptoms, and electro-sensitivity. And they offer: how to recognize and treat symptoms and how to age well: from conception to college – and beyond. For ourselves, our children, and grandchildren. Not just ours – everyone's. This is also available in an eBook - in all formats. Our website is: [www.safertechsolutions.org](http://www.safertechsolutions.org)

 [Download A Wellness Guide for The Digital Age: With Safer-t ...pdf](#)

 [Read Online A Wellness Guide for The Digital Age: With Safer ...pdf](#)

## **Download and Read Free Online A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving Dr Kerry Crofton PhD**

---

### **From reader reviews:**

#### **Lori Parker:**

Book will be written, printed, or highlighted for everything. You can recognize everything you want by a guide. Book has a different type. As we know that book is important factor to bring us around the world. Close to that you can your reading talent was fluently. A guide A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving will make you to always be smarter. You can feel more confidence if you can know about anything. But some of you think which open or reading a new book make you bored. It is not make you fun. Why they may be thought like that? Have you seeking best book or acceptable book with you?

#### **Francis Knapp:**

Do you have something that you prefer such as book? The reserve lovers usually prefer to select book like comic, brief story and the biggest one is novel. Now, why not attempting A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving that give your entertainment preference will be satisfied by simply reading this book. Reading habit all over the world can be said as the opportunity for people to know world considerably better then how they react toward the world. It can't be said constantly that reading habit only for the geeky man or woman but for all of you who wants to possibly be success person. So , for all of you who want to start reading as your good habit, it is possible to pick A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving become your starter.

#### **Duane Sills:**

You will get this A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by go to the bookstore or Mall. Merely viewing or reviewing it might to be your solve difficulty if you get difficulties for ones knowledge. Kinds of this e-book are various. Not only by simply written or printed but in addition can you enjoy this book through e-book. In the modern era just like now, you just looking by your local mobile phone and searching what their problem. Right now, choose your personal ways to get more information about your publication. It is most important to arrange you to ultimately make your knowledge are still upgrade. Let's try to choose appropriate ways for you.

#### **Anne Corchado:**

That reserve can make you to feel relax. This book A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving was vibrant and of course has pictures around. As we know that book A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving has many kinds or genre. Start from kids until young adults. For example Naruto or Private eye Conan you can read and feel that you are the character on there. Therefore not at all of book are make you bored, any it offers you feel happy, fun and loosen up. Try to

choose the best book to suit your needs and try to like reading that will.

**Download and Read Online A Wellness Guide for The Digital Age:  
With Safer-tech Solutions for All Things Wired & Wireless - for  
brains worth saving Dr Kerry Crofton PhD #EH27AUT495P**

## **Read A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by Dr Kerry Crofton PhD for online ebook**

A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by Dr Kerry Crofton PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by Dr Kerry Crofton PhD books to read online.

## **Online A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by Dr Kerry Crofton PhD ebook PDF download**

**A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by Dr Kerry Crofton PhD Doc**

**A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by Dr Kerry Crofton PhD Mobipocket**

**A Wellness Guide for The Digital Age: With Safer-tech Solutions for All Things Wired & Wireless - for brains worth saving by Dr Kerry Crofton PhD EPub**