

Do not let the Winter

Contributed by Administrator
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Short and cold days, sit in the heated areas are not conducive to wellbeing. But there are ways that the winter will allow you to keep humor and vigor. In winter, most at home and sank in a comfortable armchair. How it laziness?

This is not just a matter of weather. Unwillingness to act, and slower metabolism, reduce energy consumption used by the body. Once it was necessary because the winter is not full of food. Today, it is not missing, but the reactions your body has not changed. Meanwhile, also in the coldest time of year you need to work intensively. Such conduct is contrary to the nature of litigation effort for the body. We advise you what to do, so as not to harm your physical and mental form. Now it is no longer a choice of vegetables and fruits as well as summer and autumn, thus them a little less. As a result, you begin to feel the effects of lack of vitamins and minerals. You are weak, tired and have no humor. You become too vulnerable to infections. Of course, you can support your body dietary supplements, but it's better to use natural sources of vitamins and minerals - frozen vegetables and fruits. Lost in the height of summer, few lose its nutritional quality after freezing. Strawberries, currants, raspberries are rich in vitamin C such as, stimulating the production of interferon, protection against viruses. Green, yellow and orange vegetables are rich in beta carotene, converted into vitamin A. It protects the mucous membranes of the respiratory system of their penetration into the interior of bacteria and viruses. Frozen also provide you with vitamin E, selenium and zinc, which increase resistance and add energy. Eat or silage. This method of preserving food does not cause major losses of vitamins and minerals, and even creates new ones. During pickling, as a result of bacteria involved in fermentation, arise from the B group vitamins Extinguish hidden desire It seems to us that we may drink less in winter because not so much as in summer. This misconception, because most of the time we spend in areas with dry and hot air that dries the mucous membranes so that the roast eyes and scratching in the throat. In addition, the need to hydrate your body throughout the year, because you lose every day in conjunction with the normal functioning of the water, representing 1-2% of the weight of your body. Fill this loss. If you do not do this, there will be fatigue, weakness, difficulty concentrating, decreased immunity. Other effects of water shortage in the body include slower metabolism, blood density (increases the risk of heart attack and stroke), less the elimination of toxins. Every day, you need about 2.5 liters of water. This does not mean that you have to drink two bottles of mineral almost every day. Water is in fruit, vegetables, soups, meat. Is at least 85% of the composition of each soft drink. Therefore, as well as mineral water can hydrate the body juices, tea, cola drinks. Not only complement the loss of water, but by the content of vitamins, mineral salts, sugar - provides additional benefits: nourish and add energy. In addition, the variety of drinks in the diet that makes them drink more, and yet so far. Away from doing it before you feel thirst, because when it appears, it means that you are already dehydrated. Drink small sips drinks to complement the loss of water gradually. In spite of melancholy Overwhelmed us in the winter because of the dearth of natural light. It causes increased production of melatonin, a hormone of sleep, resulting in a lack of energy and sleepiness. But the lack of light also reduces the levels of neurotransmitters are not, primarily serotonin, the hormone of happiness. So a good way to improve your mood is "fill the body. Catch every ray of light. In the morning turn on as many lights, so the apartment was clear z faster and you gain vigor. Eat a banana and SKUs for chocolate sometimes. Rapidly improve mood, I contain tryptophan, essential for the production of serotonin. Crunching nuts. Contain magnesium and omega-3, which soothe the nerves and act.