

Reset Your Child's Brain: A Four-Week Plan to End Meltdowns,
Raise Grades and Boost Social Skills by Reversing the Effects of Electronic Screen-
Time
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PATHWAYS, MECHANISMS, AND REPERCUSSIONS OF INTERACTIVE SCEENTIME

PATHWAY	MECHANISM	REPERCUSSIONS
EYES	Visual stimulation	Sensory overload, overactive visual attention
	Electrical excitability	Erratic nerve firing, seizures, migraines, tics
BRAIN	Dopamine dysregulation	Cravings, anxiety, withdrawal, mood swings, poor focus, disorganization, irritability, depression, activated reward/addiction pathways
	Blood flow shifts	Stunted frontal lobe development, poor executive functioning, mood dysregulation, poor impulse control
	Intense psychological engagement	Intimacy issues, poor eye contact, addiction, suppressed creativity.
	Orienting response and fight-or-flight	Hyperarousal, overstimulation, non-restorative sleep, body clock disruption, altered brain chemistry and hormones, inflammation
BODY	Stagnation of blood flow despite fight-or-flight reactions	Weight gain, reduced nutrient absorption, toxin accumulation, muscle ache, repressed energy
	Fight-or-flight activation	Increased blood pressure and heart rate, hormonal imbalance, reduced heart rate variability (HRV), reduced blood flow to gut and other organs, suppressed immune system
	EMF interference with biofield	Stress response, nervous system electrical excitability, inflammation, cellular stress, DNA breaks altered brain waves, disrupted brain-blood barrier (?)
	Prolonged sitting and repetitive movements	Musculoskeletal inflammation, muscle atrophy, repetitive stress injuries, blood clots, neck/back strain, weak "core" muscles