



Dopamine Detox: A Christian Approach to Finding Joy and Balance

Modern life offers endless streams of entertainment and stimulation – from social media scrolls and video games to binge-watching and online shopping. These activities trigger bursts of **dopamine**, a neurotransmitter associated with pleasure and reward. While dopamine itself is a God-given chemical that motivates us and helps us enjoy life, too much of a good thing can become a trap. **Dopamine detox** – abstaining from highly stimulating activities for a time – has gained popularity as a way to reset our brains. But how can we approach a dopamine detox as Christians, seeking not just a neurological reset but a more joyful life in Christ? This article explores the science behind dopamine overload, the spiritual implications of our pleasure-seeking habits, and practical steps to pursue a “*dopamine detox*” with a balanced, biblical approach. We’ll reinforce each solution with Scripture, integrate psychological research, defend appropriate medical interventions, and share real-world examples – all to help you break free from unhealthy habits and deepen your relationship with Jesus.

Understanding Dopamine and the Brain’s Pleasure Trap

Dopamine is a neurotransmitter in the brain that plays a key role in **reward, motivation, and learning**. When you experience something pleasurable – eating delicious food, getting a social media notification, or leveling up in a game – your brain releases a little burst of dopamine. This *feels good* and teaches you to repeat the behavior. However, **excessive stimulation** can throw this system off balance. Neuroscientists describe it like a scale between pleasure and pain in the brain: if you tip the scale too often toward pleasure, the brain compensates by tipping toward pain to regain equilibrium ¹ ². In practical terms, when we relentlessly bombard our brains with *easy dopamine* (through things like non-stop videos, junk food, pornography, etc.), our brain reduces its own dopamine production and receptor sensitivity. We then crash into a dopamine deficit – feeling down, anxious, or craving more stimulation ³ ⁴. This is why after hours of scrolling or gaming, you might feel irritable or empty and immediately want another hit of entertainment. Over time, **tolerance** builds up: we need even more intense stimuli to feel pleasure, and previously enjoyable activities (like reading a book or taking a walk) may no longer satisfy ⁵ ⁶.

This cycle of **reward and withdrawal** is at the root of addictive behaviors. Dr. Anna Lembke, a Christian psychiatrist and addiction specialist, explains that in a state of compulsive overuse, people start seeking their “drug” (be it a substance or an activity) not to feel *good* anymore, but just to feel *normal* ⁷ ⁸. Other pleasures in life fade into the background as the brain becomes **wired to focus narrowly** on the next fix ⁶ ⁹. If we try to quit, we face withdrawal symptoms: anxiety, irritability, insomnia, depression, and intense cravings, corresponding to the brain’s dopamine deficit state ⁴. These symptoms can last for **weeks** in severe cases while the brain tries to restore balance.

From a medical standpoint, this understanding of dopamine has led experts to recommend **periods of abstinence** from addictive stimuli to allow the brain’s chemistry to normalize. Research and clinical experience suggest it takes about **30 days** of abstaining from a given addictive behavior for the brain’s dopamine pathways to reset to a healthy baseline ¹⁰ ¹¹. During this time, the brain increases its receptor



sensitivity and dopamine production, gradually lifting the person out of the dopamine deficit state ¹² ¹¹ . In essence, after enduring some short-term discomfort, the brain can *heal*: you begin to find normal life rewarding again without constant high stimulation. As we'll see, this idea of a "reset" has parallels with biblical wisdom on self-denial leading to renewal.

The Spiritual Cost of Dopamine Addiction

Christians are not exempt from the lures of modern dopamine triggers. In fact, the *always-on* digital culture can hijack our faith if we're not careful. Scripture warns against **idolatry** – and an idol is anything we start to love, trust, or depend on more than God (see Exodus 20:3-4). It's telling that in our era, *idolatry often takes the form of screens and quick thrills*. As one Christian writer observed, *"nowadays, idolatry has gone beyond statues into our very own screens."* We may not bow to a golden calf, but we'll spend hours glued to our phones while neglecting time in God's Word and prayer ¹³ ¹⁴ . The average American now spends over **5 hours a day** on mobile devices, a figure that keeps climbing each year ¹⁵ . That represents thousands of hours a year many of us choose to devote to *Netflix, social media, or gaming* over communion with God or our loved ones.

The Bible vividly describes how misguided appetites can **enslave** us. *"All things are lawful for me,"* writes the Apostle Paul, *"but I will not be mastered by anything"* (1 Corinthians 6:12). Yet dopamine-driven habits easily become our master. We get hooked on *"dopamine media"* that leaves us *"hungry for more"* instead of fulfilled ¹⁶ ¹⁷ . This constant distraction damages our spiritual lives. Jesus often *"went away to lonely places to pray"* (Luke 5:16), modeling the need for undistracted attention to God. But how many of us try to pray or read Scripture with one eye on our phone? As Catholic theologian Robert Mixa notes, *"These devices have not improved my relationships... they have made a disciplined prayer life all but impossible, and the joy they promised has come up short"* ¹⁸ ¹⁹ . When we're continually chasing the next notification or video, we're *"sinking deep into the idolatry of dopamine"*, and it's no surprise our faith and joy suffer ²⁰ .

The spiritual cost goes beyond lost time. **Dopamine addiction dulls our capacity for godly contentment and joy**. Ecclesiastes laments chasing worldly pleasures as *"vanity and a striving after wind"* (Ecclesiastes 2:11). Likewise, today's endless digital entertainment often leaves us feeling empty. The term **"brain rot"** has even entered our vocabulary – describing the mental decay from consuming low-quality, addictive content for hours ²¹ ²² . Studies show doomscrolling (mindless scrolling through negative news or feeds) can worsen anxiety and depression ²¹ . Spiritually, this constant noise can harden our hearts to the *"still, small voice"* of God (1 Kings 19:12). We become *"lovers of pleasure rather than lovers of God"* (2 Timothy 3:4), seeking quick dopamine hits instead of the *"fullness of joy in [God's] presence"* (Psalm 16:11). Over time, sin can creep in – for example, the superstimulus of internet pornography (a huge dopamine trigger) entices many, but it wreaks havoc on one's soul and relationships (Matthew 5:28, 1 Corinthians 6:18-20). In short, dopamine overload can **numb our spiritual senses**. The more we gratify the flesh with instant thrills, the harder it is to delight in the things of God (Galatians 5:16-17).

The good news is that God wants us *truly free*. Jesus said, *"I have come that they may have life, and have it abundantly"* (John 10:10). An abundant life isn't found in endless self-indulgence; it's found in **self-control, purpose, and God's presence**. The Bible calls self-control a *"fruit of the Spirit"* (Galatians 5:22-23) and urges us to *"be alert and sober-minded"* (1 Peter 5:8). When we recognize that our dopamine-driven habits are hindering our walk with Christ, it's time to take action – to "detox" from those lesser pleasures so we can rekindle our delight in the Lord. As the Psalmist says, *"turn my eyes from worthless things, and give me life in Your ways"* (Psalm 119:37).

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



What is a “Dopamine Detox”?

A **dopamine detox** (also called dopamine fasting) is a practice of **temporarily abstaining** from addictive or highly stimulating activities, with the goal of allowing the brain’s reward system to “reset” and regain sensitivity to normal pleasures. Despite the name, it’s not literally flushing dopamine out of your system (you can’t stop your brain from producing it, nor should you). Rather, the term was coined as a catchy way to describe **stepping back from instant gratification**. California psychiatrist Dr. Cameron Sepah, who popularized “dopamine fasting 2.0” in Silicon Valley, explains that it’s essentially a cognitive-behavioral technique to limit unhealthy stimuli and reduce impulsive behaviors. The focus is on breaking the **compulsive cycle** of seeking quick rewards (notification pings, junk food, streaming binges, etc.) and retraining ourselves to tolerate a bit of boredom again ²³ ²⁴. By deliberately **doing less**, especially when it comes to digital entertainment, we give our overloaded neural circuits a chance to rest.

Common targets for a dopamine detox include what Sepah calls the “big six” compulsive behaviors: **overeating, excessive internet or gaming, gambling or online shopping, pornography/masturbation, thrill-seeking (risky behaviors), and recreational drug use** ²⁵ ²⁶. Not all of these may apply to everyone, but the idea is to identify which activities have become *unhealthy crutches* or sources of addiction in your life. During a dopamine fast, you intentionally refrain from those activities for a set period. Some people do a **short daily detox** (e.g. no electronics for the last 2 hours of the evening), others a **weekly detox** (a day offline, like a digital Sabbath each week), and some try a **longer detox** of a week or month without the problematic behavior ²⁷. Sepah actually recommends a tiered approach: e.g. **1-4 hours** at the end of each day device-free, **one full day** off screens per week, **one weekend per quarter** unplugged, and maybe **one week per year** as a deeper reset or vacation ²⁸. Interestingly, this isn’t far from the ancient practice of Sabbath rest – regularly stepping away from work and distraction to reset spiritually and mentally.

It’s important to note that **dopamine fasting isn’t about demonizing dopamine itself** or eliminating all pleasure. It’s about **moderation and mindfulness**. One Harvard Health article emphasizes that you *cannot* truly “fast” from dopamine – your brain will keep using it – and warns against the **misconception** that you need to avoid all enjoyable activities or social contact ²⁹ ³⁰. In fact, some early adopters misunderstood the concept and took it to extremes: they avoided not just toxic media but also healthy things like **exercising, listening to music, or talking to friends**, thinking any pleasure was bad ³¹ ³². This is **not** the goal! Pleasure is a gift from God when enjoyed rightly (1 Timothy 6:17). A dopamine detox is not an ascetic vow to be miserable; it’s a focused **break from specific bad habits** that are robbing your joy. As Dr. Sepah clarified, the aim is to “*allow our brains to take breaks and reset from [the] addictive bombardment*” of constant high-reward stimuli ²³. In those breaks, we can learn to appreciate **simpler, wholesome pleasures** again – a walk outdoors, a conversation, reading, prayer – the kind of activities that in our overstimulated state might feel “boring” at first but actually bring deeper satisfaction.

In summary, a dopamine detox is like a **spiritual-fast-meets-neuroscience** intervention. It’s willingly entering a “desert” of quiet and simplicity for a time, in order to break the hold of addictive delights. Christians may recognize parallels to traditional fasting (typically from food) and other disciplines that deny the flesh to strengthen the spirit. Just as fasting from rich food can reset our physical appetite and remind us that “*man shall not live by bread alone*” (Matthew 4:4), fasting from dopamine highs can reset our mental appetite for what truly matters. It creates space for us to “be still and know” God (Psalm 46:10) without our phone buzzing every five minutes.



Physiological Benefits of Resetting Your Dopamine

Does a dopamine detox actually produce *measurable* benefits? Early evidence – both scientific and anecdotal – says yes, **when done in a reasonable way**. A 2024 medical literature review noted that *“by taking a break from these stimuli, individuals may experience improved mental clarity, reduced anxiety, and a renewed ability to find pleasure in simple, everyday activities.”* ³³ ³⁴ In other words, abstaining from the constant stream of instant gratification can help **clear the mental fog** and anxiety that come with overload, and let you again enjoy little blessings (like a cup of coffee, or a sunset) that might have lost their luster. Recent studies also indicate that people who practice dopamine fasting report **reduced impulsivity** and an **improved ability to focus** for longer periods ³⁵ ³⁶ . As one example, many who attempt a **social media detox** for even a week often find their concentration and mood improve as their brain isn't constantly seeking the next notification. They feel *“less overwhelmed and more in control”* of their thoughts after regularly scheduling such detox periods ³⁷ ³⁸ .

On a neurological level, sustained abstinence allows the brain's reward system to **recalibrate**. When Dr. Lembke treats patients with serious addictions – whether to video games or opioids – one of her first steps is a **30-day detox** from the addictive behavior. *“Thirty days is the minimum amount of time it takes for homeostasis to be restored,”* she explains, meaning the brain needs roughly that long for the “dopamine gremlins” to hop off the scale and for balance to return ¹² ¹¹ . During that time, the brain increases its natural dopamine production and receptor sensitivity back to normal levels ¹² ³⁹ . Patients often notice that after a month of sobriety or digital detox, **their baseline mood is higher** – they no longer feel as joyless or irritable without their fix. In one case, Dr. Lembke had a young patient who was **severely depressed** and anxious, largely due to spending 10+ hours a day on video games. He had dropped out of college and was even contemplating suicide. Instead of immediately prescribing antidepressants, she prescribed a one-month dopamine fast: **no video games or recreational screens for 30 days** ⁴⁰ ⁴¹ . The first weeks were difficult (like any withdrawal), but the results were dramatic. *After the dopamine fast, the patient's depression lifted enough that he was able to resume using technology in moderation, with healthy boundaries in place* ⁴² ⁴³ . Freed from compulsive gaming, he could engage with real life again. This real-world example shows the **resilience of the brain** – it can heal and find balance when given rest, much like our bodies heal from illness with proper care.

Aside from mood and focus, there are other physiological benefits of curbing dopamine overload. Chronic overstimulation has been linked to elevated stress hormones and an overtaxed nervous system; taking a break can lower stress and improve sleep quality. Many people doing a digital detox find that after an initial spike of restlessness, their **sleep deepens** (because late-night screen use and constant media prevent the brain from unwinding). There is also evidence tying excessive dopamine stimulation to attention deficits and anxiety disorders ⁴⁴ ⁴⁵ – so reducing that input can help alleviate those issues. It's not a panacea, but integrating these breaks can be a **powerful complement to medical treatment**. For example, someone with clinical anxiety or depression might use dopamine fasting alongside therapy or medication to improve outcomes. In fact, modern medicine recognizes the value of such lifestyle changes: cognitive-behavioral therapists often recommend **“behavioral activation”** (doing healthy activities) and cutting out destructive behaviors as part of treatment plans. Even if you are on antidepressants or other meds that affect brain chemistry, practicing restraint from digital addictions can enhance your brain's **neuroplasticity**, helping the therapeutic process. *(Always consult your healthcare provider for medical advice; using these strategies is not a substitute for needed medication, but a helpful adjunct.)*



Finally, an unexpected benefit: **rediscovering boredom as fertile ground for creativity and reflection**. When you remove the constant drip of dopamine, you might initially feel bored – but that very state can spur your brain to seek meaningful engagement. Studies show that periods of quiet or boredom can ignite creativity and problem-solving, as your mind is no longer simply consuming content but starting to produce thoughts. For Christians, this means detoxing from stimulation can open up space for **spiritual creativity** too – hearing God’s voice, sensing the Holy Spirit’s guidance, and simply *resting* in God’s presence. This aligns with God’s design for rhythms of work and rest. We see in Scripture that God often spoke in *stillness* or wilderness moments (Exodus 3:1-5, 1 Kings 19:11-13). By decluttering our mental environment, we position ourselves to receive *“times of refreshing from the Lord”* (Acts 3:20).

Biblical Foundations for Detoxing from Worldly Pleasures

The concept of a dopamine detox might be new, but the principle of **restraining our appetites to refocus on God** is ancient. Throughout the Bible, God calls His people to practice disciplines of self-denial – not because He wants to withhold good things, but because *too much* indulgence can lead our hearts away from Him. **Fasting** is one clear example. In Scripture, fasting usually refers to abstaining from food for a period to seek God in prayer (Matthew 6:16-18). But the underlying purpose is to break our reliance on physical satisfaction and humble ourselves before God. Isaiah 58:6 talks about a fast that *“breaks the bonds of wickedness”*, implying that denying ourselves can loosen sin’s grip on us. Similarly, choosing to fast from digital entertainment or other dopamine fixes can **break the bonds of distraction and addiction** that have formed. It’s a way of saying: *“Lord, I don’t want any idol or pleasure to control me – only You.”*

The Bible encourages us repeatedly to exercise **self-control and moderation**. *“Like a city whose walls are broken through is a person who lacks self-control”*, says Proverbs 25:28, warning that no defense remains when we never say no to ourselves. By contrast, *“God gave us a spirit not of fear but of power and love and self-control”* (2 Timothy 1:7, ESV). In a dopamine detox, we are actively **cultivating self-control**, a Spirit-empowered ability. We are training our body and mind, much as Paul describes: *“I discipline my body and keep it under control”* (1 Corinthians 9:27). This isn’t to earn God’s favor – it’s a response to God’s grace, allowing Him to realign our desires. As we deny the constant cravings of the flesh, we create room for the **higher desires of the spirit**. Jesus said, *“Blessed are those who hunger and thirst for righteousness, for they shall be filled”* (Matthew 5:6). Ironically, when we constantly feed on digital candy and cheap thrills, we lose our hunger for righteousness and lasting joy. Fasting reverses that trend: the initial hunger (or boredom) paves the way for a deeper filling from God.

Another biblical foundation is the call to **renew our minds**. *“Do not conform to the pattern of this world, but be transformed by the renewing of your mind”* (Romans 12:2). The pattern of this world today is relentless stimulation and instant gratification – essentially a dopamine-driven lifestyle. By breaking from that pattern, we allow our minds to renew. Paul’s instruction to think on *“whatever is true, noble, right, pure, lovely...”* (Philippians 4:8) becomes much easier when we aren’t bombarding our brain with fleeting nonsense or filth. A detox period can be a time to *“cleanse ourselves from every defilement”* (2 Corinthians 7:1) of mind and spirit that constant media might have caused, and to reset our focus on Christ.

Sabbath rest is another relevant concept. God ordained one day in seven for rest and worship, where normal work ceases (Exodus 20:8-10). This had spiritual and practical benefits – it prevented work from becoming an idol and provided physical renewal. In our context, implementing a *“digital Sabbath”* (say, unplugging from Friday night to Saturday night, or Sunday afternoon, etc.) can serve a similar purpose. We cease from the labor of *consuming entertainment* and allow our soul to delight in God’s creation, family, and

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



His Word. Jesus highlighted that *“the Sabbath was made for man, not man for the Sabbath”* (Mark 2:27) – it’s meant as a gift to us. Likewise, dopamine detox practices, when done in faith, are a **gift** not a legalistic burden. They remind us that our worth isn’t in how much we consume or post online; it’s in being God’s children.

Importantly, the Bible never says pleasure is evil. God created us with the capacity for pleasure and declared His creation *“very good”* (Genesis 1:31). Jesus himself enjoyed feasts and celebrations (John 2:1-11, Luke 7:34). So a Christian dopamine detox is **not puritanical joy-denial**. Rather, it’s an application of biblical stewardship: we manage and enjoy pleasures within godly boundaries. As Paul told Timothy, *“God richly provides us with everything for our enjoyment”*, but in the same breath he warns not to set our hope on those uncertain riches (1 Timothy 6:17). The difference lies in **mastery and purpose**. We can enjoy food, technology, recreation – but we must not be *mastered* by them (again 1 Corinthians 6:12). We lay down certain pleasures for a time in order to **re-center our hope on God** and ensure these things serve us, rather than enslave us.

In Christian history, many believers have practiced forms of **detachment** from worldly stimuli to pursue God. The desert fathers in the early church fled to the wilderness to escape the constant pull of society and commune deeply with the Lord. While not all of us are called to that extreme, their example underscores a truth: sometimes you find God most clearly when you *unplug* from the noise of the world. As one Christian author put it, *“Go on a dopamine fast. But get ready: such a fast will take you out to the desert where you’ll be craving the food of Egypt... Just remember that the desert is not the end but a highway to the land of salvation.”* ⁴⁶ ⁴⁷ In the Bible, the desert (or wilderness) is often where God refines His people (Deuteronomy 8:2-3) and where Jesus himself endured temptation and emerged victorious (Luke 4:1-14). A dopamine detox can be a **desert journey** of sorts – initially hard and dry, but leading to freedom from modern-day “Pharaohs” like screen addiction. And on the other side, there’s the *“Promised Land”* of a clearer mind, a more joyous spirit, and greater capacity to hear God’s voice.

A Balanced Integration of Faith and Science

While we draw heavily on Scripture, we also affirm the value of **modern science and medicine** in addressing dopamine-related challenges. God is the author of truth whether we find it in the Bible or in neurobiology. Thus, a *balanced integration* means using **every tool God has given** – spiritual disciplines, scientific insights, and when appropriate, medical treatment – to pursue healing and holiness.

First, beware of extremes. Just as secular people misunderstood dopamine fasting and started doing unhealthy extremes (like avoiding all social contact or not eating, which Dr. Sepah and others never advised ³¹ ³²), Christians too can fall into extreme thinking. We might be tempted to label all technology or all entertainment as “evil” and try to eliminate every fun activity. That’s neither realistic nor biblical. Remember, the goal is **moderation and mastery, not total abstinence from all enjoyable things forever**. If you cut out *all* forms of pleasure indefinitely, you risk burnout and legalism – and you may neglect life’s genuine goods like fellowship, music, or a hobby that glorifies God. The medical review we cited earlier explicitly cautions that *extreme forms of dopamine fasting* (like **prolonged isolation or rigid diets**) can backfire, leading to **loneliness, anxiety, or even physical harm** ⁴⁸ ⁴⁹. In other words, do not lock yourself in a dark room and eat only bread and water for weeks in the name of “detox” – that’s not healthy for body or soul. A Christian approach must be **holistic**: caring for your physical and mental well-being even as you make spiritual changes. If you choose to fast from certain media, still take care to eat well, exercise, and



interact with supportive friends or family. Joyful activities like taking a nature walk or having a deep conversation are completely in line with detoxing – they're *healthy* dopamine that wean you off the junk.

Second, **individualize your plan**. We all have different temperaments, struggles, and life circumstances. A college student addicted to TikTok and a working parent who unwinds with video games might both need a detox, but the shape of it will differ. Research notes that there is *"no one-size-fits-all approach"* – each person should set boundaries that make sense for their situation ⁵⁰ ⁵¹ . If you try to copy someone else's rigid routine, you might get discouraged. Instead, prayerfully assess *your* habits: What's causing the most spiritual and mental harm? What do you feel convicted about? Start there (more on this in the next section's steps). If you struggle to discern this, consider seeking a wise counselor, pastor, or even a therapist who respects your faith. **Professional guidance** can be very valuable, especially for serious addictions or mental health issues. A Christian therapist or a support group (like Celebrate Recovery) can help tailor a dopamine detox strategy to your needs and keep you accountable. As Proverbs 15:22 says, *"Plans fail for lack of counsel, but with many advisers they succeed."*

Third, **don't shun medical help**. Sometimes breaking free from dopamine addiction isn't just a matter of willpower or prayer – it may require medical intervention. For example, someone with **substance addiction** might need supervised detox and medication to safely withdraw. Someone with **clinical depression** might benefit from antidepressants which can stabilize their neurotransmitters while they also remove unhealthy stimuli. There is no shame in using medication if needed; it's not a lack of faith. In fact, refusing legitimate help can be presumptuous. Luke, the author of one Gospel, was a physician – a reminder that God can work through doctors. If you've tried to moderate your tech use or quit pornography and find yourself utterly unable, you might have an **underlying disorder** (like impulse control issues or trauma) that could use therapy. A psychiatrist might diagnose an issue like ADHD or anxiety that is fueling your compulsive behavior and suggest treatments. Embrace these as part of God's provision. Integrating faith and science might look like praying for self-control while also using an internet filter or taking a prescribed medication to reduce cravings. James 2:17 reminds us that faith without action (or "works") is dead – taking practical and medical steps is part of acting on our faith that God wants us free.

Finally, maintain a **grace-filled perspective**. If you slip up during a detox (say you break down and binge on Netflix one night), don't fall into despair or all-or-nothing thinking. The journey to freedom is often two steps forward, one step back. God's mercies are new every morning (Lamentations 3:22-23). Pick up where you left off, perhaps adjust your plan to be more attainable, and lean on God's grace. Legalism and self-condemnation will only drive you back to the false comforts of dopamine. Instead, view this process as **walking with Jesus day by day**. He is gentle and "knows our frame" (Psalm 103:14). Celebrate progress, and let any failures teach you where you need more support or a different approach. The integration of spiritual and scientific means will look like prayer *and* planning, Scripture *and* strategy.

Practical Steps for a Christian Dopamine Detox

Embarking on a dopamine detox can feel daunting, but remember: *"I can do all things through Christ who strengthens me"* (Philippians 4:13). With God's help and some practical strategies, you **can** break free from life-draining habits. Here is a step-by-step guide to implementing a Christian-oriented dopamine detox. Start with the worst offenders that harm both your dopamine balance *and* your spiritual health, and then work your way through other areas in your life.



1. Pray for Insight and Strength: Begin with prayer. Ask God to “*search me... and know my heart... point out anything in me that offends you*” (Psalm 139:23-24 NLT). We need the Holy Spirit’s conviction to honestly identify our idols and addictions. Also pray for the fruit of self-control (Galatians 5:22-23) and for God to “*work in you to will and to act*” according to His purpose (Philippians 2:13). This journey isn’t just self-improvement; it’s sanctification. Rely on God’s strength, not just your resolve.

2. Identify Your Worst Dopamine Traps: Take inventory of the activities that consume you and leave you spiritually hollow. Which behaviors give you the biggest “dopamine high” followed by a crash? Common culprits include: - **Pornography or sexual lust:** This is often the *top* dopamine-and-spirit killer – it provides a huge neurochemical rush but leads to guilt, shame, and distance from God. If this is present, prioritize quitting porn **completely** (with accountability software and support, see step 9). - **Social media and mindless web browsing:** Do you lose hours to TikTok, Instagram, Facebook, or random YouTube binges? Does it result in comparison, envy, or just wasted time? Note if these are dominating your day. - **Video games or streaming entertainment:** Games can be very addictive, engineered to keep you hooked. Likewise, auto-play on Netflix can vaporize an evening. If you find it hard to stop once you start, that’s a sign of a problem. - **Smartphone overuse:** Not one app in particular, but the habit of constantly checking your phone – notifications, news, messages, even if nothing important. Screen time reports can reveal if you’re on your device 5-8+ hours a day. - **Overeating or junk food:** Dopamine isn’t only digital. Binge-eating sweets or snack foods for comfort is another dopamine outlet with physical and spiritual implications (gluttony, health issues). - **Other habits:** Perhaps shopping addiction (constantly buying things online for a thrill), gambling, or even always needing music/podcasts on (never having silence). List what the *worst 2-3 offenders* are for you.

Being specific is key. You might write down, for example: “1) Watching porn when I’m stressed or late at night. 2) Scrolling Twitter and Instagram whenever I’m bored (several hours daily). 3) Binge-watching TV most evenings until past midnight.” This clarity will guide your detox plan.

3. Set Clear Boundaries and Goals: Now decide **what** you will fast from and **for how long**. It’s often effective to start with a significant **reset period** (e.g. 2 weeks or 30 days) for the most damaging habit, as research suggests this is long enough to feel real benefits ¹² ¹¹ . For example, “*No pornography or erotic media, indefinitely (permanently, with God’s help), and at least 30 days complete abstinence to break the cycle.*” Or “*No social media for 14 days initially.*” You might choose a **tiered approach** for different items: some you eliminate completely, others you limit. Dr. Sepah’s model of fasting a little each day, plus bigger breaks periodically, can be adapted here: maybe you commit to *no phone after 9pm daily, no video games except 1 hour on Saturdays, one weekend a month of total digital unplug*, etc. ⁵² . **Write down your commitments** as a kind of covenant. Make them realistic but challenging. If you’re deeply hooked, a **full cutoff** for a time is easier than moderation – it’s like ripping off a band-aid. As Lembke notes, it’s usually easier to go from abstinence to moderate reintroduction later than to try to moderately cut down from the get-go ⁵³ ⁵⁴ .

For each target, specify duration. You can always extend it if you see great results. Common plans: “*30-day digital detox from all non-essential screen use*”, or “*40-day fast from video games*” (perhaps aligning with a season like Lent, which is 40 days – a meaningful parallel!). Ensure you also plan **what positive activity** will fill the void (see step 5).

4. Remove Temptations (Self-Binding): It’s time to put **guardrails** in place. The Bible says, “*make no provision for the flesh, to gratify its desires*” (Romans 13:14). Don’t rely on sheer willpower in the heat of the moment; *engineer your environment* for success. Psychologists call this **stimulus control** or self-binding.

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



Some practical tips: - **Take a tech break:** Physically remove or limit access to devices. During your detox, you might store your gaming console at a friend's house, uninstall social media apps from your phone, or at least turn off all non-essential notifications. If your phone is a major source, consider using a basic phone or at minimum, keep it out of the bedroom at night (buy an alarm clock!) ⁵⁵ ⁵⁶ . Put your phone in another room during prayer or Bible study. - **Use website blockers or filters:** Install software that blocks or time-limits your particular vices (e.g., block all porn sites, or set YouTube to only 30 minutes a day, or use "Focus" apps that shut off social media after a limit). There are faith-based tools like **Covenant Eyes** for pornography accountability, which send a report to an accountability partner if you try to access explicit content. - **Create friction:** If gaming is an issue, uninstall the games that consume you, or disable in-game purchases. If Netflix binging is an issue, log out and have a friend set the password so you **must ask** to log in (which makes you pause and think). These "pause buttons" echo what Dr. Lembke recommends – putting a bit of time/space between you and the temptation can weaken the automatic impulse ⁵⁷ ⁵⁸ . - **Control your space:** Decide zones or times that are screen-free. For instance, "*No phone at the dinner table or in church,*" or "*Reading room in the house has no electronics.*" Some even try a "stupid phone" (an old flip phone) for a while to break smartphone dependency ⁵⁹ ⁶⁰ . If overeating, don't stock junk food at home. If overspending, delete saved credit cards from online stores so it's harder to impulse buy. - **Enlist allies to hide or hold you accountable:** The Word on Fire article humorously notes the author's wife would hide his smartphone after work ⁶¹ ⁶² . That might be extreme for some, but accountability is powerful. Tell a trusted friend or spouse about your detox and ask them to check in on you. Even better, do it *together*! Maybe your whole family agrees to a "tech-free Sunday afternoon" or your small group at church collectively fasts from social media for a week and shares experiences.

These measures may feel inconvenient, but that's the point – you are **constraining the environment** to favor your holy goals, much like a carpenter uses a *jig* to guide a cut ⁶³ ⁶⁴ . In spiritual terms, you are "plucking out the eye" that causes you to sin (Matthew 5:29) – not literally, but removing access to the thing that leads you astray.

5. Replace with Renewing Habits: Simply removing dopamine sources will leave a void – you need to **fill it with healthy, God-honoring activities**, or else you'll drift back or find a new vice. Ephesians 4:22-24 outlines this principle: "*put off your old self... be renewed in your mind... put on the new self.*" So plan enriching alternatives that **also give dopamine**, but in a balanced way. Some ideas: - **Daily time with God:** Use the time you'd normally spend on screens to pray, read Scripture, or journal. If mornings you usually check social media for 30 minutes, instead do a 30-minute devotional. "*Renew your mind in the Word*" (Romans 12:2) as your first input of the day ⁶⁵ ⁶⁶ . Likewise, at night, read the Bible or a Christian book instead of Netflix. "*Taste and see that the Lord is good*" (Psalm 34:8) – ask God to restore your *spiritual* appetite. - **Exercise and outdoor time:** Physical activity releases endorphins and dopamine in a healthy way, improving mood and brain health. Take a walk or run, join a sports group, or just sit outside and enjoy God's creation. Sunlight, fresh air, and movement can surprisingly help reset an overstimulated brain. Maybe make it a habit to walk each afternoon when you'd usually have a social media break. Even better, combine it with worship or prayer (e.g. listen to worship music or pray as you walk). - **Hobbies and creativity:** Re-engage with offline hobbies or start a new one – art, music, woodworking, gardening, reading actual books, etc. These activities might have *small* dopamine rewards but they train patience and skill. You'll find after detoxing from high stimulation, you have the attention span to enjoy these again. Perhaps you used to play guitar or paint before the internet ate your free time – reclaim that joy. - **Service and relationships:** One of the best ways to recalibrate is to invest in *real* connections. Schedule coffee with a friend, play a board game with family, volunteer at church or a local charity. Helping others and interacting face-to-face provides a more sustaining kind of happiness. It also counters the isolation that often accompanies tech addiction.



Make it a point to *notice the people around you* when you're not glued to your phone – spark conversations, practice active listening. As Hebrews 10:24-25 encourages, meet together and encourage one another. - **Mindfulness or devotions during idle moments:** If you're detoxing, you'll have moments when you instinctively reach for your phone or feel *"I'm bored now what?"*. Decide ahead to replace that with prayer or mindful breathing. For instance, every time you crave a scroll through social media, use it as a cue to say a quick prayer (maybe go through the Lord's Prayer or pray for someone). Some Christians use the "Phone Stack" method: put the phone in a stack or box whenever possible and only check at set times; in between, if you feel the itch, recite a memory verse or do a short meditation on Scripture. This way, the absence of digital noise becomes an opportunity for spiritual growth.

By filling your life with **wholesome rhythms**, you'll find less room for the old habits. It's like training your taste buds away from sugary junk by eating nourishing food – at first vegetables aren't as exciting, but over time you truly *prefer* the healthier option. Likewise, you will start to prefer a *peaceful mind and God's presence* over the frantic buzz of dopamine hits.

6. Embrace Initial Discomfort – It's a Sign of Healing: Expect the first days or weeks of detox to be challenging. You might feel restless, irritable, or down when you cut off your favorite stimulus – this is **withdrawal**, and it's actually confirmation that your brain is recalibrating. Don't panic; push through. It's much like fasting from caffeine or sugar: headaches and fatigue come before the energy returns. Dr. Lembke notes that when we stop an addictive behavior, we experience the universal withdrawal symptoms: *"anxiety, irritability, insomnia, depression, and intrusive cravings"* ⁶⁷. Spiritually, this can even manifest as a sense of emptiness or a heightened temptation to go back. **Prepare for this.** When the discomfort hits, remind yourself it is *temporary*. Journal your feelings; pray honestly ("Lord, I'm really struggling without this – please be my strength"). Lean into supportive friends or mentors during this phase – let them know you might be moody and ask for their encouragement and prayers. Remember Jesus' words to *"deny yourself, take up your cross daily, and follow me"* (Luke 9:23). Sometimes *denying yourself* hurts! But each time you say "no" to a false pleasure, you are saying "yes" to a greater one. James 1:2-4 even tells us to *"consider it pure joy"* when we face trials because they produce perseverance and maturity. Your withdrawal period is like a trial producing the fruit of self-control and perseverance in you.

A practical tip: **take it one day at a time**. Don't overwhelm yourself thinking "How will I live without YouTube for a whole month?!" Just decide each morning, *"Today, by God's grace, I will stick to my plan."* In recovery circles, they literally use the mantra "Not today." This aligns with Jesus' teaching not to worry about tomorrow (Matthew 6:34). Win the victory just for the next 24 hours. Those days will add up.

7. Lean Into Spiritual "Detox" Practices: Use this detox season to also evaluate your spiritual diet. Often our dopamine habits mask deeper issues – stress, loneliness, emotional pain, or lack of purpose. Bring these to God. As you refrain from superficial highs, **press into spiritual disciplines:** - **Confession and repentance:** If certain habits have led you to sin, confess specifically and receive God's forgiveness (1 John 1:9). Repentance means a change of mind and direction – you're doing that tangibly by changing your behavior. Let God wash away guilt and shame; you're cleansed by Christ's blood, which gives you a fresh start. - **Scripture study:** Go beyond a quick devotion – perhaps undertake a study of passages about the mind, the heart, or holiness. Memorize a few key verses that fortify you when tempted (e.g., *"I will set no worthless thing before my eyes"* – Psalm 101:3, or *"Walk by the Spirit, and you will not gratify the desires of the flesh"* – Galatians 5:16). - **Prayer and meditation:** Increase your prayer time, and include silence to listen. It might feel strange if you're used to constant input, but stick with it. Ask God to speak and comfort you in the silence. As you meditate on Scripture or God's attributes, you may find a sweetness in His presence that



far outweighs the buzz of social media. *"In Your presence there is fullness of joy"* (Psalm 16:11) – make that your pursuit. - **Fasting (food):** Some Christians combine a dopamine detox with a traditional fast (skipping one meal a day or fasting from sweets, etc.). This can amplify the spiritual focus. However, be cautious not to overload yourself – if it helps you rely on God more, great, but if it's too much, it's okay to focus on one kind of fast at a time. - **Worship and gratitude:** Play worship music (instead of other media) and sing to the Lord. Practice thanking God daily for small things. Gratitude itself boosts healthy dopamine and serotonin in the brain, improving contentment. It also shifts your focus from what you *lack* (or the fun you think you're missing) to the blessings you have.

These practices will help **rewire your heart** to find satisfaction in God. The more you delight in the Lord (Psalm 37:4), the less alluring the counterfeit delights become.

8. Reintroduce (or Not) with Wisdom: After your set detox period, evaluate and prayerfully decide how to move forward. Some things, like pornography, you should aim to eliminate entirely – there is no "moderate" level of sin that is okay (Ephesians 5:3). In those cases, your detox is really a jump-start to *permanent* freedom, with ongoing vigilance. Other things, like general internet use, social media, or TV, might be permissible to reintegrate in moderation once you have broken the dependency. As you consider adding back any activity, do so carefully: - **Reflect on the change:** How was your life different during the detox? Did you feel closer to God, happier, less anxious? What new habits were life-giving? Write down these insights. They will remind you why you quit in the first place. - **Set new rules** if reintroducing. For example, after a 30-day social media fast, you might decide, "I'll check Facebook only on weekends, and limit to 20 minutes." Or after no gaming for two weeks, "I'll play games but only after finishing daily responsibilities, and for an hour max." Stick to **time limits or specific conditions** (like only using an app for work/ministry purposes). Utilize tech tools to enforce time limits if needed. - **Monitor yourself.** The moment you see an old pattern creeping back – hours lost, or that compulsive urge returning – be ready to pull back again. Some people find they need to do periodic detox resets to keep balance. That's fine! Maybe you institute a rule of one week off every two months for recalibration, or you regularly do "No-Tech Tuesdays," etc. - **Keep accountability.** Continue to be open with a friend or spouse about your ongoing plan. If you struggle, reach out rather than hide it. Community support is vital for long-term change (Galatians 6:2).

If an activity proves impossible to moderate without falling into addiction, consider whether you need to **cut it out entirely** for the foreseeable future. For instance, if after a trial you find any gaming triggers a binge, it may be that you're better off not gaming at all. Plenty of people live joyfully without it. Jesus said if your hand causes you to sin, cut it off (Matthew 5:30) – meaning sometimes a drastic removal is worth it to save your soul from continual bondage. That said, make such decisions with wisdom and, if possible, counsel. Overly stringent rules can sometimes lead to rebellion later if done without understanding. But if the Lord leads you to permanently ditch something, He will give you the strength to do so and provide better things in its place.

9. Seek Support for Deeper Issues: If you find that despite doing all the above, you're still struggling heavily or repeatedly relapsing, don't hesitate to seek additional support. This could be: - **Counseling:** A Christian counselor or support group might help uncover *why* you chase dopamine – maybe it's coping with pain, or lack of identity, etc. They can provide tools and inner healing beyond just behavior change. - **Medical help:** Consult a doctor or psychiatrist if you suspect any underlying mental health condition. For example, ADHD often involves dopamine dysregulation – someone with untreated ADHD might self-medicate with internet stimulation. Proper treatment (medication or therapy) for ADHD could greatly aid your efforts. Or if depression is driving your escapism, addressing that medically can reduce the cravings



for a “dopamine high” to feel okay. - **Spiritual mentorship:** Talk to a pastor or mentor about your struggle. There might be spiritual strongholds or wounds (such as trauma or deep-seated beliefs) that need prayer and counsel. Sometimes things like porn or substance addictions have both physical and spiritual components – addiction and shame can give the enemy a foothold. Breaking those chains might involve confession, accountability, and prayer ministry (James 5:16). - **Habitual Sin Support:** For issues like pornography or sexual addiction, consider programs like Celebrate Recovery or other church-based addiction recovery groups. Knowing you’re not alone and learning from others further along can be a huge encouragement.

The key is **do not fight alone** if you feel overwhelmed. Galatians 6:2 urges us to “*bear one another’s burdens.*” There is humility in admitting we need help – and God gives grace to the humble (James 4:6). Utilizing all these resources is part of the “*balanced integration*” we spoke of: God can use pastors *and* psychologists, prayer *and* medicine, Scripture *and* science to accomplish His work in you.

10. Celebrate Milestones and Give God Glory: Finally, mark your progress and **thank God** for it. When you hit one week, two weeks, a month free from your vice, celebrate! Treat yourself to something wholesome you enjoy (maybe a special meal with family or a new book – not a new video game!). More importantly, testify of what God is doing. Perhaps share with a close friend or your small group how God has helped you break free. Your story might inspire others. It also reinforces your new identity: you’re not enslaved anymore, you’re walking in freedom by God’s grace. Stay humble, knowing it’s an ongoing journey, but also rejoice. Proverbs 13:12 says “*Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.*” As you start to truly *desire* the better things (God, purpose, healthy living) and see those desires fulfilled, you’ll experience that tree of life. Give God the glory as your strength and deliverer (Psalm 18:2).

Finding Lasting Joy in Christ

A dopamine detox is not an end in itself – it’s a means to an end. The ultimate goal is **not just to reset your brain**, but to reset your heart on what truly satisfies. We wean ourselves from shallow pleasures so we can drink more deeply of the **joy of the Lord**. Jesus said, “*Whoever drinks of the water I give them will never thirst again*” (John 4:14). Many of us have been drinking from broken cisterns of digital dopamine, always thirsty for more. But when we turn to Christ, we find a source of “*living water*” that authentically quenches our soul.

Imagine the freedom of waking up not *needing* a social media fix to start your day, but instead feeling an eagerness to greet God and live purposefully. Picture enjoying a meal or a sunset without reflexively pulling out your phone, simply savoring the moment in gratitude. Consider how much more present and loving you can be with your family when you’re not mentally checked-out on endless entertainment. These are the fruits of detoxing from the world’s hyperstimulation – you *regain your life*. More importantly, you become more aware of God’s presence in the everyday. You can say with the Psalmist, “*I have set the LORD always before me... therefore my heart is glad*” (Psalm 16:8-9).

Of course, even after a successful dopamine detox, life will not be one continuous spiritual high. There will be ordinary days and ups and downs. But that’s okay – **ordinary becomes beautiful** when seen through clear eyes and a content heart. You begin to delight in simple things as gifts from God. The laughter of a friend, a prayer answered, a chapter of Scripture that speaks to you – these give a steady, nourishing kind of joy. You start to experience what 1 Timothy 6:6 describes: “*godliness with contentment is great gain.*” It’s the gain of not always chasing the next thrill, but growing deep roots in God’s love and purpose.



Remember the analogy from earlier: the Israelites craved the “*food of Egypt*” when they were in the desert (Numbers 11:5), forgetting it was slavery back there ⁴⁶ ⁴⁷ . God was leading them to a Promised Land “flowing with milk and honey” (Exodus 3:17), but they had to trust Him through the detox of the wilderness. In the same way, **don’t be surprised if part of you “craves Egypt”** during your dopamine fast. Old comforts may call your name. Counter those temptations with God’s promises. The desert is not forever; it is the path to *real freedom*. Jesus emerged from His 40-day fast “in the power of the Spirit” (Luke 4:14) – strengthened to fulfill His mission. You too will come out of this experience stronger in spirit, with newfound power to resist temptation and to pursue the calling God has for you.

In the end, a Christian dopamine detox is about **reordering your loves**. It’s fine to enjoy technology, entertainment, or any created thing in its proper place. But our highest love and source of joy must be God Himself. As Saint Augustine famously prayed, “You have made us for Yourself, O Lord, and our heart is restless until it rests in You.” If you’ve been restless and joyless, constantly seeking the next distraction, consider this an invitation from God. He may be calling you to a season of resetting – a **holy detox** – so that you can find your rest and delight in Him again.

Take that step of faith. It may be one of the harder things you’ve done, but it *will* be worth it. The God who calls you to it will support you through it. As you remove the clutter and clamor from your life, you’ll be amazed at how much more clearly you can hear the voice of your Good Shepherd (John 10:27) and how much more fully you can experience the “*peace of God, which transcends all understanding*” (Philippians 4:7). Instead of the fleeting spike of a dopamine hit, you’ll cultivate the steady flame of **Christian joy** – rooted in the Lord, strengthened by self-control, and nourished by real relationships and purpose.

In God’s presence is fullness of joy (Psalm 16:11). May your journey of dopamine detox, done in a Christ-centered way, lead you into that fullness. As you unplug from the world’s hype and plug into God’s grace, you’ll discover that “*the joy of the Lord is your strength*” (Nehemiah 8:10) – a far better reward than any app or indulgence can offer. Press on, with Jesus as your guide, and enter the freedom and joy He has prepared for you!

References:

1. Robert Mixa, “The Dopamine Fast,” *Word on Fire*, Feb 21, 2023. (Discusses the need to fast from digital overstimulation and relates it to spiritual attention to God, citing Dr. Anna Lembke’s work on dopamine and addiction.) [Link](#)
2. Milton Quintanilla, “How Christians Can Break Free from the Grip of Dopamine Media,” *Crosswalk.com*, updated Feb 28, 2025. (Highlights the concept of “dopamine media,” idolatry of screens, and provides tips like renewing the mind with Scripture, changing environment to build good habits, and taking digital detox steps.) [Link](#)
3. Peter Grinspoon, MD, “Dopamine Fasting: Misunderstanding Science Spawns a Maladaptive Fad,” *Harvard Health Blog*, Feb 26, 2020. (Explains what dopamine fasting is meant to be – a break from addictive behaviors – and debunks myths, warning against extreme interpretations. Recommends moderate, mindful breaks instead of ascetic extremes.) [Link](#)
4. Dev Desai et al., “A Literature Review on Holistic Well-Being and Dopamine Fasting: An Integrated Approach,” *Cureus Medical Journal*, vol.16, June 2024. (Examines current evidence on dopamine fasting, noting potential benefits like improved focus and reduced anxiety, but also cautions that extreme forms can cause harm; emphasizes individual variation and the need for moderation.) [Link](#)

The information presented is for educational and inspirational purposes only, it is not intended as medical advice.



5. Freedom Matters Podcast – Interview with Dr. Anna Lembke, “Digital Dopamine 24/7,” *Freedom.to Blog*, Aug 2021. (Dr. Lembke discusses how dopamine regulates pleasure/pain, the 30-day abstinence reset for addiction, and strategies like self-binding and “leaning into pain” to restore balance. Offers clinical insight into why abstaining for a period makes moderation easier afterward.) [Link](#)
6. **Bible – Holy Scripture, various passages.** Quotations or references from Exodus 20:3-4, Numbers 11:5, Psalm 16:11, Psalm 119:37, Proverbs 25:28, Ecclesiastes 2:11, Matthew 5:6, Matthew 6:6, Matthew 5:28-30, Luke 5:16, Luke 9:23, John 4:14, Romans 12:2, 1 Corinthians 6:12, 1 Corinthians 9:27, Galatians 5:16-23, Ephesians 5:15-18, Philippians 4:8, etc., are used to provide biblical context and support for the principles discussed. (Accessible via [BibleGateway](#) or other online Bible resources.)
7. Anna Lembke, “Digital Addictions Are Drowning Us in Dopamine,” *Wall Street Journal*, Aug 13, 2021. (Referenced via secondary sources; Lembke’s article/story about a patient who quit video games for a month with significant improvement, illustrating dopamine fasting in action. Adapted from her book *Dopamine Nation*.) [Summary available via GWilliamsFamilyEye blog](#)
8. **James Clear – *Atomic Habits*** (2018). Not directly cited above but mentioned conceptually in the Crosswalk article: Clear’s research on habit formation and environment design reinforces the idea of *changing cues and environment* to break bad habits. His principle that “environment is the invisible hand that shapes human behavior” is reflected in our step on removing temptations and adding friction to bad habits. [Link](#) (See Chapter on environment design)
9. Harmony Healthcare IT, “2024 Smartphone Usage Survey.” (Reported in Crosswalk: Americans’ average phone screen time of 5 hours 16 minutes per day, highlighting the prevalence of digital overuse.) [Link](#)
10. Oxford Languages, “Word of the Year 2024: ‘Brain rot’.” (Mentioned in Crosswalk: the term “brain rot” winning Word of the Year, reflecting cultural recognition of digital overconsumption’s cognitive impact.) [Oxford Languages announcement](#) (Note: summary available via news articles on the topic).

1 2 3 4 5 6 7 8 9 10 11 12 39 53 54 57 58 67 Freedom Matters & Anna Lembke: Digital Dopamine 24/7 - Freedom Matters

<https://freedom.to/blog/freedom-matters-anna-lembke/>

13 14 15 16 17 20 21 22 55 56 65 66 How Christians Can Break Free from the Grip of Dopamine Media | Crosswalk.com

<https://www.crosswalk.com/faith/spiritual-life/how-christians-can-break-free-from-the-grip-of-dopamine-media.html>

18 19 40 41 42 43 46 47 59 60 61 62 63 64 The Dopamine Fast - Word on Fire

<https://www.wordonfire.org/articles/fellows/the-dopamine-fast/>

23 24 25 26 27 28 29 30 31 32 52 Dopamine fasting: Misunderstanding science spawns a maladaptive fad - Harvard Health

<https://www.health.harvard.edu/blog/dopamine-fasting-misunderstanding-science-spawns-a-maladaptive-fad-2020022618917>

33 34 35 36 37 38 44 45 48 49 50 51 A Literature Review on Holistic Well-Being and Dopamine Fasting: An Integrated Approach - PMC

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11223451/>