

Diet Management

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The right eating pattern is a key to healthy life. Calorie restriction has been proved to be a great tool to retard aging process. The calorie restriction differs from under nutrition and starvation.

Calorie restriction: Means avoid over eating. Eat as per the requirement of the body and that too the balanced nutrition.

Under nutrition

Deprivation of nutrition. This leads to many deficiency diseases and premature aging.

Starvation: Staying hungry either due to non affordability, non availability or psychologically in an attempt to be in shape (e.g. Anorexia Nervosa).

Adverse effects of Crash diets:

1. Hormonal Imbalances.
2. Premature aging.
3. Loss of skin texture.
4. Wrinkles.
5. Hair loss.
6. Premature graying of hairs.
7. Loosening of tooth.
8. Weight fluctuations.
9. Water loss/Dehydration.
10. Loss of muscle mass.
11. Exercise intolerance.
12. Loss of Bone mass.
13. Loss of libido.
14. Irregular menstrual in women.
15. Impotence in men.
16. Infertility
17. Irritable mood.
18. Depression.
19. Neuro-psychiatric problems.
20. Memory loss.
21. Poor sleep.
22. Lack of concentration.
23. Deficiency diseases like :
 - Anemia.
 - Nerve damage.
 - Oral ulcers.
 - Non healing wounds.
 - Rashes.

The diet management should be done by the trained physicians (M.D.) or a nutritionist under supervision of a physician.

Various factors to be kept in mind while formulating a diet plan:

1. Increased protein intake may cause kidney failure in Diabetic patients.
2. Low Carbohydrate and high fat diets are useful in Chronic Arthritic patients



3. High Carbohydrate diet is good for Liver Cirrhosis patients.

4. Low Calorie balanced diet is appropriate for weight loss in otherwise healthy individuals.

Obesity has many causes; hence merely diet management may not help. On the contrary avoiding the underlying cause may aggravate the problem. The physician with his thorough knowledge of Medicine can find the underlying cause and plan the best protocol of Medicines + Diet + Exercise regimen for the patient.

Food Faddism , Food Cultism and Food Quackery are few concerns to be dealt with while consulting an individual for diet management.

What is Food Faddism?

Exaggerated belief in the effects of specific aspects of nutrition on health and diseases.

What is Food Cultism?

Belief about food that contain a religious or philosophical component, often with the involvement of charismatic authority figure.

What is food Quackery?

Implication of fraud but also



refers to people who are sincere in their beliefs but misguided in the promotion of questionable diet therapies.

Physical, mental and spiritual well-being is natural health.

Signs of natural health

Getting deep sleep

Feeling energetic after getting up in the morning

Smooth bowel movement

Feeling enthusiastic throughout the day

Stomach is flatter than chest

Lack of urge for intoxicating and aphrodisiacal substances

Always feeling happy

Potential to work for hours without tiring

Tendency to be involved in creative activities

Glow on the face

Shining and fearless eyes

Ever smiling face

Feeling youth and new power

Productive thought process

Normal physical processes

Soft spoken



Signs of unhealthy body:

Abnormal physical process

Shallow sleep

Bowel movement is not smooth

Loss of appetite

Urge for spicy food

Badly smelling skin

Stomach fatter than chest

Feeling uncomfortable after meal

Baldness is a sign of diseased

body

Destructive thought process

Lose temper

Irritating behaviour

Laziness

Not interested in any work

Getting easily tired

Any type of addiction

Swelling around eyes

Marks etc. on faces

Headache