

The secret to staying healthy and giving advice from experts

Do you want to live to 100 years old? Read the following three times 'healthy' tips and happy longevity.

Nowadays, the living environment is polluted, the food source is dirty and spreads with many consequences of diseases, making the life expectancy of people significantly reduced.

Healthy and longevity is the desire of thousands of people today, but how to achieve this is still a question without human answers. Today health professionals also have many scientific works and come up with secrets to help people live long.

Here are the secrets you can make to have a healthy, long and happy life, read and change your life.

1. My health is decided by me



According to surveys by the World Health Organization, human health and longevity are determined by 15% of genetics, 10% of social factors, 8% of treatment conditions, 7% due to climate effects, and 60% by individuals.

So the key to your health, your longevity depends on yourself, is your daily life healthy?

Maintain the dining principle with a good breakfast motto, enough lunch and a little dinner, but most people are doing the opposite today, ie everyone's breakfasts and lunches are often through speakers, owners Weak focus on dinner. We are living against science and you are affecting your health.

2. The most harmful habit is smoking



According to the top 5 most harmful habits list in the world, **smoking** is the leading and most harmful habit in the world. A cigarette when you smoke is reducing your self equivalent to 11 minutes of life expectancy, besides people who smoke for life, live 20 to 25 years less.

In particular, many people keep smoking habit as soon as they wake up. This is an extremely dangerous habit. People who smoke often have bronchitis, pneumonia, and eventually lung cancer.

Therefore, not smoking is that you avoid a lot of risk of illness and prolong your life significantly.

3. Over nutrition is no different from poisoning

1. 25 cheap foods rich in nutrients and vitamins you need to know



Excess nutrient intake is no different from being poisoned. So in order for life to become better, you should maintain the eating principle as prescribed. Each day should provide a body of green vegetables from 800g-1kg, 2 fruits, 3 tablespoons of vegetable oil and should eat 2 bowls of rice or replace 4 dumplings.

Eat enough protein foods such as meat, fish, eggs, milk and beans every day. About 1 lump of meat, one chicken egg, about 500ml of milk, 1 piece of tofu or 1 cup of soy milk, tofu, meat, eggs, milk, fish about 30g, should not exceed 1 tael, and about 6g salt.

Every day, we need to provide at least 8 glasses of water, because our bodies are about 70% water, so we can fast, but we cannot lack water. Currently many of us still do not know how to drink water properly and science, just to be thirsty to drink and when thirsty, we drink a lot. This is completely wrong and anti-scientific.

Many people think that they drink 8 cups of tea or 8 cups of coffee is enough to supply water for the body, but you do not know that these waters cannot replace water and water is the life of people.

4. Managing emotions well is you protecting your health



The people we are born with have feelings, joy, sadness, anxiety, fear . It is a manifestation of the very ordinary emotions of people.

People who encounter unhappy things often have two tendencies to silence and endure themselves, and to say everything they think will hurt others, this is really not good .

Life is full of joys and sorrows that we cannot avoid, so the best way for you to be happy always is: "Live is not angry, not sulky, not resentful". Express your true feelings to yourself and don't overdo it so your life is balanced.

5. Anger is more frightening than illness and old age

1. How to control anger?



In the book " *Inner Empire*" (China) has long been very clear that, "Resentment of liver damage, excitement of the heart, distressing the lungs, thinking of many harms, fear of kidney damage, all diseases born from anger".

" Endure the news for a while, avoid the worries of hundreds of days ", therefore, in order to keep life happy and long-term, we must know how to be angry and master ourselves, don't let emotions turn us into slaves rate.

6. You should practice walking to improve your health

1. Why should you walk, not run, to lose weight and improve your health?



What our lives are too unlikely to be good and healthy, especially over-exercising also reduces the immune function. Every day should practice from 30 minutes to 1 hour, exercise content can use the simplest methods such as walking, walking . that is the simplest, economical and most effective method.

However, not walking and walking is good for your health, walking also needs a method to be the most beneficial for your health, as for young people should go fast, fast and achieve 130 steps / minute, rhythm The

heart needs to reach 120 times / minute to achieve the goal of training the heart.

Besides, each of us also needs to maintain a reasonable weight, so sudden increase or decrease will affect a lot to the body.

7. Do not drink alcohol

1. Things not to do after drinking alcohol, especially during Tet



If tobacco is at the top of the routine of life that harms the body's health, alcohol is also the second harmful habit. Studies show that one drink of white wine if drunk will be equal to Acute hepatitis 1 time.

Drinking alcohol will harm the body, harm the liver, harm the brain, harm the heart and internal organs. Not only that, drinking a lot of alcohol affects your memory, reducing your ability to recognize by alcohol will kill a large number of brain cells.

To get good health, you should only drink 50ml of white wine every day, or drink 100ml of wine, or half a liter to 1 liter of beer.

8. Keep the family happy and harmonious



Some experts explain that 70% of human illness comes from the family, 50% of people's cancer comes from family factors. In families thousands of times should not "argue with each other every day. small match, over 3-6-9 days of quarreling a big battle ", but also should not become a lonely family, do not argue, do not talk, half a month does not say anything, so not in the inner mind is burning.

Loneliness is even more frightening than poverty, and living a healthy life can lead to longevity, loneliness is easy to cause problems, easy to cause destiny, this is a common law. But how to make the family become harmonious, this is an array of knowledge.

It is imperative to solve four problems: First, respect for the elderly; secondly need to educate children well; the third need to deal well with the mother-in-law relationship; fourth is particularly important, husband and wife need time to take care of each other, this is the main thing.

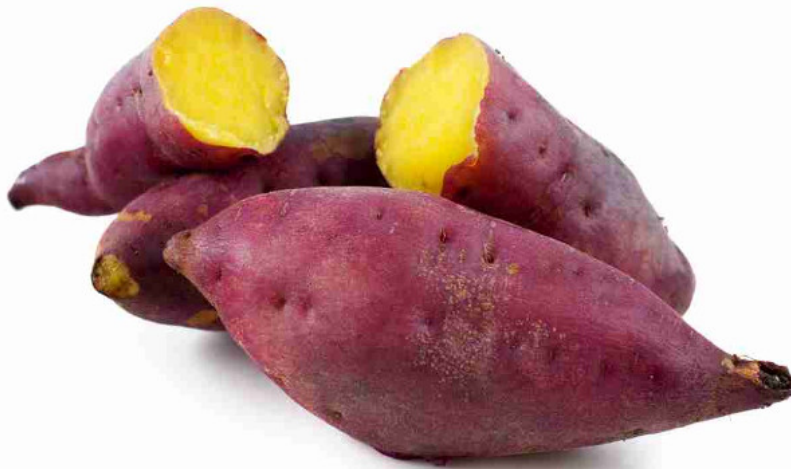
9. Deal with your mind rationally, don't let your emotions decide

It is the daily routine that directly determines our health. If you want to be healthy each person should follow the following 7 principles to be healthy:

1. Eat 3 meals
2. Sleep for 8 hours
3. Exercise for at least 30 minutes
4. Maintain a total smile for 30 minutes
5. Should defecate daily
6. Should talk to spouse, bad relationship between husband and wife can not be healthy, difficult to work well.
7. No smoking, no drunkenness.

Every good day your whole life will be fine. Remember that the **person who is eating may not be healthy and the person who is eating is healthy** . Never let your mood decide what to eat. If you want to eat well, relying on your belly, want to eat well, rely on your mouth and want to live well, then rely on your brain to decide. Doctors recommend that people who want to be healthy should focus on eating a lot of breakfast, gradually decreasing in the evening, just like the saying " *eat breakfast like a prince, eat lunch like a rich man, eat dinner like a beggar* ".

10. Sweet potatoes are the best tubers in the world



Sweet potatoes are a very popular and close to many people. The main ingredient of sweet potato is starch, in addition to fiber and vitamins A, vitamin C, vitamin B6 . Because of such advantages, sweet potatoes are good for health.

High levels of vitamin B6 can be found in sweet potatoes reducing homocysteine ??in the body. Homocysteine ??is involved in degenerative and cardiovascular diseases. High blood levels of homocysteine ??increase the risk of atherosclerosis, myocardial infarction and stroke. In addition, vitamin C also contributes to healing wounds, creating collagen to keep skin fresh, reduce stress and protect the body from toxins that are at high risk of cancer. Sweet potatoes are also a good source of magnesium. Not only is magnesium an important mineral against stress, it is also critical for the healthy development of skeletal muscle, cardiovascular and neurological functions.

Sweet potatoes are a food that tops the list of 20 vegetables selected by Japan in the top of the categories that can prevent cancer, and green vegetables ranked second.

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