





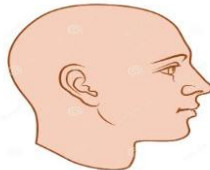







**Health factors and their impact upon our health**

|                               |  |
|-------------------------------|--|
| <b>1. Diet</b>                | <ul style="list-style-type: none"><li>- We should consume enough fruits and vegetables on a daily basis because they are rich in fiber and complex carbohydrates.</li><li>- When it comes to protein, we should consume low-fat protein sources like seafood and poultry, but we should reduce animal meats that are high in saturated fat like beef and lamb.</li><li>- When it comes to grains, we should eat whole grains like whole grain bread, brown rice and whole wheat pasta. On the other hand, we should avoid white grains such as white bread, white rice and white pasta.</li><li>- Also, we should eliminate sugar intake because it contains merely simple carbohydrates that are unhealthy.</li></ul> |
| <b>2. Physical activity</b>   | <ul style="list-style-type: none"><li>- We should lead an active lifestyle and we mustn't lead a sedentary lifestyle.</li><li>- We should exercise at least 3 times a week.</li><li>- It is important to warm up before and cool down after the session.</li></ul>   |
| <b>3. Stress</b>              | <ul style="list-style-type: none"><li>- We should manage our stress and avoid depression and anxiety.</li></ul>  |
| <b>4. Healthy practices</b>   | <ul style="list-style-type: none"><li>- We should have a healthy diet and lead an active lifestyle.</li><li>- We must have a personal hygiene routine that involves washing hands and brushing teeth before and after each meal.</li><li>- We should practice "earthing" whenever we have the chance.</li></ul>  |
| <b>5. Unhealthy practices</b> | <ul style="list-style-type: none"><li>- We shouldn't have an unhealthy diet and we shouldn't lead a sedentary lifestyle.</li><li>- We must avoid smoking.</li><li>- We shouldn't eat on the go.</li><li>- We shouldn't take a shower after a large meal</li></ul>  |


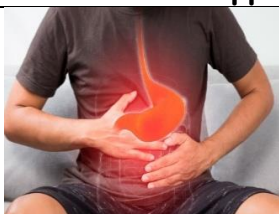
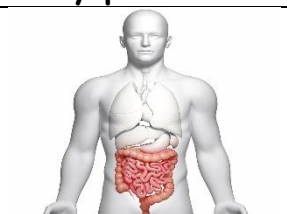


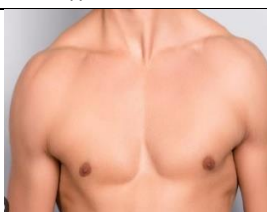

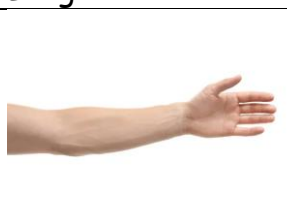


## Body parts

### The top of the body: above the neck

|  |  |   |  |
|--|--|---|--|
|   |   |   |   |
| Shoulders  | The neck   | The brain   | Face   |
|   |   |   |   |
| Head   | Eyes   | Ears  | Mouth  |
|  |  |  |  |
| Lips   | Tongue   | Teeth   | Nose   |

### The upper body parts

|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| Heart   | Stomach   | Bowels   | Lungs   |
|  |  |  |  |
| Back  | Chest   | Belly  | Arm   |



|  |  |   |  |
|--|--|---|--|
|   |   |   |   |
| Hands  | Fingers  | Elbow   | Wrist  |
| The lower body parts   |  |   |  |
|   |   |   |   |
| Legs   | Thighs   | knees   | Calf / calves  |
|  |  |  |  |
| Foot / 2 feet  | Ankles   | Heels   | Shins  |



## Diseases and illnesses

Headache



Stomachache



Earache



Back pain



Toothache



Broken leg



Neck pain



Broken arm



Sore throat



Twisted ankle



Cold



Knee injury

