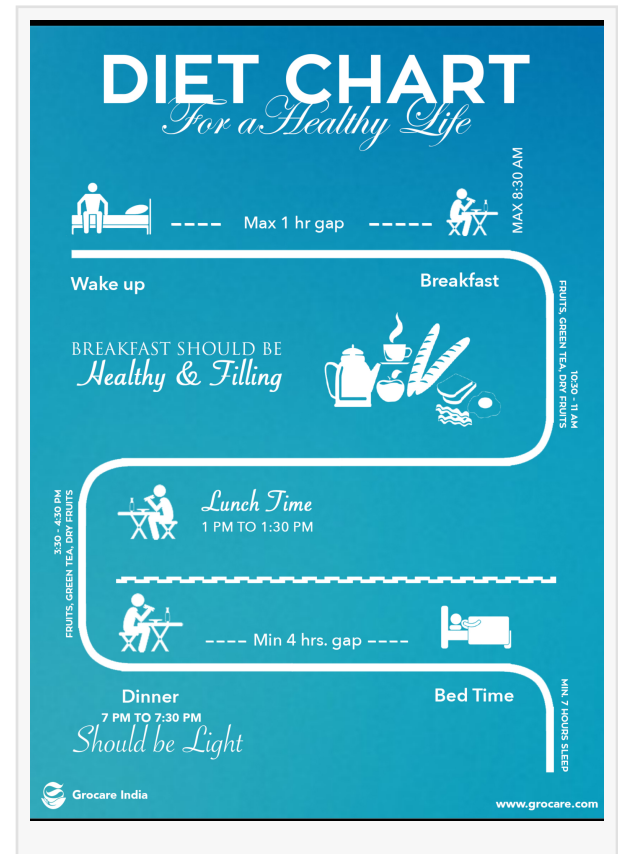


The Diet That Will Help You Keep Chronic Lifestyle Diseases Away

Modern lifestyle has major repercussions on health in the long term leading to lifestyle diseases. But no one seems to know how to deal with this problem.

PUNE, MAHARASHTRA, INDIA, May 11, 2016 /EINPresswire.com/ -- With high ambitions overpowering each and everyone's mind, people forget to concentrate on the one major factor affecting their career directly – their health. If the body is not healthy, it cannot do any work. Ergo ambitions go for a toss. But this does not seem to bother the common man until it actually affects him on a personal level. Modern lifestyle and the drive to make a mark on the world often come with compromises on health. And this eventually fabricates into various diseases termed as 'lifestyle diseases' – such as acid reflux, kidney stones, gall bladder stones, liver disorders, varicose veins, cholesterol imbalance etc. These disorders are generally not life threatening, but they always cause a lot of discomfort, which can get in the way of regular life.

[Grocare India](#), a researcher and manufacturer of herbal medicines based in Pune, India, aims to eradicate these



lifestyle diseases by trying to rectify the root cause of said problems i.e. the lifestyle. They have come up with a comprehensive plan to follow, which can help the body stabilize and get rid of the growth of associated diseases. A leading expert at Grocare India says, "You must have heard the phrase – You are what you eat. Well no doubt that is important, but what is more important is 'When You Eat'". The expert claims that people are confused about their eating habits and do not know how to pair food. "For example, many people have a habit of having orange juice first thing in the morning. Orange Juice is very healthy to have, but if you having it on an empty stomach, it does more harm than good. The same thing, if you have after or along with your breakfast, is really healthy" says the expert. He also said that having juice and then having a glass of milk or coffee over it is something very common, and probably one of the worst things you can do to your body.

Recent developments and studies across the world have also shown similar reports, that the timings of eating food is very important for proper digestion and long term health. On January 7th, 2016 the [US Department of Human and Health Services](#) also issued a list of dietary guidelines to prevent chronic lifestyle disorders. Grocare India supports their thoughts and encourages people to follow this lifestyle.

The main highlight of this lifestyle is to have breakfast as the first thing in the morning. "Having late breakfast and skipping breakfast are the main reasons for developing lifestyle diseases. People do not

realize how much it affects their body causing diseases such as [hernia](#), gall bladder stone and Varicocele.” Says the expert. “You should have a heavy breakfast and an light and early dinner. This would help the body digest food properly.” He says what time you eat each meal matters on daily basis. “Its very simple, if you are giving your body breakfast at 9AM regularly everyday and then suddenly one day you give it at 11AM, your body will still release digestive juices at 9AM. That’s why you will feel hungry then. This means that only the digestive juices are in the stomach without anything to digest, which deteriorates the internal lining of the stomach. Additionally, when you do eat food at 11AM, the potency of the digestive juices reduces, thereby leaving some food indigested”.

To read more about how to maintain a healthy lifestyle or how to heal your body naturally, you can go to www.grocare.com

Amit Goel
Grocare India
+919822100031
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2016 IPD Group, Inc. All Right Reserved.