

Nutrition, a Future Medicine

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Research....Since 1964, after passing Homoeopathy Exam, started using those medicines but not happy with the results, particularly on Hepatoma and Hepatitis hence switched over to Ayurveda.

After Ayurvedic practice for some years, thought why to use even Ayurvedic preparations for treating the patients?

Hence for last more than 26 years using, Naturopathy, a Nutrition based diet for treating the patients and getting good results.

The father of the modern medicine, Hippocrates has rightly said 2500 years before that, Let FOOD BE THY MEDICINE and Medicine be thy Food. Many hundreds of experiments have been performed, to get a solution for the drugs and chemicals for treating the human ailments. Thus Nutrition will play major roll henceforth.

Modern science and Traditional Indian wisdom can be very useful for solving many health issues through Nutrition. This can be useful for maintaining immunity and enhancing it by use of various dosages of vitamins and minerals.

Along with nutrition, Genetic factor also role to play but that does not mean that the person should throw all sensibility to the wind and stuff himself with fat and sugar.

Food Safety and Standards Authority of India came out with slogan to say that reduce Fat, Salt and Sugar from their present intake.

Many times I have seen that, people taking drugs to lower cholesterol and on the other hand eating very oily and spicy non vegetarian foods. Fats can upset the balance of our hormones which are linked to certain types of cancer, particularly breast cancer. On the other hand high fiber diet and prevent colon cancer.

Japanese have virtually no cancer of breast, colon or prostate. And very less heart and artery related problems.

With the proper Nutrition and suitable exercise or Yogasanas a person can live longer life like 80+ and then their heart can work as well as of 20 year young one.

Biography:

Dr. Prakash Kondekar currently is Director of Indian Institute of Naturopathy, India. He Conducted 18 Workshops-Health Mgmt-UK-USA-Germany, Mauritius, Singapore, UAE, Vietnam, Austria, Italy & India, 465 workshops. He is faculty member of Food Laws, Science, Microbiology departments, Mumbai & Saurashtra University.