**IF I COULD INVENT SOMETHING**

Many people today are facing different health challenges.

If I could invent something. it will be a device that tracks your health and recommends types of food and fruits that keep you in good shape. The device will be customised for each user, it will have all the users health information like blood type, gene, allergens, and other personal information..

The device will be divided into three parts. The first part will develop a cure for diseases. It will analyse the way it affects people. The device will also suggest the diet that is most effective on people and it will find the substance that can help in finding the cure.

The second part of the device will send information to the first part about the various ways diseases affect people. It will have the records of the user and recommend diets and health tips to the user, by sending it to the third part.

With all the necessary information, the third part of the device will be able to inform the user about food and fruits that are suitable for him or her, their advantages, their administration, and remind the user to take his or her medicine(if on medication) .

The device will have features like that of a smartwatch to check the user’s heart rate, sleep patterns, steps to be taken and provide reminders to stay active. It will also help in preparing a healthy timetable for the user. Most people eat anyhow and very careless about their health. They consume too much junk food likeburgers, hotdogs, pizza and many others.

The device will be named HEALTH FOR YOU. It will be affordabe and available to all

People will be allowed to register with the hospital where it will be distributed to them.

HEALTH FOR YOU is a device that I am sure if I had the opportunity to invent will make a huge impact in the health sector

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