

Take care of the regeneration of the body

The less stress in life, the longer it takes. Stress is essential for us to survive, but life is not only about surviving, but also about being alive. In today's world, we are constantly available via e-mail, mobile phone and social media, we register huge amounts of information on which we have to make a decision and take a position. No wonder our body is under constant stress. If we do not find some time to regenerate, our health may suffer greatly.

Stress affects the entire body: it consumes energy, so it uses up important nutrients and depletes the body's reserves. Stress hormones such as adrenaline and cortisol are then released, and blood pressure, blood sugar and fat levels rise. This leads to an increase in free radicals and inflammation in the body, damage to the immune system, and an increased risk of developing cardiovascular disease, infection and cancer.

Take care of your sleep

To feel well and healthy, you need to get enough sleep. A restful, sufficiently long sleep has a positive effect on our well-being and performance. The optimal length of sleep is around 7 hours, while both too long and too short sleep are detrimental to your health. It turns out that the risk of premature death is as high in people who slept eight hours or more and those who slept six hours or less.

How to sleep well? It is worth developing some evening rituals, e.g. falling asleep and waking up at the same time, spending as much as possible outdoors during the day (thanks to which the level of melatonin in the body is reduced), moving as much as possible (movement releases endorphins that reduce stress and improves the quality of sleep) , slow down the pace before going to bed, put down the phone, computer, take care of good sleeping conditions (ventilate the bedroom, dim the light in the bedroom), avoid drinking caffeine and alcohol (they disturb sleep).



Take care of the proper level of vitamin D



When we are outdoors, we are exposed to the ultraviolet rays that the sun emits. It is during direct exposure of skin cells to sunlight, under the influence of UVB rays, that vitamin D is formed in the body. The sun is an essential element in the process of its production, but not only it. Our diet is also important. Much of this vitamin is

found in fatty fish such as salmon, herring, mackerel, eel, and also in eggs.

Vitamin D is a wonderful chemical that we need to function properly. It has a positive effect on the nervous system and the skeletal system (prevents bone fracture), regulates the hormonal balance,

improves the absorption of minerals and other important substances by the intestines, activates and strengthens the immune system, helps to reduce inflammation and reduces the risk of many diseases, e.g. cancer, diabetes, depression, psoriasis, osteoporosis, infections, dementia, blood clots and even multiple sclerosis.