



HOLISTIC NUTRITION-EATING FOR MIND, BODY & SOUL

Dogra A.

Mahila Kala Mahavidhyalaya, Umred (M.S) India
 Email: anantrdjoshi@gmail.com

Abstract: In today's fast-paced, high-demand world, we have become a culture focused on convenience and that includes how we eat. When hunger strikes, it's much easier to open a can, unwrap a package or pop a lid than it is to actually prepare a fresh meal. But according to holistic nutritionists, the cost of convenience is not so much the impact on your pocketbook, as it is the impact on your health. Holistic sports nutrition takes the whole person into account: mind, body and spirit. True athleticism happens when a person is healthy, happy, focused, and nurtured.

Keywords: Holistic, Mind, Body and Spirit

Introduction:

What is holistic nutrition?

Holistic nutrition is all about eating healthy food as close to its natural state as possible for optimum health and wellbeing.

Holistic nutrition include

Unrefined,
 Unprocessed,
 Organic and

Locally grown whole foods.

It's an approach to eating that very consciously considers everything that's eaten and focuses on eating for health above all else.

Top Health Benefits of A Holistic Diet

This science believe that food is not only fuel, but medicine for the body.

As once stated by Hippocrates,
 "Let food be thy medicine and medicine be thy food,"

Which is a principle embraced and promoted by holistic nutritionists.

By following a holistic nutrition plan, you may experience a number of health benefits, such as the following:

- Weight loss and weight management
- Disease prevention
- Increased energy levels
- Improved mood
- Better sleep
- Improved skin tone and texture
- Strengthened immune system
- Balanced blood sugar levels

- Reduced cholesterol and blood pressure levels
- Improved digestion and relief from constipation

Additionally, holistic nutritionists believe that many chronic illnesses can be prevented or improved through diet, and promote the use of holistic nutrition to manage conditions such as:

- Diabetes
- Obesity
- Arthritis
- Heart disease
- High blood pressure
- Cancer etc

Is holistic nutrition right for you?

Food in its natural state is what humans were meant to eat, but over the decades convenience has nudged out some of these healthier choices.

Start small by

Replacing with water or fresh organic juices,
 Shop at your local farmer's market,
 Buy organic when you can,
 Avoid packaged foods whenever possible.

10 principles for healthier eating

Eat whole, raw foods:

This is nutrition in its simplest form and is as easy as it sounds. For a healthy snack, eat an apple, banana, carrot, grapes, melon, or your favorite fruit or vegetable the

way nature intended – raw and unprocessed!

Go organic:

Avoid pesticides, herbicides, antibiotics and hormones in your food by selecting organic options whenever possible. Plus, organic food tastes better and may be more nutritious.

Lose the sweet tooth:

Refined and artificial sweeteners may taste sweet, but their impact on your health is anything but. It will take time, but by replacing sugar, corn syrup and sweeteners with naturally sweet alternatives like fruit, you will reap significant health improvements

Drink your water:

There's nothing new here – eight glasses a day is recommended by holistic nutritionists to promote good digestion and health. However, avoid (or significantly reduce) alcohol and all caffeinated beverages.

Reduce your sodium intake:

Sodium is one of the key factors in developing hypertension or high blood pressure. Although the ideal daily sodium consumption is between 1,500 and 2,300 milligrams, most people eat much more than they should. Reduce your salt intake by avoiding processed food and by keeping the salt shaker off the dinner table.

Buy local produce:

Produce that's grown locally not only looks and tastes better; it's also more nutritious. In fact, it's often better to eat local, fresh produce that's not certified organic than it is to buy certified organic food that was shipped a long distance. Consider growing some of your own fruits and veggies, or visit your farmer's market for local produce.

Eliminate white flour:

Many holistic nutritionists will recommend the elimination of all wheat from the diet. If this isn't an ideal option for you, go with whole grain options instead .

Eat healthy fats:

Healthy fats are important for good health, so be sure to incorporate moderate amounts of organic cold-pressed oils in your meal preparation. For high-heat cooking, select oils that can stand up to the heat such as organic coconut oil.

Watch your portions:

Even when you're eating healthy food, it's still important to be mindful of your portion size.

Everything in moderation:

Food is one of life's greatest pleasures. Have fun with food, indulge in a treat occasionally and give yourself permission to enjoy your favourite, not-so-healthy meal once in a while. Healthy eating shouldn't be about deprivation – it's about making good choices most of the time for sustained success.

Conclusion:

To keep our body cells running properly, they must be supplied with correct amount of food, having required chemicals in ratio of the food, which our body needs, and it is called Nutrients. What we eat directly affects our health. A proper diet helps in prevention of certain illness and also helps in recovery from diseases / injuries. Eating holistic diet will make mind, body and Spirit more suitable for performing any task.

References:

- 1) Basic concepts in nutrition, DNHE-Nutrition for the Community, IGNOU, New Delhi, Sept 2014.
- 2) <http://www.instituteofholisticnutrition.com>
- 3) <http://www.holistic-wellness-basics.com/holistic-nutrition.html>
