

Stop snacking if you don't want to be mentally ill

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Studies have shown that snack foods are considered to be low in nutrients, low in vitamins, low in minerals and many chemicals that are harmful to the digestive system in our bodies.

However, it doesn't just stop there when a new study shows that junk food is also capable of causing **neurological diseases**.



(Photo source: Zeenews.)

Research shows that these foods often contain a lot of fatty acids that make you more prone to weight gain, obesity, blood sugar disorders, cardiovascular disease and clog arteries leading to susceptibility **to depression. feeling** , hands and feet trembling. At the same time, the nature of junk food often does not contain the good omega-6 and omega-3, so from depression, people who abuse snacks will turn to **mental illness, neurological disorder dynamic (ADHD)** at a higher level.

This finding has just been published on Zeenews page.

Huynh Dung (According to Zeenews)

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