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Ted Talks Essay

Healthy Living

I never thought that that a person could die from being so healthy. I remember when I was 4 years old my mom had a friend who was a dentist, that loved to be really clean and didn’t allow any dirt or germs in her house. One day when my mom was talking to my grandma I heard how they were saying that the dentist was in the hospital very ill due to being so clean. Her body didn’t have the bacteria necessary to fight the viruses in her body. At that time I couldn’t believe it and I never did any research when I grew up, but that idea of her being sick because she was too health stayed in my mind. As I was clicking around I found this video and I was surprised to hear that it is possible that being too healthy can get you to be sick. So why is it that you need a balance n order to survive?

I have to be honest and admit that I don’t know much about anti bodies or anything like that, but this video actually pushed me to get more information about being too healthy. I found out that every human body needs some bacteria in order to survive. This “bacteria” doesn’t necessary has to be bad or means that because is in your body it will kill you, it only means that your immune system needs it every day of your life. For example if you get the flue all the “bacteria” would help you fight the flue. They would act as anti bodies protecting you so you don’t get sick. Being too health would lack your body from them and when you get sick you can get very ill. It also means that whenever you are in a public place you are vulnerable to catch a disease or get sick easily. In other words healthy living can make you weaker than you think.

Being healthy means that you have to put a lot of time and be really careful at what you do, what you touch and even what you eat which makes you lose focus on other important things in your life. You will be focus only with yourself and maybe don’t even have a social life. You will constantly lose track of your daily life and will put everything aside just to stay healthy. Eventually though, it will affect your life your mind and you can be paranoid of everything in the exterior. For example Ted mentioned the noise in our planet, wearing helmets ever day or the shot of sunscreen, as you listen to those things you might laugh, but there’s someone out there that is doing it and instead of helping its life it’s pretty much ruined.

What I agreed the most in this video is the idea that you can’t be too healthy or you can’t follow every rule and be perfect. We are all humans and we all make mistakes, we all need something bad in our lives to be complete. The key it’s to know how to balance everything out, knowing that too much good or too much bad are never good. Like Ted, he tried it and he end up finding out how everything was, he realized what he was missing out and he learned on time. Now he enjoys life and knows the truth about being too healthy. I know a lot of people won’t believe because healthy always sounds like a good life style, but there’s levels.