

Human Behavior Medicine: Psychological Imbalances and Prevention Long-Term Serious Disease and Disorders

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“As Health Advocates it is our responsibility to provide the highest level of healthcare, medical resources, and discover groundbreaking programs and services in order to educate, equip, and empower communities to thrive in society and become more resilient for the future”.

“As Health Advocates we must attain education and research though we must understand the value of application as is applies to intervention and preventative measures of human longevity, well-being, and increased performance”.

Nutritional Choices, Recreational Activity, and Rehabilitation Therapy on Depressive Disorders and Behavior

Lack of nutrition due to insufficient intake of energy and macronutrients or due to deficiencies in specific micronutrients which can impair the immune system, suppressing immune functions which is the framework for protection of not only physiological functioning though strongly related to psychological well-being. The immune system acts to protect the host from infectious agents that exist in the environment (bacteria, viruses, fungi, parasites) and from other noxious insults. The adequate functioning of this defensive system is critically determined by nutrition and further secondary psychological impairments (i.e. depression and anxiety) have been shown to increase. Without adequate nutrition, the immune system is clearly deprived of the components needed to generate an effective immune and behavioral response and function in homeostasis. Human malnutrition is usually a complex syndrome of multiple nutrient deficiencies that may affect an individual’s psychological well-being which was previously an onset before nutrition deficiency occurred (Markrides, 2010). Several post-deployment U.S. Military Veterans whom have suffered from PTSD and TBI due to blunt force trauma have been shown to have positive alterations and reformation of neurons in the brain through proper dietary choices, recreational therapy and rehabilitation of adaptive sports activities. Combined treatments of cross functional holistic healthcare have increased dopamine receptors providing in-sight to groundbreaking areas of memorization and concentration within Wounded Veterans, having increased performance and decrease in depression and mood disorders. Nutrition plays a role in the building blocks of lifespan development, motor skills, and ability to perform and provide reaction responses psychologically at higher capacities, which improves concentration and processing under certain environmental and social stressors (Noronha, 2010). Providing proper exercise prescription combined with the removal of certain additives and preservatives can have significant response upon sleep cycle which have been shown to alter depressive moods, in also providing reconstruction of the neuroplasticity of the brain (Spelman, 2012). The combination of behavioral responses upon those struggling with depressive disorders can have significant adverse response when substances are digested, such as alcohol, caffeine, and heavy doses of refined sugar. Providing populations with proper healthcare guidance as it relates to each individual’s biological make-up and possible allergies is essential to having breakthroughs within psychological, physiological, and overall behavioral outcomes of increased readiness and performance.

Dietary habits are a major aspect of people’s lifestyles that influence health, morbidity, and mortality for a range of conditions. Food

pattern consumption and their relation to mental health have received some attention in research to develop an understanding between nutrition and effects on depressive episodes. For example, some observational and experimental studies explored the effects of carbohydrate intake on mood. Other studies have assessed the association between stress and food selection, reporting that selection could be predicated upon mood (lonely, sad, grief, or boredom). These findings are important to understand when dealing with proper behavioral changes and recommendations for nutritional selection. Carbohydrate consumption has been hypothesized to relieve depressive moods, and this has been considered as part of the causal link for developing obesity. The association has also been seen in the opposite direction, with stress and depressive symptoms resulting in poorer food choices. The effects of stress on daily food choices show that people experiencing periods of stress reported overeating foods they would normally avoid, and in return hopes to boost their energy levels. It is important to obtain valuable knowledge and develop understanding of cross-functional rehabilitation activities, dietary choices, physical activity that not only becomes a tool for intervention though prevention measures when dealing with the daily changes of our lives and become more aware of what causes positive effects on resilience for our future.

Usually recreational and rehabilitation services and programs are dependent upon a case-to-case basis for proper recommendations, for some populations the social and environmental aspect can bring healing and restoration psychologically. Adaptive sports programs have provided an outlet socially, environmentally, psychologically, and physiologically for those with visible and invisible wounds. It is necessary to properly assess population's needs and discover stimulus that provide positive effects upon psychological well-being while motivating the individual to overcome physiological barriers. It is important to remember working with populations with Depressive Disorders that the health advocate should remind them of the "mood" or "feeling" before, during, and after they have chosen certain nutritional options and engaged in physical activity. The main focus should be positive reinforcement of revealing behavioral breakthroughs and tracking alteration of mood as the individual proceeds to make specific lifestyle changes.

Men vs Women: Intervention of Physiological, Psychological, and Behavioral Health Issues, Body Image, and Prevention of Chronic Disease

A study which was conducted by Department of Health Education at University of California (2008), examined the **issues** in undergraduate men that identified similarities and differences between their population and undergraduate women. Researchers categorized respondents by **gender** and by presence or absence of an **eating** disorder. The study compared undergraduate men with an **eating** disorder with undergraduate women with an **eating** disorder and undergraduate men without an **eating** disorder. The conclusion of the study found that patterns of responses suggest that undergraduate men with an eating disorder are preoccupied with body shape and image but not necessarily with losing weight. In comparison to the women in the study which believed losing weight and becoming preoccupied with scales and weighing themselves was their main focus. Furthermore, studies have shown that early physical maturation has different effects for boys and girls in the United States. Boys who physically mature early tend to enjoy a more positive psychological adjustment overall, with better scholastic performance, better self-image, though tend to have behavioral problems and report higher levels of stress due to social pressure for occupational performance and social economical increase. For girls, early physiological development and maturation is often associated with lower self-esteem, negative effects neurologically, and social and environmental behavioral issues. However, females tend to be more aware of their health and take a more proactive role early on in developing motor skills, academic disciplines, and physical activity as a priority. It is important that both genders are educated in the preventative in holistic healthcare and the difference in the "Failure to thrive" which is a concept that focuses upon "emotional health and maturity" and less variables upon the "nutritional changes" when dealing with behavioral outcomes. Many researchers have found that emotional stability can be linked to preoccupation of food consumption leading to body dysmorphic disorder and certain eating disorders; though nutritional change is not the root cause of the problem and emotional and psychological instability should be addressed as health advocates and professionals.

American Journal of Clinical Nutrition shows that daily doses of oil containing omega-3 fatty acids, combined with moderate exercise like walking for 45 minutes, can result in significant weight loss for men. The study examined the effects of fish oil and exercise, alone and together, on fat mass, lean mass and cardiovascular health in 75 overweight adults (population age range 25-45). The participants of the study were divided into four groups:

1. group taking fish oil and exercise;
2. taking just fish oil;
3. sunflower oil without exercise; and
4. sunflower oil and exercise.

Body composition was assessed at the beginning of the study and at the end, the use of dual energy X-ray absorptiometry. The results of the study found that individuals who exercises 45 minutes three times a week and were given fish oil lost around 1.5 kilograms of fat compared to the other groups. Fish oil is a major dietary supplement for men in particular because of the studies shown to decrease body fat when placed with proper nutrition and moderate activity. Fish oil has been linked to prevention of men and women's health issues:

1. heart disease;
2. diabetes; and
3. cancer

Males compared to females are less vocal about their body image issues, though this doesn't mean that they do not exist and have the same impact and negative effects upon neurological development, social and motor skill, and occupational performance within society. Studies have shown direct correlation between men whom take care of their health and occupational performance which ties into their economic status. Men and women in society have varies degrees of nutritional needs for longevity, prevention of chronic illness, and life expectancy with healthy psychological and physical hemostasis. It is important to know that males tend to deal with social pressure of alcohol consumption which can in return have an impact on bone formation and possible occurrence of osteoporosis due to lack of calcium absorption. Men tend to struggle with pressures in society and media because of the increased exposure to professional athletes, organizations that promote success, strength, and power that sends perceived messages of ideal body images linked to social acceptance. Women also have similar pressure though increased focus upon thinness correlating into successful, worthy, and motivated. Women whom tend to be overweight struggle in society with preconceived notions and stereotypes of being unsuccessful, lazy, and inability to maintain household, these judgments can lead to psychosocial issues and ramifications which can have negative impact on motivation, self-defeating behavior, and overcoming changes occupationally and personally.

Men and women differ in body image issues, eating disorders, and the acceptance in behavior within society. Women often with eating disorders and body image issues are looked at as insecure, weak, and inability to control one-self emotionally and mentally, developing unstable psychological patterns of thought, feeling, unstable emotions which effect brain and behavior outcomes. Men tend to be more accepted when pursuing body image, physical appearance and performance, and looked at as gaining control, stability, and taking ownership over their lives. Both are dealing with similar eating disorders, body image issues, and nutritional restriction though one is more accepted within our society in proper gender role identification and appearance.

Furthermore, we cannot identify gender roles and predetermine the health, well-being, and overall longevity of a person's life based on physical appearance. It is apparent that psychological and emotional well-being is compromised in order to attain ideal body image which can cause long-term chronic illness and neurological dysfunction within eating disorder populations. Researchers need to study the overall holistic healthcare needs of individual's emotional state, psychological stability and neurological development, and physiological performance in order to determine proper treatment options and healthcare needs.

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