

The shocking health sins we all commit

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Every day you unknowingly commit one of these big health sins. From using your phone to telling the odd little white lie, find out how you're putting your health at risk:

You love your phone

Many people spend a shocking amount of time with their phones, but they may not know what health risk they're taking



Have you ever thought you've left your phone in the back of a cab and felt a cold stab of fear? If so, you may be committing a big, fat health sin.

People who use their mobile phones for more than 15 hours a month are at a greater risk of brain cancers, a study has found. The study, which was carried out by researchers at the Université Bordeaux Segalen in France, discovered that people's risk of developing glioma and meningioma tumours increased by two or three times if they used their mobile phones for more than 15 hours per month on average, for five years.

You lie

We all lie from time to time. It's easy. Really though, what's the harm in cancelling dinner plans with your mum by saying you're working late, even though you're actually cancelling because you want to stay in and watch re-runs of Friends? Surely that can't affect your health? Well, although little white lies seem harmless, they're not.

Researchers have found that when we lie we can feel more stressed. Interestingly, the study which was conducted by researchers at the University of Notre Dame, found that when people told less lies over a 10-week period they suffered from less anxiety, less sore throats and less headaches. The participant's also reported that their personal relationships improved.

So, the next time you're tempted to fib, stop. Even if you're not too bothered about having a clean conscience, think of your health.

You eat 46 teaspoons of sugar a day

Don't think this doesn't apply to you – it probably does. Health experts have warned that lots of us are unknowingly eating huge amounts of sugar, which food companies have 'hidden' in the foods we consume. **The added sugars aren't just in sweet foods, such as chocolate and cakes though. They can be in savoury foods too, such as pizza.**

In fact, the US experts, who published their findings in the Journal of the American Medical Association, found that of their 6,000 American participants, some were consuming as much as 46 teaspoons of sugar a day. Shocking.

One researcher from the study, Assistant Professor Miriam Vos, explains the health risks of eating so much sugar, saying that: 'Just like eating a high-fat diet can increase your levels of triglycerides and high cholesterol, eating sugar can also affect those same lipids.'

Total consumption of sugar has increased substantially in recent decades, largely due to an increased intake of added sugars, defined as caloric sweeteners, used by the food industry.'

You cancel on a friend

Friendships require a lot of hard work. They take a lot of time to maintain. And sometimes, when it's a choice between a run and meeting your mate for a drink, the former can seem more tempting.

But research repeatedly finds that having great friends can significantly improve and protect your health. One study that was published in the journal **Cancer**, found that when women with ovarian cancer had lots of support from friends and family, they had lower levels of a protein in their bodies, which is linked to aggressive forms of cancer.

So, although your other plans may seem more appealing at the time, putting the effort into your relationships and spending quality time with your BFF can pay off, so invest wisely.

You don't make time for sex

After a long day it can be easy to skip sex and go straight to bed. But could you be committing a health sin? According to one study, you definitely could.

The study, which was published in the **British Medical Journal**, found that of their 918 all-male participants, the mortality risk for those men who managed to orgasm frequently was 50 per cent lower. So, if you want to live to a ripe old age, make sex a priority and don't let chores and work get in the way of your love life too much.