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A Form of Addiction Facing This Nation

As the title states we here in the United States are faced with a most dangerous form of addiction, ever. You will probably ask what it is. My answer will probably cause you great angst. And what is this answer? The obsession of ourselves and especially our children with electronic devices or computers but even more, the smart phone and I-pad that you see everyone looking at. We are not even aware we are addicted to these devices. However if you had the opportunity to read today's (7/7/15) Science Times article by Jane Brody, page D7, "Screens Separate the Obsessed From Life", another article also from the Times is "Screen Addiction Is Taking a Toll on Children", you would realize the seriousness of this problem.

The answer is simple. Too much social media and use of smart phones have caused people to be obsessed with these devices. Children as well as their parents are at fault with this obsession. No matter where you go you see people of all ages looking at their hand and what do you see? Some type of smart phone. You go out to shop, to a restaurant, a movie, Broadway Theater, Opera, Museums, and even in churches, there is no escape. You will see the obsession with constant communication through our phone. When is enough enough?

This has led to a whole new series of problems such as distracted walking, running, bike riding and, worst of all driving. These distractions are brought about by looking down at our devices to read text, tweet and even trying to answer these communications. Worst of all this causes a loss of 10 percent of peripheral vision and increases injuries. Some of the facts that have been reported that distracted walking on cell phones have more than doubled between 2004 and 2010. This breaks down to millennials aged 18 to 34, and women 55 and older suffering serious injuries, suffering broken bones such as shattered pelvis and other injuries to the back, head and neck.

The use of these devices produce serious postural changes that I have reported on a previous newsletter #24-"Posture-Standup Straight", and the January pictorial newsletter that was titled the "Head-Forward Smart Phone Neck". The information that has been reported in many sources such as the New York Times Science article on the structural distortion being produced by constantly looking down to read the smart phone messages. A very interesting article by psychologist Amy Cuddy, Ph.D. "How iPhones Ruin Your Posture and Your Mood", points out that these postural changes that cause you to slouch over to see the tiny screen, create changes that are bad for your self-esteem. Research from Harvard University where Dr. Cuddy is an associate professor points out its influences that lower levels of testosterone which influence your mood and create depression and that the head forward looking down which requires the shoulder to be rounded is a sign of depression.

The other phenomena of the smart phone is the camera, both still and video, as well as mp3 player, so even more temptation to be distracted is right in your hands. The ability of everyone being able to take pictures and videos has led to the onslaught of self-portraits or what is now known as selfies and this is setting the stage for development of narcissistic tendencies. We have become so self-absorbed we are losing perspective on life and our surroundings. May I suggest reading an article from The Times, dated 2/13/16, Arthur C. Brooks, that express my observation “Narcissism Is Increasing. So You’re Not So Important”.

The use of “Smart Phones”, is creating many health issues for all of us, especially if we lose perspective of what this instrument is for. The health issues affect the triangle of health which has three humors (Physical-Chemical-Emotional), all three are involved but to different degrees depending on the individual use of this instrument. May I again suggest that you read the Time’s article from Jane Brody 7/6/15, “Screen Addiction Is Taking a Toll on Children”, this will help you understand your responsibilities.

The article simply states not to use the computer, tablets or cellphones as “babysitters”, and no children should be exposed to any electronic media before 2 years of age. Early exposure to these devices will effect children’s ability to interact with people. Too much time also leads to physical inactivity and unhealthy weight gain. The Kaiser Family Foundation study in 2010, revealed that the 8 to 10 year-old children and teenager spends more than 11 hours a day on media devices. Texting has become a national epidemic, with children 12 to 17 sending and receiving 60, or more messages a day. This is also carrying over into bedtime with teenagers sending an average of 34 texts a night after getting into bed. The blue wave length in the cellphones or tablets, cause changes in brain chemistry in being able to produce melatonin and this causes loss of sleep.

If the use of the device is becoming an obsession or even worst an addiction, I can be of service to you, your family and friends, with the emotional techniques of Thought Field Therapy (TFT), Neuro Emotional Technique (NET) and even (EFT). Call the office for an appointment.