



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

*Dr Kerry Crofton PhD*

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[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 WONDROUSLY 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)

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