

5 daily jobs are thought to be harmful to your health

Join us to find out about 5 daily jobs that are considered harmful to your health in the article below!

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1. A month before your heart attack, your body will show 8 warning signs!
2. 9 abnormal signs in the legs warning the body is having health problems
3. 6 tips to help improve your stomach problems simply and effectively

Current business companies often use " *tricks* " that affect psychology that make us buy things that are really unnecessary. However, **one of them is not only really unnecessary; It can also be dangerous to your health .**

We have compiled a list of things that most of us have at home. In fact, it's rare for us to think about its quality, but **the harm they cause has been proven by researchers .** Read the article below to see if you should continue using them!

1. Keep food in plastic containers



The plastic itself is not harmful to us, but the chemical components make the plastic box more solid. Regular washing, heating and contact with food makes the situation worse.

Plastic containers become toxic and dangerous for us. **Therefore, do not use plastic food containers for more than 5 months and avoid using them in the microwave .**

2. Crocs slippers

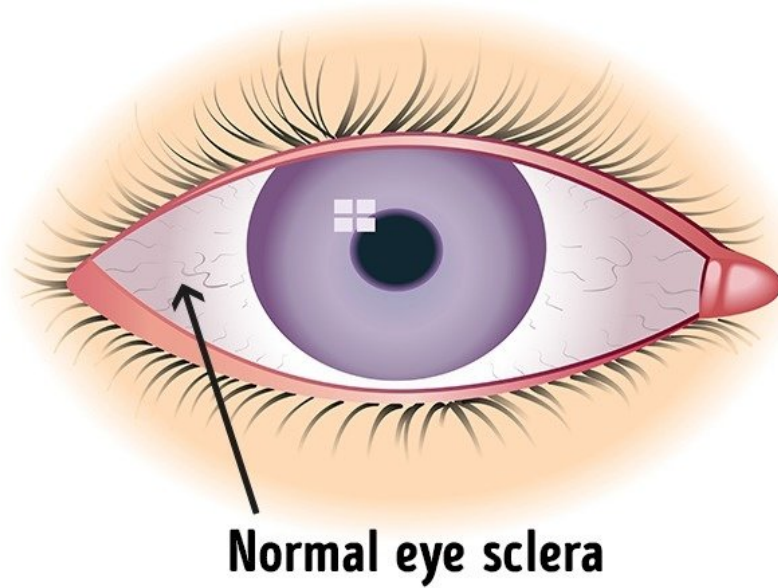


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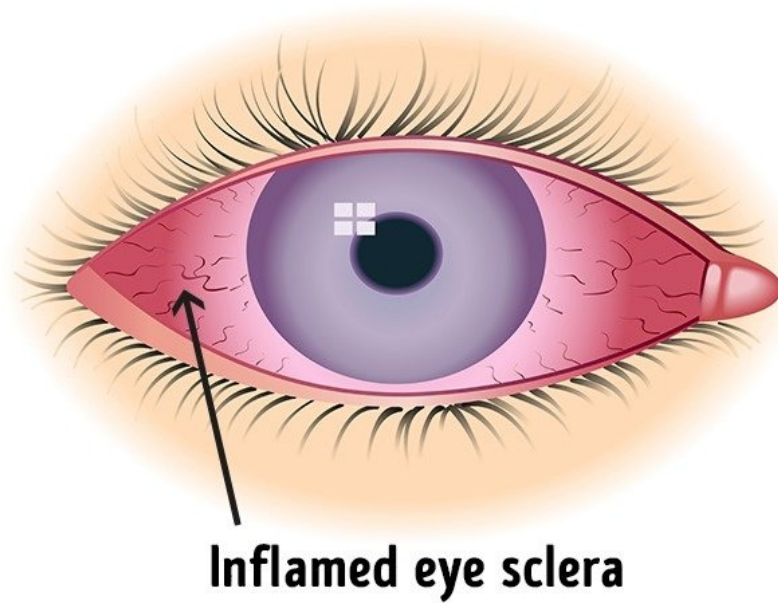
Millions of people around the world love to wear these " *super-light* " sandals every day, but **Crocs sandals do not guarantee the necessary stability for the heel** , leading to other problems such as toe deformity and scarring. convex and leg pain.

Besides, there is a reason for you to consider other products: the sandals between the toes and the heel become too soft after a long time of use. That part is called **shank** - the auxiliary is attached to the middle of the shoe, located just below the soles of the feet. Its mission is to protect the middle of the shoe sole from twisting and folding when moving, so that the leg does not get tired during high-intensity movement. **It is important for any type of footwear to have a body that is hard enough so that users do not feel uncomfortable when walking**

3. Sharpening mascara



Normal eye sclera



Inflamed eye sclera

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Pay attention to the ingredients of mascara when buying a new type. Because some ingredients in mascara such as paraben, aluminum powder and propylene glycol can be dangerous to eye health. **Avoid using other people's mascara because it can infect bacteria and fungi and lead to eye infections .**

4. Use non-stick pan



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The perfluorated chemicals themselves used to make non-stick coating on pans are not too dangerous. However, when the temperature exceeds 230 degrees Celsius, the fried surface will extract a quantity of volatile substances. Danish researchers found that **the presence of these toxic substances in the blood could lead to the formation of cancer cells**.

5. Wash your hands with antibacterial soap



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The amount of triclosan, the disinfectant used in antibacterial soaps is specified from 0.1 to 0.3%. However, their effects may be more serious because **triclosan weakens the immune system, causing the body to resist antibiotic absorption**.

Besides, it can also cause hormonal imbalances and muscle disorders. In fact, antibacterial soap is also a way of calling "*marketing tips*". Scientific studies show that any bacteria can be cleaned with simple soaps.

See also: 9 reasons why you get mosquito bites more than others

Having fun!

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