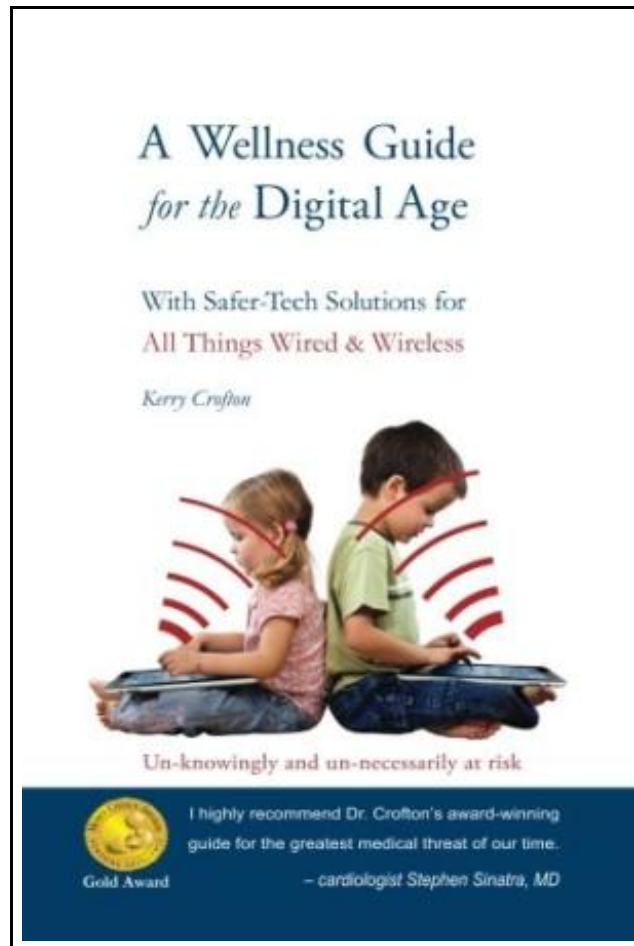


A Wellness Guide for the Digital Age



Filesize: 2.07 MB

Reviews

It is an awesome book that we have possibly go through. It is actually writter in straightforward words and phrases and not confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Tierra Kunde)

A WELLNESS GUIDE FOR THE DIGITAL AGE



Global Wellbeing Books. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 8.9in. x 5.9in. x 1.2in. 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 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. Heres what all of us need to know: the research and recommendations with easy and affordable solutions from the worlds 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 dont 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...



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