

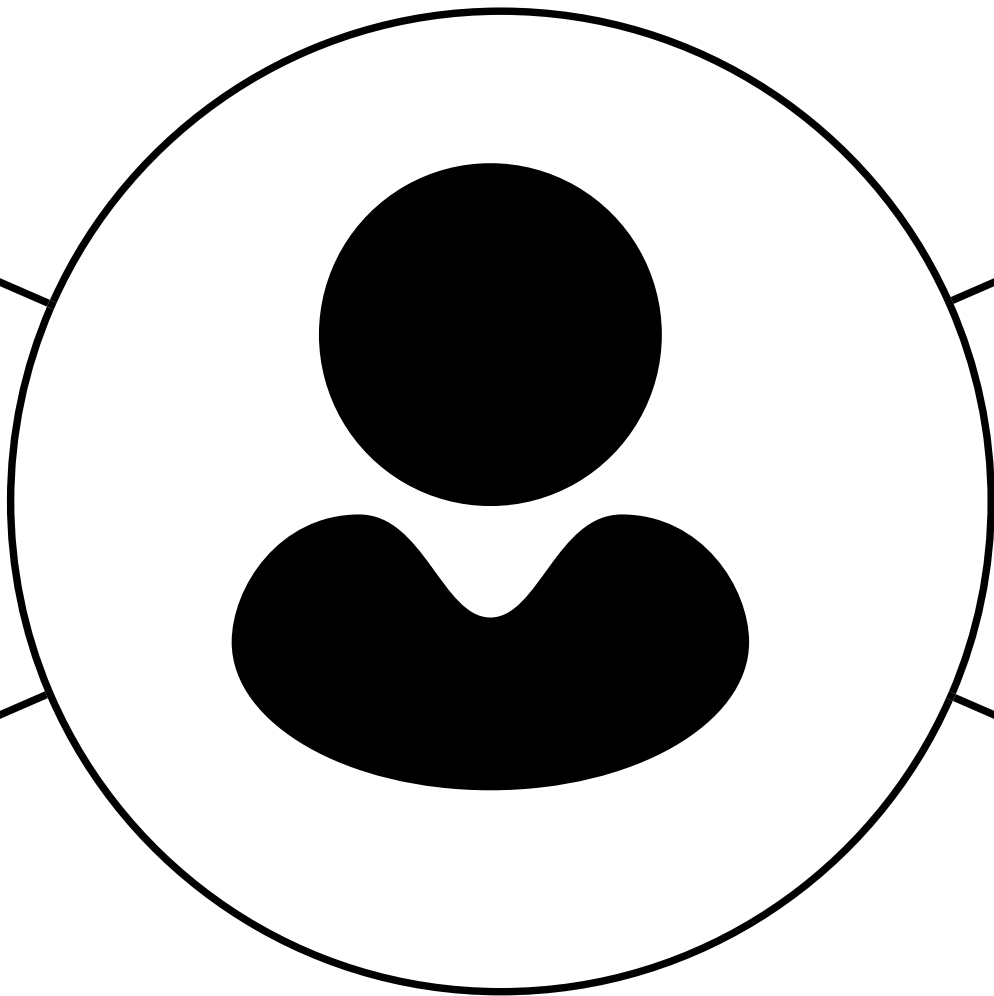
A healthy diet makes the brain happy , so we should all pay attention to what we eat

Critical thinking requires the ability to observe, analyze form a conclusion about the information gathered

On the other hand, a diet contains healthy nutritions such as omega-3 fatty acids, is beneficial for brain beath

What do they
THINK AND FEEL?

what really counts
major preoccupations
worries & aspirations



take a balanced diet so that you stay fit and healthy

Nutritional factors can affect a variety of diseases such as HL,humans

In addition to mal nutrition obesity was reported as a risk Factor for HL

peoply making themselves lead a bad condition by intaking roadside foods

friends see nutrition analyser as a useful thing as it manages he health .

market sometimes offer food which are in high content of chemicals which are harmful to our health

What do they
SEE?

environment
friends
what the market offers

What do they
HEAR?

what friends say
what boss say
what influencers say

What do they
SAY AND DO?

attitude in public
appearance
behavior towards others

It is the process of determining the nutritional content of food

It ensures compliance with trade and food laws

It is a vital part of analytical chemistry that provide information about the chemical composition, processing, quality control and contamination of food

PAIN

fears
frustrations
obstacles

Poor dietary and nutritional choices can increase your pain by increasing your waistline

A potential disadvantages of nutritional therapy is high cost of food

losing or maintaining weight reduces the load on Joints, and reduces Melta-inflammation.

GAIN

“wants” / needs
measures of success
obstacles

the health of the person can be monitored accordingly

At GAIN you can expect a working environment characterized by energy and driven ideas

Most people know good nutrition and physical activity can help to maintain the healthy weight.