

future
Our decisions will be affected by our ~~current~~ eye style. ~~and~~ I agree we should take care and love our body, it will explain the reasons in the following essay.

To start, most of the sickness that we get like heart problems are in our DNA. What that mean? Can be a really good question, ~~that mean~~
If our ~~ancestors~~ relatives: parents, grandpa, uncles... had any or still having any healthy condition it's a high number of possibilities that we have too and our sons will have. For example, my grandpa's dad die ~~in~~ ^{cause was a} heart attack and now that my grandpa is old he is having health problems, is not any way that he stop immediately but he can continue taking some medications, eating healthy...
~~we~~ can we are not available to change our past but we can be available to have a good life style.

Secondly, ~~boys~~ women when they are pregnant are delicate and their bad habit can cause difficulties to their future babies.

That is it one of the reasons that ^{make} professionals do not recommend the abuse or consume in drugs in general, can be alcohol, smokes. The most common case that happens is our babies born ~~with~~ with a mum that consume ^{high amount} a lot of cocaine, for ~~example~~ ^{example} can ~~be~~ ^{make} that the child have an addiction without even ^{so} ~~ingest~~ ^{ingest} out of her mum's stomach. That is why is in our hand the future of our close relatives.

To sum up, it is difficult skip addiction and have a ^{good} life, when you are ~~perfectly~~ control your food everyday, do sports, be happy...). ~~Only~~ We do not need to stop bad habits or a cheat meal, just control and now where is our limit for us and for our future cause that can really affect be the family generation.