GLOBAL FORUM OF INNOVATION IN NUTRACEUTICALS AND NATURAL MEDICINE

Let Food Be Your Medicine and Medicine Be Your Food

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Abstract:

Food is necessary for building the body and it forms the physical and chemical system. The energy comes from the food we eat. It is responsible for the promotion of health, brings about immunity and happiness. It acts as the medicine for the body and helps in the prevention of diseases like obesity, stroke and kidney stones when a proper diet is followed respectively. Food and proper lifestyle constitute the normal functioning of all the sense organs and keeps us away from all the disorder and bring about proper neurocognition. Ayurveda is an age-old medicine, where the method of intake of food, concept of season according food, taste and according to disease has been widely accepted. It says that we should start our intake of food with sweet taste which in turn brings satiety and proper digestion is brought about by intake of ginger and salt before each meal. Bioavailability of Pepper (Piper longum) has been identified, widely used in the preparation of both food and medicine. Also, intake of water at proper time is important as it has role in metabolism accordingly. Food when taken at proper time, with appropriate combination, proper quantity will have desired effect on the body. Our body has a repair system by which cells are replaced every minute, appropriate nutrient and minerals is needed at peak for the repair therapy. Therefore, food is fuel for each cell in our body.

EAT HEALTHY AND LIVE HEALTHY.



Biography:

Dr Shaily Agarwal, Author, BAMS (Bachelor of Ayurvedic Medicine and Surgery), post graduate student in preventive and social medicine, nutrition and dietic, yoga in the esteemed institute of Ayurveda, Sri Sri college of ayurvedic science and research hospital, Bangalore, India. Also, author of book **TATTVA-Eat and Live** on food and lifestyle. Has conducted various workshop for women and school children for bringing about awareness on food and lifestyle. Her expertise in diet modification and passionate in improving health and wellbeing.

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