

# Healthy living.

**Я  
ВЫБИРАЮ  
ЖИЗНЬ!**

**НАРКОМАНИЯ - ЧТО ЭТО?**

Наркомания - патологическое состояние с тремором, нарушением сна, аппетита. Термин "наркомания" происходит от греческого слова "наркос", что означает опьянение, "фобия" - мучительная боязнь.

Основные группы наркотиков: опиаты, транквилизаторы, галлюциногены, стимуляторы, экстази.

**Последствия употребления наркотиков:** развитие психической зависимости, нарушение памяти, внимания, снижение интеллекта, развитие сердечно-сосудистых заболеваний, снижение иммунитета, развитие ВИЧ и гепатитов.

**Симптомы:** изменение веса, изменение аппетита, изменение сна, изменение поведения, потеря интереса к жизни.

**Последствия:** развитие психической зависимости, нарушение памяти, внимания, снижение интеллекта, развитие сердечно-сосудистых заболеваний, снижение иммунитета, развитие ВИЧ и гепатитов.

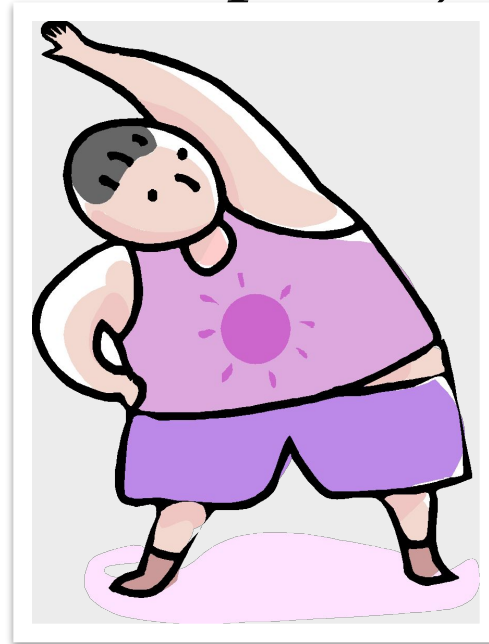
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**Health** - a state of complete physical, mental and social well-being, followed by the actual absence of disease or individually frustrating (deducing from a state of inner peace) deficiencies.



- ▣ **Being healthy** - do not have a problem with the well-being, both physically and mentally to be a complete human being.

# What contributes to the preservation and promotion of health?

- ❑ *Proper nutrition*
- ❑ *Hardening*
- ❑ *Observance of work and leisure*
- ❑ *Mental and emotional stability*
- ❑ *Personal Hygiene*
- ❑ *The optimal level of physical activity*
- ❑ *Safe behavior at home, in the street, at work,*
- ❑ *Rejection of self-destructive behavior*
- ❑ *Healthy sexual behavior*



□ *"If people eat only when they are very hungry, and if I ate a simple clean and healthy food, and they would not know the disease and it would be easier to manage your body and soul" - so said Leo Tolstoy*



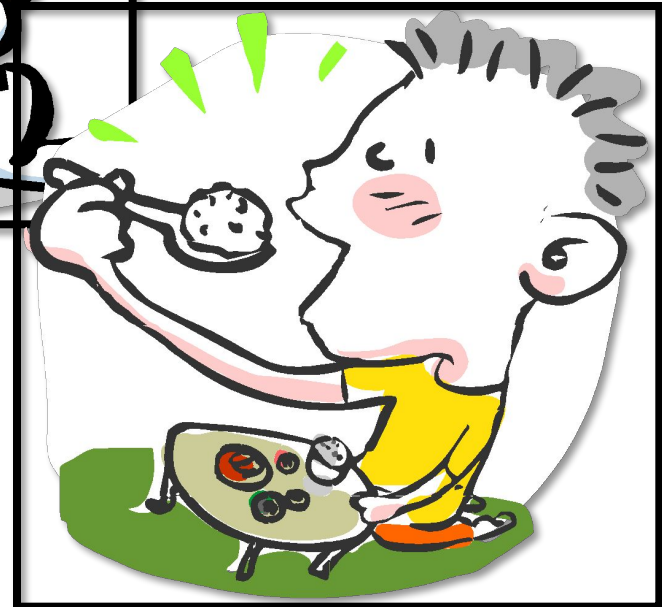


# Proper nutrition

❑ *Strict adherence to food intake.*

❑ *Unlearn suck the food to the limit.*

❑ *Eat food with attention and pleasure, slowly chew and taste.*



# ***Eating uncooked plant foods.***

*The value of vegetables in the diet is very high because they are a valuable source of vitamins, carbohydrates, organic acids, mineral salts, and various flavorings, without which the food becomes tasteless and little use.*



# Hardening.

- *Hardening - a form of promoting human health.*

*1000 years ago, the great physician of the ancient East Avicenna wrote:*

*From gymnastics to make friends,*

*Always be cheerful,*

*And will live 100 years*

*And, perhaps more.*

*Potions, powders -*

*To the health of a false path.*

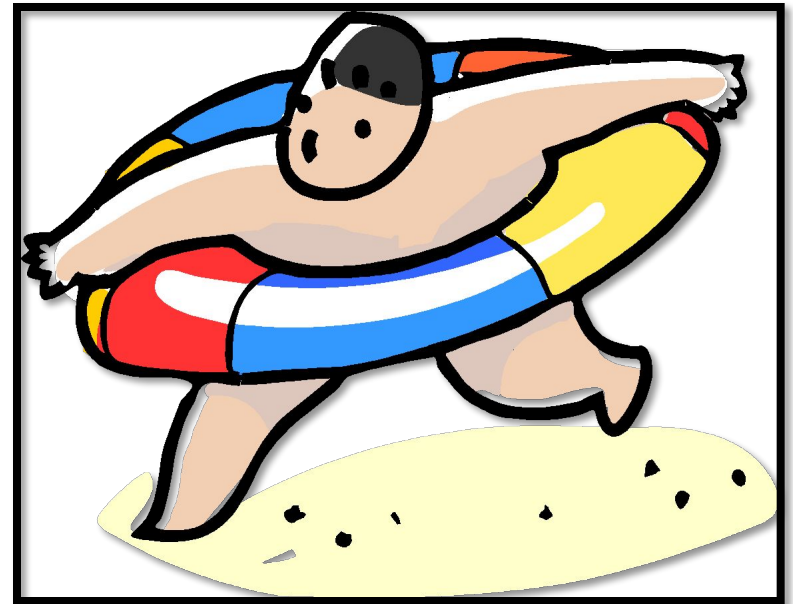
*NATURE bit you -*

*The garden and the open field.*



# *One of the ways to quench*

- *Very simple and effective way of hardening - is walking barefoot. Teach your children from childhood that, in the future you will have fewer health problems.*





# *Introductory treatments.*

- ❑ *Swimming brings a lot of fun. After the nerve endings that are located in the skin, water treatments affect the entire human body.*

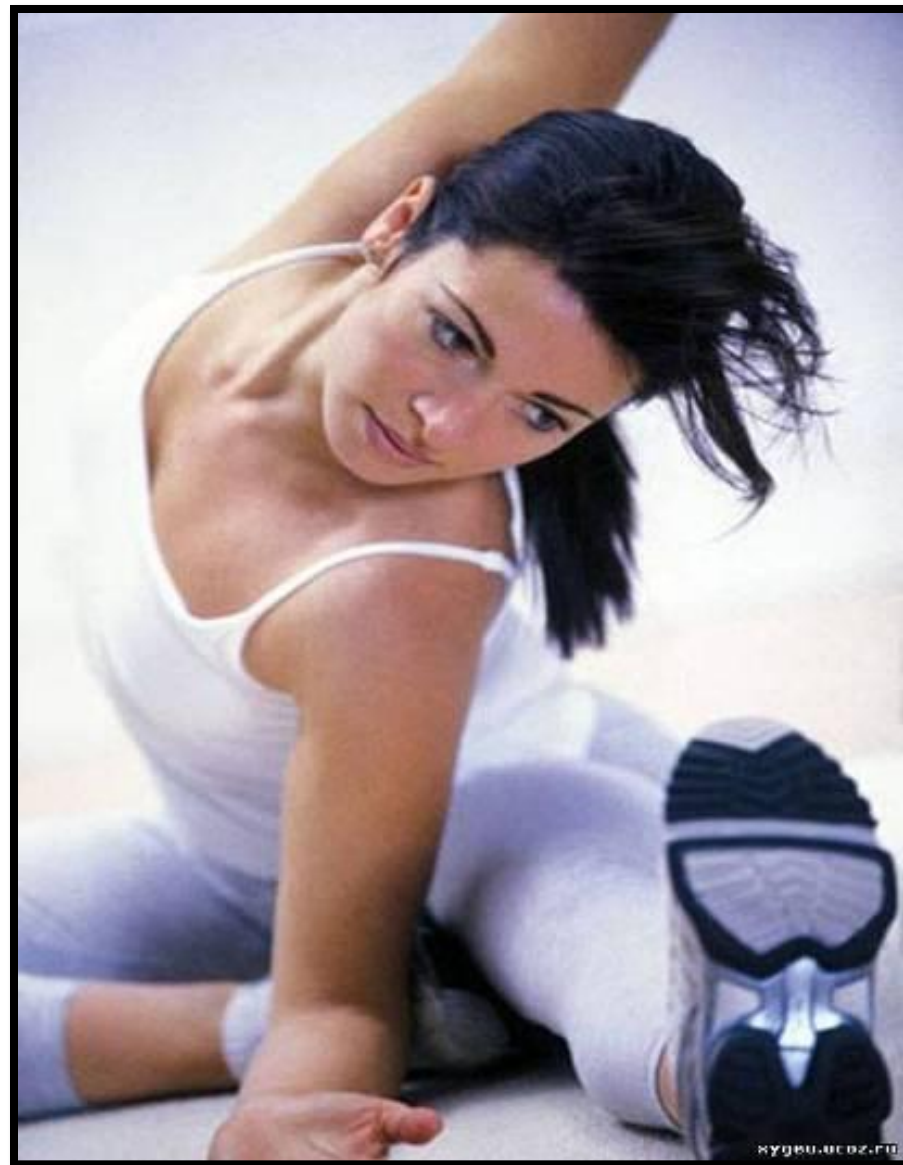


# *Physical activity*

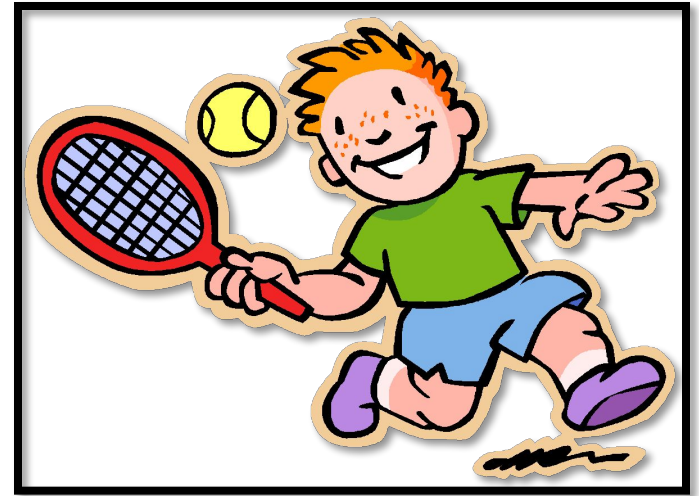
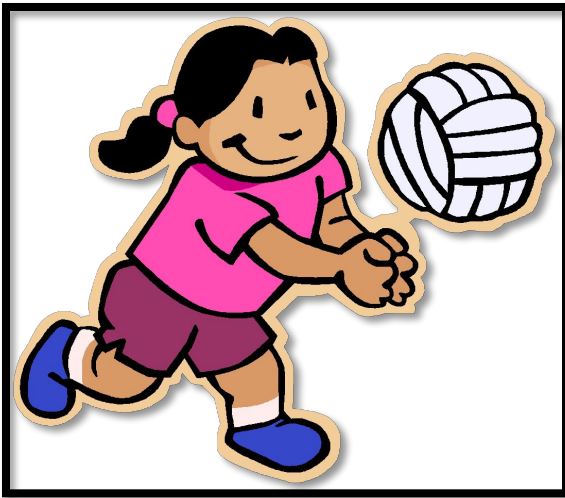


- *Physical activity - key component of maintaining health, and we need to make every effort not to sit through or is stored for their disease, and to prevent their own with the help of a nice charge.*

*Running, skiing,  
skating, biking,  
swimming,  
dancing,  
wrestling, soccer,  
hockey.  
a small part of  
physical activities*



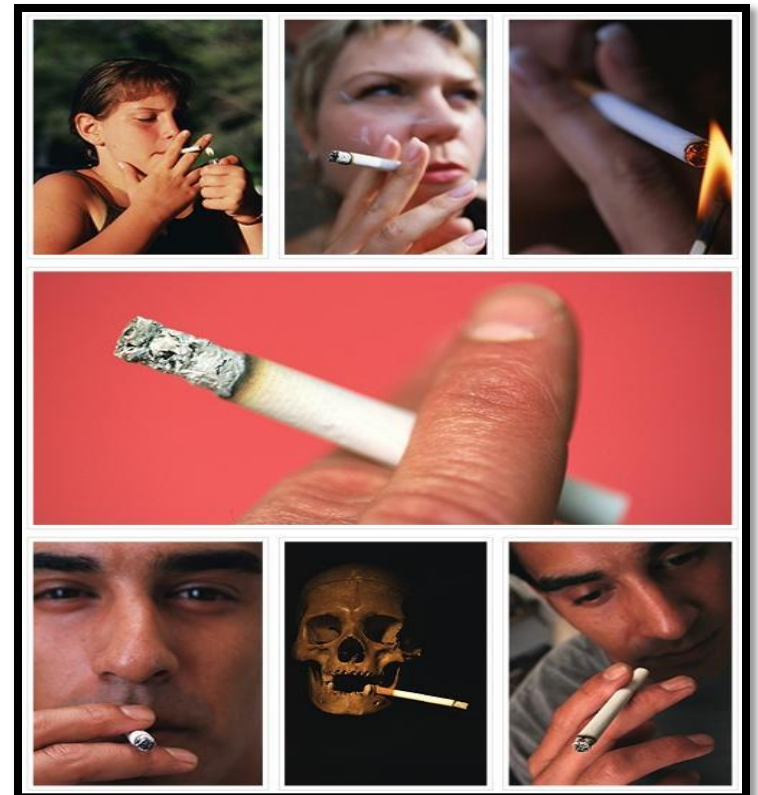
# *In a healthy body - healthy mind.*



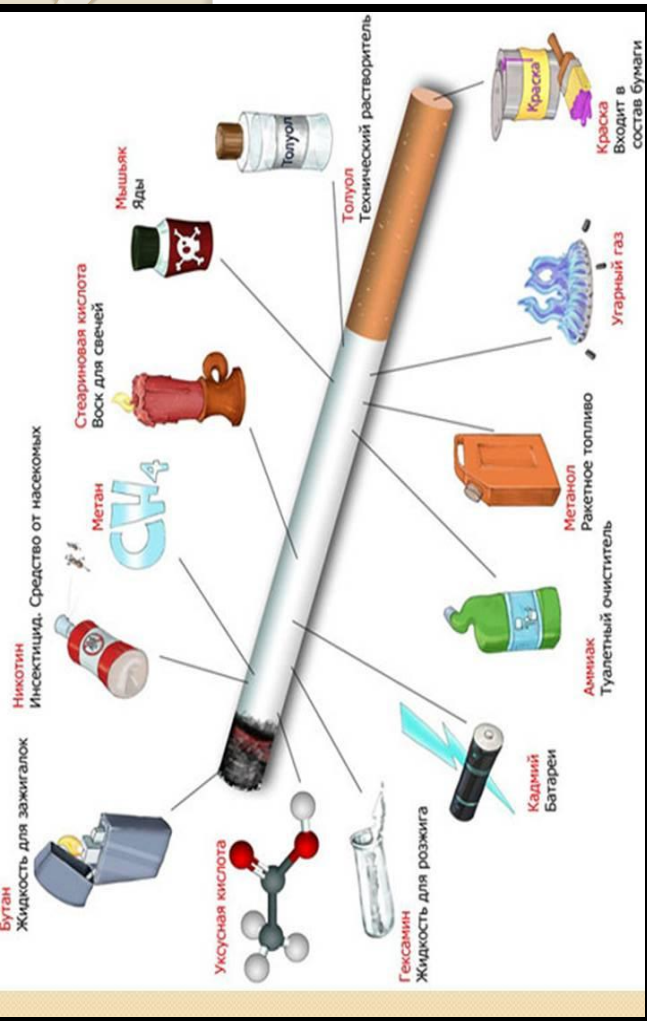


# Refusal of bad habits.

*Bad habits - is the established ways of destructive behavior, the implementation of which in certain situations, takes on the character needs.*



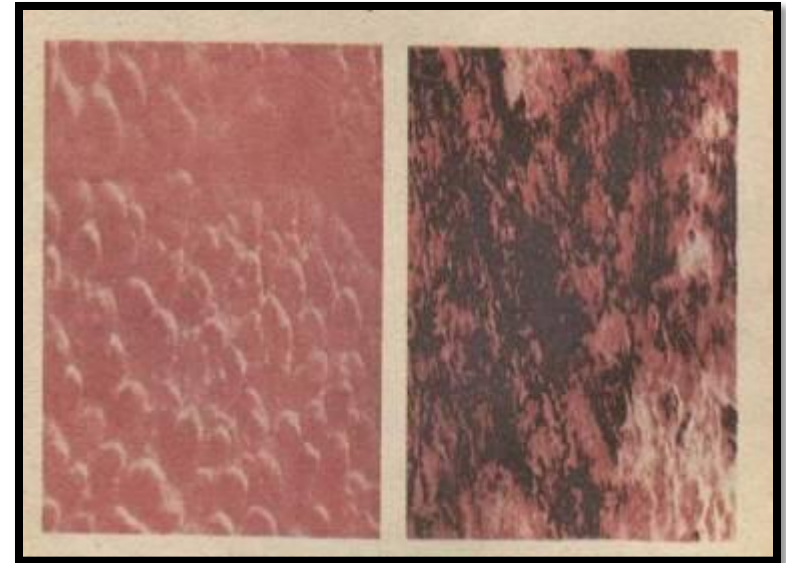
# The impact of tobacco on the body.



- strokes
- lip cancer, mouth, throat, larynx
- increases the risk of heart attack
- lung cancer
- liver cancer
- ulcer and gastric cancer, pancreas
- infertility
- gangrene caused by a blockage of blood vessels

# ***Effect of smoking for the respiratory system.***

- *When smoking a cigarette smoke enters the oral cavity, respiratory tract, causing irritation of mucous membranes, and the film deposited on the pulmonary vesicles.*



# *Alcohol and its negative effects on the body.*



- *Problem drinking is very relevant today. Now the consumption of alcoholic beverages in the world characterized by vast numbers*

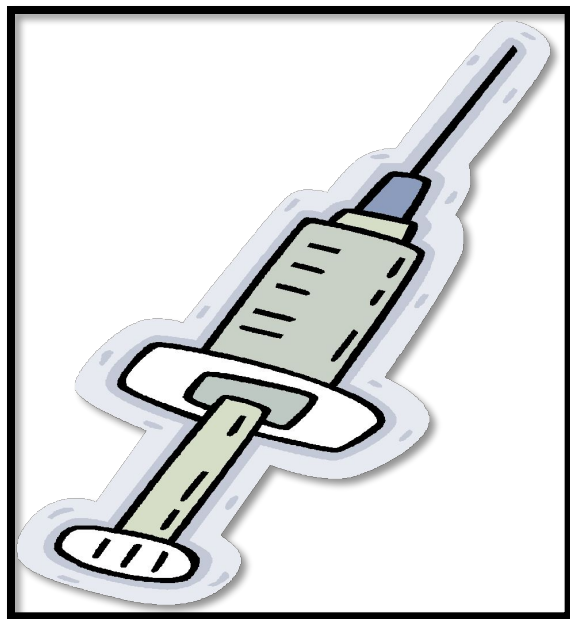




*The systematic use of alcohol develops a dangerous disease - alcoholism. Alcoholism is dangerous to human health, but it can be cured, as well as many other diseases.*



***DRUG - from the Greek «narkoo», which means numb, become insensitive.***



*Watch out for your health,  
because in the future it will  
be so helpful.*

Thank you for your attention.

