



Sanatate, frumuseti, metode de slabire (Romanian Edition)

Nicolae Sfetcu

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O introducere in teoria si practica conceptelor de sanatate, medicina, boli, droguri, nutritie, detoxifiere, apa, frumuseti, diete, pierderea in greutate si exercitii fizice. Exista patru factori determinanti ai sanatatii generale: biologia umana, mediu, stilul de viata, si asistenta medicala. Astfel, sanatatea este mentinuta prin stiinta si practica medicala, dar poate fi, de asemenea, imbunatatita prin efort individual. Aptitudinile fizice, pierderea in greutate, alimentatia sanatoasa, managementul stresului si renuntarea la fumat si alte abuzuri de substante, sunt exemple de masuri pentru a imbunatati sanatatea cuiva. Exerciitiul fizic este considerat important pentru mentinerea conditiei fizice, inclusiv o greutate sanatoasa, construirea si mentinerea oaselor sanatoase, a muschilor si articulatiilor, promovarea bunastarii fiziologice, reducerea riscurilor chirurgicale, si consolidarea sistemului imunitar. O nutritie adecvata este cel putin la fel de importanta pentru sanatate ca exercitiile. Atunci când se practica exercitiile devine si mai importanta o dieta buna pentru a asigura organismului raportul corect de macronutrienti, pentru a ajuta organismul in procesul de recuperare dupa exercitii fizice extenuante. O modalitate importanta de a mentine sanatatea ta personala este de a avea o dieta sanatoasa. O dieta sanatoasa include o varietate de alimente pe baza de plante si animale care ofera substante nutritive pentru corpul dvs. Astfel de elemente nutritive va dau energie si mentine functionarea corpului. Nutrientii ajuta la construirea si intarirea oaselor, muschilor, tendoanelor si, de asemenea, reglementeaza procesele corpului (de exemplu, tensiunea arteriala). Piramida - ghidul alimentelor - este un ghid in forma de piramida a alimentelor sanatoase impartit in sectiuni. Fiecare sectiune prezinta aportul recomandat pentru fiecare grup de alimente (de exemplu, proteine, grasimi, carbohidrati, si zaharuri). Efectuarea de alegeri alimente sanatoase este importanta, deoarece aceasta poate reduce riscul de boli de inima, unele tipuri de cancer in curs de dezvoltare, si va contribui la mentinerea unei greutati sanatoase. Controlul propriu asupra vietii tale si asteptarile realiste cu privire la provocarile tale zilnice, sunt cheia managementului sanatatii, probabil cel mai important ingredient pentru a trai o viata fericita si plina de satisfactii.

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