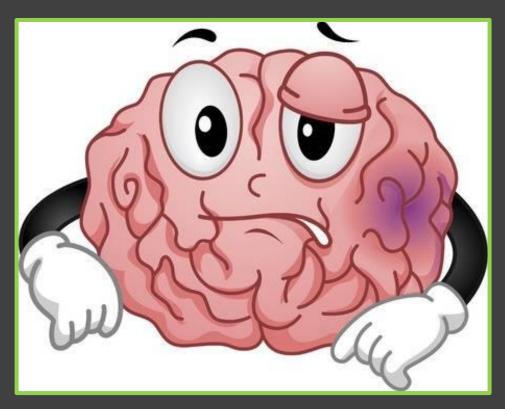
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#### **Digital Dementia**

#### "We are losing our minds!"





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#### FOM 007

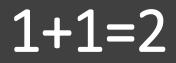


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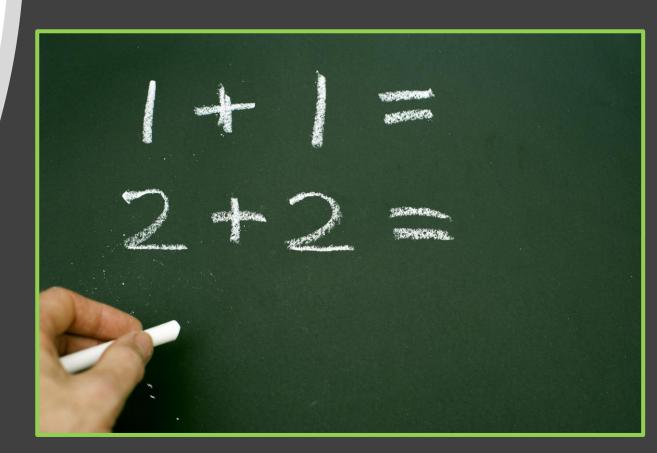
## New day wellness™

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https://www.freeimageslive.co.uk/free\_stock\_image/math-education-jpg



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### Outdoors





https:// https://teara.govt.nz/en/photograph/40847/girls-playing-hopscotch-around-1970

#### Meet Jay

# New day wellness™

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#### "Digital Dementia" is an overuse of digital technology resulting in the breakdown of cognitive abilities.

~Manfred Spitzer

# MANFRED SPITZER

Manfred Spitzer is a German psychiatrist, phycologist, neuroscientist and author

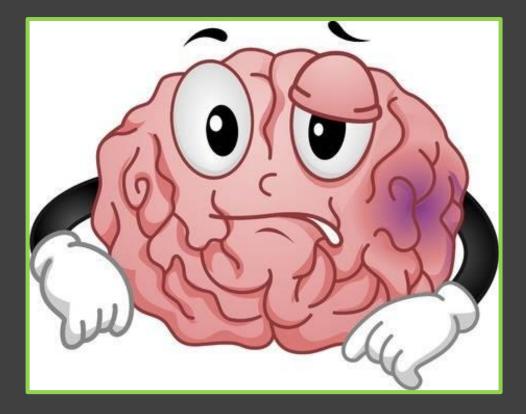
#### **DIGITALE DEMENZ**

Wie wir uns und unsere Kinder um den Verstand bringen

DROEMER

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Research also shows a risk of: Schizophrenia, PTSD, Depression and Dementia Due to a reduction in grey matter in the hippocampus



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"Mental Illness is a leading cause of disability in the world"

World Health Organization



https://www.thrivetalk.com/connection-mental-illness-family-history/

#### Don't Lose your Mind Avoid "Digital Dementia"





https://www.teepublic.com/t-shirt/1667290-happy-brain