

5 MAJOR CONTRIBUTORS TO NERVOUS SYTEM DYSREGULATION



1 SCREEN OVERLOAD

How screens overstimulate the brain:

- International Agency for Research on Cancer (IARC) classified radiofrequency EMFs (RF-EMFs) as Group 2B- “possibly carcinogenic to humans”
- Fast-moving images & constant dopamine spikes impact attention span
- Blue light exposure disrupts melatonin, leading to poor sleep (Chang et al., 2015)
- Passive screen use = less movement, less sensory input, less co-regulation

2 REDUCED MOVEMENT & OUTDOOR PLAY

How much have children’s activity levels changed?

- In the 1980s, children spent an average of **3-4** hours outside per day.
- Today, children spend less than **30 minutes** per day in outdoor free play but 6-8 hours per day sitting (screens, school, structured activities) (Gray et al., 2015).
- A 2017 study found that American children now spend 85-90% of their time indoors, compared to about 60% in the 1980s (Larouche et al., 2017).
- More sitting = weaker core strength, poor balance, & reduced sensory processing skills.
- Movement also stimulates the vagus nerve, which supports regulation.

3 POOR SLEEP & NUTRITION

- Sleep deficits lead to higher stress hormones, poor attention, and mood swings (Mindell & Owens, 2015).
- Nutrition & gut-brain connection:
 - Inflammatory foods (dyes, sugars, processed foods) impact behavior and regulation (Stevens et al., 2011).
 - Omega-3s, protein, and whole foods improve focus & emotional stability (Richardson, 2004).



4

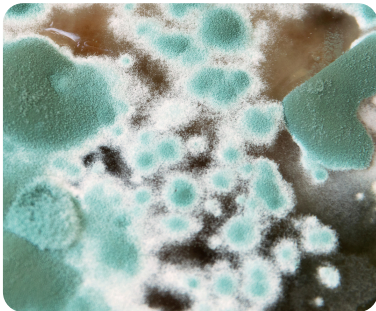
FAST-PACED SCHEDULES & INCREASED STRESS

- Kids today have less unstructured play and more rigid schedules.
- Overloaded kids experience chronic stress, which keeps them in fight-or-flight mode.
- Parent takeaway: If your child seems stressed, irritable, or exhausted, consider how packed their day is.

5

ENVIRONMENTAL TRIGGERS

Our environment is filled with toxins that can disrupt nervous system function, leading to increased sensory issues, inflammation, and cognitive challenges.



MOLD EXPOSURE & THE NERVOUS SYSTEM

- Mold produces mycotoxins, which can trigger neuroinflammation, brain fog, and increased anxiety (Hope et al., 2022).
- Studies link mold exposure to ADHD-like symptoms in children, including poor attention, irritability, and difficulty regulating emotions (Tuengler & von Baehr, 2021).



HEAVY METALS (ALUMINUM, LEAD, & MERCURY)

- Aluminum exposure (from processed foods, cookware, and some medications) has been linked to neurotoxicity and oxidative stress, which can affect attention and memory (Kern et al., 2016).
- Lead exposure (even at low levels) has been strongly associated with increased impulsivity, attention deficits, and reduced IQ (Lanphear et al., 2005).
- Mercury (found in certain fish & environmental pollutants) can disrupt sensory processing (Rice et al., 2014).



ARTIFICIAL ADDITIVES & FOOD DYES

Red 40, Yellow 5, and other artificial dyes can trigger hyperactivity and mood swings in sensitive children (Stevens et al., 2011).



DO YOU HAVE QUESTIONS OR WOULD
LIKE TO SET UP AN APPOINTMENT?

← **SCAN THE QR CODE!**