



## Holistic Nutrition for Holistic Health

Dr. M. Padmaja,  
Faculty of Home Science,  
St. Theresa's College, Eluru.

**Abstract:** Proper Nutrition is the basis for optimum health and well being. Holistic nutrition is the modern natural approach to developing a healthy balanced diet while taking into account the person as whole. Holistic nutrition is considered to be part of holistic health. Holistic health is an approach to treating a person's well being by taking into consideration all aspects of life. A long term course of action includes emotional and spiritual health along with the physical body. Modern medicine focuses on treating a symptom rather than the root cause. If a person is experiencing a symptom or chronic condition, the problem has most likely been developing for some time. The goal of holistic nutrition is to facilitate a health recovery plan as well as build a strong foundation for long term optimum health. Food not only provides the energy needed to function in our daily lives but constantly supplies the nutrients which are required to build and regenerate body tissue, bone, muscle, fat and blood. The nutrients in food are also necessary to produce substances for the chemical processes that take place in our bodies millions of times a day.

**Key words:** Nutrition, optimum health, sedentary lifestyle

### Introduction

To live one must eat. But, we not only eat to live, what we eat also affects our ability to keep healthy, do work, to be happy and to live well. Knowledge of what to eat and in what quantities is a prerequisite to the healthy and happy life. Good nutrition requires a satisfactory diet, which is capable of supporting the individual consuming it, in a state of good health by providing the desired nutrients in required amounts. It must provide the right amount of fuel to execute normal physical activity. If the total amount of nutrients provided in the diet is insufficient, a state of under nutrition will develop. Nutrition is one key to developing and maintaining a state of health that is optimal for you. In addition, a poor diet coupled with a sedentary lifestyle is known to be risk factors for life-threatening chronic diseases and death: Heart disease, Stroke, Hypertension, Diabetes and some forms

of Cancer. Together these diseases account for two-thirds of all deaths in the United States. The major health problems in the United States are largely caused by excessive energy intake and not enough physical activity.

### Proper Nutrition is the basis for optimum health

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There has been a huge increase in the amount of organic and natural food products available today. While going strictly organic sounds great, most shoppers must be practical and take into consideration their personal budget. Understanding which food products are affected the most by conventional food growing or processing methods will help create a balanced food budget. One of the major obstacles in achieving good health today is having to cook for yourself. Healthy cooking for one and healthy cooking for a family can be challenging. A fundamental problem with society is the dependence on fast or convenient food products. Finding simple ways to prepare meals for yourself or your family will not only lead to improved health but can save you money as well!

There are great advancements being made toward understanding the human bodies delicate balance and the way our health, diet, and nutrition are all connected by the most elemental form of energy. Some of today's most respected doctor's and scientists are finally collaborating in what often is referred to as integrative medicine. Holistic nutrition

focuses on a natural approach to a healthy diet and considers the individual as a whole, including all aspects of his lifestyle, according to [holisticnutrition.com](http://holisticnutrition.com). This natural approach incorporates emotional, spiritual and physical health to create a state of well-being for optimum health. A holistic approach to proper nutrition encourages education on basic nutrition to develop a holistic diet that incorporates natural and organic foods, natural holistic supplements and food treatments for chronic health conditions.

Holistic practitioners--including acupuncturists, chiropractors, herbalists and nutritionists--agree that following a diet under the guidelines of holistic nutrition allows people to heal naturally without the use of prescription drugs, according to [e-ssortment.com](http://e-ssortment.com). Holistic nutrition requires a proper balance of protein, vitamins and other nutrients for optimum health to reach optimum energy levels, emotional well-being and the ability to fight infections. Following the guidelines of proper holistic nutrition can help prevent various health problems such as heart disease, diabetes, obesity and cancer. People who are seeing a health care provider for any of these conditions should ask their provider what is right for them before beginning a holistic diet.

The most important component of holistic nutrition is incorporating natural foods into your diet whenever possible, according to [holisticmed.com](http://holisticmed.com). Foods such as vegetables, whole grains, fish, beans, fruits, nuts and seeds are the basics of a natural food diet. When cooking these foods, you can use herbs, spices, sea salt, tamari, unrefined sesame oil, virgin olive oil and natural sweeteners for flavor. It is



best to use fresh fruits, vegetables and other ingredients from local farmers' markets or produce stands that sell certified organic produce. It is also important to eat a variety of foods within each food group, especially leafy green vegetables.

It is important not only to nourish your body with plenty of fluids, but also to consume the "right" types of fluids, according to [holisticmed.com](http://holisticmed.com). Herbal teas are a good substitute for other caffeinated drinks such as coffee and soda, and you have a number of choices when it comes to tea variety. It is best, however, to avoid herbal teas with high caffeine content, such as guarana, kola, nut and black tea. Drinks such as plain spring water, soy milk, rice milk and fresh juice are healthy alternatives. If you buy juice from the store, be sure to purchase juice that is organic and uses filtered water. Additional options include amasake, a beverage made from rice and is naturally sweetened with almonds, and vegetable broth, which nourishes the body with vitamins and minerals.

#### **Conclusion**

Following a holistic nutrition plan has powerful psychological, spiritual and overall health benefits, especially for people who suffer from chronic conditions such as diabetes, heart disease, cancer, asthma and tumor growths. A holistic diet strengthens the bones, blood, muscles and vital organs, including the heart, liver, stomach and intestines. Holistic nutrition also follows the belief that physical ailments are directly related to psychological well-being, so developing a healthy and balanced diet helps to relieve stress, memory loss and other mental conditions. Holistic nutrition is designed to heal the body, enrich the

mind and cleanse the soul to reach the ultimate healthy lifestyle.

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