



Tanta University
Faculty of Commerce
BIS Program

“Live It Right Website”

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Abstract

This study describes the planning and creation of "Live It Right," a comprehensive web-based platform designed to help people with diabetes, lactose intolerance, and gluten sensitivity. These long-term illnesses frequently need ongoing observation, alterations to lifestyle, and availability of trustworthy, condition-specific information. Many patients, however, have difficulty locating a single resource that can meet all of their everyday requirements.

A comprehensive solution that incorporates essential services including medical information, first aid instructions, customized recipes, prescription reminders, directories of healthcare providers, and product suggestions based on dietary restrictions is provided by "Live It Right" to address this issue. The platform is easy to use even for individuals with little technological expertise because it was created with accessibility and simplicity in mind.

The project's foundation is a comprehensive analysis of the culinary, cultural, and genetic elements influencing these circumstances, guaranteeing that the features and content satisfy users' practical demands. The platform's structure, interface design, development tools (HTML, CSS, and JavaScript), and user experience concerns are all covered in detail in the methodology section. Functions that are exclusive to registered users, such as the multilingual chatbot, organized health sections, and locked functions, demonstrate how technology and healthcare usability have been carefully integrated.

In the end, "Live It Right" is more than simply a source of information; it is a digital companion that helps patients make wise choices, lead healthier lives, and more confidently and independently manage their ailments.

Acknowledgement

First and foremost, all praise and thanks are due to God, the Almighty, for His countless blessings and for guiding us throughout this research journey and our entire lives.

We would like to express our deepest gratitude to our esteemed supervisor, Dr. Mona Atef Ganna, for her valuable supervision and continuous support throughout this scientific work after its completion. She dedicated much of her time and effort to guide us, offering her knowledge, kindness, and wisdom, which greatly influenced our progress and success.

Through her, we have gained immense knowledge, and she has always been generous with her advice, providing us with significant assistance in finalizing this project. We sincerely thank her for her patience, for fostering an environment that encouraged us not only to achieve success but also to embrace challenges and learn from failures. Her encouragement to question freely, think critically, and develop a growth mindset made a profound difference. Truly, she has been an exceptional mentor.

We are also deeply thankful to our parents. May God have mercy on those who have passed and bless those who are still with us. Their unwavering encouragement and prayers have been a source of strength throughout this journey. We pray that God grants them long lives filled with health and happiness.

Lastly, we extend our heartfelt thanks to each member of the team. Our collaboration was marked by patience, commitment, and cooperation. We are grateful for all the moments we shared—moments full of learning and growth—which made this project a memorable and promising step towards a bright future for all of us.

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1-Introduction

1.1 Background and Motivation of the Project:

Patients with lactose, gluten, and sugar sensitivities often face difficulties in finding reliable and centralized health information tailored to their specific needs. Usually, they have to browse different platforms to get guidance on medication, first aid, recipes, and suitable products, which can be confusing and time-consuming. The motivation behind this project is to create a simple, user-friendly website that brings together all the essential services in one place. The main motivations include:

Improved Accessibility: Making it easier for patients to find and use tools that help manage their conditions.

Better Patient Support: Providing features like first aid instructions, medication alarms, detailed recipes, and a doctor directory to help patients feel more confident and supported.

Easier Access to Products: Offering in-site product listings- for lactose , gluten, and sugar intolerance.

simple Health Tips: Sharing easy-to-understand health advice, like what foods to avoid, how to read product labels, or how to handle symptoms in daily life. Overall, this project aims to improve patients' quality of life by making health management easier and more effective.

1.2 Project Objective:

Develop a user-friendly website to support patients with lactose, gluten, and sugar sensitivities by:

First Aid Guidelines: Providing detailed first aid instructions for each condition.

Medication Alarm: Including reminders to help patients take their medications on time.

Health Information: Offering accessible health information, recipes, and nutritional details.

Healthcare Directory: Featuring a directory of healthcare professionals with ratings.

Product Access: Integrating direct purchasing options.

The goal is to empower patients in managing their conditions effectively and improve their quality of life.

[1.3 Importance of the Website:](#)

The website plays a vital role in supporting patients with lactose, gluten, and sugar sensitivities by providing them with all the essential tools and information in one place. Instead of searching on different platforms for recipes, doctors, or products, users can find everything they need quickly and easily through our platform. This helps save time, reduce stress, and improve their daily health management.

[1.4 What Makes Us Different:](#)

All-in-One Platform: We combine medication reminders, first aid instructions, recipes, doctor information, and shopping options in one place.

User-Friendly Design: The website is simple, clear, and easy to navigate for all users, even those who are not very tech-savvy.

Trusted Product: We offer our own product suggestions.

Customized Content: The information, tips, and recipes are specifically designed for people with lactose, gluten, and sugar issues—not general advice.

Interactive Tools: Features like alarms and doctor ratings add extra value and help users stay engaged and in control of their health.

In short, our website focuses on making life easier and healthier for patients. offering support that is practical, personal, and easy to use unlike many other websites that focus only on one part of the problem.

[1.5 Structure of report:](#)

This report will separate into parts, each part describes specific points: The first section is the introduction of the project in general. The second section is the literature review which will show the definitions and languages.

we used to create this website. The third section is methodology where the reader get detailed steps we took to make this website. The fourth section is screenshots of

our website. The fifth section will be all the codes we used to create this website. The last section will be the conclusion and recommendations.

[1.6 Limitations:](#)

Despite the platform's many strengths and useful features, there are certain limitations that should be considered to better understand its current scope and usage context.

[The limitations are as follows:](#)

The website does not substitute professional medical advice; always consult a qualified healthcare provider.

Language and accessibility options are limited, which may affect the experience for non-native speakers or those with disabilities.

An internet connection is required for certain features, such as- completing payment for products on our own website.

The website does not have a built-in security system, which may put user data at risk if not managed carefully.

The absence of a database, which restricts the ability to store user data and personalize the experience. In the future, we plan to add a database to enable features like user profiles and AI-powered recommendations.

Payment Method: Stripe is used as the payment method for the **Live It Right** website. However, it does not fully support account creation in Egypt, which limits the ability to receive payouts in USD. Despite this, users in Egypt can still make payments using their local bank cards, and the equivalent amount in USD is automatically deducted. Given the current stage of development, Stripe remains the most suitable solution for the platform.

2-Literature Review

The interplay of genetic, dietary, cultural, and environmental factors significantly influences the prevalence and management of lactose intolerance, gluten intolerance, and diabetes across different populations. This response explores these factors in depth, drawing on insights from relevant research papers.

2.1 Lactose Intolerance:

Lactose intolerance is a digestive condition where the body is unable to fully digest lactose, the sugar found in milk and dairy products, due to lactase enzyme deficiency. It commonly leads to gastrointestinal symptoms after dairy consumption. Understanding this condition is essential for managing symptoms and improving quality of life. So a comprehensive understanding of these conditions is essential for developing effective management strategies and improving patient outcomes, as will be discussed in the following section.

2.1.1 Genetic Factors:

Lactose intolerance is primarily caused by the inability to digest lactose due to low levels of intestinal lactase enzyme. This condition is often genetically determined, with lactase non-persistence being an autosomal recessive trait. Populations of African, Asian, and Indigenous American descent are more likely to experience lactose intolerance, while populations of Northern European descent are more likely to retain lactase persistence into adulthood (Ugidos-Rodríguez et al., 2018) (Fernández & Flores, 2014). For instance, the frequency of lactase persistence is very low in indigenous populations from Latin America, such as the Mapuche, compared to Mestizo populations in Chile (Fernández & Flores, 2014).

2.1.2 Dietary Management:

Dietary management of lactose intolerance often involves reducing lactose intake or using lactose-reduced products. Probiotics and enzyme replacement therapies are also effective in alleviating symptoms (Deng et al., 2015) (Ugidos-Rodríguez et al., 2018). However, complete avoidance of dairy products may lead to nutritional deficiencies, particularly in calcium and vitamin D. Therefore, strategies such as consuming small amounts of lactose with meals or using lactose-hydrolyzed milk products are recommended (Bayless et al., 2017).

2.1.3 Health Outcomes:

Lactose intolerance is associated with gastrointestinal symptoms such as diarrhea, bloating, and abdominal pain. Additionally, there is a statistically significant correlation between lactose intolerance and an increased risk of hip fractures, likely due to reduced calcium intake (Fedota et al., 2020). Conversely, lactose-tolerant populations tend to have lower mortality rates from digestive diseases (Fedota et al., 2020).

2.1.4 Cultural Influences:

Cultural dietary habits play a significant role in lactose intolerance. For example, the Mapuche population in Chile avoids dairy products due to both biological intolerance and cultural preferences (Fernández & Flores, 2014). Similarly, the avoidance of dairy in certain populations is often reinforced by traditional dietary practices and societal attitudes toward milk consumption (Simoons, 1969).

2.2 Gluten Intolerance:

Gluten intolerance, often referred to as non-celiac gluten sensitivity, describes a set of symptoms that occur after consuming gluten, despite the absence of celiac disease or wheat allergy. Recognizing its effects is important for distinguishing it from other gluten-related disorders and for guiding appropriate dietary choices. In the following few lines, we will clearly discuss this in details.

2.2.1 Genetic Factors:

Gluten intolerance, particularly celiac disease, is strongly influenced by genetic factors. Specific HLA-DQ2 and HLA-DQ8 haplotypes are associated with an increased risk of developing the condition. These genetic markers are more prevalent in populations of European descent, particularly in regions with high rates of celiac disease (Ramos-Lopez, 2024).

2.2.2 Dietary Management:

The primary treatment for gluten intolerance is a strict gluten-free diet. This involves avoiding foods containing wheat, barley, and rye. However, adherence to this diet can be challenging due to the widespread presence of gluten in processed foods and the nutritional deficiencies that may arise from its avoidance (Ramos-Lopez, 2024).

2.2.3 Health Outcomes:

Chronic gluten exposure in individuals with celiac disease can lead to malabsorption of nutrients, resulting in complications such as anemia, osteoporosis, and increased risk of other autoimmune disorders. Early diagnosis and adherence to a gluten-free diet are critical to preventing these outcomes (Ramos-Lopez, 2024).

2.2.4 Cultural Influences:

Cultural factors can influence the prevalence and management of gluten intolerance.- For example, populations with traditional diets low in gluten, such as those in certain African and Asian regions, may have lower rates of celiac disease. Additionally, cultural attitudes toward food and dietary practices can impact the ease of adhering to a gluten-free diet (Ramos-Lopez, 2024).

2.3 Diabetes:

Diabetes mellitus is a chronic metabolic disorder characterized by elevated blood glucose levels due to impaired insulin production or action. As a global health challenge, understanding diabetes is critical to promoting effective prevention, management, and reducing the risk of serious complications. So in the following lines ,we will clearly- discuss this in details.

2.3.1 Genetic Factors

Diabetes, particularly type 2 diabetes, is influenced by a combination of genetic and environmental factors. Certain populations, such as South Asians and Hispanic/Latino groups, have a higher genetic predisposition to type 2 diabetes due to factors such as insulin resistance and pancreatic beta-cell dysfunction (Morales et al., 2020) (Vijayakumar et al., 2018). Genetic studies have identified multiple loci associated with type 2 diabetes, but these loci alone do not fully explain the ethnic disparities in disease prevalence (Hu, 2011).

2.3.2 Dietary Management

Dietary management of diabetes focuses on maintaining glycemic control through balanced carbohydrate intake, increased fiber consumption, and reduced intake of refined sugars and saturated fats. Personalized nutrition strategies based on genetic factors are increasingly being explored as a means of improving diabetes management (Ramos-Lopez, 2024) (Berná et al., 2014).

2.3.3 Health Outcomes

Diabetes is associated with severe complications, including cardiovascular disease, kidney failure, and retinopathy. Ethnic minorities, such as Hispanic/Latino and South Asian populations, often experience poorer health outcomes due to factors such as delayed diagnosis, limited access to healthcare, and cultural barriers to care (Morales et al., 2020) (Vijayakumar et al., 2018) (Mironovici et al., 2020).

2.3.4 Cultural Influences

Cultural beliefs and practices significantly influence diabetes management. For example, in many Indigenous communities, traditional diets and holistic approaches to health are being integrated into diabetes prevention and management programs (Walls et al., 2022). Similarly, in South Asian populations, cultural attitudes toward food and physical activity play a crucial role in diabetes self-management (Patel et al., 2015).

The interplay of genetic, dietary, and cultural factors significantly influences the prevalence and management of lactose intolerance, gluten intolerance, and diabetes. Understanding these factors is essential for developing targeted interventions to improve health outcomes in diverse populations. Future research should focus on personalized nutrition strategies, culturally tailored interventions, and addressing health disparities to reduce the global burden of these conditions.

3.Methodology

The development of the "Live It Right" website has to take a structured and effective approach that fits our project goals and target users. Best practice for website development is a systematic process through which quality, functionality, and user satisfaction can be achieved.

We took in a trimmed version of the System Development Life Cycle (SDLC) that has typically six phases; they are planning, analysis, design, development, testing, and maintenance. Rather than taking each phase in customary depth, we picked and modified the most applicable phases to our goals and the nature of the website.

Each chosen phase assisted us in constructing a credible platform that caters to the requirements of users with chronic conditions such as lactose intolerance, gluten sensitivity, and diabetes. The sections below discuss each phase we undertook in building our website, emphasizing how every step took part in the platform's success.



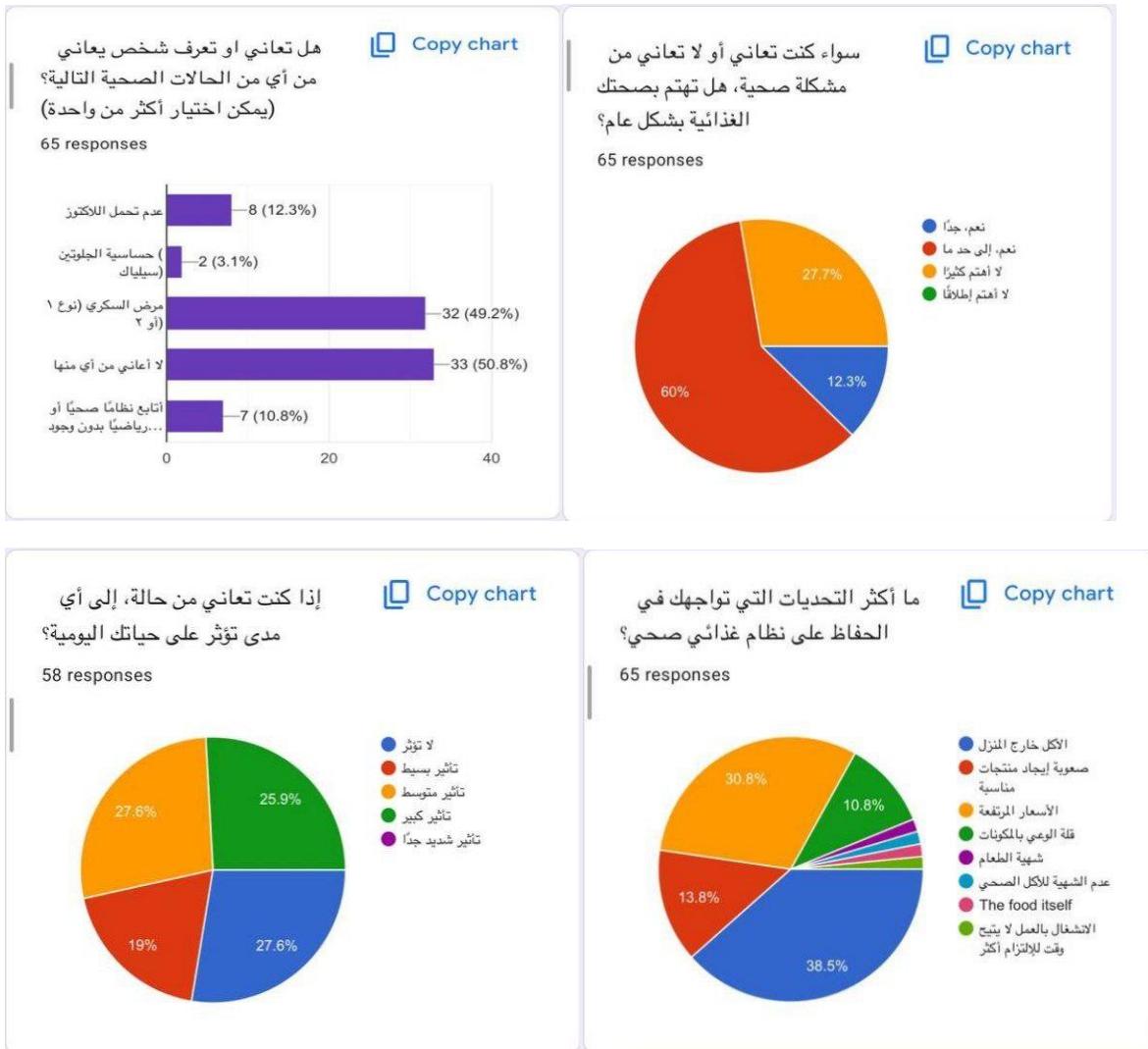
Figure 1

1.Gathering Information

At first, essential info was gathered about the project's focus groups, like people dealing with lactose intolerance, gluten sensitivity ,and diabetes clients. This took

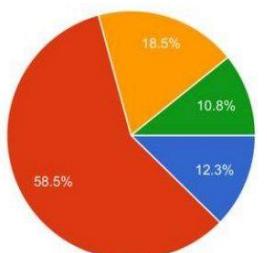
in looking into health sites, big studies; checking opposite apps and sites; also asking which might use it.

Survey Results:



كيف تقيّم وعي المجتمع بالنظائر
الغذائي والصحة الغذائية؟

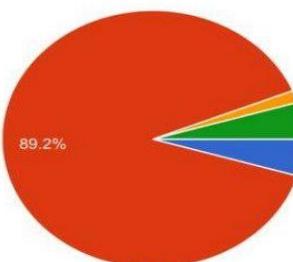
65 responses



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من أين تشتري منتجاتك الغذائية
بشكل أساسى؟

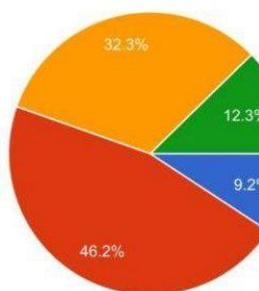
65 responses



[Copy chart](#)

هل تتحقق من المكونات أو القيم
الغذائية قبل شراء المنتجات؟

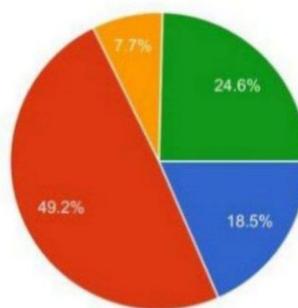
65 responses



[Copy chart](#)

ما الذي قد يجذبك لاستخدام منصة
تهتم بالغذاء والصحة؟

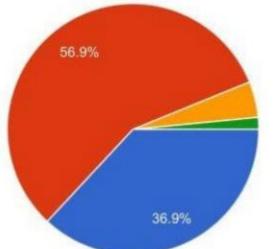
65 responses



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هل ترى فائدة في الحصول على
توصيات لمنتجات غذائية تناسب
احتياجاتك؟

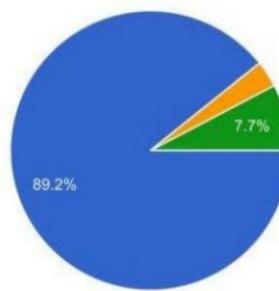
65 responses



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ما نوع الجهاز الذي تستخدمة غالباً
لتصفح الإنترنت؟

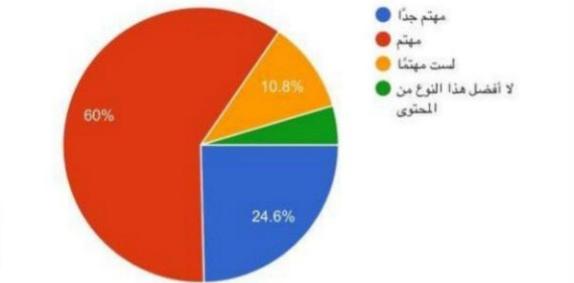
65 responses



[Copy chart](#)

ما مدى اهتمامك بقراءة محتوى
توعوي عن التغذية، الحالات الصحية،
أو أساليب الحياة الصحية؟

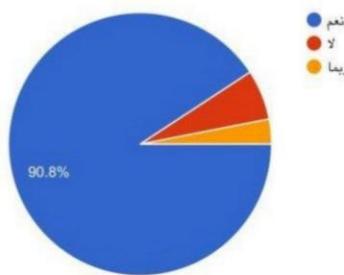
65 responses



هل ترى أهمية في وجود قسم
يقدم إسعافات أولية ومعلومات
طبية سريعة للحالات الطارئة؟

65 responses

Copy chart



ما التحدي الأكبر الذي تواجهه عند إدارة صحتك أو نمطك الغذائي أو وزيادة وزنك؟

38 responses

- صعوبة الحصول على المنتجات المرشحة في بعض الأماكن
- عدم وجود تغذين يناسبني بإرشاد
- وجود مكبسدين
- عدم الالتزام
- عدم تزب كثيف مแนะนำه من الطبيب
- الوقت المدنس لتحضير الوجبات السريعة .. العمل و المسارات تشغل أغلب الوقت فلا يوجد وقت كافي لتناول الطعام الكامل بتحضيره ووجبات سريعة
- عدم الالتزام لبعضها
- عدم الالتزام
- صعوبة تحضير و تحضير و تحضير و تحضير
- صعوبة تحضير و تحضير و تحضير و تحضير

ما التحدي الأكبر الذي تواجهه عند إدارة صحتك أو نمطك الغذائي أو وزيادة وزنك؟

38 responses

Fast Food

- عدم توافر المنتجات الغذائية في الأسواق المحلية
- عدم انتسابه للتراسيم
- أكله الصحي محدود، وطعمه مثل حلو
- ..
- أكله الحلو صحي احلي
- المنتجات
- .
- النفوس ينورها

ما الميزة أو المكرة التي تمنى أن تراها في منصة تهم بصحتك و وزنك؟

36 responses

- الالتزام بالظامن الغذائي
- التقليل في السعر و الإختلافات
- عرض السكر من النوع الثاني
- صعوبة الاستمرار على النصف الثاني
- مدربين نفع عالي اونلاين
- عندما ارى اصنفه بالكلين طعام مدعوع على لا اقليم نفس
- اني اتابع و اراسل
- تنبيه اكل
- لا يوجد

ما الميزة أو المكرة التي تمنى أن تراها في منصة تهم بصحتك و وزنك؟

36 responses

- معلومات عامه عن الأغذية المسخنة لبعض الاجراءات
- لست مهتمة
- مجانية المائدة ، متابعة النظم و الوزن و الدعوه بشكل فعال و متسامر
- يكون فيه منه يذكرني ببعض الأكل و خبرني
- مذكوه أنها تتضمن كل حاجه هتساعدهم
- لغير نظم غذائي واحد يعطي إحتياجات أفراد الأسرة (المدخل و شباب و كبار السن) للتبسيط على المدخن والطهي (إعداده و ذلك يحسن استقرارية الالتزام به
- دوره الوزن
- .

ما الميزة أو المفكرة التي تكتفى أن تراها في منصة نفهم بصحتك وعذالتك؟

36 responses

مذكرة لي الشخص باستمرار

مذاكرات ترجح راهندة الإنطباعي و اضطرار التدابع عده

توفر متجهات مع السعرات الحرارية والسكرات

ذكر الواقع وأمثلة لمنتجات مثالية

Alternative diets that work with actual evidence of it working

لارجع المراجعة والتالي له

وجوه مذهبات الطعام و سهولة الوصول له سواء كنت متصلاً بالإنترنت او لا

الميزة الناتجة ألم يكترو في المنصه تتحقق اللنه

المذكرة بشكل يومي

ما الميزة أو المفكرة التي تكتفى أن تراها في منصة نفهم بصحتك وعذالتك؟

36 responses

المذكرة بشكل يومي

تعريف الوقت الازم الذي يحتاجه الشخص يومياً للاعتماد بالذاء والمسحة

تذكرة إشارات بعدي تقدم في ظلذلك الحالى

لتذكرة ووجبات غذائية مذكرة الى الوجبات الدايرية المفضلة و المذكرة الجودة من برامج الارشاديين

متجهات ياسمن مغوله

المذكرة الورقة

مذكرة تجرب الآخرين

لوعيه أكثر عن اضطرار الرجوم المثير مثفع مع طبيب خاصه لسن المرأة النوعيه أكثر بـ التذكرة المذكوب في المرحين

وسائل غذائية مذهبة من خدمات بسيطة

"Through this survey, we got to learn more about what really matters to our users when it comes to health and nutrition. It helped us shape the website to be more useful, relevant, and in tune with their everyday needs."

"The feedback we received gave us clear insights that guided us in building a platform that's not just informative, but genuinely helpful for people trying to live healthier lives."

2. Purpose of the Project

The project aims to improve users' quality of life by enabling them to make healthy and sound dietary decisions, reducing the struggle of searching for products suitable for their health conditions, and providing a reliable e-commerce store that meets these needs.

3. Goal Definition

The primary objective of the project is to develop an electronic system through which persons suffering from chronic diseases or food allergies can easily locate food items suitable for their health conditions at reasonable prices all with a very comfortable and safe user experience.

Sub-goals (Objectives):

- Creating a comprehensive database of products suitable for each health condition.
- Facilitating product search using smart filters.
- Increasing nutritional awareness through simplified medical content.
- Providing online purchasing and home delivery options.

- Offering personalized recommendations based on each user's condition.

4. Target Audience

The target audience includes:

- People with lactose intolerance
- Patients with gluten intolerance
- Patients with type 1 and type 2 diabetes
- Parents looking for safe food products for their children
- Anyone interested in a healthy diet

Methods of Data Collection about the Audience:

- Designing electronic questionnaires distributed via social media to collect users' opinions and needs.
- Analyzing similar websites and applications to identify strengths and weaknesses.

5. Content

The website content includes:

General Data:

Reliable and simplified medical information about diseases and food allergies.

Comprehensive information about chronic diseases such as diabetes, lactose intolerance, and gluten sensitivity.

Simplified and guided first aid information to help users handle emergency situations related to these conditions.

Detailed Content:

Food products classified according to the disease or allergy type.

Detailed description for each product (ingredients, price, image, category, brand).

Trusted medical recipes to help users better manage their health conditions.

Medication alerts The site provides a reminder system to notify users of their medication times, helping them adhere to their treatment and improve their health.

Doctors' Information Includes their addresses, phone numbers, and medical departments or specialties to facilitate communication and appointment booking.

6. Planning - Website Structure

The planning stage involves creating a comprehensive plan for all aspects of the website, including design, technologies used, and content. Based on the information gathered in the previous stage, well-informed decisions are made regarding the site's structure and features, determining how different users will interact with the website and outlining the steps a user will take to achieve their goals.

Creating a sitemap is an important part of this stage, as it helps organize the content more effectively and provides a solid foundation for designing pages and specifying the essential functions and features the website should include.

We prepared a sitemap specifically for our project to clarify the pages we need to create and arrange them logically.

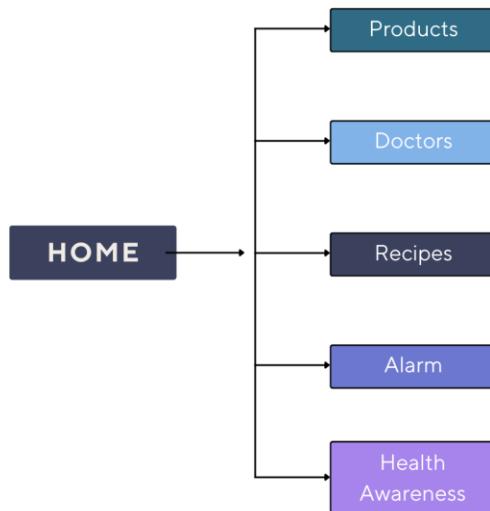


Figure 2

1. Home Page:

This is the main interface of the website

2. Signup Page:

The signup page allows users to create a new account and access the available services on the website.

3. Login Page:

This page allows users to access the application.

4. Contact Us Page:

A page providing contact information for site administration.

5. Chabot:

The Chabot is an intelligent assistant.

6. Recipes Section:

Healthy recipes tailored to patients' needs.

7. Products Section:

Showcases appropriate medical or food products for each condition.

8. Alarm Section:

Allows users to enter the medication name, time of intake, and receive reminder notifications.

9. Health Awareness Section:

Provides instructions and methods for administering first aid, Gluten, Diabetes and Lactose intolerance.

10. Doctors Section:

Displays information about medical specialists with direct booking options.

7. Design

Design held a central place in the project, where professional work was done to develop user interfaces and user experience.

The design phase passed through several essential steps:

1. Creative Brief:

A creative brief was prepared including design goals, target audience, the message the design should reflect, and the suitable style for content presentation. The goal was to design a simple and easy interface that reflects the website's specialty and is visually comfortable.

2. Research:

Several competing local and global websites were analyzed to understand modern trends in user interface design, and study the needs of the target audience in terms of navigation, display, and key elements that need easy access.

3. Sketching:

Initial hand-drawn wireframes were made to clarify the shape of each page, element arrangement, menu locations, navigation buttons, and product cards. This phase helped explore multiple ideas and choose the best before entering the digital implementation stage.

4. Production Process:

After approving the initial design, digital design was implemented using tools such as canva and adobe illustrator. Interfaces were built with high-quality graphics, considering compatibility with various devices (Responsive Design).

5. Design Refinement:

Final models were shown to a number of users, feedback was collected, and necessary modifications were made to improve usability regarding colors, font sizes, element distribution, and speed of access to information.

8. Development

This is the stage where the design is ready, but there is still a lot of work to be done to turn the prototype into a fully functional product. At this point, developers begin writing the code necessary for all the features. To ensure the website works correctly, the web developer writes the required code. The graphic design from the previous stage is brought to life. The homepage or landing page is usually created first, followed by all other pages in the order defined by the sitemap. At this stage,

a deep understanding of each development technology used becomes essential. According to the sitemap, this step transforms the planned design into a live reality, making it the most critical phase in the development process.

The website was built using:

- Frontend: HTML, CSS, JavaScript

The system was built progressively, with each part tested during development to ensure performance and quality.

9. Content Writing

Medical and nutritional content was prepared from reliable and reputable sources such as scientific journals, official health organizations, and expert-reviewed publications. The information was carefully reviewed and simplified to ensure it is easy to understand for all users, regardless of their medical or nutritional background.

Each product description was crafted clearly and attractively, focusing on the key benefits, ingredients, and suitability for specific dietary needs (such as lactose intolerance, gluten sensitivity, or diabetes). Special attention was given to using accurate terminology while avoiding technical jargon, making the content accessible to a broad audience.

Moreover, the content was regularly checked and proofread to ensure it remains error-free, consistent, and up to date with the latest research and guidelines. This approach not only builds trust with users but also enhances the credibility of the website as a reliable source for health-related products and information.

10. Testing & Delivery

The coding process takes place in several steps:

The first step is to start and follow the coding sequence, ensuring that the code written complies with the rules of the programming language used. If the code is correct and follows these rules, we have successfully conveyed the information to the computer accurately. However, if there is an error, the computer will display messages indicating the mistakes that need to be fixed to ensure the program works properly.

Each module of the program is developed and tested individually. At this stage, the focus is not on checking coding syntax that was done earlier but on verifying whether the module produces the expected results. If the output is correct, the module is considered complete. If not, we revisit the previous analysis and algorithms, then modify and retest the code until it achieves the desired outcome when deployed online.

At this stage, the project undergoes thorough testing to ensure it functions efficiently and without issues. User testing is a crucial step that helps evaluate the actual user experience and identify any weaknesses or difficulties visitors may encounter. To conduct this type of testing effectively, clear and specific goals for the new website must be established, such as measuring usability, navigation speed, and user satisfaction.

User testing is defined as a technique used to assess the website's usability, aiming to detect design and functionality problems and then provide suitable solutions to enhance the user experience. This phase is vital because it ensures the site meets users' needs smoothly and effectively before the final launch.

11. Maintenance

After the website is launched, maintenance becomes essential to keep it running smoothly and securely. Maintenance involves regularly updating content, fixing bugs, improving features, and ensuring compatibility with new technologies or devices. It also includes monitoring website performance and addressing any user feedback to enhance the overall experience. Continuous maintenance helps in preventing issues, improving security, and keeping the website relevant and effective over time.

4. The proposed website

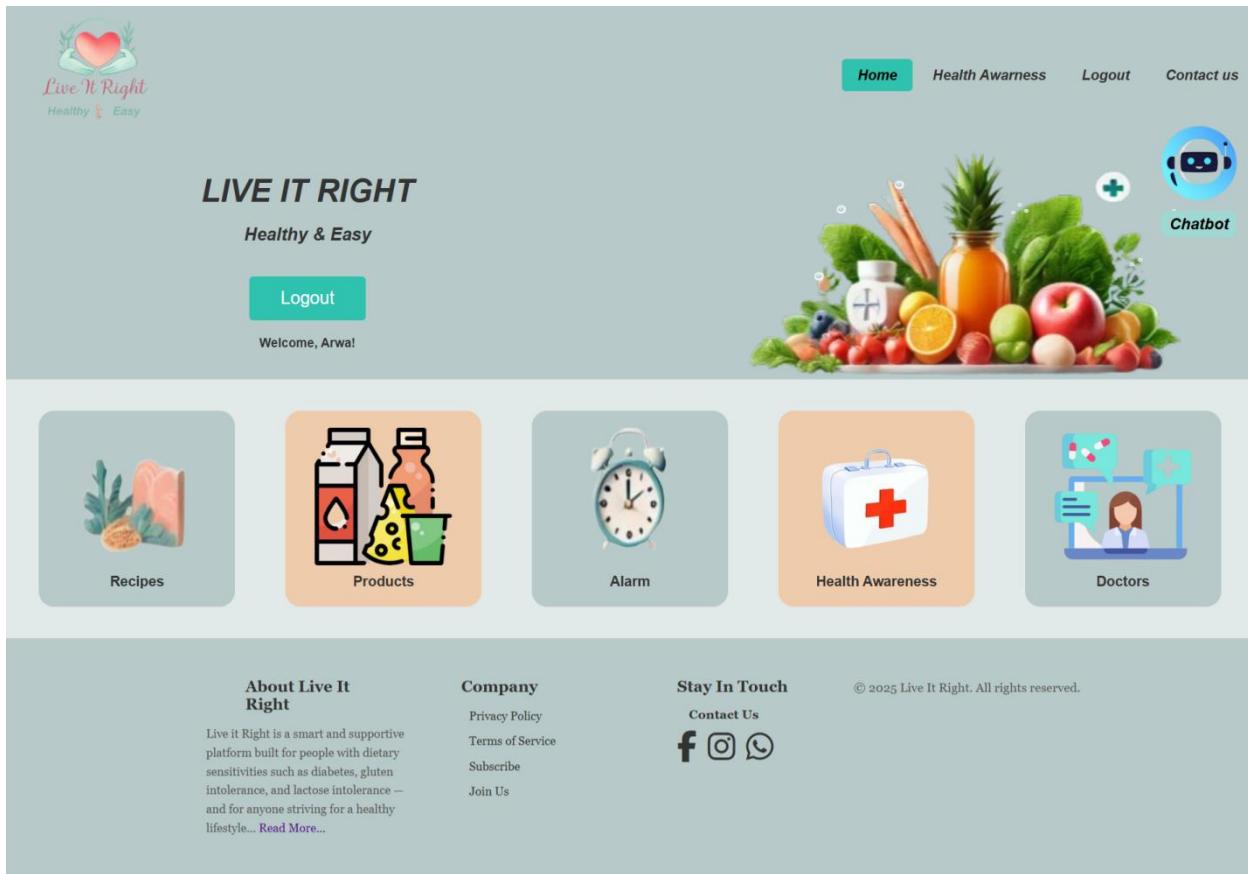


Figure 3 Home Page

This is our Home page. On the top left side, we display the name of the website: **Live it Right**. Below the name, there is a login button for users to access their accounts.

Below this, we present five main sections that lead to their respective pages:

- Products
- Recipes
- Alarm
- Health Awareness
- Doctors

Every section switches you to its page by only one click.

Note: Recipes, Alarm, and Doctors sections are locked for unregistered users. When clicked without logging in, a message appears that says "Login is required" and an icon of a lock appears on them.

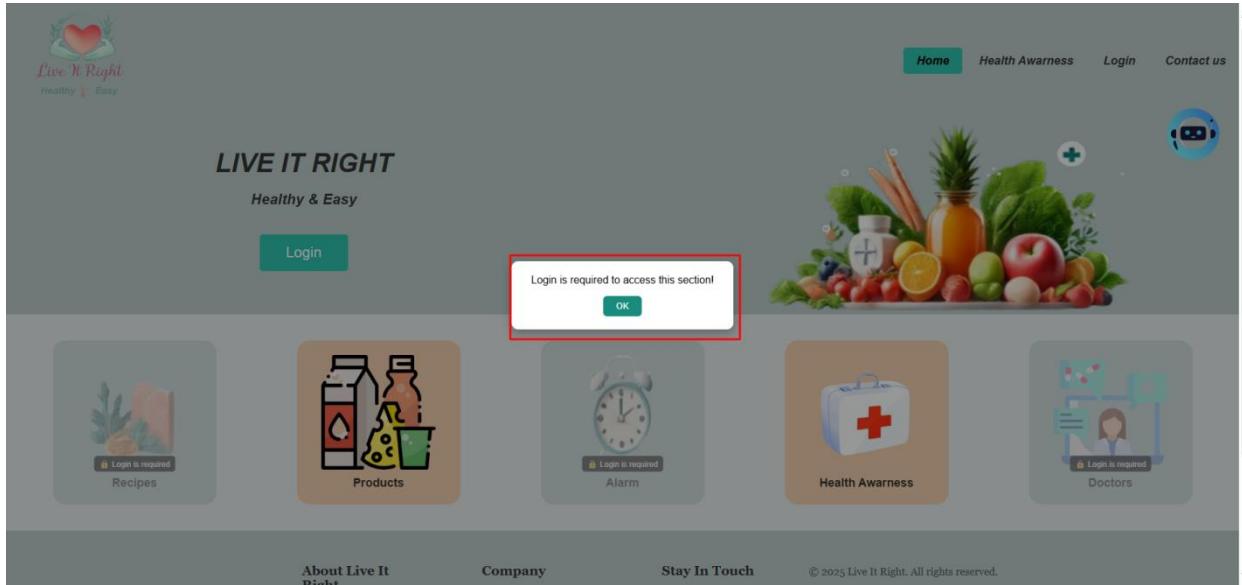


Figure 4

Additionally, on the left side of the page, there is a chatbot icon available for users to interact with support or get help. When the user clicks on the chatbot icon, they are redirected to a separate page that features an interactive chatbot interface. This chatbot is designed to assist users with common questions, navigation, product information, and support inquiries in a friendly and responsive manner.

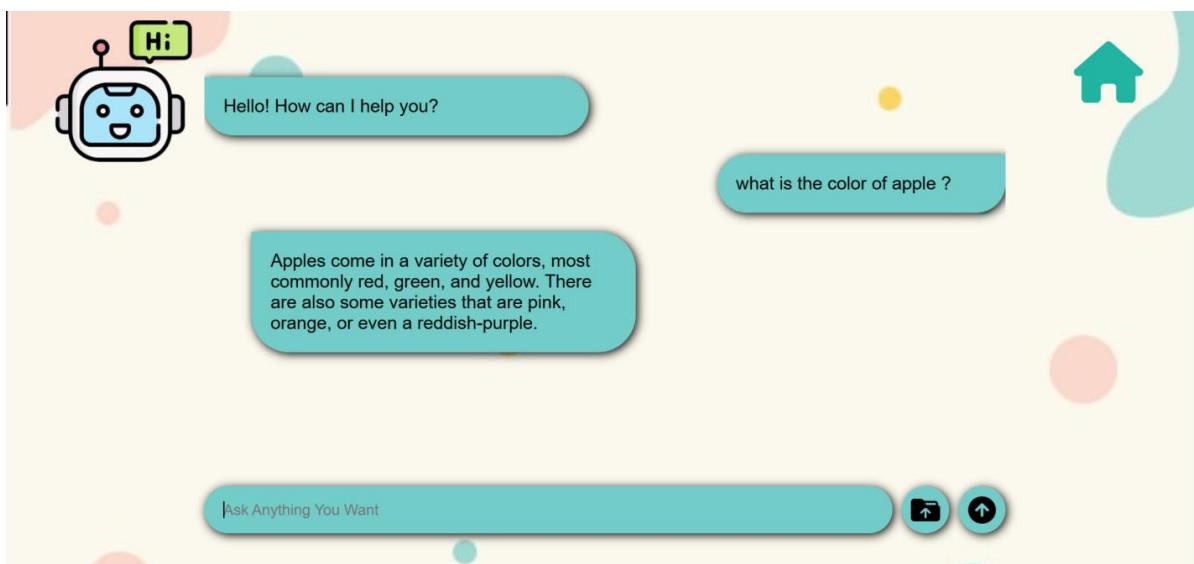


Figure 5 Chat Bot

The footer appears below the section buttons and includes:

- **About Live it Right :**

This section provides a brief overview about “Live It Right.” If the user wants to learn more, they can click on the **Read More** button, which now redirects to a dedicated page .On that page, users will find detailed sections including **Who We Are, Our Vision, Mission, Target Audience, and Developed By**.

This structure ensures the information is well-organized and easily accessible, enhancing both clarity and user engagement.

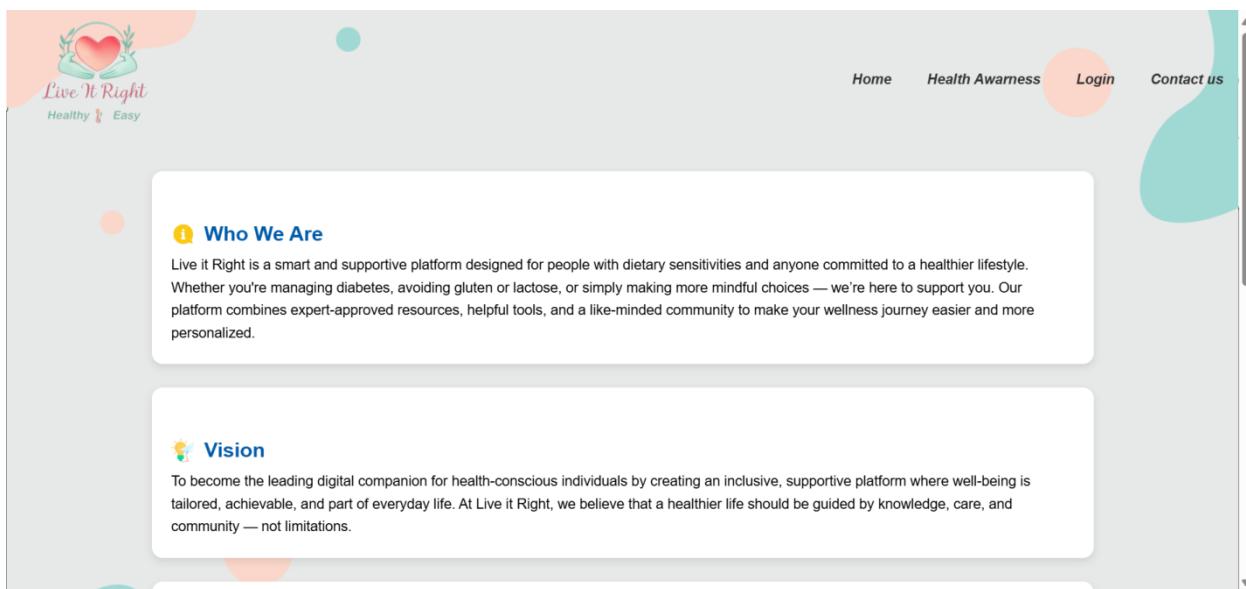


Figure 6

- **Company** with sub-options links:
 - Privacy Policy:

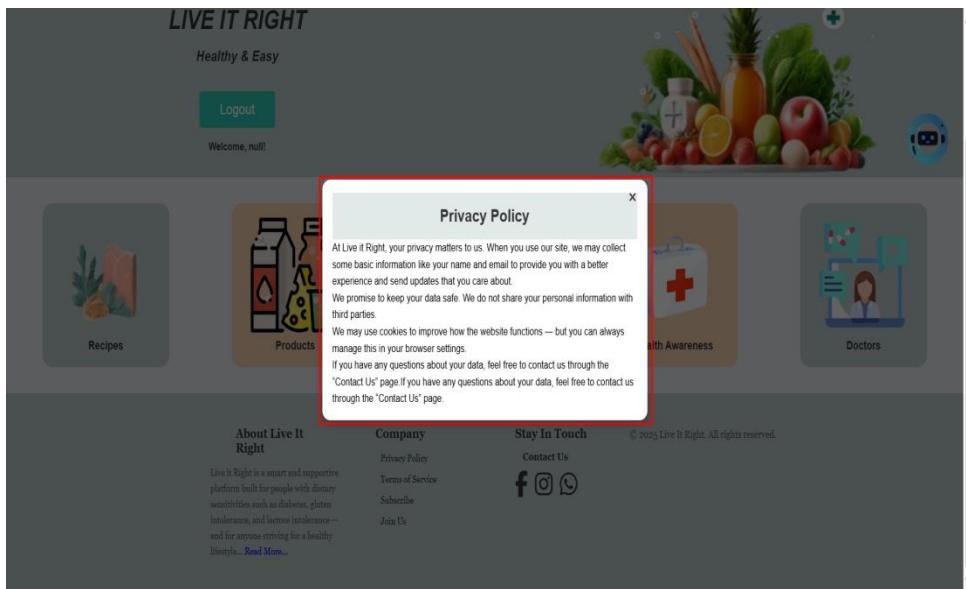


Figure 7

- o Terms of Service:

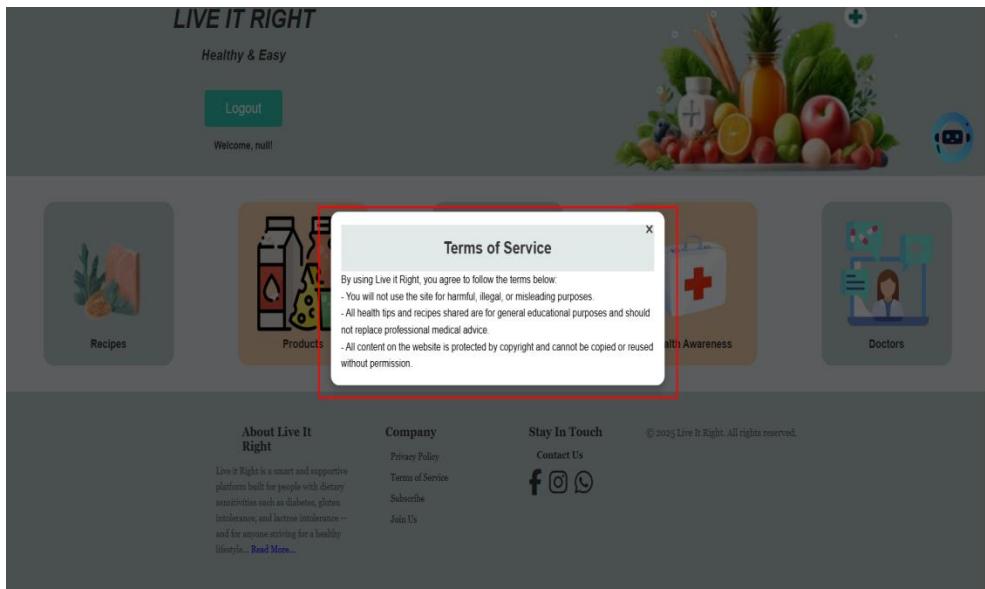


Figure 8

- o Subscribe: leads the user to signup page.
- o Join Us.

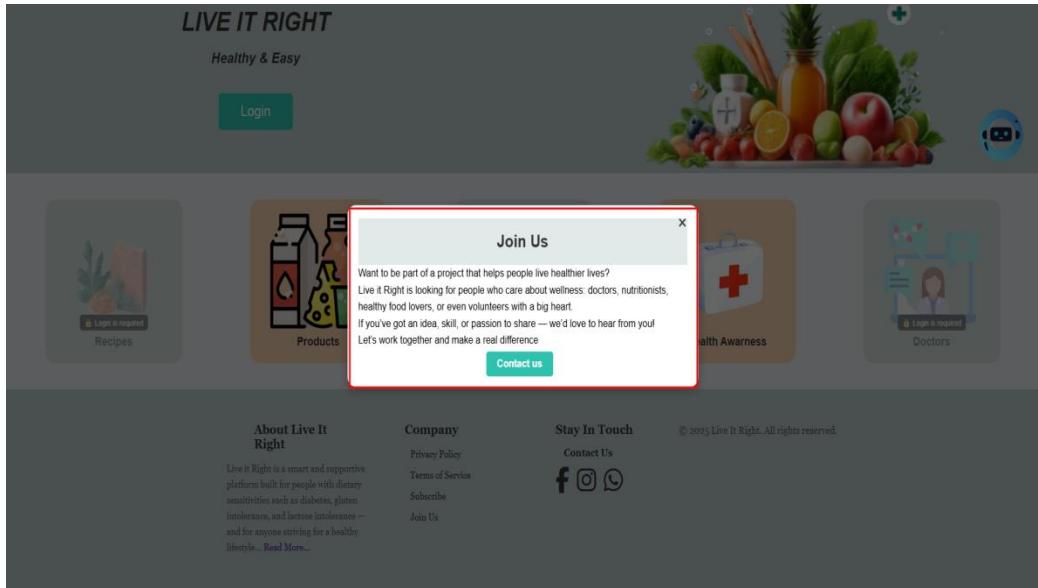


Figure 9

- **Stay In Touch** section with links to:
 - Facebook
 - Instagram
 - WhatsApp
 - Contact Us

When the user clicks on any of the social media links (Facebook, Instagram, or WhatsApp), they are redirected to a designated developer who can assist them with their inquiries. If the user selects **Contact Us**, they are taken to a separate page that contains a contact form where they can directly compose and submit a message to the development team.

The screenshot shows a contact form titled "Get in Touch". The form fields are: "Your Name" (placeholder "Your name"), "Your Email" (placeholder "youremail@example.com"), "Subject" (placeholder "Feedback, Inquiry"), and "Your Message" (placeholder "Write your message here..."). A "Send Message" button is at the bottom.

Figure 10 Contact Us

After the user fills out and submits the form, a popup window appears confirming that the message has been successfully sent. This popup includes a brief summary displaying the user's name, email address, the subject of the message, and the message content. It also includes a confirmation text that states:

"Thank you! Your message has been sent successfully!"

This feedback ensures users are confident that their message has been delivered and provides a reference of the information they submitted.

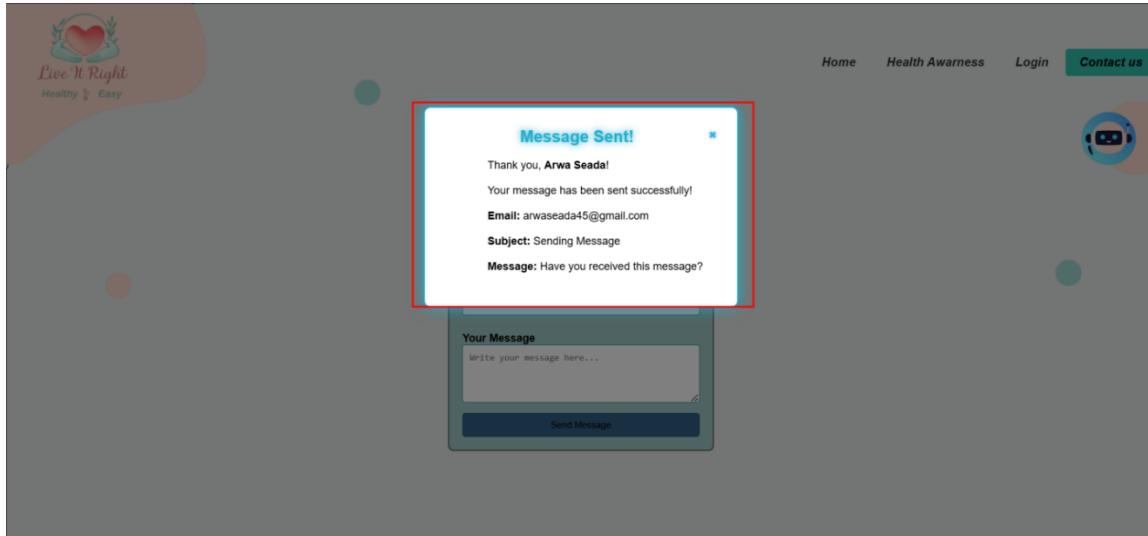


Figure 11

Header:

- All Pages throughout the website include a consistent and responsive header that remains visible for easy navigation. This header contains the following elements:

- **Home:** Redirect the user to the home page.
- **Health awareness:** direct the user to the health awareness page.
- **Login/Logout:** display login by default, and automatically changes to logout when the user is authenticated.
- **Contact us:** takes the user to the Contact Us page.

Each button is functional and allows the user to be redirected to the corresponding page with a single click, ensuring a smooth and intuitive browsing experience across the entire platform.



Figure 12 Header

Login Page:

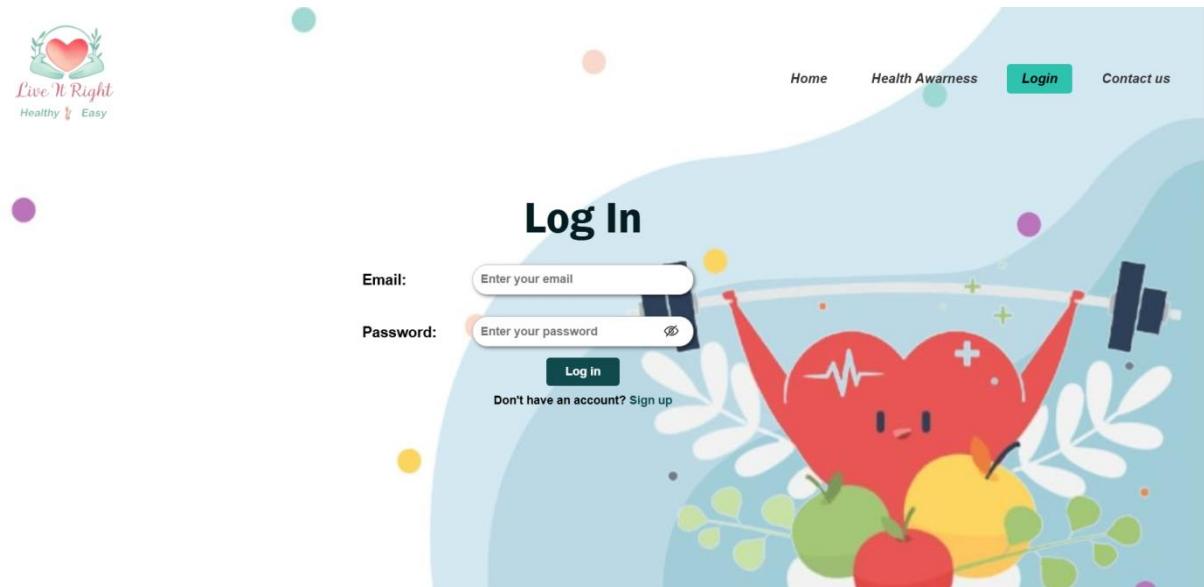


Figure 13 Login Page

This is our login page. Users are directed here by clicking the login button on the landing page.

- Fields required:
 - Email
 - Password

Then click login button to inter our website.

In case that you don't have an account just click Sign up link below.

Signup Page:

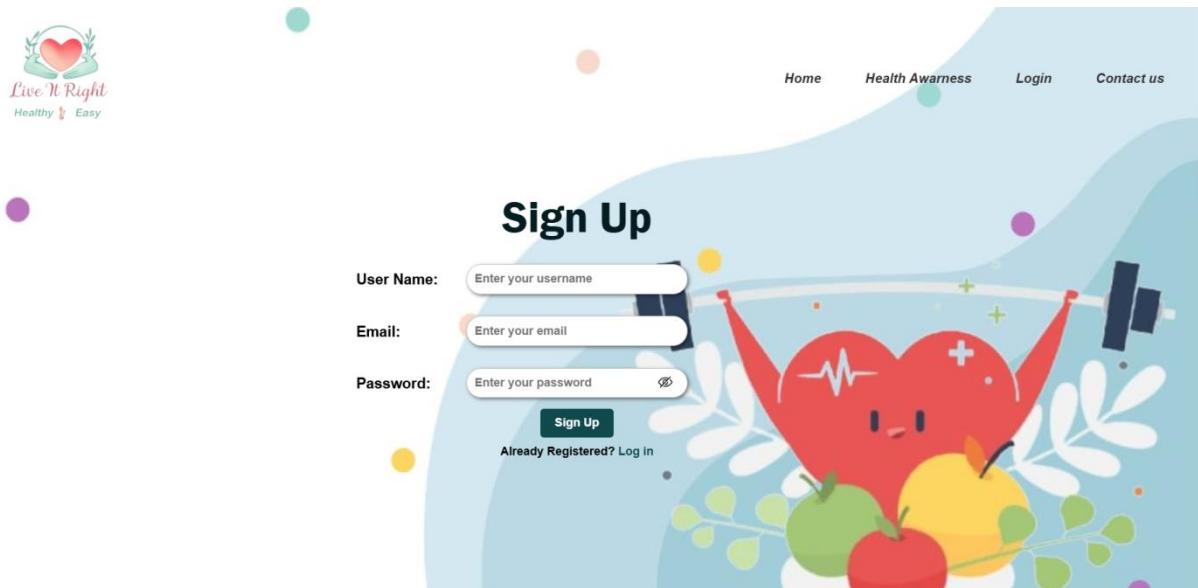


Figure 14 Signup Page

This is our signup page. New users must enter their information to register:

- Fields required:
 - Username
 - Email
 - Password

Then click Sign Up button to inter our website.

You could return back to the Login page by clicking on the Login Link below.

Products Page:

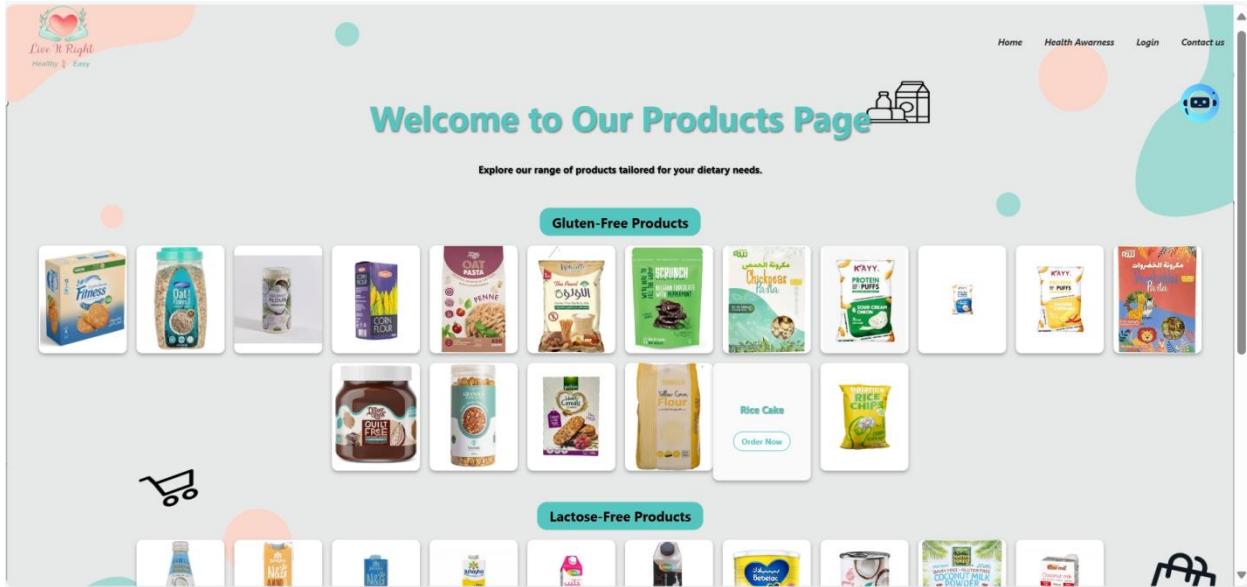


Figure 15 Products Page

This page appears after clicking on the Products section from the landing page. It does not require login.

Products are displayed in three categories:

- Gluten-Free Products
- Lactose-Free Products
- Sugar-Free Products

Each category includes related items with images, names, and basic details.

If a user attempts to click on the Order Now button for any product without being logged in, an alert message will appear prompting the user to log in first. This message includes a Login button that redirects the user directly to the login page for authentication.

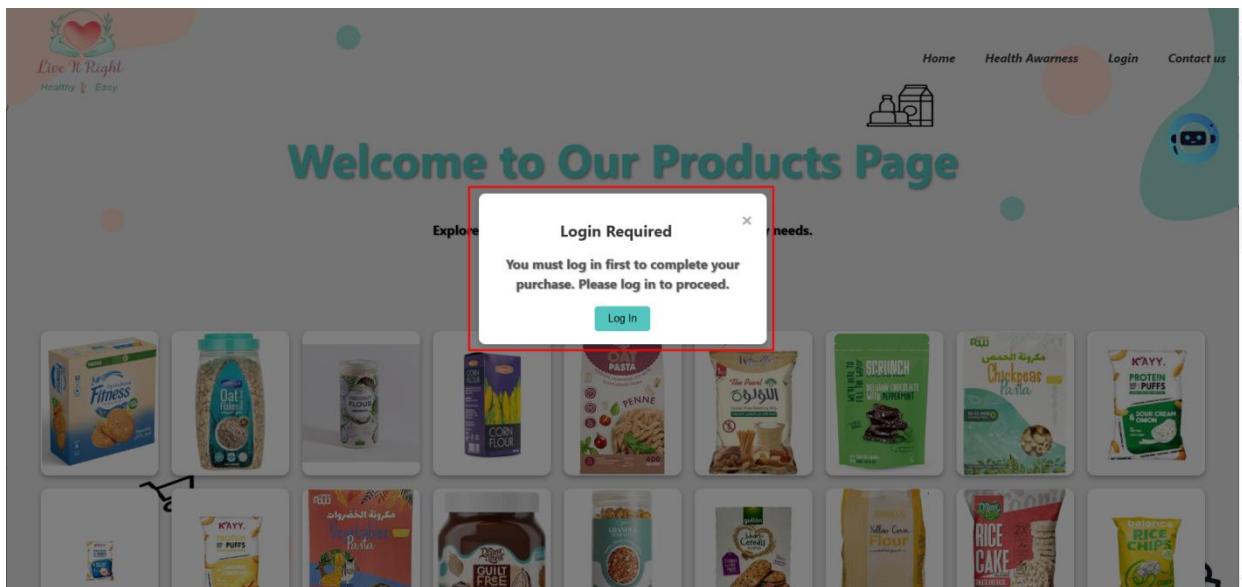


Figure 16

Payment Page: (requires login)

New business sandbox TEST MODE

Gluten free oat pasta
\$2.00
 Gluten free product



Pay with  link

Or pay another way

Email

Payment method

<input type="radio"/>  Card	VISA    
<input type="radio"/>  Cash App Pay	

Securely save my information for 1-click checkout
 Pay faster on New business sandbox and everywhere
 Link is accepted.

 010 01234567

By saving my info, I agree to the [Link Terms](#) and [Privacy Policy](#).

 link

Pay

Powered by **stripe**
[Terms](#) [Privacy](#)

Figure 17 Payment Page

This page allows users to purchase a selected product.

Users must complete the following steps:

- Enter their **Email Address**.
- Choose a **Payment Method**:
 - Card
 - Cash on Delivery
- Check the box:
 - **Securely save my information for 1-click checkout**
- Enter their **Phone Number**.
- Click the **Pay** button to confirm the purchase.

After the user successfully completes a purchase from the **Products Page**, a confirmation message appears stating: "**Thank you for your payment.**" This message not only provides immediate feedback to the user but also ensures them that the transaction has been processed.

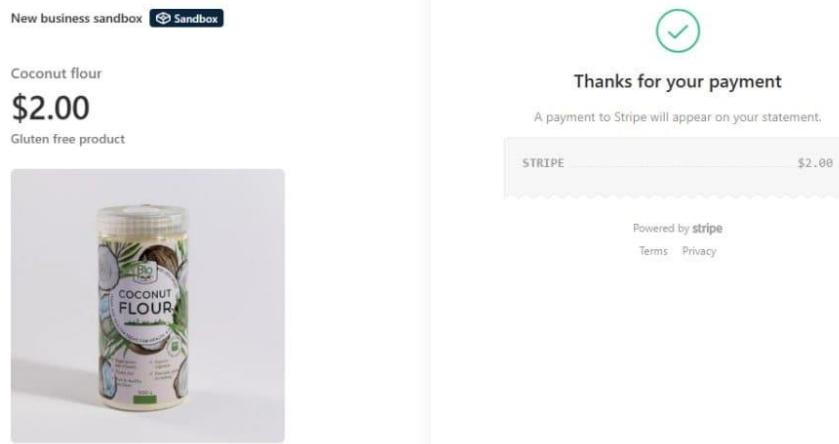


Figure 18

Simultaneously, the payment confirmation details are reflected on the host website's dashboard, allowing administrators to track purchases and manage orders efficiently.

The screenshot shows the Stripe Sandbox dashboard. At the top, it says "Sandbox" and "You're testing in a sandbox — your place to experiment with Stripe functionality." There is a "Get your live account" button. The main area is titled "Transactions" with a summary table:

All	Succeeded	Refunded	Disputed	Failed	Uncaptured
1	1	0	0	0	0

Below the summary are filter options: Date and time, Amount, Currency, Status, Payment method, and More filters. There are also "Export" and "Edit columns" buttons. A detailed table below shows one result:

Amount	Payment method	Description	Customer	Date	Refunded date	
\$2.00 USD	Succeeded ✓	Cash App Pay	pI_3RKh9OFY9k14zwGP0GACw1gZ	dinaelharedy00@gmail.com	May 3, 2:35 PM	

On the left sidebar, there are sections for Home, Balances, Transactions, Customers, Product catalog, Shortcuts (Payment Links), Products (Payments, Billing, Reporting, More), and Developers. A "Setup guide" box with the message "Complete your profile..." is visible.

Figure 19

Recipes Page: (requires login)

The screenshot shows the Recipes page of the "Live N Right" website. The header includes the logo "Live N Right Healthy & Easy" and navigation links for Home, Health Awareness, Logout, and Contact us. The main content is organized into three sections:

- Gluten-Free Diabetes-Friendly Breakfast Recipes**
 - Gluten-Free Chocolate Banana Muffins (image)
 - Blueberry Almond Pancakes (image)
 - Gluten-Free Parmesan Biscuits (image)
- Gluten-Free Diabetes-Friendly Lunch and Dinner Recipes**
 - Avocado Alfredo with Zucchini Noodles (image)
 - Pecan-Crusted Chicken Breast (image)
 - Budget-Friendly Stuffed Peppers (image)
 - Baked Green Bean Fries (image)
- Gluten-Free Diabetes-Friendly Desserts and Snacks**
 - Gluten-Free Quinoa Chocolate Chip Cookies (image)
 - Low-Carb Easy Tiramisu (image)

Figure 20Recipes Page

This page appears after clicking on the **Recipes** section from the landing page.

Recipes are divided into categories for Gluten-free-Diabetes friendly:

- Breakfast
- Lunch and Dinner
- Desserts and Snacks

Each recipe includes:

- Picture of the meal
- Recipe Name
- A button: **See the Recipe**

Clicking the button:

The screenshot shows a recipe card for "Gluten-Free Blueberry Almond Pancakes". The card is framed by a decorative border of overlapping circles in orange and teal. On the left, there is a table of ingredients:

Ingredients	
eggs	2
egg whites	2
light ricotta cheese	3/4 cup
vanilla extract	1/2 tsp
unsweetened vanilla almond milk	1/4 cup
large ripe banana	1
lemon (juiced and zested)	1
almond flour	1 cup
ground flax seed	1/2 cup
baking powder	1 tsp
nonstick cooking spray	1
blueberries	1/2 cup

In the center, the title "How to Make Gluten-Free Blueberry Almond Pancakes" is displayed above a detailed description of the recipe. Below the description are sections for "10 min prep time | 6 servings | 1 pancake" and "Step-by-Step Instructions". The instructions provide a step-by-step guide to making the pancakes. To the right of the main text area is a circular image of the finished pancakes topped with blueberries. On the far right, there is a "Nutrition Facts" table:

Nutrition Facts	
Amount per serving	Calories
6 Servings	240
Serving Size	1 pancake
Total Fat 16g	21%
Saturated Fat 2.6g	13%
Trans Fats 0g	
Cholesterol 70mg	23%
Sodium 200mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 6g	21%
Total Sugars 6g	
Added Sugars 0g	0%
Protein 13g	
Potassium 380mg	8%

Figure 21

takes the user to a detailed page showing:

- Recipe Image
- List of Ingredients

- Nutritional information: calories, carbs, etc.
- Step-by-step preparation instructions

Alarm Page: (*requires login*)

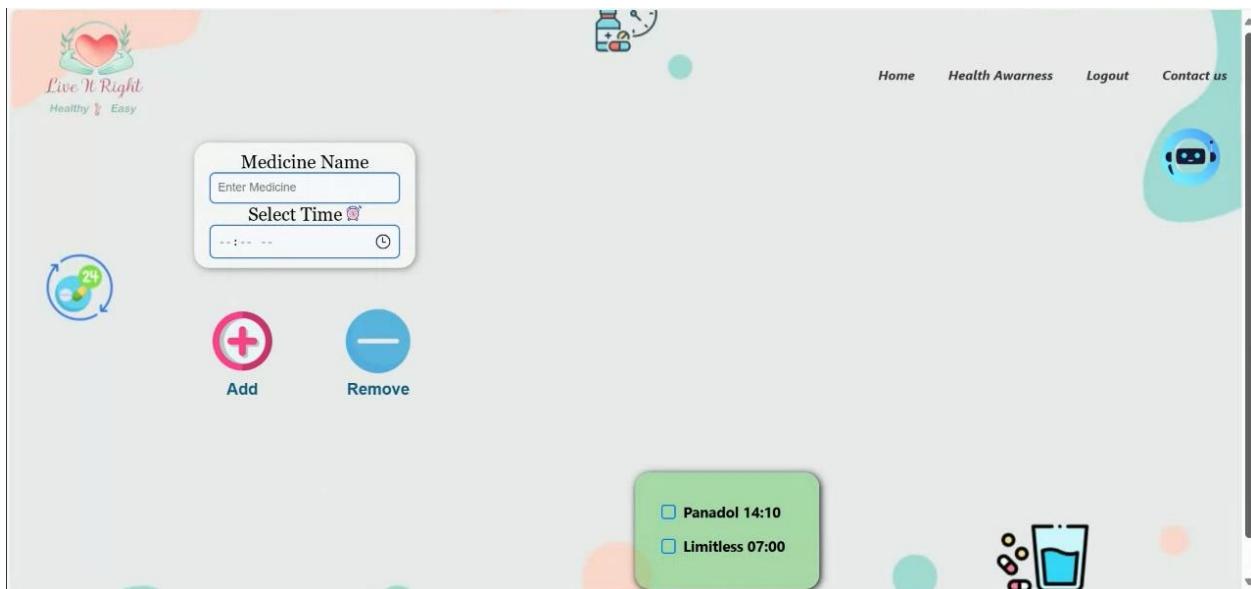


Figure 22 Alarm Page

This page appears after clicking on the Alarm section from the landing page.

This page allows the user to set medicine reminders.

On the left side, there is a form with two input fields:

- Medicine Name field to input the name of the medicine.
- Select Time field to input or pick the reminder time.

Below the form are two icon buttons:

- Add to create a reminder

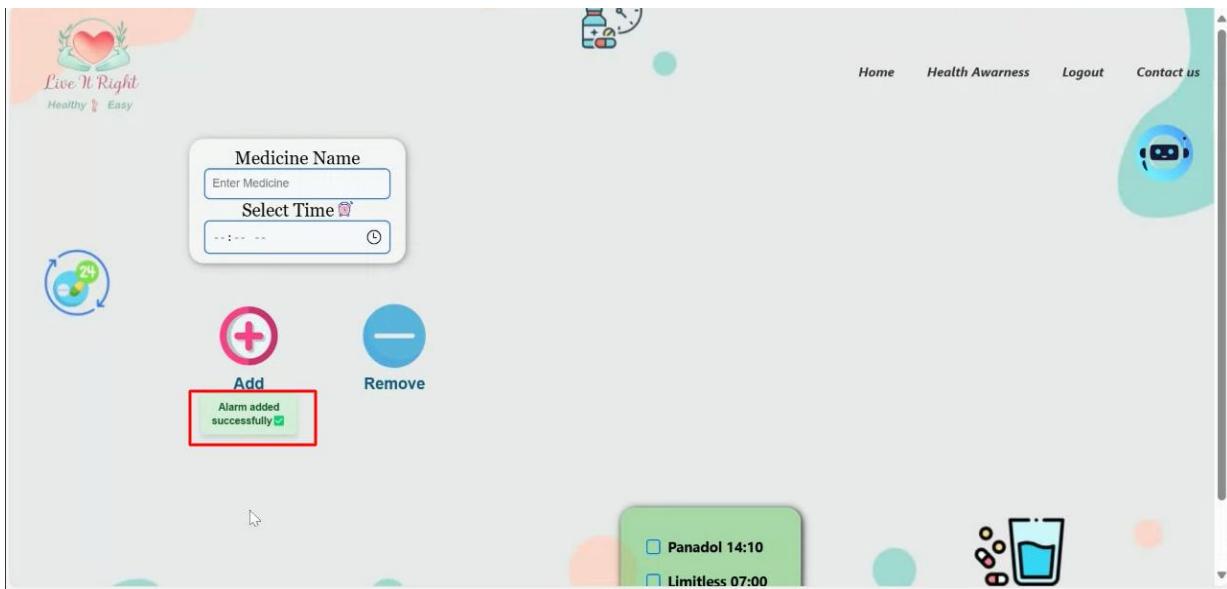


Figure 23

If the user tries to add a reminder without entering the medicine name or selecting a time, a message will appear saying: *"Please enter the name of the Medicine and time!"*

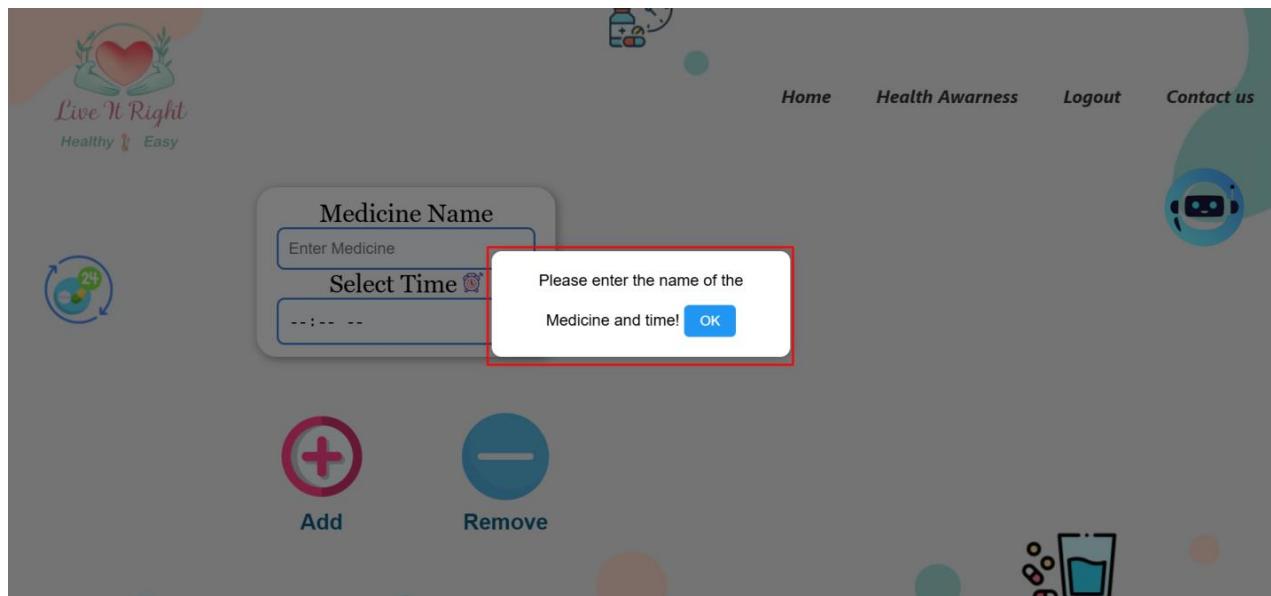


Figure 24

- Remove to delete a reminder

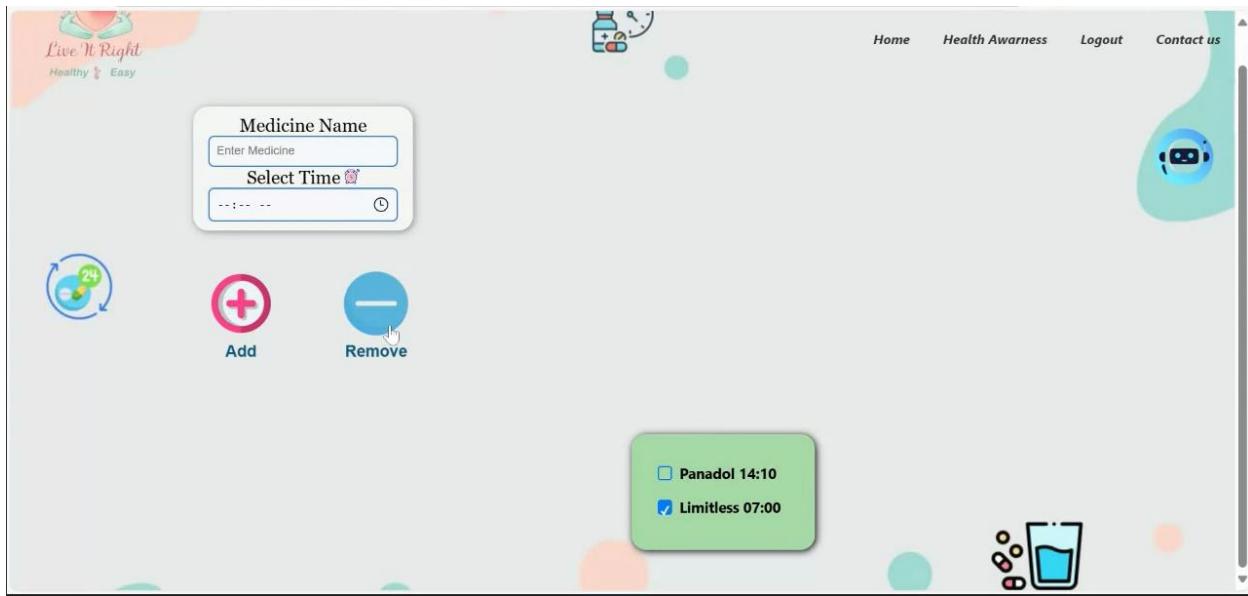


Figure 25

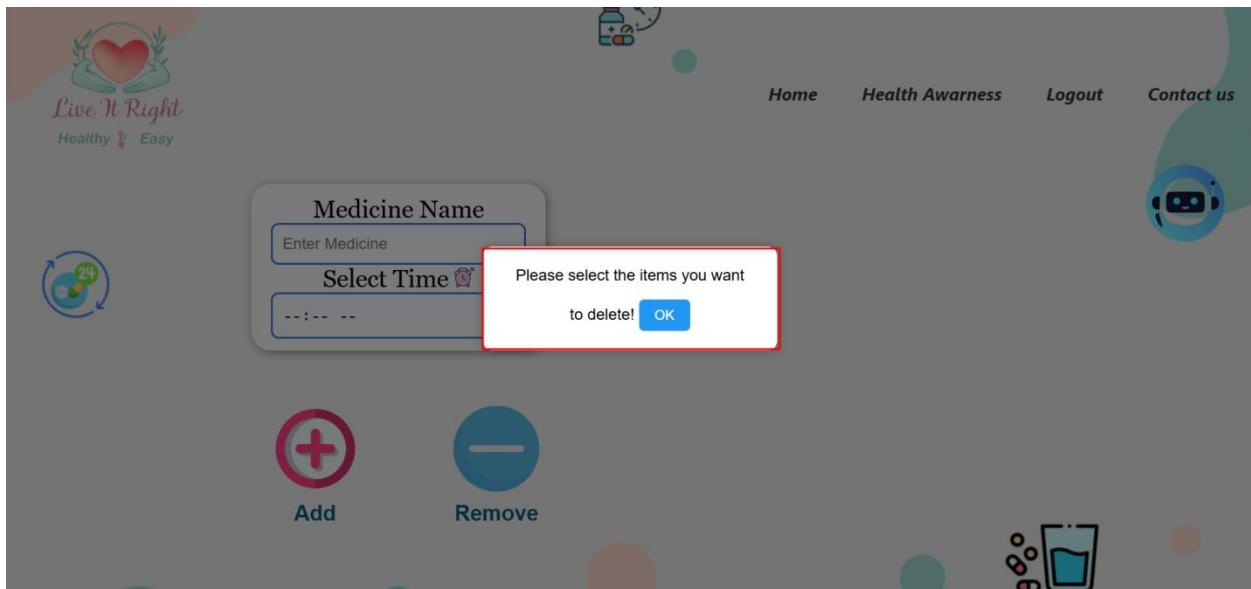
When the user sets a reminder, the medicine and the time will appear on the right side and it will activate at the selected time to alert the user to take their medication.

After removing a message will appear telling the user that the medicine was deleted successfully.



Figure 26

If the user tries to delete without selecting any item, a message will appear saying:
"Please select the items you want to delete"



Figure

Health Awareness Page:

A screenshot of the "Health Awareness" page. At the top left is the "Live It Right" logo. At the top right are links for "Home", "Health Awareness" (which is highlighted in green), "Login", and "Contact us". The main title "Health Awareness" is centered in a large green font. Below it is a subtitle: "Learn more about food allergies, sensitivities, and emergency first aid". There are four informational cards arranged in a 2x2 grid. Top-left card: "Gluten?!" with a wheat icon, text: "Learn more about common triggers and symptoms of gluten sensitivity.". Top-right card: "Diabetes?!" with a blood glucose meter icon, text: "Understand the importance of monitoring blood sugar level.". Bottom-left card: "Lactose?!" with a milk bottle icon, text: "Information on symptoms and dietary management.". Bottom-right card: "First Aid" with a person icon, text: "What to do in case of emergencies.". The background has decorative teal and orange circles.

Figure 27 Health Awareness Page

This page appears after clicking on the **Health Awareness** section from the landing page.

This section is open for all users and contains educational content.

It contains four main sections:

1. Gluten?
2. Diabetes?
3. Lactose?
4. First Aid

Clicking on the first three displays:

- Informational content about the condition
- A short video for visual explanation

 **Live It Right**
Healthy & Easy

[Home](#) [Health Awareness](#) [Login](#) [Contact us](#)



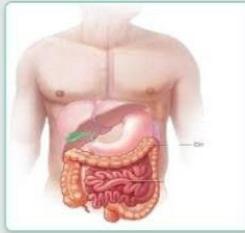
Overview:



LACTOSE INTOLERANCE

lactase deficiency
DAIRY PRODUCT
lactase enzyme
diarrhea

0:01 / 3:02



- People with lactose intolerance are unable to fully digest the sugar (lactose) in milk
- As a result, they have diarrhea, gas and bloating after eating or drinking dairy products.
- The condition, which is also called lactose malabsorption, is usually harmless, but its symptoms can be uncomfortable.
- Too little of an enzyme produced in your small intestine (lactase) is usually responsible for lactose intolerance.
- You can have low levels of lactase and still be able to digest milk products. But if your levels are too low you become lactose intolerant, leading to symptoms after you eat or drink dairy.

Symptoms:

The signs and symptoms of lactose intolerance usually begin from 30 minutes to two hours after eating or drinking foods that contain lactose.

Common signs and symptoms include:

- Diarrhea
- Nausea, and sometimes, vomiting
- Stomach cramps
- Bloating
- Gas.

When to See a Doctor:

Make an appointment with your doctor if you frequently have symptoms of lactose intolerance after eating dairy foods, particularly if you're worried about getting enough calcium.

Figure 28

Clicking on **First Aid** shows images with visual guides on:

- Emergency steps for Gluten & Lactose sensitivity
- Low blood sugar reactions
- High blood sugar emergencies

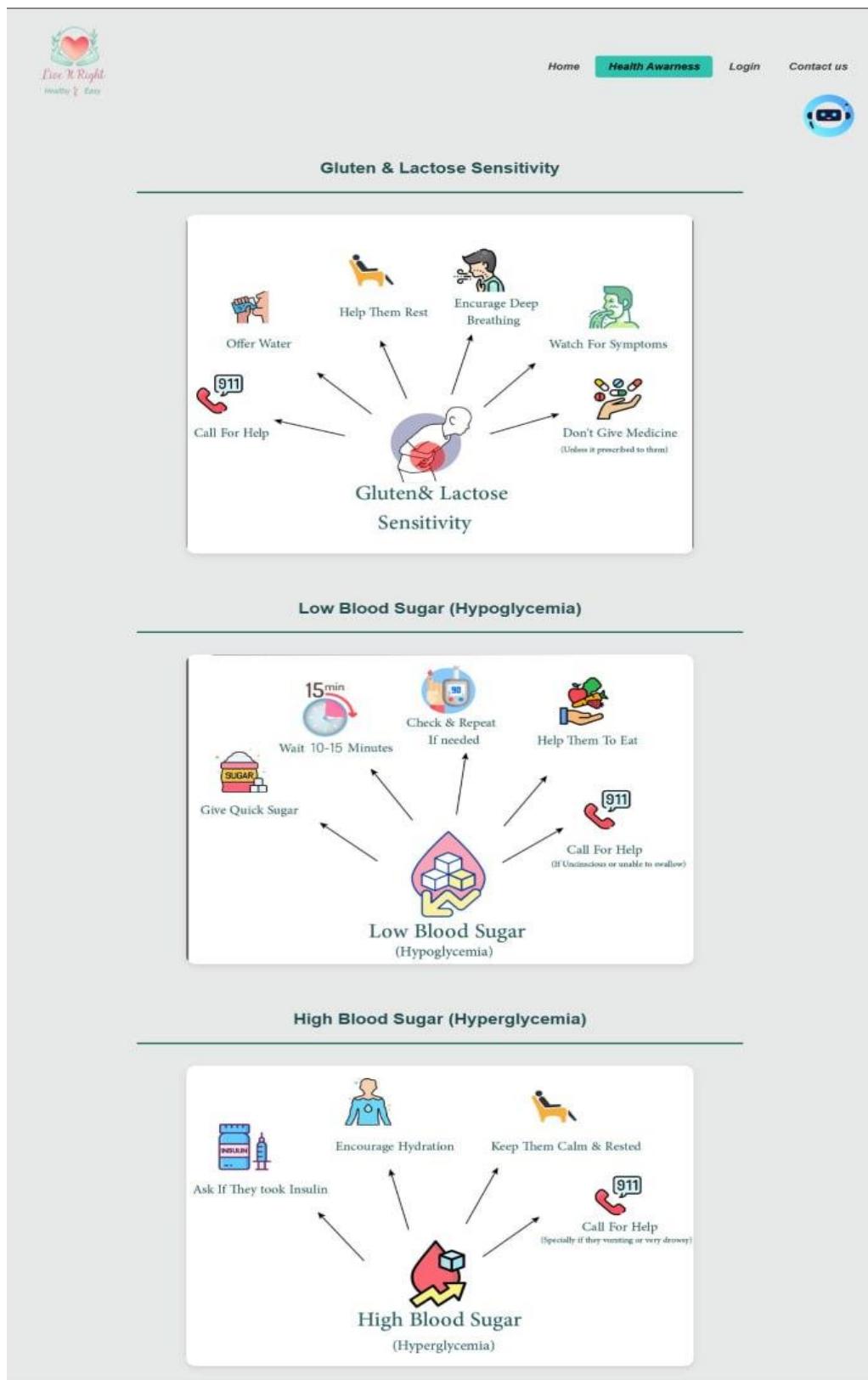


Figure 29

Doctors Page: (requires login)

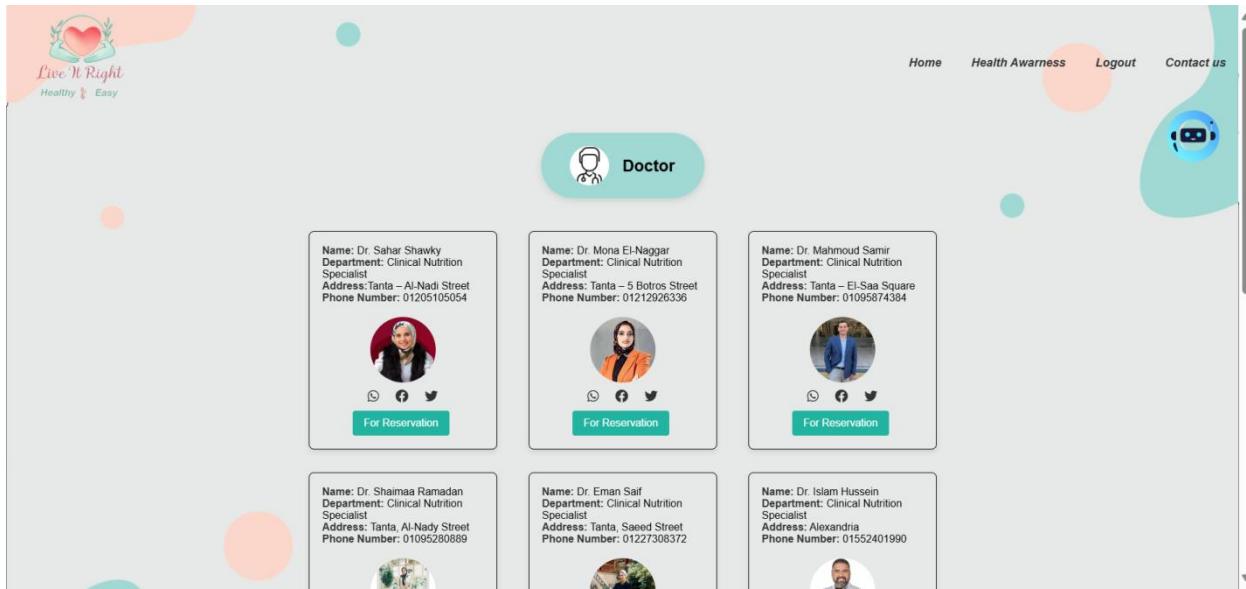


Figure 30 Doctors Page

This page appears after clicking on the **Doctors** section from the landing page.

This page lists health professionals.

Each doctor profile includes:

- Name
- Specialty
- Contact method for appointment booking
- A **Reservation** button

When the user clicks the **Reservation** button, a popup appears asking:

"Do you book an appointment with the chosen doctor?"

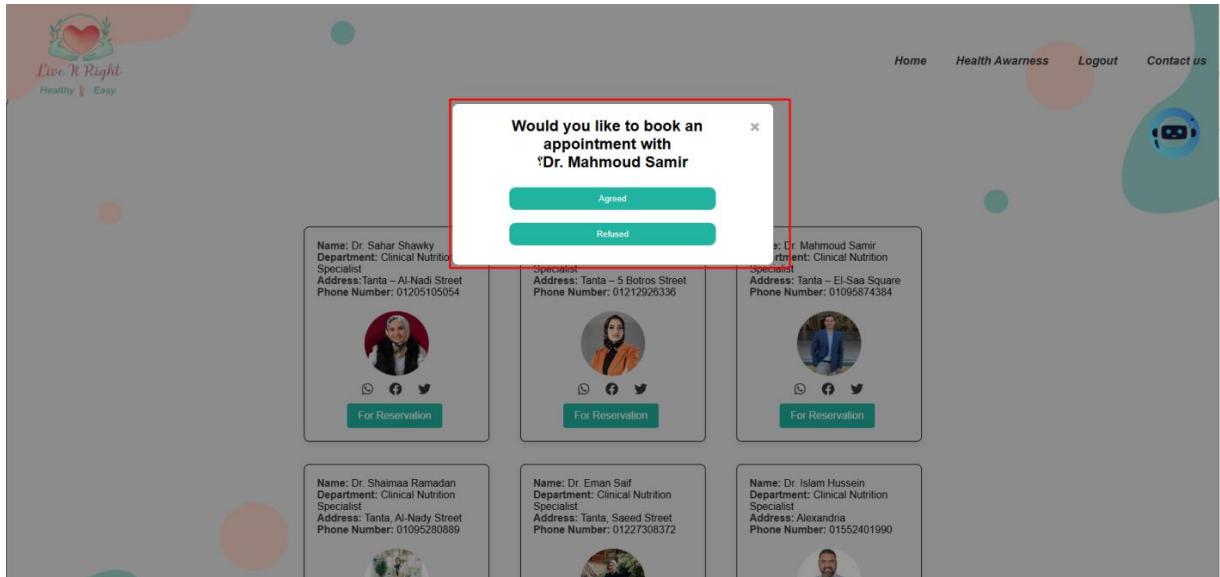


Figure 31

The user can choose:

- Yes – This opens a second popup with a form requesting:
 - Patient Name
 - Phone Number
 - Age
 - Address

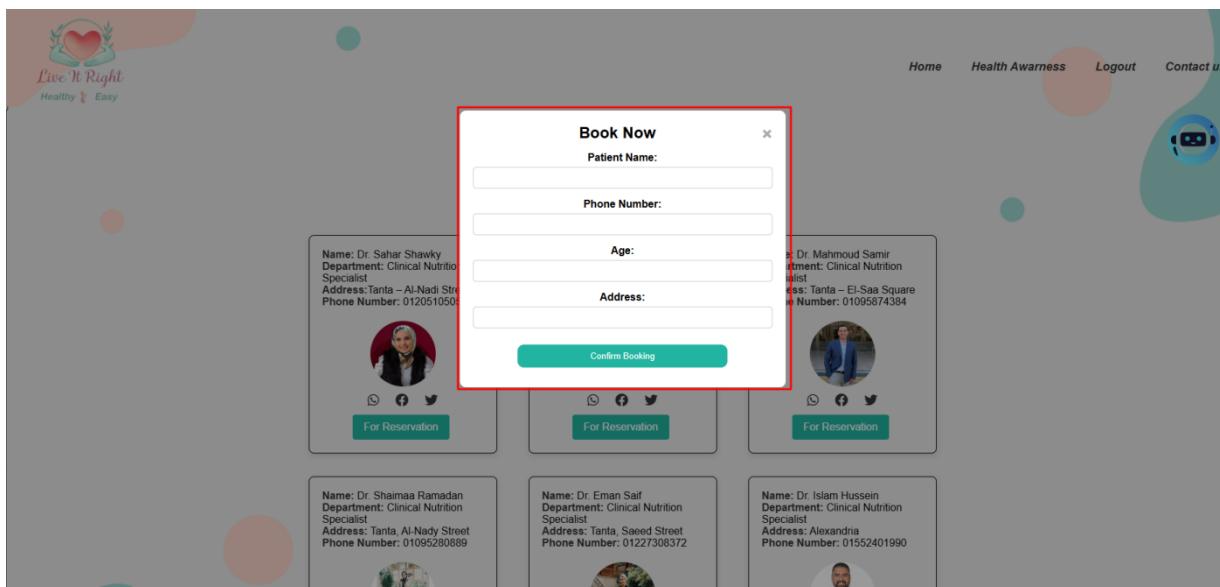


Figure 32

Below the form, there is a button labeled **Confirm Booking** which the user clicks to finalize the booking then a confirmation message appears tells him ‘The appointment has been successfully booked!’

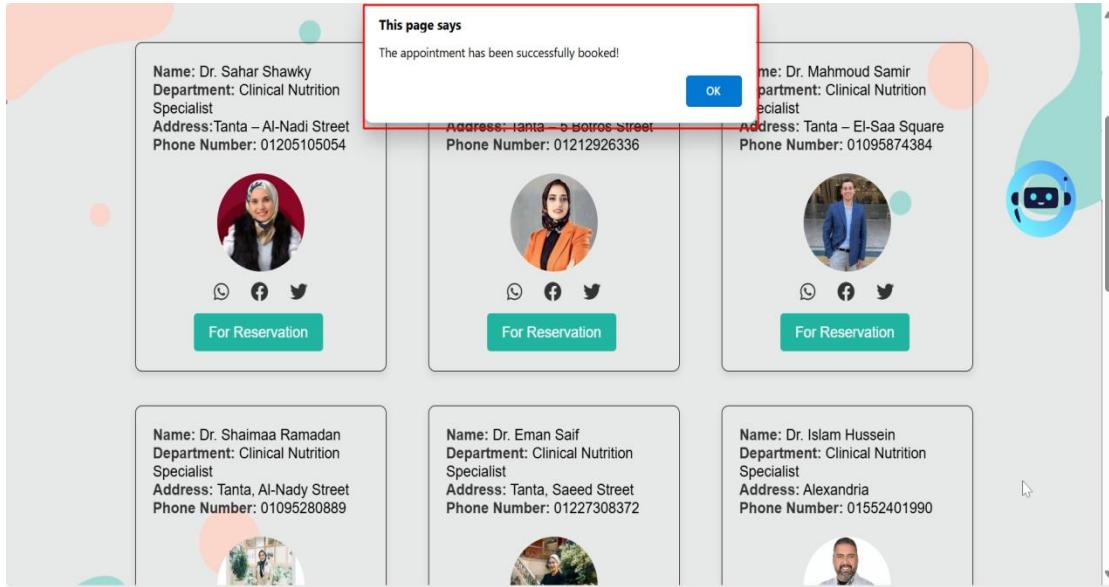


Figure 33

- **No** – This closes the popup without taking any further action.

Finally, our website is capable of adapt to any screen display. It can be opened using any device, whether it is a computer, tablet, PC, or even a mobile phone.

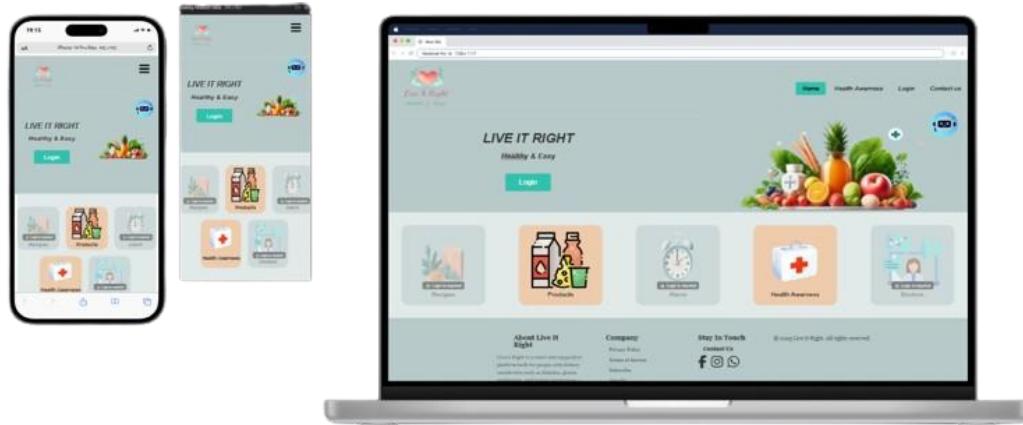


Figure 34

5. Conclusion and Recommendations:

"Live It Right" was created to make health management easier for individuals with lactose intolerance, gluten intolerance, and diabetes. By offering trusted health information, customized recipes, product recommendations, doctor directories, and medication reminders in one simple platform, the website helps users save time, reduce stress, and take better control of their health.

The platform's user-friendly design and targeted content make it a valuable tool for improving daily life and promoting better self-care. With future updates, "Live It Right" can continue to grow and provide even more support to a wider range of users.

Recommendations:

Although the "Live It Right" website has many strong features, there are still some areas that could be improved to enhance the user experience and address the current limitations. Based on our observations during development, we suggest the following:

1. Involve Medical Professionals to Review Content

Collaborating with healthcare specialists to review the medical and nutritional content on a regular basis would help ensure its accuracy and increase user trust in the platform.

2. Add More Languages and Improve Accessibility

To reach a wider audience, especially in regions like the Middle East and North Africa, it's important to support multiple languages—starting with Arabic. We also recommend adding accessibility features to support users with visual or physical impairments.

3. Develop a Mobile App with Offline Support

Creating a mobile version of the platform would allow users to access important features such as emergency first aid steps or saved recipes even when they are offline, which can be very helpful in urgent situations.

4. Enhance Security and Data Protection

As the website grows and starts collecting more user information, it's essential to implement strong security measures like two-factor authentication and encrypted data storage to protect user privacy.

5. Use a Database for Personalized Features

Integrating a database will allow the platform to offer personalized experiences such as user profiles, saved preferences, medical history tracking, and smart recommendations based on user behavior.

6. Explore Alternative Payment Solutions

Since Stripe has limited support for payouts in Egypt, it's important to consider local payment providers that are more compatible with the local banking system. This would make the payment process easier and more reliable for users in Egypt.

7. Collect Regular Feedback from Users

Adding a simple feedback form or user rating system can help identify problems quickly and provide ideas for new features, ensuring that the platform continues to improve based on real user needs.

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<https://applications.emro.who.int/imemrf/427/Sci-J-Al-Azhar-Med-Fac-Girls-2020-4-2-300-306-eng.pdf?utm>

7. Appendices:

HTML:

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Home - Live It Right</title>
    <link rel="stylesheet" href="./index.css">
    <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.5.0/css/all.min.css">
</head>
<body>
    <header>
        <div class="header">
            <div class="logo-container">
                
                <p id="subtitle"></p>
            </div>
            <div class="menu-icon" id="menu-icon">
                <span class="bar"></span>
                <span class="bar"></span>
                <span class="bar"></span>
            </div>

            <nav class="menu" id="navbar" class="hidden">
                <a href="../Home-page/index.html" id="home" class="active">Home</a>
                <a href="../Health-Awareness/index.html" id="Health Awareness">Health Awareness</a>
                <a href="../signup&login-page/login.html" id="Login">Login</a>
                <a href="../contact-us/index.html" id="Contact Us">Contact us</a>
            </nav>
        </div>

        <div id="chatbot-icon">
            <a href="../chatbot2/index.html" id="chatbot-link">
                
            </a>
            <div class="label">Chatbot</div>
        </div>
    </header>

    <2> <html lang="en">
    <10> <body>
    <11>     <header>
    <38>         <!-- Hero Section -->
    <39>
    <40>             <section class="first-sec">
    <41>                 <div class="logo-container">
    <42>                     <h1 id="title">LIVE IT RIGHT</h1>
    <43>                     <p id="subtitle">Healthy & Easy</p>
    <44>                     <a href="../signup&login-page/login.html">
    <45>                         <button id="Login-btn">Login</button>
    <46>                     </a>
    <47>                     <p id="welcome-msg" style="margin-top: 10px;"></p>
    <48>
    <49>             </div>
    <50>             <div class="img">
    <51>                 
    <52>             </div>
    <53>         </section>
    <54>         <section class="categories">
    <55>             <div class="category" id="recipes" data-link="../Recipies-page/index.html">
    <56>                 
    <57>                 <p>Recipes</p>
    <58>             </div>
    <59>             <div class="category" id="products" data-link="../product-page/index.html">
    <60>                 
    <61>                 <p>Products</p>
    <62>             </div>
    <63>             <div class="category" id="alarm" data-link="../alarm-page/alarm.html">
    <64>                 
    <65>                 <p>Alarm</p>
    <66>             </div>
    <67>             <div class="category" id="Health-Awareness" data-link="../Health-Awareness/index.html">
    <68>                 
    <69>                 <p>Health Awareness</p>
    <70>             </div>
    <71>         </section>
```



```

2 <html lang="en">
10 <body>
55   <section class="categories">
72     <div class="category" id="doctors" data-link="..../Doctors-page/index.html">
73       
74       <p>Doctors</p>
75     </div>
76   </section>
77   <div id="custom-alert" style="display: none;">
78     <div class="alert-box">
79       <p id="alert-message"></p>
80       <button onclick="closeAlert()">OK</button>
81     </div>
82   </div>
83
84   <footer class="footer">
85     <div class="footer-container">
86       <div class="footer-section" id="footer-sec">
87         <footer id="About">
88           <h3 style="padding: 0px 24px;">About Live It Right</h3>
89           <p>
90             Live it Right is a smart and supportive platform built for people with dietary sensitivities such as diabetes, gluten intolerance, and lactose intolerance -
91             <a href="..../About-us/index.html" class="footer-contact-link" style="padding: 0 0px;">Read more...</a>
92           </p>
93         </footer>
94       </div>
95
96       <div class="footer-section" id="footer-sec2">
97         <h3>Company</h3>
98         <ul>
99           <li><a href="javascript:void(0)" onclick="openModal('privacyModal')">Privacy Policy</a></li>
100          <li><a href="javascript:void(0)" onclick="openModal('termsModal')">Terms of Service</a></li>
101          <li><a href="..../signup&login-page/signup.html">Subscribe</a></li>
102          <li><a href="javascript:void(0)" onclick="openModal('joinModal')">Join Us</a></li>
103        </ul>
104      </div>
105
106    <div id="privacyModal" class="custom-popup">
107      <div class="custom-popup-content">
108        <p style="line-height: 1.6;">At Live it Right, your privacy matters to us. When you use our site, we may collect some basic information like your name and email to
109        <br>
110        If you have any questions about your data, feel free to contact us through the "Contact Us" page. If you have any questions about your data, feel free to contact us
111        <br>
112      </div>
113    </div>
114
115    <div id="termsModal" class="custom-popup">
116      <div class="custom-popup-content">
117        <span class="close" onclick="closeModal('termsModal')">&times;</span>
118        <h2>Terms of Service</h2>
119        <p style="line-height: 1.6;">By using Live it Right, you agree to follow the terms below: <br>
120          - You will not use the site for harmful, illegal, or misleading purposes. <br>
121          - All health tips and recipes shared are for general educational purposes and should not replace professional medical advice. <br>
122          - All content on the website is protected by copyright and cannot be copied or reused without permission. <br>
123        </p>
124      </div>
125    </div>
126
127    <div id="joinModal" class="custom-popup">
128      <div class="custom-popup-content">
129        <span class="close" onclick="closeModal('joinModal')">&times;</span>
130        <h2>Join Us</h2>
131        <p style="line-height: 1.6;">Want to be part of a project that helps people live healthier lives? <br>
132          Live it Right is looking for people who care about wellness: doctors, nutritionists, healthy food lovers, or even volunteers with a big heart. <br>
133          If you've got an idea, skill, or passion to share - we'd love to hear from you! <br>
134          Let's work together and make a real difference! <br>
135        </p>
136        <div class="btn-link2">
137          <a href="..../contact-us/index.html" class="btn-link">Contact us</a>
138        </div>
139      </div>
140    </div>
141
142  </div>
143
```

```

2 <html lang="en">
10 <body>
84   <footer class="footer">
85     <div class="footer-container">
86       </div>
105      <div class="footer-section" id="footer-sec3">
106        <h3>Stay In Touch</h3>
108        <div id="contact">
109          <div class="contact-link">
110            | <a href="../contact-us/index.html" class="footer-contact-link">Contact Us</a>
111          </div>
112          <div class="social-icons">
113            <a href="https://www.facebook.com/profile.php?id=61575890995307&mibextid=wwXIf&mibextid=wwXIf"><i class="fab fa-facebook-f"></i></a>
114            <a href="https://www.instagram.com/p/D1AFp9VXccC/?igsh=Y3ExNko2dzscjz2"><i class="fab fa-instagram"></i></a>
115            <a href="https://wa.me/01158609004"><i class="fab fa-whatsapp"></i></a>
116          </div>
117        </div>
118      </div>
119      <div class="footer-section" id="footer-sec4">
120        <p style="font-size: 16px; width: 350px;">© 2025 Live It Right. All rights reserved.</p>
121    </div>
122
123  </div>
124 </div>
125 </footer>
126
127
128 <div id="privacyModal" class="custom-popup">
129   <div class="custom-popup-content">
130     <span class="close" onclick="closeModal('privacyModal')">&times;</span>
131     <h2>Privacy Policy</h2>
132     <p style="line-height: 1.6;">At Live it Right, your privacy matters to us. When you use our site, we may collect some basic information like your name and email to pr
133     <br>
134     We promise to keep your data safe. We do not share your personal information with third parties.
135     <br>
136     We may use cookies to improve how the website functions – but you can always manage this in your browser settings.

```

CSS:

```

1 * {
2   margin: 0;
3   padding: 0;
4 }
5
6 body {
7   font-family: Arial, sans-serif;
8 }
9
10 .header {
11   display: flex;
12   align-items: center;
13   justify-content: space-between;
14   background-color: #b7c9c8;
15   font-weight: bold;
16   font-style: italic;
17   font-size: 1.25rem;
18 }
19
20 .logo-container {
21   display: flex;
22   gap: 10px;
23   width: 175px;
24   height: 175px;
25 }
26
27
28 .menu {
29   flex-grow: 1;
30   text-align: right;
31 }
32
33 .menu a {
34   text-decoration: none;
35   color: #3333;
36   font-size: 18px;
37   padding: 10px 20px;
38   transition: all 0.3s ease-in-out;
39 }
40
41 .menu a:hover,
42 .menu a.active {
43   background-color: #2fc2ae;
44   color: black;
45   border-radius: 5px;
46 }
47 /*Chatbot*/
48
49
50
51 .welcome-message {
52   color: #333;
53   font-size: 18px;
54   font-weight: bold;
55   margin-top: 5px;
56   margin-left: 10px;
57 }
58 .first-sec {
59   display: flex;
60   align-items: center;
61   justify-content: space-between;
62   height: 50vh;
63   background-color: #b7c9c8;
64   color: #333;
65   font-weight: bold;
66 }
67
68 /* Logo Container Inside Hero */
69 .first-sec .logo-container {
70   flex: 1;
71   display: flex;
72   flex-direction: column;
73   align-items: center;
74   justify-content: center;
75   text-align: left;
76   padding-left: 50px;
77 }
78
79
80 /* Hero Image */
81 .img {
82   flex: 1.07;
83   display: flex;
84   justify-content: flex-end;
85   height: 100%;
86 }
87
88 .img img {
89   width: 150px;
90   height: auto;
91   object-fit: contain;
92 }

```

```

47  /*Chatbot*/
48
49
50
51  .welcome-message {
52    color: #333;
53    font-size: 18px;
54    font-weight: bold;
55    margin-top: 5px;
56    margin-left: 10px;
57  }
58  .first-sec {
59    display: flex;
60    align-items: center;
61    justify-content: space-between;
62    height: 50vh;
63    background-color: #b7c9c8;
64    color: #333;
65    font-weight: bold;
66  }
67
68  /* Logo Container Inside Hero */
69  .first-sec .logo-container {
70    flex: 1;
71    display: flex;
72    flex-direction: column;
73    align-items: center;
74    justify-content: center;
75    text-align: left;
76    padding-left: 50px;
77  }
78
79
80  /* Hero Image */
81  .img {
82    flex: 1.07;
83    display: flex;
84    justify-content: flex-end;
85    height: 100%;
86  }
87
88  .img img {
89    width: 150%;
90    height: auto;
91    object-fit: contain
92  }
93
94
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260
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263
264
265
266
267
268
269
270

```

```

271 .footer-section ul li a:hover {
272   text-decoration: underline;
273   color: #0088cc;
274 }
275
276 .social-icons a{
277   font-size: 40px;
278   color: #0088cc;
279   margin: 5px;
280   transition: color 0.3s;
281   text-decoration: none;
282 }
283
284 .social-icons{
285   margin-top: 10px;
286   padding: 0 45px;
287 }
288
289 .social-icons a:hover {
290   color: #0088cc;
291 }
292
293 .footer-contact-link {
294   color: #fff;
295   text-decoration: none;
296   transition: color 0.3s ease;
297 }
298
299 .footer-contact-link:hover {
300   color: #0088cc;
301 }
302
303 .footer-bottom {
304   font-size: 8px;
305   color: #aaa;
306 }
307
308 .footer-contact-link {
309   color: #0088cc;
310   text-decoration: none;
311   font-weight: bold;
312   transition: color 0.3s ease;
313   text-align: center;
314   padding: 0 65px;
315 }
316
317 .footer-contact-link:hover {
318   color: #0088cc;
319 }
320
321 #custom-alert {
322   position: fixed;
323   top: 0;
324   left: 0;
325   width: 100%;
326   height: 100%;
327   background: #0088cc; /* قلل خنيد */
328   display: flex;
329   align-items: center;
330   justify-content: center;
331   z-index: 9999;
332 }
333
334 .alert-box {
335   background: white;
336   padding: 20px 30px;
337   border-radius: 10px;
338   box-shadow: 0 5px 15px #0088cc;
339   text-align: center;
340   max-width: 80%;
341 }
342
343 .alert-box button {
344   margin-top: 15px;
345   padding: 8px 20px;
346   background: #0088cc;
347   color: white;
348   border: none;
349   border-radius: 6px;
350   cursor: pointer;
351 }
352
353 /*Chatbot*/
354 #chatbot-icon {
355   position: fixed;
356   top: 150px;
357   right: 20px;
358   cursor: pointer;
359   z-index: 999;
360   transition: transform 0.5s ease;
361 }
362
363 #chatbot-icon img {
364   width: 100px;
365   height: 100px;
366   transition: transform 0.3s ease;
367   -webkit-transition: transform 0.3s ease;
368   -moz-transition: transform 0.3s ease;
369   -ms-transition: transform 0.3s ease;
370   -o-transition: transform 0.3s ease;
371 }
372
373 #chatbot-icon:hover img {
374   transform: scale(1.2);
375 }
376
377 .label {
378   position: absolute;
379   bottom: -40px;
380   right: 50%;
381   transform: translateX(50%);
382   background: #0088cc;
383   color: black;
384   padding: 5px 10px;
385   border-radius: 8px;
386   white-space: nowrap;
387   font-size: 14px;
388   opacity: 0;
389   transition: 0.3s;
390   pointer-events: none;
391   z-index: 999; /* تأكيد فوق الكل */
392   font-weight: bold;
393   font-style: italic;
394   font-size: 1.25rem;
395 }
396 #chatbot-icon:hover .label {
397   opacity: 1;
398 }
399
400 /* Responsive Styles */
401 @media (max-width: 768px) {
402   .header {
403     flex-direction: row; /* تغيير ترتيب العناصر ليكون عمودي */
404     align-items: center; /* معاذه العناصر في المنتصف */
405     justify-content: space-between; /* ليكون أكثر تناسب */
406     padding: 10px 0px; /* إغاثة */
407   }
408
409 .menu {
410   display: flex;
411   text-align: center;
412   justify-content: space-between;
413   /* يجعل لزرو ابطال قبره في المنتصف عند الشاهاط المفبرقة */
414   /*transform: translateX(20px); */;
415   -webkit-transform: translateX(-20px);
416   -moz-transform: translateX(20px);
417   -ms-transform: translateX(20px);
418   -o-transform: translateX(20px);
419 }

```

```

421 .menu a {
422   font-size: 14px; /* تغيير حجم الخط في الموبايل */
423   padding: 8px 15px; /* في الموبايل تقليل padding */
424   display: block; /* جعل الروابط تظهر في صفحه جديدة */
425 }
426
427 .logo-container {
428   width: 88px; /* تقليل حجم الشعار */
429   height: 80px; /* تقليل اارتفاع */
430   margin-right: 10px;
431 }
432
433 /* تقليل المسافة بين الروابط في حالة الشاهد المفتوحة */
434 .menu a {
435   margin: 5px 0;
436 }
437
438 /* تقليل حجم أيقونة الشات */
439 #chatbot-icon {
440   top: 120px; /* تعدل مكان أيقونة الشات لتكون أقرب من الهيدر */
441   right: 10px; /* تعدل المكان لتظهور بشكل أقل في الشاهد المفتوحة */
442 }
443
444 #chatbot-icon img {
445   width: 88px; /* تقليل حجم أيقونة */
446   height: 80px; /* تقليل اارتفاع */
447 }
448 .category.locked::after {
449   content: "Login is required";
450   position: absolute;
451   bottom: 29px;
452   left: 18%;
453   transform: translateX(-7%);
454   background: #rgba(0, 0, 0, 0.845);
455   color: #fff4f4;
456   font-size: 9px;
457 }
458
459
460
461 /* آخر عنصر يتحرك */
462 #Health-Awareness,
463 #doctors {
464   margin-right: -67px;
465   justify-content: center;
466   justify-self: center;
467 }
468
469 /* Small mobile screens - less than 430px */
470 @media (max-width: 430px) {
471   .category {
472     width: 120px;
473     height: 150px;
474   }
475   .category p {
476     font-size: 14px;
477   }
478
479 /* Footer Responsive Adjustments */
480 @media (max-width: 1024px) {
481   .footer-container {
482     flex-direction: column;
483     align-items: center;
484     height: auto;
485   }
486
487   .footer-section {
488     max-width: 40px;
489     text-align: center;
490   }
491   /* #footer-sec{
492     transform: translate(-32%, -1%); */
493 }
494   #footer-sec2{
495     transform: translate(50%, -140%); */
496 }
497   #footer-sec3{
498     transform: translate(0%, -160%); */
499 }
500   #footer-sec4{
501     transform: translate(0%, -190%); */
502     -webkit-transform: translate(0%, -190%); */
503     -moz-transform: translate(0%, -190%); */
504     -ms-transform: translate(0%, -190%); */
505     -o-transform: translate(0%, -190%); */
506   } */
507
508   .social-icons {
509     padding: 0;
510     justify-content: center;
511   }
512
513   @media (max-width: 600px) {
514     .footer-section h3 {
515       font-size: 18px;
516       padding: 0;
517     }
518     .footer-section ul,
519     .social-icons,
520     .footer-contact-link {
521       padding: 0;
522     }
523
524   /* Responsive */
525   .category {
526     width: 120px;
527     height: 150px;
528   }
529   .category p {
530     font-size: 14px;
531   }
532
533   .category {
534     width: 120px;
535     height: 150px;
536   }
537
538   .category p {
539     font-size: 14px;
540   }
541
542   .category {
543     width: 120px;
544     height: 150px;
545   }
546
547   .category {
548     width: 120px;
549     height: 150px;
550   }
551
552   .category {
553     width: 120px;
554     height: 150px;
555   }
556
557   .category {
558     width: 120px;
559     height: 150px;
560   }
561
562   .category {
563     width: 120px;
564     height: 150px;
565   }
566
567   .category {
568     width: 120px;
569     height: 150px;
570   }
571
572   .category {
573     width: 120px;
574     height: 150px;
575   }
576
577   .category {
578     width: 120px;
579     height: 150px;
580   }
581
582   .category {
583     width: 120px;
584     height: 150px;
585   }
586
587   .category {
588     width: 120px;
589     height: 150px;
590   }
591
592   .category {
593     width: 120px;
594     height: 150px;
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597   .category {
598     width: 120px;
599     height: 150px;
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601
602   .category {
603     width: 120px;
604     height: 150px;
605   }
606
607   .category {
608     width: 120px;
609     height: 150px;
610   }
611
612   .category {
613     width: 120px;
614     height: 150px;
615   }
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993     width: 120px;
994     height: 150px;
995   }
996
997   .category {
998     width: 120px;
999     height: 150px;
1000 }

```

```

572 .footer-section ul,
573   .social-icons,
574   .footer-contact-link {
575     padding: 0;
576   }
577
578 .alert-box {
579   width: 90%;
580   padding: 15px 20px;
581 }
582 }
583
584
585 /* Responsive adjustments for .first-sec */
586 @media (max-width: 768px) {
587   .first-sec {
588     display: flex;
589     flex-direction: row;
590     width: auto;
591     height: 250px;
592     padding: 25px;
593     align-items: center;
594     justify-content: center;
595     gap: 20px;
596   }
597
598   .first-sec .logo-container {
599     padding: 0;
600     margin: 0;
601     text-align: center;
602     display: flex;
603     flex-direction: column;
604     align-items: center;
605     z-index: 99;
606   }
607
608   .first-sec .img {
609     margin-top: 2px;
610     width: 100%;
611     display: flex;
612     justify-content: center;
613   }
614
615   .first-sec .img img {
616     width: 100%;
617     height: auto;
618     z-index: 89;
619     object-fit: contain;
620   }
621
622   #title {
623     font-size: 1.7em;
624     margin: 0;
625     white-space: nowrap;
626   }
627
628   #subtitle {
629     font-size: 1.2rem;
630     margin: 5px 0;
631   }
632
633   #Login-btn {
634     font-size: 1.2rem;
635     padding: 10px 30px;
636     margin-top: 10px;
637   }
638 }
639 /* Responsive adjustments for .first-sec on iPad Air 5 */
640 @media (max-width: 820px) {
641   .first-sec {
642     display: flex;
643     flex-direction: row;
644     width: auto;
645     height: 250px;
646     padding: 25px;
647     align-items: center;
648     justify-content: center;
649     gap: 20px;
650   }

```

JAVA SCRIPT:

```

1  document.addEventListener("DOMContentLoaded", function () {
2    const loginLink = document.getElementById("login");
3    const loginBtn = document.getElementById("Login-btn");
4    const welcomeMsg = document.getElementById("welcome-msg");
5
6    const username = localStorage.getItem("username");
7    const isLoggedIn = localStorage.getItem("loggedIn") === "true";
8
9
10   if (isLoggedIn) {
11     if (loginLink) loginLink.textContent = "Logout";
12     if (loginBtn) loginBtn.textContent = "Logout";
13     if (welcomeMsg) welcomeMsg.textContent = `Welcome, ${username}!`;
14   }
15
16
17   function handleLogout() {
18     localStorage.removeItem("loggedIn");
19     location.reload();
20   }
21
22   if (loginLink) {
23     loginLink.addEventListener("click", function (e) {
24       if (isLoggedIn) {
25         e.preventDefault();
26         handleLogout();
27       }
28     });
29   }
30
31   if (loginBtn) {
32     loginBtn.addEventListener("click", function (e) {
33       if (isLoggedIn) {
34         e.preventDefault();
35         handleLogout();
36       }
37     });

```

```

71 chatbotIcon.addEventListener("click", () => {
72   setTimeout(() => {
73     |   chatbotImg.style.transform = "translateY(0)";
74     }, 300);
75   });
76
77
78 function showAlert(message) {
79   document.getElementById("alert-message").textContent = message;
80   document.getElementById("custom-alert").style.display = "flex";
81 }
82
83 function closeAlert() {
84   |   document.getElementById("custom-alert").style.display = "none";
85 }
86
87
88
89
90
91 document.addEventListener("DOMContentLoaded", function () {
92   const loginLink = document.getElementById("Login");
93   const loginBtn = document.getElementById("Login-btn");
94   const welcomeMsg = document.getElementById("welcome-msg");
95
96   function updateUI() {
97     const username = localStorage.getItem("username");
98     const isLoggedIn = localStorage.getItem("loggedin") === "true";
99
100    if (isLoggedIn) {
101      if (loginLink) loginLink.textContent = "Logout";
102      if (loginBtn) loginBtn.textContent = "Logout";
103      if (welcomeMsg) welcomeMsg.textContent = `Welcome, ${username}!`;
104    } else {
105      if (loginLink) loginLink.textContent = "Login";
106      if (loginBtn) loginBtn.textContent = "Login";
107      if (welcomeMsg) welcomeMsg.textContent = "";
108    }
109  }
110
111  const categories = document.querySelectorAll(".category");
112  const protectedLinks = [
113    './Recipes-page/index.html',
114    './Doctors-page/index.html',
115    './alarm-page/alarm.html'
116  ];
117
118  categories.forEach(category => {
119    const targetLink = category.getAttribute('data-link');
120
121    if (!isLoggedIn && protectedLinks.includes(targetLink)) {
122      category.classList.add('locked');
123    } else {
124      category.classList.remove('locked');
125    }
126
127    category.addEventListener("click", () => {
128      if (!isLoggedIn && protectedLinks.includes(targetLink)) {
129        showAlert("Login is required to access this section!");
130      } else {
131        if (targetLink) {
132          window.open(targetLink, '_blank');
133        }
134      }
135    });
136  });
137
138}); const chatbotIcon = document.getElementById("chatbot-icon");
139 const chatbotImg = document.getElementById("chatbot-img");
140
141 chatbotIcon.addEventListener("click", () => {
142   chatbotImg.style.transform = "translateY(-10px)";

```

```

const readMoreBtn = document.getElementById("readMoreBtn");
const popupModal = document.getElementById("popupModal");
const closeBtn = document.querySelector(".close-btn");

readMoreBtn.addEventListener("click", function (e) {
  e.preventDefault(); // prevent link navigation
  popupModal.style.display = "block";
});

closeBtn.addEventListener("click", function () {
  popupModal.style.display = "none";
});

window.addEventListener("click", function (e) {
  if (e.target === popupModal) {
    popupModal.style.display = "none";
  }
});

function openModal(id) {
  document.getElementById(id).style.display = "flex";
}

function closeModal(id) {
  document.getElementById(id).style.display = "none";
}

window.onclick = function(event) {
  const modals = document.querySelectorAll(".custom-popup");
  modals.forEach(modal => {
    if (event.target === modal) {
      modal.style.display = "none";
    }
  });
};

document.addEventListener("DOMContentLoaded", function () {

  function handleLogout() {
    localStorage.removeItem("loggedIn");
    localStorage.removeItem("username");
    updateUI();
  }

  if (loginLink) {
    loginLink.addEventListener("click", function (e) {
      const isLoggedIn = localStorage.getItem("loggedIn") === "true";
      if (isLoggedIn) {
        e.preventDefault();
        handleLogout();
      }
    });
  }

  if (loginBtn) {
    loginBtn.addEventListener("click", function (e) {
      const isLoggedIn = localStorage.getItem("loggedIn") === "true";
      if (isLoggedIn) {
        e.preventDefault();
        handleLogout();
      }
    });
  }

  updateUI();

  window.addEventListener("storage", function (event) {
    if (event.key === "loggedIn" || event.key === "username") {
      updateUI();
    }
  });
});

```

To learn more, visit our website at:

<https://arwaseada.github.io/Final-Live-It-Right/Graduation%20project%202025/Home-page/index.html>

Survey Questions :

<p>* ما عمرك؟</p> <p><input type="radio"/> أقل من 18</p> <p><input type="radio"/> 18-24</p> <p><input type="radio"/> 25-34</p> <p><input type="radio"/> 35-44</p> <p><input type="radio"/> أكثر من 45</p> <p>* ما هو جنسك؟</p> <p><input type="radio"/> ذكر</p> <p><input type="radio"/> أنثى</p>	<p>هل ترى أهمية في وجود قسم يقدم إسعافات أولية ومعلومات طبية سريعة للحالات الطارئة؟ *</p> <p><input type="radio"/> نعم</p> <p><input type="radio"/> لا</p> <p><input type="radio"/> ربما</p>	<p>ما الذي قد يجذبك لاستخدام منصة تهتم بالغذاء والصحة؟ *</p> <p><input type="radio"/> البحث عن منتجات مناسبة</p> <p><input type="radio"/> تتبع النظام الغذائي أو الصحي</p> <p><input type="radio"/> مقالات ووعي صحي</p> <p><input type="radio"/> مجتمعات تفاعلية ومشاركة التجارب</p> <p><input type="radio"/> Other:</p>
---	---	---

*** هل تتحقق من المكونات أو القيم الغذائية قبل شراء المنتجات؟**

- دائمًا
- أحياناً
- نادراً
- لا أفعل ذلك أبداً

*** من أين تشتري منتجاتك الغذائية بشكل أساسى؟**

- صيدليات
- سوبرماركت
- متاجر إلكترونية
- متاجر متخصصة (عضوية أو خالية من مواد معينة)

*** كيف تقيّم وعي المجتمع بالنظام الغذائي والصحة الغذائية؟**

- لا يوجد وعي
- ضعيف
- متوسط
- جيد
- ممتاز

*** ما أكثر التحديات التي تواجهك في الحفاظ على نظام غذائي صحي؟**

- الأكل خارج المنزل
- صعوبة إيجاد منتجات مناسبة
- الأسعار المرتفعة
- قلة الوعي بالمكونات
- Other:

*** هل تعاني أو تعرف شخص يعاني من أي من الحالات الصحية التالية؟ (يمكن اختيار أكثر من واحدة)**

- عدم تحمل اللاكتوز
- حساسية الجلوتين (سيلياك)
- مرض السكري (نوع ١ أو ٢)
- لا أعاني من أي منها
- أتابع نظاماً صحياً أو رياضياً بدون وجود حالة طبية

*** سواء كنت تعاني أو لا تعاني من مشكلة صحية، هل تهتم بصححتك الغذائية بشكل عام؟**

- نعم، جداً
- نعم، إلى حد ما
- لا أهتم كثيراً
- لا أهتم إطلاقاً

إذا كنت تعاني من حالة، إلى أي مدى تؤثر على حياتك اليومية؟

- لا تؤثر
- تأثير بسيط
- تأثير متوسط
- تأثير كبير
- تأثير شديد جداً

* ما أكثر التحديات التي تواجهك في الحفاظ على نظام غذائي صحي؟

- الأكل خارج المنزل
- صعوبة إيجاد منتجات مناسبة
- الأسعار المرتفعة
- قلة الوعي بالمكونات
- Other: