

# Health secrets for people over 40 years old: advice relating to health & psychology

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## 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 participant in the game because even 0.5 or 1 kg over-weight reduce the chance for wining 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 no? 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 (cunsipation)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 adults 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 doctors answer that one of the cause is a prolapsed uterus. A simple study reveals people since youth and even childhood when they go to w.c with..... Forces want help to their defecation but do not know they harm to their natural urinary and rectal organs with this continuity. The above expression is that we see many phenomenons in adult hood and frequency (urinary) is the worst one and almost has no cure with modern medicine. of course in the case of frequency disease diabetes ,anxiety , smoking and alcohol is effective .Pressure to defecation that intestines , bladder , muscle anus , prostate (related to men ),capillary , nerve are being involved in w.c time , is not true is not true because we harm to all these organs . With continuity this wrong issue some of nerve system loose their performance over a period of 40 years. Perhaps no one ever discussed about difficult of temperament among families, because children and kids do n't announce about their tempered hardness(constipation) to their parents before age 15. some of parents are cope this problem take a piece of newspaper with themselves when want to go to w.c taking advantage of the lull motivation survey , to enter less pressuring to their defecation. Basically, people who pressure to their defecation in a long time are guys on bad mood and nervy. Most people with less hard-defecation feel relax in defecation time and the reason is: touching the left-food with pores of the discharge duct around anus

produce dopamine in brain. A common habit between people is, eating olive-oil but to be honest to more simple defecation there is no need to do this.

## What is the solution? learning the rectal discharge

Most vitamins and protein absorption occurs in the stomach and rectal, and when the food movement reaching to end of rectal , the absorption issue is almost done and the left-food remained at the end of one rectal regularly increase to his/her internal pressure. This is an internal and natural pressuring that processes its procedure and people with delaying the defecation or get in stuck/traffic jam,.... Make problems for themselves and when want to acting to defecation, they will encounter to stomach 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):

- I. 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.
- II. 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.
- III. People who having anxiety because of interview-entrance test with true washing can decrease their stress.

- IV. Its better most of athletic before go to the field wash themselves because having 1kg more over within is not true.
- V. Pregnant women should avoid from pressure to their digestion & defecation system and use this method for avoid.
- VI. People who used to defecate intestinal gas, should washing in true way.
- VII. People who are fat (or obese) learn method for preventing of vitamins' absorption.
- VIII. People who are anxiety of trip, education, foods 'allergic-urine salivation.

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### Conflicts of interest

None.