



# Living Healthy

*Introduction*

# Alcohol



Many people know that alcohol is harm for the whole body and the psyche of man. Harm from alcohol begins with memory impairment and ends with severe illnesses that may not respond to treatment, and in some cases, lead to death. According to recent studies, even small doses of alcohol can lead to some changes in the human brain and other body systems. The harm of alcohol is applied not only to the drinker, but also to the people around him, to the whole society as a whole.

Tobacco smoke contains more than 4000 chemical compounds, more than 40 of them are especially dangerous, because they cause cancer, as well as several hundred poisons: nicotine, benzopyrene, cyanide, arsenic, formaldehyde, carbon dioxide, carbon monoxide, hydrocyanic acid, etc. . In cigarette smoke there are radioactive substances: polonium, lead, bismuth. Nicotine, in its toxicity, is equal to cyanide acid.

## Cigarettes





## Info about food

***McDonald's food has always been popular, especially with young people and children, They have always LIKED Big mac and drinks. you can find fast food restaurants in all countries of the world, almost in all big cities.***

## Info about Harm of this food

- ? The food is fairly tasty and you don't pay much money for it.
- ? We know quite well that taking drugs, smoking cigarettes and drinking a lot of alcohol are very dangerous, But eating junk food can be no less dangerous



## Fried food is also harmful

***Food that has been fried includes a large amount of fat and is considered high-calorie. Frequent consumption of roast can cause the body to saturate the fat in such a quantity that it will not be able to digest them. In addition to excess weight, recruited because of the consumption of large amounts of fat, it is possible to develop heart and vascular diseases.***



Healthy food

***If we start eating healthy food, then we will feel better, we will always be in shape and tonus***



**НАРКОТИКИ  
ЗЛО!**



*healthy lifestyle*


Let's lead a healthy lifestyle



# DRUGS

Absolutely all drugs are their nature poisons that damage all systems of organs and tissues, but especially the central nervous system, the brain, the reproductive system, the liver and the kidneys. As a rule, people with the strongest health with regular use of drugs live no more than ten years. Most of them die earlier. It is very common cases where people die within the first year of the commencement of drug use. Since drug addicts do not use sterile syringes, many of the diseases transmitted through the blood are AIDS, hepatitis and others. From these diseases, they often die before the poisoning of the body with a drug, by





Thanks for watching.  
Maintain a healthy lifestyle