Diet plays a vital role in the maintenance of good health and in the prevention and cure of disease. The human body builds up and maintains healthy cells, tissues, glands and organs only with the help of various nutrients. The body cannot perform any of its functions be they metabolic, hormonal, mental, physical or chemical without specific nutrients. The food which provides these nutrients is thus one the most essential factor in building and maintaining health.

Nutrition, which depends on food, is also of utmost importance in the cure of disease. The primary cause of disease is a weekend organism or lowered resistance in the body arising from the adoption of a faulty nutritional pattern. There is an elaborate healing mechanism within the body but it can perform its functions only if it is abundantly supplied with all the essential nutritional factors.