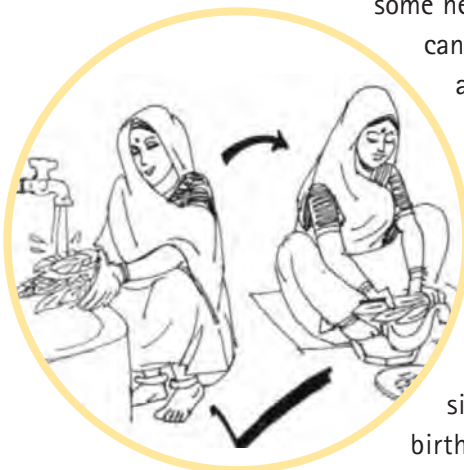


How to remain healthy?

Some parental gifts make part of one's health. Like body features, frame, height, weight, looks, skin and color, some mental traits etc. Sometimes we even get some health problems linked to parental gifts. We can avoid marriage among blood relatives to avoid some of these inborn defects.



Many social and economic factors also cause ill health. Poverty is the root cause of many sicknesses. Low purchasing power limits access to adequate amount of food and balanced diet. Women suffer from sicknesses during the process of giving birth to a baby.

Also health care utilization is impacted adversely on account of poverty. Ignorance also contributes to sickness. Certain traditional practice are harmful. You should try to know about these traditional practices in your village.

A lot of health depends upon factors like

- Clean drinking water, clean air
- Balanced diet,
- Healthy personal habits,
- Healthy home and surroundings
- Healthy working conditions.
- Supportive family, friends and society
- Staying away from vices like alcohol, tobacco, multiple partners etc.

Timely use of health services like immunization, birth spacing, mosquito bed nets etc is also necessary for health. If we fall ill, seeking treatment early is very important in several illnesses. Examples are TB, cancer, high blood pressure, pneumonia, snake bite etc. Late action may harm. Every hour counts in such situations.

To stay healthy, we need to adopt healthy practices, and use health services in time.