

If you do not want to reduce life expectancy, you should give up early 5 habits later in the morning

Few people know that the common habits in the morning below bring many unanticipated dangers to your health.

1. 7 absolute habits should not be done after waking up in the morning
2. How to drink water? See advice from experts!
3. Get water into your ear after swimming properly according to expert's instructions

We humans all desire to have a healthy life, without disease to enjoy life. In addition to dirty food, polluted living environment, bad habits in the morning are also the cause of immeasurable harm to your health.

To have a happy life and prolong life, we should now give up the following five dangerous habits in the morning.

1. Leave the bed suddenly



When we sleep, our blood pressure will be much lower than normal. But when we wake up, the blood pressure in the body will increase very quickly to return to a stable level.

In the morning many of us have a habit of getting up from the bed to the ground to work or go to the toilet. This is a very dangerous habit especially for people with a history of high blood pressure, in the morning should not

hurry to leave the bed too quickly because it may increase the risk of brain hemorrhage, even rupture blood brain.

Besides hypertension, people with arteriosclerosis should not leave the bed too quickly and suddenly in the morning. The reason is that this disease interferes with blood circulation, but changing the position suddenly when leaving the bed causes blood to rush to other positions, causing the blood supply to the brain is deficient, easy to appear. fainting, coma.

Medical experts recommend, in the morning, you should maintain the "2-2-1" principle before leaving the bed, which means opening your eyes and lying on the bed for 2 minutes, then sitting on the bed in 2 minutes, finally standing next to the bed for 1 minute before it should work.

2. Don't drink water in the morning



In the morning, the blood in our bodies is much more sticky and thicker than usual during the day. At this time we are often at high risk of arterial occlusion. So to improve this situation, you should get into the habit of drinking a cup of warm water in the morning to get the blood diluted.

Drinking warm water in the morning is an extremely beneficial habit for us to help reduce the risk of wind or heart attack in the morning. But this habit is not implemented by many people.

3. Use toilet power



Using strength to go to the bathroom in the morning is a very harmful habit. Because in the morning our blood pressure is gradually increasing to stabilize, if you use force to push when defecation, the abdomen will increase pressure, leading to higher blood pressure than normal.

Especially for those with a history of cerebral arteriosclerosis, only a little bit of impact will cause some small arteries to swell to cause artery rupture and lead to brain hemorrhage.

So, experts recommend that you avoid using strength when you have a defecation. If you have difficulties, you should increase your intake of vegetables and fiber-rich foods. In an unstable condition and become serious, you should see your doctor for a visit.

4. Too much oil and fat breakfast



With delicious taste as well as eye-catching form, fried and fried dishes are often delicious dishes in our daily breakfast with Asians.

But in fact these foods are completely unhealthy for us, they are not only high in fat but also contain lots of calories. People with a history of hypertension who regularly use these high-fat foods will increase their lipid levels. Similarly, foods that are too salty will make atherosclerosis more dangerous.

Nutrition experts recommend, the menu to start the day in a healthy way, so there are delicious dishes like porridge, milk, boiled eggs . and indispensable fruits and vegetables.

5. Exercise too early in the winter



Exercise and sports are a very good job and are encouraged by health professionals. But in the winter if you train too early, the opposite practice will be harmful to the body, because at this time the indoor temperature as well as outdoor differences are relatively large, so if you exercise too soon will make the body cold, increase the risk of colds and other dangerous complications.

As the temperature goes down, you should switch your exercise schedule from morning to afternoon, preferably from 16:00 onwards. Moderate movements such as Aerobic, Tai Chi, and brisk walking are ideal.

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