

Voorbeeld Vertaalopdracht

Vertaalopdracht Jeanine Groenewoud – Sitedeals.nl

Do you think that your diet can help lower high blood pressure? The answer is yes it can. In this instance, diet is being considered in general terms and not solely with the intention of losing a few pounds of excess fat. This is a very serious condition for those who suffer from it and for the NHS in treating it. If left unchecked and not treated it can and will lead to serious health problems.

When you have your blood pressure checked, there are two numbers. Systolic pressure is the force of blood in the arteries as the heart beats and is shown as the top number in your reading. Diastolic pressure is the force of the blood in the arteries as the heart relaxes between beats and is shown as the bottom number in your reading.

Do you think that you would know if this was a problem for you? Are you aware of the symptoms? The amazing fact is that most people who suffer from blood pressure have absolutely no idea that it is a problem for them.

The reason for this is that there are virtually no obvious symptoms. It can be very dangerous to assume that your blood pressure is normal. Have you checked yours lately?

There are simple dietary things you can do to help yourself, some of which are given below:-

1. Lower your salt intake. Cut down the amount of salt that you eat. Many processed foods, take away and fast foods have a very high salt content. Reduce the amount of salt you use in cooking and at the table when eating.
2. Eat more bananas! Potassium rich foods like bananas may also help in reducing blood pressure. Potassium in your diet may help in increasing the amount of salt that is passed through the body. Many fresh foods and vegetables contain high levels of potassium.
3. If you are overweight, lose some of that weight. Maintaining a healthy body weight is a major factor in helping with this serious health problem.

Try to combine this with regular exercise, even if it is only gentle exercise like walking. Losing just a few pounds of excess fat can have quite a dramatic effect.

4. If you are a drinker, then consider the amount that you drink. Small amounts of alcohol, say one or two drinks a day could even give you a lower level than a non drinker. Three or more drinks a day then your blood pressure will generally start to be higher than a non drinker. If you come into the heavy drinker bracket and drink four or more drinks a day, then your level will generally be higher than a non drinker.

GEZOCHT: Vertalers/Studenten Voor EN - NL Vertaalopdrachten | Deadline: 19/04 (spoed)

Soort werkzaamheden:

Vertaalopdrachten Engels - Nederlands

Omschrijving van de werkzaamheden:

Voor een aantal lopende projecten ben ik per direct opzoek naar mensen die teksten kunnen vertalen van het Engels naar het Nederlands. De opdrachten variëren van 500 tot 5000 woorden.

Als je de Nederlandse en Engelse taal goed beheerst en op een leuke manier wilt bijverdienen, dan zou ik graag samen met je willen werken.

(ideaal voor freelancers/studenten!)

Budget voor dit project:

Het budget voor deze opdrachten is € 0,01 per woord en wanneer deze samenwerking ons beiden bevalt dan heb ik in de toekomst altijd meer vertaalwerk!

Deadline:

48 uur

BTW-nummer verplicht:

nee

Graag ontvang ik serieuze reacties per pm

[Klik hier om een pm bericht te sturen](#) (vermeld aub je emailadres!)