

# JASON CORDER

Digital Addiction Prevention | The DAP Method

Founder & CEO

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## THE DAP METHOD

GIVING PEOPLE TOOLS TO TAKE CONTROL OF THEIR OWN MENTAL AND PHYSICAL HEALTH

- Using phone only as a tool with inactive intervals
- The Power Hour: phones off 30min before and after bed to harness Theta waves
- Grounding: 30min everyday
- Forest Bathing: twice a week spend 30min surrounded by nature
- Increase serotonin through home mini-gardens
- Morning Sunlight for 15min: testosterone, Vit D, endocrine function and circadian rhythm
- Morning Sprinting and Embracing Intense Challenge
- Keto Diet
- Sunday Fasting
- Remove all chemicals from diet and from skin and bodycare
- Relax the nervous system through vagus nerve exercises
- Utilize the powers of social closeness and microbiome diversity

### TESTIMONIALS:

“His presence was palpable and I know his heart was centered on giving love and light to the audience and the world” - Yarona Boster, Certified Coach, Footprints Coaching

“He helped my Gen Z son when no one else could and now he controls his own mental health and his life is so much better. God bless you, Jason, and thanks for being there!” - Yeni Soberanis, Owner, Indian Palace Boutique Hotel, Antigua, Guatemala

Jason Corder is a TEDx and Keynote Speaker and the founder and CEO of Digital Addiction Prevention. Corder has concurrently enjoyed a career as a Cultural Envoy for U.S. embassies around the world, focusing on issues that affect developing nations. Having spent more than two decades living abroad, in Africa and Europe, he hones this global perspective into talks, programs, podcast conversations and the like, to deepen dialogue and heighten perception. He lives with his three sons in Arizona.