

How to maintain your youth

Youth is not only physical, but also mental. Cultivating this vital energy is therefore essential to look after your health capital and enhance your longevity. Here are some habits that will keep you young and help you live longer and healthier.



Say goodbye to screens at night

A good night's sleep is essential to maintain your brain power. Sleep is a time of rest and restoration for the brain. But smartphones encourage us to stay plugged in late, which puts the brain on overdrive. Turn off your phone or put it in flight mode at night.

A proper sleep routine

Choose an everyday routine that involves sleeping at set times, preferably before 11pm. In addition, avoid heavy meals in the evening, which often cause digestive problems, as well as stimulating drinks (coffee, tea, alcohol, or soft drinks). Ventilate your room to maintain a cool temperature to facilitate sleep and sleep like a baby!

Nutritional principles

1. A healthy anti-aging diet can provide us with various antioxidants (berries, citrus fruits, colorful vegetables, and fruits, etc.).

2. Our cells regularly divide to produce two new identical cells. This allows our tissues to constantly regenerate. Unfortunately, there comes a time when this cellular replication is not done well or hardly at all. The good news? Our bodies produce an enzyme that allows us to repair damaged chromosomes. How can we activate it? With certain foods such as garlic, onions, a reduced amount in the diet, etc.

3. Avoid lack of nutrients. Science has identified about thirty "essential" nutrients that our body needs every day: 12 vitamins and minerals, 7 amino acids and unsaturated fatty acids such as omega 3.

4. Eat less sugar to stay young. Excess sugar causes a kind of caramelization of the body known as "sweetening". This is one of the most important elements of aging.

Make love, not war

Those who have sex more than twice a week have half the mortality rate of those who have sex less than once a week (corresponding to the number of orgasms).

Read the rest of the article:

<https://medimall.gr/how-to-maintain-your-youth/>

Once upon a now The epic tale of assisted reproduction

There are many different types of family. And many ways of becoming parents. "Once upon a now" narrates the journey of families formed through assisted reproduction. It is a personalized tale that tells your unique story! You can choose the members of your family (a mum, a dad, a dad and a mum, two dads, two mums), the type of assisted reproduction (egg, embryo or sperm donor, IVF or surrogacy) and if you have a boy or a girl (or more!)

<https://matamuabooks.com/en/hay-una-vez>



Signs that your labor is approaching

Your doctor may have already given you a due date, but your baby may decide to be born a little earlier (or later) than expected. What are the signs that will allow you to recognize that the long-awaited moment has arrived?

The signs that a birth is approaching vary from culture to culture, depending on the customs and traditions. For example, the most common belief around the world is that a full moon affects births. Malaysians, on the other hand, believe that the body is ready for childbirth when the big toe gets cold. And when the ankles get cold, the baby could come at any time. However, this is just speculation, which has been the subject of study and research, and none of it has been verified.

Water breaking: a classic sign that labor is approaching!

If you feel water flowing (in small or large amounts) it is



probably amniotic fluid! To make sure you're not confusing water loss with the vagaries of your bladder, check the amount of secretions and your underwear. In any case, you should have in mind that water loss is painless and that most women give birth within the next 12 hours after that.

Contractions

It is important to be able to discern contractions during this period. That is, you need to be able to recognize:

Braxton-Hicks contractions: this is an episode which can last 2 or 3 hours and is quite painful, but does not persist. The contractions may be painful and regular as in childbirth, but have no effect on cervical dilation. This means that the cervix is maturing slowly. It softens and shrinks but does not open.

Read the rest of the article: <https://medimall.gr/signs-that-your-labor-is-approaching/>

Embryos at blastocyst stage: everything you need to know

After fertilization, the embryo goes through several stages of development. After 5 or 6 days, it is called a blastocyst. In the case of natural conception, during this phase the embryo normally leaves the fallopian tubes and enters the uterus, where it is implanted. In the case of IVF, however, many clinics offer the possibility of transferring the embryo when it reaches the blastocyst stage.



This means that the embryos develop in the laboratory until day 5 and then, they are transferred to the uterus. Embryo transfer is the final step in the IVF process. Nine days after blastocyst embryo transfer the pregnancy test will be positive in case the fertility treatment is successful.

Read the rest of the article:

<https://medimall.gr/embryos-at-blastocyst-stage-everything-you-need-to-know/>

Chronic fatigue syndrome: causes, symptoms, and treatment

Did you know that there is a disease whose main feature is an intense fatigue persisting for months? Fatigue on a permanent basis may be due to a health problem, which should be examined by your doctor. Although there is no specific treatment for chronic fatigue syndrome, changing diet habits and certain hygiene measures has been shown to improve the quality of life for many people.

What is chronic fatigue?

It is usually expressed as fatigue, lack of energy and feelings of emptiness or exhaustion. This type of fatigue can be normal or abnormal. In the case of pathological fatigue, recovery is not possible despite enough rest and makes it very difficult to carry out daily activities. Chronic fatigue lasts for at least six months and is accompanied by other symptoms such as muscle or joint pain, memory loss or concentration difficulties. Chronic fatigue syndrome is most common in women between 25 and 40 years of age and occurs unexpectedly.



Causes of chronic fatigue

The exact causes of this syndrome are unknown to the scientific community, but there are some possible explanations for its occurrence, such as the presence of a viral infection, immune deficiency, or physical/ psychological trauma.

Read the rest of the article:

<https://medimall.gr/chronic-fatigue-syndrome-causes-symptoms-and-treatment/>