Health is the blessing of God's many blessings upon us, which enables man to live a normal life, and enable him to enjoy his life.And also the mental aspect, which includes the ideas and beliefs of the human, which controls the ability of the person to accept himself and look at others positively, and the spiritual aspect that expresses human creativity and goals in life and his relationship with God.It is not possible for a person to feel peace and comfort without maintaining health, which includes his safety from diseases, and recovery from diseases after the occurrence and disposal of it. Man is not just a body, he has many aspects that help him to reach balance and natural integration with life and with himself.There is a physical aspect, which includes all human senses,in addition to its internal organs that control its ability to work and produce.

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