

SAVE THE EARTH

Each of us in different ways affects our environment. We are changing the nature with our existence and activities, sometimes to good, but unfortunately, very often in a bad way.

At the beginning of human civilization, the land was filled with all those natural resources that are essential for our survival. Water, air, green, were enough. Then came the discovery of oil and gas, which it began to be used for various purposes. Over time, all the natural resources become the root of great invention. Here we try to explain, why the preservation of natural resources is so essential:

THE IMPORTANCE OF NATURAL RESOURCES:

Natural resources can be studied as well as the wealth of the observed territory, be it on the region, the country or the wider area. In terms of the economy and economic development, they are the basis for progress. Their use is important, both for professionals and for every resident of the country. Natural resources play a crucial role in the quality of human life; however, they directly affect the status of the global economic system, which determines the country's wealth. We need to take care of the control, surveillance, and systematic protection because of their limitations.

HOW THE SUN AFFECTS OUR HEALTH AND MOOD?

Today the common opinion is that the sun's rays are very harmful and that their (excessive) exposure causes skin cancer and premature aging. Therefore, most avoid any exposure to the sun. This way of life, the only light that our body gets it from artificial lighting or incomplete sunlight that manages to break through the windows. Insufficient sunlight can cause a lack of vitamin D in the body. Sunlight has a decisive role in photosynthesis, which is essential for life on earth.

The sun has a positive effect on:

Immunity

Heartbeat

Mood

Sleep

Bone and hair

Now it is more than important to be environmentally aware and take into account of all the negative effects that a man does to the environment that surrounds it. Caring for nature has never been more important, and it is evident by the many climate changes.

In fact, the nature gives back to us everything that we took from her, so **PROTECT THE NATURE!**

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