

- 10. Digital Dystopia - Loss of personal freedom
- 11. Digital Dysmorphia - Low Self Esteem, Anxiety and Fear
- 12. Screen Fatigue - Cognitive overload and, lack of Comprehension
- 13. Auditory Processing Disorder

GUT- Brain Hygiene & Mental Wellness

Benefits of a Healthy Gut on Teaching & Learning

Understanding that GUT-BRAIN is the 2nd brain and crucial for enhancing excellent learning and mental health. The benefits of maintaining a healthy gut include:

- **Improved Memory and Concentration**
- **Brain Friendly Food for Enhanced Cognitive Function**
- **Mental Alertness and Wellness**
- **Improved Listening and Retention Skills**

- **Better Assimilation and Mental Alertness**
- **Reduced Classroom Distractions & Discomfort**
- **Fostering a conducive learning environment.**
- **Retention of information with Sharp memory**
- **Emotional Stability**
- **Reduced Psychological & Emotional Stress**
- **Eliminate Brain Fog/Fatigue**
- **Eliminate Dementia**
- **Eliminate Examination Anxieties and Phobias**

DIGITAL BRAIN-HYGIENE & MENTAL WELLNESS for Outstanding Results



DIGITAL BRAIN-HYGIENE & MENTAL WELLNESS FOR OUTSTANDING RESULTS

A. DIGITAL BRAIN HYGIENE TO UNLOCK EXTRAORDINARY PERFORMANCE

- ❖ Digital Brain Hygiene - Switches on your Brain, Gut-Brain, Head Brain and Heart Brain for outstanding performance
- ❖ Digital Safety and Brain Hygiene - Unlock your Brain, Gut-Brain, Head Brain and Heart Brain for Excellent results
- ❖ Brain Profiling - Helps you to discover how God wired your Brain for outstanding performance
- ❖ Digital Radiation and Brain Hygiene Wellness - Helps you to be well informed about the consequences of exposure to high levels of Radiation from 5G smartphones, microwaves on brain cells and negative effects on learning and mental well-being.
- ❖ Digital Radiation and Brain Health Assessment Tool - Questionnaire - Helps you to discover the level of BRAIN

STRAIN ON YOUR BRAIN CELLS FOR BEST PERFORMANCE

- ❖ Brain Friendly Food - Practical Interactive Session to discover the best Brain friendly food for your Brain best performance.

EMERGING DIGITAL LEARNING CHALLENGES

1. Digital Attention Deficit(DAD) - Lack of focus, Disorganisation
2. Digital Distractions - Lack of Concentration
3. Oxidative Stress - Lack of Assimilation and understanding
4. Brain Strain & Fatigue - Lack of listening, Migraine and disorganisation
5. Brain Fog/Fatigue - Deeply exhausted and frustrated
6. Emotional Stress - Depression and Confusion
7. Psychological Stress and Frustration
8. Memory loss/lapses - Forgetfulness, Information Overload
9. Early Dementia - Memory Loss

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<https://questionnaire.altitudeskillsacademy.com>

YOUR ATTITUDE DETERMINES
YOUR ALTITUDE IN LIFE