

2013 Press Release

# A Wellness Guide For The Digital Age

With Safer-Tech Solutions For All Things  
Wired & Wireless – for brains worth saving

by Kerry Crofton, PhD

2013 (Global Wellbeing Books)

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We can't see the smog of electro-pollution — but it is affecting us — according to the scientific evidence in the award-winning book *A Wellness Guide For The Digital Age* by Kerry Crofton, PhD. The issue of cell phone radiation is making national headlines, yet consumers remain uncertain about the risks involved and how to protect themselves.

Dr. Crofton, a health educator, collaborated with the world's most respected scientists, physicians, and environmental health experts, and compiled data from the latest research studies. In *A Wellness Guide For The Digital Age* she presents an overview of the evidence along with recommendations for safer solutions.

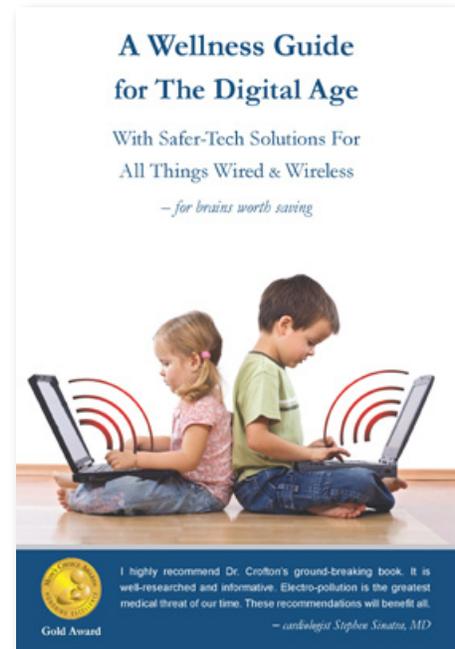
“We don't have to give up all electronic devices,” Dr. Crofton explains. “But we do need to use them differently. First, we need to understand that the government standards we assume are protecting us are thousands of times too lenient, and there are biological effects from these ‘safe’ levels — including: sleep disruption, dizziness, headaches, immune suppression, electro-sensitivity, ‘unexplained’ cardiac symptoms, decreased fertility, and an increased risk for brain cancer and neurological disorders.”

*A Wellness Guide For The Digital Age* is the first consumer guide to reducing levels of electro-magnetic radiation in our homes, offices and schools. Aimed at the general public including parents, teachers and health care professionals.

This guide includes a questionnaire to help readers identify risks such as PDAs and mobile phones (cell and cordless), video games, baby monitors, hybrid electric cars, fluorescent lights, power lines, and more. Research indicates that pregnant women, babies, children and young adults are most at risk and experts are especially concerned for those who spend so much time immersed in technology and so little outside in nature.

Crofton includes dozens of expert recommendations for safer solutions including headsets (Bluetooth™, wired, or air-tube?), wired vs. wireless Internet access, corded vs cordless phones, and more.

*A Wellness Guide For The Digital Age* concludes with an extensive resource section filled with hundreds of related organizations including research, advocacy and electro-sensitivity support groups, medical clinics/professional practices, and reference material.



Some might argue that electro-magnetic radiation has not been proven to be harmful, or that the research is at least inconclusive. But according to whose studies? Research by Dr. Henry Lai, a biologist at the University of Washington, found that only 25% of studies funded by the wireless industry show some type of biological effect from microwave radiation. Yet in independently funded studies (free of industry influence), 75% of the studies show adverse biological effects. “Follow the funding,” Dr. Crofton advises.

Clearly more research is needed but in the meantime many people are opting on the side of caution now. After all, how many decades, and thousands of studies, did it take before it was “proven” that smoking caused cancer?

## Here's what many other experts have to say about this issue:

“Three different types of tumors have been implicated following ten or more years of cell phone use...”  
—Louis Slesin, Ph.D., Founder and publisher of *Microwave News*.

“What we have now are highly suggestive results from a number of different studies...that point to a non-negligible long-term risk for a brain tumor.”  
—Dr. David Servan-Schreiber, Professor of Psychiatry, University of Pittsburgh, and Annie Sasco, World Health Organization.

“Key studies (including some published from 2007 to 2009) link radiation from long-term cell phone use with increased risks of brain and salivary gland tumors, migraines and vertigo, as well as behavior problems in children, including hyperactivity.”  
—Andrew Weil, MD, Founder and director of the Arizona Center for Integrative Medicine.

“You'd be amazed at the levels of electro-magnetic fields found in the home. These can disrupt your sleep. There also seems to be a connection with electro-sensitivity and CFS (Chronic Fatigue Syndrome).”  
—Jacob Teitelbaum, MD — a board certified internist and author of *From Fatigued To Fantastic*.