**Why is Yawning Contagious?**

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What is yawning? According to Wikipedia, Yawning is a reflex consisting of the simultaneous inhalation of air and the stretching of the eardrums, followed by an exhalation of breath. You must have been yawning in your life. Usually we yawn when we are tired or bored. Have you ever noticed that yawning is contagious?



Is seeing that picture makes you yawn? Contagious yawning is a phenomenon that occurs only in humans and chimpanzees. There are 2 types of yawning, the first type of yawning is called Spontaneous yawning and the second is contagious yawning. Spontaneous yawning is first observed in the womb, while contagious yawning will begin in the early childhood.

Look at your friend. When they are yawning, usually you or people around you would also do the same thing. Have you ever seen someone yawning , then unconsciously you yawn too? If you have, of course with the statement that says yawning can be contagious from someone to another person.

So, why is yawning contagious? All this time the scientists believed that people who is easy to be contaminated by this contagious yawning is the people who have a high level of empathy. But the scientist dispute that statement recently, they believe that people who is contaminated by the contagious yawning when they see other people yawning actually have the same emotion with that people.



In the other hand, a professor from Manchaster University , professor Chris Smith has also stated his explanation regarding the reason why is yawning contagious. Yawning is a result of the carbondioxide improvement in the lungs. It is often happened as the result of the respiration level which is lower when the body is relaxed. If a group of people are relaxed at the same time, it is possible to all of them for reaching the same height level of carbondioxide in the same time. That is why yawning looks like as if it is contagious.

The other reason that makes yawning contagious is because the active mirror neuron system. It is the neuron that is placed in every front parts of the certain vertebrata brain parts. The system of this mirror neuron acts as the motor for imitating and be responsible to the humans movement. If the central of this mirror neuron is not active when we see someone yawning, then we will not have any urge to be responsive to the yawning.

***Category : Health***

**6 Natural Ways To Shrink Your Bloated Stomach**

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A bloated stomach reduces the confident to perform in front of public. The best way to shrink the bloated stomach is by implementing a healthy diet and exercise. However, those are not powerful enough to shrink the bloated stomach. There are variety of ways to shrink the bloated stomach, but the natural ways give a maximum result.

1. Fibrous Foods

A bloated stomach could be due to constipation. Therefore, eating fibrous foods is really needed to shrink the bloated stomach.

Increase your intake of fibrous foods to the daily diet. Women need 25 grams of daily fiber, while men need 38 grams of daily fiber. The foods that are rich of fiber such as vegetables, fruits, grains, beans, and legumes. The benefit of fiber will be more real when it is combined by 6-8 glasses of water in a day and some exercise for about 30 minutes per day.

 

1. Chewing Properly

According to the experts, chewing food too fast is not recommended, because the air will come goes into the stomach and causes the stomach bloated.

Enjoy the food on the plate and chew slowly. The longer you chew the food, the more potential for the bloated stomach will be decreased. Remember, the digestive problems start from the mouth!

Based on the research, the longer chewing will make the stomach becomes full faster and not easily to be starving.

1. Avoid Soft Drinks

The natural way to shrink the bloated stomach that worth a try is avoid the intake of soft drinks. The various types of canned beverages, both the diet version or non diet, causing the gas trapped in the stomach.

1. Avoid Chewing Gums

The Habit of chewing gum is not so recommended due to the air swallowing which makes the stomch bloated.

1. Limit The Intake of Sodium

Sodium is widely available in the frozen, proccesed, or canned foods. Before buying those food products, make sure that the sodium level is not more than 500 mg per serving. The human body can only consume 1500-2300 mg of sodium per day. Avoiding the intake of sodium is included in the natural ways to shrink the bloated stomach.



1. Limit The Intake of Sugar

Replace the regular sugar with a low calories sugar. If you want to make a fruit juice, no need to add sugar anymore. The natural sweetness of fruits is better than others.

***Category : Health***

**The Risks of Wearing Tight Clothes**

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The risks of wearing tight clothes are very diverse and may never be thought by you earlier. Looking stylish and cool in front of other people is the desire of everyone. However, you still have to think about the bad effects that caused by tight clothes you wear to your body health.

Awide variety model of clothes keep popping out, most of them are in tight model and expose the body line. There are many people who become the victim of fashion. Let’s choose and ask yourself. The health or looking stylish and cool all the time?



The risks of wearing tight clothes will appear when you always wear those kind of clothes in your daily, all the time. Don’t you dare to regret the risks of wearing tight clothes later when someday your health is disturbed because of the tight clothes you wear routinely. For more information about the risks of wearing tight clothes, you can thoroughly read this article.

These are the risks of wearing tight clothes for health :

1. Dizziness

When you wear tight clothes often, it can cause a respiratory problem, sweating, and even fainting. It also can cause the discomfort, breathing tightness, headache, and blury sight. If you feel you cannot breathe with that clothes, please throw it away immediately. Also do not ever wear the shirts that almost strangle your neck.

1. Tingling Thighs Syndrome

*Meralgia paresthetica* is a common nerve problems that happening for wearing pants that are too tight. Your tight pants make your thighs sticky, wet, and tingling. Avoid wearing a pair of tight denim pants. Choose the pants that made of light materials and a little loose.



1. Heartburn and Stomach Pain

Tight clothes pressing the stomach and cause a pain. It also causes an acid reflux which resulted on the set of severe heartburn. In addition, tight pants can reduce your digestion activity. It also cause the pain below the waist. If that happened, unbutton your pants, drink some water, and wear some loose clothes.

1. Backache

The last risk of wearing too tight clothes is backache. Wearing the jeans that are too tight can press the back muscles and cause a pain. If you choose some jeans or trousers, make sure it does not suppress your waist when you bend down.

***Category : Health***