Nutrition – Your Natural Medicine

Team-Alpha Minds

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Problem Statement:-

Poor nutrition can harm brain and body function impacting memory, focus, mood , and impact on ill persons. yet many people overlook how their daily diet affects health. Despite this link, accessible tools to analyze eating habits and suggest brain-friendly and disease friendly nutrition are still lacking.

OBJECTIVE:-

- By this project we try to reduce medicinal use and increase nutritional intake.

- Nutrition, the study of how diet impacts brain health , function and overall body.

- Nutrition is important because it highlights the crucial role of specific nutrients in supporting optimal brain performance, mood, and cognitive abilities.

- It emphasizes that just as poor nutrition can lead to physical health problems, it can also negatively affect mental well-being and brain function.

Solutions:-

The Nutrition – Your Natural Medicine uses a combination of machine learning, neuroscience databases, and diet analyses:

- Analyse current diets through food logging or image input.

- Map of nutritional values.

- Recommend brain-boosting foods and meals.

- Region wise diet recommendation and easy to follow the diet plan

- Diet suggestions according to your disease or overall health.

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Work Plan:-

1.Research & Setup

- Define target users, Design , connect data source
- Core Features Development
- Knowledge graph linking nutrients to neural functions

2.Intelligence Layer

- AI food feedback assistant and Report scanner
- Brain health forecasting engine and many more.

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Key Features:-

- Nutrient mapping and suggestions of proper diet plans.

- AI-generated recommendations based on user habits and goals.

- Doubt solver (related to diet and body functioning).

- Heart, kidneys, skin care, eyes, etc. Customized diet plan for other parts of the body.

- Report scanner for people's current health problems and give them

Proper solution

Work of this project for people

- Awareness about various type of disorder like "NEUROLOGICAL ,GENETIC, HEREDITORY, etc".

- Process report weekly and monthly.

- Neuro-diet generator.

- Age wise neutrition plan for different types of "DIFFICIENCY, DISORDERS, and DISEASES".

- Water intake tracker and meditation tracker.

- Preventive measures for peoples to avoid occurance of diseases.

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Research done for this project:-

According to IQVIA institute of human data science

- Global use of medicines grew by 14% over the past five years and a further 12% increase is expected through 2028, bringing annual use to 3.8 trillion defined daily doses

- Global spending on medicine using list prices grew by 35% over the past five years and is forecast to increase by 38% through 2028.

According to WHO

- In 2022, 2.5 billion adults were overweight, including 890 million who were living with obesity, while 390 million were underweight.

- Globally in 2022, 149 million children under 5 were estimated to be stunted (too short for age), 45 million were estimated to be wasted (too thin for height), and 37 million were overweight or living with obesity.

According to Food and Agriculture Organization (FAO)

- The FAO reported that 295 million people faced acute food insecurity in 2024, a rise from 281.6 million in 2023.

Conclusion:-

Our project reframes nutrition as a natural medicine, using AI to personalize diet suggestions that support brain health and prevent illness. By combining neuroscience, health data, and machine learning, we make healthy eating practical, personalized, and proactive. It's not just about food—it's about future-ready wellness.

Thank You.