

9 bad habits should be removed immediately if you don't want to get in trouble

Having good habits and harmful habits, you need to consider to eliminate immediately if you don't want to be in trouble. Please join us to refer to 9 bad habits to eliminate immediately to make life better in this article!

1. 7 ways to reduce cough symptoms due to effective smoking at home
2. 14 harmless food but if overdose can cause death
3. As a busy person, don't skip the 9 "simple but healthy" eating principles below!

Want to enjoy a delicious and hot cup of coffee every morning to wake up? Can't you watch a movie if you lack corn? If the answer is yes then surely not only you.

According to scientists at the University of London, "*It takes 21 days to form a new habit and it takes 66 days to eliminate an old habit for so long*". Removing a habit is often difficult and takes longer. However, you need to review your healthy habits and possibly harmful ones.

In fact, having good habits and harmful habits, you need to consider to eliminate immediately if you don't want to be in trouble. Don't worry if you find yourself possessing one of the 9 bad habits mentioned below. Remember - any bad habit can be replaced by a healthier habit. Invite you to consult!

9. Do not rest your feet on the control panel in the car



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Many people often sit in positions that they think are most comfortable. In the movie, you will probably see the characters often put their feet on the dashboard while sitting in the front seat in the car. However, this job is extremely dangerous.

This is not only a dangerous sitting position if an accident happens, but when braking suddenly, you can even hit your knees. Holding your feet on the car panel means your face will touch your knees if the brakes are suddenly or suddenly stopped. Collisions between the jaw and the knee can cause severe fractures, and the recovery time will be longer and more difficult.

That is why you should not sit this way when you are in a car, instead sit comfortably back in your seat and buckle up.

8. Do not hang a wet towel on the hook and pull the shower curtain aside



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Many people have a habit of bathing, washing people, wiping their hair with a towel and hanging them in the bathroom. Unfortunately, this is an unhygienic habit. Bacteria that can easily replicate in the folds of towels and mold will "multiply" in them. Therefore, after you finish using the towel, you should bring the laundry or dry the towel to a sunny place, and pull the shower curtain straight out until it is dry!

7. Do not drink coffee on an empty stomach



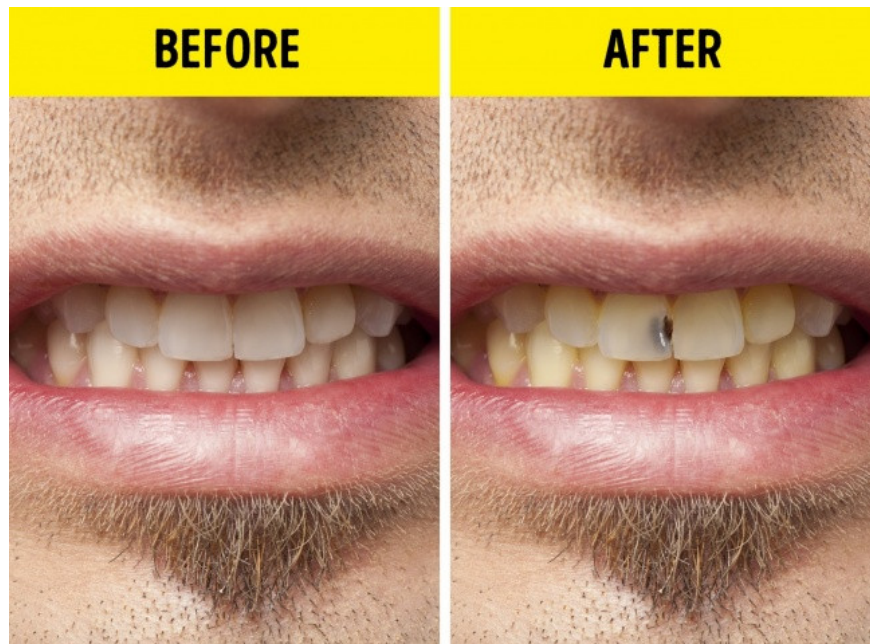
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Many of us have a habit of starting the day with a cup of coffee. However, this is a bad habit because coffee will harm your empty stomach.

Despite the fact that coffee is beneficial, there are some disadvantages you should keep in mind. When the stomach is empty, drinking coffee will stimulate the stomach to produce more acid, which can cause heartburn and digestive problems. Experts recommend that if you want to have coffee in the morning, you should eat

something and then drink it!

6. Limit eating popcorn

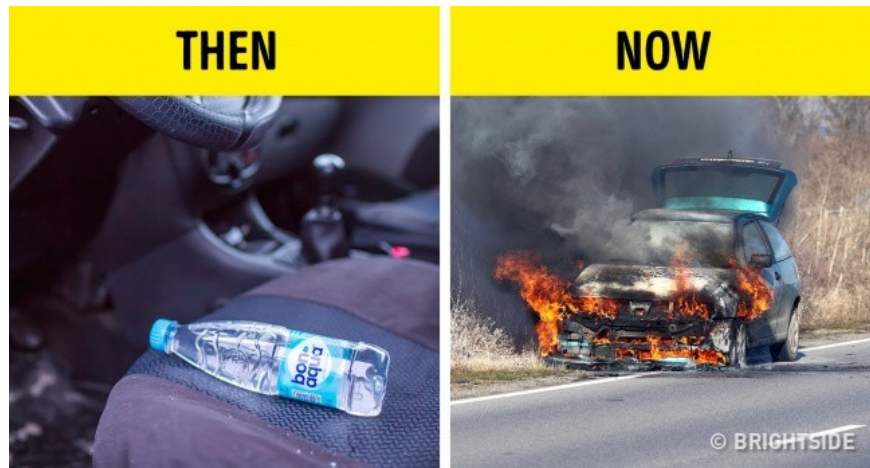


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Surely many of us would love to eat popcorn when going to the movies or sipping while curling up on the sofa watching TV? However, this is really a harmful habit but not easily removed.

Dentists say eating a lot of popcorn can damage your teeth. The popcorn shell may be stuck between the teeth, making it difficult to escape even when you clean your teeth regularly. Moreover, cinnamon popcorn has a high content of fat and salt, which will make you more prone to obesity. Try not to eat avocado popcorn the next time you watch the film and you will be surprised when watching a movie without popcorn is also very interesting.

5. Do not leave water bottles in cars



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If you own a car, the probability is that you will keep a bottle of water inside the car. Whether you keep the water bottle for emergencies or just for drinking, keep in mind that this is a pretty dangerous habit - especially in the summer.

The water in the bottle acts like a lens, and if sunlight hits it, it can catch fire. Although the probability of a water bottle being able to create a fire is quite small, it still exists. In addition, some studies show that plastic bottles used as bpa and phthalate can cause cancer and cardiovascular disease. High temperatures will cause these substances to mix with water. Not to mention, if the water bottle is already in the trunk of the car for a long time, it will generate bacteria.

4. Do not touch or squeeze acne



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Any of us can get acne. Acne occurs when pores are clogged with excess oil. That's when the inflammation begins. If the body is healthy, it will turn the white blood cells against harmful bacteria, why this skin turns red.

The swelling, redness of acne spots can make you crazy, just want to straighten them out for pleasure. But wait, your hands are covered with countless bacteria and putting your hands on the pimple or looking at the acne makes the invading bacteria increase the risk of acne infection.

Therefore, when you have acne, do not worry too much and can see a dermatologist. Do not arbitrarily squeeze acne, especially the "dead triangle" area on the face.

See also: How to remove acne effectively in just 1 day

3. Do not use your phone to take pictures of everything



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This may sound strange because the phone has a camera function and it is convenient to record the moment with the phone. However, Linda Henkel's results from Fairfield University have shown that trying to capture everything with a phone camera can make you miss out on many important details.

Accordingly, when taking photos, you will only care about the image you take but miss the interesting things around. Specifically, the study was conducted on 2 groups of people. The first group only goes around the museum and checks objects with the naked eye, while the second group will take pictures again. As a result, members of the second group answered fewer museum questions than the first group.

2. Do not use vitamins with bioactive additives



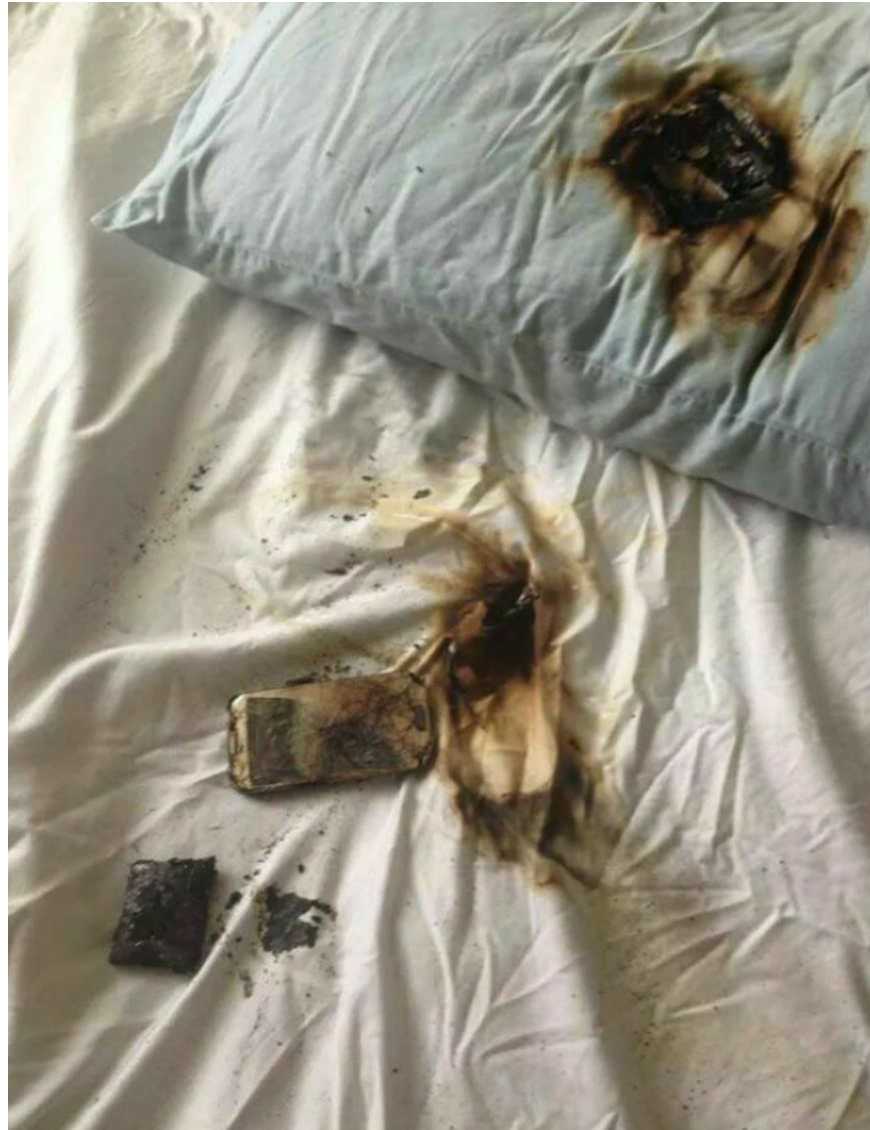
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Many people believe that vitamin C can help them from colds or bioactive additives (BAAs) that can completely replace professional treatment plans. However, if this is true, what will the sale of treatment medicine be?

If you have a balanced diet, you should not take vitamins because your body has received the necessary amount of food. Vitamin supplements are only recommended for people who are deficient in vitamins.

Biologically active additives are used as active ingredients if your body is deficient. Of course, we will restore the balance of the missing substances, but you should understand that BAA is not a drug. Therefore, they cannot treat the disease you are experiencing.

1. Do not place the device charging under the pillow



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The habit of placing the phone under the pillow is extremely dangerous because it can cause a fire, especially when the phone is being charged. Although the new mobile phone model is now much improved, the phone battery may become hot, short-circuiting and fire-burning during charging. Therefore, you should abandon this bad habit as quickly as possible.

Do you have these bad habits? If yes, please share with us in the comment section below!

Refer to some more articles:

1. What color does urine signal about your health?
2. Your 10 kidney warning signs are having problems
3. 10 things you may be doing wrong every day without even realizing it

Having fun!

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