

HEALTH TIPS

2. Sub-Health Condition – A New Killer of the 21st Century

What is a Sub-health Condition?

Sub-health condition is defined by the WHO (World Health Organization) as a state between health and disease or a 'gray state of health', when all necessary physical and chemical indexes are tested negative by medical equipments, things seem normal but the person experiences all kind of discomfort and even pain.

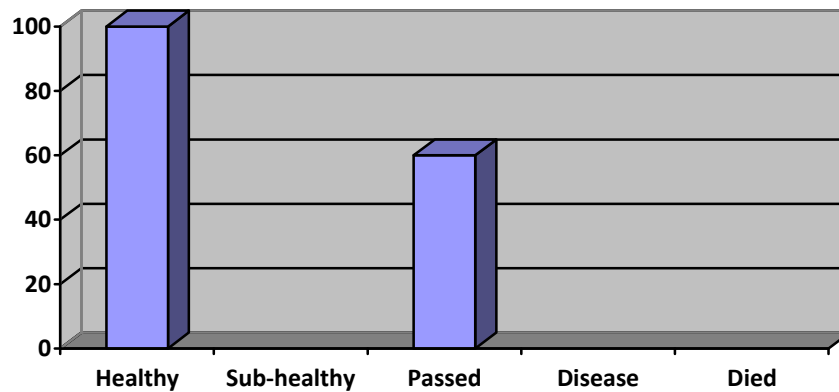
From this definition, if there are signs of problems in your body, or some inadequacy with your emotion, social ability, flexibility and attitude towards life, you are not healthy. Health is measured by a holistic condition.

WHO has pointed out that there are:

- 5% of the people are healthy in accordance with the healthy standard of WHO
- 20% have various diseases
- 75% are in the sub-healthy condition

The Sub-health Evolution

Human's health condition is a continuing changing process from healthy, sub-healthy to disease. The condition of health can be valued by figure below:



Signs and Symptoms of a Sub-health Condition

- fatigue easily
- lack of concentration
- absent minded
- dizziness and headache
- gastrectasia and gastralgia
- neck and shoulder pain
- insomnia and profuse dreaming
- cold hands and feet

- facial pain
- eyestrain
- blurring vision
- stuffy nose and allergy
- dizziness when standing up,
- tinnitus
- abundant hidropoiesis
- constipation
- palpitation and shortness of breath
- dizziness in car and boat
- depression
- easily annoyed and perplexity

The Harm of sub-health

When one's body in a sub-health condition, his/her organs will undergo aging and degrading process. If neglected, he/she will have immunity breakdown and prone to illnesses like low-fever, sore throat, focusing ability and memory declined, fatigue, hormone imbalance, neural regulation disorder etc.

What Can I Do?

According to health professionals, over 85% of disease and sub-health condition are related to declination of body's immune system. Therefore, boosting the immunity system is the best way to defend against harmful infections and disease and promote body to healthy state.

Suggestions:

- ❖ Form healthy life habits including alternate work with rest and do exercises;
- ❖ Take balance diet that helps recuperate;
- ❖ Take scientifically proven dietary supplements to accelerate recovery and build up immunity.

Health is a "resource for everyday life, not the objective of living"