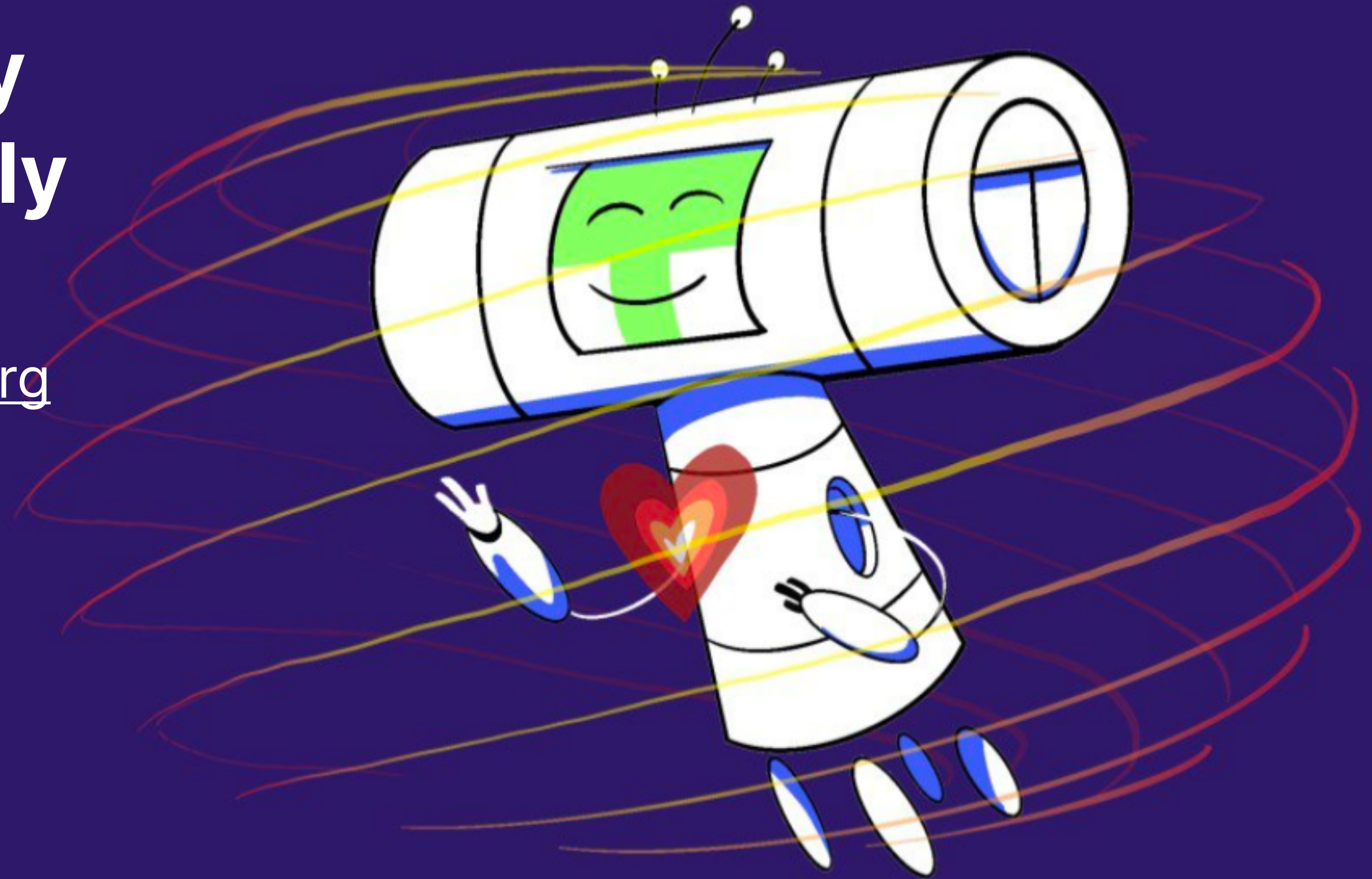


Living Healthfully And Harmoniously With Tech

<https://takebackourtech.org>

By Ramiro Romani

This is not medical advice!
Educational purposes only.
Do your own research.



Connected To Our Technology

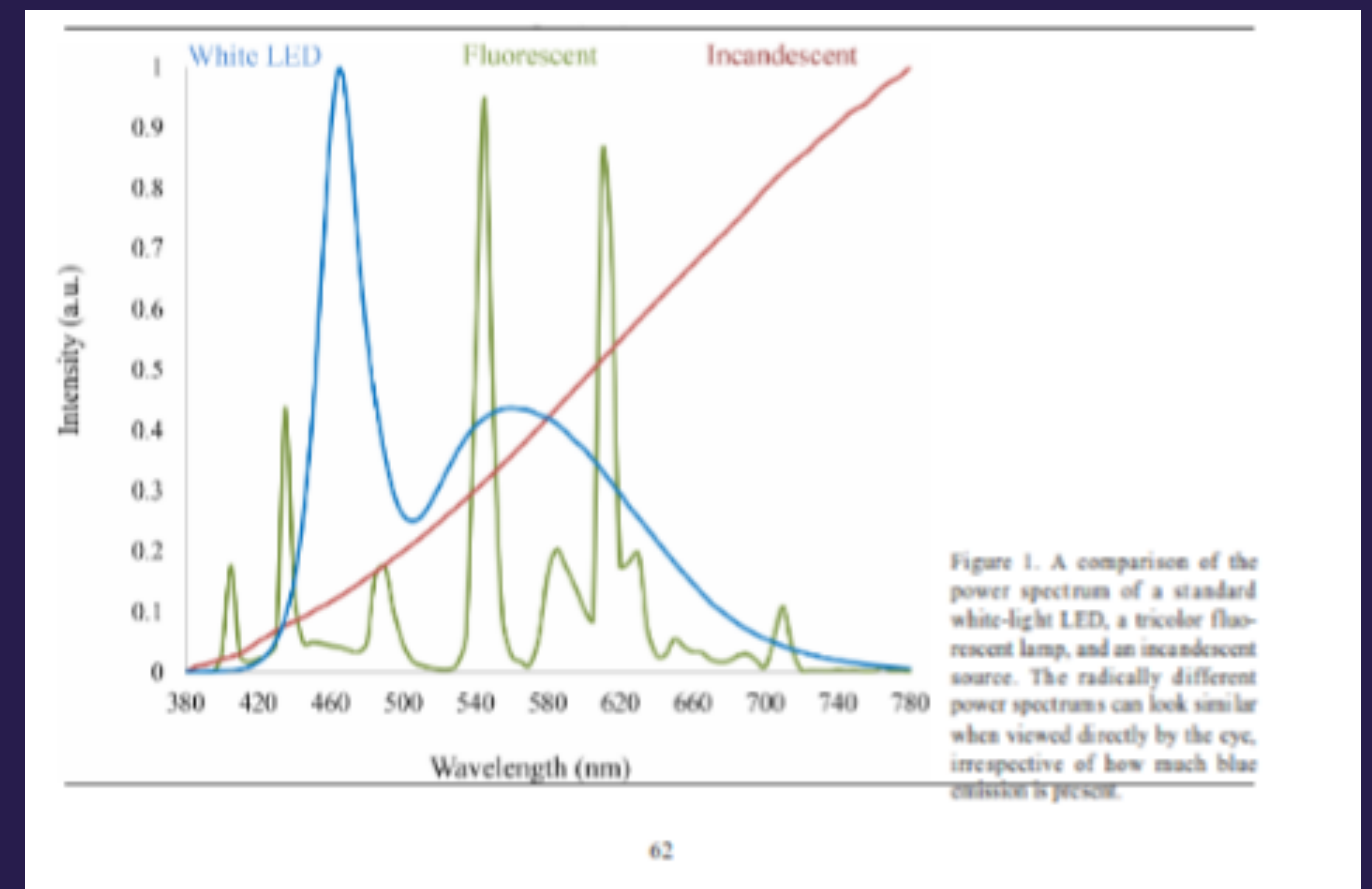
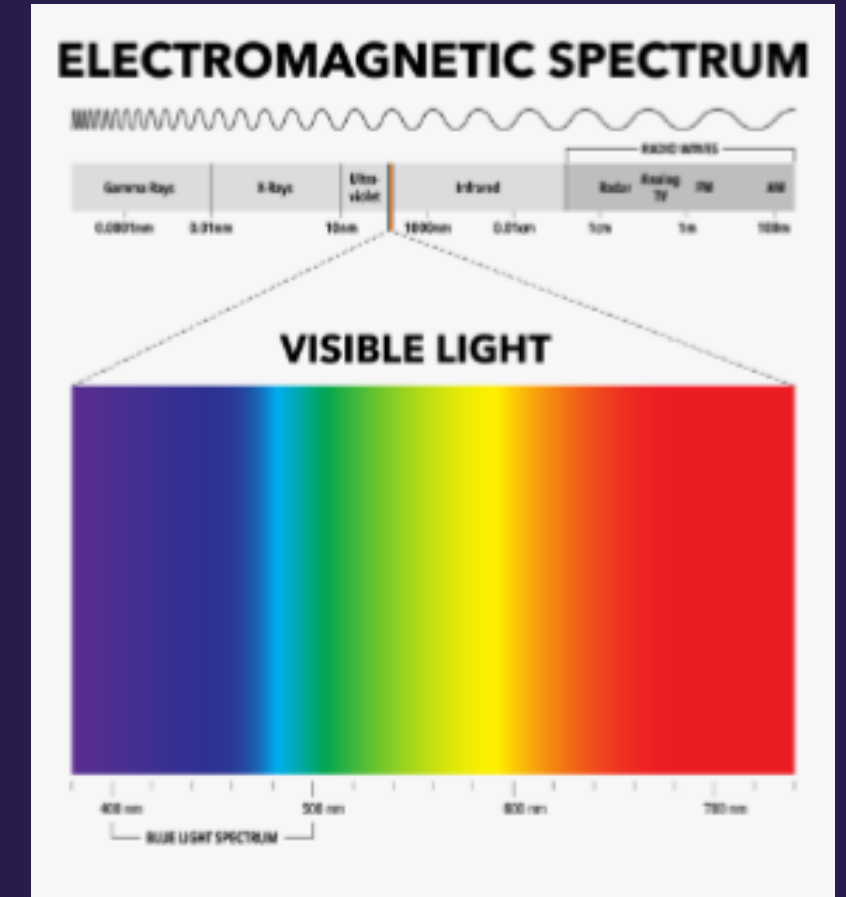
tbot@tbot-crew:~\$

- Working lifestyle has transformed since 2018
- Screen time for remote workers: 10h 42m a day [1]
- Consequences to our eyes, health, and body?

T-BOT

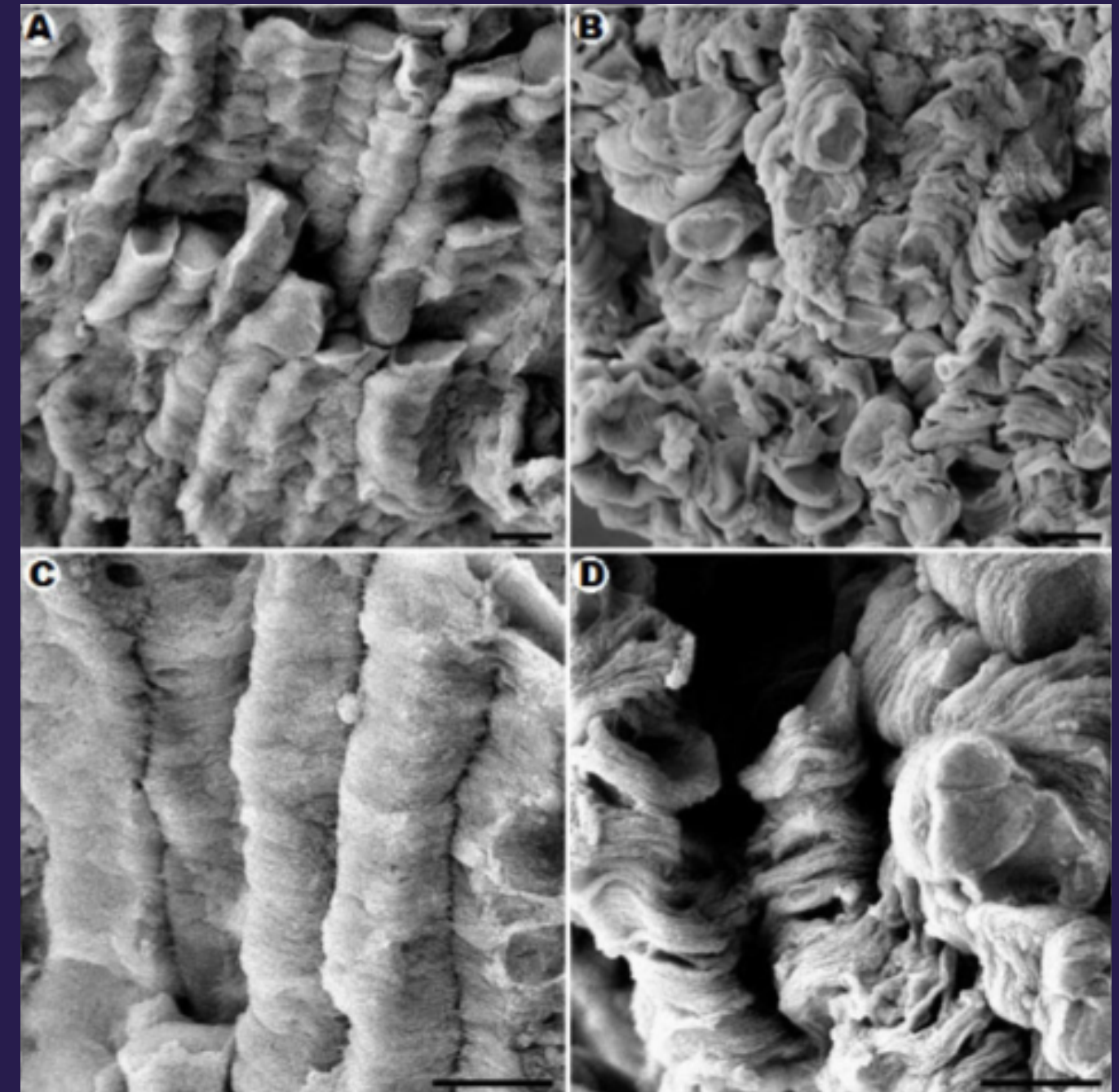
Feeling Blue

- Beginning of the light spectrum, shortest wavelength, most energy
- Sources of blue light
- Traditional / modern lighting
- LED / LCD screens are backlit
- OLED / AMOLED radiate light



Feeling Blue (Risks)

- Blue light passes through the eye, captured by retinal photoreceptor cells
- Used for circadian regulation, mood, learning, maintaining melonic levels
- Light-induced damage [2]
- Intensity, length of exposure, environmental lighting



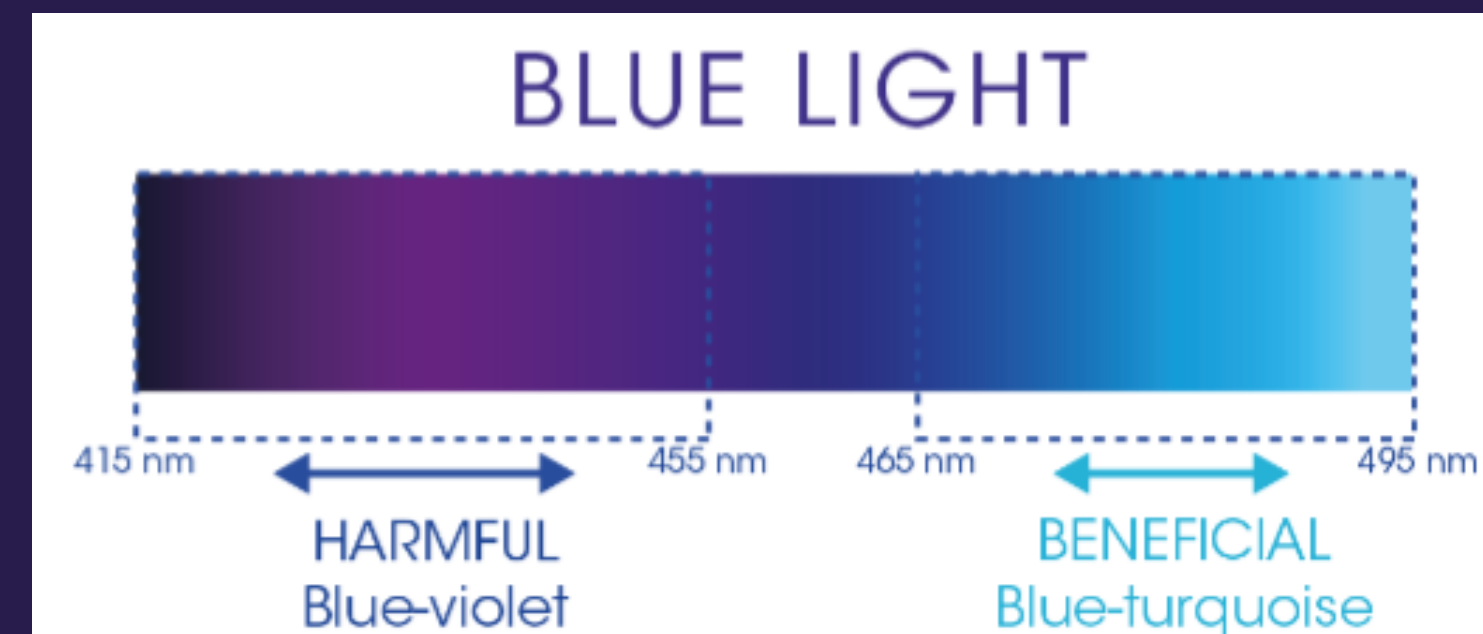
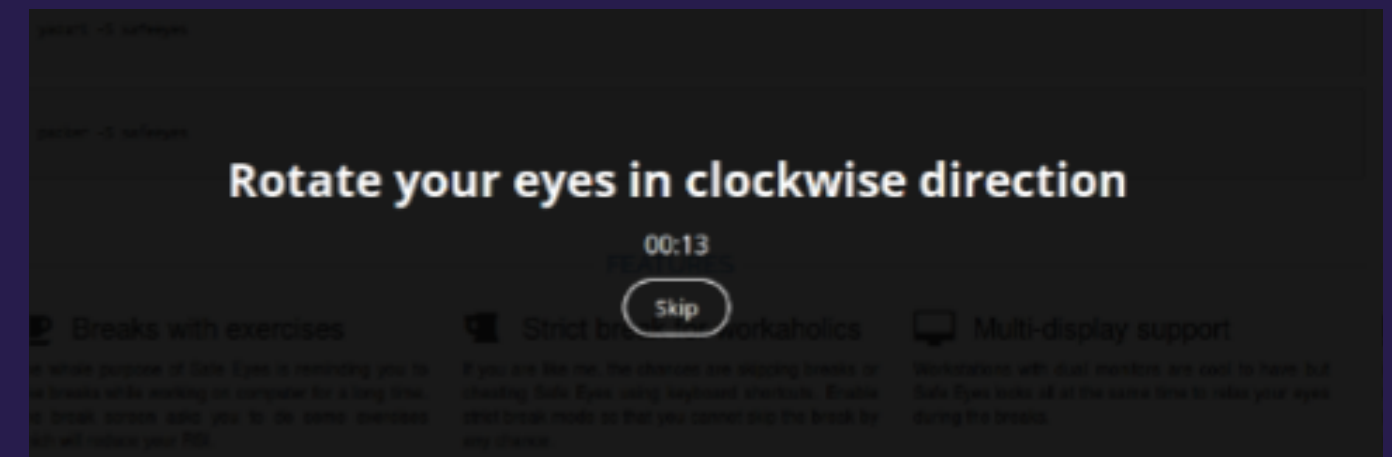
Blue Light Solutions

Cell Damage

- Brightness down
- Take frequent breaks (software: SafeEyes (linux), Stretchly (windows))
- Blue light blocking glasses (98%+ to 455nm or more) (orange)

Sleep

- Avoid electronics use at night
- Wear BL glasses (98%+ to 480nm)
- 2 hours before bed for early onset
- Color temp programs (flux, redshift)

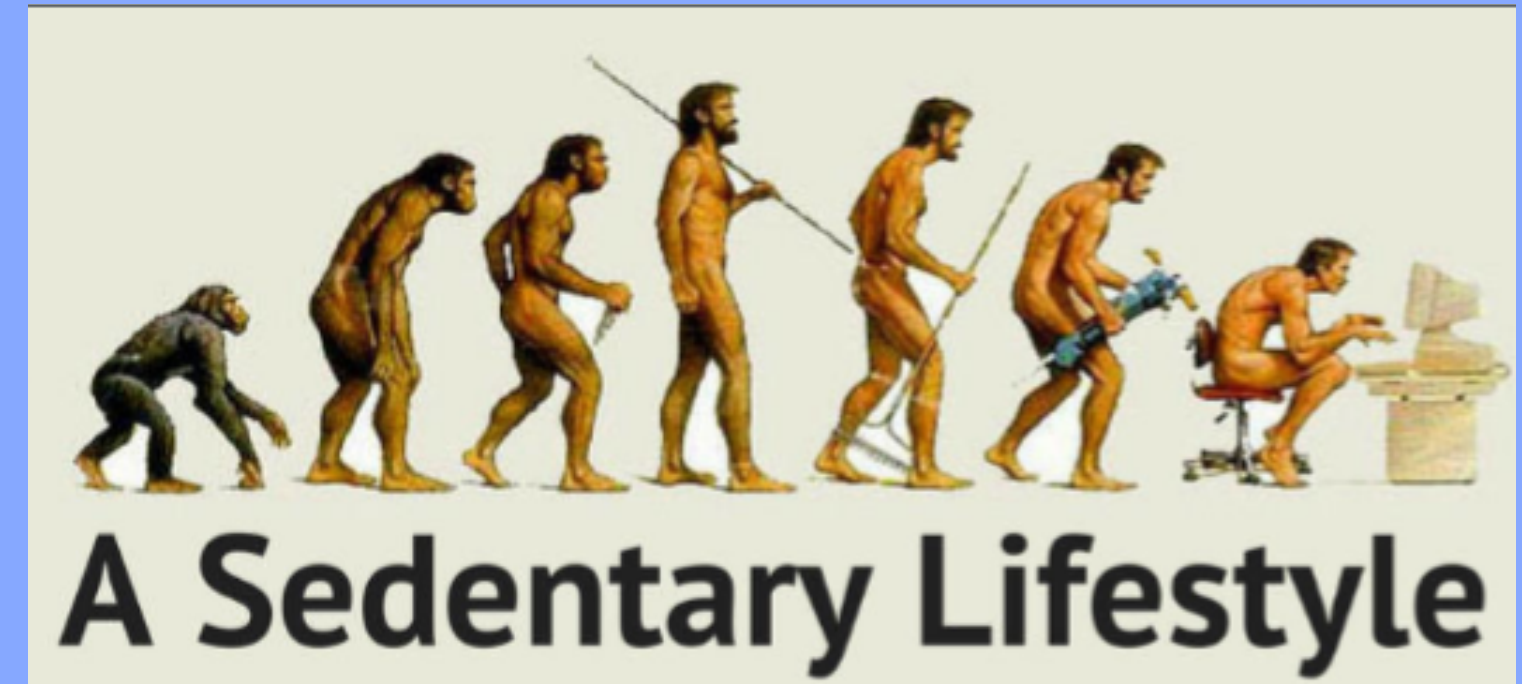


Get up, Stand up Stand up for your health!

- extended periods of sitting linked to all-cause mortality, diabetes, and depression

Breaking Up Sitting With Walking

- improvements in metabolic activity [3] [4]
- self-perceived improvements in mood, fatigue and reduced food cravings [5]
- movement is important (walking in place)

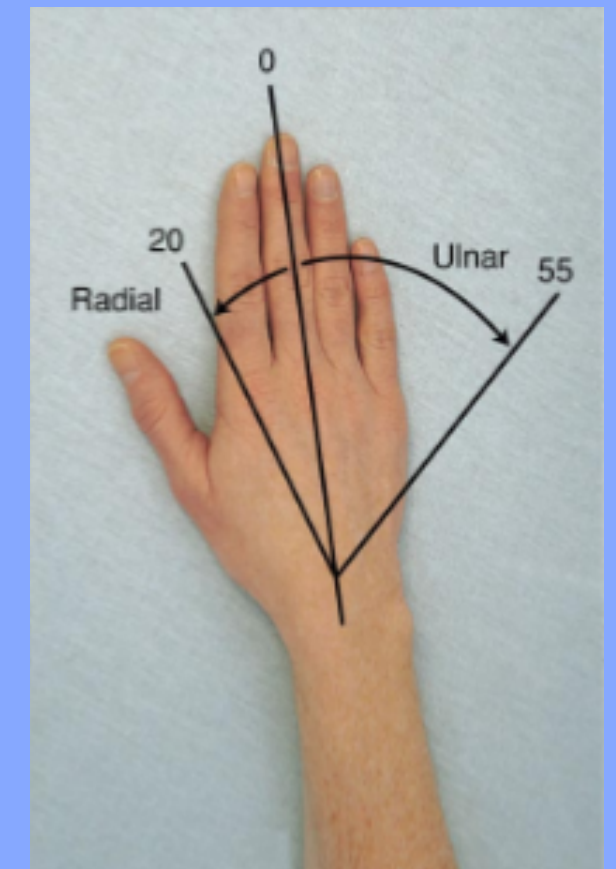


Computer Ergonomics

- 2002 study looked at typing posture's association to neck/shoulder issues [5]:

Lower risk of N/S symptoms:

- inner elbow angle $> 121^\circ$
- greater downward head tilt ($< 3^\circ$ - below horizontal)
(eyes top of the screen)
- keyboard 'J' key > 12 cm away from table edge
- neutral wrist posture (-5 to 5° ulnar deviation)



Ergonomics Solutions

- take a break from sitting every hour (10m)
- incorporate standing and stepping
- standing desk (electronic, crank, tabletop)
- standing mat
- laptops → external monitors & keyboards (for home)
- different types of ergonomic keyboards (split)



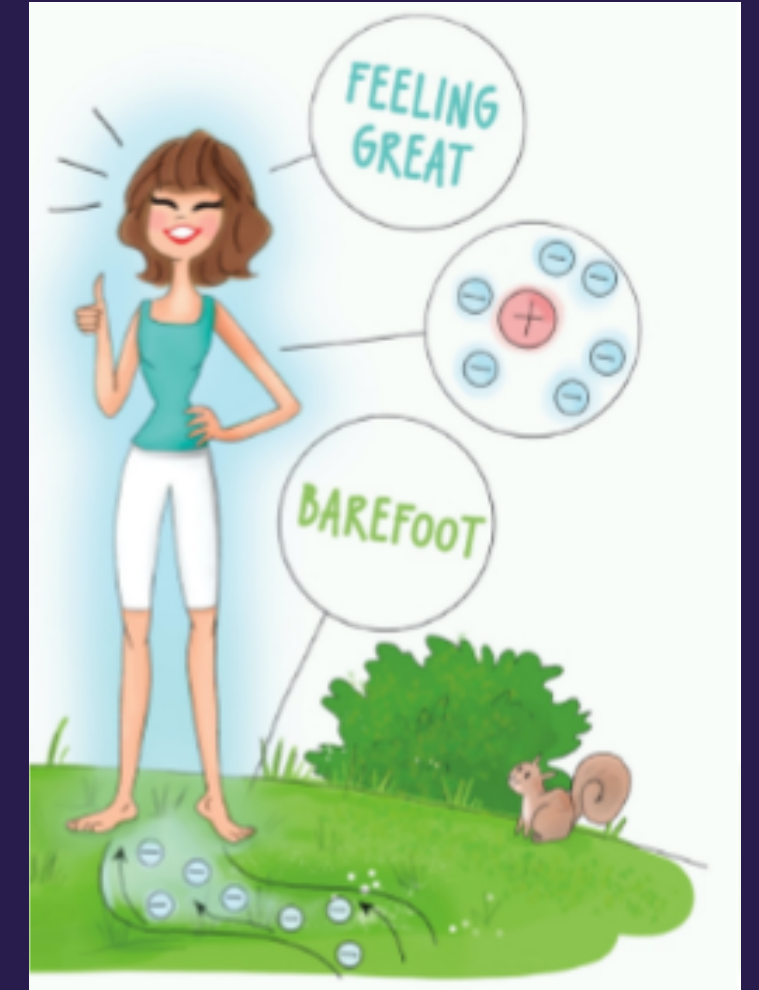
EMF Hazards

- sources: WiFi, phones, towers, smart meters, satellites
- wide range of effects on plants, animals & humans
- Cell Phone Task Forces Radio Wave Packet [6]



EMF Health Solutions

- grounding/earthing:
 - reconnection with the earth's energy
- reduces inflammation, blood flow, stress reduction
- AC body voltage in presence of normal EMFs dropped 58 fold when grounded [7]
- grounding studies on babies in hospitals showed improved HRV and reduced skin voltage [8]
- earthing mats / bedsheets
- EMF protective clothing: higher % of silver, high dBs (log) & efficacy studies



SHIELDING EFFICIENCY

26.5-43.1 dB from 10 MHz to 8 GHz

PRODUCT SPECIFICATIONS

Material: 44% Silver fiber, 35% Cotton, 18.4 Nylon, 2.6 Spandex.

Available S/M/L/XL

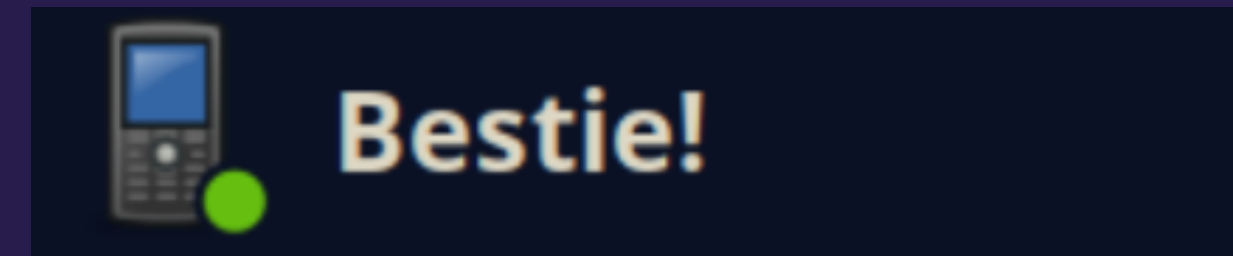


EMF Tech Solutions

- turn off WiFi in the house
- turn phones off / airplane mode when not in use
- connect by ethernet (computer & phone)
- use a 'degoogled' or privacy phone that makes less connections
- don't keep phones on the table
- switch to internet based communications

like Telegram or XMPP, bridge to the phone network with
Jmp.chat

- Webinar coming up December 12th, abovephone.com



References

Blue Light: <https://www.pointsdevue.com/article/blue-light-what-are-risks-our-eyes>

[1] <https://www.nielsen.com/us/en/insights/report/2020/the-nielsen-total-audience-report-august-2020/>

[2] <https://pubmed.ncbi.nlm.nih.gov/21527999/>

[3] <https://pubmed.ncbi.nlm.nih.gov/26312582/>

[4] <https://academic.oup.com/biomedgerontology/article/75/1/139/5164279>

[5] https://www.academia.edu/8344784/A_prospective_study_of_computer_users_II_Postural_risk_factors_for_musculoskeletal_symptoms_and_disorders

Earthing Research: <https://earthinginstitute.net/research/>

[6] https://www.researchgate.net/publication/305646233_Effects_of_Grounding_on_Body_Voltage_and_Current_in_the_Presence_of_Electromagnetic_Fields

[7] <https://earthinginstitute.net/grounding-help-for-premature-babies/>

Learn how to make private calls & texts

free

webinar

Our communications are not private. Let's use encrypted communications with our friends and family, and use them across our devices.

RSVP NOW

DECEMBER 12TH
12 PM CST (UTC-6)



Our connection is Sacred.

<https://takebackourtech.org>

<https://abovephone.com>

<https://t.me/takebackourtech>

