Health Secrete For People over 40years Old Advices Relating to Health & Psychology

Opinion

In final sporting which win or lose is concern and players team-work Redound to omission or rise any over-weight cause limit or decrease players manoeuvre on move or jumping specially in 3 sports fields : basketball, football, volleyball and etc even in swimming it is necessary any player come to ring-match so light without over –weight. it means a player with fully and heavy stomach don’t participate in the game because even 0.5 or 1 kg over-weight reduce the chance for winning the game, of course players, forbid from eating and drinking before the game start ( around 1 hour ). But what about with food left-over which positioned at the end of rectal garbage! Is his rectal garbage empty or not? After 8 hours food digestion and digest procedure the food left-over will push to defecation garbage. Most of people whether athlete or non-athlete when spouse to participate in the competence-game because of stress-feeling try to reduce it by go to w.c but in w.c they have problem with stool, why? Most of athlete encounter with stool because of much body-activities. And the food left-over don’t defecate (to stool) so easily and so no player have to participate in the game with 1 kg over-weight. This phenomenon is common between people but naturally it shows itself in sport-activity, for example kids have this phenomenon with themselves because of much body-activity until get serenity, job and work sensibility during match and getting score (cunspiration)is important. May be no one ever had thought to search this 1 kg over-weight into his body. This over-weight for 300 passengers is not important the time they want to get-in to airplane but for space-man is important or for athlete which their wining related to second this carrying 1 kg over-weight is something wrong. Why some adult aged over 60 encounters with (frequency) urinary problems? Of course there are some people who encounter with this problem at the age of 40. About women’s (frequency) urinary problems? Of course there are some people who encounter with this problem at the age of 40. About women’s problems. The simple defecation has a solution and should learn it. The cleanliness training is not a new issue for Muslim people and should learn it in the right way. Benefit of discharge anus (rectal): the cleanliness training is not a new issue for Muslim people and should learn it in the right way. Benefit of discharge anus (rectal):

1. It’s better people over 40 age getting serious about the “forbidden pressure” and for this should learn the true way, because do not get the phenomenon we expressed.
2. Its better couple learns this issue at their first marriage-day. They can help to better marriage quality. Bad smell has negative affection on the couple especially men and it reduce the sexual subjectivity.
3. People who having anxiety because of interview-entrance test with true washing can decrease their stress.
4. Its better most of athletic before go to the field wash themselves because having 1kg more over within is not true.
5. Pregnant women should avoid from pressure to their digestion & defecation system and use this method for avoid.
6. People who used to defecate intestinal gas, should washing in true way.
7. People who are fat or obese learn method for preventing of vitamins’ absorption.
8. People who are anxiety of trip, education, foods allergic urine salivation.

Acknowledgment
None.

Conflict of Interest
None.