



# What Is Therapeutic Nutrition

**T**he usage of nutrients, such as vitamins, minerals, amino acids, essential fatty acids, co-factors, enzymes, antioxidants and phytonutrients that help the body's immune system and healing system is called therapeutic nutrition. It is a preventive therapy focusing on the metabolic and physiological effects of foods on the body's healing and immune systems.

The balancing function of our body depends on what we eat, rather than how often we eat. Therefore, consuming all the essential nutrients at the proper time helps us to either fight diseases or stay protected from various ailments and allergies. This is where nutritional therapy comes in. Earlier, therapeutic nutrition was considered to be ineffective, but today it is one of the most popular therapies.

Therapeutic nutrition encourages people to have a proper diet that is capable of reversing the effects caused by unhealthy eating habits. It makes people aware of various ailments caused by the dietary habits of present-day. This therapy helps us

to choose the right food that is rich in minerals and vitamins to ward off diseases.

Therapeutic diets involve modification of our regular food intake. It changes the fluid and soft diet consistency, increases energy levels, reduces potassium and fat intake. It may also involve either inclusion or exclusion of specific foods. However, before deciding over this type of nutrition therapy, the past eating habits, especially the dietary adequacy, meal hours, taste and preferences, should be considered.

## Healing Through Food (Types of Healing Diets)

Healing foods have a profound effect on patients suffering from depression, mood swings and energy dips. A healing diet enables us to be physically, mentally and emotionally balanced. These diets also help prevent toxins that interfere in achieving our health goals. This diet restricts certain foods such as red meat, creamy cheese, sugar and processed grains, as they inhibit digestion and can also trigger alarming health conditions.

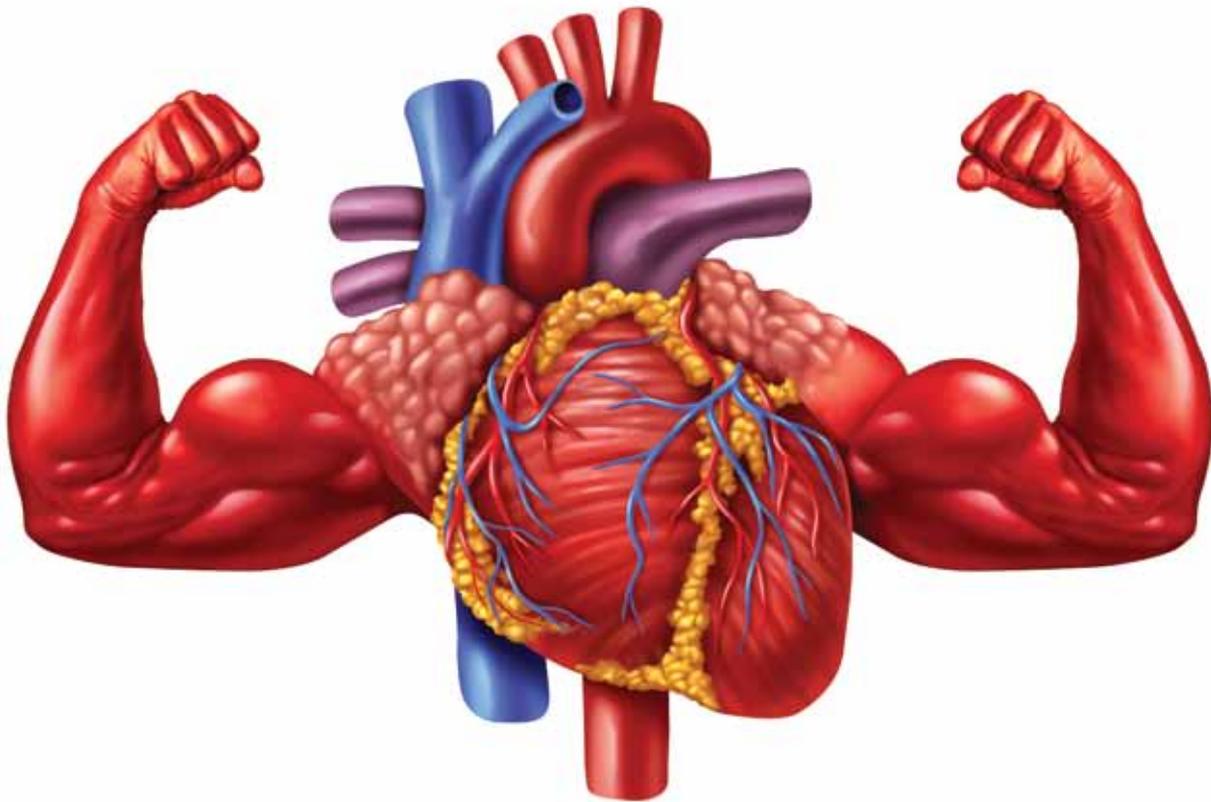
## New Approaches To Nutritional Therapy

Nutrition is much more than just food groups. With proven dietary approaches and essential nutritional changes, we can achieve significant weight loss and improve our health. Nutritional therapy works on the philosophy of utilising the natural healing power positively.

Considering it not only cures the disorders but also prevents them from progressing. It supports the self-healing process uses dietary methods, vitamins, minerals, and herbal remedies for the treatment to avoid ill health.

According to nutritional therapists, minor nutritional deficiencies can become chronic and more widespread. Moreover, we cannot assume that a modern diet can help us in maintaining a healthy body and mind. But following therapeutic nutritional foods can help us to avoid certain conditions such as diabetics, allergies, gastro diseases and other life-threatening diseases.





## Best Foods To Eat For Better Healing

Here are a few healing foods that provide our body with energy and nutrition. They help us fight off infections, increase our strength and power and also help us maintain nutrient stores.

- Berries, including strawberries, grapes, pomegranates and others
- Vegetables, including broccoli, cauliflower, cabbage and Brussel sprouts
- Healthy fats (nuts, oils & fish)
- Vitamin-rich, dark leafy greens like spinach, amaranth and *methi*
- Meat or other alternatives such as seafood, eggs, tofu and nuts
- Probiotics including yogurt, kefir, kombucha and kimchi
- Brightly coloured fruits including oranges, apples, berries and melon

## The Purpose Of Therapeutic Diets

These diets are introduced mainly to eliminate, decrease or increase specific nutritional needs in the diet of patients experiencing a variety of

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ailments or disorders. Therapeutic diets are mostly recommended to help patients lead a healthy lifestyle. The risk of injury among patients suffering from various health conditions is also considerably reduced if they follow these diets. Here are some conditions that can be prevented from consuming therapeutic diets:

- Non Communicable Diseases
- Diabetes
- Renal Disease
- Gout
- Cardiovascular Heart Disease
- Hypertension
- Fatty Liver Disease

## Difference Between Therapeutic Diets & Normal Diets

An ideal diet modified to manage underlying diseases or disorders is known as a therapeutic diet. This diet is mostly preferred when these conditions demand dietary changes. The nutritional modifications may involve intake of certain nutrients, exclude allergy-causing foods, eliminate foods that lead to intolerance and decrease the absorption of calories for weight control. A therapeutic diet is considered when:

- Underlying disease conditions require a change in regular diet
- Factors in the diet need modification, depending on overcoming these conditions

Before making any sudden changes in your current diet, ensure you consult a certified doctor. This will help you in avoiding any unnecessary health concerns from developing in the future. [B](#)