

OPTIMUM HEALTH MANAGEMENT THROUGH RIGHT FOOD INTAKE IN PARAMEDICS

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Abstract: Phyto nutrients, dietary and enzymatic antioxidants or their inducers and metabolic activators present in some known herbs may be used to (1) neutralize various free radicals produced during aerobic metabolism. (2) Therapeutic ayurvedic formulations and (3) inhibit or alter oxidative damages and reversal of neurological, musculo skeletal, cardio vascular as well as obesity; hyper sensitivity and radiation related diseases. These along with yoga and exercise therapy enhance recovery from obesity, age related diseases and poor immunity. Thus, modern wellness industry depends on traditional medical practitioners, physio therapists, cosmetologist, dietician and masseurs. Present communication deals with these intricacies.

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