

Is Prolonged Internet Use Affecting Your Health?

We live in an age now where all of the knowledge of humanity is conveniently located on your desk, or in the palm of your hand. It is truly a renaissance of free information and people are spending more and more time online sitting at desks and craning necks. Much like chocolate, however, too much of a good thing can cause some problems.

Circadian Rhythm

Our computer monitors and phone screens use a complex combination of lights to create and display images. Blue light tricks our body into thinking that the sun is still out and will delay the production of melatonin and the lowering of cortisol levels. Know a friend who has trouble falling sleeping at night? It could be all that time playing Farmville, or getting mad at political posts on Facebook.

Support options:

- [ADHS](#), three (3) upon rising and three (3) at noon. ADHS will help to naturally adjust your circadian rhythm. Be sure to take it at the recommended times to help reset your biological clock!

Some programs do exist that lower the level of blue light in your computer monitor to match the setting of the sun such as [f.lux](#). For iPhone users, iOS 9.3 has [Night Shift](#), which changes the color of your screen to more red wavelengths of light so you don't inhibit melatonin production. Programs like these can naturally help adjust your circadian rhythm.

Lower Back, Posture, and Carpel Tunnel

Our bodies were designed to be in motion, so needless to say, spending hours sitting and staring at a screen was never in the original game plan. This has created a storm of structural issues in the bodies of modern individuals. Consider investing in a standing desk. The keyboard should be placed just above the level of your lap. This is lower than most people normally place their keyboard, but lets your arms tilt downward while using the keyboard, leaving your elbows at a comfortable "open" angle. Simply spending 5 minutes each hour standing and walking can make a world of difference for your body. Don't be afraid to stretch!

Support options:

- [KappArest](#): Two (2), three times each day for chronic inflammation.
- [ChondroSamine Plus](#): One (1), three times each day. Comprehensive joint support with glucosamine will help regulate and support joint issues including carpal tunnel.

Addiction

This is quite the controversial topic, so much so that even the most recent [Diagnostic and Statistical Manual of Mental Disorders](#) (DSM) [doesn't acknowledge internet addiction yet](#).

How to approach addiction varies widely depending on who you ask, so I won't try to give you an easy answer here. One concept I want to leave you with is this: **humans need to connect**. It is in our nature, and it is what has allowed us to become the most dominant life-form on this planet.

When we lack connection, we look for it in drugs, gambling, and all sorts of other places too long to list. We need to feel a part of something to be whole. Often, those struggling with internet addiction don't find much connection in the real world, and they search for it online.

Support options:

[DopaTropic Powder](#): One (1) rounded teaspoon under the tongue or mixed in beverage of choice to help support dopamine levels.

Parker Sing, NTP

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