

## **Allopathic Medicine has failed in the Prevention and cure of the Food and Lifestyle diseases**

Allopathic medicine has focused primarily on the treatment of the symptoms of these diseases. The patients do not get any firm medical plans for the prevention, reversal or cure of the disease. The patients, therefore, remain dependent on the medications for the remainder of their living life. Good examples:

- Diabetes –Medications to lower blood sugar.
- High Blood Pressure –Medications to lower blood pressure
- Heart Disease –Medications to lower cholesterol (Statins)
- Obesity – Short term Low Calorie/Aerobic exercise plans which invariably fail
- Acid reflux disease –Medications to lower stomach acidity.

All the above diseases can be reversed, cured or better controlled by food and lifestyle modifications.

Unfortunately, traditional medical disciplines like Ayurveda, Naturopathy, and Homeopathy also do not have a cure for food and lifestyle diseases. The simple reason is that these diseases did not even exist in the ancient nonindustrialized world. However, adopting healthy holistic food and balanced lifestyle guidelines, promoted by these older disciplines of medicine, can help in the prevention and better control of these disabling diseases