

15 HARMFUL EFFECTS OF TV FOR CHILDREN

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Obesity *A result of little exercise.*
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Disrupted hormones *Light from televisions suppresses production of the key hormone melatonin.*
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Lowered immune system *Reduced melatonin may increase the chance of mutations in cell DNA, which causes cancer.*
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Premature puberty *Also linked to low levels of melatonin.*
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Sleep disorders *Over-stimulating the senses causes sleeplessness.*
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Increased body fat *Altered levels of the hormones leptin and ghrelin produce fat and boost appetite.*
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Poor concentration *Development of brain cells governing attention span is impaired.*
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Difficulty reading *A result of poor intellectual stimulation while young.*
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Type 2 diabetes *From eating high-calorie food while watching TV.*
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Changes to skin immune cells *Waves emitted by sets are linked to changes in skin 'mast' cells.*
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Increased cholesterol *A result of an inactive childhood.*
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Slower metabolism *Watching TV may slow the metabolism more than simply doing nothing.*
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Shortsightedness *Staring at a screen can lead to eye damage.*
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Alzheimer's Disease *Heavy viewing linked to increased risk.*

Source: Dr Aric Siaman. Too much TV wrecks your child's Health