

EMF Health Alert: The #1 Guide for Reducing Electromagnetic Pollution for Better Sleep, Better Focus, & Better Health

By Holly Manion, Alfred Pacheco

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EMF Health Alert is a reader friendly, easy to follow, “how to” guide, on eliminating the harmful electromagnetic fields (EMF) from wired and wireless devices in your home and workspace to create a healthier living environment. In today’s age of digital technology, we are constantly connected through our wireless devices to a world we cannot see, hear, or touch. We rely on cellphones, computers, tablets, iPads and many other electronic devices to get us through our daily lives. However with this new technology comes something our bodies have never experienced before, information carrying radio waves (ICRW). These are artificial microwaves that allow information to be delivered from one source to another. The problem is that these man-made microwaves cause harm to our bodies at the cellular level, and as a result create many negative health symptoms like headaches, tinnitus- ringing in the ears, insomnia, lack of focus, irritability, rashes, anxiety, and heart palpitations. In this simple to follow guide, we make this information easy to understand; make the sources of radiation easy to find; and solutions easy to implement. This guide is intended for everyone, especially those who are interested in learning about the radio frequency (RF) radiation and dirty electricity that surrounds us today in our world of digital technologies.

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Editorial Review

About the Author

Holly Manion is a health advocate who has studied the biological effects of radiation emitting devices for over a decade and their grave effects on our environment. She is a speaker, author, inventor and coach on the subject of electromagnetic pollutants. Holly has always taken a positive approach when she advises concerned citizens on ways to mitigate the results of harmful EMF's in their homes and workplace. Her goal is to create a healthier, more vibrant living environment in today's progressively wireless world. Holly has patented the Smart Meter Shield™ which is a practical solution for reducing radiation from the utility companies' Smart Meter. In addition, Holly is a specialty real estate broker of luxury residential property in North Coastal San Diego County. She lives in Rancho Santa Fe where the beauty of her surroundings is inspiration in itself. She has authored 12 Steps to Better Sleep and her passion for a safe environment can be followed closely at www.EMFHealthAlert.com. Alfred Pacheco is a university student, entrepreneur, and product designer currently residing in Santa Barbara, California. He initially became aware of the health risks of EMF's in 2010. Partnering with Holly Manion, they developed a shield that effectively reduces the radio frequency radiation emitted by utility-installed Smart Meters. Over the past three years, Alfred has studied the negative effects of "electrosmog" on both human health and the environment. It is Alfred's hope that this book will assist families in reducing harmful levels of radiation within their homes. Based upon his expertise, Alfred believes that most preventive steps are actually very simple. Nonetheless, it's still up to us to take action.

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