

## **The Word is a Factor in Prolonging Human Life**

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**Abstract:** This article provides detailed information about the positive and negative effects of words on human health, the secrets of longevity.

**Keywords:** speech, communication, analytical process, negative feelings, positive feelings.

### **Introduction**

The task of speech is communication. They represent feelings and relationships between people. That's why words can hurt, cheer, inspire people to do important and necessary work. We all want them to support us. How painful it is for us to hear negative words instead, isn't it? Words spoken in anger during an argument or argument have a negative effect not only on the person who hears it, but also on the person who says it. It has been tested many times in the experiment that a well-spoken word can heal.

### **The main part**

As soon as you say a word, the analytical process starts in the brain. First, the word is received by our thinking, and then our mind associates it with a certain image. Because each word is associated with a certain thing in our mind.

Also, scientists have discovered the ability of water to absorb information, in their opinion, water can change its structure and structure under the influence of heard words. It has been proven that water has such an effect on a person, depending on the pleasant or unpleasant meaning of the word he heard. Considering that humans are 87% water, it goes without saying that every word we hear has a direct impact on our condition. When you say a word, you shape the energy that is sent to the person listening. This energy causes changes in human nerve impulses. Impulses, in turn, reach internal organs, endocrine glands and muscles. The spoken word begins to turn into a biochemical and biophysical process that controls tissues, glands and all organs. If we constantly chant positive words, it creates positive programming in our mind, which in turn leads to freedom from pain and disease.

Try to say the following words as little as possible: work, blame, have to, sick, bad luck, difficult, etc. Because they are associated with negative emotions, they bring negative energy to your health. Our recommendation is to make a list of words that have a pleasant effect on your mood and state, fill you with positive emotions, and use them as often as possible.

Even if there is only one doctor in the circle of people of different ages, the topic of health is involuntarily discussed. Naturally, everyone in the group tries to get answers to the questions they are interested in directly from the expert. Among such questions is knowing the secrets of achieving a healthy and vibrant life. In this regard, the following should be noted.

It was not until the 20th century that people who were lucky enough to live long (more than 90 years) into old age (60-74) and old age (75 and more) were often found in all parts of

the world. Before the Stone Age, the average life expectancy was 21 years, and at the end of the 19th century, it was 35 years.

Now the situation has changed radically. For example, according to UN data, in 1955, there were 143 million people aged 65 and over in the world. (5.2%), this figure was 475 million in 2005. reached (7.1 %). By 2025, 822 mln. (9.7 %) will be. Between 1980 and 2030, the number of people over the age of 65 in the United States has quadrupled, and they make up one in five of the population. Similar figures can be given for Great Britain, France, Germany, Italy and Sweden. A demographic "explosion" was observed in Asian countries (especially China and India), and the population increased by 95% between 1980 and 2020, including the elderly by 240%<sup>1</sup>.

In Japan, which is distinguished by the longevity of its population (according to 2019 data), the average life expectancy of men is 81.5 years (which means that it ranks first in the world in recent years), the average life expectancy of women is 87.7 years. In this country, people aged 65 and over made up 5.3% of the population in 1955, and in 2020, the number of elderly people made up 1/5 of the entire population. Since Russia already has such an indicator (the elderly population is more than 20%), it is among the "old" countries of the world.

The number of 80- and 100-year-old people, especially women, is increasing in the world. It is estimated that by 2030, 35.2% of the population in Europe will be 80 years or older. In some countries, the retirement age is extended to 65-70 due to the above.

The above-mentioned situation, in turn, led to the development of the science of gerontology, which studies issues of prolonging human life, and the formation of geriatrics, a teaching about diseases that occur in older people. Based on the knowledge gathered in these fields and some evidences observed in medical practice, we found it necessary to dwell on some thoughts about the sensitivities of respectable old breeds and people joining their ranks.

Everyone who sees a father with a white beard falling to his chest, smiling openly at the people around him, walking boldly, and an angelic mother who gently puts a snow-white scarf on her head and teaches her grandchildren, great-grandchildren and great-grandchildren about manners, feels such happiness. it is natural to wish for it to be.

According to historical sources, among the prophets Adam alayhissalam lived 930 years, Idris alayhissalam 921 years, Hut alayhissalam 950 years, Ibrahim alayhissalam 175 years, Isaac and Yaqub alayhissalam about 200 years.

Dr. Wallock, who received the Nobel Prize in 1991, writes that the hereditary (genetic) capacity of human life is 120-140 years. The famous American scientist V. Filler writes in the book "Against Probability Dissatisfaction and its Applications" that a person's life can reach 1000 years. For example, Luqmoni Hakim lived for a thousand years. The "New York Times" and "London Times" newspapers reported in 1933 that some people in medicine were over 150 years old, confirmed by official documents.

A man lived in Syria for 133 years and died in 1993. His name is included in the Guinness Book of Records. The old man was the father of nine children after his fourth marriage at the age of 80. In the former Union, the Caucasian peoples were leaders in this regard. They lived more than 120-140 years.

According to the data, Hongkongers are the longest living people in the world. To this day, the Japanese, who came first in the list of long-lived people, have an average life expectancy of 85.9 years. In Hong Kong, the average life expectancy has reached 86.7 years.

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1 С.Темиров. Қаримаслик сирлари. –Т.: Адабиёт учкунлари, 2014.

If you want to live healthy for many years, first of all, you should take care of your nerves, be in constant motion, follow a diet, eat vitamin foods, and stay away from alcohol.

A person needs 60 different minerals, 16 different drugs, 12 different amino acids and other benefits to be healthy and live a full life. According to Geromonogues, the longest-lived people on our planet are the inhabitants of Abkhazia, Hunza region in Pakistan and the village of Vilkabanba in Equator. We all know that exercise is important for the human body. It is very important that all 640 muscles of our body are fully developed and kept active.

In addition, longevity also depends on the speech realization of language units stored as a ready possibility in every person and the treatment of other persons to that person. In this study, we focused on these places.

## Conclusion

Regardless of our emotional state, patience and endurance, we always react to words in one way or another - whether we argue, praise, talk about love. Therefore, the expression "You can rise or kill with a word" is absolutely true, because each word has a certain energy that strengthens us or, on the contrary, destroys us, affects our mood, well-being and appearance.

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