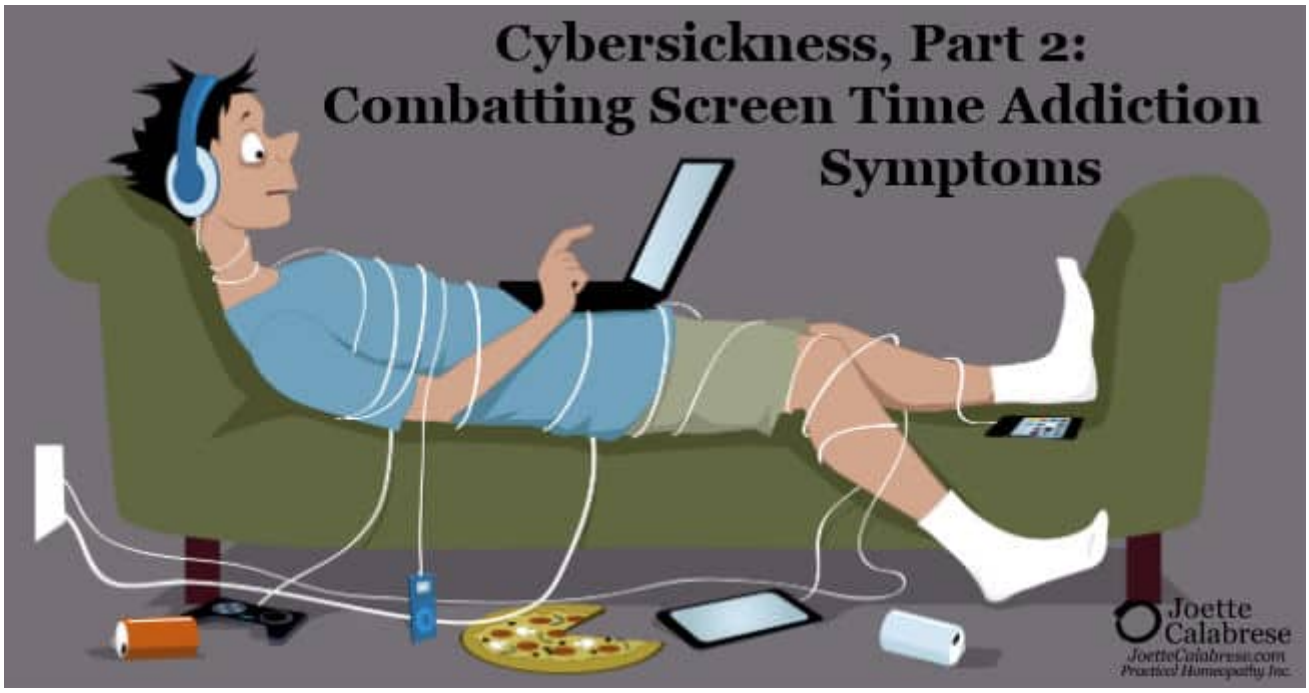
Cybersickness, Part 2: Combatting Screen Time Addiction Symptoms with Practical Homeopathy®



Sometimes, humans just don't know what's good for them … or bad. Our widespread societal reliance on technology has its good points (it's easier to deposit a check digitally or borrow a digital copy of a book from the library). Still, that reliance also comes with a potentially heavy price.

Addiction to screen time not only can be a huge time waster, but it also can potentially lead to symptoms resulting from cybersickness.

I discussed vertigo – one of the main symptom complaints – in my previous blog post, Cybersickness: Our Body's Brilliant Way of Saying 'Put the Device Down'. But as requested in one of the comments on my post, I'd like to look at a few other common symptoms.

First and foremost, let's remember that the best way to alleviate the issues from too much electronic device use is so simple it seems as though I shouldn't need to say it. But here goes:

To reduce cybersickness, reduce your screen time!

Indeed, if a behavior makes us feel unhealthy, why would we continue it? (See the aforementioned, "Sometimes, humans just don't know what's good for them … or bad.")

I discussed a homeopathic medicine for screen time addiction recently with my Mighty Members. (If you missed it, or if you're just joining our ranks, search the archives on your Mighties' dashboard for Memo to Mighty Members #241.)

However, what if your job depends on consistent time in front of a screen? Or what if a reduction in screen time does not fully uproot the condition?

Let me offer a few more homeopathic medicines that can be utilized when behavioral modification is impossible or doesn't fully rectify these symptoms. Each of these medicines might best be utilized twice daily for a few days. Then, step back and observe. If the condition is very much better, discontinue the medicine. If the symptoms return, the medicine may be taken up again.

Don't forget homeopathy is medicine. It is not intended to be taken as a daily supplement – ad infinitum. When the symptoms ease, the medicine is halted. If there is absolutely no change within a few days, one might pivot to another well-chosen remedy. With careful use and observation, cybersickness and screen addiction can be overcome.

Fatigue, weakness, anxiety

When these symptoms accompany screen time addiction,

Arsenicum album may be considered. The sufferer may also experience heaviness in their legs and arms, often accompanied by restlessness. They may demonstrate fussy behavior as though every little thing causes them angst. Even trembling can present.

Food intolerances, irregularity and over-indulgence in foods

When stomach issues such as food intolerances, constipation or sudden over-indulgence in highly processed foods accompany screen addictions, one might consider *Nux vomica*. Generally, the person who needs *Nux vomica* is highly competitive. They would most likely be addicted to competitive games or pornography.

It may also be someone who has a history of taking drugs of commerce or is presently on drugs (whether street drugs or prescribed). Even synthetic supplements can be implicated. This is extended to the overuse of stimulants such as alcohol as well as drugs.

The *Nux vomica* candidate lives too much in their head and leads a sedentary life. They become irritable and overly focused on winning in video games because they take the challenge too personally. They hate when someone impedes their forward movement in obtaining their goals – including anger in traffic as well as in gaming.

If a child, they are irreverent and ill-behaved towards the parent.



Eye strain

The best remedy by far for eye strain is *Ruta graveolens*. Eye strain may manifest as itchy eyes, tired eyes or even failing sight from overuse of electronic screens. Eyes may burn and tear. Most often, eyes will feel better from resting them.

Headaches and sore eyes

Overuse of devices may result in red, sore eyes. They may feel as though there's sand in them. Sometimes, double vision may occur. Also, if headaches present as a result of too much screen time – and the eyes appear dull and "out of it" – we might consider one of our best remedies for severe headaches, *Belladonna*. It has been shown to not only address the headache but also tackle the sore eyes.



Inability to concentrate on mental activities

Occasionally, the addiction to video games will override almost everything else in life. It's difficult to pull this sufferer away from their screen.

When a child loses interest in reading or schoolwork or an adult experiences the inability to concentrate, *Natrum muriaticum* may be appropriate.

When vision issues are experienced in tandem with a low attention span, slowness of mind or a dull headache, *Nat mur* may be the preferable medicine. (Be sure to read up on it in your *materia medica* before making your final decision.)

It has been shown that *Nat mur* is helpful for the digitally obsessed person who displays an inability to grasp new concepts because their mind is preoccupied with screen, screen, screen.

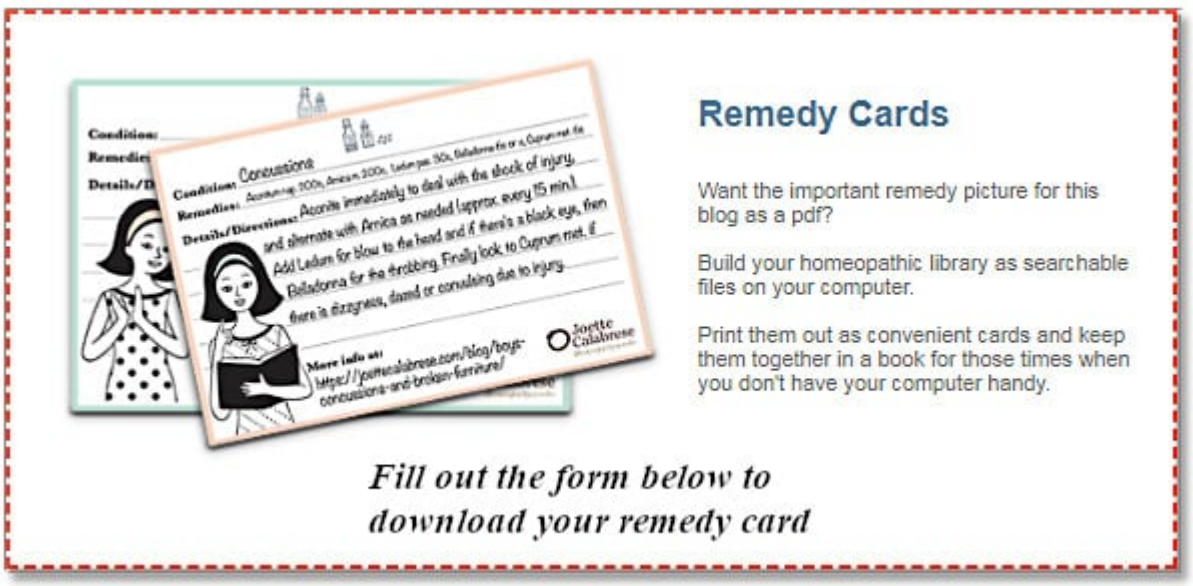
Nat mur is also one of the preferred remedies for school children who get low grades. The more they play screen-based games, the more their mental capacity slows. Keynotes for this medicine would be "slow and dull." Although they show no interest in outdoor activity – or perhaps even an aversion to it – physical, outdoor activity is precisely

what they need.

My friends, sometimes self-discipline is all that’s required to end cybersickness. However, when it seems impossible to avoid screen time, homeopathy is here to give that natural, gentle boost the body needs to recalibrate.

Pass on the good news of Practical Homeopathy®!

Warmly,



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