

# 8 critical mistakes that most people make and how to solve them

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**Habits of drinking tea, coffee right after a meal or taking improper birth control pills can also kill many lives.** Please join us in referring to 8 critical mistakes that almost everyone makes and how to solve them in the following article!

1. Top 10 common mistakes when processing everyday dishes
2. If you don't want cancer to knock on the door, don't forget to apply sunscreen to your eyelids!
3. 6 things to do to avoid the consequences of staying up late

Do you often feel tired, lack of energy or muscle pain? Most of us have to endure these signs often but don't know why.

Instead of blaming illness, Dr. **Sarah Brewer** , an American dietitian, points out some of the habits that most people think are good, but makes the wrong way of reducing vitamins and minerals. Important in the body. Since then negatively affect your own health. Here are **8 critical mistakes that most people make and how to solve them** . Invite you to consult!

## 1. Drink tea and coffee right after a meal



Compounds are found in drinks such as tea **tannins** and coffee **chlorogenic acid** , linked to minerals in food and other supplements, reducing the absorption of nutrients for the body.

For example, coffee can reduce the absorption of iron in the body by up to 80% if taken within 1 hour after a meal. This is especially dangerous for anemic people.

The reason is that in tea and coffee contains compounds called **tannins** - a type of polyphenols that have a strong inhibitory effect on iron absorption. Moreover, tea or coffee can also reduce the absorption of other substances such as zinc, magnesium and calcium. **Any hot beverage can kill bacteria in probiotic supplements .**

**Solution** : Ideally, replace tea or coffee with pure water, pure fruit juice. If you have a vitamin or probiotic supplement, you should take it before or after 1 hour before eating, by drinking hot food so as not to lose the balance of good bacteria in the intestinal tract.

See also: 5 absolute things not to do after eating

## 2. Only eat foods high in fiber



Most of us often think that dietary fiber supplementation is good without understanding its mechanism of action to the body. High-fiber foods such as beans, nuts and breads containing Bran and Phytates can bind to intestinal minerals, reducing the absorption of iron in foods such as vegetables and grains. cup - up to 65%. Besides, these substances also reduce the absorption of zinc, calcium and manganese for the body. However, this problem does not occur when eating fermented bread (fermented *dough* ), because the yeast breaks down phytates.

**Solution** : If you are following a high-fiber diet, make sure you get **adequate amounts of calcium** ( *such as milk, dairy products, broccoli, nuts* ). For example, a liter of milk can fully supply the body's daily calcium needs. Vitamin C ( *like orange juice* ) can increase the absorption of non-haem iron from plants.

## 3. Take birth control pills



A number of studies were conducted, including a report from the World Health Organization - WHO found that **daily use of birth control pills could reduce folic acid, vitamin B2, B6, B12, Vitamin C and E, magnesium, selenium and zinc absorbed into the body** .

The reason why oral contraceptives affect the amount of vitamins and minerals in many people's blood is not fully understood, but may be partly due to fluid retention.

**Estrogen** and **progestogens** used in birth control pills are steroid hormones that can act on the kidneys, keeping water in the body. They tend to reduce sodium and water, dilute the concentration of micronutrients in the blood. Besides, there are also concerns that oral contraceptives may reduce the absorption of vitamins like folic acid and increase renal excretion.

This can lead to a **deficiency of nutrients** - especially folate / folic acid, during pregnancy, increasing the risk of fetal malformations ( *if pregnant while taking the drug or immediately after stopping the drug* ). Lower levels of normal vitamin B2 may explain headaches that some women used to use birth control pills have.

**Solution:** The most important thing is **to follow a nutritious diet** that includes eating lots of fruits and vegetables. Aim to eat 5 servings a day, including dark green leafy vegetables, nuts and beans. If you are planning to become pregnant, add vitamins and minerals to your baby.

## **4. Laxative drug abuse**



**Sodium picosulfate and bisacodyl** are the main active ingredients in oral laxative stimulants, used to treat constipation and indentation of the colon before colonoscopy or surgery.

**Laxatives are** often used to treat constipation due to the effect of supporting bowel movements, helping to quickly regulate bowel movements in the intestine. Some people with constipation tend to abuse laxatives, including oral and rectal injections. However, **this drug only works short-term and should only be used for 3-4 days . If used too long, it may have a negative effect on the intestinal mucosa.**

Moreover, the patient will be dependent on the drug, the intestine becomes lazy, poor bowel movements, leading to heavier constipation. The disease gradually becomes chronic and will worsen as you get older.

**Solution :** A healthy diet with fiber-rich foods and drinking enough water will help you limit your dependence on laxatives. Fiber is abundant in rice, whole grains, assorted vegetables and dried fruits. Need to chew carefully when eating to crush food, help digestive enzymes in the stomach and intestines are fully released, drink plenty of water during the day, go to the toilet regularly and exercise regularly. Limit stomach stimulating foods like tea, coffee, cigarettes, carbonated drinks .

Focus on supplies like **magnesium** ( *plants, nuts, seafood and black chocolate* ), because **lack of magnesium is a common cause of slow digestion** . In addition, tolerate probiotic foods to improve intestinal health and function.

Should go to the gastrointestinal specialist to be examined and consulted about drugs, not arbitrarily using drugs to make the disease worse and more easily caused by side effects.

## **5. Use antibiotics**



**Antibiotics** , especially penicillin-containing drugs can interfere with the absorption of vitamin K and kill probiotic bacteria in the large intestine. Tetracycline antibiotics can reduce the absorption of calcium in milk. The body is at risk of calcium deficiency if used long term.

**Most broad spectrum antibiotics can completely kill bad and good bacteria** . This can cause side effects like diarrhea or Candida infection, as well as contribute to symptoms of irritable bowel syndrome, such as bloating and constipation.

Today, science shows that this concept is no longer true, especially with unstable antibiotics in acidic ( *acidic* ) environments such as penicillin, ampicillin, amoxicillin, augmentin, unacyl, cloxacilin, oxacili. .

1. **When taking antibiotics with vitamin C, it will deny antibiotics, loss of treatment effectiveness** .

Thus, not only does the bacterium cause the disease, but it also makes the bacteria resistant to antibiotics.

2. Taking drugs with milk, yogurt, fresh water, carbonated water, soup . can create precipitates, reducing the absorption of antibiotics. With carbonated drinks, it will increase the degree of influence on the stomach.

**Therefore, the safest is to take medicine with filtered water** .

Besides, the time to take the medicine also need to be divided equally, avoiding the situation of drinking near each other too much, the times are far apart so the treatment effect is reduced.

For young children, the characteristics of the body are incomplete drug metabolism enzymes, so, when using the drug, it is **necessary to use the right composition for the baby, rather than taking the medicine of the adult split, share three for your baby to drink** . In addition, if you have to use antibiotics continuously, your baby often has intestinal bacterial disorder so you need to use prescription drugs.

**Solution** : If you have to take antibiotics for a long time, add vitamin K from cauliflower, broccoli, dark green leafy vegetables and fermented foods. Besides, adding calcium and magnesium from food. **Calcium** is found in dairy products, eggs, broccoli, nuts and beans; and magnesium is found in nuts, seeds, beans and dark chocolate. Remember to drink milk after 1 hour of antibiotics.

However, for long-term antibiotics, a multivitamin and mineral supplement is also a good idea, with probiotic supplements every day to supplement intestinal digestive bacteria.

In addition, it is also important to ensure that vitamin D levels increase immunity. Take a gentle sunshine for 10 minutes without applying sunscreen. Food sources of vitamin D include oily fish, liver, eggs or supplements.

## 6. Use too much sunscreen



Usually, many of us think that applying more cream is more effective at sun protection. However, this is purely a misconception because **no matter how much ice cream we use, the sun protection effect is just like that, not increasing**. What's more, applying too much cream will cause clogged pores to cause acne, irritation and aging. So just apply an adequate amount to your skin.

Sunscreen is very important, but using too much sunscreen can lead to a lack of vitamin D, which is bad for bones and other aspects of health. This deficiency also reduces the amount of calcium absorbed into the body.

**Solution** : Consider vitamin D supplementation. The British Public Health Agency (NHS) advises people to take 10mg of vitamin D3 during the fall and winter.

## 7. Heartburn



**Heartburn** is not as dangerous as heart disease. Heartburn is caused by the acidity of the stomach overflowing up the esophagus ( *food tube connecting the mouth and stomach* ). The stomach can digest food thanks to the acids secreted in it. These substances are very strong and can be harmful if the stomach is not covered by a special membrane.

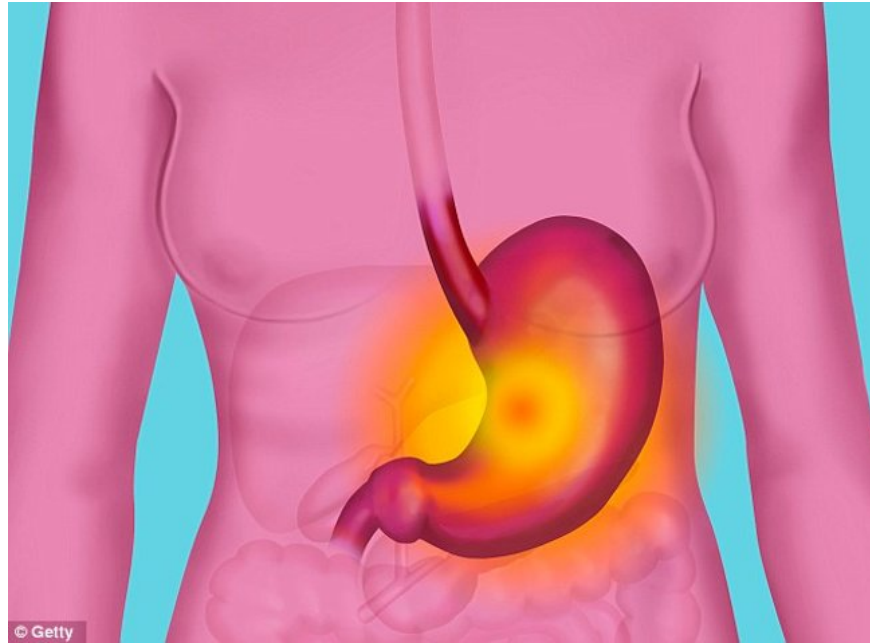
What happens when acid spills out of the stomach, up to the esophagus, which is not protected by that special membrane? Simply, you will have the feeling of being burned in the chest, near the heart ( *where the esophagus is connected to the stomach* ). When it is a bit severe, that feeling may become stinging, so much so that you think you have an acute heart attack.

**Solution** : The methods collected from experienced doctors and specialists below may help you reduce this burning sensation and deal with possible complications.

1. **Do not let the stomach get too full.** The stomach is like a lake. When you constantly put a lot of things in, the lake will fill and spill out. At that time, you will have heartburn. If you don't understand the disease right now and continue to eat more, the pain will increase. Therefore, the most effective treatment is to stop eating.
2. **Don't lie down when it hurts** . Imagine what happens when the lake is full of tilt? Acid spills out and you will be in pain. So sit or stand when you have this so that the stomach pushes part of the food down the intestine.
3. **Can be soothed by stomach pain medicine** . Common gastric pain medications like Mylanta, Maalox . contain antacid, an alkaline substance, that can neutralize acids. In addition, you can take other medicines, as long as they contain antacid. There are two common types of antacids sold freely at pharmacies are Alumium Hydroxide and Magnesium Hydroxide. Both of these substances are not good when used a lot: Alumium Hydroxide substance, if used a lot, will cause constipation and Magnesium Hydroxide is the opposite, causing diarrhea. Therefore, you should choose drugs that contain both, they will neutralize each other's effects.
4. **Avoid foods that can cause heartburn.** When you have this condition, you should avoid eating substances that are high in fat, meat and calcium. Do not drink alcohol or acidic substances. Especially don't eat sticky rice ( *like sticky rice or sticky rice* ).
5. **Loosen the belt.** It may be because you tighten your waist or use other types of thick garters to make your stomach slim. But remember, these corsets reduce the volume of the lake in that stomach.

See also: How to "stop" tachycardia within a minute?

## **8. Statin - a group of drugs specifically used to treat dyslipidemia**



**Statin** - a group of drugs used exclusively for the treatment of dyslipidemia with side effects including:

1. **Causes of rhabdomyolysis** : The drug causes damage, rhabdomyolysis, releases substances inside the cell including kidney obstruction, resulting in fatal kidney failure.
2. **Changes in liver function** : Metabolic steroids, not accumulating in the liver, do not cause liver toxicity, but some people taking statins have elevated liver enzymes. If liver enzymes are abnormally elevated, close monitoring should be stopped if the enzyme is 3 times higher than normal. Caution for alcoholics, biliary obstruction caused by impaired liver function, drug difficult to tolerate, metabolism.
3. **For pregnant and nursing mothers** : Cholesterol is an essential ingredient for the synthesis of other substances ( *such as hormones* ), statins inhibit the synthesis of cholesterol harmful to the development of pregnancy. Furthermore, statins are secreted into milk . Therefore, it is not used for pregnant women and nursing mothers.

Therefore, the manufacturer of statins has written warnings on the label and recommends that **if patients feel tired, lose appetite, yellow urine, abdominal pain, jaundice, immediately notify the physician** .

Remember: When using statins, the application is only allowed to use in the prescribed dose bracket. If statin is used in combination with cytochrome P-450 or fibrat preparations, it must be used at a much lower dose, should refer to the dose to be used only at the minimum effective and safe dose.

See also: This is why you should not work more than 8 hours a day

Having fun!

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