

**Opinion Article***Copyright © All rights are reserved by Linda Berking*

Nutrition and Complementary and Alternative Medicine

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Complementary and Alternative medicine (CAD) utilizes non-conventional and in some cases conventional medicine together. (CAD) emphasizes disease prevention, general well-being, and a holistic approach to health. Many different areas make up the practice of CAD. They include dietary practices, movement therapy, mind and body connection, and touch therapy [1].

Public interest regarding CAD has increased and the public is looking to their healthcare providers for direction. Many healthcare professionals consider CAD as natural and effective and support their use as a complement to conventional therapy. Healthcare professionals have voiced the lack of scientific evidence and lack of regulatory standards as major concerns, plus many healthcare professionals have received limited training in this area [2]. Increasing the difficulty of guiding the public.

Over the centuries, we have gone from a simple diet consisting of meats, fruits, vegetables, and grains, to a diet that often consists of foods rich in fats, oils, and complex carbohydrates. Nutritional excess and deficiency have become problems today, which has led to certain chronic diseases.

Studies show that eating habits play a major role in the development of certain chronic diseases, including heart disease, obesity, cancer, and diabetes. Making changes to diet can help prevent and treat these conditions. For example, lowering certain fats and cholesterol and adding whole grains to your diet can help prevent atherosclerosis which can lead to heart disease or stroke [2]. Cutting down on simple sugars can help prevent diabetes,

and diets high in fiber can help control diabetes. As healthcare professionals, we prescribe these diets after a diagnosis of heart disease or type 2 diabetes. Why not before?

Scientists have found many other connections between diet and disease. In a clinical study of 20,000 men, for example, eating one fish meal per week was linked to a 52% reduction in the risk of sudden death from a heart attack. Fish is high in omega-3 fatty acids, which can protect the heart from fatal arrhythmias. A higher ratio of sodium to potassium is associated with an increased risk of heart disease [2]. A high intake of fruits, vegetables, and legumes is associated with a lower risk of developing heart disease.

There are many ongoing studies regarding clinical nutrition. Some results show diets high in folate may lower the risk of stroke and heart disease. Eating small amounts of fish when pregnant may protect against early delivery and low birth weight infants. These are just a few examples of how diet may affect health.

Some myths regarding healthy eating, I am young, and I don't need to concern myself with this now. My weight is fine. I have a busy life and don't have time to grocery shop or cook. As a society, we need to make diet a priority, research has shown diets high in fat and processed foods lead to disease [3]. Healthy eating needs to start with our youth, not after a diagnosis. Hopefully, shortly healthcare professionals will be asking What do you nurture your body with during our annual exams?

Acknowledgement

None.

Conflict of Interest

The author declares that there is no conflict of interest.

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