

Take care of the proper level of vitamin D

Scientists have only recently begun to understand the critical importance of vitamin D for the health of the entire body, especially mental health. Its richest source is of course sunlight, but the fear of skin cancer is so great that about 1/3 of the population is deficient. During the summer months, daily exposure to sunlight for at least a quarter of an hour a day is important.

The point is not to get sunburn, but to make the skin red a little. Supplement your vitamin D levels by taking dietary supplements or eating foods such as milk, eggs, yogurt, and oily fish, especially during the long winter months when the sun is too weak to provide health benefits.

Drink filtered water

You should drink plenty of water every day. Exactly what their amounts should be is debatable. It is best to listen carefully to your body about this, as it will tell you when to drink and how much should you drink.

Use a good quality filter to ensure that all chemicals, heavy metals, parasites, and fluoride are removed from the water beforehand, or buy bottled water, preferably in glass bottles as plastic can release toxins. The last problem is that a mix of synthetic drugs can now be found in public water supplies.



Watch out for the pills

Prescription medications can be important in the early stages of any illness as they help to relieve the most severe symptoms such as pain and malaise.

However, they are a short-term remedy, and while taking them, one should try to identify the appropriate cause of the ailments. For 25 years, the search for a drug that would cure virtually



everything has still been unsuccessful. Meanwhile, pharmaceuticals do not heal, they only help to make life more bearable, and their use carries a significant risk of a chemical chain reaction that causes a number of side effects.

Contrary to the claims of the pharmaceutical industry that drugs can reach certain receptors in the body with laser efficiency, pharmaceuticals always affect all parts of the body and cause side effects. Many systems that are not related to each other have identical receptors.

There are better solutions to virtually every health problem, except, of course, for emergencies where conventional medical treatment is justification. In the event of a gunshot, stabbing, hit, heart attack or stroke, modern Western medicine simply has no equal.