

Mattress VS mobile

Assem Hijazi – Experience, Knowledge & Ideas

Today we are willing to pay one thousand dollars and stay for hours in a queue to buy new or updated smart phone and accessories. On the other hand, we do not mind to sleep for hours every day on an old mattress or sitting for hours in unhealthy chair because it cost extra hundreds of dollars. We are living in the era of technology-driven live style. We are running after new mobile , TV , watch , VR glass and etc. We love our Technology profile and spend money and time to sustain it and to be up to date of the latest technologies. Our technology profile is replacing or ignoring a lot of our important profiles like health profile or even personality profile. We need to rethink about our behavior before it is too late and give more care of our overall live style. We can start think about what we can call technology profile VS Health profile and inspect how much money and time we spend for each profile. Our health profile is very important it could means your matters , chair even you work chair, massage sessions , health checkup , natural vitamins , oxygen sessions and etc. start with your health profile , list the things that can enhance your health and support your body and compare this list with the other list of the technology profile and take the right decisions. It is not necessary to have the latest updated mobile if you do not have a good mattress that take care of your body for hours. It is not necessary to have an expensive headphone when you did not do a full health checkup for years !!!.... Brand profile. To give you more deep thinking about your life style think about your brand profile , list all the brands that you love between clothes , bags and etc. Again compare this list with your health profile and think again. Your health profile is the most important profile that you need to take care of , nbsp;before it is too late!!!!