

11 Serious Aspects Of Your Health You're Probably Forgetting, But Should Pay Attention To



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When it comes to our health, the internet puts so much emphasis on diet and exercise that it's easy to only focus on those two factors when taking care of ourselves. However, there are a number of other areas of your health that you're probably forgetting, but just because they're not as obvious doesn't mean they're not just as important. Paying attention to all aspects of your wellbeing is important to live a long and healthy life, and you might be surprised at how each area of your health relates to the other.

"It's easy to forget about certain areas of your health for a few reasons," says health coach Alexandra Napoli over email. "First, medicine teaches us to think about the body in sections instead of as a whole. We have to look at symptoms holistically to truly find a

solution. Second, we are so disconnected from our bodies we often ignore the messages it sends us. And finally there are many bodily functions considered taboo so we ignore them or are too embarrassed to talk about them."

Even if you're trying to eat well and hit the gym every day, try not to neglect these 11 areas of your health you're probably forgetting. You'll thank yourself later.

5. Teeth



If nothing seems to be wrong with your teeth, it's easy to skip dentist appointments or neglect to floss. But waiting until something feels wrong isn't exactly the way to go. "That's a big mistake, because by the time something hurts, it's probably a pretty big problem, instead of a small problem," says dentist **Dr. Bill Dorfman** over email. "It's best not to wait and to instead be on a preventative program: See your dentist twice a year for cleanings and check-ups and once a year for x-rays to make sure everything is good."

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