



Website contents

What is a HEART ?

The heart is defined as being an organ « made of muscle and hollow »: it is a sort of pump which makes the blood circulate in the arteries. Brain and heart work together : the first influences the second so as to prepare us for effort, digestion, etc.

Joint pathologies

'Cardiovascular risk' is the probability of having an illness or incident relative to the heart and arteries. The most frequent cardiovascular illnesses are coronary infarct (or thrombosis or stroke), hypertension and cardiac insufficiency (or heart failure).

Behaviors

Junk-food, smoking and lack of physical exercise are risk factors, whereas the sun is considered favorable to the heart's health.

What is a BRAIN ?

An adult human's brain weighs approximately 1,5 kg on average (more precisely 1.3 to 1,4 kg, which represents 2 % of the bodyweight of a person weighing 60 kg). A certain number of psychiatric troubles, such as schizophrenia and depression are considered to be associated with brain dysfunction, even though the nature of these brain abnormalities are not well comprehended.

Joint pathologies :

Epilepsy is an illness dealing with random involuntary excitation of brain activity. It induces involuntary movements (shaking, tongue-biting, urinary loss) and altered levels of consciousness (sometimes resulting in loss of consciousness).

Cerebrovascular strokes are either due to an interruption of the blood flow to the brain (ischemic cerebrovascular accidents), or to a haemorrhage (haemorrhagic cerebrovascular accident).

What is a STOMACH ?

The stomach (or stomach pouch) is the part of the digestive tube having the shape of a pouch. It measures 15 cm and contains 50 ml when empty and up to 4 litres when full. The time span of the digestion in the stomach pouch varies between 3 to 7 hours and involves several chemical processes.

But the stomach also acts over the regulation of humor. A recent discovery has proved that there is a great number of neurons in the stomach...that is why it is considered to be the body's second brain.

Joint pathologies :

The two main affections that concern the stomach are the ulcer and gastritis.

The stomach ulcer is the most frequent. This inflammation of the stomach wall develops mostly at the lesser curvature of stomach. Gastritis is an inflammation of the mucous membrane mainly generated by alcohol, nonsteroidal anti-inflammatory drugs and tobacco.

ANECDOTE

Ruminants have four successive stomach pouches, unlike other herbivore human beings.



What is a LIVER ?

The liver (or hepatic gland) ensures three of Man's vital functions: blood clearance, nutrient synthesis and storage. Just like a factory working 24h/24, it is the most voluminous viscera of the human body : 2% of its total weight. It performs the greatest number of chemical transformations.

Joint pathologies

Divers pathologies and chronic diseases can affect this essential organ : viral hepatitis or cirrhosis, for example. Very often, the liver regenerates by itself. These affections can nevertheless lead to heavy treatments or even to liver- transplant. Fatigue, nausea, etc... are foretelling signals of potential troubles.

Behaviors

Some substances accelerate the liver's activity, notably alcohol, generating deficiencies.

ANECDOTE / a faulty 'anger management' process would be linked to liver disorder according to Chinese medicine.

What is BLOOD?

Blood is a vital organic liquid which circulates continually through blood vessels and the heart. It is in the bone marrow that are made all of the blood cells : red, white, etc... During its round-trip, the blood first carries nutrients to the organs and, on the way back, all the waste and CO2.

Joint pathologies

Diabetes is characterized by an excess in sugar flowing in the blood and can generate, with time, in severe damages (eyes, kidneys, feet, etc). This level is measured with a glucometre. Anaemia is another relatively frequent illness, characterized by an abnormal decrease of the haemoglobin level in the blood. People suffering from anaemia may feel tired , short of breath. An oxymeter can help detect it. There are many other temporary or permanent disorders relative to blood.

Behaviors

Along with smoking, being overweight is a high risk factor for diabetes, it is a genuine 'industrial world' ailment.

What is an EYE ?

The eye is the vision organ which allows one to capture light. It only acts as an intermediary and does not give an interpretation of the images it perceives. It is part of a complex set which enables Man to analyze and interact with its environment. The eye seizes 80% of the information coming from the outside!

Joint pathologies

Visual troubles are due to more or less severe ailments. They can cause deficient eyesight : weakening, blurring, double vision or a deformed perception of objects. All the parts of the eye can be affected. Conjunctivitis, for example, is an inflammation of the conjunctiva provoked by a virus (viral conjunctivitis), a bacteria (bacterial conjunctivitis), an allergy (allergic conjunctivitis) or also an irritation.

Lastly, visual troubles, such as presbyopia, hyperopia, strabismus and astigmatism are due to refractive defects. Vision can also be modified by a foreign object or a deformation of the retina or by cataract.



What are AERODIGESTIVE TRACTS ?

As the name suggests, they involve the superior breathing and digestive passages enabling gas exchanges between Man and its environment as well as the ingestion of food .

Joint pathologies

Respiratory complaints are more numerous and frequent than is believed... 235 million people suffer from asthma and hundreds of millions suffer from allergic rhinitis all through the world, asserts WHO. Once the nose is blocked, bacterium randomly develop and allergic reactions may lead to sinusitis. Nevertheless, other types of allergies are frequent, such as food allergies which have stronger effects among children...

Behaviors

These types of ailments have daily consequences, sometimes heavy, for the people affected. Pollen or pollution can indeed be the generators, just as smoking.

What are ALCOOL's effects ?

“Quick ! Only five minutes left before Happy Hour !”

Alcohol is consumed all over the world during festive times: from a little aperitif, to dinner with friends, or big parties. If the factors of the consumption of alcohol are diverse, they are totally trivialized during social events.

When we speak of alcohol, it is “ethanol” which is at stake. This substance comes from the fermentation of fruit, grain or tuber : consumption of alcohol has immediate effects that can last for several hours. Its short term consequences are well-known : disinhibition, confusion, exhilaration...

Nevertheless, the risks incurred when drinking too much and repeatedly are often less known, minimized or rendered taboo. Nonetheless, health problems do occur. Mental illnesses and behavioral problems are mainly caused by addiction to alcohol. Many severe but common health problems are due to alcohol, such as cirrhosis of the liver.

What are Cannabis' effects?

For thousands of years, cannabis leaves have been used in Chinese medicine for therapeutic relief, whereas Greek medicine in the Antiquity used opium. At the XVI and XVII centuries, tobacco was used in the cleansing of open wounds. The word ‘drug’ was used meaning ‘medicine’. It is only later that it was used meaning ‘illicit substance’.

A drug is a psychoactive substance capable of modifying psychological and/or physiological functions of an individual, i.e. temper, thoughts, behavior or emotions. Effects on the body differ according to the plant's chemical properties, toxicity and also depending on the individual that is consuming it. All substances acting over the brain are psychoactive : alcohol, tobacco, cannabis, heroin or cocaine.

There also exist psychotropic medicine such as anxiolytics and antidepressants, but these are prescribed by doctors in case of sleep disorder, depression, anxiety. Even though their production and use are controlled, excesses occur..



Well-being

Well-being and Health, more than ever linked together? TRUE ! Today, being healthy does not only mean « not being sick », but gets closer to the notion of global well-being, be it physical, mental and social. The relationship the individual has with its body and its environment is thus enhanced.

In our societies, subjected to stress and exhaustion, it has become easy to lose grip. Therefore, “**eating right and exercising**” has become THE key-phrase ! But this mantra can also make you feel guilty... Various activities such as **relaxation, auto-persuasion (positive thinking)** and even **laughter and smiling** are used to unwind and spur motivation. They are acknowledged as having positive effects on mood, joy, contentment...and as being the very first steps towards better health.

ANECDOTE

Have you heard of the purring-therapy ? The purring of a cat emits appeasing sound vibrations, similar to those of music...but even more purrfect!

Tobacco

« Anyway, I quit smoking when I'm pregnant. »
« My resolution this year : I quit smoking ».
We all heard this at least once ! or even said that !

We all know about tobacco harmful effects but do you know what there is

Tobacco products are fully or partially made from tobacco leaves. They all contain nicotine, a psychotropic agent which generates an addiction.

Discovered in 1809 by a Chemistry Professor, this element was called « nicotine » in reference to Jean Nicot, the first who sent tobacco to French Queen Catherine de Médicis during 15th century.

Smoking is one of the main risk factor of chronic disease as cancer, pulmonary diseases, cardiovascular diseases. Tobacco consumption stays very common all over the world.

To quit smoking can bring a lo. Each smoker has his own reasons to stop smoking and to help him/her, a lot of different strategies and programs exist. Among them, electronic cigarette seems to be really appreciated. While its market keeps spreading, WHO alert against its dangers, tobacco didn't have enough warranties.

To eat well

“To eat well is the beginning(/a first step to) of heaven” according to famous *President'* slogan. But for some others, to cook means a chore ...

Unfortunately, despite immediate pleasure caused by eating junkfood, our body gets more vulnerable to diseases and to fatigue. To eat well is essential to preserve it. In addition to sport practice, to eat properly restricts risk factors and especially increase significantly well ness.

An unbalanced diet with consumption of high-fat, high sugar but low-mineral and low-vitamin food can cause diabetes, excess weight and even obesity...

The Body Mass Index (BMI), $\text{weight} / (\text{height} * \text{height})$, can detect such illnesses. According to WHO, a BMI equal to or over 30 means excess weight.

How to eat well?

To eat well means to eat a bit of everything especially seasonal fruits. To help you, some websites suggest easy gourmet recipes, for any budget with numerous tricks.

For instance, to prepare menus in advance enable to vary meals and save time when shopping.

ANECDOTE :

Years ago, scientists discovered our stomach serve as a second brain. Indeed, it contains 200 millions neurons.