

## The biological clock

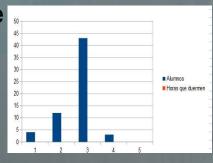
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Meet alters your biological clock and how you can prevent it

Was a research of the factors that cause an alteration in the biological clock, and to demonstrate the hypothesis was carried out the task of interviewing regular students of last year of high school

That alters your biological clock?
The stress, poor nutrition, altered schedules and light pollution are factors that alter your biological clock and make you vulnerable to a disorder.

As a conclusion we can say that 80% of the students surveyed tend to alter their biological clock which may imply a physical and mental disorder in the future as heart disease, obesity, diabetes and hormonal problems.



References: http://josse06wix.com/englishviple