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## *Illness and Healing*

### **Causes of illnesses**

Illness is a loss of health. Often it is temporary as body heals itself. Sometimes it can be long lasting. Why do we fall ill? Here are some common causes.

- Unsafe water and poor personal hygiene
- Under nutrition and over nutrition
- Accidents and injury, Animal and insect bites
- Mental tension
- Changes due to ageing
- Pollution of air, also noise pollution.
- Unsafe sex
- Addictions

### **Healing**

Body has a capacity to heal itself. Have you seen how a tree heals its axe injury? First the gum fills the gap. The gum hardens and gradually becomes wooden. Same A similar effect occurs in human body for many illnesses. So you can see a scar replacing an injury. So are the scars of injury or a wound.

#### **In this lesson we will learn about**

What is illness, its causes, germ illnesses, immunity, healing? In this lesson we will learn only about germ illnesses.

