

MAGAZINE



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O1

Health and stability

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood.

O2

Technology

Technology is the application of knowledge for achieving practical goals in a reproducible way. The word technology can also mean the products resulting from such efforts, including both tangible tools such as utensils or machines, and intangible ones such as software. Technology plays a critical role in science, engineering, and everyday life.

O3

Nature

Next, think of a compelling feature for your cover story. This will be what draws your audience in. Make sure that you have accompanying visual content that immediately catches the eye. Include photos, illustrations, and other graphics to match.

EAT

HEALTHY FOOD



BE

— HEALTHY —

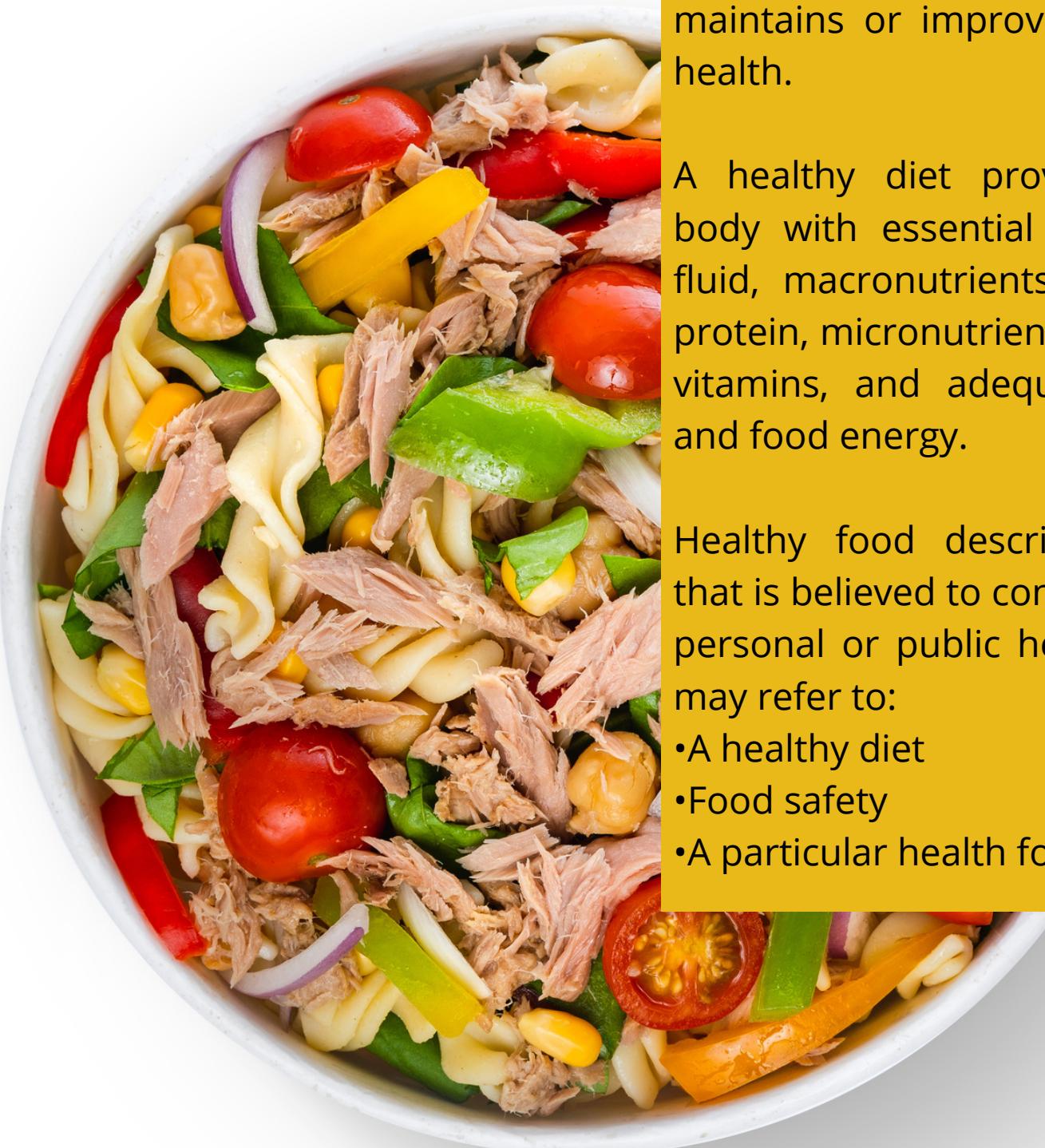
Live Your Best Life With Healthy Food
Tips and Tricks, Recipes, and many more.

HEALTHY FOOD



"Your diet is a bank account. Good food choices are good investments."

CHOOSE YOUR FOOD



A healthy diet is a diet that maintains or improves overall health.

A healthy diet provides the body with essential nutrition: fluid, macronutrients such as protein, micronutrients such as vitamins, and adequate fibre and food energy.

Healthy food describes food that is believed to contribute to personal or public health, and may refer to:

- A healthy diet
- Food safety
- A particular health food.

**"IT IS HEALTH THAT IS REAL WEALTH
AND NOT PIECES OF GOLD AND
SILVER".**

TECHNOLOGY

AR/VR



AR and VR



Augumented Reality

An enhanced version of reality created by the use of technology to overlay digital information on an image of something being viewed through a device (such as a smartphone camera)



Virtual Reality

computer-generated simulation of a three-dimensional image or environment that can be interacted with in a seemingly real or physical way by a person using special electronic equipment, such as a helmet with a screen inside or gloves fitted with sensors.

APPLICATIONS

In Online Shoping



In Mediacl Field



In Military





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SAVE IT

NATURE

"WHEN YOU ARE LOOKING FOR PEACE, NATURE IS ALWAYS THE ANSWER".

"NATURE" CAN REFER TO THE PHENOMENA OF THE PHYSICAL WORLD, AND ALSO TO LIFE IN GENERAL.

IT UNDERPINS OUR ECONOMY, OUR SOCIETY, INDEED OUR VERY EXISTENCE.

OUR FORESTS, RIVERS, OCEANS AND SOILS PROVIDE US WITH THE FOOD WE EAT, THE AIR WE BREATHE, THE WATER WE IRRIGATE OUR CROPS WITH.

