

Computers and the Internet Health Time Bombs of the 21st Century?

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2.7 billion searches with Google every month.

106 million registered users of the internet social networking site My Space and growing by the minute.

47 million laptops were shipped worldwide last year.

The \$100 laptop project is expected to ship 50-100 million laptops to children in developing countries.

We live in exponential times with vast knowledge available at the touch of a button, just for the asking. We are smack bang in the middle of the greatest paradigm shift in the history of humankind.

Many of us sit in front of a computer screen for many hours a day, to learn or to earn a living or both. The school blackboard has been replaced by a whiteboard with computer generated images and text and computer games amuse the children in their leisure time.

Few of these activities existed just thirty years ago. Whether we personally like it or not, computers are not only here to stay – we will need and use them more not less in the now and in the foreseeable future.

The question in the context of this article – is there a hidden health time bomb ticking away in this phenomenon which should give all humans, but most particularly holistic health practitioners cause for concern?

This hidden threat will impact all ages and all your patients/clients which includes anyone who watches television, uses computers, mobile phones plays computer games, surfs the internet - know anyone who does not fit into one of these categories? Do you know how many hours a day your clients are in front of a computer or television screen? Do you know the impact of this on their health and particularly on their vision? What solutions do you offer them at the moment to offset this challenge? Are they as effective as you would like them to be?

Will the tried and tested ways of nutrition, herbal remedies, acupuncture and homoeopathy that holistic practitioners use and have used be adequate to handle this challenge or is there something more that can be done.

We did some experiments charting visual fields before and after just a two hour stint working on a computer. This is a time tested assessment method used in Syntonics for over 75 years. The youngest person was nine years old and the oldest 77 years old, and others in between. Some practiced yoga regularly, had a healthy diet and with one exception, did not wear correction glasses. All of them were shocked to see the visual evidence of what happened to their fields after just two hours in front of a computer screen. Everyone of them when interviewed, acknowledged that they suffered from headaches, visual blur, tiredness, loss of acuity or sharpness of vision when they used computers for any length of time.

What do you think the long term effects of this cumulative, continuous stress on the visual system and indeed the whole living system will be?

Our aim is to inform, educate, and raise awareness of this serious challenge to our health and offer practical, safe, effective, powerful yet gentle cutting edge solutions which can largely mitigate, if not eliminate it.

To start this campaign I will present a series of free (for the moment) teleseminars . I know how busy most practitioners are, and the expenditure of time, effort, energy and money are important considerations for all of us. You will be able to participate from the comfort of your home.

Please email me at NaturalVisionHealth@googlemail.com and register your interest. I will email you the address of the website which is presently being built as soon as it is ready. The first seminar will be on 11th September 2007. A big thanks to Angela and Peter Bradbury for giving us this space to share this information. I hope you register and take this opportunity to expand your knowledge base. Please join us and help spread the word about this 21st century time bomb, so that we can defuse it together. I really look forward to hearing from you.