

Health Via Food

Health: All are talking about Health. What is health? We can say health means, the state of not having any kind illness. Of course, both our body and mind should be healthy.

One of the best way to maintain our health is to maintain our food. Many people think that we should eat more to become more healthy. What we eat day-to-day and when we eat are very important.

We are all reading and hearing what to eat, how much to eat etc etc. Still when we see the food, we forget everything! The reason is that we are giving much more importance to eating, instead of giving importance to Food. Give importance to your food, if you really want to become healthy.

A healthy man means, his body as well as his mind should be healthy. Our food habit controls our mind also.

The main concern is that most of the people start thinking about Food only after they become unhealthy. We should learn "healthy food habits" from the very beginning. We should teach the children also.

When we see the food, we are all forgetting one fact; we can reduce our 25-30% of health problems by having "healthy food habits.

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Source: www.hubpages.com