

Eliminate alcohol from your diet

Almost everyone knows that drinking alcohol and smoking increases the risk of cancer and cardiovascular diseases. It is disturbing, however, that although we are perfectly aware of the harmfulness of these stimulants, we still use them. Alcohol consumed in large amounts raises blood pressure and interferes with heart function, thereby increasing the risk of having a heart attack. In addition, it impairs digestive processes and reduces appetite. Alcohol also puts a heavy burden on the liver, which really has to strain to metabolize it. Hence, cirrhosis of the liver is frequent in those who are addicted to alcohol. To date, a safe dose of alcohol has not been established - any of them can have a negative effect on the body.

Quit smoking

If we want to stay healthy, we should absolutely avoid cigarettes. To harm ourselves, we don't have to be an active smoker at all. Even passive smoking has a negative effect on the body. Therefore, if possible, try to avoid smoky rooms. Smoking cigarettes - whether active or passive - causes many health problems. It promotes hypertension, atherosclerosis, heart attacks, strokes and neoplastic diseases. It also increases the risk of stomach ulcers and accelerates the development of osteoporosis. Heavy smokers often complain of a chronic, choking cough, sleep problems, reduced taste sensation, sexual dysfunction, and difficulties in conceiving a child. All of this is due to the action of over 4,000 toxic chemicals in cigarette smoke.

Don't even try boosters

When legal highs entered the Polish market, they were sold as safe, non-addictive psychoactive substances, increasing the body's efficiency, and improving memory and concentration. For this reason, at the turn of 2008-2010, several dozen legal points were operating throughout Poland, where you could buy this type of funds without any problem. Today we know that legal highs are much more dangerous than we thought then. The term "legal highs" covers a whole lot of different psychoactive substances that can affect each organism differently. What is certain is that legal highs are just as dangerous as drugs. They are also addictive, just as they can put a person into a state of excitement or euphoria, or cause visual hallucinations. Even a single intake of designer drugs can poison the body and, as a consequence, result in death.



Rule 4: Control stress

Stress accompanies us every day - at work, at school or at home. It can be good and motivating (eustress) or bad and harmful to the body (distress). We cannot completely eliminate "bad" stress. However, we can try to deal with it somehow. We can, and we must, because long-term distress can have a very negative impact on our health, both mentally and physically.

Stress can cause neurosis, depression, sleep problems, concentration disorders, stomach ulcers, diseases of the cardiovascular system, disorders of the menstrual cycle, decreased immunity and finally sexual dysfunction. Chronic stress, unfortunately, often leads to addiction - alcoholism, drug addiction or drug addiction. How to deal with stress so that it does not have a negative impact on our health? There are different ways to do this.