On the IOT and technology century a lot of people stay long period of times in front of the screens between the computers and the smartphones; the networking was a very important tool but like all of them, it has its disadvantages that could cause medical issues and eye affections.

To prevent those problems on the eyes and in general you must take part on the changes and you can start on your house, if you can upgrade you setup is very important, buy new computer peripherals to be more comfortable, change the old computer screen thru an actual screens to prevent eyes affections.

In conclusion your health improve is on your hand if you don’t make anything in a few days the medicals issues appears in your life and this collages takes large periods of time to disappear.