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THE FIRST AND THE ONLY BOOKS OF ITS
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COMPREHENSIVE GUIDE TO NCERT
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BOOK FOR CLASS 7TH SCIENCE
CONTAINS DIFFERENT TYPES OF
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LEVEL. ALSO DETAILED EXPLANATION
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HAS BEEN GIVEN FOR ALL OBJECTIVE AND
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TO FABRIC, HEAT, ACIDS, BASES &
SALTS, PHYSICAL & CHEMICAL
CHANGES, WEATHER, CLIMATE &
ADAPTATION OF ANIMALS TO
CLIMATE, WIND, STORM & CYCLONE,
SOIL, RESPIRATION IN ORGANISMS,
TRANSPORTATION IN ANIMALS &
PLANTS, REPRODUCTION IN PLANTS,
MOTION & TIME, ELECTRIC CURRENT &
ITS EFFECTS, LIGHT, WATER: A
PRECIOUS RESOURCE, FORESTS: OUR
LIFELINE AND WASTEWATER STORY.
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SUBJECTIVE PROBLEMS COVERED IN THE BOOK. THE BOOK WILL ALSO BE HIGHLY USEFUL FOR SCHOOL EXAMINATIONS AND TO BUILD FOUNDATION FOR ENTRANCE EXAMINATIONS. AS THE BOOK CONTAINS DETAILED AND COMPREHENSIVE SOLUTIONS FOR NCERT EXEMPLAR PROBLEMS FOR CLASS 7TH SCIENCE, IT FOR SURE WILL ACT AS A CATALYST IN HELPING DISCOURAGE ROTE LEARNING.

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2019-10-08 Ankesh Kumar
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MATHEMATICS CLASS 7TH

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MATHEMATICS LEARNING IN EARLY CHILDHOOD

2009-11-13 National Research Council Early childhood mathematics is vitally important for young children's present and future educational success. Research demonstrates that virtually all young children have the capability to learn and become competent in mathematics. Furthermore, young children enjoy their early informal experiences with mathematics. Unfortunately, many children's potential in mathematics is not fully realized, especially those children who are economically disadvantaged. This is due, in part, to a lack of opportunities

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to learn mathematics in early childhood settings or through everyday experiences in the home and in their communities. Improvements in early childhood mathematics education can provide young children with the foundation for school success. Relying on a comprehensive review of the research, *Mathematics Learning in Early Childhood* lays out the critical areas that should be the focus of young children's early mathematics education, explores the extent to which they are currently being incorporated in early childhood settings, and identifies the changes needed to improve the quality of mathematics experiences for young children. This book serves as a call to action to improve the state of early childhood mathematics. It will be especially useful for policy makers and practitioners—those who work directly with children and their families in shaping the policies that affect the education of young children.

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FOR FREE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE. **How It Stops The Addiction**

THE PLACEMENT OF NEEDLES IS USUALLY LOCATED BEHIND THE EAR, OR ON THE EAR CARTILAGE. THIS IS WHERE THE CALMING EFFECT TAKES PLACE, CURBING THE PATIENT'S CRAVINGS FOR MORE CIGARETTES. PEOPLE WHO HAVE A SMOKING HABIT ARE BOUND TO TAKE UP THE NICOTINE STICK MORE OFTEN WHENEVER THEY FEEL STRESSED, BORED, OR DEPRESSED. NEEDLES ARE ALSO OFTEN INSERTED ON THE HAND AND WRISTS TO PROMOTE A STEADIER FLOW OF BODILY ENERGY. THE FEELING OF RELAXATION WILL HELP AN INDIVIDUAL THINK TWICE ABOUT LIGHTING A CIGARETTE AGAIN.

FURTHERMORE, THIS TREATMENT HAS BEEN FOUND TO HELP AN INDIVIDUAL DEAL WITH THE WITHDRAWAL SYMPTOMS BETTER. THIS ALTERNATIVE MEDICINE PROMOTES BETTER TOLERANCE TO PAIN AND DISCOMFORT DURING SMOKING CESSATION. WITHDRAWAL SYMPTOMS CAN RANGE FROM MILD TO SEVERE AND MAY INVOLVE NAUSEA, PALPITATIONS, AND DIZZINESS. OFTENTIMES, THESE SAME CONDITIONS WILL PROPEL AN INDIVIDUAL BACK TO HIS SMOKING TENDENCIES SOONER THAN LATER.

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THE FOUNDATION OF ACUPUNCTURE RESTS ON THE RELEVANCE OF AN INDIVIDUAL'S CHI IN MAINTAINING BODILY AND MENTAL HEALTH. IT IS BELIEVED THAT CHI IS PRESENT IN EVERY LIVING CREATURE, AND FLOWS THROUGH SPECIFIC PATHWAYS IN THE BODY. HEALTH PROBLEMS ARISE WHEN THE FLOW OF CHI ON THE BODY IS BLOCKED. AS A RESULT, A PERSON MAY FEEL PERSISTENT HEADACHES, MUSCLE PAIN, FEVER, WEAKNESS, OR IN THE WORST CASE, BECOMES AFFLICTED WITH MORE SERIOUS HEALTH CONDITIONS.

A DEEPER EXPLANATION OF ACUPUNCTURE

ACUPUNCTURE HAS ITS ORIGINS IN ANCIENT CHINESE PHILOSOPHY AND PRACTICE. MORE THAN TEN THOUSAND YEARS AGO, DURING THE OLD STONE AGE OF CHINA

STONES WERE FASHIONED INTO KNIVES FOR MEDICAL PURPOSES. AFTER SEVERAL YEARS, DURING THE NEW STONE AGE, THESE STONES WERE EVENTUALLY MADE INTO NEEDLES INTENDED FOR THE SAME THERAPEUTIC END. THESE ACCOUNTS ARE FURTHER EVIDENCED BY UNEARTHED STONE NEEDLES FOUND TO BE OF THE SAME TYPES USED DURING THE NEW STONE AGE.

HAPPINESS PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE THE DURATION OF YOUR TREATMENT VARIES DEPENDING ON THE NATURE OF YOUR PROBLEM. SOME ARE EASY TO FIX COMPARED TO OTHERS ESPECIALLY IF YOU ARE DEALING WITH SOMETHING LONG TERM. FOR INSTANCE, ALCOHOLICS AND DRUG USERS MAY QUIT THEIR VICES AFTER 3 OR 4 MONTHS WHILE THOSE SUFFERING FROM A DISEASE LIKE AUTISM WILL TAKE YEARS AS THERE IS NO KNOWN CURE YET FOR THE THIS ILLNESS.

BEFORE THE NEEDLES ARE INSERTED, YOU NEED TO UNDERGO A PHYSICAL EXAMINATION AND ANSWER A FEW QUESTIONS. THERE ARE RISKS INVOLVED EVEN THOUGH IT IS A PAINLESS PROCEDURE BECAUSE THE NEEDLE MIGHT HIT SOMETHING VITAL INSIDE BUT IF THE SPECIALIST IS GOOD, THEN THERE IS NOTHING TO WORRY ABOUT.

YOU MAY NOTICE A SPOT OF BLOOD WHEN THE NEEDLES COME OFF. BUT IF YOU ARE CONCERNED ABOUT IT, TALK TO YOUR ACUPUNCTURIST SO HE OR SHE CAN PRESCRIBE SOMETHING.

INVESTMENT PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE, YOU CAN GO FOR A FORENSIC ACCOUNTING CAREER IF YOU'RE INTERESTED IN AN INTERESTING YET LUCRATIVE JOB. UPWARD MOBILITY IS VERY MUCH POSSIBLE AND THAT MEANS HIGHER SALARY AS WELL. THIS CAREER IS A GREAT POTENTIAL ESPECIALLY IN THE COMING YEARS.

WHILE YOU'RE STILL YOUNG OR YOU'RE ABOUT TO PURSUE A COLLEGE DEGREE, WHY NOT TAKE UP ACCOUNTANCY? WHO KNOWS, YOU MIGHT BECOME ONE OF THE BEST FORENSIC ACCOUNTANTS IN THE COUNTRY. THIS IS AN OPPORTUNITY THAT IS DIFFICULT TO TURN DOWN ESPECIALLY IF YOU WANT TO EARN BIG MONEY.

DON'T EXPECT TOO MUCH FROM A FREE ACCOUNTING SOFTWARE. SINCE IT IS FREE, IT CAN'T OFFER THE SAME FEATURES AND FUNCTIONS AS THAT OF A HIGH-END ACCOUNTING SOFTWARE. THIS FREE SOFTWARE IS SIMPLE AND EASY. IT CAN ONLY HANDLE THE ACCOUNTING NEEDS OF HOMEOWNERS AND SMALL BUSINESSES. THE SOFTWARE FOCUSES MAINLY ON SIMPLE ACCOUNTING MANAGEMENT. BY TAKING ADVANTAGE OF THE FREE SOFTWARE, YOU CAN ALREADY PERFORM THE BASIC ACCOUNTING TASKS THAT PAID SOFTWARE'S DO.

IN SHORT, THE BUSINESS' LANGUAGE IS ACCOUNTING. ALL BUSINESS ACTIVITIES ARE QUANTIFIED THROUGH ACCOUNTING AND THIS IS WHERE ALL BUSINESS REPORTS ARE DERIVED AND LATER ON, COMMUNICATED TO THE MANAGEMENT LEVEL. WHAT CAREER OPPORTUNITIES CAN YOU EXPECT IF YOU'RE A GRADUATE OF ACCOUNTANCY?

PUBLIC PRACTICE – IF YOU BECOME A CPA, YOU CAN DO PUBLIC PRACTICE. YOU CAN GIVE YOUR SERVICES TO CLIENTS IN EXCHANGE FOR AN AFFORDABLE FEE. USUALLY, CPAs WORK IN PARTNERSHIPS AND THEY OFFER THEIR SERVICES TO BUSINESSES, GOVERNMENTS, AND EVEN TO INDIVIDUALS. THE JOB RESPONSIBILITIES OF AN ACCOUNTANT IN PUBLIC PRACTICE WILL USUALLY INCLUDE AUDITING, TAXATION, MANAGEMENT ADVISORY SERVICES, ETC. YOU CAN GAIN A LOT OF WORK EXPERIENCE IN THIS FIELD.

EDUCATION – ACCOUNTANCY GRADUATES CAN ALSO TEACH AFTER THEY GET THEIR METHODS OF TEACHING. THEY CAN BECOME A RESEARCHER, REVIEWER, AND A PROFESSOR. IF YOU CHOOSE THIS PROFESSION, YOU CAN LEARN A LOT OF THINGS. YOU CAN CLEAR OUT CERTAIN ACCOUNTING ISSUES, CONDUCT RESEARCH, AND THEN DISTRIBUTE THE RESULTS.

LEGEND PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

AFTER YEARS OF BEING A MEMBER OF THE ACCOUNTING GROUP, YOU WILL HAVE YOUR CHANCE OF BECOMING THE DEPARTMENT HEAD OR YOU CAN BE PROMOTED AS THE COST ACCOUNTANT, BUDGET OFFICER, CHIEF ACCOUNTANT, OR EVEN THE COMPANY AUDITOR. THE SIZE OF THE CORPORATION DETERMINES THE VARIOUS RESPONSIBILITIES OF THE ACCOUNTANT.

NOW YOU KNOW THAT BY TAKING UP A COURSE IN ACCOUNTING YOU WILL BE OFFERED A MYRIAD OF OPPORTUNITIES IN THE FUTURE. YOU MUST BE ABLE TO CHOOSE THE RIGHT CAREER PATH. BEFORE MAKING A DECISION, YOU HAVE TO CONSIDER THE RESPONSIBILITIES AND NATURE OF WORK OF A CERTAIN ACCOUNTING CAREER.

CHOOSE THE ONE THAT YOU LIKE MOST AND ONE THAT YOU'RE PASSIONATE ABOUT.

STORY OF" PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE_____THE

NUMBER OF TREATMENTS YOU WILL NEED DEPENDS ON THE PATIENT'S CONDITION. ON AVERAGE THIS COULD BE FROM 10 TO 5 TREATMENTS AND 2 TO 3 TIMES A WEEK. HOW MUCH IT WILL COST ALSO VARIES AS THIS COULD BE FROM \$40 TO \$150. SOME INSURANCE COMPANIES AND HMO'S NOW COVER THAT OR PARTIALLY SO YOU SHOULD CHECK IF THIS IS INCLUDED IN YOUR POLICY.

ANYONE CAN TRY ACUPUNCTURE TO RELIEVE PAIN OR PREVENT ONE BUT MANY PRACTITIONERS DECLINE TO SEE SOMEONE DURING PREGNANCY. BUT IF YOU HAVE

ALREADY STARTED, IT IS GENERALLY SAFE TO DO SO UNTIL THE INFANT IS BORN. SOME ACUPUNCTURISTS MAY ASK YOU TO TAKE IN SOME HERBS AS PART OF THE TREATMENT. SINCE YOU HAVE NO IDEA WHAT IT CAN DO, HAVE THIS CHECKED FIRST BY YOUR LOCAL DOCTOR TO MAKE SURE THIS IS SAFE AS THIS COULD INTERACT WITH THE DRUGS YOU ARE TAKING CAUSING SIDE EFFECTS.

STUDY PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE AS YOU CAN SEE ACCOUNTING OR ACCOUNTANCY CAREERS CAN PROVIDE YOU WITH A LOT OF OPPORTUNITIES AS AN ACCOUNTANT.

ASIDE FROM THE TASKS MENTIONED EARLIER, CONTROLLERS ALSO TAKE CHARGE IN BUDGETING AND FINANCIAL PLANNING. BUSINESSES, BIG OR SMALL, NEED ACCOUNTANTS. HOWEVER, IN THE CASE OF VERY SMALL BUSINESSES, OWNERS CAN DO THE ACCOUNTING TASKS. BIGGER OR LARGER BUSINESSES NEED ACCOUNTING PERSONNEL TO HANDLE ALL THE ACCOUNTING WORKS. AS THE BUSINESS EXPANDS, IT NEEDS TO HIRE ADDITIONAL EMPLOYEES. IT IS ALSO THE TASK OF THE ACCOUNTANT TO DETERMINE IF THE COMPANY CAN AFFORD TO HIRE ADDITIONAL EMPLOYEES WITHOUT NEGATIVELY AFFECTING THE GROWTH OF PROFITS.

ACCOUNTING INVOLVES A LOT OF PAPER WORK. PROFESSIONAL ACCOUNTANTS NEED TO PREPARE TAX RETURNS WHICH ARE VERY MUCH COMPLICATED THAN INCOME TAX RETURNS OF INDIVIDUALS. THE CHIEF ACCOUNTANT OF THE COMPANY IS ALSO RESPONSIBLE FOR SETTING BROAD OBJECTIVES FOR THE COMPANY'S GROWTH AND DEVELOPMENT. THEIR AIM IS TO GAIN MORE PROFITS BECAUSE THIS WILL BE THE PROOF FOR THE SUCCESS OF THE BUSINESS.

HAPPINESS PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

THE PROFIT & LOSS OF A CERTAIN COMPANY IS DETERMINED BY FINANCE PROFESSIONALS THROUGH ACCOUNTING. THEY CAN DETERMINE WHAT CREATED THE PROFITS AS WELL AS THE LOSSES. ACCOUNTANTS FORM SOME SORT OF BUSINESS EQUATION SO JUSTIFY THE PROFITS & LOSSES OF A BUSINESS. BY DOING SO, THEY CAN EASILY TELL A COMPANY'S NET WORTH.

IT SEEMS THAT BY SIMPLY STARTING TO DEFINE ONE ACCOUNTING TERM, IT EVENTUALLY LEADS TO DEFINING OTHER TERMS AS WELL. NET WORTH IS ANOTHER TERM THAT IS QUITE DIFFICULT TO UNDERSTAND. IT REFERS TO THE RESULTING AMOUNT AFTER DEDUCTING THE LIABILITIES OF A COMPANY FROM THE ASSETS. PRIVATE COMPANIES REFER TO NET WORTH AS OWNER'S EQUITY.

WHY OWNER'S EQUITY? WELL, AFTER DEDUCTING ALL THE LIABILITIES, WHAT'S LEFT BASICALLY BELONGS TO THE OWNER. IN THE CASE OF PUBLIC COMPANIES, THE PROFIT OF THE BUSINESS IS RETURNED AS DIVIDENDS TO SHAREHOLDERS. AS YOU

CAN SEE, BEFORE OWNER OR SHAREHOLDERS OF A COMPANY CAN TAKE HOLD OF THE PROFITS, ALL LIABILITIES MUST BE DEDUCTED FIRST.

LIBERATION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE...INSOMNIA

ACUPUNCTURE HAS BECOME A POPULAR ALTERNATIVE TO COMMON REMEDIES SUCH AS SLEEPING PILLS. IT WORKS AT THE NERVE LEVELS, RELAXING AND SOOTHING YOUR SENSES. ACUPUNCTURE IS THOUGHT TO BE A SAFER ROUTE FOR INSOMNIA BECAUSE IT BRINGS BACK YOUR NATURAL SLEEPING CYCLE THROUGH NATURAL MEANS AND NOT THROUGH CHEMICALS, WHICH CAN TURN INTO AN ADDICTION. USING ACUPUNCTURE FOR INSOMNIA USUALLY STARTS WORKING AFTER THE VERY FIRST SESSION. THE TREATMENT IS USUALLY STRETCHED OUT FOR A PERIOD OF TIME, UNTIL YOUR BODY RETURNS TO ITS NATURAL SLEEPING CYCLE.

INFERTILITY

STUDIES SHOW THAT ACUPUNCTURE IS A BENEFICIAL FORM OF COMPLEMENTARY THERAPY FOR WOMEN WHO ARE HAVING UNDERGOING TREATMENTS FOR FERTILITY PROBLEM. ACUPUNCTURE IS BELIEVED TO RELIEVE THE ANXIETY OF WOMEN UNDERGOING FERTILITY TREATMENT. ALSO, ACUPUNCTURES SUCCESS IN AIDING FERTILITY IS MORE PRONOUNCED IN IN-VITRO FERTILIZATION. IN ADDITION, THE RATE OF MISCARRIAGES HAS BEEN FOUND TO BE LOWER FOR WOMEN WHO DO ACUPUNCTURE.

FIGHT PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE~OTHERS

THE FOLLOWING ARE OTHER AILMENTS THAT ACUPUNCTURE HAS BEEN KNOWN TO REMEDY:

- MENOPAUSAL PROBLEMS SUCH AS HOT FLUSHES, INFERTILITY, AND PREMENSTRUAL TENSION.
- BLADDER OR BOWEL PROBLEMS, DIFFICULTY OR PAIN IN URINATION, AND URINARY INFECTIONS.
- DIGESTIVE DISORDERS INCLUDING NAUSEA, INDIGESTION, HEARTBURN, AND DIARRHEA.
- RESPIRATORY PROBLEMS SUCH AS RHINITIS, HAY FEVER, PRICKLY HEAT, RASHES AND ULCERS, ECZEMA, AND SOME TYPES OF DERMATITIS AND PSORIASIS.
- CONDITIONS OF THE EYES AND MOUTH SUCH AS CATARACTS, DRY EYES, CONJUNCTIVITIS, RETINITIS AND TOOTHACHE, AND POST EXTRACTION PAINS.
- HEAT PROBLEMS SUCH AS POOR CIRCULATION, STROKE RECOVERY, AND HYPERTENSION.
- ADDICTIONS SUCH AS SMOKING, DRINKING, OR OTHER HARDER DRUGS.

BEST SELLER : PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

THERE'S CHURCH ACCOUNTING SOFTWARE IN THE MARKET. THE BEST PLACE TO PURCHASE THE SOFTWARE IS ONLINE. THE INTERNET CAN PROVIDE YOU WITH A LOT OF RESOURCES REGARDING CHURCH ACCOUNTING SOFTWARE. IF YOU DON'T KNOW MUCH ABOUT IT, YOU CAN GATHER INFORMATION FIRST BEFORE YOU EVEN SHOP FOR

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THE SOFTWARE. IT REALLY HELPS TO KNOW A BIT OF INFORMATION ABOUT THE SOFTWARE THAT YOU'RE GOING TO PURCHASE.

IF YOUR CHURCH NEEDS THE SERVICES OF ACCOUNTANTS, WHY NOT CONSIDER PURCHASING A CHURCH ACCOUNTING SOFTWARE? THERE IS REASONABLY PRICED SOFTWARE OUT THERE; YOU SIMPLY HAVE TO SHOP AROUND FIRST. YOU CAN EVEN TAKE ADVANTAGE OF FREE TRIALS TO SEE IF THE SOFTWARE IS GOOD ENOUGH FOR THE CHURCH'S FINANCIAL ACTIVITIES.

DON'T WAIT UNTIL THINGS GET SCREWED UP, ORGANIZE ALL YOUR FINANCIAL TRANSACTIONS.

ANALYSIS PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE:SEVENTY

FOUR PERCENT OF FEMALES ABOVE FOURTEEN YEARS AND SIXTY PERCENT OF FEMALES BELOW FIFTEEN YEARS HAVE REPORTED TO HAVE INVOLUNTARY SEX. FIFTY PERCENT OF THE ADOLESCENT PREGNANCIES ARE WITHIN THE TIME PERIOD OF SIX MONTHS AFTER THE INITIAL SEXUAL INTERCOURSE. MORE THAN NINE HUNDRED THOUSAND TEENAGERS ARE REPORTED TO HAVE BECOME PREGNANT EVERY YEAR IN THE UNITED STATES. FIFTY ONE PERCENT OF THE ADOLESCENT PREGNANCIES RESULT IN LIVE BIRTH, THIRTY FIVE PERCENT RESULT IN INDUCED ABORTION AND FOURTEEN PERCENT RESULT IN STILLBIRTHS OR MISCARRIAGES. FOUR OUT OF TEN ADOLESCENT FEMALES GET PREGNANT, BEFORE THEY TURN TWENTY, AT LEAST ONCE. TWENTY FIVE PERCENT OF ADOLESCENT DELIVERIES AREN'T THE MOTHER'S FIRST CHILD. WHEN A TEENAGER GIVES BIRTH TO HER FIRST CHILD, SHE INCREASES THE RISK OF BEGETTING ANOTHER CHILD. ONE THIRD OF THE ADOLESCENT PARENTS ARE THEMSELVES RESULT OF ADOLESCENT PREGNANCIES.

THERE ARE MANY REASONS WHY ADOLESCENTS CHOOSE TO BECOME SEXUALLY ACTIVE AT AN EARLY STAGE IN LIFE. THE REASONS CAN BE EARLY PUBERTAL DEVELOPMENT, POVERTY, SEXUAL ABUSE IN CHILDHOOD, LACK OF PARENT'S ATTENTION, LACK OF CAREER GOALS, FAMILY AND CULTURAL PATTERNS OF EARLY SEX, SUBSTANCE ABUSE, DROPPING OUT FROM SCHOOL AND POOR SCHOOL PERFORMANCE. FACTORS WHICH DISCOURAGE AN ADOLESCENT TO BECOME SEXUALLY ACTIVE ARE STABLE FAMILY ENVIRONMENT, PARENTAL SUPERVISION, GOOD FAMILY INCOME, REGULAR PRAYERS, CONNECTEDNESS WITH PARENTS AND LIVING WITH COMPLETE FAMILY AND BOTH THE PARENTS. THE FACTORS WHICH ARE RESPONSIBLE FOR THE CONSISTENT USE OF CONTRACEPTIVE AMONG ADOLESCENTS ARE ACADEMIC SUCCESS, ANTICIPATION FOR SUCCESSFUL FUTURE, AND INVOLVEMENT IN A STABLE RELATIONSHIP.

THERE ARE MANY MEDICAL RISKS ASSOCIATED WITH ADOLESCENT PREGNANCIES. ADOLESCENTS WHO ARE LESS THAN SEVENTEEN YEARS ARE AT A GREATER RISK OF DEVELOPING MEDICAL COMPLICATIONS, WHEN COMPARED TO ADULT FEMALES. THE RISK IS EVEN MORE IN TEENAGERS BELOW SEVENTEEN. THE WEIGHT OF THE CHILD

GIVEN BIRTH BY AN ADOLESCENT, IS VERY LOW IN THESE PREGNANCIES. IT IS USUALLY BELOW 2.5 KILOGRAM. THE RATE OF NEONATAL BIRTH IS ALSO THREE TIMES GREATER IN ADOLESCENTS, WHEN COMPARED TO ADULTS. OTHER PROBLEMS CAUSED BY ADOLESCENT PREGNANCIES ARE PREMATURETY OF THE CHILD, BIRTH OF UNDERWEIGHT CHILD, POOR MATERNAL WEIGHT GAIN, POOR NUTRITIONAL STATUS, ANEMIA, STDs AND HYPERTENSION INDUCED DUE TO PREGNANCY.

FOR FREE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE. CHOLESTEROL SCREENING HELPS TO DETERMINE THE CHOLESTEROL AND FAT LEVELS IN THE BLOOD. CHILDREN AND ADOLESCENTS WITH NORMAL CHOLESTEROL LEVEL IS A THING OF THE PAST. BECAUSE OF THE CHANGING LIFESTYLE AND JUNK FOOD TREND, EVEN THEY HAVE A HIGH RISK TO DEVELOP HIGH LEVELS OF CHOLESTEROL WHICH ALSO INCREASES THE RISK OF DEVELOPING HEART DISEASES WHICH CAN AFFECT THE BLOOD VESSELS AND THE CORONARY ARTERIES. THE MAIN CAUSE OF THIS CHANGE IS OBESITY, JUNK FOOD HIGH IN FAT, FAST FOOD DIETS, SEDENTARY LIFESTYLE AND HIGH CHOLESTEROL LEVEL IN FAMILY HISTORY. KEEPING THE BLOOD CHOLESTEROL LEVELS AT NORMAL IS A GOOD WAY OF AVOIDING HIGH BLOOD PRESSURE AND CORONARY ARTERY DISEASES.

THE BLOOD CHOLESTEROL LEVEL CAN VARY FROM INDIVIDUAL TO INDIVIDUAL. HEALTHY LEVELS OF LDL IS LESS THAN ONE HUNDRED AND THIRTY MILLIGRAMS, HDL IS GREATER THAN THIRTY FIVE MILLIGRAMS. IF THE HDL IS LESS THAN THIRTY FIVE MILLIGRAMS THEN THE ADOLESCENT IS AT A HIGHER RISK OF DEVELOPING HEART DISEASES. AND LDL MORE THAN ONE HUNDRED AND THIRTY MILLIGRAMS IS DANGEROUS. BUT A HIGH LEVEL OF LDL CHOLESTEROL IS A PROBLEM IN MANY CITIZENS OF AMERICA. AND THERE IS AN EXPECTED INCREASE IN NUMBER, THE FIGURE IS UNKNOWN, OF ADOLESCENTS WHO HAVE A FAMILY HISTORY OF HIGH CHOLESTEROL LEVELS.

AN ADOLESCENT OR A CHILD WHO HAS A PARENT HAVING HIGH LEVELS OF BLOOD CHOLESTEROL AND FAMILY HISTORY OF HEART DISEASES AT AN EARLY AGE, SHOULD TAKE CHOLESTEROL TEST FROM THE AGE OF TWO. ADOLESCENTS WHO ARE OBESE ALSO SHOULD HAVE LIPID TEST ALONG WITH CHOLESTEROL TEST. THE LIPID TEST SHOWS LEVELS OF KINDS OF FATS IN BLOOD SUCH AS TRIGLYCERIDES, LDL AND HDL.

OBSESSION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE-ONE CAN FOLLOW CERTAIN THINGS TO AVOID ALLERGIES LIKE PEOPLE WHO HAVE FOOD ALLERGIES THAT CONTAIN SHOULD PEANUTS AND ANY FOOD CONTAINING SMALLEST AMOUNT OF PEANUTS. ALSO AVOID USING COSMETIC THAT CONTAIN CHEMICALS

ALLERGIC TO THE SKIN. ONE CAN ALSO AVOID AIRBORNE ALLERGIES BY KEEPING PETS IN RESTRICTED AREAS AND AWAY FROM BEDROOM. REPLACE CARPETS AND RUGS

FROM TIME TO TIME. AVOID KEEPING THINGS THAT ACCUMULATE DUST. AND ALSO CLEAN THE ROOM AND HOUSE FREQUENTLY.

ANEMIA IN ADOLESCENTS

TO UNDERSTAND WHAT IS ANEMIA ONE SHOULD BEGIN WITH BREATHING. THE OXYGEN THAT IS INHALED SIMPLY DOESN'T STOP IN LUNGS. IT CIRCULATES THROUGHOUT THE BODY AND FUELS THE BRAINS ALSO. OXYGEN TRAVELS TO ALL PARTS OF THE BODY THROUGH BLOODSTREAM AND TO BE PRECISE IN THE RBCs I.E. RED BLOOD CELLS. NOW, THESE RBCs ARE PRODUCED IN THE BONE MARROW OF THE BODY AND THEY SERVE AS BOATS CARRYING OXYGEN IN THE BLOODSTREAM. RBCs HAVE SOMETHING CALLED HEMOGLOBIN, A PROTEIN WHICH HOLDS OXYGEN. TO MAKE ADEQUATE HEMOGLOBIN BODY REQUIRES IRON IN PLENTY. THE IRON IS SUPPLIED BY THE FOODS THAT WE TAKE ALONG WITH OTHER NUTRIENTS. WHEN THESE RBCs ARE FEWER IN NUMBER THAN WHAT IS NEEDED ANEMIA OCCURS IN THE BODY. THERE CAN BE 3 PRIMARY REASONS: RBCs ARE LOST DUE TO SOME REASON, THE PRODUCTION OF RBCs IS SLOWER THAN WHAT IS NEEDED AND LASTLY THE BODY IS DESTROYING THE RBCs. DIFFERENT TYPES OF ANEMIA ARE LINKED TO AT LEAST ONE OF THESE CAUSES.

CURSE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE, TEENS GET ANEMIA AS THEY GROW RAPIDLY THE AMOUNT OF IRON INTAKE MAY NOT BE ENOUGH TO KEEP UP WITH THE PACE OF THE GROWTH AS IT NEEDS MORE NUTRIENTS IN THIS PROCESS. IN THE CASE OF GIRLS THEY NEED MORE IRON AFTER PUBERTY AND ARE AT RISK DUE TO HEAVY BLOOD LOSS DURING MENSTRUAL PERIODS. IN SOME CASES PREGNANCIES ALSO LEADS TO ANEMIA. ALSO, TEENS WHO DIET EXCESSIVELY TO LOSE WEIGHT MAY ALSO BE AT RISK OF HAVING IRON DEFICIENCY. MEAT EATERS ESPECIALLY RED MEAT EATERS ARE AT LESS RISK COMPARED TO VEGETARIANS AS MEAT HAS RICH IRON IN IT.

ASTHMA IN ADOLESCENTS

MOST OF THE TEENAGERS WHO HAVE ASTHMA ARE ALSO ALLERGIC TO MANY THINGS. THE ASTHMA CAN GET SEVERE EVEN IF THE PEOPLE WITH ASTHMA ARE EXPOSED TO ALLERGENS OF LOW GRADE. ALLERGIES PLAY AN IMPORTANT ROLE IN ASTHMA CASES WHICH ARE UNDIAGNOSED. OTHER FACTORS THAT ALSO TRIGGER CHILDHOOD ASTHMA INCLUDE UPPER RESPIRATORY INFECTIONS LIKE COLDS, SECOND HAND SMOKE, AND CERTAIN CLIMATE CONDITIONS LIKE COLD AIR AND DUE TO EMOTIONAL PHYSICAL EXPRESSIONS LIKE LAUGHING, CRYING OR YELLING. HOWEVER, IT IS NOT THE END OF THE ROAD FOR ASTHMATICS AS THEY CAN LIVE ACTIVE AND HEALTHY IF THEY MANAGE ASTHMA PROPERLY BY AVOIDING ASTHMA TRIGGERS, REGULAR INTAKE OF PRESCRIBED MEDICATIONS, BEING ALERT OF THE WARNINGS AND BE AWARE OF THE WAYS TO DEAL WITH AN ASTHMA ATTACK.

INSTRUCTION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

CHALLENGE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

A GROUP OF CHILDREN IN THE US PARTICIPATED IN A TEST TO SEE HOW EFFECTIVE ACUPUNCTURE IS AMONG CHILDREN. THERE ARE 22 RESPONDENTS AND EACH OF THEM WAS GIVEN THE TREATMENT ONCE EVERY OTHER DAY FOR FOUR MONTHS. AFTER THE TREATMENT 20 OUT OF THE 22 RESPONDENTS SHOWED REMARKABLE IMPROVEMENT. IN FACT 2 OF THEM HAS CEREBRAL BLOOD FLOW. THE ONLY THING THAT DID NOT CHANGE PRIOR TO TREATMENT AND AFTER WAS THE BLOOD FLOW BETWEEN THE LEFT AND RIGHT CEREBRUM AS IT SHOWED NO DIFFERENCES. ASIDE FROM TRADITIONAL ACUPUNCTURE TO HELP CHILDREN WITH AUTISM, A PRELIMINARY STUDY IN HONG KONG IS TRYING TO SEE IF TONGUE ACUPUNCTURE CAN PRODUCE BETTER RESULTS.

FILE PDF PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS

EXCELLENCE; INTERNATIONAL POLITICAL ECONOMY (IPE) IS A FIELD OF STUDY WITHIN THE BROADER REALMS OF INTERNATIONAL RELATIONS AND ECONOMICS THAT INVESTIGATES THE INTRICATE INTERCHANGE BETWEEN POLITICS AND ECONOMICS ON THE GLOBAL STAGE. IPE SCHOLARS UNDERTAKE IN A COMPREHENSIVE ANALYSIS OF A DIVERSE RANGE OF PRESSING ISSUES, ENCOMPASSING TRADE, FINANCE, DEVELOPMENT, AND ENVIRONMENTAL POLICY. IN THEIR PURSUIT OF UNDERSTANDING, THEY EMPLOY A ARSENAL OF THEORETICAL APPROACHES, INCLUDING REALISM, LIBERALISM, AND MARXISM.

CHALLENGE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

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HAPPINESS PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

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HOPE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

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SOLUTIONS PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

OCD IS A SIGN OF BRAIN CIRCUITRY'S UNUSUAL FUNCTIONING AND IT INVOLVES THE STRIATUM PART OF THE BRAIN. THE BRAIN ACTIVITY PATTERNS OF SUCH PEOPLE DIFFER FROM NORMAL PEOPLE AND PEOPLE WITH OTHER MENTAL DISORDERS. RESEARCHERS HAVE CONCLUDED THAT OCD IS USUALLY A FAMILY PROBLEM AND IS A DISORDER OF THE BRAIN. STREPTOCOCCAL BACTERIAL INFECTION CAN CREATE OR WORSEN THE CONDITION OF OCD. ADOLESCENTS WITH NO FAMILY HISTORY OF OCD CAN ALSO DEVELOP IT. MOST OF THE ADOLESCENTS FEEL EMBARRASSED TO TALK ABOUT THEIR OCDs. THEY THINK THAT PEOPLE WILL LABEL THEM AS CRAZY AND THIS WILL MAKE THEM FEEL ASHAMED. THIS WILL MAKE IT DIFFICULT FOR THE PARENTS TO TALK TO THEIR CHILDREN ABOUT THEIR OCD, IN ORDER TO SOLVE THEM. PARENTS NEED TO DEVELOP GOOD COMMUNICATION SKILLS FOR THIS PURPOSE. PARENT'S SUPPORT IS ALSO VERY IMPORTANT TO THE ADOLESCENT. COOPERATION IS EXTREMELY IMPORTANT ALONG WITH TREATMENT, BECAUSE IF THE PROBLEM IS NOT TREATED THE ADOLESCENT WILL GROW INTO A DISTURBED ADULT. MOST OF THE ADOLESCENTS WITH OCD CAN RECEIVE EFFECTIVE TREATMENT. THE TREATMENT CAN INCLUDE PSYCHOTHERAPY AND INTAKE OF MEDICATIONS SUCH AS FLUOXETINE, CLOMIPRAMINE, FLUVOXAMINE, PAROXETINE, SERTRALINE AND OTHER SEROTONIN REUPTAKE INHIBITORS. WHEN OCD IS CAUSED DUE TO STREPTOCOCCAL INFECTION, THE ADOLESCENT CAN BE ADMINISTERED WITH ANTIBIOTICS TO KILL THE BACTERIUM WHICH IS CAUSING IT. EXPOSURE AND RESPONSE PREVENTION BEHAVIORAL THERAPY IS VERY USEFUL IN SOLVING OCD. IN THIS THERAPY, THE ADOLESCENT IS WONTEDLY EXPOSED TO HIS/HER FEARS WHICH GIVE HIM/HER OBSESSIVE THOUGHT. AFTER THAT HE/SHE IS TRAINED TO AVOID THESE THOUGHTS AND THE RITUALS WHICH HE/SHE CARRIES OUT TO TACKLE THE ANXIETY.

ATTENTION DEFICIT HYPERACTIVITY DISORDER, EATING DISORDERS, AND OTHER TYPES OF ANXIETY DISORDERS. WHEN A PERSON WITH OCD AND OTHER MENTAL ILLNESS, IS TREATED, OCD BECOMES MORE DIFFICULT TO TREAT AND EVEN DIAGNOSE.

OBSESSION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE... THE SYMPTOMS OF OSGOOD-SCHLATTER DISEASE ARE SWELLING OF KNEE, TENDERNESS BELOW KNEE AREA AND LIMPING. THE DOCTOR WILL CHECK THE MEDICAL HISTORY OF THE PATIENT AND WILL CONDUCT PHYSICAL EXAMINATION AND DIAGNOSTIC PROCEDURES SUCH AS TAKING AN X-RAY. THE PHYSICIAN WILL DECIDE ON THE TREATMENT TO BE DONE BY STUDYING THE OVERALL HEALTH, AGE, MEDICAL HISTORY, TOLERANCE FOR CERTAIN MEDICATIONS AND EXTENT OF THE DISEASE. TREATMENT WILL INCLUDE MEDICATIONS, REST, COMPRESSION, ELEVATION, NEOPRENE KNEE SLEEVE AND PHYSICAL THERAPY. THE MAIN AIM WILL BE TO CONTROL AND LIMIT THE KNEE PAIN BY CUTTING DOWN ON THE ADOLESCENT'S PHYSICAL ACTIVITIES. USUALLY THE OSGOOD-SCHLATTER DISEASE GETS HEALED OVER A PERIOD OF TIME AND IN VERY RARE CASES IS A SURGERY REQUIRED.

SLIPPED CAPITAL FEMORAL EPIPHYSIS IS A PROBLEM WHICH AFFECTS THE HIP JOINT. THE BALL OR HEAD OF THE THIGH BONE, ALSO KNOWN AS FEMORAL HEAD SLIPS FROM THE THIGH BONE'S NECK. BECAUSE OF THIS THE HIP JOINT BECOMES STIFF AND PAINFUL. SLIPPED CAPITAL FEMORAL EPIPHYSIS IS THE MOST COMMON DISORDER OF THE HIP WHICH CAN HAPPEN IN BOTH THE HIPS OR ONE AND IT IS MORE COMMON IN BOYS WHEN COMPARED TO GIRLS. BASICALLY, ADOLESCENTS OF THE AGE TEN TO EIGHTEEN YEARS AND WHO ARE OVERWEIGHT CAN BE AFFECTED BY THIS CONDITION. THE CONDITION CAN ARISE OVER A TIME INTERVAL OF FEW WEEKS OR YEARS. THE CONDITION, IF RESULTED BECAUSE OF TRAUMA AND IS ALSO CALLED ACUTE SLIP AND IF RESULTS AFTER A PERIOD OF TIME IS CALLED CHRONIC SLIP. SLIPPED CAPITAL FEMORAL EPIPHYSIS IS CAUSED BECAUSE OF MEDICATIONS, RADIATION TREATMENT, THYROID PROBLEMS, AND CHEMOTHERAPY.

THERE ARE THREE DEGREES OF INTENSITY OF SLIPPED CAPITAL FEMORAL EPIPHYSIS, MILD, MODERATE AND SEVERE. IN MILD SLIPPED CAPITAL FEMORAL EPIPHYSIS, ONLY ONE THIRD OF FEMORAL HEAD SLIPS FROM THE THIGH BONE. IN MODERATE, ONE THIRD TO HALF SLIPS AND IN SEVERE, MORE THAN HALF OF THE FEMORAL HEAD SLIPS. THE SYMPTOMS OF THIS CONDITION ARE PAIN IN HIP WHICH INCREASES UPON MOVEMENT, PAIN IN THIGH, KNEE & GROIN AND LIMPNESS IN THE LEG. WHEN AN ADOLESCENT WALKS THERE WILL BE A CLICKING SOUND IN THE HIP AND HIS/HER LEGS WILL BE TURNED OUTWARDS.

NOW THAT YOU'VE FINISHED YOUR ACCOUNTING COURSE, IT IS TIME TO FIND AN ACCOUNTING JOB. A LOT OF YOUNG ADULTS ARE NOW WONDERING WHERE TO FIND THE PERFECT JOB. THEY FIND IT VERY DIFFICULT BECAUSE THERE ARE NOT SO MANY JOB OPPORTUNITIES OUT THERE. BUT IF YOU ONLY KNOW WHERE TO LOOK, YOU CAN GET A JOB RIGHT AWAY ESPECIALLY IF YOU MEET ALL THE JOB QUALIFICATIONS.

WHEN LOOKING FOR A JOB, YOU SHOULD MAKE USE OF ALL THE AVAILABLE RESOURCES LIKE A HEADHUNTER OR AN EMPLOYMENT SERVICE, THE LOCAL PAPERS, AND OF COURSE, THE INTERNET.

CONSIDER THE FOLLOWING TIPS WHEN SEARCHING FOR AN ACCOUNTING JOB. ALL YOU HAVE TO NOW IS FIND A CLINIC THAT OFFERS THIS SERVICE TO CUSTOMERS SO YOU WILL SOON LOOK RADIANT TO OTHER PEOPLE.

PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE; THE SKINNY ON ACUPUNCTURE WEIGHT LOSS

IT HAS BEEN FOUND THAT WEIGHT GAIN IS DIRECTLY RELATED TO EMOTIONS. OTHER THAN PHYSICAL HUNGER, PEOPLE REACH FOR A HUGE CHOCOLATE BAR OR A BIG PLATTER OF BURGER AND FRIES BECAUSE OF THE SENSE OF COMFORT DERIVED FROM FOOD AND EATING. MORE OFTEN THAN NOT, EXCESSIVE WEIGHT GAIN IS AN EMOTIONAL ISSUE, RATHER THAN A MERE PHYSICAL ONE. YOU MAY NOT REALIZE IT, BUT YOU TEND TO TAKE IN MORE FOOD WHENEVER YOU'RE STRESSED, UPSET, OR PRESSURED.

IN ACUPUNCTURE, THERE ARE SPECIFIC SPOTS ON THE BODY BEING TARGETED BY THE HAIR-LIKE NEEDLES. THESE SPOTS ARE LINKED TO CERTAIN AREAS IN THE BODY AND BY STIMULATING THESE SPOTS; THE PATIENT WILL ACHIEVE A GREATER SENSE OF INNER BALANCE. AS THESE POINTS ARE INSERTED BY THE NEEDLES, CERTAIN HORMONES ARE RELEASED THROUGHOUT THE BODY. THESE SUBSTANCES WORK BY HELPING YOU MANAGE HUNGER AND EFFICIENTLY CONTROL THE IMPULSE TO OVEREAT.

TRANSFORMATION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

SELF MOTIVATION IS EXTREMELY NECESSARY IN LOSING WEIGHT. BECAUSE OBESITY IS MORE A FAMILY PROBLEM AND NOT AN INDIVIDUAL PROBLEM, THE WHOLE FAMILY CAN SWITCH TO EATING HEALTHY FOOD AND EXERCISING REGULARLY. THIS CAN MAKE THE WEIGHT CONTROL PROGRAM A SUCCESS. PARENTS CAN PLAY A MAJOR ROLE BY BOOSTING THE SELF ESTEEM OF THEIR CHILDREN BY CONCENTRATING ON THEIR STRENGTHS AND ENCOURAGING THEM, INSTEAD OF TARGETING THE WEIGHT PROBLEM. THE WHOLE FAMILY SHOULD EAT MEALS TOGETHER, INSTEAD OF EATING INDIVIDUALLY WHILE WATCHING A MOVIE. THIS HELPS ALL THE MEMBERS TO FOCUS ON THE FOOD AND THE QUANTITY BEING EATEN. IF THE TEENAGER ISN'T GETTING

HELP TOWARDS THE GOALS.

AFTER THE ADOLESCENT HAS LOST WEIGHT, IT IS VERY IMPORTANT THAT HE/SHE MAINTAINS IT. IN MAJORITY OF THE CASES, PEOPLE SHIFT BACK TO THEIR OLD EATING HABITS AFTER LOOSING WEIGHT. THAT IS THE REASON WHY OBESITY IS MORE OF A LIFETIME ISSUE. SO THE MAIN AIM OF ANY WEIGHT LOSS PROGRAM MUST BE MAKE THE ADOLESCENT LIKE HEALTHY FOOD. HE/SHE MUST ALSO BE MADE TO EXERCISE REGULARLY, IRRESPECTIVE OF THE WEIGHT.

MIRACLE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE~THE DISEASE SHOULD NOT BE TAKEN LIGHTLY AND IF IT'S LEFT UNTREATED IT CAN SPREAD AND AFFECT THE BONES UNDER THE TEETH WHICH WOULD EVENTUALLY DISSOLVE AND WOULD NOT LONGER SUPPORT THE TEETH IN ITS PLACE. THE CHRONIC FORM OF THE DISEASE IS RESPONSIBLE FOR TOOTH LOSS IN SEVENTY PERCENT OF THE CASES AFFECTING SEVENTY FIVE PERCENT OF THE PEOPLE AT SOME TIME IN THEIR LIVES. THE CAUSES OF PERIODONTAL DISEASE ARE SIMILAR TO ANY OTHER ORAL DISEASE WHEREIN PLAQUE BUILDUP AND BACTERIA ARE RESPONSIBLE FOR THE CONDITION. ACCORDING TO STATISTICS PLAQUE BUILDUP IS THE MAIN CAUSE OF GUM RELATED DISEASES. APART FROM THE CAUSES LISTED, THE OTHER POSSIBLE CAUSES OF PERIODONTAL DISEASE INCLUDE: GENETICS, UNKEMPT ORAL HYGIENE, FOOD GETTING STUCK TO FREQUENTLY IN THE GUMS, MOUTH BREATHING, LOW NUTRIENT DIET OR VITAMIN C DEFICIENT DIET, SMOKING, DIABETES, AUTOIMMUNE/SYSTEMIC DISEASE, CHANGES IN HORMONE LEVELS, CERTAIN MEDICATIONS AND CONSTANTLY TEETH GRINDING.

ACCORDING TO STATISTICS NEARLY SIXTY SIX PERCENT YOUNG ADULT POPULATION SUFFERS FROM PERIODONTAL DISEASE AND NEARLY FIFTY PERCENT OF TEENAGERS SUFFER FROM PERIODONTAL DISEASE. ALSO, IT IS THE MOST WIDESPREAD TOOTH LOSS CAUSE IN ADULTS. BUT, WHAT ARE THE SYMPTOMS OF PERIODONTAL DISEASE? THERE ARE VARIOUS SYMPTOMS AND IT COULD DIFFER FROM ONE ADOLESCENT TO THE OTHER WHICH MAY INCLUDE SWOLLEN, TENDER, AND RED GUMS; IF ONE GETS BLEEDING DURING BRUSHING OR FLOSSING THE TEETH IT IS ALSO ONE OF THE SYMPTOMS OF PERIODONTAL DISEASE; RECEDING GUMS; CONSTANT ODOROUS BREATH; LOOSE TEETH; DENTURES NOT FITTING ANY LONGER; CHANGE IN ALIGNMENT OF JAW AND BITE. THE SYMPTOMS OF THE DISEASE MAY BE SIMILAR TO OTHER MEDICAL CONDITIONS AND DOCTOR'S CONSULTATION IS THE BEST IN THIS REGARD.

CHALLENGE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE.RESULTS HAVE SHOWED THAT OF 30 RESPONDENTS IN THE TEST, MAJORITY SHOWED FUNCTIONAL IMPROVEMENT OF VARIOUS DEGREES DEPENDING ON THE AGE AND SEVERITY OF THEIR DISABILITIES. SOME IMPROVEMENT WAS NOTICEABLE WITHIN A FEW IAC SESSIONS, ESPECIALLY FOR DROOLING, SPASTICITY, SCISSORING OR

TIPTOEING), ATAXIA, AND POOR BALANCE IN WALKING. FUNCTIONAL IMPROVEMENT WAS NOTED AFTER ONE TO TWO COURSES OF TAC. MOST CHILDREN TOLERATED TAC WELL, WITH ONLY OCCASIONAL PAIN AND MINOR BLEEDING IN SOME PATIENTS. THE REASON WHY TONGUE ACUPUNCTURE IS BEING EXPERIMENTED WITH IS BECAUSE THERE IS A CONNECTION BETWEEN THE TONGUE AND THE HEART THROUGH THE MERIDIANS THAT SPREAD TO ALL THE ORGANS IN THE BODY. IT IS BELIEVED THAT THE POINTS ON THE TONGUE CAN INFLUENCE THE STATE OF THE OTHER BODY ORGANS THUS GIVING RELIEF TO THE ONE SUFFERING FROM AUTISM. BUT MANY BELIEVE THAT ACUPUNCTURE ALONE CANNOT HELP AUTISM SUFFERERS. IT HAS TO BE COMBINED WITH OTHER THINGS LIKE MAINTAINING A CERTAIN DIET TO HELP IMPROVE ONE'S MOOD AND COMMUNICATION SKILLS. ALTHOUGH IT IS ONLY SHORT TERM, IT IS BETTER THAN NOTHING UNTIL A CURE IS FOUND.

HOPE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE... THERE ARE TWO SUBCATEGORIES OF EATING DISORDERS, ANOREXIA NERVOSA AND BULIMIA NERVOSA. ANOREXIA NERVOSA IS THE RESTRICTIVE FORM, WHERE THE INTAKE OF FOOD IS LIMITED SEVERELY. IN BULIMIA NERVOSA IS THE EATING DISORDER WHERE THE ADOLESCENT BINGES ON FOOD AND THEN TRIES TO MINIMIZE THE EFFECTS BY FORCIBLY VOMITING, FASTING, AND CATHARSIS OR OVER EXERCISING. WHEN HANDLING ADOLESCENCE EATING DISORDERS, THEY MUST BE HANDLED DIFFERENTLY FROM ADULT EATING DISORDERS. ADOLESCENTS FACE PROBLEMS SUCH AS GROWTH RETARDATION, SUPPRESSED HEIGHT, ABNORMAL WEIGHT, PUBERTAL DELAY, MENSTRUAL PERIODS ABSENCE, AND MENSES UNPREDICTABILITY. WHEN THE ADOLESCENT IS GROWING THERE WILL BE CRITICAL TISSUE COMPONENTS LOSS LIKE LOSS OF BODY FAT, MUSCLE MASS AND BONE MINERAL. NUTRITIONAL IMBALANCE IS ALSO CAUSED WHICH REFLECT ABNORMALITIES IN THE LEVELS OF VITAMINS, MINERAL AND OTHER TRACE ELEMENTS. THE PROBLEM IS THAT THESE ABNORMALITIES CANNOT BE RECOGNIZED CLINICALLY. BUT SINCE PROTEIN AND CALORIES ARE ESSENTIAL TO THE GROWTH OF THE ADOLESCENT, IT IS IMPORTANT TO TRACE THEIR ABNORMALITIES. BECAUSE OF THE PROBLEMS, HEALTHY ADULTHOOD IS NOT A POSSIBLE THING. BECAUSE OF ALL THESE REASONS, IT IS IMPORTANT TO DIAGNOSE ADOLESCENCE EATING DISORDERS AS EARLY AS POSSIBLE. EATING DISORDERS GIVE RISE TO PEAK BONE MASS IMPAIRED ACQUISITION IN CASE OF ADOLESCENTS. WHEN THEY TURN INTO ADULTS, THIS PROBLEM AGGRAVATES TO OSTEOPOROSIS. EVEN INTERNAL ORGANS GET AFFECTED DUE TO EATING DISORDERS. ALL THIS CAN BE PREVENTED BY EARLY INTERVENTION SO AS TO LIMIT, PREVENT AND AMELIORATE MEDICAL COMPLICATIONS, WHICH CAN TURN BECOME LIFE THREATENING.

ADOLESCENTS WHO PRACTICE UNHEALTHY WEIGHT CONTROL PRACTICES AND ARE OBSESSIVE ABOUT THEIR FIGURE, WEIGHT, FOOD OR EXERCISE SHOULD BE TREATED.

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CLINICALLY. NOT ONLY SHOULD THE SYMPTOMS BE CHECKED, BUT THEIR DURATION, INTENSITY AND FREQUENCY SHOULD ALSO BE CHECKED. ALTHOUGH MOST OF THE PHYSICAL COMPLICATIONS CAUSED DUE TO EATING DISORDERS GET SOLVED WITH THE HELP OF NUTRITIONAL REHABILITATION SOME OF THE CONDITIONS BECOME IRREVERSIBLE AND THE LONG TERM CONSEQUENCES OF THIS ARE VERY DANGEROUS. IT IS BEST IF THE EATING DISORDERS ARE RECOGNIZED IN THE EARLY STAGES AS IT WON'T RESULT IN IRREPARABLE DAMAGE. THE MEDICAL MONITORING SHOULD BE PURSUED TILL THE ADOLESCENT RETURNS BACK TO APPROPRIATE PSYCHOLOGICAL AND MEDICAL HEALTH.

DISCOVERY PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE~EATING DISORDERS NOT ONLY RESULT IN PHYSICAL ABNORMALITIES, BUT ALSO PSYCHOLOGICAL ABNORMALITIES. ADOLESCENTS WITH EATING DISORDERS TAKE ONTO SOCIAL ISOLATION, LOW SELF ESTEEM, AFFECTIVE DISORDERS, LOW SELF CONCEPT, SUBSTANCE ABUSE, ANXIETY, AND DEPRESSION. USUALLY ADOLESCENTS SWITCH TO UNHEALTHY EATING HABITS BECAUSE OF DEPRESSION AND LACK OF KNOWLEDGE ABOUT AFFECTIVE TECHNIQUES TO LOSE WEIGHT. SO THE PATIENTS WHO ARE BEING TREATED FOR EATING DISORDERS MUST ALSO BE TREATED FOR PSYCHIATRIC ILLNESS, IF THEY HAVE ANY. EVEN IF THE HABITS DOESN'T FIT THE STRICT CRITERIA, ADOLESCENTS WHO LIMIT FOOD INTAKE, BINGE, VOMIT OR PURGE ACCOMPANIED WITH OR WITHOUT HARSH WEIGHT LOSS, SHOULD BE MONITORED BECAUSE OF THE INVOLVEMENT OF RISK OF EVEN DEATH. EARLY TREATMENT WILL HAVE AN IMPROVED OUTCOME. BUT THE LEVEL OF INTERVENTION IN ADOLESCENTS SHOULD BE LESS WHEN COMPARED TO ADULTS.

EYE PROBLEMS AND INJURIES IN ADOLESCENTS

EVERY YEAR MORE THAN ONE MILLION PEOPLE GET EYE INJURIES, OUT OF WHICH NINETY PERCENT ARE PREVENTABLE IF SAFETY EYEWEAR IS USED. ONE HUNDRED AND TWENTY FIVE THOUSAND EYE INJURY CASES ARE CAUSED BY HOUSEHOLD PRODUCTS. IT IS A GOOD HABIT TO WASH HANDS REGULARLY, ESPECIALLY AFTER HANDLING HOUSEHOLD CHEMICALS. WHEN USING DETERGENTS AND HAZARDOUS SOLVENTS, THE HANDLER MUST WEAR CHEMICAL SAFETY GOGGLES. ALSO, NO CHILDREN MUST BE AROUND WHILE HANDLING CHEMICALS. WHILE SPRAYING, THE NOZZLE MUST BE TURNED AWAY FROM THE FACE. FERTILIZERS, PESTICIDES AND PAINTS MUST BE STORED AWAY FROM REACH. WHILE DOING HOUSEHOLD ACTIVITIES PROPER PROTECTIVE GEARS SUCH AS GOGGLES, GLOVES, BOOTS AND HELMET SHOULD BE WORN, IF REQUIRED. THE HOUSE MUST BE ILLUMINATED ADEQUATELY TO AVOID ACCIDENTS IN THE DARK. STAIRS SHOULD ALSO BE ILLUMINATED AND THE RAILS MUST ALSO BE INSTALLED. THE INSTRUCTIONS FOR OPENING THE TOPS OF BOTTLES MUST BE READ CAREFULLY TO AVOID THEM FROM POPPING AND INJURING OTHER

OPERATING EQUIPMENT BEFORE PLAYING GAMES. ALL POWER EQUIPMENT MUST BE INSTALLED WITH GUARDS. WHILE PLAYING OUTSIDE, THE EYES MUST BE PROTECTED BY UV PROTECTIVE GOGGLES AND IT IS A BAD IDEA TO LOOK AT THE SUN DIRECTLY.

INVESTMENT PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

ALTHOUGH ONE TEST HAS PROVEN THAT ACUPUNCTURE CAN HELP MIGRAINES, OTHER TESTS WILL ALSO HAVE TO BE DONE TO PROVE IF THIS IS TRUE. UNTIL SUCH TIME THAT OTHER RESULTS ARE PUBLISHED, PATIENTS WILL HAVE TO RELY ON CONVENTIONAL MEDICINE THAT IS PRESCRIBED BY A DOCTOR.

BUT YOU DON'T HAVE TO WAIT FOR THE RESULTS TO COME OUT. IF YOU THINK IT IS WORTH A TRY, GO FOR IT. JUST ASK FOR A REFERRAL FROM YOUR DOCTOR AS THERE ARE MANY PRACTITIONERS WHO HAVE ACCEPTED THE FACT THAT ALTERNATIVE FORMS OF MEDICINE CAN ALSO HELP A PATIENT.

YOU CAN ALSO FIND SOMEONE ONLINE. YOU CAN BE SURE THEY ARE CERTIFIED IF THEY ARE RECOGNIZED BY THE NATIONAL CERTIFICATION COMMISSION FOR ACUPUNCTURE AND ORIENTAL MEDICINE.

TRANSFORMATION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS

EXCELLENCE; ALONG WITH DOCTOR CONSULTATION, A PSYCHOLOGIST MUST ALSO BE CONSULTED WHO CAN DEAL WITH THE EMOTIONAL CHALLENGES OF THE ADOLESCENT. THE FAMILY SHOULD ALSO PLAY AN ACTIVE ROLE IN MAKING THE YOUNGSTER FEEL BETTER. THE FAMILY SHOULD WORK IN COLLABORATION WITH PHYSICIAN, DIETITIAN AND DIABETES EDUCATORS. TEACHERS, COUNSELORS, SCHOOL NURSES, DAY CARE PROVIDERS, AND OTHER COMMUNITY MEMBERS CAN PROVIDE EXTENDED SUPPORT AND GUIDANCE. THEY CAN PROVIDE HELP WITH TRANSPORTATION, MENTAL HEALTH COUNSELING, HEALTH EDUCATION, SOCIAL SERVICES AND FINANCIAL SERVICES.

EATING DISORDERS IN ADOLESCENTS

SINCE THE ADOLESCENCE IS THE AGE WHERE BONES ARE SPROUT AND GROW RAPIDLY, WELL NOURISHED FOOD MUST BE GIVEN TO THE ADOLESCENT TO FACILITATE NORMAL GROWTH & DEVELOPMENT. THE NUTRITIONAL INTAKE MUST BE MONITORED REGULARLY AND MODIFIED DEPENDING UPON THE GROWING NEEDS. TEENAGERS TEND TO DEVELOP EATING DISORDERS WHICH AFFECT THEIR NUTRITIONAL HEALTH. THE EATING BEHAVIOR MUST BE CORRECTED AS EARLY AS POSSIBLE AS IT CAN LEAD TO THE DEVELOPMENT OF COMPLEX ILLNESSES. EATING DISORDER IS THE THIRD COMMON CHRONIC ILLNESS, ESPECIALLY IN ADOLESCENT FEMALES AND THE NUMBER HAS BEEN INCREASING RAPIDLY FROM THE PAST THIRTY YEARS.

START YOUR ACCOUNTING CLASSES, YOU HAVE TO STUDY ALL YOUR LESSONS AND KNOW THEM BY HEART. THIS IS THE ONLY WAY TO BECOME A SUCCESSFUL PROFESSIONAL SOMEDAY. AND OF COURSE, YOU NEED TO PASS ALL YOUR EXAMS SO THAT YOU WILL SOON HOLD YOUR DIPLOMA.

THERE ARE MANY CAREER OPPORTUNITIES FOR ACCOUNTING GRADUATES. AGAIN, IF YOU THINK THAT AN ACCOUNTING COURSE IS THE BEST FOR YOU, ENROLL NOW.

STUDY HARD AND MASTER THE PRINCIPLES AND CONCEPTS OF ACCOUNTING. ONLY BY THEN CAN YOU SAY THAT YOU'RE AN EFFECTIVE AND EFFICIENT ACCOUNTANT.

DEVELOPING AWARENESS IN RELATED FIELDS. IN ACCOUNTING ALONE, THERE ARE SEVERAL CAREER OPPORTUNITIES. IF YOU KEEP YOURSELF UP TO DATE, YOU WILL BE ABLE TO PERFORM EFFECTIVELY AND RESOURCEFULLY. KNOW THE RECENT DEVELOPMENTS IN THE ACCOUNTING FIELD. DON'T FOCUS ALL YOUR ATTENTION TO YOUR CURRENT CAREER. YOU HAVE TO LOOK INTO OTHER ACCOUNTING CAREERS SO THAT YOU CAN BE A WELL-ROUNDED EMPLOYEE.

OBSERVATION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

BEHOLD {THE CHRONICLES|THE ACCOUNTS} OF BYGONE ERAS, {WHERE|IN WHICH} THE INK OF SCRIBES HAS {IMMORTALIZED|PRESERVED} {THE NARRATIVES|THE STORIES} OF KINGS AND COMMONERS ALIKE. THIS IS NOT {A BOOK|AN ORDINARY BOOK}; IT IS {A PORTAL|A GATEWAY} TO {THE EPOCHS|THE PERIODS} THAT HAVE PAVED {THE WAY|THE PATH} FOR {THE WORLD|THE GLOBE} WE INHABIT TODAY.

STORY OF " PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

CHANCES ARE, YOU WERE CONSULTING WITH A DOCTOR PRIOR TO YOUR VISIT TO THE ACUPUNCTURIST. IF THERE ARE ANY PRESCRIPTION MEDICINES GIVEN, DON'T FORGET TO TAKE THEM.

YOU WILL NOT FEEL ANY IMPROVEMENT AFTER JUST ONE OR TWO VISITS WITH THE ACUPUNCTURIST. JUST THE SAME, YOU SHOULD WRITE THIS DOWN SO YOU CAN GO BACK TO THE ACUPUNCTURIST ON YOUR NEXT VISIT AND TELL HIM OR HER HOW YOU FELT DURING THE PREVIOUS SESSION. SUCH FEEDBACK WILL LET THE SPECIALIST KNOW WHAT NEEDS TO BE MODIFIED IN THE FUTURE TO HELP YOU WITH YOUR PROBLEM.

THE ACUPUNCTURIST MIGHT GIVE YOU SOME HERBS TO TAKE AS PART OF YOUR TREATMENT. SINCE YOU DON'T KNOW IF TAKING THEM WILL HAVE ANY SIDE EFFECTS WITH THE MEDICATION YOU ARE TAKING, YOU SHOULD FIRST CONSULT WITH YOUR DOCTOR IF IT IS SAFE TO CONSUME BOTH.

LIBERATION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

INVOLVEMENT IN SPECIALIZED TRAININGS. ARE THERE ANY BENEFITS IN BEING

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FREQUENTLY ATTEND SPECIALIZED TRAININGS, YOU BECOME EXPERIENCED AND HIGHLY-SKILLED. THEREFORE, YOUR EMPLOYER IS BOUND TO INCREASE YOUR SALARY IN THE COMING YEARS.

COMPLETE TRAINING COURSES. HAVE YOU TAKEN A CLOSE LOOK AT YOUR RESUME? BY TAKING UP ADVANCED ACCOUNTING CAREER TRAINING, YOU WILL BE ABLE TO FINISH A TRAINING COURSE WHICH YOU CAN LATER ON PUT IN YOUR RESUME. YOUR RESUME WILL SURELY STAND OUT ABOVE OTHERS BECAUSE OF THE ADVANCED TRAININGS YOU'VE ATTENDED.

SHOULD YOU DECIDE TO CHANGE CAREERS, IT WILL BE A LOT EASIER BECAUSE OF THE VARIOUS ADVANCED TRAININGS YOU HAVE UNDERGONE. STILL, IF YOU'RE HAPPY AND CONTENTED WITH YOUR EXISTING CAREER, YOU CAN BE PROMOTED IN THE NEAR FUTURE. YOUR SALARY WILL INCREASE AND YOU'RE ALREADY PREPARED TO TAKE NEW RESPONSIBILITIES. YOU WILL NOT FIND IT HARD TO COPE WITH THE NEW WORKING ENVIRONMENT.

GUIDE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE-WHAT IS ACUPUNCTURE?

ACUPUNCTURE HAS SURGED IN POPULARITY FOR THE LAST FEW DECADES AS BROUGHT ON BY THE RECENT HEALTH TREND. MOSTLY KNOWN AS A TRADITIONAL CHINESE MEDICAL TECHNIQUE, ACUPUNCTURE IS SEEN AS A HOMEOPATHIC METHOD OF TREATMENT. WHILE ALTERNATIVE MEDICINE DOES RAISE A LOT OF EYEBROWS FOR THE SCIENTIFICALLY-INCLINED, IT DOES MERIT ATTENTION BEFORE BEING DISMISSED AS A QUACK CURE.

BASIC PROCEDURE

BASICALLY, NEEDLES ARE INSERTED INTO THE SKIN, EACH CORRESPONDING TO ONE OF THE NUMEROUS PRESSURE POINTS LOCATED THROUGHOUT THE BODY. ACCORDING TO TRADITIONAL CHINESE MEDICINE, BY INSERTING A NEEDLE INTO THE PRESSURE POINT, AN ACUPUNCTURIST CAN MANIPULATE THE FLOW OF CHI OR LIFE FORCE, THUS RELIEVING PAIN AND GRADUALLY TREATING THE PATIENT. WHILE MOST WOULD SAY THAT THE WHOLE CHI THING IS A BUNCH OF NONSENSE, SCIENCE HAS SUGGESTED THAT WITH THE NEEDLES INSERTED, THE BODY'S NATURAL PAINKILLERS CALLED ENDORPHINS ARE RELEASED, THUS HELPING WITH PAIN RELIEF.

THE BEST PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS

EXCELLENCE;AFTERWARDS, YOU WILL SIMPLY HAVE TO CHOOSE ONE THAT YOU THINK IS BEST. GOOD LUCK IN YOUR TRAININGS.

ACCOUNTING IS BASICALLY THE LANGUAGE OF BUSINESSES.

IN ACCOUNTING, YOU WILL SEE THAT THERE WILL BE A LOT OF CAREER OPPORTUNITIES THAT YOU CAN CONSIDER.

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CERTIFIED PUBLIC ACCOUNTANT. IN THIS CAREER CHOICE, YOU WILL BE ABLE TO CHARGE A FEE FOR YOUR SERVICES OR YOU CAN ALSO WORK AS A STAFF ACCOUNTANT OR AN IN-HOUSE ACCOUNTANT.

READING PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE: A REST OF ABOUT A MONTH IS GENERALLY ADVISED AND NORMAL ACTIVITIES CAN BE RESUMED AFTER ACUTE SYMPTOMS DISAPPEAR. ALSO CARE SHOULD BE TAKEN TO AVOID PHYSICAL ACTIVITIES WHICH ARE HEAVY IN NATURE AND ALSO ACTIVITIES OR SPORTS INVOLVING PHYSICAL CONTACTS SHOULD ALSO BE AVOIDED. CARE MUST ALSO BE TAKEN TO AVOID EATING SWEET THINGS IN EXCESS FOR FEW MONTHS.

MENSTRUAL DISORDERS IN ADOLESCENT GIRLS

ADOLESCENCE IS THE TIME WHEN THERE IS SUDDEN TRANSFORMATION IN THE BODY AND MANY QUESTIONS ARISES IN THE MINDS OF THE ADOLESCENTS. FIRSTLY THEY ARE NOT ABLE TO COPE WITH THE CHANGES AND SECONDLY THE CHANGES BRING ALONG PROBLEMS WITH THEM. THE MOST CHALLENGING PROBLEMS ARE RELATED TO MENSES, IN GIRLS. MENSTRUAL CONDITIONS ARE MANY THAT MAY REQUIRE PHYSICIAN'S ATTENTION OR ANY OTHER HEALTHCARE PROFESSIONAL'S ATTENTION. THE MOST COMMON OF THE MENSTRUAL DISORDERS ARE PREMENSTRUAL SYNDROME, DYSMENORRHEAL AND AMENORRHEA.

BEFORE THE ONSET OF THE MENSES, FEMALES FACE MANY UNCOMFORTABLE SYMPTOMS WHICH LAST FOR A SHORT PERIOD, STRETCHING FROM FEW HOURS TO FEW DAYS. BUT SOME OF THEM CAN BE VERY INTENSE AND CAN DISTURB THE NORMAL FUNCTIONING OF THE PERSON. THESE SYMPTOMS ARE GROUPED AS PREMENSTRUAL SYNDROME. IN USUAL CASES, THE SYMPTOMS COME TO A HALT WHEN THE MENSES BEGIN, BUT FOR SOME THEY MAY LAST EVEN AFTER THE MENSTRUAL PERIODS ARE OVER. EIGHTY FIVE PERCENT OF THE FEMALES EXPERIENCE SOME OF THE SYMPTOMS OF PREMENSTRUAL SYNDROME AT ONE TIME OR THE OTHER. NEARLY FORTY PERCENT EXPERIENCE THE SYMPTOMS SO INTENSELY THAT THEIR DAILY CHORES ARE AFFECTED BY IT AND TEN PERCENT ARE DISABLED BY IT.

OBSERVATION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE~WHAT THIS ANCIENT METHOD DOES

ONE OF THE FOREMOST EFFECTS OF ACUPUNCTURE ON THE BODY IS RELAXATION. STRESS IS FREQUENTLY PINPOINTED AS THE MAIN PRECURSOR FOR A HOST OF PHYSICAL AILMENTS. THERE ARE PARTICULAR POINTS ALL OVER THE BODY THAT DIRECT THE FLOW OF HARMONY AND RELAXATION AND WHEN THESE ARE ENTHUSED, THE PATIENT BECOMES MORE AT EASE.

ANOTHER POSITIVE EFFECT OF THIS ALTERNATIVE THERAPY IS INCREASED PAIN CONTROL. DURING A SESSION, A PATIENT WILL USUALLY FEEL VERY MINIMAL PAIN AS THE THIN NEEDLES ARE BEING INSERTED GRADUALLY. HOWEVER, THE NEEDLES ARE

DELIBERATELY PLACED IN VARYING DEPTHS, DEPENDING ON THE HEALTH REQUIREMENTS OF THE PATIENT. WHEN THE NEEDLES REACH THE RIGHT DEPTH, THE PATIENT WILL FEEL DEEPER PAIN, ALTHOUGH THE ENTIRE PROCEDURE IS NOT NECESSARILY PAINFUL.

IT IS ALSO RECOMMENDED FOR RELIEF FROM CHEMOTHERAPY FATIGUE AS WELL AS CHEMOTHERAPY-RELATED NAUSEA. IT HAS ALSO BEEN FOUND TO BE LARGELY EFFECTIVE FOR BACK PAINS, MIGRAINES, MENSTRUAL CRAMPS, AND AS A PAIN CONTROLLER FOR PATIENTS AFTER UNDERGOING SURGICAL OPERATIONS.

FILE PDF PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

YOU CAN THINK OF A SESSION WITH THE ACUPUNCTURIST AS VERY MUCH LIKE MASSAGE THERAPY. A GOOD MASSAGE WOULD HELP GIVE YOU A VERY RELAXING SLEEP THAT NIGHT AND AN ACUPUNCTURIST COULD HELP YOU WITH YOUR SLEEP AS WELL. YOU MIGHT IMMEDIATELY START TO FEEL DROWSY AS SOON AS THE RIGHT NERVES ARE STIMULATED BY THE ACUPUNCTURISTS NEEDLES.

YOU MIGHT BE ASKING YOURSELF HOW YOU'D BE ABLE TO RELAX IF YOU'RE SUFFERING FROM THE PAIN OF THE NEEDLES ATTACHED TO YOUR BODY. WHAT YOU MIGHT NOT REALIZE IS THAT BECAUSE OF THE THINNESS OF THE NEEDLES, YOU WOULD HARDLY FEEL ANYTHING. THE MOST THAT MANY PEOPLE CLAIM THEY FEEL IS A KIND OF TINGLING FEELING WHERE THE NEEDLES ARE. AND THAT IS ACTUALLY A SIGN THAT THE PROCESS IS WORKING,

ACUPUNCTURE IS A PRACTICE THAT HELPS YOU USE YOUR BODY'S OWN ABILITY TO MANAGE STRESS PROPERLY. THIS LEAVES YOU HEALTHIER, AND MORE IMPORTANTLY, PREVENTS ANY OF THE SERIOUS DISEASES THAT COULD COME FROM UNBALANCED, STRESSFUL LIFESTYLES.

LEGEND PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE- THERE ARE MANY PREMENSTRUAL SYNDROME SYMPTOMS WHICH CAN BE BROADLY CLASSIFIED AS NEUROLOGIC & VASCULAR SYMPTOMS, PSYCHOLOGICAL SYMPTOMS, GASTROINTESTINAL SYMPTOMS, FLUID RETENTION, EYE PROBLEMS AND RESPIRATORY PROBLEMS. THE CAUSE OF PREMENSTRUAL SYNDROME ARE FLUCTUATIONS IN THE LEVELS OF PROGESTERONE & ESTROGEN, HYPOGLYCEMIA, HYPERPROLACTINEMIA, PSYCHOGENIC FACTORS, CHANGES IN CARBOHYDRATE METABOLISM, EXCESSIVE ALDOSTERONE, PROGESTERONE ALLERGY AND WATER RETENTION BY KIDNEYS. THE GOOD THING IS THAT PREMENSTRUAL SYNDROME CAN BE PREVENTED BY EXERCISING REGULARLY, EATING BALANCED DIET AND SLEEPING ADEQUATELY.

DYSMENORRHEA IS FEELING INTENSE MENSTRUAL PAIN AND CRAMPS. DEPENDING ON THE SEVERITY, DYSMENORRHEA IS STATED AS PRIMARY DYSMENORRHEA OR SECONDARY DYSMENORRHEA. PRIMARY DYSMENORRHEA SYMPTOMS ARE FELT FROM THE ONSET OF THE MENSTRUAL PERIODS AND ARE FELT LIFE-LONG. BECAUSE OF ABNORMAL UTERINE

CONTRACTIONS DUE TO CHEMICAL IMBALANCE, SEVERE MENSTRUAL CRAMPING IS EXPERIENCED. SECONDARY DYSMENORRHEA STARTS IN THE LATER STAGES. THE CAUSES ARE DIFFERENT FOR PRIMARY AND SECONDARY DYSMENORRHEA. SECONDARY DYSMENORRHEA CAN BE BLAMED ON MEDICAL CONDITIONS SUCH AS ENDOMETRIOSIS, UTERINE FIBROIDS, PELVIC INFLAMMATORY DISEASE, TUMORS, INFECTIONS, AND ABNORMAL PREGNANCY.

DYSMENORRHEA SYMPTOMS ARE LOWER ABDOMEN CRAMPING & PAIN, LOWER BACK PAIN, NAUSEA, DIARRHEA, VOMITING, FATIGUE, FAINTING, WEAKNESS AND HEADACHES. FEMALES WHO ARE OVERWEIGHT, SMOKE, AND HAVE STARTED TO MENSTRUATE BEFORE TURNING ELEVEN ARE AT A HIGHER RISK OF DEVELOPING DYSMENORRHEAL. FEMALES WHO DRINK ALCOHOL DURING MENSTRUAL PERIOD EXPERIENCE PROLONGED PAIN. AFTER STUDYING THE HEALTH CONDITIONS, AGE, CAUSE OF DYSMENORRHEA, AND EXTENT OF CONDITION OF THE INDIVIDUAL, CORRESPONDING TREATMENT WILL BE RECOMMENDED. REGULAR EXERCISE, ABDOMINAL MASSAGE, HOT BATH, VITAMIN SUPPLEMENTS, AND DIETARY MODIFICATIONS CAN HELP OVERCOME DYSMENORRHEA.

STUDY PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

THE TREATMENT IS FINISHED AFTER AN HOUR AND WHEN THE NEEDLES ARE REMOVED, YOU ARE ADVISED TO WEAR EAR MAGNETS SO YOUR SESSION CONTINUES EVEN WHEN YOU LEAVE THE CLINIC. WHILE ACUPUNCTURE ITSELF IS A PAINLESS PROCEDURE, SOME SMOKERS HAVE CLAIMED THAT THEY FELT A PRICK OR GET SLEEPY.

MOST SMOKERS WILL HAVE TO COME TO THE CLINIC 4 TO 6 TIMES BEFORE SEEING ANY SIGNIFICANT RESULTS. JUST TO GIVE YOU AN IDEA, ONE STUDY SHOWS THAT THE RESPONDENTS REPORTED A DECREASE IN THE NUMBER OF CRAVINGS TO SMOKE JUST AFTER ONE OR TWO SESSIONS. SEVEN OUT OF 10 OF THE RESPONDENTS WERE ABLE TO KICK THE HABIT AFTER 5 OR 6 SESSIONS.

BECAUSE THE NUMBER OF TEST SUBJECTS IS SMALL, THERE ARE SOME WHO DOUBT THE EFFECTIVENESS OF ACUPUNCTURE. THIS IS BECAUSE ALTHOUGH THERE ARE POSITIVE SIGNS WITH REGARDS TO THE SHORT TERM EFFECTS OF THIS TECHNIQUE, ITS EFFECTS WERE NOT SUSTAINED. THIS IS WHY SOME MEDICAL JOURNALS HAVE STATED THAT IT IS UNCLEAR WHAT ACUPUNCTURE CAN DO IN SMOKING CESSATION.

STORY OF "PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE" AN INFANT WILL HAVE A NORMAL BLOOD PRESSURE READING OF 80/45, WHERE AS AN ADOLESCENT WILL HAVE A NORMAL BLOOD PRESSURE READING OF 110/70.

THEREFORE, AGE, GENDER, AND HEIGHT ARE IMPORTANT FACTOR WHEN DETERMINING THE NORMAL BLOOD PRESSURE LEVEL. ADULTS WILL HAVE A HIGHER BLOOD PRESSURE THAN THE INFANTS AND TEENAGERS. ALSO, BOYS HAVE A HIGHER BLOOD

PRESSURE WHEN COMPARED TO GIRLS AND TALL PEOPLE HAVE A HIGHER BLOOD PRESSURE THAN SHORT PEOPLE. AN ADOLESCENT IS SAID TO HAVE HIGH BLOOD PRESSURE WHEN THE BLOOD PRESSURE IS MORE THAN THE BLOOD PRESSURE OF NINETY PERCENT PEOPLE OF HIS/HER AGE, GENDER AND HEIGHT.

THERE ARE MANY RISKS ASSOCIATED WITH HYPERTENSION OR HIGH BLOOD PRESSURE. THE RISK OF DEVELOPING CORONARY HEART DISEASE INCREASES PROPORTIONALLY. THE ARTERIES WILL DEVELOP GREATER RESISTANCE TOWARDS THE BLOOD FLOW, BECAUSE OF WHICH THE HEART WILL PUMP BLOOD HARDER. STROKE IS ALSO ANOTHER RISK. ADOLESCENTS WHO HAVE HAD HIGH BLOOD PRESSURE AS A CHILD, DEVELOP HARMFUL EFFECTS ON THE BLOOD VESSELS AND HEART TILL THE TIME THEY TURN TWENTY.

THE CAUSES OF HIGH BLOOD PRESSURE CAN BE CLASSIFIED AS PRIMARY AND SECONDARY. IF THE CAUSES ARE DEFINITE, THEY ARE PRIMARY AND IF THE CAUSE IS LINKED TO SOME ILLNESS, IT IS SECONDARY. PRIMARY CAUSES ARE HIGH BLOOD CHOLESTEROL LEVELS, SMOKING, STAGNANT LIFESTYLE AND OVERWEIGHT. SECONDARY CAUSES ARE OBESITY, IMMOBILITY DUE TO CHRONIC ILLNESS, PRESCRIPTION DRUGS, INTENSE PAIN DUE TO BURNS OR CANCER AND ILLEGAL DRUGS. HIGH BLOOD PRESSURE CAN DEVELOP DUE TO HEREDITARY REASONS.

CHALLENGE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS

EXCELLENCE _____ TREATMENT OF ACNE IS CLASSIFIED INTO TOPICAL AND SYSTEMIC DRUG THERAPIES WHICH ARE GIVEN BASED ON EXTENT OF SEVERITY. IN SOME INSTANCES THE COMBINATION OF BOTH THE METHODS MIGHT BE THE WAY TO GO FOR ACNE TREATMENT. TOPICAL MEDICATION IS NOTHING BUT CREAMS, GELS, LOTIONS, SOLUTIONS ETC. PRESCRIBED TO PATIENTS FOR ACNE TREATMENT. SOME OF THE EXAMPLES OF TOPICAL MEDICATION ARE: BENZOYL PEROXIDE WHICH KILLS THE PROPIONIBACTERIUM ACNES BACTERIA, ANTIBIOTICS HELPS IN STOPPING OR SLOWING DOWN THE GROWTH OF THE BACTERIA AND ALSO REDUCES INFLAMMATION, TRETINOIN HELPS IN STOPPING THE FORMATION OF NEW ACNE LESIONS AND ADAPALENE REDUCES FORMATION OF COMEDO. SYSTEMIC DRUG THERAPIES INVOLVE PRESCRIPTION OF SYSTEMIC ANTIBIOTICS PRIMARILY FOR THE TREATMENT OF ACNE PROBLEM WHICH IS MODERATE TO SEVERE IN NATURE. THE EXAMPLES OF ANTIBIOTICS PRESCRIBED ARE DOXYCYCLINE, ERYTHROMYCIN AND TETRACYCLINE. IN SOME CASES AN ORAL DRUG CALLED ISOTRETINOIN IS PRESCRIBED FOR TEENAGERS WITH SEVERE ACNE PROBLEM WHICH SHRINKS DOWN THE SEBACEOUS GLANDS THAT PRODUCE OIL. THE RESULTS ARE PRETTY GOOD AND ALMOST NINETY PERCENT OF THE ADOLESCENTS HAVE SUCCESS WITH THIS ORAL DRUG. BUT THE DRUG HAS SOME SERIOUS SIDE-AFFECTS AND THUS IT IS VERY IMPORTANT THAT ONE CONSULTS A DOCTOR BEFORE USE.

ADOLESCENT PREGNANCY IN NINETY NINE PERCENT OF THE CASES IS UNWANTED AND IS THE MAJOR CONSEQUENCE OF ADOLESCENT SEXUAL ACTIVITY, OTHER THAN STDs. THIS ISSUE HAS AFFECTED YOUTH, FAMILIES, EDUCATORS, HEALTH CARE PROFESSIONALS, AND GOVERNMENT OFFICIAL. A STUDY ON THE HIGH SCHOOL ADOLESCENTS HAS CONCLUDED THAT FORTY EIGHT PERCENT OF THE MALES AND FORTY FIVE PERCENT OF THE FEMALES ARE SEXUALLY ACTIVE. ONE FOURTH OF THE HIGH SCHOOL STUDENTS HAD SEXUAL CONTACT BY FIFTEEN YEARS OF AGE. THE AVERAGE AGE OF BOYS IS SIXTEEN AND A GIRL IS SEVENTEEN, WHO HAVE HAD INTERCOURSE. NINETY PERCENT OF ADOLESCENTS, IN THE AGE RANGE OF FIFTEEN TO NINETEEN, SAY THEIR PREGNANCY IS UNINTENDED.

REVENGE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

BUT ACUPUNCTURE IS NOT RISK FREE. HEMATOMA MAY DEVELOP IF THE NEEDLE PUNCTURES A CIRCULATORY STRUCTURE. IT IS ALSO POSSIBLE THAT PNEUMOTHORAX MAY OCCUR IF THE NEEDLE IS INSERTED TOO DEEP. THERE IS ALSO THE RISK OF HIV AND HEPATITIS IF THE NEEDLE WAS NOT PROPERLY STERILIZED. NOW THAT YOU KNOW WHAT ACUPUNCTURE IS, YOU MUST NOT FORGET THAT IT IS MERELY AN ALTERNATIVE AND NOT A PROPER FORM OF MEDICAL TREATMENT. THIS MEANS YOU SHOULD STILL BE EXAMINED BY A PROFESSIONAL IN THE MEDICAL FIELD WHO CAN DETERMINE THE SEVERITY OF YOUR ILLNESS OR DISEASE.

GUIDE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE. ALTHOUGH THERE ARE NO STUDIES WHICH PROVE THAT ONE TECHNIQUE IS BETTER THAN THE OTHER, SOME PATIENTS ARE MORE COMFORTABLE WITH ONE TYPE OVER THE OTHER.

ANOTHER QUESTION YOU SHOULD ASK AND DISCUSS FURTHER IS THE LENGTH OF THE TREATMENT. PATIENTS WHO ARE SUFFERING FROM A CHRONIC ILLNESS WILL HAVE TO BE TREATED OVER A PERIOD OF MONTHS BEFORE ANY IMPROVEMENTS CAN BE SEEN. THIS WILL HELP YOU PLAN YOUR SCHEDULE SINCE YOU NEED TO GO TO THE CLINIC 2 TO 3 TIMES WEEKLY.

THE ACUPUNCTURIST JUST LIKE A MEDICAL DOCTOR IS THERE TO HELP YOU GET BETTER. IF YOU DON'T SEE ANY PROGRESS WITH THIS PERSON, PERHAPS YOU SHOULD SEEK THE HELP OF ANOTHER SPECIALIST.

WHAT IS ACUPUNCTURE?

WHAT IS ACUPUNCTURE? IT IS A FORM OF HOLISTIC HEALTHCARE THAT IS USED TO PREVENT AND TREAT CERTAIN DISEASES AS WELL AS RELIEVE PAIN AND ANESTHETIZE PATIENTS FOR SURGERY. RESEARCH SHOWS THAT THIS BEGAN IN CHINA AND HAS BEEN PRACTICED FOR MORE THAN 5,000 YEARS.

SUCCESS. WITHOUT THEM, THE SUCCESS OF THE BUSINESS IS NOT GUARANTEED. SO THE OWNER OF THE BUSINESS SHOULD CHOOSE THE BEST ACCOUNTING STAFF. THAT WAY, ALL THE FINANCIAL TRANSACTIONS AND DECISIONS ARE NOTED AND STUDIED. ONLY THEN CAN THE COMPANY GAIN PROFITS.

PROFIT & LOSS IS JUST A SIMPLE ACCOUNTING TERM. ASIDE FROM THE TERM, YOU ALSO LEARNED ABOUT NET EARNINGS, NET INCOME, NET WORTH, DIVIDENDS, ETC.

INVESTMENT PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

THERE ARE DIFFERENT ACCOUNTING FIELDS. ARE YOU ALREADY IN THE RIGHT CAREER PATH? IF NOT, PERHAPS IT'S NOW TIME TO CHANGE YOUR ACCOUNTING CAREER. SO WHICH IS IT GOING TO BE? GOVERNMENT ACCOUNTING, PUBLIC ACCOUNTING, INTERNAL AUDITING, MANAGEMENT ACCOUNTING, ETC? CHOOSE THE ONE YOU REALLY LIKE.

OLDER ADULTS ARE SOMETIMES HARD TO TEACH BUT IF YOU WANT TO REACH YOUR ULTIMATE GOALS, YOU MUST NOT STOP LEARNING. YOU HAVE TO BECOME PROFICIENT IN THE ACCOUNTING SOFTWARE USED BY THE COMPANY THAT YOU'RE WORKING. THERE IS A GREAT NUMBER OF ACCOUNTING SOFTWARE OUT THERE AND YOU MUST FAMILIARIZE YOURSELF WITH THE SOFTWARE.

HOW LONG HAVE YOU BEEN IN THE ACCOUNTING FIELD? HAVE YOU BEEN PROMOTED? YOU HAVE TO TAKE ADVANCED ACCOUNTING CAREER STUDIES SO THAT YOU CAN BECOME HIGHLY SKILLED AND EXPERIENCED IN THE PROFESSION. YOU WILL BENEFIT A LOT AND PROMOTIONS WILL COME SOON.

ANALYSIS PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

HERE ARE SOME OF THE BENEFITS THAT YOU WILL GET IN USING AN ACCOUNTING SOFTWARE.

- YOU CAN FINISH ALL THE ACCOUNTING TASKS PROMPTLY. YOU WILL BE ABLE TO RUN YOUR SMALL BUSINESS WITHOUT TOO MUCH PROBLEMS.
- YOU CAN BE PROVIDED WITH CORRECT REPORTS AS WELL AS SPECIAL TOOLS TO MAKE ACCOUNTING TASKS A LOT SIMPLER. THAT WAY, YOU CAN MANAGE ALL THE FINANCIAL DATA OF THE BUSINESS EFFECTIVELY.
- IN MINUTES, YOU CAN ALREADY MANAGE THE CASH FLOW OF THE BUSINESS.
- WITH THE ACCOUNTING SOFTWARE, IT WILL NOW BE POSSIBLE TO PREDICT REVENUES, BILLS, AND GENERATING REPORTS.

INSTRUCTION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

HAVE YOU LOOKED AT THE STEPS CAREFULLY? BY NOW, YOU CAN ALREADY TELL IF YOU STILL HAVE A CHANCE TO REACH YOUR GOALS OR NOT. AGE SHOULD NOT HINDER YOUR AMBITIONS. BESIDES, BY NOW YOU'RE PROBABLY A SENIOR

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NOT CONTENTED WITH YOUR CURRENT POSITION, YOU CAN ALWAYS TAKE ADVANCED CAREER TRAININGS TO IMPROVE AND DEVELOP UP-TO-DATE ACCOUNTING SKILLS.

DON'T BE LEFT BEHIND AND DON'T STOP LEARNING. BEAR IN MIND THAT EVERY YEAR, NEW ACCOUNTING GRADUATES ARE PRODUCED AND YOU HAVE TO STAY AS COMPETITIVE AS EVER TO MAINTAIN YOUR SENIORITY IN THE OFFICE.

THE LICENSING REQUIREMENTS FOR ACCOUNTANTS VARY FROM STATE TO STATE. THIS IS A VERY IMPORTANT CONSIDERATION WHEN CHOOSING A DEGREE PROGRAM IN ACCOUNTING. BEFORE YOU CAN TAKE THE EXAMS TO BECOME A CPA, YOU WILL NEED A 150 HOURS COURSE. BY 2009, ALMOST ALL THE STATES IN THE US WILL FOLLOW THE SAME REQUIREMENTS.

HISTORY PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

THIS HAS RESULTED IN THE ESTABLISHMENT OF CLINICS NATIONWIDE THAT ONLY USE ACUPUNCTURE AS THE MEANS OF REHABILITATION.

ACUPUNCTURISTS IN THE US CHARGE FROM \$75 TO \$150 PER SESSION. THIS USUALLY GETS LOWER IN THE SUCCEEDING TREATMENTS. THE PERSON WILL PROBABLY HAVE TO UNDERGO 10 TO 15 TREATMENTS 2 TO 3 TIMES A WEEK BUT THIS REALLY DEPENDS ON THE CONDITION OF THE PATIENT.

BEFORE YOU GO TO ONE, YOU SHOULD CHECK IF THIS IS COVERED BY YOUR INSURANCE. IF IT ISN'T, PERHAPS YOU SHOULD SUGGEST THAT IT SHOULD BE INCLUDED AS IT IS MUCH CHEAPER THAN HAVING TO UNDERGO SURGERY.

LEARN PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

ANYONE CAN TRY FACIAL ACUPUNCTURE BECAUSE IT IS PAINLESS AND IT HAS PROVEN TO REVERSE THE SIGNS OF AGING. HOWEVER, IF YOU ARE PREGNANT, SUFFER FROM THE COLDS OR FLU, HAVE ACUTE HERPES OR AN ALLERGIC REACTION, IT IS BEST TO WAIT UNTIL THIS HAS PASSED.

BUT BEFORE ANYONE CAN TRY FACIAL ACUPUNCTURE, THEY FIRST HAVE TO BE EVALUATED BY THE ACUPUNCTURIST. THIS PERSON WILL EVALUATE YOUR AGE, LIFESTYLE AND DIET. IF EVERYTHING LOOKS GOOD, THEN YOU WILL PROBABLY DO AN AVERAGE OF ABOUT 12 TO 15 TREATMENTS. MORE COULD BE DONE IF YOUR SKIN TENDS TO SAG, MANIFEST JOWLS OR HAVE DROOPY EYES.

FACIAL ACUPUNCTURE TREATMENT NEEDS TO BE DONE TWICE A WEEK FOR ABOUT 45 MINUTES TO 1 HOUR. FOR THOSE WHO CAN'T MAKE TWO SESSIONS IN A WEEK, THEY CAN OPT FOR THE 1 TREATMENT THAT WILL LAST 90 MINUTES.

EXAMPLE PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE~MOST

PATIENTS THAT UNDERGO ACUPUNCTURE WILL NOT FEEL ANY SIGNIFICANT CHANGE AFTER ONE SESSION WHICH IS WHY A FEW SESSIONS ARE NEEDED. BEST OF ALL, IT IS

PAINLESS SO YOUR BODY WILL NOT FEEL SORE AFTERWARDS.

SEVERAL STUDIES HAVE BEEN CONDUCTED ABOUT ACUPUNCTURE AND THERE HAVE BEEN POSITIVE RESULTS. FOR INSTANCE IN THE UK, 400 PARTICIPANTS WHO WERE SUFFERING FROM MIGRAINES CLAIMED THEY FELT BETTER AFTER 3 MONTHS WORTH OF SESSIONS.

IN THE US, ACUPUNCTURE HAS ALSO PROVEN TO BE EFFECTIVE IN HELPING PEOPLE DEAL WITH ARTHRITIS BECAUSE THE NEEDLES HELP THE BODY FIGHT AGAINST THIS CHRONIC ILLNESS THAT IS MUCH CHEAPER AND MORE EFFECTIVE THAN CONVENTIONAL MEDICINE.

SOLUTIONS PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE-FIFTH, MEDICAL DOCTORS DO NOT BELIEVE IN THE POTENTIAL OF ALTERNATIVE MEDICINE. THIS IS NOT TRUE BECAUSE THERE ARE MORE DOCTORS THESE DAYS THAT ARE OPEN TO THE IDEA THAT THERE ARE OTHER WAYS TO HELP PATIENTS ASIDE FROM CONVENTIONAL MEDICINE. IN FACT, SOME OF THEM EVEN RECOMMEND AN ACUPUNCTURIST IF THEY KNOW THAT WHAT THEY HAVE DONE IS NOT EFFECTIVE. ANOTHER MYTH IS THAT EVERY PATIENT WILL UNDERGO THE FOUR NEEDLE TECHNIQUE. THIS IS NOT TRUE AND IT WILL ONLY BE USED WHEN THE SPECIALIST FEELS THAT THE ENERGY OF THE PATIENT IS VIRTUALLY NOT MOVING AS A LAST RESORT.

THE SEVENTH MYTH IS THAT IT IS BETTER FOR A MEDICAL DOCTOR TO PERFORM ACUPUNCTURE. THIS IS WRONG BECAUSE THE TRAINING IS MUCH DIFFERENT THAN THAT TAUGHT IN MEDICAL SCHOOL. STUDENTS WHO HAVE AN ACUPUNCTURIST LICENSE TRAIN FOR 3,000 HOURS BEFORE THEY ARE ALLOWED TO PRACTICE THIS PROFESSION. SO BETWEEN AN ACUPUNCTURIST AND A MEDICAL DOCTOR, YOU SHOULD GO WITH SOMEONE WHO HAS LEARNED ABOUT THIS MUCH LONGER.

INSTRUCTION PHYSICAL SCIENCES EXEMPLAR PAPER 1 MATHS EXCELLENCE

AFTER THE REGULAR SESSIONS, IT IS ADVISABLE TO GO BACK FOR FOLLOW UP TREATMENT. IT SHOULD BE EVERY 2 WEEKS FOR THE NEXT 2 MONTHS AND THEN ONCE A MONTH LATER ON.

ASIDE FROM NEEDLES, MOST CLINICS USE HERBS IN THE FORM OF MASKS, POULTICES AND MOISTURIZERS. BEFORE YOU USE IT, CHECK WITH YOUR DOCTOR TO MAKE SURE THERE IS NO ALLERGIC REACTION TO ANY FORMS OF MEDICATION THAT YOU ARE TAKING.

AFTER THE FIRST FACIAL ACUPUNCTURE TREATMENT, YOU WILL USUALLY SEEN AN INCREASED GLOW TO ONE'S COMPLEXION WHICH THE CHINESE SAY AN INCREASED QI OR BLOOD FLOW TO THE FACE. IT BECOMES MORE OPEN, THE WRINKLES START TO DISAPPEAR AND THE SKIN APPEARS MORE TONED.

