

DIGITAL DOPA

**a dietary supplement not only for internet
addicts**

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1.INTRODUCTION

We have been developing a dietary supplement for a long time focused on the issue of digital addiction and the alleviation of possible withdrawal symptoms that may occur when limiting the use of the internet and digital technologies. Our goal was to create a product that would provide appropriate support in changing habits and returning to a more balanced lifestyle. We drew on expert knowledge and studies focused on dopamine, a neurotransmitter that plays a key role in the reward and motivation system and whose functioning is closely related to digital behavior. Therefore, a significant part of this book is dedicated to the topic of dopamine, where we explain the connections between its levels, habits and overall psychological well-being.

The name of the dietary supplement DIGIDOPA was created by combining the words "DIGITAL" and "DOPAmIn", reflecting its focus and philosophy. In the book you will learn not only a lot of practical information and recommendations, but also how and where we plan to offer this supplement and what role it will play within our overall concept.

We believe that DIGIDOPA can be a suitable supplement for a wide range of internet users, but also for people who are reducing digital addiction.



2. WHEN DID THE IDEA FOR A NEW FOOD SUPPLEMENT COME ABOUT?

I have been working on the issue of digital addiction for a long time, which is currently becoming an increasingly relevant topic across all age groups. As part of my professional activities, I conduct a number of lectures, workshops and individual consultations focused on the prevention, recognition and solution of this problem. I strive not only to draw attention to the risks of excessive use of digital technologies among children and adults, but also to provide practical tools and strategies that help maintain a healthy relationship with modern media and technology in everyday life.

I have also summarized my knowledge and experiences in a book *Digital addiction*, which has been published in electronic form and is available in 69 language versions. The publication can be purchased from various online retailers around the world or on our website.



Digital addiction affects almost every child and adult around the world today. Many professional studies and articles have been published about its negative impacts, drawing attention to the impact of excessive use of technology on mental and physical health. However, there is significantly less public discussion about what happens when a person begins to limit their use of digital technologies.

It is at this stage that so-called withdrawal symptoms can appear, which are often underestimated or misinterpreted. I have personal experience with them, so I know how intense and unpleasant they can be. These symptoms arise as a result of changes in the level of dopamine - a neurotransmitter responsible for feelings of reward, motivation and satisfaction. When using the internet, especially social networks, video games or streaming platforms, it is repeatedly flushed out, to which the brain gradually gets used. As soon as this regular supply is suddenly limited or interrupted, dopamine levels drop and the brain has to adapt to a new balance. This process can be accompanied by a whole range of physical and psychological difficulties, including headaches, apathy, irritability, anxiety, loss of motivation or problems with concentration.

At a time when I was going through severe withdrawal symptoms myself, I did not have enough information about the role of dopamine. Therefore, I gradually began to study available professional materials and, in collaboration with colleagues, delved into this topic in depth. The result of several years of research and development is a product that I called digital dopamine – DIGIDOPA.

This dietary supplement contains a combination of substances that support the natural production of dopamine in the body, and can thus contribute to the alleviation of symptoms associated with reducing digital addiction. More information about dopamine, its functioning and the composition of DIGIDOPA can be found in the following chapters.

3. WHAT HAPPENS WHEN YOU LIMIT DIGITAL ADDICTION?

If you have ever tried to reduce your digital addiction, you have probably experienced various withdrawal symptoms, such as irritability, apathy, or an increased craving for sweets. I also often see people trying to reduce their children's or partners' digital addiction. As an observer, they may perceive these symptoms even more strongly.

These adverse effects are, among other things, associated with changes in dopamine levels – the so-called “happiness hormone”, which plays a key role in the reward and motivation system. In my practice, I encounter withdrawal symptoms very often and over the years I have noted several interesting findings.

The course of withdrawal varies from person to person, but for more than 70% of clients, the course of withdrawal symptoms is very similar. The remaining 30% may experience symptoms more mildly, more intensely, or in a different time sequence. Individual differences are influenced by factors such as age, duration of addiction, personality, or level of social support.

For approximately 70% of my clients, withdrawal symptoms lasted for about 40 days. Their progression is illustrated in the following graph.

The intensity of withdrawal symptoms when reducing digital addiction is very individual, so it is advisable to perceive them on a scale from 0 to 10, where 10 represents the highest possible level of difficulty. This model helps to better understand how the withdrawal process develops over time and what to prepare for.

There are usually no significant withdrawal symptoms in the first two days. However, this period of relative calm can be misleading. Many people



These days, they feel good, they feel in control, and they may think quitting will be easy. In reality, this is a “quiet phase,” during which the brain is just beginning to adapt to the reduced digital stimuli.

The first noticeable problems usually start to appear from the third day. Most often, these are irritability, mood swings, headaches or impaired concentration. A person may feel inner restlessness and tension. At this stage, the brain begins to actively require the missing stimulation to which it was accustomed, which can lead to a strong urge to return to original habits. A key role here is played by the conscious replacement of these stimuli - for example, regular exercise, spending time in nature, personal contact with people or meaningful activities that bring natural joy.

Around the twentieth day, withdrawal symptoms reach their peak. This phase is often the most challenging and critical. Intense physical symptoms such as excessive sweating, migraines or unusual bodily sensations may occur, as well as significant psychological difficulties – such as anxiety, irritability, sleep disturbances, feelings of emptiness or depression. Some individuals may also experience increased appetite as a substitute form of satisfaction. During this period, the brain is in a state of

significant imbalance and is intensively looking for ways to restore its previous dopamine levels. The risk of failure is therefore highest – many people succumb to this phase and return to excessive use of digital technologies. The key is to have strong internal motivation, a clearly defined goal and, ideally, support from those around them – family, friends or a professional. The good news is that this critical phase does not last long. Symptoms usually gradually subside within two to three days. The brain begins to adapt to a more natural way of functioning and restores its own dopamine regulation. The person gradually rediscovers joy in ordinary activities - such as exercise, reading, conversations or creative work. Concentration improves, mood stabilizes and natural energy returns.

If an individual successfully goes through this challenging phase, the likelihood of being able to limit the overuse of digital technologies in the long term increases significantly. This not only gives them greater control over their behavior, but also improves the quality of their everyday life.

However, it is important to emphasize that if significant or worrying health problems occur while reducing digital addiction – such as severe headaches, anxiety, depression, insomnia, extreme fatigue, or other physical or psychological problems – it is essential to seek professional medical help as soon as possible.

4. CREATION OF DIGIDOP

Withdrawal symptoms associated with limiting digital stimuli are very unpleasant and often underestimated. The power of dopamine, which keeps us in this type of addiction, is considerable. Dopamine is a key factor influencing our motivation, ability to concentrate and overall psychological well-being. I gradually realized that there was a need to create a dietary supplement that would help balance this process – that is, support the natural production of dopamine and make the transition easier for people when limiting digital habits. This is how the idea of DIGIDOPA was born – a dietary supplement designed not only for people who spend an excessive amount of time online, but also for those who are trying to limit their digital addiction and are struggling with withdrawal symptoms.

I am not a chemist or a doctor, so I had to learn a lot of new things. The development took a long time, and without the support of my colleagues and collaborators, DIGIDOPA would never have been created. I would like to thank the entire team - both in the Czech Republic and abroad.

During the development, I also encountered misunderstanding and distrust. While many people around me spent their time on social networks, playing games or watching online content, I devoted dozens of hours a week to studying professional and less accessible materials on digital addiction and the role of dopamine. An interesting source of knowledge was also the statements of experts - doctors, lawyers or forensic experts - in connection with lawsuits related to digital addiction, for example, at large technology companies in the USA.

Withdrawal symptoms from cutting back on digital technology are very difficult to explain to someone who hasn't experienced them themselves. I too encountered reactions full of doubts or misunderstandings during development. Nevertheless, I was convinced that DIGIDOPA could be a useful tool for people who want to have more control over their digital lives.

Vážení čtenáři, právě jste dočetli ukázkou z knihy ***DIGIDOPA dietary supplement not only for internet addicts***.
Pokud se Vám ukázka líbila, na našem webu si můžete zakoupit celou knihu.