**Food As Medicine [title]**

**How food nourishes and protects your body?**

What you choose to eat has profound effects on your overall health.

[subtitle]

[Starting]

**"Food As Medicine" : term coined by Hippocrates 2500 years ago!!!!**

**[title1]**

You know your diet plays a huge role in weight and energy, and [even your mood](https://www.everydayhealth.com/wellness/united-states-of-stress/ultimate-diet-guide-stress-management/). Good nutrition and what you put into your body is the foundation for good health. “Food as Medicine” is a term which was originally coined by Hippocrates, the father of Western medicine; it was his belief that eating wholesome food is the basis for good health.  Hippocrates said almost 2500 years ago “Leave your drugs in the chemist's pot if you can heal the patient with food."

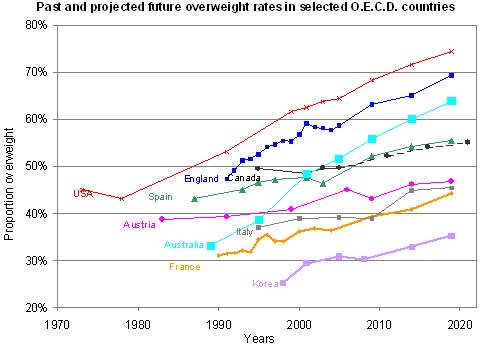
Centuries ago the earliest known doctors and health practitioners across the world imparted the benefits of using food as medicine to heal the body and now based on research it is clearly evident that food plays a major role in health and how you feel on a day to day basis.

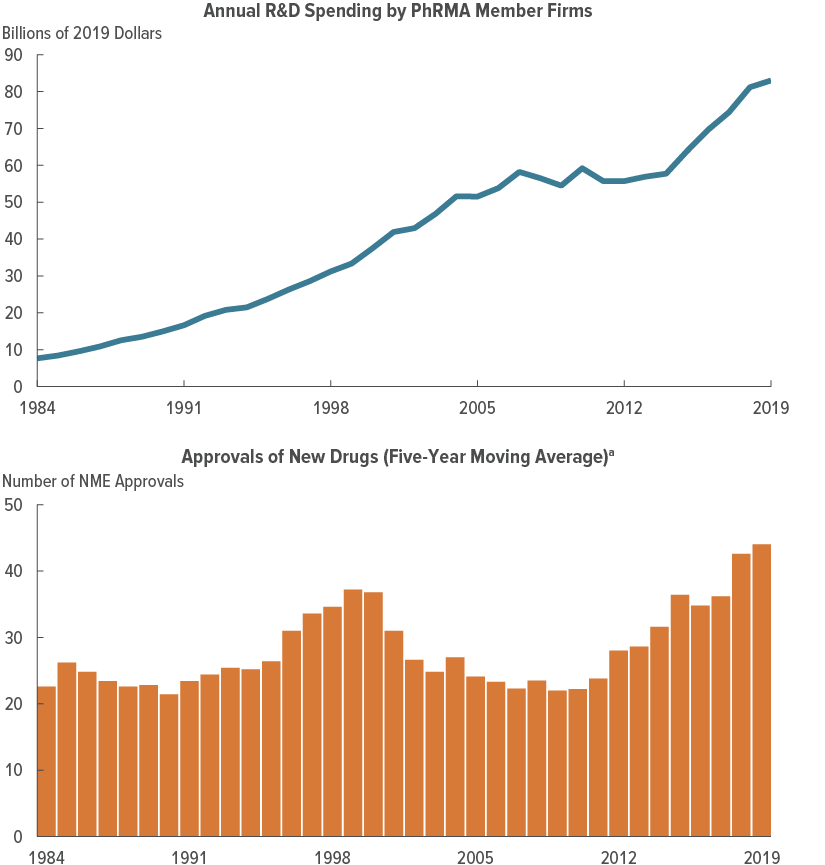
Hippocrates believed that illness stemmed from inadequate nutrition and bad eating habits and that if people were to learn good eating habits then optimum health would be restored.  Long before doctors and medicine was commonly used, wise tribal elders would seek out healing herbs and plants for their community and food would be applied prescriptively to bring about healing.  Slowly through the years man has moved away from the healing power of nature and towards prescribing packaged synthetic drugs and artificial remedies to deal with illness.

Consequences Of usage of chemical drugs

[title 2]

The reality is that because we have shifted away from natural remedies and many of us rely on a diet of processed, fatty and sugar-laden food the consequences are that rates of obesity and disease have increased significantly.





Here above you can see two graphs one of them is that of propotion of overweight and other one is of increase in purchase of medicines over the years.

If you observe both the graphs carefully you will find that both the graphs are interrelated from which we can easily conclude that there is some relation between the increase in the usage of medicines and the increase in obesity.

This is one of the many consequences which are being observed by scientists over the year that how depending too much on chemical drugs are making are life worsen.

If food has the power to prevent much of the chronic illness we experience today then it makes sense to alter our diets to use it to our own advantage to not only heal and restore the body but also to prevent illness.  Although taking pharmaceutical drugs for ailments may be useful, they often come with short and long term side effects and contribute to the toxic build up in our bodies.  While drugs are important in life threatening situations, if long term conditions can be managed with diet and lifestyle changes then using food as medicine must be considered as a initial way of tackling the issue and preventing future health problems.

Health practitioners and scientists are now uncovering the benefits of Nutrigenomics and the whole notion that food is information that speaks to our genes and triggers messages that create health or disease. There are many factors that culminate to bring about disease such as stress, nutrition, hormone balance, the health of our gut, and the importance of detoxification and food.

What it actually means to be healthy?

Being healthy means putting the right fuel into your body and having your internal engine run smoothly. Every meal that you consume influences the way that you feel one way or another so the more nutritious foods you choose, the healthier you will be. Whole foods act as medicine to heal and protect your body and give the immune system a break from dealing with toxins, preservatives, additives and chemicals that are included in so many of today's processed foods.

If you are eating junk food everyday with little or no nutrition, your body will not be receiving all of the nutrients it needs to function properly and health issues can arise. All that your body can operate on are the foods that you choose to put into it. Healthy nutrient-rich and alive foods help to heal the body at cellular level and build strong defenses enabling you to combat illness and environmental toxins.

Make your own diet according to your health need:

You may want to consider a food elimination diet to find out which foods you may have a sensitivity or allergy too. For some people raw food although perceived as healthy, is way too hard on their inflamed and delicate digestive systems and they may need to begin by incorporating a liquid diet such as juicing and eating soups and easily digestible foods until their gut heals. Fish oil is a great way to naturally combat inflammation too.

Numerous foods have specific healing properties such as garlic and onions which include antibiotic and antifungal properties.  Particular chronic conditions such as arthritis and celiac disease benefit from a specialized diet and avoiding particular foods. There are foods which reduce inflammation and ones that help lower cholesterol such as fish and omega 3 fatty acids. Doctors recommend eating at least two servings of fish a week. It’s always good to try and get the nutritional benefits from your food and not rely on synthetic supplements (unless you are on a specific diet such as veganism in which case you may need to include a [vegan multivitamin.](http://www.futurekind.com/)

[bhaiya idhar aapki sahitya cha hiye idhar bhi kuch likh do lol]

Recipie section

Talking about food remedies India has a long history and culture of it. [ bhaiyaaaa idhar kuch likh do lol aap as a funny type kuch logon jab corona aaya tha toh kaise ghar pe log kara bna kar peete hote the vaisi aap examples kuch daal dena]

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