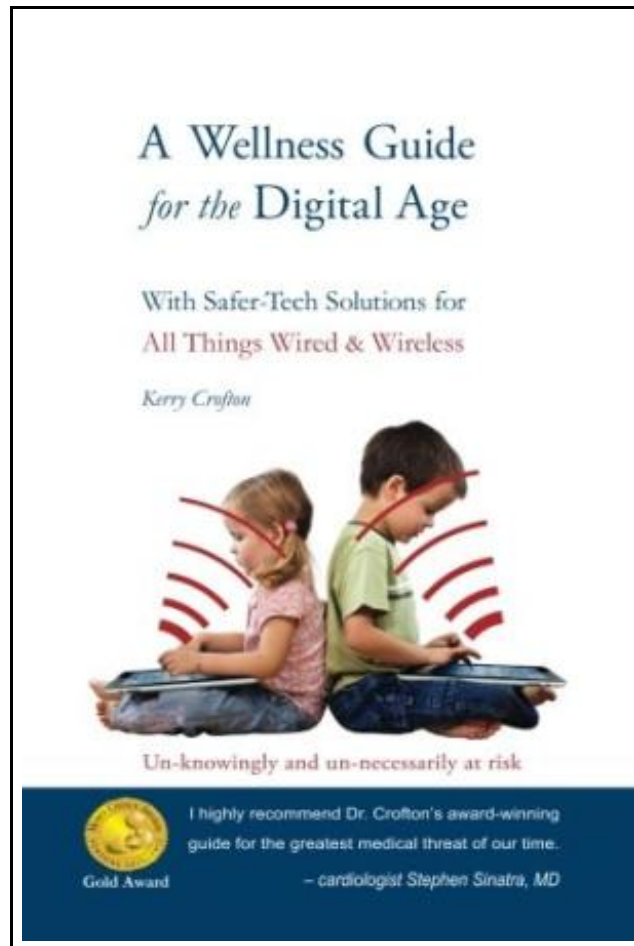


## A Wellness Guide for the Digital Age



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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](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. 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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