

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 new technology and around-the-clock 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 ketone products and convinced me to give it a try. I started having a ketone beverage every morning and afternoon, held monthly 60-hour fasts, intermittently fasted and drank morning coffee with MCT oil. Now, I can proudly say I weigh 230 pounds. I have been on this regimen for over three years, and I have been able to maintain that weight.

This past March, I was introduced to another product that was developed with nano technology. It was a product that could repair cells and neuro pathways, allowing the body to heal naturally. This is both an internal product in the form of a liquid and a topical product in the form of a gel. This product has improved my energy and there is a noticeable improvement in my skin. My hair would probably show significant improvements as well but since I shave my head, there is no way of knowing.

Both of these products would not be possible without technology. The first was developed in the lab for military so Navy Seals and Marines could remain underwater for a longer period of time by oxygenating the blood and triggering a rapid state of ketosis. The second product was only able to be developed because of nano technology due to the size of the molecules.

I am here to tell you that with the help of technology, you can improve your life and live a longer and fuller life.

If you have a question about technology, reach out to me at michael@michaeltalkstek.com or give me a call at (805) 684-3414. I love talking tek. I also love to talk health.

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 ARTCETRA



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 Montecito as a child, after living in Italy.



The feature, **Purrfection 44**, features three local musicians.



Iman Djouini and Jonathan Taube's work of art, the Light Elephant, has traveled throughout downtown Santa Barbara in a new public art installation from the Museum of Contemporary Art Santa Barbara.

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 Cultures 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.