

People Awareness Level

Being healthy is the greatest gift that God has given for us. As the best gift, we should take care of it carefully. But honestly, there are too many people still pay lack of attention to their body's health. Some of them still do many things that even had some bad effects to their body. Ironically, they have read many things from many sources about the health information.

Most of them realized that there are plenty things that they have done and currently doing are not healthy. According to some health information articles that they ever read, they realized that alcohol and cigarette are not good for them. For some people, there are plenty of things that actually they must avoid, but they are keeps on doing it. They just cannot avoid the attraction and they simply abandoned any bad effects that might come up one day.

Some of them start to realize that there is something wrong with the body. And they start reducing those bad habits. After the bad symptoms start worse, they just read more health information articles but still cannot totally stopped those bad habits. The result is clear; the body cannot take it anymore. And suddenly, many diseases come up.