

# 10 signs appear on the body of health warning you should not be ignored

Small signs all over the body, from the eyes to the toes, can be a warning sign of ongoing disease in the body. If you recognize it soon, you will have the right and timely treatment.

1. How to recognize signs of dengue
2. Look at the tongue guess: 13 signs not to be missed
3. 13 health problems that crescent-shaped on nails are trying to warn you

The human body is not as mysterious as we think. In fact, it helps us to soon detect the signals that are quietly occurring in the body.

Sometimes just by looking at the small changes in your body, you can guess what kind of problem you have in time to treat it.

Many studies show that early screening can prevent certain diseases, even reducing the risk of premature death.

To help you identify the signs when your body is sick, health experts have come up with 12 symptoms on the body that can be a warning sign that you should not ignore.

## 1. There are folds in the ear



Many studies show that if the ear has folds, then maybe your body is suffering from some cardiovascular problems, the ear fold may be a warning sign of arterial obstruction.

## **2. Smooth tongue**



The normal tongue is usually the spines that stick up on the surface of the tongue. However, if you find that your tongue does not have these thorny layers, you may be missing vitamin B12 or iron for your body. This is an inflammation of the tongue, which may also be due to low estrogen or genetics.

## **3. There is fluid in the navel**



Umbilical cord is an ideal place for bacteria and dirt to accumulate most easily, especially when piercing in this area. If the umbilical cord shows signs of yellow, green or gray discharge, then your umbilical cord may be infected with fungi, yeast or bacteria.

## **4. Recessed nails shaped like spoons**

This condition is also known as koilonychia. The cause may be due to lack of iron, anemia, liver or heart disease, poor blood circulation to the fingers and hypothyroidism.

## **5. Mesh-type blood vessels under the legs**

If the skin appears to have a lenticular vein, the skin changes to purple, which may be a sign of livedo reticularis. When the weather turns cold, it can make the disease worse, while warm weather will make the disease better.

## **6. There are acne on the eyelids**



On the eyelids that appear yellow pimples, this can be xanthelasma, which occurs when some fats form under the skin. This may be a sign that your body is getting too much cholesterol.

## **7. Dents in the chest**



This wrinkled, dimpled breast skin may be indicative of breast cancer. In addition to the above symptoms, breast cancer also shows signs of pain, swelling or nipple discharge.

## 8. Orange hand

Excessive consumption of food containing beta-carotene (carrots, peaches and oranges) can cause your skin to turn orange. You don't have to worry too much, this situation will return to normal when changing your diet properly.

## 9. Dark skin

Hyperpigmentation or dark skin (hyperpigmentation) is a symptom of Addison disease, probably caused by the adrenal gland stops working. It may also be due to some medications you use or may build up too much iron.

## 10. Sweating feet



Excessive sweating, also known as hyperhidrosis, can be a genetic disease, but it can be a warning sign that you are suffering from hyperthyroidism.

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