



## The Powerwatch Handbook: Simple Ways to Make You and Your Family Safer

By Alasdair Philips, Jean Philips

Little, Brown Book Group, United Kingdom, 2006. Paperback. Book Condition: New. 210 x 134 mm. Language: English . Brand New Book. Are you keeping safe? Electrical wiring and appliances, overhead power lines, machinery, photocopiers, mobiles and cordless telephones, radio masts, TVs, tube trains, x-rays and laser beams are amongst the hundreds of everyday items that are now known to give off high levels of microwave radiation. Electromagnetic fields (EMFs) can be biologically active and capable of making changes to the structure of human and animal cells which are exposed to them. Long-term exposure is believed by an increasing number of scientists and environmentalists to be connected to tumours, fertility problems, behaviour and mood changes, concentration and memory loss, and also to affect melatonin production and impair our immune system repair mechanisms. The Powerwatch Handbook is a simple no-nonsense guide to EMFs and how to reduce their harmful effect. Alasdair and Jean Philips present their information in a practical, positive and lively way, in an easy-to-follow handbook style. EMF levels are graded using a star rating system, high level items are highlighted, and practical tips given in step-by-step, bullet point form.



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