Technology Damage Control

PROBLEMS SLEEPING
FATIGUE
RINGING IN EARS
HEADACHE
LEARNING PROBLEMS
EYE PROBLEMS
HEART PROBLEMS
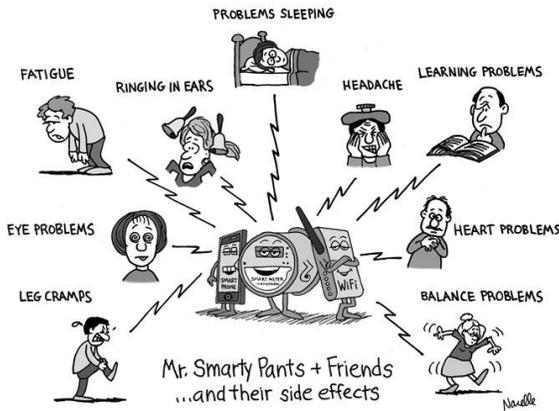LEG CRAMPS
BALANCE PROBLEMS
Mr. Smarty Pants + Friends ...and their side effects

Electronics and different technologies, especially those sending invisible frequencies through the air don't hurt you . . . proved no one! Do we think anything through anymore, or just go with the "acceptable, cool answer" to fit in? My common sense, all the fine print warnings, the scientific documentation, and all the growing nervous system and emotional and physical issues and terminal diseases tell me to use my own brain!

It doesn't take long to find all kinds of proof in what frequencies cause excessive harm to a human body. 5G is proven so harmful it is actually being banned in some places, so it's only going to get worse! Obviously, there have always been tools to measure this and again, there are plenty of scientific and medical documents to prove this. Why do you think a product manufacturer prints all those warnings with cell phones and all the other electronics? It's so you can't sue them when you realize the device contributed to a major health issue, including mental health disorders, that's why! It's a legal thing—if they disclose it and you choose to use the product anyway, you can't sue. You hear disclosures in commercials all the time for that very same reason.

Are you paying attention to the obscene growth in mental health issues, from anxiety and depression, to hate and violence? Do people seem a little more "out of it" as time goes on? And what about physical health? Do you know anyone that had or has cancer or some other crazy and critical disease? Do you REALLY think that just because you can't see it, that all this technology isn't beating the hell out of most human (and animal) bodies? Just think about it a little, will you, or google the negative effects of technology on health sometime.

Many people feel sick in endless ways (headache, nausea, fatigue, joint aches and pains, swelling). Some get anxious or moody (especially kids that are usually more sensitive to everything). When I'm near big electrical frequencies I feel jittery, like I have static shocking my brain. You can hear the surges through overhead powerlines. In big conference rooms wired for lots of electrical and WIFI connectivity and fluorescent lights, my eyes and head and joints start to hurt, my body gets puffy, and I feel fatigued and agitated. The same happens to me when I'm in front of a big screen TV. My overall health always improves when I take vacations to more remote areas, especially away from cell phone towers, power lines, and electronics. I actually look and feel 10 years younger within a few days. Pay attention to how it affects you and watch it in others, too.

Do a little damage control! Allow yourself a little recovery time from the constant daily blows. Physically, your body needs it. Mentally, your body needs it. Emotionally and spiritually, your body needs it! So why be SO disrespectful of yourself, when all it takes is a little LESS of all of it? Keep your body away from it as much as possible, especially in the hours you should be sleeping, which allows your body to detox. Do you really need to sleep with your phone and with WIFI on? Watch how much time you give to the very harmful (for real!) electronics versus giving time to really live the life you want! Try logging all the time you spend distracted by something electronic . . . TV, phone, whatever it may be, and include anytime you check your phone because you're distracted a at least a good minute from something else you should be focused on!

Where do you think all the insomnia, depression, and anxiety is coming from? Are you really so dependent on the TV that you have to have it on so much? Do we grown-ups need pacifiers because we can't manage

calming or entertaining ourselves with quiet time or music, or personal interaction with people? Are we afraid of the quiet because we are afraid to think? Furthermore, only a tiny part of your mind knows whatever you're watching isn't real. The rest of your mind and body is traumatized with the crap you are watching, so why inflict that type of harm to yourself? You are what you focus on the most, so feed yourself the good stuff!

Maybe it's time to learn again, even if you have to take a little internet screen time to look up healthy ways to wean yourself off of electronics or to go to sleep.   Or just use it to play a sleep meditation or listen to something to learn something new. Give your eyes a break! Give your mental and nervous systems a break, before you break them!   There will be times you are stuck in electronics, harmful lighting, or dense areas full of EMFs (electromagnetic frequencies); just do your best to neutralize it by getting outside, exercising, healthy detoxing, and drinking lots of plain water. In just a couple of days' time, you will notice how much better you can focus and how much better your body feels. Just put a little effort into minimizing all the electronics crap. Turn the SH** off all you can! Technology Cleanse (going without or cutting back) is a real thing now!   I use my PC all day, so I'm going to add blue light-blocking eyewear to the radiation protection devices I already use.

It's not cool that they have proven Technology Addiction is a serious addiction that requires professional help because the harm to the brain and the body, and truly the person's life, are beyond normal. Do you know anyone that turns their phone off, especially when they sleep, or can go without it for a day at a time without anxiety? Do you know anyone that doesn't watch TV nearly every day? Can you see how everyone tends to spend hours on unnecessary, harmful screen time, all the while IGNORING loved ones and the life happening in front of them, and missing major opportunities for true happiness that are right there? Yet everyone complains they're tired, sick, and have no time for things they SAY they want. Foolish, isn't it? Poor zombies.
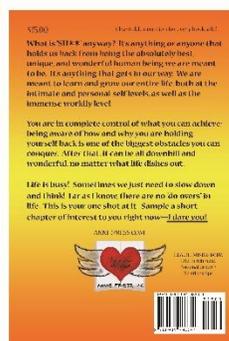
Be one of the wise ones! Do your own thinking. I hate to say it, but evolution is survival of the fittest and technology is already being used as a destructive weapon. How many could thrive, let alone survive, without it? But even more subtle and more likely, many will die because there was damage to their mind or body from it. And all the while, a person ignores their soul's desire and their purpose for living . . .

When you do really need a movie to watch, AFTER you have tended to the important things in your life, watch the comedy movie Idiocracy. I swear it's already started and is not so far off in the future! You only have this one life, right now, Peeps . . . keep it REAL, not "virtually real!"   *~Mary Anne*   ©Copyright Annie Press

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