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But what if you can give yourself a massage? Today in this article I will tell you how to massage yourself, how to properly massage your back, sides, neck, feet and hands, as well as what you need to do it. Why it is better to massage yourself. In the conditions of the city and a lot of stress, a lot of people feel tired all the time. If you do not pay attention to this, fatigue can gradually develop into a chronic. And this can lead to undesirable consequences and health problems. In this article we will consider how you can get rid of fatigue, what to do and in what cases it is recommended to see a doctor. If you feel tired, it is a signal that something is wrong in the body. Fatigue is a normal reaction of the human body to excessive physical and mental stress. In fact, fatigue is a normal feeling. It helps the body to regain strength so that at the right moment we can get the job done. But sometimes fatigue becomes pathological, bringing nothing but discomfort and fatigue. And sometimes fatigue is manifested by a variety of diseases What should we do when we feel tired? For the purpose of prevention, you can take vitamins in pills, and do physical exercises at home or at work. It is also useful to drink herbal teas, drink more water and try to watch your diet. But what should you do if you are already tired? For severe and profound fatigue, you can go to the doctor. As a rule, he prescribes vitamins that contain folic acid, magnesium, potassium and calcium. Unfortunately, you will have to take them for a long time, maybe a lifetime, but you will be healthy. If you feel ill, but do not get to see a doctor, try to heal yourself. First of all, you need to restore the water balance in your body. You can do this by drinking a liter or two of water. It is desirable with the addition of lemon juice to intensify metabolic processes and improve intestinal function. In the absence of contraindications, you can take 1 tablet of aspirin or paracetamol. If against the background of stress, pain in the heart area, it indicates an increased excitability of the heart muscle. In this case, it is better to take a sedative. To do this, use the herb motherwort or valerian. If during stress pain in the area of the stomach or chest area, then you should take the drug "No-shpa" or "Papaverine". To normalize the condition, you can drink "Corvalol" or "Valokordin". In addition, you need to restore normal intestinal microflora (for example, "Bifidumbacterin" or "Lactobacterin"). If you have a headache during stress, you should take Ergotamine or Sertraline. To quickly relieve mental tension, you can take Adaptol or Nospam. Stomach pain syndrome under stress can be relieved by taking "Motilium" or "Motilium". If increased heartbeat during stress, a course of Atenolol, Eufillin or Concor should be taken. In the treatment of gastritis, folk remedies are very important If an attack of gastritis is observed vomiting, a decoction of chamomile will help. To prepare it, dissolve 1 tablespoon of chamomile flowers in 1 glass of boiled water. After half an hour, the drink is ready. Necessary to take half a glass three times a day. Decoction has a soothing and analgesic effect. It is possible to relieve pain with gastritis and with the help of medicinal plants. If there is no allergy to honey, you can eat it. But in this case you should always consider that it is not excluded intolerance, and take honey together with medication. It is necessary to know that with increased acidity honey should be consumed only if necessary If after using them after one day there is improvement, you can start taking the product. Honey should be heated before consumption. Otherwise it will not work. It is best to eat it in the morning. This will help to avoid unpleasant consequences from taking medication. After all, when they enter the stomach, the medicine can not be absorbed into the blood, and you have to wait for the effect for a long period of time. Eating honey on an empty stomach is a great way to strengthen the protective functions of the immune system and increase vitality. But to have a positive effect, you need to consume bee products in pure form, without any additives. To enhance the effect, you can add a tablespoon of lemon juice to the honey half an hour before breakfast.

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