Drug use develops drug addiction - a disease in which a person's mental and physical condition, well-being and mood depend on the presence of the drug in the body. During its development - a withdrawal syndrome develops in a very severe condition, which is accompanied by seizures, severe pain in muscles and internal organs.

Alcohol is the poison that most affects the brain. Alcohol has a particularly detrimental effect on the body of a teenager who has not yet completed the process of forming some parts of the brain, as well as other important organs: heart, lungs, stomach, liver, kidneys. The toxic effect of alcohol on the body of a teenager is several times stronger than on the body of an adult, because at this age the tissues are very saturated with water and quickly absorb and distribute alcohol throughout the body.

Nutritionists do not often recommend that you eat fast food, so it is likely to gain extra pounds.

people who eat fast food are more prone to depression than those who eat a healthy diet;

fast food causes premature aging;

fast food impairs memory;

The faster we chew food, the less we get full, and in the end we eat more.

Smoking any tobacco products, regardless of the dose, in one way or another harms the body. When you smoke, your body absorbs more than just nicotine. Tobacco smoke contains more than 7,000 chemical elements, of which at least 250 are toxic and about 70 cause cancer. Some of these elements are also part of insect venom, wood varnish, rat poison, varnish remover, and so on.