Health & wellness technology

CVN

LET’S TALK TEK

MICHAEL AVERY

With all the attention to health these days, I thought it would be a great idea to talk about how health and wellness are impacted by technology.

Our awareness of health issues has been brought to the forefront by the Covid-19 pandemic. Technology is ever present in today’s healthcare system, whether used in diagnosis, health maintenance or the delivery of treatment.

A prime example of the impact of technology in healthcare is the rapid development of the vaccines being used to treat Covid-19. Many find it difficult to believe that a viable vaccine could be developed in such a short time frame. But with the technology and a steady research and product development, some scientific achievements can be made in less and less time.

Today, we can work on a project 24/7 because projects are handed off at the end of a business day in one time zone to a team working in another time zone. I experienced this firsthand when I worked with a Microsoft/GE-funded start-up in New Mexico. We could take a project from concept to production in a matter of weeks instead of years. Thus, developing a safe and effective vaccine in a matter of months was completely doable. And multiple companies stepped up to the challenge.

You may be wondering though how technology is or can be involved in your day-to-day life and wellness. On a personal note, I recently turned 73. While I find it hard to believe that number, I also find it amazing that I have reached this age in good health. I am fortunate to enjoy a great quality of life because I have maintained my health.

When I moved to Carpinteria from Honolulu in 2015, I could not say the same. I weighed almost 300 pounds and was not in good shape. I promised myself when I got here, I would do what I had to do to improve my health and my quality of life. I knew I had to eat better, get more exercise and create a healthy lifestyle.

It all started with nutrition and exercise, so I started to eat better and hike. There were noticeable improvements, but I wasn’t happy with how slow the progress was, and I wondered what else I could be doing.

After, talking to my doctor, seeking advice from friends and spending hours scouring the internet, I realized that as I aged, my metabolism had changed. I asked myself, how do I speed up my metabolism without artificial stimulants or synthetic chemicals that could do more harm than good?

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My girlfriend, Jill Castro, had been trying ketogenic products. Many find it difficult to believe that a viable vaccine could be developed in such a short time frame. But with the technology and a steady research and product development, some scientific achievements can be made in less and less time.

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Michael Avery brings decades of experience to his projects and his clients. He has served as an owner, partner, principal and employee of some of the most progressive companies in the electronic systems market sector. Additionally, he has provided professional consulting services to a multitude of leading companies in the industry, including Panasonic Technologies, CEDIA, AMX, Microsoft, GE Industrial, CompUSA and Paradise Theater.

Do you have a photo from Carpinteria’s past?

Contact news@coastalview.com to share it with other readers!

CVN ARTCTERA

Joss Jaffe was born and raised in Carpinteria, and has a new feature on the record label, “Be Why Music.”

Santa Barbara, Carpinteria locals release new album

Carpinteria and Santa Barbara locals Joss Jaffe, Sudama Mark Kennedy and Montino Bourbon are releasing a new feature on the record label, “Be Why Music,” the second such feature with the three to be released since September 2019. It will be released on Sept. 20.

Jaffe was born and raised in Carpinteria, while Kennedy lived in Carpinteria after studying at UCSB. Bourbon moved to Monteito as a child, after living in Italy.

The feature, Parrussion 44, features three local musicians.

Meet the Light Elephant

The Museum of Contemporary Art Santa Barbara will host a joint talk with Iman Djouini, a teaching professor at UCSB, and Jonathan Taube, an architectural designer and lecturer at UCSB, whose artwork, the Light Elephant, has been traveling throughout downtown Santa Barbara this summer and fall.

The two have been creating work in public spaces together for the past decade, and have conducted research in Avignon, France, Rotterdam, Netherlands, Israel, New Orleans and more.

The project was also facilitated through the Santa Barbara Office of Arts and Culture and the Santa Barbara Central Branch Library.

The piece will be on view at MCASB from Sept. 23 to Oct. 3. A reception celebrating the piece will be held on Sept. 30, between 5 p.m. and 8 p.m.