

## **Personal Responsibility: Prevention of Food and lifestyle diseases**

The food and lifestyle are entirely under the control of an individual and in the case of child and young adult, under the control of the responsible parent. The individuals, therefore, are empowered with the choices and decisions on critical health-related issues such as:

- When to eat
- What to eat
- How often to eat
- Mobility, Activity, and exercise
- When to sleep
- How much to sleep
- Finally, learn and understand the cause of the disease. Knowledge is empowering. It allows an individual to follow a sensible food and lifestyle plan to prevent and reverse most food and lifestyle diseases.

Greek Physician and philosopher Hippocrates (400 B.C.), considered the father of modern allopathic medicine, had by far the best idea for the prevention of modern food and lifestyle disorders:

**“If we could give every individual, the right amount of good nourishment (not too much, not too little), and the right amount of exercise (not too much, not too little), we would have found the safest and easiest way to health.”**

Hippocrates’s enduring wisdom, declared over 2000 years ago is what the current global population need to adopt, to overcome the fast-growing epidemics of obesity, diabetes, high blood pressure, and heart disease.

Mahatma Gandhi, father of free India, in a similar sentiment emphasized the role of parents and stated:

**“If we made people aware of how to keep healthy, starting from very young age, they will not suffer from disease and disability, thereby, saving the families, communities, and nation as a whole greatly on human suffering and financial resources.”**