

## A Healthy Person is Someone Considered to be in Balance Mentally and Physically

**Alda Zeidan Salem\***

*Clinical Dietitian and Nutrition Specialist, Accredited Obesity Specialist, American University of Beirut, Lebanon*

**\*Corresponding Author:** Alda Zeidan Salem, Clinical Dietitian and Nutrition Specialist, Accredited Obesity Specialist, American University of Beirut, Lebanon.

**Received:** November 15, 2019; **Published:** November 21, 2019

When we talk about mental health we think about the mood, anxiety, stress, behavior...unfortunately we never consider the tight connection between mental health and physical health.

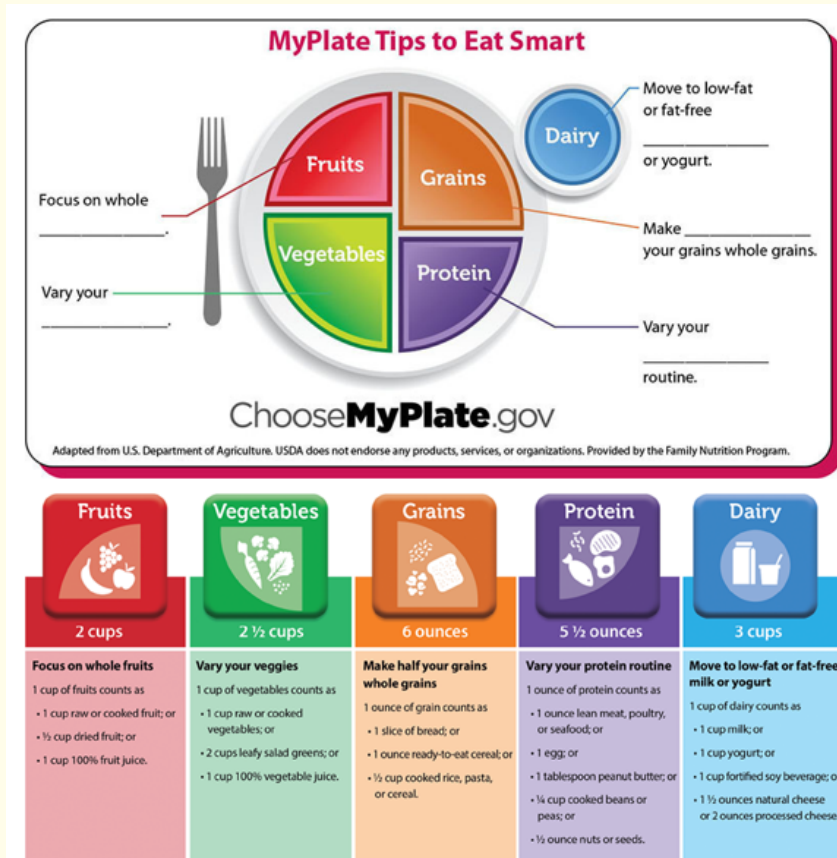
Being physically healthy involves not only how you look, but also how you feel and your overall health.

Some of the measures of physical health are hidden, showing up in blood tests, blood pressure, inflammation, disease.... However, when you implement measures to improve these health indicators, your physical shape will probably improve as well.

The starting point of Physical health is the eating pattern. A healthy diet is a major issue to be considered.

A Healthy or Balanced Diet is the one that includes all the nutrients it needs to function correctly. It is not about limitations to stay unrealistically thin or depriving yourself of the foods you love.

Here is the summary of what a balanced diet should look like



Each and every group mentioned above is the provider of Macronutrients (carbohydrates, protein, and fat) and Micronutrients (vitamins and minerals). Our body, in order to function well needs all of them on a daily basis.

Food is directly responsible for our well-being, in excess mode it can lead to diseases and in cancel mode it can lead to discomfort and lack of immunity...

For example: Individuals who consume a diet rich in nuts, fish, poultry, vegetables, fruits, and olive oil-based salad dressings but low in high-fat dairy products, red meat, organ meats, and butter have a reduced risk for Alzheimer's disease.

The dietary pattern reflects a diet rich in  $\omega$ -3 (fish) and  $\omega$ -6 polyunsaturated fatty acids (olive oil), vitamin E, and folate but poor in saturated fatty acids (fried food) and vitamin B12.

**Migraine condition:** According to a report published in the journal *Pediatric Neurology*, the list of foods, beverages, and additives thought to trigger migraine symptoms in some people includes:

- Cheese
- Chocolate
- Citrus fruits
- Hot dogs
- Monosodium glutamate
- Aspartame
- Fatty foods
- Ice cream
- Caffeine withdrawal
- Alcoholic drinks, especially red wine and beer.

Another example is Inflammation, we can fight it with:

- **Omega-3 fatty acids:** Found in fish oils, recommended 150g/week or 2-gram fish oil capsule/day or 3 walnuts/day.
- **Green tea:** 3 cups/day
- **Turmeric:** A ginger like plant that has curcumin as its active ingredient Seems to reduce inflammation. 1/8 of a teaspoon.
- **Jojoba beans:** They tune up the system. They also increase good cholesterol levels and raise leptin levels to curb hunger. 50 mg/ Kg of weight.
- **Beer:** Only one glass a day...but, beware of belly fat!!

Also, soy products, flaxseed, flaxseed oil, rye, broccoli, cauliflower, rosemary, red wine, grapes, red or purple grape juice, dark chocolate, cabbage, spinach and garlic.

There are plenty of examples that we can consider showing the tight link between nutrients and the well-being therefore a healthy person.

Nothing can outcome a healthy mind within a healthy body. Be wise whenever you plan your daily diet. Respect the choices and the quantities to avoid making mistakes that can lead you to dramatic pathways sometimes very complicated and so difficult to reverse without additional harm.

**Volume 14 Issue 12 December 2019**

**©All rights reserved by Alda Zeidan Salem.**