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Lessons I Learned the Hard Way: How to Identify, Minimize, Treat and Manage Computer Related Health Conditions

Adetutu Ijose

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The computer is an indispensable tool in today's world. However most people are unaware of the health consequences of its use. It is an area not taught in medical school and therefore routinely misdiagnosed by healthcare professionals. I like most people thought computer use was safe and posed no health risk. This with hindsight was purely self-deception in view of the fact that computer use is unnatural to our natural coded way of living as humans and therefore would hurt. When I got hurt by my over 20 plus years of intensive computer use, I learned the hard lesson of the health effect of computer use. Computer related health conditions take a long time to fully manifest and give warning signs for many years before a fully system breakdown occurs. When I could not get any help from the medical profession, i turned to the scriptures where I found the answer I needed. I had to come up with my own diagnosis and treatment. I was blessed with doctors willing to go beyond drug based medical approach who encouraged me in my search for a solution Knowing that many people are hurting and would not be able to go to the Bible like I did, I searched worldwide medical and scientific journals for ways in which I could present what I had learned from the Bible to others in a way they would understand. That is what I have presented in this book to help us all in understanding how to use the computer in a way to avoid long-term health devastation. These are things I wish someone had told me all those years ago. It is indeed possible to be a long-term computer use without self-destroying, This boo is a guide fro users and their doctors. Computer related issues should never be self-diagnosed. I have presented information to help both users and doctors.

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