

HEALTH & TECHNOLOGY





Advantages of using technology.



The first and main advantage is that you can find solutions to your problems and illnesses, but you have to be careful while searching on internet because there are misleading



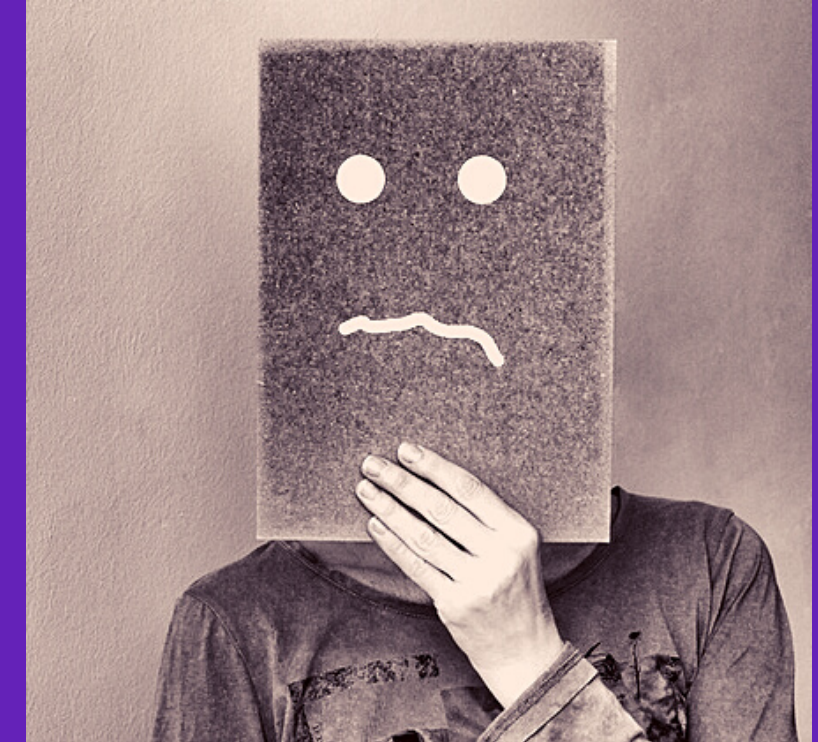
The second, you can easily call for help if you need it

The third, If you know where to search , you can easily find the solutions without going to doctor and you don not have to pay a lot of money for consultation



The disadvantages of technology.

Various studies show that, if people use technology to excessively, it can cause depression, behaviour problems and emotional damage.



If you stay too much in front of a screen, you will have serious problems with your eyes too.



The disadvantages of technology

Moreover, technology usage causes addiction too, which is very dangerous especially for young people, because they stop practicing sports and this leads to bad physical condition.



Staying too much on a chair, while using a computer can cause extremely painful back problems.



The disadvantages of technology.

-Sitting for too long causes neck and wrist problems too

-Watching screens for too long causes uncontrollable headaches and insomnia

-If someone builds their lives' basis on the internet, they will isolate themselves from the rest of the world, which has a negative effect on the mental health



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