



Get Free From Medicine by
Just Changing Your Habit



Chaskar Swati G



MedCrave

Step into the World of Research

Get Free From Medicine by Just Changing Your Habit

Dr. Avhad Pawan S and Dr. Chaudhari Ganesh
M.A.B.D. Diploma College of Pharmacy

Supervised by:
Dr. Chaskar Swati G
S.N.D. College of Pharmacy

Date: January 31, 2017

Contents

Chapter 1	1
Abstract	2
Keywords	2
Chapter 2	3
Introduction	4
Chapter 3	21
Conclusion	22
References	23

Chapter 1

Abstract

Habit is behavior of routines that are repeated regularly and tend to occur subconsciously. A habit, from the standpoint of psychology, is a more or less fixed way of thinking, willing, or feeling acquired through previous repetition of a mental experience." "A bad habit is an undesirable behavior pattern."The different type of human bad habit responsible for disease and disorder such as eating habit, smoking, alcohol drinking, excessive watching television, let sleeping, much more sleeping. This habit responsible for some disease and disorder like Hypertension, Insomnia, Dementia, Epilepsy Headaches, Parkinson's disease, Atherosclerosis diabetes, cancer, asthma etc. The disadvantageous of bad habit Good habits such as rise in early morning eat healthy diet, Yoga and meditation and benefit for human life. We have to control on everything in our day today's life related with our lifestyle, food, work, emotions within a limit to for our healthy life or free from disease. The most important thing in our life is a food for which we are doing everything that is also within a limit otherwise it will be harmful for our body. Research has proved that fast food produces excess calories and make fat disposition in body also responsible for heart attacks and poisoning. Nowadays reputed hospitals and research institutes as well as ayurveda have said that eat more fresh fruits and vegetables for healthy life. Fruits and vegetables contain natural antioxidant factor, which is very helpful to resist against free radicals and reduce the cancer cells. The natural antioxidants contained in vegetables and fruits include vitamins C, vitamin E, beta-carotene, and the trace elements such as selenium, zinc, manganese, and so on. In addition, fruits and vegetables contain a lot of plant chemical compositions, such as polyphenols, flavonoids, allicin, etc, all of which have an anti-cancer effect. So by this way one can easily get free from disease by just changing our habit and following the natures laws.

Keywords: Habit; Food; Disease; Lifestyle; Smoking; Drinking

Chapter 2

Objective

- 1) To make a people aware of habit which on continuation get converted in to disease?
- 2) To suggest good habit this can convert unhealthy to healthy person.
- 3) To enlist bad habits cause disease.

Introduction

What is Habit

Habit are routines of behavior that are repeated regularly and tend to occur subconsciously In the American Journal of Psychology it is defined in this way: "A habit, from the standpoint of psychology, is a more or less fixed way of thinking, willing, or feeling acquired through previous repetition of a mental experience." Habitual behavior often goes unnoticed in persons exhibiting it, because a person does not need to engage in self-analysis when undertaking routine tasks. Habituation is an extremely simple form of learning, in which an organism, after a period of exposure to a stimulus, stops responding to that stimulus in varied manners. Habits are sometimes compulsory. The process by which new behaviors become automatic is habit formation. Examples of habit formation are the following: If you instinctively reach for a cigarette the moment you wake up in the morning, you have a habit. Also, if you lace up your running shoes and hit the streets as soon as you get home, you've acquired a habit. Old habits are hard to break and new habits are hard to form because the behavioral patterns we repeat are imprinted in our neural pathways, but it is possible to form new habits through repetition.

As behaviors are repeated in a consistent context, there is an incremental increase in the link between the context and the action. This increases the automaticity of the behavior in that context. Features of an automatic behavior are all or some of: efficiency, lack of awareness, unintentionality, and uncontrollability. Habit formation is modelled as an increase in automaticity with number of repetitions up to an asymptote In fact, the habit formation is a slow process. Lally et al. (2010) found the average time for participants to reach the asymptote of automaticity was 66 days with a range of 18–254 days. This is because only the initial repetition can cause a large increase in automaticity. After that, each new repetition will generate less amount of automaticity. This relationship continues until the behaviour reach its limit of automaticity. The habit–goal interface is constrained by the particular manner in which habits are learned and represented in memory. Specifically, the associative learning underlying habits is characterized by the slow, incremental accrual of information over time in procedural memory. Habits can either benefit or hurt the goals a person sets for themselves. Goals guide habits most fundamentally by providing the initial outcome-oriented impetus for response repetition. In this sense, habits often

are a vestige of past goal pursuit. Although, when a habit forces one action, but a conscious goal pushes for another action, an op-positional context occurs. When the habit prevails over the conscious goal a capture error has taken place.

Bad Habit

A bad habit is an undesirable behavior pattern. Common examples include: procrastination, fidgeting, overspending, nail-biting. The sooner one recognizes these bad habits, the easier it is to fix them.

Sleeping Habit

Advantageous Rising Up In Early Morning

"Early to bed and early to rise makes a man healthy, wealthy and wise"

"Put no trust in the benefits to accrue from early rising, as set forth by the infatuated Franklin

- A. Physical exercise:** Doing a physical workout every morning before you start your day will benefit your heart and overall health. A physical exercise routine in the mornings is more beneficial because it happens before actually doing anything else. Research has proven some people that do physical exercise during the early morning hours usually keep the weight off and loose the weight quicker.
- B. Sunshine:** It's required that people get at least 15 minutes of sunshine every day in order to absorb vitamin D from the sun rays. Morning hours are actually when the sun is rising which is 6:00 a.m. through 11:00 a.m. depending on the state or country you're in. Vitamin D from the sun is beneficial for stronger bones, healthier hair, teeth, fingernails, and clearer skin. So basically 15 minutes of sunshine rays can help thinning hair, brittle nails, osteoporosis (weak bones, and broken-out skin conditions).
- C. Breakfast:** This is the most important meal of the day, eating breakfast in the mornings has proven that people are healthier physically and mentally than those who don't eat in the mornings. Breakfast doesn't have to consist of a big plate of food, but breakfast can be: a piece wheat toast, a cup-size of grits or two eggs, and a cup of herbal tea. Eating in the morning is useful for the brain of people that attend school or work early, this is because breakfast also feeds the mind as well. Also benefits of being an early morning person is seeing the green trees, blue sky, hearing the birds chirp, and breathing in the mornings fresh air as you thank the Heavenly Father for another beautiful day.
- D. Interact with your children:** Morning time is a great time to uplift your children with positive words before they go to school, good self-esteem starts at home.

Compliments from parents to a child are beneficial before they meet with other personalities such as their teachers and classmates. And asking your child about classes they have that are elective classes is a great idea, conversation about their fun classes will make them more enthusiastic about school in the start of the morning. It's a good idea to say to your children in the mornings to "have a great day today" before they are dropped off at school. Interacting with your children in the mornings is a bonding time for stay-at-home parents. But working parents may or may not see their children in the mornings, and if not there's a way to still interact with your children at the end of the day or other times during the week.

E. Employment or school: During early mornings hours going to work or school will pay off for the financial wealth of your household. Some jobs or school hours are usually 8 hours starting in the mornings, and you have the rest of your day to spend doing other things. Being a morning person you wouldn't mind working or going to school in the early mornings, in most cases we don't have a choice. Personally, before I start my day as a working mom, or a stay-at-home mom, or even a student, I'll say "This is the day that the Lord has made, I will rejoice and be glad in it."

F. Get more done: Being a morning person allows you to get more out of your day, you get to do more things such as physical exercise, self-employment tasks, a hobby, and read Bible verses or whatever it is you choose to do. Some people that are starting a healthy diet will prepare their fruit and salads, and put them in bowls or zip-bags in the morning to make sure they have the healthy foods for their diet during the day.

G. Morning people sleep better at night: Which is due to a busy day that may consists of physical exercise, interacting with their children, working or school, doing stay-at-home Mom tasks, reading, etc., will assist with sleeping better at night.

F. Prayer: is talking to the Heavenly Father in the early mornings while doing physical exercise or before you do anything in the morning. Praying to God first thing in the morning is smart because Christ also prayed early in the morning to the Heavenly Father. Giving God the first part of your day is a great offering. Praying is talking to God, thanking Him for that He's done in your life that some people may take for granted.

Disadvantageous Of let sleeping

A. Weight gain

Several studies have linked insufficient sleep and weight gain. For example, studies have shown that people who habitually sleep less than six hours per night are much more likely to have a higher than average body mass index (BMI) and that people who sleep eight hours have the lowest BMI.

Sleep is now being seen as a potential risk factor for obesity along with the two most commonly identified risk factors: lack of exercise and overeating. Research into the mechanisms involved in regulating metabolism and appetite are beginning to explain what the connection between sleep and obesity might be. During sleep, our bodies secrete hormones that help to control appetite, energy metabolism, and glucose processing. Obtaining too little sleep upsets the balance of these and other hormones. For example, poor sleep leads to an increase in the production of cortisol, often referred to as the "stress hormone." Poor sleep is also associated with increases in the secretion of insulin following a meal. Insulin is a hormone that regulates glucose processing and promotes fat storage; higher levels of insulin are associated with weight gain, a risk factor for diabetes. Insufficient sleep is also associated with lower levels of leptin, a hormone that alerts the brain that it has enough food, as well as higher levels of ghrelin, a biochemical that stimulates appetite. As a result, poor sleep may result in food cravings even after we have eaten an adequate number of calories. We may also be more likely to eat foods such as sweets that satisfy the craving for a quick energy boost. In addition,

1. Insufficient sleep may leave us too tired to burn off these extra calories with exercise.
2. People who get more than 10 hours a night have an increased risk of heart disease, diabetes and obesity

B. Disease Cause By Let Sleeping

a) Dementia

Alzheimer's disease and other forms of dementia may disrupt sleep regulation and other brain functions. Wandering, disorientation, and agitation during the evening and night, a phenomenon known as "sun downing," can require constant supervision and place great stress on caregivers. In such cases, small doses of antipsychotic medications are more helpful than benzodiazepine drugs but the some adverse effect of this drug such as dependence.

b) Epilepsy

People with epilepsy-a condition in which a person is prone to seizures-are twice as likely as others to suffer from insomnia. Brain wave disturbances that cause seizures can also cause deficits in slow-wave sleep or REM sleep. Antiseizure drugs can cause similar changes at first, but tend to correct these sleep disturbances when used for a long time. About one in four people with epilepsy has seizures that occur mainly at night, causing disturbed sleep and daytime sleepiness. Sleep deprivation can also trigger a seizure, a phenomenon noted in college infirmaries during exam periods, as some students suffer their first seizures after staying up late to study.

c) **Headaches, Strokes, and Tumors**

People who are prone to headaches should try to avoid sleep deprivation, as lack of sleep can promote headaches. Both cluster headaches and migraines may be related to changes in the size of blood vessels leading to the cortex of the brain; pain occurs when the walls of the blood vessels dilate. Researchers theorize that as the body catches up on missed sleep, it spends more time in delta sleep, when vessels are most constricted, making the transition to REM sleep more dramatic and likely to induce a headache. Headaches that awaken people are often migraines, but some migraines can be relieved by sleep. Sleepiness coupled with dizziness, weakness, headache, or vision problems may signal a serious problem such as a brain tumor or stroke, which requires immediate medical attention.

d) **Parkinson's disease**

Almost all people with Parkinson's disease have insomnia. Just getting in and out of bed can be a struggle, and the disease often disrupts sleep. Some arousals are from the tremors and movements caused by the disorder, and others seem to result from the disorder itself. As a result, daytime sleepiness is common. Treatment with sleeping pills may be difficult because some drugs can worsen Parkinson's symptoms. Some patients who take drugs used to treat Parkinson's treatment may develop severe nightmares; others experience disruption of REM sleep. However, the use of these medications at night is important to maintain the mobility needed to change positions in bed. A bed rail or an overhead bar may make it easier for people with Parkinson's to move about and, therefore, lead to better sleep.

e) **Heart disease**

i. **Hypertension**

Even minor periods of inadequate sleep can cause an elevation in blood pressure. Studies have found that a single night of inadequate sleep in people who have existing hypertension can cause elevated blood pressure throughout the following day. This effect may begin to explain the correlation between poor sleep and cardiovascular disease and stroke. For example, one study found that sleeping too little (less than six hours) or too much (more than nine hour) increased the risk of coronary heart disease in women. Research suggests that poor sleep habits contribute to cardiovascular disease. This means they may contribute not only to heart problems such as heart disease and heart attack, but also to stroke and diabetes.

a. **Atherosclerosis**

The lack of quality sleep leads to inflammation in the arteries. When the arteries are inflamed, they are more prone to atherosclerosis (hardening of the arteries). Atherosclerosis is the accumulation of plaque, a substance made up of fat, cholesterol, calcium, scar tissue and other

debris in the arteries, which narrows blood flow through the artery. Fibrous caps on plaque can break off, lodge in the bloodstream, and promote a blood clot at the site of the debris. When a blood clot blocks blood flow through the one of the coronary arteries that supply blood to the heart, a heart attack results. The same process causes some forms of strokes when the blockage occurs in the carotid arteries in the neck. one study in 2008 in the Journal of the American Medical Association found that even one additional hour of sleep per night reduced calcium deposits in the arteries of the study participants. More research needs to be conducted, but if you tend to burn the midnight oil, you may want to consider going to bed earlier. The current recommendation for adults is getting 6 to 8 hours of sleep each night, though actual sleep needs may vary for each person.

Poor sleep may worsen heart health by increasing inflammation. Chronic inflammation has gained a lot of attention due to the associations found between this bodily process and an array of illnesses and disease. While inflammation is a normal physiological process and part of our immune system, when it runs amok it can wreak havoc on our cells and tissues. Which explains why inflammation can play a major role in heart health, as it can lead to restricted blood flow and increase the risk of heart attack and stroke A study by researchers at Emory University found that regular bouts of insomnia and poor sleep quality may increase inflammation throughout the body, which may be further aggravated by high cholesterol, resulting in heart complications.

f) **Disease cause by much more sleeping**

i. **Diabetes**

Sleeping too long or not enough each night can increase the risk for diabetes. Diabetes Researchers have found that insufficient sleep may lead to type II diabetes by influencing the way the body processes glucose, the high-energy carbohydrate that cells use for fuel. One short-term sleep restriction study found that a group of healthy subjects who had their sleep cut back from 8 to 4 hours per night processed glucose more slowly than they did when they were permitted to sleep 12 hours. Numerous epidemiological studies also have revealed that adults who usually slept less than five hours per night have a greatly increased risk of having or developing diabetes. In addition, researchers have correlated obstructive sleep apnea-a disorder in which breathing difficulties during sleep lead to frequent arousals-with the development of impaired glucose control similar to that which occurs in diabetes.

ii. **Obesity**

Sleeping too much or too little could make you weigh too much, as well. One recent study showed that people who

slept for nine or 10 hours every night were 21% more likely to become obese over a six-year period than were people who slept between seven and eight hours. This association between sleep and obesity remained the same even when food intake and exercise were taken into account.

iii. Headaches

For some people prone to headaches, sleeping longer than usual on a weekend or vacation can cause head pain. Researchers believe this is due to the effect oversleeping has on certain neurotransmitters in the brain, including serotonin. People who sleep too much during the day and disrupt their nighttime sleep may also find themselves suffering from headaches in the morning.

g) Eating habit

a. Disease cause by eating habit

i. Cancer

One-third of Cancer Diseases Are Caused by Bad Eating Habits

People's Daily reported that, cancer has become the Number One threat to human life. It is a common and frequently-occurring disease which seriously endangers the health of people. Cancer experts have pointed out that, besides the genetic factor, cancer is also highly related with the environmental factors, in which diet is one of the most important. Relevant researches have pointed out that about one-third of the cancer diseases have something to do with the poor eating habits in daily life. With the gradual improvement of the living standards, people tend to eat more refined foods at the meal, while the intake of coarse grains and cereals is reduced. Such modern poor eating habit will lead to a series of cancers, which seriously affect the health of human body. For example: First, lack of cellulose will increase the incidence of colorectal cancer. Second, excessive intake of high-fat, high-protein foods has become an important reason for the increasing incidence of breast cancer and colorectal cancer. Third, about 75% of the head and neck cancer is caused by drinking alcohol and smoking. Fourth, people who like to eat hard, hot, and pungent foods will easily suffer from esophageal cancer. Fifth, gastric cancer has something to do with too much intake of smoked foods or foods which contain nitrate, such as sausage, ham, pickles, dried salted fish and so on. Sixth, eating mildewed corn, peanut, rice and other foods or drinking unsanitary water will make people susceptible to liver cancer. Seventh, people who prefer to eat sweet and greasy foods are most likely to suffer from pancreatic cancer. Eighth, insufficient intake of vegetables and fruits has something to do with colorectal cancer, gastric cancer, liver cancer, breast cancer and esophageal cancer.

ii. Overweight

Overweight is generally defined as having more body

fat tissue than is optimally healthy. Being overweight is a common condition, especially where food supplies are plentiful and lifestyles are sedentary. Excess weight has reached epidemic proportions globally, with more than 1 billion adults being either overweight or obesity. Increases have been observed across all age groups. A healthy body requires a minimum amount of fat for the proper functioning of the hormonal, reproductive, and immune systems, as thermal insulation, as shock absorption for sensitive areas, and as energy for future use. But the accumulation of too much storage fat can impair movement and flexibility, and can alter the appearance of the body. The increase the overweight due to some disease.

h) Reasons why fast food is bad for you

a. Fast food contains more calories

Majority of junk foods are loaded with calories. Large portion size and high fat content are the main reasons for the high energy content. An average person need to consume about 400-600 calories in a mealtime. (If he takes 3 main meals and 2 snacks). The calorie content of many items are far more than that level. For example; KFC chicken pot pie have 790 calories. If you eat that and drink 300ml of Pepsi, which contain 170 calories, you will have a total of 960 calories. A McDonald's Big Xtra Hamburger with cheese have 810 calories. A Burger King's Club Chicken Sandwich is loaded with 700 calories. Think that if you eat 220 more calories a day, you will gain one pound of extra fat in your body in two weeks time. That means, 24 pounds in one year. That is a lot of weight gain. So, don't visit those restaurants more than once a week.

b. Fast food contains more unhealthy fat

Most of the convenient foods contain high levels of saturated fat. This type of fat is mostly derived from animal products such as meat, eggs and butter. Palm oil and coconut oil also contain significant amounts of saturated fat. Eating too much saturated fat can increase bad cholesterol level in the blood. Elevated levels of cholesterol are the main cause of heart attack, stroke and peripheral vascular diseases. Another type of fat presents in these food is called trans fat, which is the worst type of fat. We do not need to eat trans fat, even in tiny amounts. Consumption of trans fat is linked to elevated levels of bad cholesterol (LDL) in the blood. In addition, it can lower the amount of good cholesterol (HDL) in your body.

c. Fast foods are high in sodium

Sodium plays several important roles in our body. We need to consume certain amount of sodium every day. However, taking too much salt is bad for the body. It can cause high blood pressure, obesity, and osteoporosis. In addition, experts believed that over-consumption of salt are linked to increased risk of developing bowel cancer. An average adult need to consume about 1200 mg sodium per day. Many of the convenient foods contain far more than

that amount. For example; KFC double down sandwich contain 1880 mg of sodium. Similarly, McDonald's Angus bacon and cheese contain 2070 mg of sodium. Imagine you eat one of these items for your one meal time. Then what are you going to eat for the rest of the day? Eating too much fast food is bad for your health because they contain more calories, more unhealthy fat, and more salt. They can lead to obesity, high blood pressure, and coronary heart diseases.

d. Eating habits and modern life

Everything is running in high speed, people do not have time for cooking, don't have the desire and patience to stay longer in the kitchen, and they don't have the willingness to prepare their own food. Old generation still prefer to cook their own food unlike young people who prefer to eat fast food because they don't want to spend long time cooking and the desire for the cooking. The modern life shapes our eating habits and makes us like slaves following its speed. It's not hard to find fast food restaurants they are everywhere and every corner. Fast food consumption causes damages to the social and economic life of the country and leads to many health problems such as obesity and heart diseases according to many studies. Also, many nutrition experts from different countries have already declared the epidemic character of fast food. The rapid process of globalization and modern life influence our eating habits and gives opportunity to fast food restaurants to grow and flourish. Fast food seems to become very common everywhere, though some positive aspect of the fast food is easy to prepare, available in many places, and it is a substantial meal. But in other hand, we can estimate that its negative aspects are more important and bigger. I think it is easy to understand that fast food is one of the phenomena that is going to be accepted by people. We are going to see the process of disappearance of the traditional culture with the development of fast food restaurants in all countries all over the world.

i) Disease cause by fast food eat (Figure 1)

a. Atherosclerosis

Much more meat- and fish-based entrees, as well as side orders such as fried onion rings and French fries, contain large amounts of cholesterol and/or saturated fat, substances that threaten your arterial health. The more you consume, the greater the buildup in your arteries. This narrows the space where blood flows, reducing the amount of oxygen that reaches your cells. Damage to the artery walls can create bleeding and dangerous blood clots. This condition, called atherosclerosis, or clogged arteries, can cause heart attacks and strokes.



a. Type II diabetes

Although no one knows if fast foods themselves cause diabetes, health problems related to fast foods can increase your likelihood of getting the disease. Overweight, obesity, high-blood pressure and elevated blood-sugar levels have all been linked to type 2 diabetes. According to a 2005 medical study published in "The Lancet," eating fast-food meals more than twice per week can cause an average 10-pound weight increase in young adults over time. Carrying that much extra weight raises your risk of developing insulin resistance and type 2 diabetes.

b. Hypertension

Hypertension, or high-blood pressure, is directly linked to excessive sodium intake. Many fast foods are loaded with the sodium that comes from salt used in seasoning. Burgers, tacos, french fries and even hot fruit pies have high sodium contents. Some, such as fried shrimp, have nearly 100 percent of the daily limit suggested by the American Heart Association. Hypertension increases the progression of atherosclerosis and raises your risk of developing heart disease.

c. Cancers

Again, fast foods themselves may not cause cancer, but they can cause conditions such as weight gain that precipitate cancer. Menus that emphasize fat and sugar at the expense of fiber and other beneficial nutrients have the poor-nutrition building blocks for cancer. The Office of the Surgeon General associates overweight and obesity with colon, kidney, gall bladder and other forms of cancer.

Coronary heart disease

High blood pressure

Gallstones

Breathing problems

a) How to prevent disease

1. Cancer experts point out that, the most important thing of cancer prevention is to establish a reasonable and healthy diet structure, develop good eating habits, and supported by scientific sports and exercises..

2. Secondly, change the bad eating habits. Do not drink alcohol; do not smoke; control the intake of high-fat foods; take in more vegetable oil; eat less salt, with less than 6 grams of sodium chloride every day for an ordinary man; limit the intake of pickled foods, and so on.

Last but not the least, take some exercises every day, which is also very helpful for the prevention of Dietary Habits Help You Prevent Cancer

3. According to the survey, influenced by multi-factors such as high-fat diet, lack of exercise, smoking, etc, more and more people in modern society begin to suffer from cancer such as colon cancer, breast cancer, and so on. So how to prevent the occurrence of cancer from daily diet?
4. First of all, keep a balanced diet: a balanced diet can provide you every nutrient needed by the body. In fact, there are many reasons that may cause cancer. It is not only caused by single factor or single food, so we should take in different kinds of nutrients and food, so as to achieve the effect of preventing cancer, because a lot of nutrients are complementary with each other, and each of them is indispensable.
5. Secondly, reduce the intake of high-fat food: if you absorb too much fat in daily diet, it will easily increase the risk of breast cancer and colon cancer. Besides animal oil and fried food, you should also eat less snacks such as cakes, biscuit and so on.
6. Do not often eat salted, smoked and barbecue food: pickled and smoked food often contains carcinogen nitrite. While barbecue food always contain another kind of carcinogen. Fruits and vegetables contain a lot of antioxidants such as vitamin A, vitamin E and vitamin C, which can inhibit the synthesis of carcinogenic factor.
7. Reduce the intake of alcoholic beverages: alcoholic drinks not only contain some carcinogens, but also will stimulate the mucosal inflammation. In addition, drinking too much alcohol can lead to malnutrition, loss of immunity, and may increase the chance of suffering from cancer.
8. Fifthly, eat more fresh fruits and vegetables: fruits and vegetables contain natural antioxidant factor, which is very helpful to resist against free radicals and reduce the cancer cells. The natural antioxidants contained in vegetables and fruits include vitamins C, vitamin E, beta-carotene, and the trace elements such as selenium, zinc, manganese, and so on. In addition, fruits and vegetables contain a lot of plant chemical compositions, such as polyphenols, flavonoids, allicin, etc, all of which have an anti-cancer effect.
9. Increase the intake of fiber. In addition to fruits and

vegetables, whole grains and beans are also the best sources of fiber. Experts have pointed out that, if the human body takes in enough fiber, it plays an important role in the prevention of cancer. You can choose to eat whole wheat bread, coarse cereals, brown rice, and so on.

10. A balanced diet, rich in beneficial minerals and vitamins: eggs, soy, whole grains and liver are helpful to nails. Sulfurous minerals found in apples, cucumbers, grapes, garlic, asparagus, and onions all help consistent growth. Essential fatty acids, or EFAs, are found in salmon, nuts, seeds and tuna. They all help keep nails shiny and pliable. General vitamins and minerals are also important.

k. **Smoking**

The adverse health effects from cigarette smoking account for more than 440,000 deaths, or nearly one of every five deaths, each year in the United States. More deaths are caused each year by tobacco use than by human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined. If nobody smoked, one of every three cancer deaths in the United States would not happen. Smoking causes an estimated 90% of all lung cancer deaths in men and 80% of all lung cancer deaths in women. An estimated 90% of all deaths from chronic obstructive lung disease are caused by smoking

l. **Advantages of smoking quit**

a. **Save money**

Smoking wastes a lot of money on a daily basis, according to the American Cancer Society. Smokers regularly spend money on smoking that they could use for other expenses.

b. **Lower disease risk**

People who smoke risk heart disease and lung problems. The American Cancer Society states that one year after quitting smoking, the risk of coronary heart disease becomes 50 percent of that of a smokers. Ten years after quitting smoking, a person has a 50 percent lower rate of dying from lung cancer than that of a smoker. Someone who chooses not to smoke has less risk for a heart attack and getting lung cancer.

c. **Better hygiene**

Smoking affects the smell of the hair, clothes and breath; according to smokefree.gov. It also can cause tooth decay. Not smoking allows you to avoid negative smells. You do not have to worry about using breath spray every time you smoke and no one has to smell smoke all over your clothes. You do not have to worry about your teeth rotting due to smoke.

d. Improved work performance

Smokers have to take smoke breaks throughout the day. If you choose not to smoke, you can continue working and show off your dedication and skills to your boss. When smokers take a break, they come back into the office smelling like smoke. If you choose to forgo smoking, you do not have to worry about infiltrating your workplace with bad smells. Smoking harms nearly every organ of the body. Smoking causes many diseases and reduces the health of smokers in general. People who quit smoking can actually reverse some of the damage that has been done to their lungs over an extended period of time. Other benefits of quitting smoking may include the following:

- a) Decreased risk of lung disease
- b) Decreased risk of heart disease
- c) Decreased risk of cancer
- d) Reduced cigarette stains on fingers and teeth
- e) Reduced occurrence of a hacking cough
- f) Elimination of stale cigarette smell on clothing and hair, Improved smell and taste

II. Disadvantageous

1. Yellow teeth, tooth decay and bad breath.
2. Cancer of the nose, lip, tongue and mouth.
3. Possible hearing loss.
4. Laryngeal and pharyngeal cancers.
5. Contributes to osteoporosis.
6. Shortness of breath.
7. Coughing.
8. Chronic bronchitis.
9. Cancer.
10. Emphysema.
11. Heart disease.
12. Blockages in blood supply that can lead to a heart attack.
13. High blood pressure (hypertension).
14. Myeloid leukemia, a cancer that affects bone marrow and organs that make blood.
15. Stomach and bladder cancers.
16. Stomach ulcers.
17. Decreased appetite.
18. Grey appearance.

19. Damage to blood vessel walls.
20. Increased likelihood of back pain.
21. Increased susceptibility to infection.
22. Lower fertility and increased risk of miscarriage.
23. Irregular periods.
24. Damaged sperm and reduced sperm.

III. Side effect of smoking (Figure 2)

a) Low to moderate dose

- 1) Decreased blood flow to fingers and toes. Some of the effects that may be experienced after smoking tobacco include.
- 2) Initial stimulation, then reduction in activity of brain and nervous system.
- 3) Increase in alertness mild euphoria.
- 4) Feelings of relaxation.
- 5) Increased blood pressure and heart rate.
- 6) Decreased skin temperature.
- 7) Decreased appetite
- 8) Dizziness
- 9) Nausea abdominal cramps and vomiting.
- 10) Headache
- 11) Coughing, due to smoke irritation.



b) Higher doses

A high dose of nicotine can cause a person to overdose. This means that a person has taken more nicotine than their body can cope with. The effects of very large doses can include:

- 1) An increase in the unpleasant effects

- 2) Feeling faint
- 3) Confusion
- 4) Rapid decrease in blood pressure and breathing rate
- 5) Seizures
- 6) Respiratory arrest and death.

IV. Disease caused by smoking

a. Cancer

Long-term effects Smoking causes lung cancer.

Smoking causes lung diseases by damaging the airways and alveoli (i.e., small air sacs) of the lungs. Tar in cigarettes coats the lungs and can cause lung and throat cancer in smokers. It is also responsible for the yellow-brown staining on smokers' fingers and teeth. Carbon monoxide in cigarettes reduces the amount of oxygen available to the muscles, brain and blood. This means the whole body especially the heart must work harder. Over time this causes airways to narrow and blood pressure to rise, which can lead to heart attack and stroke. High levels of CO, together with nicotine, increase the risk of heart disease, hardening of the arteries and other circulatory problems.

b. Lung cancer

Lung cancer, an abnormal, continual multiplying of cells that can result in lumps, masses, or tumors, can begin in the lining of the bronchi (large airways), or other areas of the respiratory system. Lung cancer may cause a cough as the tumor grows. Other symptoms may include constant chest pain, shortness of breath, wheezing, recurring lung infections, bloody or rust-colored sputum, hoarseness, swelling of the neck and face, pain and weakness in the shoulder, arm, or hand, and unexplained fever. Smoking, including secondhand smoke, is the leading cause of lung cancer.

c. Coronary heart disease

Cigarette smoking increases the risk of coronary heart disease by itself. When it acts with other factors, it greatly increases risk. Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot. Smoking also increases the risk of recurrent coronary heart disease after bypass surgery. Cigarette smoking is the most important risk factor for young men and women. It produces a greater relative risk in persons under age 50 than in those over 50. Women who smoke and use oral contraceptives greatly increase their risk of coronary heart disease and stroke compared with nonsmoking women who use oral contraceptives. Smoking decreases HDL (good) cholesterol. Cigarette smoking combined with a family history of heart disease also seems to greatly increase the risk.

d. Chronic bronchitis

Chronic bronchitis, a long-term inflammation of the bronchi (large airways), is characterized by coughing productively over a long period of time.

e. Emphysema

Emphysema, a chronic lung condition that affects the air sacs in the lungs (alveoli), is characterized by shortness of breath, coughing, fatigue, sleep and heart problems, weight loss, and depression.

V. How can smart recovery help me stop smoking?

Think positively about quitting and negatively about smoking's effects on the body. According to the American Cancer Society, smoking can cause not only cancer. But also chronic bronchitis, COPD (Chronic Obstructed Pulmonary Disease) and emphysema. All of these diseases can lead to an early death. Prepare to quit smoking by setting a date, learning about the different aids (nicotine gum and patches) and telling friends and family about the plan to stop smoking. This communication creates a support system to guide a person in the right direction.

Chose a stop-smoking aid if it is needed. Some people can quit without the help of devices, while others cannot. In addition to nicotine patches and gum, according to stop-smoking-tips.com, there are nicotine nasal sprays, lozenges, inhalers and pills also available. Consult a physician for help in deciding which is the best choice for an individual.

- a. Enhancing & Maintaining Motivation to Quit – Helps you identify and keep up with your reasons to quit. Why do you want to stop - what will keep you focused on that goal?
- b. Coping with Urges – Dealing with urges and cravings is part of recovery. SMART has tools designed to help our members cope with urges that can help you stay stopped.
- c. Managing Problems – We frequently turn to using unhealthy behaviors to either escape from or avoid addressing problems. SMART Recovery participants learn problem-solving tools to help them manage these challenges along the way.
- d. Lifestyle Balance – SMART helps participants build skills to help balance both short and long-term goals, pleasures and needs that were once out of balance.

I. Alcohol drinking (Figure 3)

A. Advantages of quit alcohol drinking

i. Save money

Alcohol drinking a lot of money on a daily basis, according to the American Cancer Society. Regularly spend money

on alcohol that they could use for other expenses. Quitting alcohol may provide money to get.



B. Disease cause by alcohol drinking

i. Heart attack and stroke

Excessive alcohol consumption leads to an increased risk of heart failure. A review of the literature found that half a drink of alcohol offered the best level of protection.

ii. Cardiomyopathy

Large amount of alcohol over the term can lead to alcoholic cardiomyopathy. Alcoholic cardiomyopathy presents in a manner clinically identical to idiopathic dilated cardiomyopathies, involving hypertrophy of the musculature of the heart that can lead to congestive heart failure.

iii. Hematologic disease

Alcoholics may have anemia from several causes they may also develop thrombocytopenia from direct toxic effect on megakaryocytic, or from hypersplenism.

iv. Nervous system

Chronic heavy alcohol consumption impairs brain development, causes brain shrinkage, dementia, physical dependence, increases neuropsychiatric and cognitive disorders and causes distortion of the brain chemistry. At present, due to poor study design and methodology, the literature is inconclusive on whether moderate alcohol consumption increases the risk of dementia or decreases it. Some evidence suggests that low to moderate alcohol consumption may speed up brain volume loss. Chronic consumption of alcohol may result in increased plasma levels of the toxic amino acid homocysteine; which may cause alcohol withdrawal seizures, alcohol-induced brain atrophy and alcohol-related cognitive disturbances. Alcohol's impact on the nervous system can also include disruptions of memory and learning.

v. Brain

Alcohol abuse is associated with widespread and significant brain lesions. Alcohol related brain damage is not only due

to the direct toxic effects of alcohol; alcohol withdrawal, nutritional deficiency, electrolyte disturbances, and liver damage are also believed to contribute to alcohol-related brain damage. The long-term effects of alcohol on brain chemistry is an important cause of chronic fatigue.

vi. Cognition and dementia

Excessive alcohol intake is associated with impaired prospective memory. This impaired cognitive ability leads to increased failure to carry out an intended task at a later date, for example, forgetting to lock the door or to post a letter on time. The higher the volume of alcohol consumed and the longer consumed, the more severe the impairments. One of the organs most sensitive to the toxic effects of chronic alcohol consumption is the brain. In France approximately 20% of admissions to mental health facilities are related to alcohol-related cognitive impairment, most notably alcohol-related dementia. Chronic excessive alcohol intake is also associated with serious cognitive decline and a range of neuropsychiatric complications. The elderly are the most sensitive to the toxic effects of alcohol on the brain.

Acetaldehyde is produced from ethanol metabolism by the liver. The acetaldehyde is further metabolized by the enzyme acetaldehyde dehydrogenase. A deficiency of this enzyme is not uncommon in individuals from Northeastern Asia as pointed out in a study from Japan. This study has suggested these individuals may be more susceptible to late-onset Alzheimer's disease, however this higher risk is associated with the enzyme deficiency not with alcohol consumption. Individuals with this defect generally do not drink alcohol.

vii. Essential tremor

Essential tremors can be temporarily relieved in up to two-thirds of patients by drinking small amounts of alcohol. Ethanol is known to activate amino butyric acid type A (GABAA) and inhibit N-methyl-D-aspartate (NMDA) glutamate receptors, which are both implicated in essential tremor pathology and could underlie the ameliorative effects. Additionally, the effects of ethanol have been studied in different animal essential tremor models.

viii. Insomnia

Chronic use of alcohol used to induce sleep can lead to insomnia. Frequent moving between sleep stages occurs, with awakenings due to headaches and diaphoresis. Stopping chronic alcohol abuse can also lead to profound disturbances of sleep with vivid dreams. Chronic alcohol abuse is associated with NREM stage 3 and 4 sleep as well as suppression of REM sleep and REM sleep fragmentation. During withdrawal REM sleep is typically exaggerated as part of a rebound effect.

ix. Mental health effects

High rates of major depressive disorder occur in heavy

drinkers and those who abuse alcohol. Whether it is more true that major depressive disorder causes self-medicating alcohol abuse, or the increased incidence of the disorder in alcohol abusers is caused by the drinking, is not known though some evidence suggests drinking causes the disorder. Alcohol misuse is associated with a number of mental health disorders and alcoholics have a very high suicide rate. A study of people hospitalised for suicide attempts found that those who were alcoholics were 75 times more likely to go on to successfully commit suicide than non-alcoholic suicide attempters [10,3]. In the general alcoholic population the increased risk of suicide compared to the general public is 5-20 times greater. About 15 percent of alcoholics commit suicide. Abuse of other drugs is also associated with an increased risk of suicide. About 33 percent of suicides in the under 35s are due to alcohol or other substance misuse.

Social skills are significantly impaired in people suffering from alcoholism due to the neurotoxic effects of alcohol on the brain, especially the prefrontal cortex area of the brain. The social skills that are impaired by alcohol abuse include impairments in perceiving facial emotions, prosody perception problems and theory of mind deficits; the ability to understand humour is also impaired in alcohol abusers.

Studies have shown that alcohol dependence relates directly to cravings and irritability. Another study has shown that alcohol use is a significant predisposing factor towards antisocial behavior in children. Depression, anxiety and panic disorder are disorders commonly reported by alcohol dependent people. Alcoholism is associated with dampened activation in brain networks responsible for emotional processing (e.g. the amygdala and hippocampus). Evidence that the mental health disorders are often induced by alcohol misuse via distortion of brain neurochemistry is indicated by the improvement or disappearance of symptoms that occurs after prolonged abstinence, although problems may worsen in early withdrawal and recovery periods. Psychosis is secondary to several alcohol-related conditions including acute intoxication and withdrawal after significant exposure [11,12]. Chronic alcohol misuse can cause psychotic type symptoms to develop, more so than with other drugs of abuse. Alcohol abuse has been shown to cause an 800% increased risk of psychotic disorders in men and a 300% increased risk of psychotic disorders in women which are not related to pre-existing psychiatric disorders. This is significantly higher than the increased risk of psychotic disorders seen from cannabis use making alcohol abuse a very significant cause of psychotic disorders. Approximately 3 percent of people who are alcohol dependent experience psychosis during acute intoxication or withdrawal. Alcohol-related psychosis may manifest itself through a kindling mechanism. The mechanism of alcohol-related psychosis is due to distortions to neuronal membranes, gene expression, as well as thiamin deficiency. It is possible in some cases

that alcohol abuse via a kindling mechanism can cause the development of a chronic substance-induced psychotic disorder, i.e. schizophrenia. The effects of an alcohol-related psychosis include an increased risk of depression and suicide as well as psychosocial impairments. However, moderate wine drinking has been shown to lower the risk for depression.

While alcohol initially helps social phobia or panic symptoms, with longer term alcohol misuse can often worsen social phobia symptoms and can cause panic disorder to develop or worsen, during alcohol intoxication and especially during the alcohol withdrawal syndrome. This effect is not unique to alcohol but can also occur with long term use of drugs which have a similar mechanism of action to alcohol such as the benzodiazepines which are sometimes prescribed as tranquilizers to people with alcohol problems. Approximately half of patients attending mental health services for conditions including anxiety disorders such as panic disorder or social phobia suffer from alcohol or benzodiazepine dependence. It was noted that every individual has an individual sensitivity level to alcohol or sedative hypnotic drugs and what one person can tolerate without ill health another will suffer very ill health and that even moderate drinking can cause rebound anxiety syndromes and sleep disorders. A person who is suffering the toxic effects of alcohol will not benefit from other therapies or medications as they do not address the root cause of the symptoms.

x. Digestive system and weight gain

The impact of alcohol on weight-gain is contentious: some studies find no effect, others find decreased or increased effect on weight gain. Alcohol use increases the risk of chronic gastritis (stomach inflammation); it is one cause of cirrhosis, hepatitis, and pancreatitis in both its chronic and acute forms.

xi. Metabolic syndrome

A study concluded, "Mild to moderate alcohol consumption is associated with a lower prevalence of the metabolic syndrome, with a favorable influence on lipids, waist circumference, and fasting insulin. This association was strongest among whites and among beer and wine drinkers. This is also true for Asians. A J-curve association between alcohol intake and metabolic syndrome was found: "The results of the present study suggest that the metabolic syndrome is negatively associated with light alcohol consumption (1–15 g alcohol/d) in Korean adults". However, "odds ratios for the metabolic syndrome and its components tended to increase with increasing alcohol consumption.

xii. Gallbladder effects

Research has found that drinking reduces the risk of developing gallstones. Compared with alcohol abstainers,

the relative risk of gallstone disease, controlling for age, sex, education, smoking, and body mass index, is 0.83 for occasional and regular moderate drinkers (< 25 ml of ethanol per day), 0.67 for intermediate drinkers (25-50 ml per day), and 0.58 for heavy drinkers. This inverse association was consistent across strata of age, sex, and body mass index. Frequency of drinking also appears to be a factor. "An increase in frequency of alcohol consumption also was related to decreased risk. Combining the reports of quantity and frequency of alcohol intake, a consumption pattern that reflected frequent intake of any given amount of alcohol was associated with a decreased risk, as compared with nondrinkers. In contrast, infrequent alcohol intake (1-2 days/week) showed no significant association with risk." Consumption of alcohol is unrelated to gallbladder disease. However one study suggested that drinkers who take vitamin C (ascorbic acid) might reduce their risk of gallbladder disease.

xiii. Liver disease

Alcoholic liver disease is a major public health problem. For example in the United States up to two million people have alcohol-related liver disorders. Chronic alcohol abuse can cause fatty liver, cirrhosis and alcoholic hepatitis. Treatment options are limited and consist of most importantly discontinuing alcohol consumption. In cases of severe liver disease, the only treatment option may be a liver transplant in alcohol abstinent patients. Research is being conducted into the effectiveness of anti-TNFs. Certain complementary medications, e.g., milk thistle and silymarin, appear to offer some benefit. Alcohol is a leading cause of liver cancer in the Western world, accounting for 32-45% of hepatic cancers. Up to half a million people in the United States develop alcohol-related liver cancer. Moderate alcohol consumption also increases the risk of liver disease.

xiv. Pancreatitis

Alcohol abuse is a leading cause of both acute pancreatitis and chronic pancreatitis. Alcoholic pancreatitis can result in severe abdominal pain and may progress to pancreatic cancer. Chronic pancreatitis often results in intestinal malabsorption, and can result in diabetes.

xv. Respiratory system

Chronic alcohol ingestion can impair multiple critical cellular functions in the lung. These cellular impairments can lead to increased susceptibility to serious complications from lung disease. Recent research cites alcoholic lung disease as comparable to liver disease in alcohol-related mortality. Alcoholics have a higher risk of developing acute respiratory distress syndrome (ARDS) and experience higher rates of mortality from ARDS when compared to non-alcoholics. Despite these effects, a large prospective study has shown a protective effect of moderate alcohol consumption on respiratory mortality.

xvi. Kidney stones

Research indicates that drinking alcohol is associated with a lower risk of developing kidney stones. One study concludes, "Since beer seemed to be protective against kidney stones, the physiologic effects of other substances besides ethanol, especially those of hops, should also be examined....consumption of coffee, alcohol, and vitamin C supplements were negatively associated with stones. "After mutually adjusting for the intake of other beverages, the risk of stone formation decreased by the following amount for each 240-ml (8-oz) serving consumed daily: caffeinated coffee, 10%; decaffeinated coffee, 10%; tea, 14%; beer, 21%; and wine, 39%....stone formation decreased by the following amount for each 240-mL (8-oz) serving consumed daily: 10% for caffeinated coffee, 9% for decaffeinated coffee, 8% for tea, and 59% for wine." (CI data excised from last two quotes) [1,3,8].

xvii. Sexual dysfunction

Long term excessive intake of alcohol can lead to damage to the central nervous system and the peripheral nervous system resulting in loss of sexual desire and impotence in men [1,3,9]. This can result due to a reduction of testosterone from ethanol-induced testicular atrophy, resulting in increased feminisation of males and is a clinical feature of alcohol abusing males who have cirrhosis of the liver.

xviii. Hormonal imbalance

Excessive alcohol intake can result in hyperoestrogenisation. It has been speculated that alcohol beverages may contain estrogen like compounds. In men, high levels of estrogen can lead to testicular failure and the development of feminine traits including development of male breasts, called gynecomastia. In women, increased levels of estrogen due to excessive alcohol intake have been related to an increased risk of breast cancer.

xix. Diabetes mellitus

A meta-analysis found with data from 477,200 individuals determined the dose-response relationships by sex and end point using lifetime abstainers as the reference group. The search revealed 20 cohort studies that met our inclusion criteria. A U-shaped relationship was found for both sexes. Compared with lifetime abstainers, the relative risk (RR) for type 2 diabetes among men was most protective when consuming 22 g/day alcohol (RR 0.87 [95% CI 0.76–1.00]) and became deleterious at just over 60 g/day alcohol (1.01 [0.71–1.44]). Among women, consumption of 24 g/day alcohol was most protective (0.60 [0.52–0.69]) and became deleterious at about 50 g/day alcohol. Because former drinkers may be inspired to abstain due to health concerns, they may actually be at increased risk of developing diabetes, known as the sick-quitter effect. Moreover, the balance of risk of alcohol consumption on other diseases and health

outcomes, even at moderate levels of consumption, may outweigh the positive benefits with regard to diabetes. Additionally, the way in which alcohol is consumed (i.e., with meals or bingeing on weekends) affects various health outcomes. Thus, it may be the case that the risk of diabetes associated with heavy alcohol consumption is due to consumption mainly on the weekend as opposed to the same amount spread over a week. In the United Kingdom “advice on weekly consumption is avoided.

Also, a twenty year twin study from Finland has shown that moderate alcohol consumption may reduce the risk of type 2 diabetes in men and women. However, binge drinking and high alcohol consumption was found to increase the risk of type 2 diabetes in women. A study in mice has suggested a beneficial effect of alcohol in promoting insulin sensitivity.

xx. Rheumatoid arthritis

Regular consumption of alcohol is associated with an increased risk of gouty arthritis and a decreased risk of rheumatoid arthritis. Two recent studies report that the more alcohol consumed, the lower the risk of developing rheumatoid arthritis. Among those who drank regularly, the one-quarter who drank the most were up to 50% less likely to develop the disease compared to the half who drank the least. The researchers noted that moderate alcohol consumption also reduces the risk of other inflammatory processes such as cardiovascular disease. Some of the biological mechanisms by which ethanol reduces the risk of destructive arthritis and prevents the loss of bone mineral density (BMD), which is part of the disease process. A study concluded, “Alcohol either protects from RA or, subjects with RA curtail their drinking after the manifestation of RA”. Another study found, “Postmenopausal women who averaged more than 14 alcoholic drinks per week had a reduced risk of rheumatoid arthritis.

xxi. Osteoporosis

Moderate alcohol consumption is associated with higher bone mineral density in postmenopausal women. “Alcohol consumption significantly decreased the likelihood [of osteoporosis].” “Moderate alcohol intake was associated with higher BMD in postmenopausal elderly women.” “Social drinking is associated with higher bone mineral density in men and women. However, alcohol abuse is associated with bone loss.

xxii. Skin

Chronic excessive alcohol abuse is associated with a wide range of skin disorders including urticaria, porphyria cutanea tarda, flushing, cetaceous stigmata of cirrhosis, psoriasis, pruritis, seborrheic dermatitis and rosacea.

xxiii. Cancer

In 1988 the International Agency for Research on Cancer (Centre International de Recherche sur le Cancer) of the World Health Organization classified alcohol as a Group

1 carcinogen, stating “There is sufficient evidence for the carcinogenicity of alcoholic beverages in humans. Alcoholic beverages are carcinogenic to human. Acetaldehyde, a metabolic product of alcohol, is suspected to promote cancer. Typically the liver eliminates 99% of acetaldehyde produced. However, liver disease and certain genetic enzyme deficiencies result in high acetaldehyde levels. Heavy drinkers who are exposed to high acetaldehyde levels due to a genetic defect in alcohol dehydrogenase have been found to be at greater risk of developing cancers of the upper gastrointestinal tract and liver. A review in 2007 found “convincing evidence that acetaldehyde... is responsible for the carcinogenic effect of ethanol... owing to its multiple mutagenic effects on DNA.”] Acetaldehyde can react with DNA to create DNA adducts including the Cr-Pdg adduct. This Cr-PdG adduct “is likely to play a central role in the mechanism of alcoholic beverage related carcinogenesis”[1,7,8]. Some have pointed out that even moderate levels of alcohol consumption are associated with an increased risk of certain forms of cancer.

xxiv. Alcohol's effect on the foetus

Fetal alcohol syndrome or FAS is a birth defect that occurs in the offspring of women who drink alcohol during pregnancy. Drinking heavily or during the early stages of prenatal development has been conclusively linked to FAS; moderate consumption is associated with fetal damage [12]. Alcohol crosses the placental barrier and can stunt fetal growth or weight, create distinctive facial stigmata, damaged neurons and brain structures, and cause other physical, mental, or behavioral problems. Fetal alcohol exposure is the leading known cause of mental retardation in the Western world. Alcohol consumption during pregnancy is associated with brain insulin and insulin-like growth factor resistance.

m. Watching television

1. Disease cause by watching T.V

a) The risk of heart disease

It's even sadder that the link between TV and heart disease was still strong even when lack of exercise, obesity, diet and smoking were taken into account. This means that watching TV was independently linked to heart disease and the effect is not simply due to be inactive while watching television. Dr Katrien Wijndaele co-author of the study from the MRC explained: “Our bodies are not designed to sit for long periods and we should be aware that, as we put in the TV-hours watching the World Cup, our risk of heart disease is probably increasing. It might seem obvious that watching TV is linked to heart disease but it's really crucial that we look closely at how our lifestyles affect our health in order to develop more effective ways of improving the health of the nation. This type of research is a crucial part of informing public health advice. We need further research to see if other sedentary activities, like sitting behind a computer or in the car, generate the same results. However, we chose to

focus on TV as it's the most widespread sedentary leisure activity where people have an active choice to dramatically change their behavior". But let's give an example for a better understanding. For instance, if a person's normal risk of dying by heart disease is 10 per cent, watching four hours of television a day increases the risk to 13 per cent.

The results of the study that have been published in the International Journal of Epidemiology, should be taken seriously. As we all know, most of us smile ironically when they hear about such studies. They think it's a joke but it's not. Such studies strengthen the argument that sitting for hours on end watching TV is not good for our health. Their goal is not to make us not watch TV at all. On the contrary, we should watch what we love on TV, whether it's the World Cup or a soap opera. The important thing is not to transform ourselves in couch potatoes, to do at least 30 minutes physical activity five times a week, eat healthy and it will make a difference. Who is not glued to the TV for the World Cup going on these days? Millions of people who didn't get the chance to go to South Africa for the World Cup are watching TV.

Unfortunately, British researchers have some bad news for them. It seems that they've found every hour of television watched per day increase the risk of dying from heart disease by seven per cent.

The research was conducted by the Medical Research Council studied more than 13,000 healthy middle aged men and women in Norfolk, for over 10 years. 373 of the 13,197 participants or one in 35 died from heart disease, and of these deaths, 30 could have been prevented if the average person watched one hour of television per day instead of four.

Based on analysis of data collected over six years, involving 8800 men and women in Australia researchers found that each TV viewing an hour can increase the risk of death from heart attack by 18% and the risk of death from cancer by 9%. This means that people who watch television more than four hours, has a 80% risk of death from cardiovascular disease Saver a period of 6 years than those who watched less than two hours per day.

b) Sleep disorder

Too much TV can reduce levels of the hormone melatonin in the brain that can affect the body's natural rhythms to stay awake longer, irregular sleep and fatigue. Reduced levels of melatonin is often associated with early puberty in girls.

c) Diabetes

The risk of diabetes increased by 14% in those who watch television for 2 people in one day. Other studies have also found that men who watched TV more than 40 hours a week, three times the risk of developing type 2 diabetes than men who watched television less than an hour a week.

d) Obesity

Watching television is too often makes your muscles do not move. If the muscles are not active in a very long period of time can interfere with metabolism and weight gain.

e) Attention deficient disorder

ADD is a disorder of the concentration / concentration and impulsivity that do not fit the child's age; even some children may have hyperactivity. Research at the University of Washington Child Health Institute found that children of 3 (three) years who watched television two hours a day, a 20% risk of having attention problems at age 7 disorder children do not watch TV.

f) Increase risk of asthma

In England, a research study of television viewing more than 3,000 children between the ages of 11 year olds. Research shows that children who spend two or more hours watching television per day, twice as likely to have asthma. The custom of eating many people do not realize that when you have the opportunity to watch TV eat more when doing other activities.

g) Giving the negative effect on mental health

Watching television for long periods have a negative effect on children's intellectual development. American Academy of Pediatrics prohibits children younger than 2 years to watch TV and recommended for children over age 2 not watch television for more than two hours a day.

h) Eye pain

Watching too much television is bad for your eyes, especially when watching TV in a dark room. Too much time focusing your eyes on an object can make your eye strain.

i) Aggressive behavior

Young children are more likely to display aggressive behavior after watching violent TV programs or movies. A study involving more than 3,000 children from 3 years found that children who watch too much television, directly or not, would be risky to exhibit aggressive behavior.

j) Lack of socialization

Too much TV can reduce their social interactions with friends and family. This can cause a variety of social phobia.

2. Disadvantageous

Children from birth to age five are actively growing, learning and developing habits that will shape their physical and emotional health. Because this time period is so crucial to the development of a child's body and brain, any negative influences can have lifelong health effects. Excessive television viewing among young children has been linked to negative impacts on early brain development, and lifelong physical health.

I. Being less able to use imagination

Too much TV can lead to an over load on the visual part of the brain, while depriving other parts of the brain. Areas of the brain responsible for creative thought and imagination are under used because watching television doesn't require these skills.

II. Problems focusing

Too many fast paced images from TV watching keeps the brain from learning how to pay attention and also the Instant stimulus of TV can cause a children to become impatient in complex Situations.

III. Poor skills in planning and judging

The areas of the brain responsible for these skills are under used and not fully developed child watches too much television and plays too many video games.

IV. More likely to be violent when problems

Television and videogame violence is thought to be responsible for 10% to 20% of all real-life Violence.

The negative impacts of television on child and lifelong physical health include: Replacing physical activity with inactivity. A decrease in physical activity is linked to an increased risk for obesity and some chronic diseases

V. Promotion of poor dietary habits

Increased exposure to advertisements for high fat and sugar containing foods leading to poor food choices. The average child views about 20,000 commercials each year. Sugary cereals are strongly marketed to children; making up 34% of all commercials during children's programming. Children often ask for these foods by name and parents buy them A recent study found that increased television viewing during meals is associated with an increased consumption of foods high in fat and sugar and a decreased consumption of fruits, vegetables and milk.

VI. More likely to overweight

The more time a child, adolescent or adult spends watching television, the greater chance he or she has of becoming over weight. Overweight children have a higher risk of developing diabetes. Childhood obesity in the US has tripled over the last 25 years .Children that are overweight by the age of two have a 10% chance of overweight in adulthood. Those who are still overweight by age ten have a 79% chance of overweight in adulthood. A recent study found that 10 % of preschool children ages 2-4 are overweight, and 16 % of low income preschool children are overweight.

VII. Why it's dangerous

The more TV you watch, the less physical activity you're getting, increasing your odds of being overweight and developing type 2 diabetes. A large-scale study of over

9000 people found that those who watched more than two hours of TV a day ate more, while downing more sugary soft drinks and high-fat, high-calorie

VIII. Why you should stop

By turning TV time into active time and committing to a healthy TV/activity balance, you can burn more calories, become more fit, and reduce your odds for related health problems quickly. You'll have a fitter body and more time for sleep, plus more energy, a better mood, sharper mind, and more social connections, which can even help you increase your self-confidence.

n. Good habits

1. Yoga and meditation

Modern medical science has invented million of medicine for the healthy society yet we are not develop completely because in this 21st century people are attracted to the modern life and fallow this and has develop many bad habit caused many disease.

A. Physiological benefit

1. Pulse rate: By practice of meditation pulse rate is reduced towards normal level.

2. Blood Lactic acid level is reduced.

3. Muscle tension is reduced.

4. Immunity power is increased.

B. Mental benefit

A. Increased brain wave coherence.

B. Greater the creativity.

C. Decreased anxiety.

D. Decreased the depression

E. Improve learning ability and memory.

F. Increased the happiness.

C. How to work

1. It beings relaxation physical as well mental.

2. It develops personality and attitude.

3. It increased mental stability.

4. It improves the human relation which helps to illuminate psychological factor responsible for disease.

1) Group of which diseases in which medication can help

a. Insomnia

b. Addiction

- c. Psychological problem especially neurotic problem like Anxiety, Depression, Tension, headache etc.
 - d. Psychosomatic problem like Hypertension, Coronary heart disease, acidity.
 - e. Relief of pain.
- 2) Rising up in early morning
 1. "Early to bed and early to rise makes a man healthy, wealthy and wise"
 2. "Put no trust in the benefits to accrue from early rising, as set forth by the infatuated Franklin"
 - 3) Physical exercise: Doing a physical workout every morning before you start your day will benefit your heart and overall health. A physical exercise routine in the mornings is more beneficial because it happens before actually doing anything else. Research has proven some people that do physical exercise during the early morning hours usually keep the weight off and lose the weight quicker.
 - 4) Sunshine: It's required that people get at least 15 minutes of sunshine every day in order to absorb vitamin D from the sun rays. Morning hours are actually when the sun is rising which is 6:00 a.m. through 11:00 a.m. depending on the state or country you're in. Vitamin D from the sun is beneficial for stronger bones, healthier hair, teeth, fingernails, and clearer skin. So basically 15 minutes of sunshine rays can help thinning hair, brittle nails, osteoporosis (weak bones, and broken-out skin conditions).
 - 5) Breakfast: This is the most important meal of the day, eating breakfast in the mornings has proven that people are healthier physically and mentally than those who don't eat in the mornings. Breakfast doesn't have to consist of a big plate of food, but breakfast can be: a piece wheat toast, a cup-size of grits or two eggs, and a cup of herbal tea. Eating in the morning is useful for the brain of people that attend school or work early, this is because breakfast also feeds the mind as well. Also benefits of being an early morning person is seeing the green trees, blue sky, hearing the birds chirp, and breathing in the mornings fresh air as you thank the Heavenly Father for another beautiful day.
 - 6) Interact with your children: Morning time is a great time to uplift your children with positive words before they go to school, good self-esteem starts at home. Compliments from parents to a child are beneficial before they meet with other personalities such as their teachers and classmates. And asking your child about classes they have that are elective classes is a great idea, conversation about their fun classes will make them more enthusiastic about school in the start of the morning. It's a good idea to say to your children in the mornings to "have a great day today" before they are dropped off at school. Interacting with your children in the mornings is a bonding time for stay-at-home parents. But working parents may or may not see their children in the mornings, and if not there's a way to still interact with your children at the end of the day or other times during the week.
 - 7) Employment or school: During early mornings hours going to work or school will pay off for the financial wealth of your household. Some jobs or school hours are usually 8 hours starting in the mornings, and you have the rest of your day to spend doing other things. Being a morning person you wouldn't mind working or going to school in the early mornings, in most cases we don't have a choice. Personally, before I start my day as a working mom, or a stay-at-home mom, or even a student, I'll say "This is the day that the Lord has made, I will rejoice and be glad in it."
 - 8) Get more done: Being a morning person allows you to get more out of your day, you get to do more things such as physical exercise, self-employment tasks, a hobby, and read Bible verses or whatever it is you choose to do. Some people that are starting a healthy diet will prepare their fruit and salads, and put them in bowls or zip-bags in the morning to make sure they have the healthy foods for their diet during the day.
 - 9) Morning people sleep better at night: Which is due to a busy day that may consist of physical exercise, interacting with their children, working or school, doing stay-at-home Mom tasks, reading, etc., will assist with sleeping better at night.
 - 10) Prayer: is talking to the Heavenly Father in the early mornings while doing physical exercise or before you do anything in the morning. Praying to God first thing in the morning is smart because Christ also prayed early in the morning to the Heavenly Father. Giving God the first part of your day is a great offering. Praying is talking to God, thanking Him for that He's done in your life that some people may take for granted.
 - 11) Eat a healthy diet: Our brains need the right food to perform at their peak. Don't go to school on an empty stomach. Students need to train themselves early to eat a balanced and healthy diet. We tend to carry the habits we learn when we are young forward with us for most of our lives. Learning to eat right now can avoid many health issues down the road. Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply wanted to fine-tune your diet, here are eight heart-healthy diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.
 - 12) Control your portion size: How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories, fat and cholesterol than you should. Portions served in restaurants are often more than anyone needs. Keep track of the number of servings you eat - and use proper serving sizes - to help control your portions. Eating

more of low-calorie, nutrient-rich foods, such as fruits and vegetables, and less of high-calorie, high-sodium foods, such as refined, processed or fast foods, can shape up your diet as well as your heart and waistline. A serving size is a specific amount of food, defined by common measurements such as cups, ounces or pieces. For example, one serving of pasta is 1/2 cup, or about the size of a hockey puck. A serving of meat, fish or chicken is 2 to 3 ounces, or about the size and thickness of a deck of cards. Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

13) Eat more vegetables and fruits: Vegetables and

fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Vegetables and fruits contain substances found in plants that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you eat less high-fat foods, such as meat, cheese and snack foods. Featuring vegetables and fruits in your diet can be easy. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredient, such as vegetable stir-fry or fresh fruit mixed into salads (Table 1).

Fruits and vegetables to choose	Fruits and vegetables to avoid
Fresh or frozen vegetables and fruits	Coconut
Low-sodium canned vegetables	Vegetables with creamy sauces
Canned fruit packed in juice or water	Fried or breaded vegetables
	Canned fruit packed in heavy syrup
	Frozen fruit with sugar added

14) Select whole grains: Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventuresome and try a new whole grain, such as whole-grain couscous, quinoa or barley. Another easy way to add

whole grains to your diet is ground flaxseed. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids, which can lower your total blood cholesterol. You can grind the seeds in a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal (Table 2).

Grain products to choose	Grain products to limit or avoid
Whole-wheat flour	White, refined flour
Whole-grain bread, preferably 100% whole-wheat bread or 100% whole-grain bread	White bread
High-fiber cereal with 5 g or more of fiber in a serving	Muffins
Whole grains such as brown rice, barley and buckwheat (kasha)	Frozen waffles
Whole-grain pasta	Corn bread
Oatmeal (steel-cut or regular)	Doughnuts
Ground flaxseed	Biscuits
	Quick breads
	Granola bars
	Cakes
	Pies
	Egg noodles
	Buttered popcorn
	High-fat snack crackers

15) Limit unhealthy fats and cholesterol: Limiting how much saturated and Trans fats you eat are an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a build-up of plaques in your arteries, called

atherosclerosis, which can increase your risk of heart attack and stroke. The American Heart Association offers these guidelines for how much fat and cholesterol to include in a heart-healthy diet (Table3).

Type of fat	Recommendation
Saturated fat	Less than 7% of your total daily calories, or less than 14 g of saturated fat if you follow a 2,000-calorie-a-day diet
Trans fat	Less than 1% of your total daily calories, or less than 2 g of trans fat if you follow a 2,000-calorie-a-day diet
Cholesterol	Less than 300 mg a day for healthy adults; less than 200 mg a day for adults with high levels of LDL ("bad") cholesterol or those who are taking cholesterol-lowering medication

The best way to reduce saturated and trans fats in your diet is to limit the amount of solid fats - butter, margarine and shortening - you add to food when cooking and serving. You can also reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10 percent fat.

You can also use low-fat substitutions when possible for a heart-healthy diet. For example, top your baked potato with salsa or low-fat yogurt rather than butter, or use low-sugar fruit spread on your toast instead of margarine.

You may also want to check the food labels of some cookies,

crackers and chips. Many of these snacks - even those labelled "reduced fat" - may be made with oils containing trans fats. One clue that a food has some Trans fat in it is the phrase "partially hydrogenated" in the ingredient list. When you do use fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in nuts and seeds, also are good choices for a heart-healthy diet. When used in place of saturated fat, monounsaturated and polyunsaturated fats may help lower your total blood cholesterol. But moderation is essential. All types of fat are high in calories (Table 4).

Fats to choose	Fats to limit
Olive oil	Butter
Canola oil	Lard
Margarine that's free of trans fats	Bacon fat
Cholesterol-lowering margarine, such as Borecole, Promise Active or Smart Balance	Gravy
	Cream sauce
	Nondairy creamers
	Hydrogenated margarine and shortening
	Cocoa butter, found in chocolate
	Coconut, palm, cottonseed and palm-kernel oils

16) Get on a Good Schedule: We need structure and routine in our lives. Our bodies expect it. They perform best when we operate on a regular schedule. You especially need to eat and sleep about the same time each day. If you are the parent of a young child, it is your job to teach this

habit early. Routine stays with a person their whole life and helps them to develop good work habits. Find schedule the work for you and stick to it.

Chapter 3

Conclusion

This topic clearly gives message to those people who get addict of particular thing related with their life such as excess sleep, excess food, high profile lifestyle, fast food, smoking and alcoholism or any such a thing which can be done excess by that person. For stress less and healthy life one should must do exercise and yoga daily to keep us active for whole day. Exercise removes fatigue of our muscle, removes toxins from body and yoga keeps our mind cool with proper blood flow in body as well as brain. Natural food, green leafy vegetables and fresh fruits are useful for healthy body. So by maintaining some good habits and avoiding bad habits one easily free from disease.

References

References

1. [http://en.wikipedia.org/wiki/Habit_\(psychology\)](http://en.wikipedia.org/wiki/Habit_(psychology))
2. Parkinson's Disease and Sleep.
3. Sleep Deprivation.
4. Disease.
5. http://en.wikipedia.org/wiki/Habit_%28psychology%29
6. Merriam Webster Dictionary (2008).
7. Boston.MA (2007) Poor sleep habits: heart disease and sleep apnea.
8. Sleep disorders- sleep disorders causes.
9. Sonia Ancoli-Israel Sleep and Alzheimer's Disease.
10. National Sleep foundation sleep topics parkinsonism.
11. Disease and Conditions Insomnia.
12. World Health Organisation.