

## Listen to the vibes of your body!

Our body listens to us. Yes, this is not an overstatement even in this era of varied diseases. Only thing is we are not ready to listen to it. We are doing what we want and that is why so many diseases are haunting humanity. Take simple example of eating. We all eat for living. Or do we? Are we not recently living for eating? Yes, that is the thing which has been making our body angry. The anger is depicted in terms of indigestion, dysentery or more severely hypertension, diabetes and hypercholesterolemia! Ooops, the names are scary, isn't it?

Well, but we are paving ways for these diseases to destroy our body and mind completely. If we follow nature's rules, we cannot fall prey to them. When we know that we cannot handle excess work load, we still keep on taking newer responsibilities, and when body says, enough, we are in bed may be for some heart ailment! We go on working in to the nights, burning the night lamps and catch sleep for a couple of hours, completely ignoring that the body needs charging up for more than two hours to sustain a twenty four hour day.

This manifests in loss of concentration and irritability. Now, do you wonder why people fall prey to road accidents? We do not understand at times that running behind money is making us spend more money in hospitals. Further we try to convince ourselves by saying "this is how the world is moving"; Yes, the world is moving with us into the depths of never ending diseases.

A minimum of eight hours of sleep, a little leisure, balanced and healthy diet and ample mental relaxation are must for the well being of any average person. When you live on junk food, your body sends out vibes in form of obesity and it is time that you take up exercising seriously. When you loose your concentration, you are not relaxing your brain properly and losing sleep over lesser important issues than your health. When you fall prey to depression fits, your brain calls out for you to rest it for a while, a few days. It is not difficult to diagnose what your body wants only if you want to listen to it!

It has been evident that twenty first century will be the best century for so many new medical inventions, however it also will be century when newer diseases will emerge and humanity will suffer. And it seems that the irony is that we are facilitating newer medical inventions by inventing new ailments for our bodies! It is high time we listen to the vibes of our body and act in accordance with the balanced mind and body. It is never too late- or is it? Exert and keep exerting yourselves harder... you do that and then you find you have survived through life, not lived it!! So start living healthy and live better than you did for a change!

## About the Author

Norman is an editor and administrator at [iJull Internet Directory](#) and also for [Manic Media Business Resources](#). If you're looking for More [health related websites](#) then you can either browse health category of manic media or iJull's [Health and fitness directory](#).

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