



# DIGITAL DETOX SECRETS

HOW TO CREATE SPACE IN YOUR DIGITAL  
LIFE FOR HAPPINESS AND PRODUCTIVITY.

LISA BUYER



this is the journey of  
suffering  
surviving  
and  
thriving  
through digital  
this is a collection of  
tips, stories, ideas  
to create space  
and balance in your  
digital  
life  
for  
what makes you  
happy  
healthy  
productive

namaste,

lisa buyer



**LISA BUYER** is an entrepreneur, author, wife, mom, and certified yoga instructor. She is the founder/CEO of The Buyer Group, a social PR agency and the author of *Social PR Secrets*.

# Praises

“Staying happy, healthy and balanced is critical to perform at the highest level. No matter what your endeavor, if you’re burned out, distracted and overwhelmed you’re going to be leaving results on the table. In *Digital Detox Secrets* Lisa shows you how to avoid that increasingly easy to fall into trap. She brings a supremely practical approach to achieving work-life balance and maintaining a happy, high performing mind. *Digital Detox Secrets* will seriously serve anyone struggling to create the space needed in their lives to really live!”

— Rian Doris, Chief Growth Officer,  
Flow Research Collective

“Surviving, let alone thriving, in a toxic digital world can be a struggle for even the savviest and intelligent of people. Thank you, Lisa Buyer, for the many insights on how to stay true to our core humanity and help us bring our whole selves into each day, each relationship, in this hyper-connected society that is the new normal of the digital age. I need to use my CBD oil now and do some yoga.”

— Erin Fravel, Finance Executive, SAP

“Lisa Buyer has created a succinct and powerful guide to not just survive but thrive in the digital era. It’s game-changing.”

— Will Kleidon, Founder and CEO, Ojai Energetics

“Most entrepreneurs are so busy creating products and services to help others that they frequently ignore their own minds and bodies. Lisa shows how paying attention to yourself not only improves your life, it’s also good for business!”

— David Meerman Scott, entrepreneur and *Wall Street Journal* bestselling author of eleven books including *Fanocracy*

“In a world that’s speeding up, how do we slow down enough, to not just survive, but to thrive? I found the stories and the hacks that Lisa shares in her latest book, *Digital Detox Secrets*, excellent solutions. Both, in my personal journey, as well as our work in consulting for virtual teams, it is imperative to know how our minds are affected by the digital acceleration... Thanks Lisa, for succinctly giving us the tools to be our best selves in our evolving times.”

— Anna Shilina, Human Behavior Specialist &  
Founder of Akuna X

“If you are a parent, a smartphone addict or a marketing, PR, social media professional this book is a MUST-read. Lisa Buyer not only writes about digital detox, but she also lives it. While running her social PR agency and speaking at conferences she took her experiences of the always-on world and delivers actionable zen bytes of how to disconnect and still get things done.”

— Navah Berg, Social XR Communications Professional

# DIGITAL DETOX SECRETS

How to Create Space in Your  
Life for Health, Happiness,  
Opportunity, and Productivity

LISA BUYER

Copyright © 2019 Lisa Buyer

ALL RIGHTS RESERVED. This book contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without express written permission from the author/publisher.

ISBN: 978-1-64184-168-9 (paperback)

# Dedication

to my sister  
Christi  
we survived  
and  
thived.





# Acknowledgment

Thank you

Navah Berg for pushing me

Andy Duenas, and Sarah Collins for

creating space for me to finish

Londyn Swanson for artwork on the cover

Don, my husband, for the love and support



# Table of Contents

Foreword . . . . .	xi
Introduction . . . . .	xvii

## Section 1

### Lifestyle—Health, Wellness, and More

Chapter 1: Reprogramming Mind, Body, and Spirit . . . . .	3
Chapter 2: Digital-Destress. . . . .	7
Chapter 3: Space for Yoga . . . . .	14
Chapter 4: How CBD Oil Can Change Your Life . . . . .	19
Chapter 5: The Skinny on Skin . . . . .	24
Chapter 6: The State of Health, Thanks to Digital . . . . .	31

## Section 2

### Workstyle—Business and Productivity

Chapter 7: Suicide, Depression, and CEOs. . . . .	39
---	----

Lisa Buyer

Chapter 8: How Mindful Business Owners Cope . . . . .	45
Chapter 9: Avoiding Digital Hoarding Disasters . . . . .	51
Chapter 10: Empowering Business Events . . . . .	57
Chapter 11: Write Way to Power Through Procrastination. . .	64

### Section 3

#### Socialstyle—Social Media, Selfies, and More

Chapter 12: A Parent’s Guide to Teens, Social Media, and Smartphone Addiction . . . . .	73
Chapter 13: Why Your Teen Won’t Get Into College . . . . .	83
Chapter 14: Adulting the Steve Jobs Way . . . . .	88
Chapter 15: Space to Grieve . . . . .	93
Chapter 16: The Six-Second Mind Fix Test . . . . .	99
Chapter 17: Lisa’s Favorite Digital Detox Secrets Apps . . .	103
Chapter 18: Lisa’s Personal Digital Detox Secrets. . . . .	107
Conclusion . . . . .	117
About the Author . . . . .	119

# Foreword

The digital age, is it only a number or a choice?

As a doctor approaching the age of 60, I've learned a lot along the journey called *life* about what it takes to age well. One of my biggest takeaways has been understanding the importance of making healthy lifestyle choices in areas like nutrition, exercise, sleep, and *detoxification*.

Twenty years ago, I met an extraordinary marketing/public relations executive by the name of Lisa Buyer. My new endeavor required the qualifications of such an expert, and I credit Lisa with the huge success of the company I co-founded at a time when functional and integrative medicine was just bubbling up. I suppose that somewhere during the last two decades, I must have rubbed off on her (and as much as she changed me!) and she learned many of the lessons I often spoke about, including the need to detoxify.

In the field of detox, it never occurred to us until relatively recently that we needed to detoxify from our digital devices, computers, mobile phones, apps and all that social media we find glued to so much.

Truth be known, our simple human brain is capable, but not structured, of being constantly stimulated in the manner that a flashing screen, the compulsion of online games, the curiosity of every other person's personal life, the fear of missing out [#FOMO], and the non-renting stream of misinformation.

Digital information has become a toxin on its own.

To understand my knowledge, experience and expertise, let me tell you a bit about myself.

## Traumatic Trajectory

My life started in a small town located in Michigan. I was the more introverted and less athletic of twins — the youngest children in the family — I grew up shy, quiet, and alone. My friends were comic books. My adventures were in science fiction. Intelligence was my strength.

When I came out as gay at 15, my dad tried to drown me in a lake. I guess he thought I'd be better off dead than living as a "faggot" in the '70s. Off to college at 18, I spent a year begging my mom to let me come home. My parents felt I should stay to "fight my demons."

Eventually, fear of being on my own morphed into anger at being pushed away. I turned to alcohol, and my anger changed me. It fueled my need to study and learn — the only things I felt I could control. From medical school and residency through ten years in the ER, I saved everyone I could. Meanwhile, I descended into alcoholism and depression.

## Midlife Resurgence

When I looked up at 35 years old, I was a mess.

I had significant heart disease, high blood pressure, and borderline diabetes. I drank, smoked, wasn't sleeping, and weighed 265 pounds.

Finally, it hit me: **If I didn't change soon, I was going to die.**

## Digital Detox Secrets

I fixed my diet, learned about detoxification and supplements, started on testosterone, and practiced martial arts every day. And within 18 months, my body fat was under 15% for the first time in decades.

My emotions felt secure, my sleep returned, and strength surged through my body.

Eventually, I discovered the importance of balanced hormones. I used this knowledge to start a business and it took off, growing into a network of more than 50 centers practicing bioidentical hormone replacement therapy across the United States.

### Something Missing

After four years of hard work, it all fell apart. I had to walk away from the business I co-founded with my twin brother ironically, with just a few dollars to show for it.

Fear, anger, and hurt returned.

I spiraled back into alcoholism. I started smoking again because it numbed the pain. My weight skyrocketed. And again, I was faced with my life-threatening friend called heart disease. I was in worse condition than ever.

**From my previous go-around, I learned that I could change everything — for a little while.**

Realization - I had failed to consider my soul, my heart, and my spirit.

I found a wonderful life coach who said something shocking. She told me I was one of the most ungrateful people she had ever met. I was stunned and confused. *What did she mean, ungrateful? Me?*

I had survived  
my dad's attempt to drown me.  
I had survived  
my college years and become a doctor.  
I had survived

the illness of my 30s.  
I had survived  
alcoholism.  
I had survived  
the loss of my business.  
I had survived all this,  
but I persisted in framing myself as a *victim*.  
**I saw all these events as failures  
and not for what they were:  
*miracles.***

## Practicing Gratitude

My life coach taught me what was lacking in my previous attempt at health: simple gratitude. She prescribed action — an expression of appreciation — not a change in perspective. I didn't need to believe in the process; I just had to do it!

Today— every morning, after I walk the dogs and prepare for work, I sit in front of my computer and list everyone and everything I appreciate.

## True health begins with gratitude.

Until I cleaned my emotional house — all the retained anger, fear, hurt, and sadness — I couldn't sustain the physical and mental portions.

Now, a decade has passed, and I'm not only grateful but healthy as well.

If you don't clean up your emotional toxins in your work, social and personal life, the rest won't hold for long.

## Detoxification is a way of Life

As gratitude keeps the emotional toxins at bay, detoxification of the body should be an essential part of your daily routine.



## Digital Detox Secrets

The method of “toxins in, toxins out” needs to be performed as part of everyone’s daily routine.

This book “Digital Detox Secrets” covers in length the importance of monitoring your food, environment, stressors, and emotional responses!

In addition, Lisa Buyer, the author of “Digital Detox Secrets” has been an expert, a strong proponent, and practitioner of detoxification bio-hacks for the past 20 years.

Our team at Forum Health has strongly relied upon Lisa to get the message out to the public (something which physicians often are not equipped to provide).

The purpose of this foreword is to get you, the reader, excited and interested in your health, your life, and your wellness. I hope that with my story, you can reflect on your life and come to understand (before life teaches you) that detoxification is the hidden secret to health!

In all health!

Dr. Paul Savage MD

*Dr. Savage is co-chief medical officer of Forum Health’s and its founding practice: Agenixs, a concierge anti-aging clinic. After more than 20 years in the field, he’s nationally sought-after as a lecturer and consultant for his insight on regenerative medicine and hormone therapy.*

*He co-founded a physician network specializing in hormone therapy and worked with Lisa Buyer’s agency in its branding and public relations — helping it grow to 50-plus locations.*

*Savage graduated from the University of Michigan School of Medicine. He is board-certified by the American Academy of Anti-Aging Medicine. He’s also certified in integrative medicine through George Washington University.*



# Introduction

My friend Matt told me I had to write an introduction to Digital Detox Secrets explaining why I was qualified to write this book. The fact is, anyone can write a book on a topic they're passionate about and have experience in.

Having started my first business in college hand-painting T-shirts to pay the bills, I know what it's like to be in survival and scale mode. I watched my mother, a single mom with no financial support, struggle to raise two daughters on her own. She was always in a survival mode of her own.

## **Experience and Passion**

Before I turned 25 years old I experienced being sexually abused as a teenager, a serial killer murdering two of my good friends in college, my boyfriend's father committing suicide, a close circle of friends being killed in a plane crash on the way to a Gator football game, finding an assisted living home for my elderly father, and his passing away.

Parallel to all of the tragedy and challenges by age 25, I also successfully made it into college and graduated with a degree

in public relations from the University of Florida. I was in a happy relationship and got engaged. I chose my friends wisely and surrounded myself with the most successful and inspirational people and sources I could find. I started my own public relations agency at 24-years old and set up shop to be in control of my own destiny.

My life was good and, it is still good. Just not without breakdowns and breakthroughs.

The tragic experiences at an early age fractured me, my friends and my relationships beyond words. They also broke us down and made us put ourselves back together.

Breakups, marriages, divorces, kids all came with the territory.

Market crashes, backstabbing clients, dotcom highs and real estate lows were par for the entrepreneur landscape.

Although I suffered more on the personal side - my business scaled so successfully I attracted a partner to buy in, only to have the dotcom bomb a month later and many of our clients vanished in thin air.

Through the years I have reinvented myself and my business.

Why? One must reinvent in order to survive. Tony Robbins' 30 days success program in my twenties, thirties, and forties is how I reached my goals and followed my passion. I threw myself into all the self-help books, classes, and courses while also subscribing and investing in all the business mentorship I could find.

In retrospect - discovering yoga in my late twenties saved my life and empowered me to push through daily dramas and differentiate between stories and realities.

As soon as the digital revolution started with search engines and social media networks popping up, I was *all in* -personally and professionally. My agency immediately transformed into weaving in Google, Facebook, Twitter, LinkedIn into the PR mix. Things have never been the same in so many positive and also destructive ways.

## Digital Detox Secrets

Today, digital, social media, smartphones, multiple screens are part of every business and everyone's lives no matter the generation or type of brand.

We live in a 24/7 world without time zones or boundaries. It comes at a price.

Gone are the days when it was cool for startups, entrepreneurs, and professionals to work long hours and stay at the office late. Investors want healthy teams with proactive well-being in mind.

But wait - what about those emails and notifications that never stop?

My first book Social PR Secrets, now in its 4th edition, is a business book about how to effectively mix social media and search marketing as part of the public relations cocktail. I've built a business around digital and digital has built a business around me.

### Best and Worst

The #MeToo movement is one of my favorite moments - and movements - thanks to social media. Because, yeah, #MeToo. There is not one woman I know who does not have a #MeToo story.

One of my worst moments in digital was watching the "takedown" of my teenage daughter thanks to social media, smartphones, and FOMO. We are beyond it now; I talk in detail about this in several chapters.

Digital Detox Secrets is a curated version of all my personal and professional digital survival model tips, tricks, hacks stories and ways to create space in your digital life for health, happiness, and productivity. It took me almost five years to publish it, I've been *picking* at it and honestly felt insecure about it.

Writing a book is like coming out of the closet - it is scary, invigorating and freeing.

That voice - *what if I fail? What if someone calls me a fake?* I even got my 200-hour yoga certification as part of the "research

and development” of this book. Little did I know it would be the best R+D for me personally.

I felt guilty not sharing this information with the world - if it helps one person create more space in their lives - that’s the goal.

If you want to continue on the Digital Detox Secrets journey - check out the podcast and subscribe to the weekly magazine.

Who is this book for?

- Entrepreneurs
- Mompreneurs
- Intrapreneurs
- Digital Natives
- Digital Disruptors
- Parents, grandparents, aunts, uncles and teachers
- You

Fill in the blank with

**This \_\_\_\_\_ does not define you.**

Day

Event

Person

Post

Comment

Notification

Feeling

Mood

Word

Device

Chapter

Drink

Food

## Digital Detox Secrets

Disease

Weight

Workout

Email

Job

Moment

does not define you.

Remember

Feelings are not facts.

Perception is not reality.

I wrote this book to be a collection of stories, interviews and tips to help you find balance in this digital world. Whether you are an entrepreneur, mompreneur, intrapreneur, parent, teenager - these are curated ways I have found to create more positive space in our lives.

Hit play or pause when you need it.





Section I

LIFESTYLE—  
HEALTH, WELLNESS,  
AND MORE





# Reprogramming Mind, Body, and Spirit

HAVE YOU EXPERIENCED anxiety, depression, or severe panic attacks? Check. Have you been told it could be your smart-phone, social media obsession, or the multiple screens in your life? Guilty.

Have you ever experienced body image issues? Maybe. Too many “plandids” or selfies and not enough candid. Who me? Do you have a difficult time finding your passion, what makes your heart smile and your soul sing? Let me check Facebook.

Is it our digital world, or has life always been this challenging?

I started interviewing people and started with Lisa Gianvito, a yoga and wellness coach, to find out how she guides people to a healthier, happier version of themselves.

When Gianvito started having panic attacks at age twenty-seven, she reluctantly turned to yoga and meditation thanks to doctor's orders. Even though she's a busy entrepreneur who owned a successful hair salon, she cherished her gym workouts. At the time, the words "yoga" and "meditation" did not exist in Gianvito's schedule or vocabulary. Little did she know, they were about to.

It seemed unfathomable that something as passive as meditation could be so beneficial. As an entrepreneur or mompreneur, every minute is precious, calculated, and measured on efficiency and productivity. Yoga and meditation don't seem to gel with our multi-tasking mentality. Slowing down, even stopping, seems counterproductive in this 24/7 digital world.

Reluctantly, Gianvito took her doctor's advice. After listening to a few meditation tapes, there was that *aha* moment when her mind actually stopped for a minute, and that feeling felt—well—good!

"I started listening to a guided meditation, and I quickly noticed that my mind wasn't racing, and my heart wasn't beating out of my chest. Then I added yoga videos (there were no yoga classes where I lived)," Gianvito said.

"It felt really good, and I began to see my body in a whole new light."

Like many people who try yoga and meditation, Gianvito wanted more. So much so that she went on to get her 200-hour yoga certification, then her 500-hour certification.

Fast forward to now, and Gianvito has sold the hair salon she owned for 25 years and traded her outer beauty skills for a business focusing on the inner beauty of wellness. Today, you can find Lisa as a mind, body, spirit coach offering doses of digital detox.

## **#DigitalDetoxSecrets**

We are one and whole. Gianvito reminds us with her tips that we must focus on the mind, body, and spirit to make definite and positive changes in our lives.

### Lemon Aid

Gianvito recommends waking up to warm water and a half of lemon. Start your day with a warm cup of water and add in half of a freshly squeezed lemon. The idea is to get rid of the acidity in the body, and although lemons seem acidic, they actually help reverse the acidity in your body to alkaline.

Lemon water helps your pH balance and triggers improved digestion, reduces heartburn, builds your immune system, contributes to weight loss, clears the skin, and speeds up the body's elimination process. Who knew one food could hold so many detox benefits?

### Meditation Baby Steps

After you start detoxing your body, your mind is next. It can be intimidating to start working meditation into your daily schedule; especially when it feels like you are not really doing anything but sitting.

Gianvito recommends starting with an app such as InsightTimer. You can pick a mediation, from one minute to forty-five minutes long, and you can customize your experiences such as mood, sound, and time.

InsightTimer offers special tracks on love, relationships, anxiety, sleep, and depression. You can even look at the advanced and upgraded options from the free version and join groups, take courses, and be part of a community of 5 million InsightTimer meditators.

### Just Move

Forget the gym membership or waiting for a friend to go with you to a studio. Get up, get out, and walk outside. Pause the gym membership and save your money. Keep it simple and honor who you are. There are also tons of free videos on YouTube.

## Positive Transformation Starts with Affirmation

The number one thing that helped Gianvito transform her life was positive affirmation. She uses positive affirmation when journaling and by repeating mantras over and over again in her head. This is called reprogramming your brain with positivity. Mantras should always be spoken and written in the present tense as if you already have or already are the thing you want.

I love myself.

I am happy.

I am strong.

I am compassionate.

Reprogramming your brain is possible. Even if you are on a treadmill, start repeating the affirmation. Soon, you will see things in a new light, and the negativity shifts, and possibility begins.

## Be Honest, Be Authentic

You can justify the shit out of your life, but that doesn't get you anywhere.

Be real, be honest, and make the commitment. Stop procrastinating.

If you really want to change, you will do it.

The reason you don't want change is that you don't want to do it!

## The After-Party

Catch up with Gianvito if you want more. She offers digital detox programs, Skype coaching, and specialized yoga classes and events.

Follow her on Instagram and Facebook. @lisagianvito

•••2•••



## Digital-Destress

A PSYCHOLOGIST PACED around the room as she spoke about managing stress to the audience.

She raised a glass of water. Everyone expected her to ask the question, “Is the glass half empty or half full?”

Instead, she smiled and asked, “How heavy is this glass of water?”

The audience’s guesses ranged from four to eight ounces.

The actual weight has no real significance.

What does matter is how long I hold the glass.

If I hold it for a minute, it does not feel so heavy. If I hold it for an hour, my hand might start cramping up.

If I hold it for a whole day, my arm will probably become numb and feel paralyzed.

In each case, the glass's weight does not matter, but the longer I hold it, the heavier it gets.

What's the point?

Stress and anxiety are like a glass of water. If we stress about things for a short while, nothing happens.

If we think about them for a long time, they start to hurt.

If we think about them all day, we will feel paralyzed; unable to do anything.

It is important to remember to let go of whatever stressed you out.

So, every evening, as early as possible, put away the stress you have carried during the day.

Don't carry things throughout the evening and into the night.

Remember to put down your glass of water.

I found that story in my Facebook newsfeed one day and thought it was the perfect introduction to talking about how to eliminate the space we allow for stress in our lives.

## What exactly is stress?

It's a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances. That could be working too much, not getting enough sleep, worrying about things you can't control, focusing on negative thoughts, doing things for the wrong reasons, saying yes to everything, or eating the wrong foods.

A big stress factor for all of us is money: not making enough, having enough, or owing too much. That's why managing your money and living within your means is critical to your happiness and stress levels. The money is not causing the stress; it's the decisions you make around the money that adds up to high-stress levels.

Just one more email to read, Facebook post to write, Instagram like, and scroll.



## How much stress do you carry each day?

It's like a badge of honor. In some crazy twisted reasoning, if we are not stressed, it's as if we don't care or that we are not working hard enough. Many equate stress to effort. The more stressed, the harder we must be trying. So, in some insane way, we think all that stress will pay off in huge dividends of success. We'll eventually make more money, have more time, get that job, earn that recognition, have that baby, or buy that boat. But then, that's just a new kind of stress.

Our lives are even more triggered with stress thanks to social media and the insta-world we live in. Stress can manifest and lead us down a path of slow self-destruction when it is combined with eating cupcakes, Oreos, and ice cream or drinking a glass bottle of wine. I guarantee that going to happy hour after work every night and the oh-so-easy solution of turning to prescription drugs for relief is not the answer.

Before you know it, you have stress *and* other problems such as being overweight, becoming addicted to drugs and alcohol or making very poor decisions while under the influence.

Here's what happens to your body when stressed:

- Heart beats faster
- Blood pressure increases
- Breath becomes shallow and rapid
- Blood sugar rises
- Adrenaline and cortisol production surge
- Immune system weakens
- Production of sex hormones decreases
- Digestion is halted

## How much stress do you let go of each day?

What's the first thing we do when feeling stressed? Eat, drink, and sleep. All seem like they should be part of our daily life, but too much or too little can lead to destruction.

**Stories.** We have so many stories happening in our head that never come true. The “What if...?” stories that lead us down to the depths of despair. *True Story: The brain can only handle one thought at a time. Focus on one thing at a time.*

**Breath.** Create space in your body for long, deep breaths. Remember to exhale the negative and inhale the positive. Shallow breathing promotes anxiety, depression, and panic attacks.

**Energy.** The more you move and activate, the less stress you will carry with you. Take 250 steps every hour and walk your way into a better day.

**Being.** How often do you give yourself even five minutes a day of silence? *Close. Your. Eyes. Shut. It. Down. Be.*

**Letting go.** Holding on to negativity breeds useless energy and depletes your ability to cope and think clear. *Remember, karma is always watching.*

**Nutrition.** Your body is your temple; nourish it with whole foods and stop eating the white stuff. *Organic, no sugar, green is good.*

**Sleep.** REM, light sleep, and deep sleep are all critical to rest, restore, and rejuvenate the body's hormones and brain functionality. *Track your sleep analytics with a Fitbit and set sleep goals.*

**Smiling.** Believe it or not, smiling comes out in your voice. We hide behind conference calls in our PJs and read our emails while

## Digital Detox Secrets

listening. *Stop. Focus. Smile. It improves your immune system, mood, mindset, and perception.*

**Posture.** Sit up straight and open up space in your spine. You have seven different chakras in your spinal column from your crown chakra (brain) down to your root chakra. All the chakras relate to an organ or a gland. Sit up tall and open the chakra. *Want a natural high and mind reset? Try Kundalini yoga and discover breath of fire and more.*

**Happy place.** Find your happy place (besides the local bar) and go there often. It could be a cozy room in your house, a spa, or even the man cave or glamper.

**Unschedule.** Block out pockets of “me” time each day. Wake up an hour earlier, light a candle, pour a cup of coffee, and set up your day.

**Friends and Family.** Not all friends and family are healthy. Set boundaries and weed out the negativity. Surround yourself with people who bring you joy. *It's okay to disengage with friends and family who suck the life out of you.*

**Gratitude.** Things can change in a flash. Be grateful for the precious moments. *The words “thank you” are a superpower.*

Take a social media break. Disconnect periodically when it makes sense. Few expect you to be tethered to a device 24/7. Friendly reminder, you own your device, your device does not own you.

## Digital Detox Secret

**Tap into and out of stress.** I'd never heard of tapping until I interviewed Karen Berzanski, Pro EFT Tapping coach and life coach who understands the digital stress of our daily lives and

helps people overcome it, whether it's getting visibility as an entrepreneur or making the same mistakes over and over, stuck in an endless loop of self-sabotage.

"We're literally tapping on the meridian and points on our body," said Karen. "Tapping is a combination of ancient Chinese acupressure and modern psychology. And what we're doing when we're tapping, physiologically speaking, is we're turning off the body's fight or flight response."

The amygdala in our brain is our body's alarm center. When we feel triggered or activated in any way by either the little daily stressors in our life or by something that reminds us of something that happened in our lives when we were younger, that fight-or-flight center goes off.

Tapping sends a calming signal to our brain and tells our body that it's safe to calm down and relax, and it's safe to feel grounded at this moment. It takes us from what I call freaked-out brain into peace spring. When we're in freaked-out brain, we're all over the place, we're frazzled.

We unknowingly invite stress into our life when we fail to make a daily intention to create space each day to de-stress. Tap into your fears and reclaim space. It's important to have an environment that supports you with the kind of mindset you really want to build for yourself.

Sometimes it's time to shine a flashlight on what is holding you back.

### **#DigitalDetoxSecrets**

My daughter experienced some trauma three days before she was going to take her SAT test. I tapped into Bill Dovel RN, Pro EFT™ Master Practitioner, CPMP to help her reset. Here's what tapping can help:

- Tapping on your body's super comforting points
- Turning on the body's record button
- Deleting the reactions you don't like
- Programming in the reactions you want

## Digital Detox Secrets

### The After-Party

Catch up with Karen or Bill if you want more. They offer digital detox programs and personal development.

Follow Karen on Instagram and Facebook. @karenberzanski

You can find Bill here <http://www.proeftcenter.com/>

•••3•••



## Space for Yoga

LOCUST AND CORPSE poses are more than insects and dead bodies.

In the early start-up years of my agency, I found it hard to get to the gym, so I bought *Cindy Crawford's Shape Your Body* workout video to do sweat sessions in my living room. It was the era of the color-coded workout outfits and instructors with high-pitched sorority voices teaching step classes.

My Barbie doll tolerance level was low, and my fashion statement was not about wearing a thong leotard and white Reebok high tops. With her celebrity trainer Radu coaching, Cindy's video was a refreshing mix of workouts to shape your whole body from lightweights to lunges to Pilates and yoga with Seal playing in the background.

## Digital Detox Secrets

I found myself loving the yoga and Pilates parts, especially the stress-relieving locust pose, and the rewarding and mind-erasing corpse pose. But since yoga was just a small part of the video work out, my body was craving more. It became my mission to see what an actual yoga class might be like.

My spandex-infested gym in Boca Raton offered more than fifty classes each week, ranging from step to cardio slide. I noticed a flyer announcing a new class on the Saturday schedule: Power Yoga taught by an instructor named James, who brought his yoga knows from California. I showed up, not really sure what to wear, what to do, or even how to be. Dim lights, warm class, no shoes—and there was James, drop-dead gorgeous inside and out. His voice was spiritually mesmerizing, and his guidance from pose to pose was meticulous and magnetic.

And that started my yoga crush.

James expanded his class schedule and eventually opened one of the first power yoga studios in South Florida. As my agency grew, so did my stress level. Some of the girls from my office started going with me to the classes, and we soon had our own little tribe following James. He guided us mindfully with compassion, direction, and intention to places of physical and mental strength we never knew we had access to.

Yoga became part of the workweek, and as things got tougher, we would walk into a class frazzled from client meetings, campaign planning, and media pitching. I still did not realize the true power of yoga. I just knew my body was changing in very positive ways, and the results made me feel good inside and out. It was more of a physical thing. There was nothing I could do, or I had ever done workout-wise, that gave me the results of yoga. My body was lean, toned, and muscular.

Yoga inched its way into my life of what would become a committed relationship that is a never-ending practice of health, discipline that intersects both emotional and physical aspects.

## How and Why Yoga Works

There is nothing perfect about yoga, including my practice. After experiencing an extremely difficult time in my life, I wanted to see if yoga could help bring me out of my riptide. The result? I created a hot yoga challenge for myself and made it a point to attend a yoga class every day for thirty days straight. The results were beyond my imagination, I came out of the thirty days balanced, recovered, and restored.

So, here's my list of 15+ reasons to incorporate yoga into your daily life as a means of physical and mental well-being:

**Sweat.** Losing what felt like gallons of sweat each week was like wringing out all the negative toxins, cleansed my insides, and resulted in some awesome mental clarity.

**Sanity.** Hormones, stress, lack of sleep, and life's everyday pressures can cause self-inflicted insanity. I felt my sanity meter move into the positive after my thirty-day yoga binge.

**Perspective.** This is a biggie. The difference in perspective from the time you enter a class and the time you come out is pretty significant.

**Burn.** Yoga poses might seem like you're just standing there, but the burn in your muscles gets the blood and circulation flowing.

**Space.** The space you give yourself in your day is the best present you can give your mind and body.

**Surrender.** At some point, there's a sense of surrender in yoga where you give yourself up to the "what is" and forget about "what is not."

**Peace.** Quietening the noise in your brain isn't easy but giving your brain a chance to be quiet and know that you're in a place of safety, security, and positivity is essential.



## Digital Detox Secrets

**Reset.** We all know how to reset our computers. A yoga class is like a reset button; it optimizes your mind and body.

**Satisfaction and accomplishment.** I loved “checking in” to my yoga classes and tracking my progress.

**Happiness.** My mood dramatically shifted from depths of despair to happy emojis. There is a yoga pose called “happy baby,” and you really get that feeling from the after-effects of yoga.

**Positivity.** As negative as things can seem in front of you, walking into a yoga class is almost like a tunnel. When the class is finished, you walk out a different door, and it opens your mind to a new perspective.

**Hope.** Impossible is not just a word; it is a feeling, so impossible is not a fact. Sometimes, it’s hard to remember that feelings aren’t facts. Nothing is impossible, and yoga replaces the feeling of impossible with the glimmer of hope we all need.

**Acceptance and forgiveness.** These are two biggies that I lumped into one because it seems you can’t have one without the other. Being able to accept and forgive is not easy and does not come with a guarantee if you do one yoga class. The message here is that it helps get you there, to be one to accept and forgive or be on the flip side of asking for acceptance and forgiveness.

**Creativity and ideas.** In most yoga classes, there are a few minutes of meditation at the end, but throughout the class, it is difficult to let your mind wander. Your focus is for the most part of the class. This opens up special places in your brain that allow some of the best ideas and thoughts that you would otherwise probably not trigger. My ultimate problem-solving or creative ideas—whether it be a headline, interior design idea for my house, or a gift for someone—came during or after a class. Unofficial studies show the best ideas come as an after-effect of a yoga class.

Lisa Buyer

**Strength and flexibility.** I'm talking physical, mental, and emotional here. A sixty-minute hot power yoga class can burn up to six hundred calories, and in just one week, you will notice a dramatic improvement in flexibility. You can count on yoga to give you increased muscle strength, improved respiration, energy and vitality, and improved metabolism. Factor in weight loss, cardio and circulatory health, improved athletic performance, and it will even protect you from injury.

You don't need a crisis or major life event to practice yoga. You don't even need Cindy Crawford or any celebrity instructor. All you need is a place to put your matt. This can be a yoga studio, hotel room, your bedroom, or your backyard.

### **#DigitalDetoxSecrets**

Check out Glo as a yoga resource to help get you started from anywhere, anytime, at any level.

Like anything, the hardest part is getting started.

### *The After-Party*

If you're ever in Boca Raton, check out my first and favorite yoga studio Yoga South, where you will find James.

Other Florida fave studios include my Yoga Joint, Orlando Power Yoga, Guruv Yoga and All Island Yoga.

"Practice and all is coming!"

—K. Patabhi Jois

•••4•••



## How CBD Oil Can Change Your Life

IMAGINE TRAVELING ALL day across three time zones, arriving at your event, and heading straight to a dinner party. You wake up early the next day for a public breakfast, and in less than two hours, you have to be ready to walk on stage as the keynote speaker. No big deal said no one ever.

Did I mention this was 8,000 feet up in the mountains? Lack of sleep, new attitudes, and the stress of being the center of attention aren't a winning combination. Talk about serious imposter syndrome and the taste of vomit.

As I sat at breakfast contemplating a Bloody Mary or a Xanax, I saw this man peddling what looked like a magic potion in the form of a bottle and dropper. That seemed curiously illegal

yet perked my interest as to what everyone was oohing and ah-ing about.

Will Kleidon sat next to me with his elixir and introduced himself. Little did I know he was the founder and CEO of Ojai Energetics, leaders and innovators in the hemp-side of the health and wellness industry. Will pulled out a dropper and asked me if I'd like some CBD oil to take the edge off and help any altitude or hangover feelings I might have.

Wait, is this like liquid marijuana? No. Will explained the difference between CBD oil and THC.

CBD oil is all about getting healthy, not getting high.

Will put a dropper full of this earthy yet sweet liquid under my tongue. Okay, that was weird. Thirty seconds later, I started feeling significantly better.

The "I'm not good enough to be here" thoughts in my head started subsiding.

My brain started feeling less foggy and less anxious. Focus, calm, and purpose joined the conversation, and within 10–15 minutes, my physical and mental attitude was zapped with a new state of clear and present consciousness.

I snapped a picture of the bottle so I could remember to research what the hell had just happened.

Time was ticking for my presentation, so I packed it up and headed to my room to get ready. The next two hours flowed flawlessly like no other.

## What is CBD oil?

To put it in simple terms, CBD is the part of the hemp plant that doesn't get you high, it just has tons of medical benefits. This is different than THC, which is what gives you that high feeling from marijuana. While some CBD oils can have very small trace amounts of THC, it's nowhere near enough to get you raiding your pantry or feeling anything at all.

If you like it a little more technical, according to Honest Marijuana, CBD stands for cannabidiol. It's one of a group of

chemical compounds called cannabinoids. Tetrahydrocannabinol (THC) is perhaps the best-known cannabinoid, but others include cannabigerol (CBG), cannabicyclol (CBL), and cannabicitran (CBT), just to name a few.

### Where in the world is Will?

I had to track down this guy Will who introduced me to the CBD oil secret sauce. This was a huge unlock. I caught up with him to find out exactly how and why he started Ojai Energetics and how I could get my hands on some more to spread the CBD oil love.

“I became interested in CBD around 2014. I’d studied the benefits of CBD but was looking for a CBD oil that was free of preservatives and certified organic, which wasn’t on the market at that time. When I started to look into producing one myself, I met a chemist who taught me how we could make a formula that would be not only completely organic but also water-soluble, which would be a tremendous improvement on its bioavailability in comparison to other products,” said Kleidon.

### Benefits of CBD Oil

While CBD has been marketed for anxiety and conditions such as epilepsy, CBD oil has significant health and wellness benefits.

**Sleep, pain, and anxiety.** The top three problems modern humans have been poor sleep, general pain, anxiety. The correct application of CBD resolves all of these.

**Depression, anxiety, and mood.** CBD oil can reduce depression and anxiety and has been shown to provide an increase in your overall mood.

**Heart and blood pressure.** CBD oil has benefits for the heart and circulatory system, including the ability to lower high blood pressure.

**Neurological disorders.** Studies show that CBD is extremely effective at treating neurological disorders like epilepsy and multiple sclerosis.

**Brain function.** CBD is proven to increase brain cell production in multiple regions of the brain.

**Work and school focus.** CBD enhances response time, reflexes, etc. and is excellent for work.

**Acne.** CBD oil has lots of anti-inflammatory properties to reduce the appearance and occurrence of acne.

## Will Kleidon's Digital Detox Secrets

### **Wake-up routine**

I like to be around nature to ground myself. I wake up every morning, drink water first, ground myself, and set my intentions for the day.

### **Grounding and some**

Walking barefoot because this makes a huge difference with all of the EMFs that we are exposed to. Also, lots of water and exercise and a good diet.

### **Personal wellness tip**

Will's personal tips for a digital detox are to get outside, get around plants, and get away from fluorescent lights.

### **The After-Party**

Catch up with Will Kleidon and Ojai Energetics if you want more CBD oil goodness. The company offers some of the most advanced water-soluble CBD oil products on the market.

## Digital Detox Secrets

Follow Ojai Energetics on Instagram and Facebook.  
@OjaiEnergetics

Get your first dose of Ojai Energetics using the code **buyer** for a digital detox secrets discount.

•••5•••



## The Skinny on Skin

ARE THE DIGITAL devices we stare at each day putting our pores to the test? Our skin is not only our largest organ, but it is also the most susceptible to the dangers of digital overexposure. Televisions are only one hundred years old. The iPhone came on the scene in 2007, and now fast-forward to today, and it seems everybody has a smartphone glued to their hand.

I caught up with Dr. Trevor Cates, known by fans as The Spa Doctor. She is the author of *Clean Skin from Within: The Spa Doctor's Two-Week Program to Glowing, Naturally Youthful Skin* (Fair Winds Press, 2017). A naturopathic physician, Dr. Cates was the first woman licensed as a naturopathic doctor in the state of California.

She was also my condo mate at my first Baby Bathwater event, a mastermind community for like-minded entrepreneurs.



Dr. Cates and I really got to know each other on the car ride back to the airport when she filled me in on her skin care practice and product line. We said our goodbyes, and she handed me a box of free samples, and I thought to myself, *just another schmoozy skin care line*. I'd already spent years sucked up in promising infomercials, makeup counter sales pitches, and direct marketing miracles and “knew” nothing really lives up to its promises. And a four-step daily program? Not happening. I was lucky to get my makeup off some days.

Dr. Cates seemed to know her shit. In a practice spanning twenty years, she invested a ton of research on figuring out her skin and her patient's skin.

She explored the depths of the effects of how lifestyle and diet penetrate and impact our skin. She has developed skin-friendly dietary recommendations, best practices for a lifestyle that promotes healthy skin, and a line of natural skin care products designed for all skin types—all with a digital detox in mind.

“Our skin is an amazing opportunity for us to have an outer reflection of what's going on with our bodies internally,” she says. “It gives us a lot of clues about our overall health, and there's so much we can do from the inside out to help our skin.”

## Digital Reflections on Skin

“Our digital habits can impact our skin, which acts as a sort of magic mirror that reflects back our stress,” Dr. Cates notes.

Anything that impacts our adrenals, which help us manage stress through regulation of cortisol, can have an effect on our skin. When we experience stress, more cortisol is released, and this can have an inflammatory effect on our body. Existing skin issues such as eczema, psoriasis, or acne can worsen during periods of stress in our lives.

Indirectly, the light emitted from our digital devices can also wreak havoc with the skin. By interfering with our sleep patterns and moods, digital devices can create or exacerbate the stress that generates that cortisol-related inflammatory reaction. We

need our dark time to help with melatonin production in order to get a good night's sleep, but did you know that melatonin offers skin benefits, too? Ideally, you want to produce your own melatonin, but taking a supplement can be beneficial when you just aren't getting enough natural sunlight.

Vitamin D, a hormone generated when our skin is exposed to the sun, is important for skin health and helps support a strong immune system, too. Vitamin D is made in the skin, and our bodies can store it in spring and summer for use later in the year when the sun is farther away.

## Vitamin D is Key

To naturally increase your Vitamin D, make sure you're getting outdoors in better weather and exposing your arms and legs to sunlight for ten to fifteen minutes a few times a week. Make sure you are using a sunscreen with SPF protection from zinc oxide if you are spending time in the sun. If you suspect that you may be deficient in Vitamin D, Dr. Cates suggests that you get to a lab for a simple blood test. Ideally, she says, your level will be in the high range of normal. If you are on the low end of normal or below normal, take a Vitamin D supplement.

## CBD for Skin Care

CBD skin care products are raging in popularity right now, becoming the "it" ingredient in beauty products. But Will Kleidon of Ojai Energetics said choosing the right brands that have its products tested by an independent third-party lab is essential for your skin health and getting the most bang for your buck.

He recommended scanning the ingredients label for "full-spectrum CBD" or "full-spectrum hemp," "CBD oil" or "CBD extract." If you see only "cannabis sativa oil," "hemp seed oil," or "hemp seed extract," on the ingredients label, it has been made from only the seeds of the hemp plant, instead of the parts of the plant, that contain CBD. Hemp seeds contain little to no CBD.

## Digital Detox Secrets

“The cannabis plant produces over 418 compounds,” Will said. “While CBD might be the trumpet section, what the body needs is the trumpet section playing with the whole orchestra.”

### #DigitalDetoxSecrets

What else can you do to combat the effects of a digital lifestyle to support healthier, nourished, clean skin?

Say no to an antibacterial solution on your hands (or on your phone, which then touches your face).

Yes, phones carry a lot of bacteria, and you want to avoid having that transfer to your facial skin by holding the phone against your head for calls. But Dr. Cates notes that we have a delicate ecosystem of organisms on the skin that protect it from bacteria. You do not want to upset that balance with harsh chemicals that kill off the good bacteria. Instead, wash your hands regularly and use headphones for calls.

Be proactive in nourishing your skin.

Eat foods that nourish your skin from the inside out. Be mindful of what you put on your skin. There’s a mild acidity that protects our skin, and we need to be careful not to upset that balance. Using soaps, cleansers, and other products with a high pH—or simply rinsing with water, which has a neutral pH—does not support that natural mild acidity. Look for products with antioxidants such as Vitamin C, Vitamin E, and CoQ10 to protect and support healthy skin.

Live a digital life supporting healthy skin.

What you do every day is the most important factor in skin health, Dr. Cates says. Your everyday choices make the biggest difference. In that spirit, she has chosen a relatively low-stress lifestyle in an active community in Utah and makes time for meditation each morning. Most workdays kick off with a healthy smoothie to start the day off with skin and body-nourishing breakfast. Move your body every day, and make sure you get at least some exercise, then make time for facials and another pampering on occasion.

When looking to offset the digital impact on our skin, start with making sure your skin care products are made with the best ingredients.

**Best skin care ingredients to look for:**

1. Arnica extract
2. Ubiquinone (CoQ10)
3. Cranberry, pomegranate and/or raspberry seed oil
4. Black, green or white tea
5. Pichia/resveratrol ferment extract
6. Turmeric root extract
7. Ginseng root extract
8. Pineapple fruit extract
9. Chlorella (green algae) extract
10. Essential oils (such as bergamot and ylang ylang)
11. Rosemary leaf extract

**Worst skin care ingredients to avoid**

1. Fragrance
2. Formaldehyde and formaldehyde releasers (quaternion-15, diazolidinyl urea, DMDM hydantoin, bronopol, or imidazolidinyl urea)
3. Mineral oil and petroleum (also called petrolatum, petroleum jelly, and paraffin oil)
4. Parabens (propyl, isopropyl, butyl, and isobutyl)
5. Ethanolamines (diethanolamine [DEA], monoethanolamine [MEA], and triethanolamine [TEA])

## Digital Detox Secrets

6. Oxybenzone (benzophenone), octinoxate, and homosalate
7. Hydroquinone (or tocopheryl acetate) and other skin lighteners
8. Triclosan and triclocarban
9. Coal tar ingredients (including aminophenol, diaminobenzene, and phenylenediamine)
10. Butylated hydroxyanisole (BHA)

I searched the world over for skin care products worth the investment of money much less time. Never would I imagine I'd take the time to do a four-step skin care program each day until I started using The Spa Dr. products.

### #DigitalDetoxSecrets

If you're looking for another organic skin care line, a brand I also am in love with is Annmarie Skin Care.

Why? They handcraft skin care—using organic and wild-crafted ingredients—that promises beautiful, glowing skin. They use a 3-step, *Wild. Beautiful. Process.*

To start, they carefully select organic and wildcrafted ingredients to meet the highest standards of equality for your skin and body.

They then infuse selected herbs into aloe vera and into skin nutritive oils. These are used as a potent base for all the products.

Next, they add additional natural plant extracts, skin supporting nutrients, and aromatherapy to make the most active and effective natural products available.

Rumor has it Annmarie Skin Care is coming out with a CBD skin care line, sign up and follow them on social to be the first to know. @Annmarieskincare

Lisa Buyer

## The After-Party

Catch up with Dr. Cates if you want more. She offers organic skin care, free consults, and tips through her blog and podcast.

Follow her on Instagram and Facebook. @Thespadr

•••6•••



## The State of Health, Thanks to Digital

WONDER WHAT YOUR family doctor is not telling you? Fad diets, fancy gym memberships, no activity, anxiety, stress and depression, multiple screens in your face, rushing to eat, sitting all day, waking up and going to sleep with social media, apps and no naps, mood swings.

Sound familiar?

How have our digital habits and tendency to be “on” 24/7 impacted our overall health? I turned to Dr. Paul Savage, a highly respected, thirty-year physician, for his insight and guidance.

We first worked together in 2004 when Dr. Savage launched the first of its kind bioidentical hormone therapy practice in the United States. He was one of the pioneers in the integrative

health industry with a focus on hormonal balance following in the footsteps by the likes of Suzanne Somers, one of the first mainstream advocates of bioidentical hormones and health.

**Optimizing your hormones by having a healthier lifestyle is one of the secrets to anti-aging in a digital age.**

“Your hormone balance actually reflects your lifestyle, good or bad,” said Dr. Savage. “It’s not your hormones that are the problem; it’s your lifestyle impacting the production of your hormones. As we age, our hormones decline, which ultimately can lead to chronic disease and health problems.”

Sleep, nutrition, and physical activity all have a positive impact on hormone production.

Dr. Savage held what is undoubtedly one of the most stressful positions imaginable for ten years as he managed the night shift at the largest trauma center in the country in Detroit, Michigan. His memories of that time will resonate with so many who struggle to find balance today.

“I was overstressed, under sleeping, drinking, not eating well, smoking cigarettes—like so many ER doctors do,” he says. “By the age of 35, I was 284 pounds and had high cholesterol, heart disease, was pre-diabetic and had low thyroid and obesity. I had all sorts of depression going on.”

Another relatable fact: Dr. Savage was accomplished and successful in his career, but it was taking an unacceptable toll on his health.

So, what changed? It was when his own doctor recommended a seventh medication that Dr. Savage truly committed to changing his lifestyle to improve his health. He has now spent the last twenty years building a knowledge base to share with other physicians and their patients through software, physical centers, and other resources on integrative medicine.

“In integrative medicine, we’re taking the best of traditional medicine—which includes all of the medications that we need to use, but with the realization that we don’t want to use them forever—and combining it with all of the other elements of good



health,” he explains. “This includes nutrition, exercise, stress management, sleep management, and detoxification.”

## The Rise of Digital Toxicity

Each of these practices is important in supporting good health, but we’ve gradually moved away from them as technology and the digital world have permeated our lives. Our environment is changing, and we are no longer able to recognize all of the things we need to do to stay healthy.

The proliferation of misinformation about health that is published online each year is a major challenge that can result in what he calls “health dead-ends.” These are activities, diets, or other initiatives we undertake with the best of intentions, but because they are based on misinformation, can actually make our health worse.

Incorporating integrative medicine into your lifestyle is critical, and it must be guided by a qualified healthcare professional. Here are just a few of the key elements of an integrative health plan, according to Dr. Savage.

Hormones are essential to good health.

Anabolic and catabolic hormones are constantly at odds inside your body as the former work on building you up, and the latter on breaking you down. Both types of hormones are of equal importance; after all, you need old tissues torn down and disposed of to make room for new ones.

The imbalanced hormones are a natural function of aging. As we reach middle age, our anabolic hormone production—the ones that build us up—starts to taper off. Estrogen and testosterone are two examples of anabolic hormones. We’ve known about menopause for thousands of years, but it’s only recently that we’ve begun to understand the relationship between hormones and the overall state of a person’s health as they enter mid-life.

In addition to this natural aging process, there are environmental and behavioral factors causing dramatic changes in our hormones. For example, a forty-year-old man today has about

half of the testosterone a forty-year-old man had forty years ago. Why is that happening?

Dr. Savage explains, “Every single healthy thing you do for yourself increases your anabolic hormones and decreases your catabolic hormones. Our “good” hormone levels are another casualty of these changes in our environment.”

These digital environmental and behavioral factors include:

- We are working more
- We are sleeping less
- We are eating more, and more often
- We are eating less healthy foods
- Our natural environment is more toxic

Everyone needs hormone supplements at some point in their life, Dr. Savage says, because no one enters the last quarter of the average lifespan with healthy hormones. We are simply up against too much interference and the natural processes of aging. Starting hormone replacement early on can be key to maintaining healthy levels rather than trying to repair the damage later on. We also need to make lifestyle choices that promote the production of anabolic hormones.

**Reduce your risk of digital toxicity from constant connectivity.**

Constant connectivity has the potential to impact each of us negatively. However, we’re living in this unique era where the full impact of our digital lifestyle is not yet understood.

“We have people in their forties who have been using technology constantly for ten years, but then we have teenagers in the same state,” says Dr. Savage. “In our younger clients, we’re seeing that the brain does not develop creativity nearly as much as in those who are immersed in their environment.”

Interacting with people in real-time, developing emotional intelligence, and processing various types of information are

just a few examples of the development youth lose when they are hyperconnected to digital devices. This stunted emotional growth is a contributing factor in the political turmoil we're seeing today, he says.

As for the older population, we are starting to see a decline in our ability to retain information. Responses come back fast online, but we retain less of the information we ingest. Even the social skills we've learned earlier in life are being lost as we stop reinforcing good behaviors and fall into bad digital habits.

This digital toxicity has a detrimental effect on each of us and on society as a whole.

Understand that nutrition is the medicine you give yourself all day long.

According to Dr. Savage, nutrition is responsible for 70% of our health—good or bad. The healthiest method of eating is what we know today as ketogenic, although it's been known as many different things over the years. Follow his best practices for optimal nutrition:

- Eat a lot of colored vegetables
- Eat a reasonable amount of protein
- Eat a lot of good saturated and unsaturated fats
- Practice intermittent fasting; eat less often and eat smaller amounts

Individual foods such as beef aren't problematic, he says—it's the way in which they are raised and reach the table. Choose foods that are as close to organic and farm-to-table as possible. Take the time to investigate the farming practices behind the foods you use to nourish your body.

It doesn't matter what the underlying health condition is; if you eat better, you will feel better and *get* better.

Busted health misconceptions that are harming your best efforts.

Do you know who came up with the recommendation that we eat five small meals a day? It was a campaign by food giant Kraft designed to get people to eat more snacks.

You've probably also heard that breakfast is the most important meal of the day, and it is—for children. This old adage has been disproven for adults who do not need to fuel the massive growth children are experiencing.

The state of your health is a deeply personal issue with countless variables driven by your genetics, lifestyle, nutrition, and more. A practitioner of integrative medicine examines the whole you and takes each of these factors into account, taking the guesswork out of the steps you must take to enjoy your greatest health possible.

## Digital Detox Secrets from Dr. Paul Savage

**Forget the alcohol, try CBD oil and THC.** He's a big fan of CBD oil as an anti-inflammatory. CBD oil can help reduce anxiety, promote sleep, and help relieve certain pains caused by chronic diseases and sickness. It also helps reverse inflammation. He notes THC is also far safer than alcohol with less negative side effects. Nobody died of a THC overdose, but alcohol can kill you.

**Plug into IV Therapy.** This can be as simple as B12 for hangovers, Myers Cocktail for inflammation, or chelation to treat heavy metal toxicity. Nutrition in food has dropped considerably over the last four decades. The nutrients we get in food have been curtailed, resulting in issues such as chronic fatigue, Lyme syndrome, and other autoimmune deficiencies caused by complex reasons.

## The After-Party

Looking for some sources to take the next steps in digital detox secrets? Find a doctor on Forum Health or dive deeper into a book such as Suzanne Somers' *Ageless: The Naked Truth to Bioidentical Hormone Therapy* featuring a chapter by Dr. Paul Savage.