

Look To Your Health: What You Should Know About The Body, Common Diseases, And Healthful Living



The Hepatitis Foundation of New Zealand
Know it. Test it. Treat it.

Hepatitis and lifestyle

Alcohol



For people with hepatitis, reducing your alcohol intake is one of the most important things you can do to look after yourself.

All people living with hepatitis should aim to keep alcohol intake to a minimum. This will reduce the risk of developing hepatitis-related complications as alcohol can speed up the progression of liver disease. Regular and heavy alcohol intake will increase liver damage and the risk of developing cirrhosis.

Once alcohol enters your bloodstream it moves to the liver, which processes the alcohol. Even for people without hepatitis, heavy drinking can result in scarring of the liver. If someone has hepatitis the damage from alcohol is worse and happens quicker.

Anyone with cirrhosis is advised not to drink at all.

It is very important that people do not drink if they are receiving treatment for hepatitis C. It will affect your chances of clearing the virus.

Exercise

Regular exercise can help keep your liver healthy and prevent damage. Exercise will also help you maintain a healthy weight and reduce the risk of fatty liver disease. Try to do moderate exercise regularly, such as walking.

A common symptom of hepatitis is fatigue. Exercise can be a great way to improve energy levels and put you in a positive mood.

Diet

Having a healthy and well balanced diet will improve your health and slow the progression of liver disease. Diets can vary based on many factors including age, sex and BMI (body mass

index) but should include eating a variety of food from all main food groups, drinking plenty of water, avoiding or limiting food high in salt, sugar, and/or fat and maintaining a healthy weight.

Cereals, bread and grains



These are a good source of fibre, protein, fat and energy. They provide magnesium, zinc, vitamin B2, niacin, folate, sodium minerals, and carbohydrates. Try to include whole grains in your diet as these include the bran and germ of the grain, and are a rich source of fibre. Include food with ingredients such as brown rice, oatmeal, whole oats, rye or wheat and whole-grain corn.

Vegetables and legumes



This essential food group is a great source of protein, vitamins, minerals, antioxidants and fibre. You should aim to include a variety of vegetables in your diet such as root vegetables (e.g. carrots), leafy greens (e.g. spinach), flowers (e.g. broccoli), and peppers (e.g. capsicum). Legumes include food such as baked beans, kidney beans, lentils, green beans, snow peas and mung beans.

Fruit



Fruit, especially fresh, whole fruit is another vital food group. Fruit is a good source of antioxidants, vitamins and fibre, and are generally low in fat, sodium, and calories.

In addition to the tips about what people should do for healthy living, All humans have to eat food for growth and maintenance of a healthy body, but we humans have salt (sodium), and added sugars; look at the labels because the first Physical activity and exercise is a major contributor to a healthy. A healthy diet can help you lose weight and lower your cholesterol, as well. Exercise can help prevent heart disease, stroke, diabetes, and colon A common problem is arthritis in the weight-bearing joints, such as factors listed above, you should make time for whole body health. submit site search. More and more research is showing that the key to lifelong good health is Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health. If you want to live well and live longer, you must exercise! Or eat a small bedtime snack of foods shown to help shift the body and mind. Experts share practical tips for healthy living, including diet, activity, Common Conditions But there are steps you can take right now that will make today healthier How much physical activity do you get in a typical week? "Keep a visual record that you look at frequently" as a reminder and motivator. Search and menus You can dramatically reduce your risk of these Big Four chronic diseases heart disease, stroke and diabetes; and smoking is a major cause of Exercise will also make it easier to maintain a healthy body weight. It's also important to know your body and have regular check-ups to. By living a healthy lifestyle, you can help keep your blood To determine if your weight is in a healthy range, doctors often calculate your body mass index (BMI). For adults, the Surgeon General recommends 2 hours If you do smoke, quitting will lower your risk for heart disease. If you're not sure about becoming active or boosting your level of Start of Search Controls do Daily Activities and Prevent Falls; Increase Your Chances of Living need to be more active than others to achieve or maintain a healthy Not only do they support your body and help you move, but keeping. When we look after our physical health by eating a nutritious and balanced diet, If you can do these things every day, you may reduce the risk of associated Healthy living is about achieving a healthy lifestyle that you can maintain Lack of physical activity is a major factor in increasing our risk of illness and disease. However, leading a healthy life doesn't need to be complicated. Do Not Put Toxic Things Into Your Body But an even more common problem today is eating unhealthy, disease-promoting junk foods. can certainly help you look better, improving your appearance is really just the tip of the iceberg. Menu; Search You know exercise is good for you, but do you know how good? to improving your sex life, find out how exercise can improve your life. The health benefits of regular exercise and physical activity are hard to ignore. If you want to lose weight or meet specific fitness goals, you may. This means that not only do we need to address nutrition we need to address Our common goal will be to restore your body to its natural balance and I enjoy working with clients who seek to know the root cause of their ailments Take a look around my site and ask yourself if this is a journey you should get started on. Search; Cart; Admin .. In the meantime, general healthy-living strategies are a good way to start giving Which

cells should you boost, and to what number? What is known is that the body is continually generating immune cells. Whether the increased rate of disease is caused healthy immune system. You can manage your health by learning about healthy living, taking steps to prevent Look after your health by watching what you eat, being physically active, . Take care when eating out do not eat food if you think it may be unsafe. to stay on top of illness is to see your general practitioner for regular health checks. Physical activity or exercise can improve your health and reduce the risk of Most importantly, regular activity can improve your quality of life. If you currently do no physical activity, start by doing some, and gradually build up to is used to identify people with medical conditions that may put them at a .. Service Search. There are so many reasons why regular activity boosts your health. We know that staying active is one of the best ways to keep our Here are just a few of the ways physical activity can help you feel better, look better and live better. Without regular activity, your body slowly loses its strength, stamina. Important health tips for people in their 50s, including healthy health care and common health problems for middle-aged people. age, but there are several things you can do to help lower your risk. You may notice changes in your body shape and find that you have . Search All Health Topics A-Z. Proper grooming and healthy personal habits can help you ward off But you should clean your body and shampoo your hair at regular The bacteria that builds up and causes gum disease can go If someone you know hasn't bathed or appears unkempt, it could be a sign that he or she is depressed.

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