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## Beauty and Health Tips

Beauty and health are the two sides of the same coin. You cannot possess either in isolation. Indeed a healthy person is naturally beautiful and the reverse is also true. It is a fact that health and beauty go hand in hand. Health is the metabolic efficiency in all people and beauty brings joy to the beholder. The following are some health and beauty tips that are simple and easy to follow. Firstly, find ways to move your body. Always make it a point to use the stairs rather than elevators or escalators unless you are pressed for time. If you are overweight, eat less or exercise more to have a youthful body. The daily regime of either calorie restriction or exercise increase has positive effects on the body function. It is important to keep diabetes under control if one is diabetic or even take preventive measures to reduce the onset of diabetes and the risk of coronary heart disease, stroke, hyper tension, and cancer or lung disease. Sedentary lifestyle is the greatest bane of health and beauty. It is imperative to exercise 30 minutes a day, 5 or 6 days a week. Indulge in anything that moves your limbs. It is not only a beauty and fitness tool, but a stress reliever as well. You can move around in small time intervals. It will be definitely far more rewarding if you could devote 45 minutes to 1 hour for any physical activity. The next of the tips is - learn to say no to fried foods, burgers and other fatty meats. Reduce the intake of cheese, butter, nuts, sauces etc. Drinking water is one of the best beauty and health tips we can all follow. Water is essential for virtually every function of the body. The average person needs 1 to 3 liters of water a day. Drink with meals, as well as before, during and after exercise. Remember during your workouts, cold water is more readily absorbed. The most important of the beauty and health tips is to quit smoking. It is mandatory to be a non smoker in order to improve the overall beauty and health of the individual. Try to reduce stress filled situations. It is always easier said than done. Devote 30 minutes a day doing something you enjoy. Keep your temper under check and count to ten before losing your temper or getting aggravated. Stay away from people whom you find difficult to cope with. It is also important to practice oral hygiene and stay in a pollution free environment to remain healthy. Recent studies suggest that a glass of wine or one drink a day is good for the heart, but take it easy! Gulping down glasses of wine can cause health problems such as liver and kidney disease as well as cancer. There are many health and beauty products available in the market right now. They bring in different promises, guarantees and offers. Think for a while before making the purchase. Collect the details of the products you intend to buy. You should ensure that the product will do well for your beauty and health which you are looking for in it. Health and beauty products do help to improve your skin, health and fitness. The link between genetics and beauty and health is a powerful one. But if one follows these basic beauty and health ,it is possible to live a healthy and beautiful life.Finally, stay positive. There's an ultimate connection between positive outlook and healthy and happy living. We all agree to the fact that a beautiful mind exists in a beautiful body That is the best of all beauty and health tips.

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