

## HEALTHY LIFESTYLE

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**Abstract:** A healthy lifestyle is the lifestyle of an individual with the goal of preventing disease and promoting health. A healthy lifestyle helps us fulfill our goals and objectives, successfully implement our plans, cope with difficulties, and, if necessary, with colossal overloads. Good health, maintained and strengthened by the person himself, will allow him to live a long and joyful life.

**Key words:** Drug, health, psychoactive, body, smoking, alcohol, stress, physical inactivity, vitamin, protein.

Health is an invaluable wealth of each person individually, and of the entire society as a whole. When meeting and parting with people close to us, we always wish them good health, because this is the main condition for a full and happy life.<sup>1</sup>

The main factors that destroy health

Psychoactive substances (drugs)

Addiction to the use of psychoactive substances (drugs) is a painful attraction that leads to severe disorders, primarily of the mental and physical functions of the body. It's no secret that drugs are poison. Regardless of the amount taken, they cause irreparable damage to our health.

It is generally accepted that drugs must have three characteristics: they are gradually addictive, and they are physical and psychological dependence. Physical dependence is expressed in the fact that in the absence of the drug, the addict's condition sharply worsens, pain, nausea, vomiting, and disorders of the internal organs appear, what is colloquially called "withdrawal." Psychological dependence manifests itself in the willingness of the addict to do anything to get the drug again.

The main danger of narcotic substances is that after taking them, an irresistible craving for repeated use appears, and the addict no longer thinks about the deadly consequences that the drug carries.

Drugs are introduced into the holy of holies of the body - step by step they destroy the addict's nervous system, his brain, and they do this cynically, and sometimes irreversibly. The disturbances affect the functioning of individual neurons, areas of the brain, in particular those responsible for memory and semantic operations. This, in turn, directly affects a person's behavior, his professional activity decreases, he is turned off from social activities, and all his leisure time is occupied with thoughts about drugs. Hence, frequent absenteeism and low labor productivity, cessation of education at school or college, lack of any desire to take care of children, wife, sick parents, neglect of household chores

other words, the drug addict degrades as a person, turning into a callous, limited egoist, busy only with waiting for the next drug intoxication.

All drugs, regardless of the route of introduction into the body, to a greater or lesser extent necessarily damage: the nervous system (including the brain); immune system; liver; heart; lungs.

#### Smoking

Nowadays, smoking has become deeply ingrained in the lives of many people and has become an everyday occurrence. Despite the struggle of the public, with the introduction of new requirements of the “anti-tobacco” law, part of the population still remains active smokers, while everyone is aware that nicotine is the strongest poison. In addition to nicotine, other components of tobacco smoke also have a negative effect. When carbon monoxide enters the body, oxygen starvation develops due to the fact that carbon monoxide is more easily combined with hemoglobin than oxygen and is delivered with the blood to all organs and tissues. Frequent and prolonged smoking is associated with manifestations of physical discomfort: morning cough, headache, sharp discomfort in the stomach, heart, sweating, fluctuations in blood pressure, loss of sleep, appetite, and memory loss. The person becomes nervous and irritable. In addition, smokers endanger not only themselves, but also those around them. Inhaling smoky tobacco air (passive smoking) leads to the same diseases that smokers suffer. A smoker inhales smoke that has passed through the filter of the cigarette, while a non-smoker inhales completely unfiltered smoke. This smoke contains 50 times more carcinogens, twice as much tar and nicotine, 5 times more carbon monoxide and 50 times more ammonia than smoke inhaled through a cigarette. Therefore, stopping smoking is a prerequisite for a healthy lifestyle.<sup>3</sup>

#### Alcohol

The problem of alcoholism is a branched complex of social pathologies that affect the normal functioning of society. Taking even small doses of alcohol reduces performance, leads to fatigue, absent-mindedness, and makes it difficult to correctly perceive events. Alcoholism is a serious chronic disease that is difficult to cure. It develops on the basis of regular and long-term use of alcohol and is characterized by a special pathological state of the body: an uncontrollable craving for alcohol, a change in the degree of its tolerance and personality degradation. Alcohol has an extremely harmful effect on brain cells, paralyzing their activity and destroying them. The effect of alcohol on the liver is detrimental: with prolonged use, chronic hepatitis and cirrhosis of the liver develop. Drinking alcoholic beverages, regardless of the type of strength, leads to disturbances in heart rhythm, metabolic processes in the tissues of the heart and brain, and irreversible changes in these tissues. The whole society suffers from the consequences of alcoholism, but first of all, the younger generation is at risk: children, adolescents, young people, as well as the health of expectant mothers.<sup>3</sup>

#### Stress

Stress - translated from English means “pressure, pressure, tension.” Any person is subject to stress, regardless of their position, position in society and

material wealth. A tense emotional state has a negative impact on the psychological and physical state of a person. Stress leads to psycho-emotional disorders (anxiety, depression, neuroses, low mood, or, conversely, overexcitation, anger, memory impairment, insomnia). Stress is the main risk factor for the manifestation and exacerbation of many diseases: cardiovascular (hypertension, angina, stroke), gastrointestinal tract (ulcers, gastritis), colds and infections, which is explained by weakened immunity. It is impossible to remove most stress factors from our lives, but we can change our perceptions and neutralize their negative impact on our health and life in general.<sup>3</sup>

#### Physical inactivity

In the modern world, office work, automation of production, movement by car, and the development of household appliances reduce the human need for movement. Low physical activity contributes to the development of diseases such as arterial hypertension, atherosclerosis, myocardial infarction, diabetes mellitus, obesity and osteoporosis. Even normal, everyday physical activity (walking outside, doing housework, walking up the stairs) will help maintain muscle tone and maintain weight because the activity burns calories.<sup>2</sup>

Thus, it is obvious that the primary role in maintaining and developing health still belongs to the person himself, his healthy lifestyle, values and attitudes.

Don't forget that your health is in your hands. Don't be hostage to your bad habits.

Stop smoking and alcohol, move more, try to take the troubles and troubles of life more easily! Be healthy!

1. Giving up bad habits.
2. Playing sports.

Physical activity improves the general condition of the body and the functioning of the lymphatic system, which removes toxins from the body. According to research, people who regularly exercise are 25% less likely to get colds than those who do not lead a healthy lifestyle. However, don't be too zealous. Just 30-60 minutes of exercise a day allows you to become healthier, while more serious exercise will make you weaker. Be sure to include push-ups in your program - they promote better lung and heart function. Be sure to do abdominal exercises - this will improve the functioning of the gastrointestinal tract and genitourinary system. Daily morning exercises are a mandatory minimum of physical activity for the day. It is necessary to make it the same habit as washing your face in the morning.

#### 3. Healthy eating.

Healthy eating is a very broad concept (voluminous scientific works have been written about it), but the basic principles of a rational approach to food are as follows:

Limiting animal fats;

Including an increased amount of plant products in the menu;

Exclusion from the daily diet of "fast" carbohydrates – sweets, baked goods, soda, fast food, chips and other "junk" food;

Switching to fractional meals (a small amount of food at one time);  
4. Eating foods rich in vitamins.



What foods are rich in vitamins - this question very often worries people who care about their health. After all, as you know, the main source of substances necessary for humans, without which almost all physiological processes in the human body would be impossible, is food. A properly balanced diet can provide the body with the necessary vitamins and minerals. None of the vitamins are synthesized by the human body independently. In addition, of the dozen and a half vitamins that a person needs, only five are fat-soluble (that is, they have the ability to accumulate in the liver and fatty part for a longer time), while the rest are water-soluble, that is, they are excreted with water in excess, and therefore require regular daily replenishment. To help you balance your diet, we will try to tell you which foods are especially rich in the vitamins we need.

Fat-soluble vitamin A was the very first to be discovered (as indicated by its letter designation). It is involved in almost all functions of the body: vitamin A is necessary for maintaining vision and healthy hair and skin, for fighting infections and normal functioning of the immune system, it is a powerful antioxidant and is important for the functioning of the lungs, heart, and thyroid gland. An adult needs to receive 0.9-1 mg of vitamin A per day. The best sources are beef liver (100g of product contains 8.2 mg of vitamin A) and pork liver (3.45 mg), followed by chicken egg yolk (1.26 mg), butter (0.43 mg); Among the sources of plant origin, the richest in this vitamin are carrots, sea buckthorn, rowan, and rose hips.

Vitamin D also tends to accumulate in the body in fatty tissues. It includes two biologically active substances, of which cholecalciferol comes both from food and is synthesized with the help of ultraviolet rays, and ergocalciferol comes only from food. The main function performed by this vitamin is the absorption of calcium in the small intestine; additional functions include participation in metabolic processes and coordination of cell reproduction. The daily requirement of the human body for it is 15 mcg. The maximum amount of vitamin D can be obtained by eating sprats in oil (20.5 mcg per 100 g of product), followed by butter (3.5 mcg), chicken egg (2.5 mcg) and meat (1.3 mcg).

Another essential vitamin from the fat-soluble category is vitamin E. In addition to being the main antioxidant substance, it strengthens the myocardium and

vascular walls, slows down the aging of cells, and improves their nutrition. An adult needs to consume 8-10 mg of vitamin E per day; this norm can be obtained by eating butter (121 mg per 100 g of product), sunflower oil (44 mg), corn oil (18.6 mg), soybean oil (17.1 mg), as well as sprouted grains of wheat and corn (15-25 mg), oat grains, rye. In general, vitamin E is found in many foods.

Vitamin K is important for healthy kidney function, the absorption of calcium by some organs, and it also plays an important role in blood clotting. It is recommended to consume 120 mcg of vitamin K per day, which is most found in spinach (482 mcg), lettuce (173.6 mcg), and white cabbage (76 mcg).

Among the water-soluble vitamins, the largest group is B vitamins. In natural products, they exist together and solve one main task - energy production and participation in cellular respiration. They cannot be accumulated, so you need to take B vitamins daily. It is worth noting that they are destroyed under the influence of alcohol, nicotine, and caffeine.

Vitamin B1. The required rate is 1.1-1.2 mg. Most of it is found in peas (0.81 mg per 100 g), soybeans (0.94 mg), yeast (0.60 mg), beans (0.50 mg), buckwheat (0.43 mg), wheat (0.42 mg), pork and beef liver (0.30 mg each).

Vitamin B2. The daily norm is 1.3 mg. Its maximum content is in the liver (2.19 mg per 100 mg), heart and kidneys (1.8 mg each), eggs, and milk.

Vitamin B6. The norm that the body needs is 1.6-2 mg. It can be obtained by eating foods such as: walnuts (0.80 mg per 100 g of nuts), hazelnuts (0.70 mg), beef liver (0.70 mg), chicken meat (0.52 mg) daily, red sweet pepper (0.50 mg).

Vitamin B9. The recommended daily intake is 180-200 mcg. Vitamin B9 is found in significant quantities in beef liver (240 mcg), beans (90 mcg), spinach (80 mcg), and walnuts (77 mcg).

Vitamin B12. The required norm is 6 mcg. Its maximum content can be found in beef liver (60 mcg per 100 g of product), pork liver (30 mcg), beef heart (10 mcg), and rabbit meat (4.3 mcg).

Vitamin C is necessary for the normal functioning of bone and connective tissue and is an antioxidant. For adults, the physiological need is 90 mg per day; for smokers, this norm increases by approximately 35 mg; the permissible maximum is 2000 mg. Vitamin C is found mainly in fruits and vegetables. Your body will receive it most if you regularly consume the following products: rose hips (650 mg in fresh, 1000 mg in dry berries per 100 g of berries), sweet pepper (200 mg, in red – 250 mg), currants and sea buckthorn (200 mg), greens, parsley, dried porcini mushrooms (150 mg each), cabbage Brussels sprouts (120 mg), cauliflower (70 mg), oranges (60 mg), sorrel (43 mg), lemons (40 mg).<sup>4</sup>

## 5. Hardening.

Hardening your body can be your assistant in maintaining a healthy lifestyle. It is best to start it from childhood. The easiest way of hardening is air baths. Water procedures also play a huge role in the hardening process - strengthening the nervous system, having a beneficial effect on the heart and blood vessels, normalizing blood pressure and metabolism. First of all, it is recommended to rub your body with a dry towel for several days, and then move on to wet rubdowns.

You need to start wiping yourself with warm water (35-36 C), gradually moving to cool water, and then to dousing. In summer, it is better to take water procedures in the fresh air after exercise.

#### 6. Protein intake.

Protective factors of immunity - antibodies (immunoglobulins) - are built from protein. If you eat little meat, fish, eggs, dairy products, nuts, then they simply will not be able to form.

#### 7.Reducing stress load.

Prolonged stress causes a powerful blow to the immune system. By increasing levels of negative hormones, it suppresses the release of hormones that help maintain health. By learning to deal with stress, you will stop the flow of excess hormones that make you fat, irritable and forgetful.

#### 8. Get a good night's sleep.

Getting good sleep is one of the best ways to stay healthy. People who sleep 7-8 hours are definitely doing the right thing. But it is not recommended to sleep more than 8 hours. A good night's sleep strengthens the immune system. The fact is that during night sleep the level of melatonin increases, which improves the functioning of the immune system.<sup>5</sup>

If you want to be healthy, lead a healthy lifestyle. Your new motto: no more lying on the couch, more exercise and fresh air! Bad habits and stress are the main enemy of health. Try to get as many positive emotions as possible and take care of proper nutrition. Go ahead and good luck!!!

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