

Recent advances in nutritional medicine

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In reality, nutrition matters far more than calories, protein, fat and carbohydrates, etc. Recent studies in the USA found nutrition has the relationship with mood and has the characteristic of anti-inflammation and even has the function to lower blood pressure such as DASH diet. Nutritional medicine is a science based medicine and sees each person as an integrated whole. It looks for the underlying causes, which, although often partly genetic, are usually very much, tied up with nutritional, lifestyle and environmental factors. It provides a holistic outlook

on how nutrition impacts health, the relationship between diet and disease, as well as a focused understanding of how nutritional, dietary, lifestyle and environmental factors impact wellbeing through the lifespan. Nutritional medicine combines food as medicine traditions and dietary therapy with recent scientific advances in nutritional biochemistry and therapeutics, which are now used by naturopathic, conventional and holistic practitioners alike in USA.