

Diet, Nutrition and Obesity

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Obesity & Diabetes

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Hypoglycemia is replaced by the disorder known as diabetes. Hypoglycemia is the precursor of diabetes. It has also been determined that people who have difficulty in utilizing sugar can develop blood chemistry changes that lead to Atherosclerosis, better known as hardening of arteries. Where do all these problems begin? They begin with food starting from breakfast. The human body was not designed to ingest the chemicals. If it so then it leads to allergy.

The cycle of compulsive over eating alternating with guilt-driven dieting and self-denial characterizes the eating pattern of many people who are over weight. Self-punitive crash diets may eliminate needed nutrients and can be harmful. In case of fasting often undesirable weight loss since it tends to perpetuate the obese persons pre-occupation with food. What is needed is an approach which will decrease the obsession with eating. Protein is one of the nutrient needed even when fat stores are providing calories. It is necessary for the manufacture of enzymes and their replacement of structural components in the cell. Moreover when carbohydrate is absent from the diet, protein needs increased, since protein must be converted to carbohydrate to maintain blood sugar at adequate levels. If neither carbohydrate nor protein is supplied with the diet, then the body will begin to breakdown protein based structures to convert their amino acids into glucose. This can result in serious damage in vital tissues.

Hence Obesity and Diabetes will have to be treated with proper Nutritious diet along with proper exercise or Yogasanas and Pranayam so as to have proper stress management which has a bearing on obesity and Diabetes, both.

Biography

BSc (Hons) LLB MDH ND Ayurved - Ratna FRSH (London) Bowtech (UK). Presented papers in UK, USA, Germany, Mauritius, Singapore, UAE, Vietnam, Italy & Spain. In India, conducted 505, Health Management workshops. Invited by AICR for their International Conf on Food Nutrition 2003 every year. Member of American Diabetic Association. Awarded by Bombay Para Medical Association & around. Awarded by American Institute of Intellectuals in 2005. Received National Education Award in 2018.