

## What is Pillars of Nutrition? How it helps individual to keep brain and body full of life

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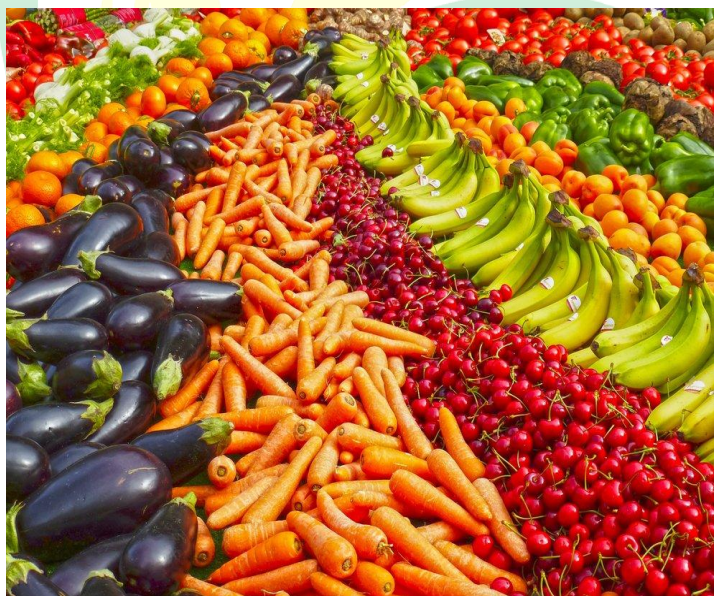
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### Introduction:

Balance is at the core of a balanced diet. The 5 crucial components of nutrition - carbohydrates, proteins, healthy fats, vitamins and minerals must be consumed in necessary quantities every day. The Indian thali is the perfect example of a balanced meal where carbohydrates would be consumed in the form of roti or rice; the lentils, curd and curries would provide protein to the body and ghee would add the healthy fat component. Salads would add fibre and essential vitamins. Make individual plate of food vibrant and add a variety of nutrients that help individual stay healthy.

### How pillars of nutrition helps individual:



Learning to feed the body with the nutrition it needs is one of the greatest pleasures in life. The body is constantly working to give the best of itself; when he/she respect it and feed it as needed, individual immediately notice how it thanks him/her. Over time, this practice makes individual regain the natural energy, mental clarity, and positive mood.

However, when he/she abuse the body, eating excessively and restricting the nutrients it needs, individual feel discomfort. If he/she get used to normalizing this abuse, little by little individual begin to experience ailments and dysfunctions that over time can lead to disease. In this pillar, he/she work to discover the power of nutrition and how to use it to restore the natural health of our body. This section of the nutritional health is fundamental, but it is not necessarily the most important one.

**Conclusion:**

Pillars of nutrition benefits individual which may includes:

- Helps keep deficiencies at bay
- Helps you keep a sharp mind, maintain mental health
- Enables healthy weight management
- He/she are better adept at handling stress
- Good for the heart, bones and muscles