

# 7 harmful habits that we still think are useful

Detox diet is the current popular regime, with fast speed, promising to help the body completely eliminate toxins. However, experts have shown that the body can adapt to this diet reluctantly. If your liver and kidneys are not properly and properly supplemented, the disease will still just 'visit'.

The habits seem to be harmless but in fact they are harmful habits for us. For example, the Detox diet is currently a popular mode, at a fast pace, promising to help the body completely eliminate toxins. However, experts have shown that the body can adapt to this diet reluctantly. If your liver and kidneys are not properly and properly supplemented, the disease will still just "visit".

Or as consuming low-fat products. The human body really needs fat, similar to the need for carbohydrates and proteins. Therefore the choice of consuming low-fat products is sometimes a mistake.

## 1. Drink lots of vitamins



Consumption of multivitamins and bio-additives does not reduce the risk of developing certain diseases and does not improve memory or increase the ability to work effectively. A group of scientists in the United States conducted a series of clinical tests on more than 450,000 participants and made this conclusion. The results of the study indicate that taking multivitamins can even have a negative impact on your health.

## 2. Use non-alcoholic antibacterial gel



Anti-bacterial hand wash gel really helps you get rid of many different types of bacteria and germs. However, this only applies to the use of hand wash gel containing no less than 60% of alcohol.

If the alcohol content is lower than 60%, hand wash gel doesn't work at all, such as Norovirus or Cryptosporidia. Furthermore, any case involving pesticides and pollution will not be overcome by the use of alcohol-containing cleaning fluids. In this case, choose hand washing with soap instead of other hand-washing gels.

## 3. Avoid using MSG (main noodles)



Research indicates that unpleasant symptoms such as headaches and nausea are caused by MSG. But these symptoms only occur when you consume something that contains less than 3g of MSG in its purest form.

#### 4. 'Eliminate toxins' with the detox diet



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## 5. Consumption of organic products



In many countries there is no legal requirement to mark organic foods by any kind of certification. This is why if you see the word 'eco' or 'biology' is almost just a way of 'stimulating' consumer purchases, not the assurance that the food has produced without the use of chemicals.

## 6. Do not use microwave oven



Using a microwave to heat food can destroy useful substances in food, but the same thing can happen when you reheat food with your oven or stove.

And in some cases, the fact that reheating food with an oven or stove will destroy faster than using a microwave.

## **7. Consume only low-fat products**



The human body really needs fat, similar to the need for carbohydrates and proteins. Therefore, the choice of consuming low-fat products is sometimes a wrong habit. Moreover, in many slimming products containing higher sugar content to replace fat can be harmful to our health.

### Refer to some of the following articles:

1. Do not store these foods in the refrigerator
1. Signs of your body are missing a serious vitamin
1. Let food cool before putting it in the refrigerator, so should it or should it not?

### Wish you have a moment of relaxation!

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