
Vegetarian Food Items Naturally Cure Diseases

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Abstract / सारांश

Diet is the mainstay of naturopathic treatment. It is said in the Sanskrit literature that within grains there is life and it is with grains only that life persists. Vegetarian diets consist of important components of food. Vegetarian food supplies adequate nutrients for life expectancy . Regular consumption of these vegetarian foods ensures physical and mental development and also protects from various diseases. Cereals and pulses are a good source of energy and protein strengthens the body and is used in various diseases. Vegetables and fruits also protect from various diseases. Spices Besides providing aroma also plays a protective role. Honey is also used as medicine and jaggery is highly beneficial ,rich in iron and also help to prevent various kinds of heart diseases. The vegetarian diet sometimes work as a healing medicine for some diseases.

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Introduction**“Food is the medicine and medicine is the food”**

Life cannot be sustained without adequate nourishment. Man needs adequate food for growth, development and to lead an active and healthy life. Diet and nutrition plays a vital role in determining the healthy lifestyle and one has to carefully analyze the diet, which he consumes in his day-to-day life. Nutrition affects how the body looks, feels and performs. Healthy changes in diet and lifestyle can help to reduce the risk of dying from diet related diseases and improve your quality of life. ***Diet is the mainstay of naturopathic treatment.*** Diet therapy is important in our hospitals for providing immunity. Good nutrition and healthy

choices work as immunity boosters during pandemic of covid and in postcovid treatments also. It nourishes the body and maintains it in a peaceful state. It also purifies the mind, enabling it to function at its maximum potential. The body requires nutrient to produce energy, grow and maintain body tissues and regulate body function. Healthy food supports strong bones, shiny hair, enjoyable moods, clear thinking and powerful immune functions. Healthy food choices are high in vitamins, minerals, phytochemicals, fiber and monounsaturated fats. It includes cereals, fresh fruits and vegetables, nuts and honey.

Similarly the milk obtained from buffalos, cows, goats and other animals and milk products like curd, butter, ghee, etc. are also obtainable from a vegetarian diet. These vegetarian foods provide nutrients in adequate quantity and quality throughout life.

Cereals

Wheat

Wheat is mainly composed of carbohydrates and moderate amounts of protein. Wheat products like roti, broken wheat (dalia), sheera (halwa), bread, biscuits etc are used on daily basis. Whole wheat grain is rich in fiber, helps in constipation and reduce blood sugar levels in the body.

Rice

Brown and white rice are the same grain, just milled differently. Kernels of brown rice have the bran layer intact. The presence of the bran layer makes brown rice more nutritious than

white. Rice and its products are useful in the treatment of malnutrition, fever, diarrhea and abdominal diseases.

Barley

Barley consumed as a whole grain, is a particularly rich source of fiber, molybdenum, manganese and selenium. It also contains copper, vitamin B1, phosphorus, Chromium, magnesium and niacin. Barley can be consumed in the treatment of common colds, asthma, sore throat, fever, skin diseases and urinary tract infection and. Barley water is used for various digestive problems.

Bajra

Bajra contains high amount of magnesium, which is beneficial for keeping the heart healthy. It contains potassium, which dilates blood vessels, allowing blood to flow more easily. This helps in reduction of blood pressure. Bajra contains fiber that is beneficial in reducing LDL, or bad, Cholesterol.

Jawar

Jawar improves digestion. Jowar contains a good amount of fibre, it fights against free radicals, boosts immunity, improves heart health. It controls blood sugar level and is a rich source of protein.

Pulses**Bengal Gram (Chana)**

Bengal Gram dal is a staple ingredient in the Indian cuisine and Gram flour (besan) that also provides protein, boosts energy and the cell functioning. Bengal gram soaked overnight and tied in a loosely woven cotton

cloth will stimulate germination of gram. The nutritive value is improved after germination.

Red Gram Dal (Toor Dal/Arhar)

Toor dal is easy to digest, and is a rich source of minerals and vitamins. Similarly green gram (moong) is also easy to digest and is useful in the various stomach ailments. It offers a variety of health benefits such as improving digestion, in weight management and reducing the risk of several diseases.

Black Gram (Urad): Black Gram Dal (Urad Dal)

Black gram has a high protein value. It is an excellent source of dietary fiber, isoflavones, vitamin B complex, iron, copper, calcium, magnesium, Zinc, potassium, phosphorus which offers healing benefits.

Lentil (masoor and masoor dal)

Masoor dal is rich in protein after soybeans and hemp. It contains a large proportion of dietary fibre. It scores low in glycemic index and it keeps the heart healthy by lowering the cholesterol of the body.

Oils And Oil Seeds

White and Black Gingelly Seeds (Til Seeds)

Both white and black gingelly seeds are useful. Consumption of these eliminates worm infestation from the intestine, and increases strength, strengthens the roots of hair thereby making them healthy. They are beneficial in increasing the milk production in lactating mothers and is also used in treating complaints like polyuria.

The presence of some sort of oil/fat in our diet is also essential. Both types of seeds are a good source of riboflavin, zinc, niacin, iron and thiamine.

Gingelly Oil (Til Oil)

Gingelly oil is used for massaging newborns. It has anti-inflammatory benefits and helps in lowering cholesterol and blood pressure.

Mustard Oil (Sarson or Rai Oil)

Mustards are a rich source of fibre, protein, Vitamin C and several B complex vitamins. Mustard oil is also used for relieving muscular pains.

Groundnuts

These nuts are predominantly used in the western coast of India and are useful in losing weight, boosting memory and controlling diabetes.

Vegetables**Potato**

Potatoes are rich in complex carbohydrates, having a good amount of fibre antioxidants and Vitamin C.

Beetroot

Beetroots are packed with essential nutrients. These are a good source of fiber, folate, manganese, potassium, iron and vitamin C. Beet roots help in lowering blood pressure.

Mustard (Sarson)

Mustard is good for constipation and other abdominal diseases.

Cabbage

Cabbage is loaded with vitamins and minerals. Cabbage contains small amounts of micronutrients including vitamin A, iron and riboflavin. It is rich in vitamin B6 and folate, both of which are essential for many important processes in the body, including energy metabolism and the normal functioning of the nervous system.

Bitter Gourd (Karela)

Bitter gourd is used medicinally for treating Diabetes mellitus. It is a good source of Beta carotene. It is also helpful in boosting immunity.

Amorphophallus (Jimikand Suran)

Suran is useful in the treatment of piles and good for diabetes.

Brinjal (Baingan)

Brinjal is low in calories, a very good source of fibre and antioxidants. Helps in controlling weight, and preventing anaemia and cancer.

Beans (Same Phalli)

Beans are a great source of fiber. It protects against heart disease, high cholesterol, high blood pressure and digestive illness.

Snake Gourd (Padwal)

Snake gourd is a rich source of minerals and vitamins. It regulates the metabolic functions of the body. Its medicinal properties work well for diabetes, jaundice and fever.

Spinach (Palak)

Spinach is a rich source of vitamins and beta carotene and prevents constipation. Spinach also helps in lowering blood

pressure .It is rich in antioxidants, thus preventing malignant tumors.

Amaranth (Chaulai)

Amaranth is a source of vitamin C ,fibre ,magnesium, iron and phosphorus, zinc, folate and Vitamin B6. It is anti-inflammatory and helps in reducing pain of rheumatoid arthritis.

Fenugreek (Methi)

Fenugreek seeds are beneficial for diabetes .It is anti-inflammatory and helps in lowering cholesterol levels.

Ridge gourd (Turya)

Ridge gourd is a rich source of fibre, Vitamin C, vitamin A, magnesium Vitamin B6 and iron. It is anti-inflammatory. It helps in lowering the blood sugar levels.

Coriander (Dhania) and Mint Leaves (Pudina)

Coriander improves the taste of food. Coriander leaves are rich in folic acid, vitamin –A, beta carotene and vitamin-C. They are useful in conditions like arthritis, indigestion, piles, emaciation, intestinal worms and dysentery. Coriander increases HDL cholesterol and reduces LDL cholesterol.

Cucumber (Kakdi, Kheera)

Cucumber is beneficial in various diseases related to it. It regulates blood pressure ,good for hydration, digestion and detoxification and it also reduces the risk of cancer.

Radish (Mulah/Muli)

Radish is a rich source of potassium and Calcium .It is rich in antioxidants and a source of natural nitrates. Radish is

also used for abdominal problems like constipation, flatulence and abdominal distension.

Onions (Pyaz/Kanda)

Onions stimulate the digestive systems. Consumption of onions causes reduction in fever. This vegetable is high in vitamin C, regulates immune health, collagen production, tissue repair and iron absorption. It plays a key role in metabolism, red blood cell production and nerve function. It is also helpful in the treatment of sun-stroke.

Garlic (Lasoon)

Garlic is anti inflammatory and helps in preventing rheumatic pain and arthritis and it also helps in lowering blood pressure.

Fruits**Grapes (Angur)**

Grapes are packed with nutrients especially vitamins C and K, consumed in various diseases and protect health. Grapes are high in antioxidants, beneficial plant compounds that may protect against chronic health conditions, such as diabetes, cancer and heart disease.

Mango (Aam, Amba)

Mango increases strength and sexual potency and cleans and improves the colour of skin. Besides carbohydrates, it also contains vitamin B and E in adequate amounts. It is beneficial in chronic abdominal disorders, diarrhoea, bowel disorders, tuberculosis, cough and deficiencies in the blood. A beverage called pannah which is made from raw mangoes helps in the prevention of sun-stroke.

Banana

Bananas are a healthy source of fiber, potassium, vitamin B6, vitamin C, and various antioxidants and phytonutrients. Bananas are a rich source of carbohydrates. Bananas are good for digestion. These may support heart health.

Orange (Santra)

Oranges contain phytochemicals which protect us from heart disease and cancer. Oranges are a good source of fibre, B vitamins, Vitamin A, calcium and potassium. They are also thought to have some anti-inflammatory, antiviral and antimicrobial benefits.

Sapota (Chikoo)

Chikoo contains dietary fibre and vitamins A, B and C. The fruit is packed with antioxidants and reduce wrinkles and prevent cancers.

Guava (Amrud, Peru)

Guava may help to lower blood sugar levels, may boost heart health, helps in relieving painful symptoms of menstruation, and helps in boosting your immunity.

Apple (Sev)

Apples are useful in the formation of enzymes, blood, muscle and fat. They are also useful in the treatment of bowel disorders like constipation, dysentery and piles.

Figs (Anjeer)

Figs are beneficial in the treatment of constipation, piles, heart problems, jaundice and various diseases of the urinary tract. They also purify the blood.

Musk Melon (Kharbooja)

Musk Melon stops the burning sensation of the skin and reduces excessive thirst. It has been proved to be useful in insanity and for development of neurons of the brain.

Litchi

Litchis are very nourishing. They are beneficial in overcoming weakness that follows an illness. They also purify the blood. They strengthen the digestive system. Lichi juice is useful in urinary disturbances. They have also been proved to be beneficial in regulating heart beats and improving the general resistance of the body.

Papaya (Papita)

Papaya is a delicious fruit and vegetable contains vitamin A, vitamin C and vitamin K A as well as potassium, magnesium, protein, carotene and natural fiber. But not only papaya its seeds also have many qualities. Papaya increases virility. It is beneficial to the heart. It is beneficial to the liver. It is good medicine for constipation and urinary disorders.

Pomegranate (Anar)

Pomegranate is useful in the treatment of bowel disturbances, dysentery, nausea, vomiting, and disorders of the stomach. It is beneficial for the heart. It is useful in the treatment of burning sensation of the eyes, worm infestation in the intestine, fever.

Water Melon (Tarbuj/Kalingad)

Watermelon is a sweet and refreshing low calorie summer snack. It provides hydration and also essential nutrients including vitamins, minerals and antioxidants.

WaterMelon destroys various disorders caused by pitha and reduces the body heat.

Pear (Nashpati)

Regular consumption of Pears has an aphrodisiac effect. Its use is beneficial in loss of appetite, excessive thirst, vomiting and chronic constipation.

Plum (Alubukhara)

Plums are useful in the treatment of piles, body-ache, pain in the joints and in vata-related diseases. It is especially useful in jaundice.

Pineapple (Ananas)

Pineapple is very beneficial for the heart and in the treatment of worm infestation in the intestine, fever, diphtheria, swelling in the body, excess heat in the body, excessive thirst, dizziness and weakness.

Dates (Khajur)

Dates might look like humble fruits, but they are packed with nutrition and have a lot of health benefits. Additionally, they are high in fibre which is good in cleaning the intestinal tract. So they clearly qualify to be called a superfood.

Dates enrich the blood. They are also useful in the treatment of nausea, stomach-ache, fever, influenza, urinary obstruction, constipation and headache. Drinking milk after consuming dates makes the body healthy and strong. Dates are also sexual stimulants.

Dried Dates (Chooara)

Dried dates are beneficial in various abdominal disorders and also stimulate the digestive system.

Bael Fruit (Bel Phal)

Bael Fruit is beneficial in abdominal disorders and it stimulates the digestive system.

Ziziphus (Ber)

Ber is packed with various vitamins and minerals, ber helps in the formation of the blood stream, body hormones, hair, bones, skin, muscles, body enzymes and neurotransmitters..

Almond (Badam)

Almonds are loaded with antioxidants, high in vitamin E ,can lower cholesterol level.

Makhana

Makhana is a good source of protein fibre, along with micronutrients like calcium, magnesium, iron and phosphorus. Consumption of makhana has been shown to support bone health, help reduce blood pressure and decrease cholesterol levels.

Milk and Milk Products**Milk (Dudh)**

Milk contains important nutrients like calcium, phosphorus and vitamin D, it is an excellent source of protein. Drinking milk and dairy products may prevent osteoporosis and bone fractures and even help you maintain a healthy weight.

Curd/Yogurt (Dahi)

Curd is good for digestion, stronger immunity ,reduces high blood pressure and good for bone health.

Clarified Butter (Ghee)

Consumption of ghee rids the body of dryness and the skin becomes soft and the face glows. It also strengthens the bones. It is useful in the treatment of body-ache, pain in the joints

and various other vata-related disorders. Regular consumption of ghee wards off mental disorders. However, excessive consumption, too, is not advisable.

Spices

In our diet we also use small quantities of spices which play a protective role.

Salt (Namak)

It stimulates the digestive system and thus also improves the appetite. In case of chest congestion, stomach-aches, abdominal distension and abdominal cramps and in other such discomforts, relief can be obtained by sucking on a pinch of salt.

Turmeric (Haldi)

Turmeric is useful in conditions of vats, pitha and kapha. It has been proved to be beneficial in the treatment of cough, cancer, syphilis, fever, influenza, polyuria and worm infestation of the intestine.

Asafoetida (Hing)

Asafoetida has been proved to be beneficial in the treatment of flatulence/gas formation, high fever, hysteria, stomach-ache, in children, indigestion, distension and toothache.

Cumin Seeds (Jeera)

They have been proved to be beneficial in loose motions, heart-burn, chronic fever and eructations.

Carmon seeds (Ajwain)

Ajwain is used in the treatment of stomach-ache, loss of appetite, indigestion, distension, constipation, worm infestation of the intestine, asthma for proper digestion of food and diseases of the uterus.

Aniseeds (Saunf)

Aniseeds are useful in the treatment of stomach-ache, piles, constipation, nausea and vomiting.

Cloves (Lavang/Long)

Cloves have been proved to help in the treatment of slight fever, influenza, chronic cold, vomiting during pregnancy and toothache.

Cardamom (Elaichi)

Cardamom is useful in fever, flatulence/gas formation, weak eyesight, aphthous ulcers, nausea and cough with mucus.

Ginger (Adrak)

Ginger should be regularly used to avoid flatulence/gas formation, stomach ache, indigestion, vata-related disorders and loss of appetite. It stimulates the digestive system. It is useful in the treatment of gout, pain in the joints, swelling, abdominal distension, diarrhoea, headache, earache, chronic bowel disorders, excess mucus, cold with a sore throat and cough.

Black Pepper (Kali Mirch)

Black Pepper is beneficial in the treatment of heart diseases, flatulence/gas disturbances, stomach-ache, abdominal distension, piles disturbances, diarrhoea and worm infestation of intestine, cholera, cold, cough, hiccups, pitha-related disorders, weak memory, sore throat and stammering.

Nutmeg (Jaiphal)

Nutmeg has been proved to be beneficial in treating headaches in children, cough, asthma, chronic cold, bodyache, pain in the joints, stomach ache and disorders of the uterus.

Cinnamon (Dalchini)

This helps in the digestion of food. It destroys flatulence. It is useful in bowel disturbances like diarrhea.

Bay Leaf (Tej Patta)

Bay Leaf is beneficial in cold, cough, asthma, chronic cold, body ache, pain in the joints, stomach ache and disorders of the uterus.

Tamarind (Imli)

It is beneficial in the treatment of Pitha in the body, nausea, bleeding piles and tendency towards sunstroke.

Sugarcane (Ganna)

Sugarcane is a good source of energy. It promotes the flow of urine, hence it is useful in urinary stones and urinary infections. It is also useful in jaundice, anaemia and constipation. It strengthens the heart muscle, it is a good source of minerals and it also is a mild sexual stimulant. It is also useful in the treatment of nasal bleeding, hiccups, headache and helps to quench thirst.

Sugar (Shakkar)

Sugar is a good source of energy and it provides relief in fatigue, nausea and vomiting.

Honey (Shahad)

It provides energy and is versatile in its qualities. It enhances the value of the food it is consumed with (e.g. milk). It is useful for treating sore throats, it also improves digestion and is useful in the treatment of cough, asthma, piles, leprosy, tuberculosis, blood disorders, urinary disorders, nausea, vomiting, hiccups, constipation. It is also a food for the complexion. It helps in weight reduction when taken with water. It is very nutritious in combination with milk.

Jaggery (Gur/Gud)

If jaggery is regularly consumed along with the meals, it is highly beneficial to the heart and also helps to prevent various kinds of heart diseases. It also acts as a sex stimulant. Consumption of jaggery with dry fruits is very strengthening. It is beneficial in various vata-related disorders, gout and body ache. Jaggery water cleanses the urinary system and ensures a good flow of urine.

Home Remedies**For throat pain, Cold and Cough:**

- Dried ginger powder ½ tsp, 2-3 black pepper cones, 2-3 cloves, 2-3 cardamon, ½ tsp Cummins seeds should be boiled and add little tea leaves and honey and can be had hot. It gives good relief of the throat pain, cold and cough. It can be taken two to three times in a day.
- Honey mixed with weak tea is useful for gargles in irritant cough.
- One cup thick honey, 1 teaspoon ginger juice, lime juice boiled for 15 minutes and used it like a cough syrup in every hourly 1-2 spoon.

For Diarrhoea

- The nutmeg (Jaiphal) should be powdered and mixed with honey and can be taken during diarrahoea. It can be given to small children also. One teaspoon twice or thrice can be given.

For constipation, hyperacidity and obesity and lower cholesterol level

- One spoon of fresh honey mixed with the juice of a lemon in a glass of warm water should be taken in the morning is very effective for constipation, hyperacidity, obesity and also lower cholesterol levels.
- Eat an apple daily for breakfast and an evening meal for constipation.

For Flu away

- Two medium cloves of freshly crushed garlic
- One cup of very warm water
- One teaspoon of honey
- One teaspoon of lemon juice
- Stir and drink

For skin diseases

- Honey can be applied externally for wounds, sores and burns.

For heart and uterus and for increasing breast milk

- In 1 liter water add one teaspoon cumin seed and boil it. This water should be consumed and it is beneficial for heart diseases and uterus and for increasing breast milk in lactating mothers.

For Night blindness

- 10 ml. white onion juice + 10 ml. honey mix it well and use it as eye drops.

For Diabetes**Postic daliya**

- Wheat 500 gms.
- Bajra 500 gms.
- Rice 500 gms.
- Sabut moong 500 gms.

Dry fry all and make daliya. Add omum seed (Ajwain) 20 gms. And white til 50 gms. In daliya.

Take 50 gms. daliya and add 400 ml. water in it and cook well and add also vegetables and light salt according to taste. This daliya is very beneficial for diabetic patients to cure diabetes, they should take it regularly.

- Mixed cucumber, bitter gourd and tomato juice in equal amounts and should be drunk in the morning for controlling diabetes.
- Jambul seeds dried in shade, powdered and kept stored for use as medicine. One or half of 2 gms. with water twice daily to control diabetes.
- Cinnamon seeds powder is also used as medicine. One or two gms. With water twice daily for control diabetes.

For piles

1. A thick gruel of rice mixed with a glass of buttermilk with banana given twice a day. For piles treatment.
2. 30 gms. finely rubbed the onion in water 60 gms. sugar added twice a day. It's useful in dry piles.
3. Ginger juice mixed with 1 spoon lime juice and mint juice and one tablespoon of honey. Effective medicine for piles.
4. 3 spoon bottle gourd juice mixed with a glass of buttermilk should be taken every morning for treating this condition.
5. White radish juice 100 ml. and mixed with a teaspoon of honey may be taken twice daily. To relieve pain and swelling in piles.

Heart disease, Stomach disease and Obesity

- Bottle gourd – 500 gms.

- Mint leaves – 7 in number
- Tulsi leaves – 7 in number
Make juice of all and should be taken every morning. It's very beneficial in heart blockage, acidity and all stomach diseases.
- 1 teaspoon trifla powder soaked in 200 ml. water for the whole night. In the morning boiled it, when it remained half sieved it add 2 spoon honey and should drink this liquid hot. A person can reduce many kgs in a few days using this liquid. It's very beneficial for obese person.

Research

Hypoglycemic and Hypolipidemic effect of various doses of cinnamon powder in Diabetic Individuals.

This study is presented by P. Nazni, T. Poongodi Vijay Karmar and M. Amirhaveni in Chennai. In this study the effect of cinnamon doses on blood serum glucose was studied among 200 purposive samples of type 2 diabetes (119 men and 81 women) belonging to the age group of 40-50 years. Supplementation study 45 diabetic subjects with the fasting blood glucose levels between 250-275 mg/dl were selected. The sub samples were divided into 3 groups. Group I was kept as control and group II and group III were supplemented with one gram and three grams of cinnamon doses per day respectively. Cinnamon powder is incorporated in wheat flour and given in the form of bread to them as evening snacks for the period of 90 days.

Results of the study showed that there was a significant decrease at 1% level in the BMI fasting and post blood glucose levels of the experimental groups II and III when compared to the compared group. There was a significant reduction at 1% level in

total cholesterol, triglyceride and low Density Lipoprotein (LDL) and significant increase in High Density Lipoprotein (HDL) levels was noticed among II and III. Thus present study concluded that 1-3 of cinnamon in their food preparation on regular basis will reduce blood glucose level and bad cholesterol level.

Conclusion

- Cereals and grains protect the consumer from various diseases like-fever, colds and grains protect the consumer from curing abdominal disease, diarrhoea, and constipation. Barely water is used in various diseases. Jawar increases strength and sexual potency.
- Pulses are food source protein. Pulses are easy to digest, and can also be consumed in the diseases of bones and diarrhoea. Pulses are also useful in the formation of well formed stools.
- Oils and oilseeds increase strength, removes dryness of the skin and strengthens the muscles. Til oil is useful in increasing the milk production in lactating mothers.
- The commonly consumed greens are palak, amaranth, fenugreek, coriander and mint leaves. It helps to enrich the blood with many minerals especially iron. It improves appetite, useful liver disorder, eye diseases and joint pain. Roots and tubers are consumed mainly potato, beetroot, carrots. They increase muscles and fat content of the body. Other vegetables include various gourds, brinjal, onion, garlic, cabbage, these all vegetables cure from various diseases.
- Fruits are generally a good source of Vitamin C. They are useful in the treatment of bowel disorders, abdominal

pain, urinary disorders, heart problems and acts as an appetizer.

- Milk and milk products are considered to be a complete food. Its consumption is beneficial in chronic fever, tuberculosis, weak-mindedness, fatigue, leprosy piles etc.
- Spices play a protective role in our life. Spices are used in the treatment of stomach diseases, toothache, chronic fever, cold and cough, piles, gout, diarrhoea, chronic bowel disorder, cholera, asthma, sunstroke etc.
- Sugar is a good source of energy; it provides relief in fatigue, nausea and vomiting.
- Honey provides energy useful in treatment of cough, asthma, piles, leprosy, tuberculosis, blood disorders, urinary disorders, nausea, vomiting, constipation.
- Jiggery is highly beneficial to the heart diseases act as sex stimulant, useful in gout and body ache. Jiggery water cleanses the urinary system.

In a nutshell it is apparent that vegetarian food items promote quality of life. In fact in Ayurveda the medicine itself is vegetarian food. Nowadays people's immunity power is decreasing due to the polluted atmosphere. Nature gave not only many diseases to the people but also provided many food items which can cure diseases. It is said in Ayurveda that if you are taking a balanced and healthy diet then you never suffer from diseases. Then it is true **Eat Healthy Live Healthy.**

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