

Diet therapy

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Abstract

“May your food be your medicine and that your medicine is your food.”

Our diet is one of the most important factors to our health and that is one of the biggest problems on our days. The processed food, the junk food and the obesity are the biggest causes of diseases and death, especially in the developed countries.

The agro toxics used on agriculture and the mineral depletion in soils are a great problem and also the miss of vitamins and minerals on the vegetables and fruits.

How food may influence our immune system? Inflammatory food is a strike to our immune system, because they cause inflammatory disorders as leaky gut and many others. Those are why it's so important eaten biological and seasonal food and avoid sweets and gluten, and so on.

Biography

Patricia Candeias has completed her studies at the age of 45 years from Instituto Português de Naturologia, Portugal. She is naturopath, her professional experience as therapist started in 2017 with reflexology, massage and auricular therapy on her own place, but before that she works on pharmacy for twelve years. She has given little workshops of anti-aging, healthy food, medicinal plants, reflexology and natural soaps. Actually, she works in many places like clinics in Lisbon as therapist and naturopath.

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