## A Short Note on How bad is Addiction for Our health

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## **Editorial**

Do you frequently fnd yourself scrolling through online stores and loading your wagons with gazillions of efects that you don't indeed need? Or when you're stressed out or simply wearied, do you fnd yourself gorging down pints of ice cream and chocolates because you suppose it makes you feel more? If you have ever caught yourself wedged in such a circle, also you might be dealing with a certain dependence. While medicine abuse and chemical dependence are generally more their cultures. Moment, as we're in the midst of an epidemic and stress situations are running grandly, we've come decreasingly vulnerable to falling prey to different kinds of dependences one way or another. To overcome these dependent behaviors and dependences, then are many top outtakes from detriment reduction strategies that can help weaken the pattern and quit the dependence fully – ultimately.

While quitting the dependence incontinently is delicate, it's always easier and effective to cut down on the quantum of substance input or the time spent on the habit. However, reduce your diurnal count or leave a cigarette before you have taken all the airs If you're addicted to cigarette smoking. However, limit your coffee or tea breaks to a mini addicted to most probably has a lot of share in your budget. To reduce the detriment on your health and the burden on your fund, allocate a specifc budget to your source of dependence and ensure you stay within the set limit. This will automatically help bring down your habit. As you juggle with the temporary pleasure and the endless detriment your dependence gives to you, try changing and bringing druthers into

Where utmost of the traditional approaches to abstinence are myopic in nature that fails to take possible relapses into account, leaving the person bouncing back and forth from continu tin dutti en retu tion approach, the e Titfa ls of fa l back in y retu et, é iving io  $\tilde{A}$  the elrog room to c  $\tilde{A}$ bÃ ¢ 1 ogi ioÃm ; dutti accomdi en togar ° io Ã & the efore the e 0 # bmi ci

igies for your physical and cerebral health in the long run. Still, the key

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