

## Power of Anions

Anions are negative ions that have huge positive effects on human health, which exist in the form of molecules in the air. Anions are nature's gifts and makes one feel feel rejuvenated and energized in environments such as mountains, lakes, rivers etc.

## Benefits of Anions to Human Body

1. **The Respiratory system:** Improves Lung function. 30 minutes after anion intake, the lung is able to inhale 20% more oxygen and exhale 14.5% more carbon dioxide, heightens pH reading and shortens blood forming time. cotton sanitary pad
2. **The Nervous system:** Energizes the entire body, improves sleep quality, eases pain and tension cotton sanitary napkin
3. **Blood:** Increases the number of white and red blood cells, haemoglobin, reticulocyte, blood platelet, globin
4. **The Cardio-Vascular system:**Significantly reduces blood pressure, improves cardiac muscle function and nutrition, and facilitates the dilation of capillary vessel and the rise of skin temperature. sanitary pad girls.
5. **Metabolism:** Which is the process of acquiring nutrients from the blood and excreting waste out of the body, is extremely important to the human cells. The more negatively charged electric ions there are in the blood, the more efficient the cell's metabolic processes. It also improves the reflex system and the endothelial system as well as enhances the body's anti-disease ability of girl wearing sanitary pad.