

Don't beat your fever right away

Medicine sees fever as the main alarm signal and immediately takes action to deal with it as quickly as possible. Although extremely high temperatures can be dangerous, raising it itself is a necessary process: it helps to activate the immune system, defeat viruses and other microbes, and even fight the early stages of diseases, such as cancer.

Before trying to reduce the fever, it should be carefully monitored for several days without any intervention. Remember to drink plenty of fluids and rest in a properly ventilated room.

Breathe properly

It's amazing that most people don't breathe properly. They often inhale very shallowly, and some do so through their mouths, although they should inhale frequently and deeply through their nose, filling their lungs with health-promoting oxygen, and then exhale slowly through their mouths. Improper breathing can contribute to the onset of asthma, and breathing and snoring problems are now being further investigated as possible causes of attention deficit hyperactivity disorder (ADHD) and educational difficulties.

If your breathing is not normal, the Buteyko 11 method can help, as can the breathing exercises (pranayama) you do in yoga.

Avoid smoking and drink alcohol in moderation

If you smoke cigarettes, stop right now - it's obvious. Self-hypnosis programs can help you become weaned from tobacco. In the case of alcohol, moderation is the key. A glass of wine can be more useful than harmful from time to time, but there are numerous days of abstinence each week to allow the body to recover.



Keep gums healthy



Only now are doctors starting to understand the importance of gums and teeth for overall human health. Many health problems, especially heart disease, are related to poor oral health. It is very likely that inflammation of the gums that bleed frequently will cause problems throughout the body. It is also important to minimize the number of amalgam fillings and - where

possible - to avoid root canal treatment.

Pioneering dentistry Weston Price discovered a direct relationship between the health of specific teeth and the health of the organs of the body. He believed that root canal treatment causes leakage of bacteria responsible for the development of systemic autoimmune diseases such as arthritis. Most

likely, there is also exposure to X-rays on the dentist's chair, so treatments in the office should be limited to those necessary.

Take care of your mental health

If you suffer from chronic depression - especially when you are taking prescription drugs for it - you must become a medical investigator. It is important that you do not go through the disease alone, but in close cooperation with a qualified healthcare professional. Regardless of his specialization, he must adhere to the notion that chronic depression has a biochemical aspect.