

7 ways to self-check out the very simple health situation at home

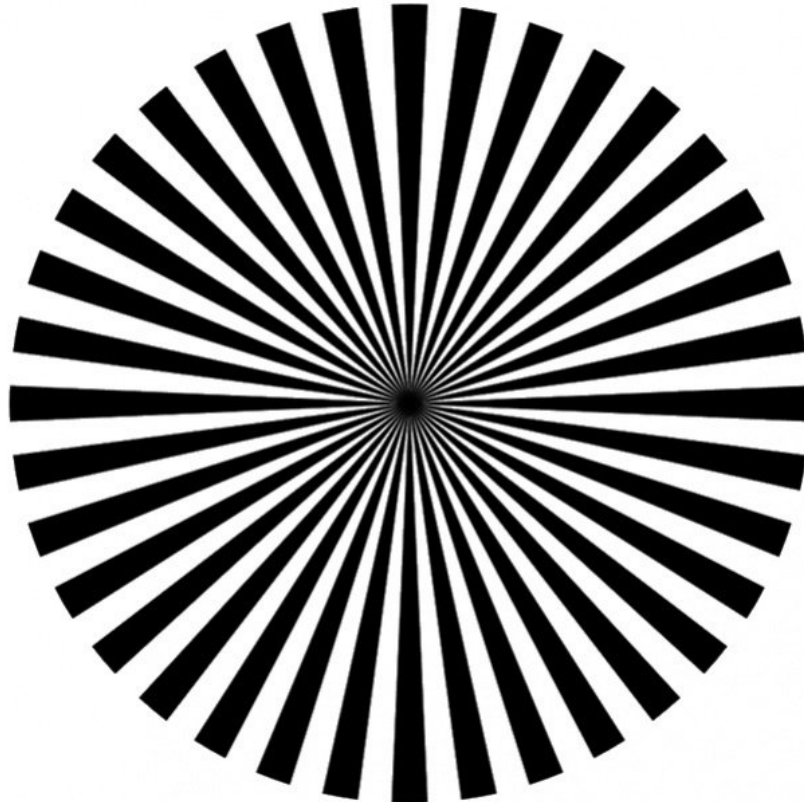
Just take 5 minutes to check the health situation to know whether you are healthy or sick, join us in 7 ways to test your health very simply at home!

1. New discovery: 5 personality types that can "extend life expectancy"
2. 3 simple ways to treat numbness of the feet and toes
3. 10 simple first aid tips but 90% of people still do wrong

If going to the hospital is not something you want to do but still care about health, this article is for you.

On the Bright Side page gives you simple tips that will help you check your health. Just take 5 minutes to check the health situation to know whether you are healthy or sick, join us in **7 ways to test your health very simply at home !**

1. Eyes



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To check your eyes, close one eye and move away from the screen for 3 to 5 steps, then open your eyes and look at the circle above. Do you see some darker lines than the other lines? If the answer is yes, you should visit an ophthalmologist because you may have **astigmatism** .

2. Toughness



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To take this test, sit on the floor, stretching your legs straight ahead. Then, lean forward and use your fingertips to try to touch the foot.

If you can do this easily, your body is balanced and healthy. If this is difficult, you should practice yoga, pilates (*a method of weight loss by combining a series of controlled exercises to strengthen muscles and improve health*) or go swimming to Improve muscle toughness and prevent **osteoarthritis diseases** .

3. Heart rate



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Sitting calmly for five minutes in silence, then put four fingers on the wrist to detect the pulse. Count the pulses for 1 minute.

For adults and children over 10 years old, 60-100 beats per minute is considered normal . More or less can indicate blood pressure problems. However, do not try to diagnose yourself, see your doctor to know more accurately.

See also: 7 warning signs your body is "calling for help"

4. Blood circulation



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Pour some cold water into the glass and then dip your finger in it for 30 seconds. **If your fingertips turn white or blue, you are having problems with blood circulation.**

Significant decrease in temperature (*or stress*) can cause spasms of blood vessels that supply blood to the fingers, toes, nose and ears so these parts of the body do not have enough blood and are paralyzed. Therefore, you should avoid environments with extreme temperature changes and too sudden.

5. Respiratory system



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Burn a match, take it away in front of you. Take a deep breath through your nose and exhale through your mouth, trying to blow off the match. How many times do you have to try to blow the match off? If it takes a few times to blow off, show your respiratory system is quite poor. The cause may be because you smoke, lazy to exercise or have chronic **respiratory** disease.

See also: A simple way to have a home health checkup in just 1 minute

6. Water accumulation





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Use your thumb to press on the foot. If after pulling out your hand and still having a dent on the foot, it means your body is accumulating excess fluid and being edema. Therefore, you should abstain from salt and limit processed foods, canned foods .

7. Thyroid



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Close your eyes, stretch your arms out in front of you, open your palms and ask someone to put a piece of paper on your hand. If the paper starts shaking with your fingers, you should see an endocrinologist.

The 7 tips mentioned above are just basic tests, but you should not underestimate their accuracy. **If you find your body showing signs of instability, you should see your doctor for timely detection!**

See also: 5 health benefits when donating blood you may not know

Wish you all stay healthy!

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