

The four health products listed by God are not as useful as advertised! If you don't eat healthy food, how can you keep healthy?

Hemorrhoid Treatment

Now, with the improvement of people's income level, more and more people begin to pay attention to medical care. Young women want a face that doesn't look old and a beautiful figure. Young people are strong. What disease are middle-aged and elderly people afraid of? Shakespeare.

With people's increasing attention to health, the health products industry has developed rapidly. There are many kinds of healthy food on the market. But does it really work? Data show that in 2020, the consumption output value of the national health care products market will exceed 270 billion yuan, with an average growth rate of more than 15% in recent three years. Whether young people or middle-aged and elderly people, there is a growing demand for healthy food. But it is puzzling that the identity of health products is a little embarrassing. Is the effect of large-scale publicity really that good? (William Shakespeare, health management, health management, health management, health management, health management, health management, health management, health management, health management, health management, health management, health management, health management, health management, health management).

In fact, healthy food makes sense. For example, people with general malnutrition and some diseases of the body, such as weak bones, calcium deficiency, zinc deficiency, etc. Healthy food can be supplemented appropriately to maintain trace elements and health. However, for healthy people, long-term consumption of healthy food will not have an effect, but will have the opposite effect.

According to Qianjiang Evening News, Mr. Zhang, male, 53, suffered from fatty liver and decreased liver function when he was young. He is often weak and has a fever when the wind blows. After listening to the so-called regimen, I bought a variety of vitamins to improve my body and immunity. After eating, I didn't feel any impact. I used to take two pills a day. Moreover, in the later days, I ate 8 capsules a day, but I didn't expect that the more I ate, the more serious my condition was. Eating ordinary fatty liver for 3 years leads to liver failure. (David Ashe).

Because the healthy food we eat will eventually be metabolized in the liver, which is the metabolic and detoxification center of the human body. Here, I would like to talk about the whole process of health products ambassador.