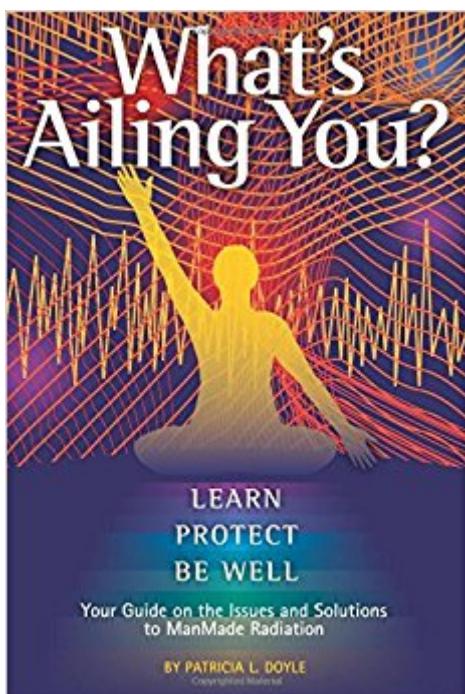


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# What's Ailing You? Learn, Protect, Be Well: Your Guide On The Issues And Solutions To ManMade Radiation



## Synopsis

Our entire world, everything we see, is made of energy. The natural energetic fields of the earth and sun that we evolved in are required for good health, even our survival. Conversely, there are unnatural, or manmade energy fields from electric power and wireless technologies that we are now exposed to 24/7. What is the truth about these energy fields and their effect on our health, and on the health of our children? How have economics and politics played out in the arena of public health policy, affecting our right to a safe environment in our own homes? How have today's exposure levels affected national and individual healthcare costs? Learn about manmade radiation's effects on our sleep patterns, DNA, blood-brain barrier, sugar metabolism, immune system, stress levels, cell communications and the body's ability to kill cancer cells. Learn about the relation to an increasing incidence of diabetes, Alzheimer's, cardiovascular disease, thyroid problems, and childhood developmental disorders such as autism, which in the 1970's was 1 in 5,000 to today's 1 in 50. The science even tells us why couples today are finding it difficult to conceive. In 200 pages, the author provides a comprehensive review of the issues and effects to our physical, mental and financial health. The 60-page supplement that follows provides the reader with cost effective solutions for reducing exposure, reversing accumulated damage and restoring health. The goal is to minimize the health effects from modern living, while still utilizing the benefits of technology. We CAN sleep soundly, think clearly, be energized, reduce medications, strengthen our immune system, avoid disease, and see our children excel at school. We CAN reduce doctor visits, save money, and age gracefully.

## Book Information

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## Customer Reviews

"The author Patricia Doyle builds an argument with overwhelming evidence on manmade electromagnetic radiation in our midst, in What's Ailing You? Learn, Protect, Be Well. As the reader begins to absorb that 'learning the truth of the health effects of manmade radiation' can change your health in the short term and the long term, the statistical evidence convinces. In a logical pattern, the author structures the layering of the issues necessary to understand the depth and breadth of the issue of radiation in our environments, our homes and on our person with our mobile technology. While her passionate appeal to learn about the reality of radiation is foremost, she also includes ways to solve, down size and reduce our exposure. Statistics, expert citations and sharp graphics complete a stunning portrait of the hidden force among us. Detailed lists conclude each chapter to review, analyze and strategize what is happening and what can be done. Evaluating our risk, our exposure and our need to prevent disease from occurring is the passionate appeal of the author to the reader. Persuasive studies from diverse experts emphasize the risks to children from frequencies of mobile phones, baby monitors and other sources. Word choices from the world of science are explained as the depth of the persuasive argument extends to a comprehension of "quarks", "electrons" and "atoms" which compose our biology. The diction of the author is empowered by ethical thinking, community service and global vision to improve our headlong plunge into a life surrounded by radiation, which is manmade. The author explains the power of telecom industries, economic forces at play and government operations which fail to regulate. As "wireless industry takes over our schools" the concerns have never been more serious as to public health issues when exposed to manmade radiation. The author directs solutions which can avert biological risks, reduce health insurance and secure a financial future that trends toward health and away from diseases caused by radiation. The book is a stunning, scientific, strategic arrow to reduce EMF exposure. Simply put, the author, Patricia Doyle, finishes with the solutions, procedures and processes to measure, resolve and recreate a safe personal environment from manmade radiation."--- Lailee McNair Bakhtiar, former host and producer of PBS Authors & Critics and Washington post/Newsweek Cable TV Writers Forum & Book Review

I'm a parent of three kids and I have concerns about reducing our exposure to all of the wireless and electrical pollution that's constantly bouncing around out there. I don't want to become an expert on EMF radiation or anything -- it's confusing, overwhelming, and it feels to me like it's a huge tech-experiment that isn't fully regulated (and this young generation is the guinea pig) -- but I wanted to start somewhere to educate myself on how to make simple changes in our home and with the kids' tablets/devices."What's Ailing You?" guidebook explains it clearly and offers solutions -- I

already made changes in our home starting simply with our bedrooms/bedside tables, and by changing our own wifi settings. There's lots of research in the book, but it's also easy to use, with references & recommendations should you want to go even deeper. It's definitely a good place to start. If you have concerns about wifi and man-made EMF radiation, and care about the health and wellness of your family, then I recommend this book.

Incredibly insightful unveiling of how to protect yourself from technology's inconvenient truth in our modern, ever-advancing world. Patricia Doyle has undoubtedly done her research, and I'm thankful this book found it's way into my hands. I'm 37 and preparing to have my first baby, and now knowing the importance of grounding my house and myself, I feel relieved knowing I'm taking the proper steps to ensure my family and my new baby's health. As a professional photographer and mother-to-be, this book is a \*critical\* must read. I now have confirmation to what I have intuitively always felt as an aversion to holding my cell phone or carrying it close to my body and know why. Discussion around women's health and reproductive system, and baby monitors, is particularly interesting. Info about the dangers of Smart Meters is a great reminder of how in the dark we really are! Grateful to have a set of tools now to energetically ground my world.

Citing extensive research, Ms. Doyle goes into depth about how wireless radiation can negatively impact your health. She explains how industry and non-health agencies decide our radiation exposure guidelines and bureaucratic hurdles and legislation favor industry. Government and industry regularly add to our exposure levels. By reducing your exposure to electromagnetic radiation, you lower your risk of health problems and prevent escalating personal health costs. She explains basic actions and detailed action to take to prevent health effects. Following her suggestions could save you a lot of heartache and money and improve your quality of life.

This book is excellent in explaining how wireless radiation and other manmade electromagnetic fields are impacting our health. The author has done an outstanding job researching why we are impacted by these fields and why the government misleads the public by calling them safe. She makes many recommendations on how to reduce our exposure and create a safer environment for ourselves. This is a must read book for anyone who has an autoimmune disease or weakened immune system so that they can get healthier. It is also critical for others who are trying to preserve their health to use the advice in this book.

What a timely addition to our knowledge of the changing world around us. Doyle points out the increasing prevalence of ailments which were rare in previous generations and offers logical explanations of what has changed and how it affects our well being. More importantly, she offers a panoply of action items on what we can do to protect ourselves and our loved ones. We can all benefit from these words of wisdom.

This book is a must read to help protect ourselves and our families from wireless and EMF pollution. Patricia offers practical and easy changes we can make to reduce exposure and therefore live healthier lives! I am a Grandmother, and am grateful for the research that has gone into this book, so that I can pass this information on to the younger generation to help reduce their exposure to harmful radiation.

I found her book to be interesting and greatly appreciated the logical and well research approach taken!

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