

DIGITAL WELLNESS



DIGITAL SOAP

Digital Wellness Program

Contact

✉ director@intellife.co.uk

🌐 intellife.co.uk

📞 +44 791 775 7931

ARE YOU AWARE OF WHAT TECHNOLOGY OVERUSE DOES TO YOU OR YOUR CHILD?

Manfred Spitzer and other researchers have demonstrated the following adverse effects of technology overuse:

- ➔ Sensory deficits from the lack of movement due to technology use sedentarism.
- ➔ Postural changes leading to neck pain and low back pain.
- ➔ Increased rates of ADHD, autism spectrum disorders, developmental delay, anxiety, learning disorders, sleep disorders, and other behavioural disorders in children due to the overstimulation of auditory and vestibular pathways.
- ➔ Cybersickness is nausea and discomfort caused by using virtual reality technology.
- ➔ Blue light, emitted by all digital gadgets, is proven to increase cortisol levels which is a stress hormone.
- ➔ Increased cortisol levels lead to hippocampus' shrinkage responsible for memory and recall functions. Increased cortisol leads also to obesity, type II diabetes and disturbs regular circadian rhythm causing sleep disorders.

Our mission is to prevent and reverse the cognitive decline in diseases caused by SDD and technology addiction.



DIGITAL SOAP



Digital Dementia - a major concern among children and adults

Today's technologies are deliberately designed to exploit human weaknesses. Digital dementia is a term belonging to the German psychiatrist, psychologist and neuroscientist, Manfred Spitzer.

Spitzer explains how the overuse of digital technology leads to a break down in cognitive abilities in young people. This cognitive breakdown is commonly seen in both head injuries and psychotic illnesses.

THE SOLUTION RELIES IN REDEFINING THE RELATIONSHIP WITH THE SCREEN THROUGH DIGITAL WELLNESS PROGRAMS.

OUR SERVICES

Digital Soap is a concept providing digital wellness programs. We are a mobile school, implementing seminars, for children, parents and teachers, in partner institutions. Alongside these, during summer time, we organize children camps.

Our seminars help parents understand the concepts of Digital Dementia, Screen Dependency Disorder and Internet Addiction. We teach them how to recognize, prevent and reverse the cognitive decline of these diseases.

For children, we organize seminars to teach them how to use gadgets and navigate safely on internet (posture, time, tools to prevent health damage).

Our 4-nights summer camps are designed to improve children’s mental and physical health through various stimulating non-formal activities.

ALL TICKETS CAN BE BOUGHT FROM OUR WEBSITE
WWW.INTELLIFE.CO.UK/DIGITAL-SOAP

WE REDEFINE
THE RELATIONSHIP WITH THE SCREEN
FOR EXISTING AND UPCOMING GENERATIONS

OUR SERVICES	PERSONS PER COURSE	PRICE PER PERSON
PARENTS SEMINARS	10	€199
CHILDREN SEMINARS	10	€199
SUMMER CAMPS	min. 20	€499