

image not found or type unknown



The main thing without which a person can not live is the air. This is what we breathe. Without air, there can be no living thing. In the process of breathing air enters our body. But we do not need all the air, but only one of its components - oxygen gas.. Oxygen is the basis of our life.

The second thing I can't imagine my life without is food. In order to live, a person must eat. Food for people is a prerequisite for full life. In a state of hunger, a person feels unwell, fatigue and decreased mental activity. Food is needed for all living things: people, animals, plants. Without food, a person loses the ability to fully perform the usual actions. With food, the body receives a lot of organic and mineral substances that are processed and used by the body.

The third thing I couldn't live without is water. It is necessary for the human body to function normally as much as oxygen and food. In addition to eliminating dehydration, water performs a number of important functions. First, it stimulates digestion. Drinking a glass of water on an empty stomach improves the process of digestion. Secondly, water invigorates, refreshes, gives strength, and in hot form increases blood circulation. Third, water is an elixir of beauty. Consuming it in sufficient quantity, the skin becomes healthy. Fourth, water suppresses hunger and leads to a rapid saturation of the body with food.

The fourth thing I think is very important for myself is health. Health is the most valuable thing in the life of every person. It is very important to protect it, as it recovers for a long time. A person can not normally enjoy life if he knows that his body is in danger of any danger, or simply he is constantly worried about the pain in one or another part of the body. Therefore, it is not in vain that they say that a healthy person is a happy person.

Another important thing I want to mention is love. A person really needs to be loved by his family, friends, acquaintances. It is equally important that the person himself loved. Everyone needs to feel needed, to feel the care and attention of loved ones. That makes us happy.