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Food and nutrition for obesity control

Many of the population has no idea exactly what foods burn calories as you chew or contain particular nutrients and compounds that fuel body's internal metabolic furnace and help literally melt the calories those have been consumed far more quickly. Usually increased gland volume or hyperthyroidism, patients are advised to undergo surgery by his or her family physician and a surgeon. Such patients before going for the surgery as a last resort come to for Naturopathy and Yoga treatments. They visit our Purohit Hospital for various ailments including obesity. Food plays very important role in controlling obesity. Role of exercise or Yoga are also important for effective control of obesity. More emphasis is given on some of the foods as below. Apple Cider Vinegar (ACV): It is a fermented food and contains probiotics. ACV has a special compound called acetic acid that has antibacterial properties. It can help treat acid reflux and other digestive issues. ACV lowers blood pressure, improves diabetes and even supports weight loss. Mustard is one of the most popular condiments worldwide, for good reason. Mustard seeds provide numerous phytonutrients and lots of flavor with hardly any calories. Peppers, if obese person takes some spice with meat, beans or eggs nothing beats a good hot sauce. Spicy flavored foods like peppers and other fat-burning foods are known to increase the body's fat-burning abilities since they provide the compound capsaicin. This colorless plant compound gives hot peppers their signature heat. It can be used for pain reduction and digestive relief. Garlic, cinnamon and ginger are also popular ingredients also have natural anti-inflammatory, antibacterial and antiviral properties. Cooked or raw garlic is used to improve heart health, lower cholesterol and help prevent blood clots, hence good for controlling obesity. Thus use of hydrotherapy for body detox choosing fat burning foods along with nutritious foods coupled with some of the yogasanas can control the obesity.

Biography

Prakash Kondekar is a Head of the Department of Naturopathy Yoga and Bowen Therapy Technique in Purohit Hospital Mumbai. He has successfully treated more than 1000 patients for many ailments including hyperthyroidism, bulimia and anorexia nervosa. He is also a Professor with University of Mumbai, India. He has conducted 50 radio and three television live shows in India, USA and Mauritius.