

Finding the way to health and well-being

Sport is for the body what the Bible is for the soul, positive emotions for a healthy and strong psyche. Moreover, the most important thing is the nutrition for an "clean" body. Both of them make you a healthy person, with a strong character which keeps you happy and means having a better life.

To find the way to well-being we must have faith in God, do good deeds, be a good person and forgive those who have wronged us. Positive emotions contribute to the health of the body, healthy organs and a strong heart because negative emotions create states of suffering, diseases and diseased organs.

As I said before, healthy nutrition consists of fruits, vegetables, meat and other fresh foods, as organic as possible. For example, for a child with allergic asthma, it is not enough to remove allergens, but he must also take care of good nutrition.

For well-being, we need to exercise, run every day. Even if it will be difficult at first, the first step is always the most harder. It is healthy and pleasant to wake up in the morning and run on the street, admiring the landscapes. Also, for a child with asthma, sports can mean breathing exercises that will help his lungs.

So, in order to find the way to well-being and health, we need to keep a few aspects in mind. As one Frenchman puts it, "a healthy mind in a healthy body". We need to listen to the proverb, "An apple a day keeps the doctor away!".