

## **Where should we start**

The Physicians, Nutritionists, Dieticians are overwhelmed by the flood of patients from the ever-growing epidemic of a long list of Food and Lifestyle diseases. Amongst city dwellers obesity affects every third adult and child, for one diagnosed diabetic, there are two more who are pre-diabetic. Many young adults suffer from metabolic syndrome, young girls from PCOS (Polycystic ovarian syndrome). The infertility rates amongst the young city-dwellers are growing at an alarming pace.

A sensible approach to overcoming these disabling food and lifestyle diseases is prevention and reversal by focusing on the cause, which is unhealthy food and unbalanced lifestyle. The Food and Lifestyle are personal choices; adopting holistic foods and balanced lifestyle, therefore, should become a personal responsibility. In the case of children, that becomes the moral responsibility of the parents to protect the health and future potential of their children.