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Never Stop Learning pdf download: Never Stop Learning(کیا کبھی سوچا ہے) is written by Ayman Sadiq founder of 10 minute school. Never stop learning is a motivational and self improvement pdf ebook. Now you can download or read online Never stop learning pdf book from our site. This book pdf file size is 30 Megabyte and have total 141 pages. never stop learning is written in Bangla. Circulação: Sintomas como cansaço e dores nas pernas podem estar relacionados a uma má circulação sanguínea. O corpo costuma dar algumas dicas quando algo está afetando o organismo e o mesmo ocorre quando o assunto é a circulação sanguínea. “O coração é o responsável pelo bombeamento de sangue rico em oxigênio para todo o corpo, alimentando tecidos e órgãos vitais que necessitam de nutrientes para funcionar corretamente. Por isso, qualquer redução na circulação sanguínea significa que as funções corporais podem ser prejudicadas, levando ao surgimento de uma série de sintomas”, explica a angiologista Dra. Aline Lamaita, membro da Sociedade Brasileira de Angiologia e Cirurgia Vasculiar. Os sinais de que algo está errado com a circulação não são óbvios, mas é preciso prestar atenção, pois as consequências podem ser desde pequenos vasinhos e varizes até mesmo um infarto. Para ajudar você a identificar o problema, a especialista apontou os 5 sintomas mais comuns da má circulação sanguínea. Confira! Dor: Dependendo da razão da má circulação, é comum que o paciente sinta dores nas pernas ou nas mãos. Isso ocorre quando, devido a alguma obstrução em uma ou várias artérias, o fluxo de sangue se torna insuficiente para irrigar os músculos e tecidos nas extremidades durante a caminhada. “Este sintoma é chamado de claudicação intermitente e se caracteriza por uma dor que se inicia após um tempo de caminhada e piora gradativamente até que a pessoa pare para que a dor cesse”, afirma a médica. Além de causar dor, a circulação sanguínea ruim também pode causar câibras musculares. Formigamento: Este é um dos sintomas mais comuns em quem tem problemas de circulação. A circulação fraca causa pés ou mãos frias juntamente com formigamento dos membros. Se a quantidade suficiente de sangue não atingir seus membros, você pode ainda sentir agulhadas nessas áreas. Inchaço: O inchaço também é um sintoma comum de má circulação sanguínea e geralmente surge em pessoas que têm um desequilíbrio entre a quantidade de sangue que circula na perna e a quantidade de sangue que retorna ao coração (edema). “O inchaço também ocorre quando o coração não consegue circular sangue suficiente para o corpo todo. Este problema está intrinsicamente relacionado ao peso das pessoas, já que quilos extras colocam mais pressão sobre o coração, reduzindo assim o fluxo sanguíneo em todo o corpo”, alerta a angiologista. Alterações na coloração pele: Em pessoas com pouca circulação, os pés e as pernas frequentemente ficam pálidos quando estão elevados. Já quando os pés estão no chão, a vermelhidão na perna, conhecida medicamente como rubor dependente, também pode ser um indicativo de um problema vascular. Fadiga: Os músculos também precisam de sangue suficiente para que funcionem corretamente. Porém, se o fluxo sanguíneo apresenta lentidão, isso afetará seus níveis de energia e você se sentirá mais cansado na medida em que seu coração se esforça mais para manter o sangue circulando. “Além disso, uma má circulação leva a um fornecimento menor de oxigênio e nutrientes para os músculos, o que pode causar fadiga muscular”, destaca a especialista Segundo a Dra. Aline, para evitar estes problemas é preciso adotar hábitos saudáveis, como manter uma dieta equilibrada, rica em vegetais e livre do excesso de alimentos processados e frituras. É importante também realizar atividades físicas regularmente, pelo menos três vezes por semana. “Dormir bem também é fundamental, pois uma boa noite de sono ajuda no funcionamento adequado do corpo, diminuindo o stress, os níveis de cortisol e auxiliando a controlar a pressão arterial”, completa. “Mas, caso você sinta algum dos sinais citados acima, é essencial que você consulte um médico imediatamente. Apenas ele poderá diagnosticar a causa dos sintomas e prescrever o tratamento adequado.” Fonte: Notícias ao Minuto Circulação, Sangue, Varizes, Vascular, Vasinhos Loading PreviewSorry, preview is currently unavailable. You can download the paper by clicking the button above. Hanandeh Ahmad, Al-Ghadir Hamad, Hanandeh Raed, Al-Hawaiddi Maram : the purpose of this study is to identify the impact of electronic word of mouth (E-WOM) on intention to travel in tourism field. Three main dimensions were considered to represent the e-WOM (Quality, Quantity, and Trust).The research used quantitative method and analytical descriptive approach which was executed through distributing a research questionnaire designed through google drive forms tool, dedicated for the followers and active users of social platforms (Facebook, twitter, and Instagram). 522 responses were submitted for the questionnaire, 484 questionnaires were accepted, which constitute a response rate of 93% were used in the statistical analysis, and (38) questionnaires were found to be invalid. The research used the following statistical analysis methods which included: Mean and standard deviation, Simple regression, multiple regression, Person correlation (R), (r) value, (T) value, (F) value analysis, Multicollinearity test, and Cronbach Alpha (α). The research results showed that the e-WOM (quality, quantity, and trust) has a positive impact on the intention to travel, the highest impact was for the e-WOM trust. : the purpose of this study is to identify the impact of electronic word of mouth (E-WOM) on intention to travel in tourism field. Three main dimensions were considered to represent the e-WOM (Quality, Quantity, and Trust).The research used quantitative method and analytical descriptive approach which was executed through distributing a research questionnaire designed through google drive forms tool, dedicated for the followers and active users of social platforms (Facebook, twitter, and Instagram). 522 responses were submitted for the questionnaire, 484 questionnaires were accepted, which constitute a response rate of 93% were used in the statistical analysis, and (38) questionnaires were found to be invalid. 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