

# Research and Reviews: Journal of Medical and Health Sciences

## Problematic Lifestyle of Today's Generation: Lifestyle Diseases

Priya Bansal\*

Department of Biotechnology and Microbiology Program, Meerut Institute of Engineering & Technology, CCS University, Meerut, Uttar Pradesh, India

### Editorial Article

Received: 20/01/2015  
Accepted: 15/02/2015  
Published: 25/02/2015

**\*For Correspondence**

Priya Bansal, Department of Biotechnology and Microbiology Program, Meerut Institute of Engineering & Technology, CCS University, Meerut, Uttar Pradesh, India; Tel: 08897468415; E-mail: [pribansal04@gmail.com](mailto:pribansal04@gmail.com)

Keywords: Lifestyle, Diseases, Health, Diet

### INTRODUCTION

In spite of the fact that medication has developed broadly, and has killed the majority of the infections that were common in the 19th century, the cutting edge has been tormented with a crisp arrangement of illnesses, innovatively called "Life style Diseases". These ailments, as the name proposes, are the consequence of the quick paced way of life that fundamentally goes with the improvements that have been achieved in the lives of people throughout the years [1]. Lifestyle diseases are more common as nations get to be more industrialized. They are brought about by an unseemly relationship of individuals with their surroundings. Lifestyle diseases are not quite the same as different sicknesses in light of the fact that they are possibly preventable, and can be brought down with changes in eating routine, way of life, environment, and by supplementing with vitamin D [2]. As indicated by the Collins English Dictionary lifestyle diseases are an infection that possibly can be averted by changes in diet, environment, and way of life, for example, coronary illness, stroke, weight, and osteoporosis [3]. Lifestyle diseases are a consequence of an unseemly relationship of individuals with their surroundings. The onset of these way of life ailments is treacherous, they take years to create, and once experienced don't give themselves effortlessly to cure. The WHO report demonstrates that numerous individuals live perilously and that people in created nations have proceeded onward to a wrong way of life. Tobacco and liquor have progressively entered in immature nations, shading way of life of people, however in the meantime being a danger component [4].

The danger of adding to these lifestyle diseases rely on upon a great deal of elements including the kind of work you do, your workplace, physical action and your weakness to stretch. Other contributing variables incorporate poor stance, sort of nourishments you eat and poor dozing susceptibilities. The uplifting news is that these diseases can be avoided by rolling out basic improvements in day by day normal and taking after a healthier method for living. Couple of essential changes incorporates stopping smoking, evading liquor, having an adjusted eating regimen that includes crisp vegetables and organic products, general physical movement and driving an anxiety free life. In this segment, we discover articles on all sicknesses that are connected to our occupation and additionally the way we live. We can likewise discover handy changes to make a path to lead a solid way of life [5].

### UNHEALTHY COMMODITIES

Lifestyle Diseases elude to infections that outcome as a result of decisions individuals make in their life. They are basically basic in developed countries where individuals are slanted towards eating horrible substances, having a stationary way of life and unfortunate propensities like smoking and drinking liquor. A culturally grounded community based peer led lifestyle intervention can reduce risk

factors for diabetes among obese children and adolescents [6]. A huge number of young people in urban or semi-urban territories are totally reliant on the handled sustenance, refreshment and liquor organizations. A late Lancet study, uncovers how these three businesses, aggregate called the ‘horrible wares’ industry is bringing about an increment in the quantity of way of life or non-transmittable sicknesses (NCDs) over the world. The term NCD alludes to non-irresistible and non-transmittable illnesses. They incorporate heart illnesses, stroke, tumor, diabetes, asthma, COPD, constant kidney sickness and numerous more. The most recent appraisals propose that NCDs executed an amazing 34.5 million individuals in 2010 representing 65% of the all deaths around the world. It’s accepted by 2030, NCDs will slaughter around 50 million individuals consistently. In the event that you live in an urban or semi-urban zone you essentially can’t overlook the expansion and right around arm like grasp that these businesses have on most open spots. Fast food joints are practically inescapable in every shopping center and to target more youthful clients they’ve have begun making items which are less expensive and moderate for youths with pocket cash. The same strives for the refreshment business which typically has the nation’s top film stars and cricketers endorsing their products. Effect of globalization on society is for the most part measured with the assistance of inclinations like mass utilization of imported items from different countries and societies, including outside TV projects, movies, books, and recorded music [7]. What this does is make a picture for susceptible viewers who feel they just need to devour the previously stated item. Furthermore, the outcome is prompting an exceptional health awareness challenge where a portion of the populace is troubled by both created world and creating world sicknesses [8]. A positive way of life change is precisely what nourishment experts’ trust will help their customers in accomplishing a general sound way of life and anticipating overweight and corpulence [9].

## LIFESTYLE DISEASES

Irresistible maladies like dengue, jungle fever and polio were previously the main reason for death all around. However, today, non-transmittable or way of life maladies (lifestyle diseases) came about because of poor decisions like smoking, terrible eating routine, absence of physical action and drinking have risen as the world's greatest executioner. Lifestyle habits, which are aspects of everyday life, can have significant impacts on sleep regulation [10] As indicated by insights and appraisals from the World Health Organization (WHO), here are top Lifestyle Diseases that together are in charge of more than 80% of worldwide deaths in low-salary and center pay nations.

### Type 2 diabetes

It is created because of the body's powerlessness to use insulin appropriately; type 2 diabetes is the most widely recognized preventable way of life infection that influences almost 347 million individuals around the world. This imperviousness to insulin is a direct consequence of poor way of life. Type II frequently grows in over weight grown-ups. You can without much of a stretch avoid it by controlling danger elements like weight, smoking, physical idleness and confining eating routine rich in immersed fats. Way of life change, albeit diverse, is a similarly necessary piece of type 1 diabetes administration [11-13]. Findings showed that the joined way of life intercession of dietary and physical movement with respect to the instruction control or common/standard care condition created more serious danger diminishment for advancing to T2DM [14].

### Heart disease

There is no single reason for coronary illness yet expanded cholesterol and triglyceride level in the blood is the most widely recognized motivation behind today's death rate. With high utilization of junk nourishment, absence of activity, smoking and drinking, even the youthful era has ended up defenseless to coronary illness, adding to the global burden. As indicated by this information, it might be prescribed to orchestrate instructions about the significance of sound way of life practices, principally nourishment and physical action, for controlling hypertensive patients [15-17].

### Cancer

Despite the fact that hereditary qualities has a real part to play in causing tumor, chewing tobacco and smoking are the greatest elements that expand your danger of anguish from the savage sickness. Tobacco is connected to lung and oral growth as well as been found to expand the danger of malignancy of the neck, head, throat, breast, pancreas, kidneys and colon. Disease is unquestionably viewed as the most obvious Disease of advanced human advancement. Eating routine and way of life components can advance raised CRP. In cancer patients lifted C-Reactive Proteins (CRP) can balance agony and add to the enhancement and determination of torment [18]. Abundance adiposity is a modifiable danger variable for bosom tumor improvement. Firm growth hazard, and danger of related comorbidities, for example, cardiovascular sickness, is most noteworthy among overweight or hefty ladies with a past history of bosom disease [19,20].

### **Chronic respiratory diseases**

As per the WHO, the quantity of individuals experiencing respiratory diseases like asthma, ceaseless obstructive respiratory illness (COPD), word related lung illnesses and pneumonic hypertension has come to a disturbing level because of elements like smoking, contamination and poor nourishment exacerbate it.

### **Obesity**

Way of life and conduct decisions affects weight status. Unfortunate weight control plans and physical latency are real hazard elements for overweight and stoutness. The cutting edge environment has been marked 'obesogenic or stoutness bringing on', making it troublesome for individuals to keep up a solid weight. For instance, vitality thick nourishment and beverage are progressively accessible and open; stationary relaxation exercises and go via auto are currently the societal standard [21]. There is developing mindfulness that eating routine and way of life decisions have a significant effect on the gut microbiota. Particular modifications in the arrangement of the gut microbiota have been seen in stout people, patients with type 2 diabetes and other illness states connected with heftiness [22]. Overweight and obese home employees are at higher risk for developing musculoskeletal disorders [23]. Overweightness and obesity play a double role: it increases the risk upon cardiovascular diseases but protects the occurrence of osteoporosis [24]. Bächler T et al. discussed the available therapy options including surgical and non-surgical treatments as well as to compare both modalities regarding their clinical effectiveness [25].

### **Alzheimer's Disease**

Alzheimer's is a manifestation of mind infection. Nobody knows the exact reason, yet a genuine breakdown of the cells of the mind does happen. However there's expanding confirmation that the way of life decisions individuals make in their initial years of life assume a key part in choosing whether they'll experience the ill effects of the malady sometime down the road. As per the WHO measures, presently 35.6 million worldwide are experiencing the problem and the number is suspected to twofold by 2030. There is no treatment, yet great sustenance may moderate the advancement of this way of life malady, which keeps going around seven years in the vast majority who has it. Despite the fact that way of life adjustment to diminish the danger of cardiovascular ailments and at last AD is a feasible method to moderate and prevent AD pathology [26].

### **Arteriosclerosis**

A clear term for a few illnesses in which the blood vessel divider gets to be thicken and loses flexibility is atherosclerosis. Atherosclerosis is the most well-known and vascular illness. Plaques (atheromas) kept in the dividers of tubes are real reasons for coronary illness, midsection plague (angina pectoris), heart attacks, and different issue of the flow. In atherosclerosis yellowish plaques of cholesterol, fats, and different remains are saved in the dividers of extensive and medium-sized veins. Atherosclerosis generally happens with maturing. It is connected to overweight, hypertension, and diabetes [27,28].

## **Stroke**

It is a condition because of the absence of oxygen to the cerebrum that may prompt reversible or irreversible loss of motion. Stroke is connected to cutting edge age, hypertension, past assaults of poor flow, cigarette smoking, heart issue, embolism, family history of strokes, and utilization of conception prevention pills, diabetes mellitus, absence of activity, over-weight, elevated cholesterol, and hyperlipidemia [29-31]. Expanded hours in the work place, more stretch, less demanding ways of life with least physical activity, smoking, reliance on garbage nourishment, are a percentage of the reasons to add to the thriving rundown of red rundown to an unfortunate body and psyche. The young and working youthful today understand that Good wellbeing is about assuming responsibility. They perceive and comprehend that wellbeing is the nonappearance of infection or ailment, as well as a condition of complete physical, mental and social prosperity as explained by WHO [32,33].

## **Dental Issues**

Way of life practices may imperil the dental tissues and quicken the maturing procedure of tasteful dental rebuilding efforts. The impacts of sustenance segments and drinks on the attributes of dental tissue and gum based dental materials have been widely examined in helpful dentistry [34]. The main key to forestall periodontal conditions is thought to be an adjustment in the wellbeing conduct of the person. Beyond any doubt exorbitant drinking and smoking, gorging and defective sustenance has malicious consequences for oral wellbeing [35].

## **Miscarriage**

Debilitated unnatural birth cycle happens in 20% of pregnancies. Tan et al. estimated that present and past smoking, presentation to second hand smoke, self-reported anxiety, liquor admission amid the first trimester and any PC and cellular telephone use are connected with a higher danger of undermined premature delivery amid 5th to 10th weeks of incubation [36] fat ladies with PCOS have more successive menstrual irregularities than ordinary weight ladies with the disorder and less regular unconstrained and invigorated ovulations and pregnancy rates [37].

## **EXISTENCE OF LIFESTYLE DISEASES**

An examination of the demise measurements of the United States uncovers some intriguing realities that have a tendency to backing the presence of way of life infections. In 1900, the main three reasons for death in the United States were pneumonia/ flu, tuberculosis, and loose bowels/enteritis. In those days transferrable maladies represented around 60 percent of all deaths [38]. Since the 1940's, most passings have originated from coronary illness, malignancy, and other way of life maladies. Also, by the late 1990's, way of life maladies represented more than 60 percent of all passings [39].

Clearly, you need to pass on of something. Advanced science through enhanced sanitation, and anti-microbials, and restorative consideration has dispensed with the danger of death from most irresistible maladies. This implies that demise from way of life infections like coronary illness and tumor are presently the essential drivers of death. The inquiry now turns into an issue of death at what age. In eighteenth-century England, stack breadths kicked the bucket in extraordinary numbers from scrotal growth that was then called sediment wart.

## **REASONS FOR HEALTHY LIFESTYLE**

A sound way of life includes eating an adjusted eating routine, practicing routinely and overseeing push viably. Settling on these solid decisions consistently can influence more than your physical appearance - it can likewise increment both the length and nature of your life by boosting your resistance to malady and keeping you candidly sound [40]. Observing sound future patterns is critical to keeping up personal satisfaction in more established age bunches, proactive strategy making and advancement of compelling intercessions [41].

## Mental Health

As per the "American Journal of Psychiatry," a Western eating routine high in immersed fat, refined starches and liquor is connected with larger amounts of wretchedness and uneasiness in ladies than an eating regimen rich in natural product, vegetables and entire grains. While more research is required, eating an adjusted eating regimen that incorporates a blend of complex carbs, incline protein and sound fats may be a powerful approach to ensure emotional well-being.

## Energy and Stamina

Wellbeing is more than the nonappearance of disease. A sound body rewards you with a lifetime of administration as high vitality levels, quality and life span. As per Science Daily, low-power activity can diminishing weariness by 65 percent while boosting vitality levels up to 20 percent.

## Disease Prevention

The Mayo Clinic expresses that eating an eating regimen low in immersed fat, practicing for 30 minutes day by day and keeping away from tobacco utilize significantly lessen the danger of coronary illness-the most well-known constant ailment in the United States. Eating a nutritious eating routine and practicing frequently might likewise help counteract malignancy improvement in individuals with an expanded hereditary danger for the illness, as indicated by the American Cancer Society.

## Beauty and Appearance

Sound way of life propensities is indispensable for keeping up a young, alluring appearance. Case in point, vitamin A backings sound skin, hair and nails, while cancer prevention agents like vitamin C and selenium help avert free radical harm included in the maturing procedure. Sound way of life decisions like eating an adjusted eating regimen and practicing frequently likewise help avert corpulence. Evading unnecessary sun introduction, smoking and other conceivably destructive propensities advances an energetic appearance by securing against harm that can quicken the maturing of your skin.

## BENEFITS OF HEALTHY LIFESTYLE

The segments of a sound way of life cover all parts of life, including your mental, physical and passionate wellbeing. Keeping up a sound way of life helps avert such ceaseless diseases as diabetes, coronary illness and stroke. It likewise enhances your general personal satisfaction by helping you keep up a sound weight, and also physical quality and adaptability, and an uplifting point of view. The way to keeping a sound way of life lays in comprehension the segments that add to said way of life [42]. Real piece of the number of inhabitants in youngsters neglects to be suitably educated about sound way of life either in a family or at school [43].

## PREVENTION STRATEGIES

It's a dependable fact that physical movement - or the absence of it - can influence your general wellbeing. Normal activity and other way of life changes can decrease your danger of heart assault and coronary illness, stroke, certain growths, diabetes and corpulence, also the way that practice helps you feel better and will enhance your mind-set [44]. No activity- heftiness, skipping suppers- corrosiveness, smoking- growth, stress- circulatory strain, unnecessary fat utilization- coronary illness, extreme liquor utilization- cirrhosis, absence of slumber- subsiding memory and vitality. When you stop to place things in context, all it takes are a couple way of life changes for life to get back on track. Basically, eat right, work out, give your brain and body enough rest, and dodge cigarette [45]. Lifestyle diseases like stoutness, diabetes, hypertension, mental anxiety, coronary illness, and COPD are the prime zones where yoga is being demonstrated now a day as supplement to medication treatment. Studies report advantageous impact of yoga in these conditions [46,47]. Yoshikawa et al. studied the positive aspect of Zinc on lifestyle diseases [48]. Zinc will play an important role in maintaining the health of the body.

### Diet (less carbohydrate, more protein, less oil)

A sound eating routine is extremely critical to a solid being. It is not simply being watchful about what you eat that one needs to have an eye and psyche for, additionally for what not to eat to keep up a sound body weight while controlling pulse, cholesterol, fat admission and other causative components that can prompt the disintegration of the wellbeing. a few patients diagnosed with tumor make changes in their dietary propensities. The dietary evaluation in our study considered the supplements, as well as the nature of the eating regimen, which may speak to a way to deal with surveying the part of eating routine on epidemiological studies [49].

As opposed to concentrating on individual nourishments, it is savvy to organize the general dietary pattern towards more solid alternatives by fusing a mixed bag of nourishment items in the right extent, at right interims blended with the perfect measure of physical activity.

- Avoid junk food.
- Opt for healthy snacks over burgers and chips.
- Incorporate more greens (leafy veggies) and fresh fruits in your diet.
- Switch over to whole-grain flour or multigrain flour.
- Eat in small proportions at regular intervals of time
- Know what you eat.

### Regular exercise

A thirty minutes stroll, no less than five days a week is the base a grown-up ought to enjoy their body into for a dynamic resistant framework. Practicing religiously for no less than 3-5 days every week will advantage colossally to a more satisfied healthier you. Certain routes with which one can join physical action in regular schedules of life can be by evading lifts and lifts, abstaining from sitting for a long-term, little stroll after your last dinner of the day or strolling short separations instead of taking an auto, and so on Physical action, notwithstanding, is not just seen from the natural perspective; it includes bio-psychosocial measurements of living and working of the human body [50]. Lifestyle modification, especially exercise training, are considered to be important to reduce the risk of cardiovascular disease. Michista also suggest that exercise training may be more effective than dieting [51,52]. Trevisol et al. investigate the association between physical activity and HIV-associated lipodystrophy [53,54].

### Abstain from Substance Abuse

Smoking and drinking are viewed as "cool" among the young today yet these are the greatest adversaries of a Healthy Being. Deaths from heart illnesses are cut by 33% among the individuals who have stopped the butt and liquor. Smoking and drinking liquor harms heart and veins by expanding the danger of atherosclerosis and blood thickening. Hazard from way of life illnesses lessens definitely over the long run as an individual stops smoking and drinking as much as, or more than, normal drugs that are utilized to lower heart infections hazard, for example, aspirin, statins, beta-blockers, and so forth. Stop smoking for a more youthful you, great skin, more vitality, better lung limit and along these lines better relaxing. Get back that control. Make your friends and family more secure!

### Control weight

By eating right and guaranteeing standard activities it is imperative that every individual holds their weight under control to guarantee a sound living. Being overweight, particularly with a greater center, prompts conditions that damage the heart. A sound more satisfied you is not far in the event that you comprehend your body weight's effect on the solid working of the body, through the Body Mass Index (BMI) that aides focus solid and unfortunate muscle to fat quotients. A BMI of more than 25 denote the line of corpulence shows that everyone ought to watch.

### Control Blood Pressure and Sugar

As an aftereffect of all the dietary measures that one brings alongside the physical activities they perform to keep up a body extent and control weight, an effect is influenced on the circulatory strain and glucose levels. In the field of diabetes avoidance, the previous two decades' exploration has demonstrated the viability of serious way of life intercessions (diet and physical movement) in putting off or notwithstanding keeping the onset of type 2 diabetes among persons with prediabetes [55].

### **Physical activity**

Physical movement is a key determinant of vitality consumption and a crucial piece of vitality adjust and weight control. Standard physical action can decrease the danger of heftiness, and numerous endless conditions including coronary illness, stroke, type 2 diabetes, disease, emotional well-being issues and musculoskeletal conditions [56]. Physical movement keeps the improvement of metabolic danger. elevated amounts of physical movement enhances the MS profile among corpulent subjects, expanding bulk and subsequently having an immediate impact on metabolic capacity, changing cardiovascular danger components [57].

### **DISCUSSION**

Checking solid future patterns is vital in keeping up personal satisfaction in more seasoned age bunches, proactive arrangement making and improvement of compelling mediations [58]. The National Institute for Health and Clinical Excellence (NICE) presents treatment rules for overweight and large kids and youngsters, accentuating the significance of way of life mediations concentrating on eating regimen control, physical movement and behavioral change all being conveyed inside a multi-disciplinary system. [59].

By and large Natural Health, as a manifestation of integral pharmaceutical, can be utilized nearby routine drug to treat and deal with your endless lifestyle issues. Elevated cholesterol levels, for instance, can frequently be treated with healthy supplements and vitamins, for example, vitamin D, alongside eating a sound eating regimen, and taking part in general activity; with the desire that we will have the capacity to in the end quit taking our doctor endorsed pharmaceuticals [60]. To actualize work out schedules and offices, suspension projects, and corpulence programs in the working environment additionally advances change in way of lifestyle diseases. [61]. The growing prevalence of obesity and associated morbidity indicates the need for effective programs for sustainable lifestyle changes to achieve and maintain meaningful weight loss [62] Moreover, Improving and maintaining a healthy lifestyle in elderly people across is a great challenge for the all developed and developing countries. Researchers examine the lifestyle characteristics and health status of the elderly in order to identify aspects that might help promote active ageing. Perhaps most importantly, people need to understand the meaning of a sedentary lifestyle and how this will impact on their independent way of life, especially after the retirement age. [63,64]. Mentor had positive impact on enhancing the way of life on all parts of their protégé. People with a coach smoke less, drink less, do less medication utilization, bite less, have bet less, have done less of battling. One quality which most people were searching for in their tutor is well disposed conduct and helping nature [65].

There's additionally an increment in type II diabetes among youngsters and heart maladies influencing children as youthful as 15. It was found that one address from medicinal understudies produced constructive outcome about the rates of understudies who knew the data about their stature and weight three months after addresses [66,67]. The best way to stop this is to convey solid general wellbeing messages undermining the impact that the transformed nourishment and drink businesses have on youthful personalities or to by and large boycott commercials for these items like the sweeping boycott there is on tobacco and liquor items. Since to be reasonable, the prepared sustenance and refreshment commercial enterprises are creating as much harm as the tobacco and liquor ones [18] In case you're looking to change your way of life, including practice and rolling out a couple of other key improvements can have a huge effect. Begin gradually, and have a go at including changes in little additions after some time [68]. The majority of adult-onset autoimmune diabetes cases might be prevented by healthy lifestyle habits and most importantly maintaining a healthy weight [69].

### **CONCLUSION**

Lifestyle recommendations within the health plan targets physical activity, smoking cessation, dietary habits, stress management and alcohol intake [70]. Larger scale trials of lifestyle modification or pilot studies of other novel weight management modalities should be considered [71].

Everybody naturally has to die of something, but lifestyle diseases take people before their time. Too many people are dying relatively young from Heart Disease and Cancer and other lifestyle diseases in modern times. The choice is yours: die young, now or at a ripe old age.

#### REFERENCES

1. <http://www.drhealth.md/life-style-diseases/>
2. <http://naturalhealthperspective.com/home/civilization.html>
3. <http://www.collinsdictionary.com/dictionary/english/lifestyle-disease>
4. Genel S et al. All Things are Lawful, but not all Things are Helpful. Reflections on the Risk Factors in Cardiovascular Disease. *J Diabetes Metab.* 2014;5:e114.
5. <http://www.thehealthsite.com/topics/lifestyle-diseases-diseases-conditions/>
6. Vivian EM, et al. Lessons Learned from a Community Based Lifestyle Intervention for Youth at Risk for Type 2 Diabetes. *J Obes Weight Loss Ther.* 2013;3:191.
7. Indira M and Vijayalakshmi P. Gender Matters: Eritrean Women and Mediated Messages of Foreign Television Channel. *J Mass Communicat Journalism.* 2015;5:242.
8. <http://www.drhealth.md/life-style-diseases/>
9. Wunderlich SM. Do Food Production Systems Matter to a Healthy Lifestyle? *J Obes Wt Loss Ther.* 2014;S5:e001.
10. Reut G and Lana B. Lifestyle Factors that Affect Youth's Sleep and Strategies for Guiding Patients and Families Toward Healthy Sleeping. *J Sleep Disorders Ther.* 2013;2:130.
11. Mohsen MM, et al. Lifestyle Behavior Modification of Mothers of Diabetic Children's through Application of Trans-theoretical Model of Change. *J Nurs Care.* 2014;3:153.
12. Duennwald T et al. Effects of Supervised Short-Term Exercise Training On Cardiorespiratory Control and Exercise Capacity in Type 2 Diabetes Patients. *J Diabetes Metab.* 2014;5:418.
13. Fiorino P and Evangelista FS. Complications of Type 1 Diabetes Mellitus are Associated with Renin Angiotensin System: The Role of Physical Exercise as Therapeutic Tool. *Pancreat Disord Ther.* 2014;4:133.
14. Hurwitz BE. Multifaceted Lifestyle Interventions and Cardiometabolic Outcomes in Type 2 Diabetes Mellitus. *Endocrinol Metab Synd.* 2013;2:e120.
15. Mollaoglu M and Solmaz G. Analysis of Healthy Lifestlye Behaviours of Hypertensive Patients. *Primary Health Care.* 2014; 4:168.
16. Archer T, Garcia D (2014) Physical Exercise Improves Cognition and Health in ADHD. *J Nov Physiother.* 2014; 4:208.
17. Archer T. Health Benefits of Physical Exercise for Children and Adolescents. *J Nov Physiother.*

- 2014; 4:203.
18. Macphail K. C-Reactive Protein, Chronic Low Back Pain and, Diet and Lifestyle. *J Pain Relief*. 2014;3:160.
19. Labyak C et al. Preventing Breast Cancer Recurrence through a Tailored Lifestyle Intervention: The MyLIFE (My Lifestyle Intervention with Food and Exercise) Trial Rationale and Study Design. *J Clin Trials*. 2014;4:183.
20. Plapler PG et al. Education and Physical Activity in Osteoporosis. *J Osteopor Phys Act* 2:118.
21. [http://www.noo.org.uk/NOO\\_about\\_obesity/lifestyle](http://www.noo.org.uk/NOO_about_obesity/lifestyle)
22. Balasubramanyam M. Metagenomics Health Claim: Are you Rich Enough in your Gut Microbiota?. *Biol Med (Aligarh)*. 2015;7:220.
23. Faghri P et al. Sedentary Lifestyle, Obesity, and Aging: Implication for Prevention. *J Nutr Disorders Ther*. 2015;5:e119.
24. Kemper EHCG. The Impact of Body Weight for Bone Mineral Density: A One Year Longitudinal Study in a Young Woman who changed her Lifestyle. *J Osteopor Phys Act*. 2014;2:112.
25. Bächler T et al. Treatment of Morbid Obesity: Intensive Lifestyle Intervention vs. Bariatric Surgery. *Surgery Curr Res*. 2013;3:147.
26. Pasha EP, et al. Ethnoracial Disparities in Alzheimer's Disease: Target on Cardiovascular Risks via Lifestyle Changes?. *J Gerontol Geriat Res*. 2014;3:128.
27. <http://naturalhealthperspective.com/home/civilization.html>
28. Fernandes L et al. Detraining Leads to Weight Gain and a Decrease in Hepatic Glycogen after 8 Weeks of Training. *J Liver*. 2013; 3:159.
29. <http://naturalhealthperspective.com/home/civilization.html>
30. Taloyan M et al. Differences in Cardiovascular Risk Factors in Swedes and Assyrians/Syrians with Type 2 Diabetes: Association with Lifestyle-Related Factors. *J Diabet Metabol*. 2010; 1:110.
31. Ong YC et al. Reversal of Metabolic Dysfunction through Polyvalent Pharmacotherapy-augmented Lifestyle Intervention: Case Reports. *J Diabetes Metab*. 2011; 2:133.
32. <http://ibnlive.in.com/news/5-effective-ways-to-prevent-lifestyle-diseases/523226-17.html>
33. Sjogren T et al. Effects of Workplace Physical Exercise Intervention on the Physical Perceived and Measured Physical Functioning among Office Workers - A Cluster Randomized Controlled Cross-Over Design. *Int J Phys Med Rehabil*. 2014;2:238.
34. Aguiar TR et al. An Overview of the Impact of Lifestyle Behaviors on the Operative Dentistry . *J Interdiscipl Med Dent Sci*. 2014;2:128.
35. Hassija J and Sridhar N. Healthy Lifestyle for Healthy Gums. *Dentistry*. 2014;4:235.
36. Tan TC et al. Lifestyle Risk Factors Associated with Threatened Miscarriage: A Case-Control Study.

- JFIV Reprod Med Genet. 2014;2:123.
37. Karkanaki A et al. Effects of Lifestyle Modification on Pregnancy Success in Obese and Overweight Women with PCOS. J Women's Health Care. 2013;2:125.
38. "National Center for Health Statistics, National Office of Vital Statistics, 1947 for the year 1900 (page 67), for the year 1938 (page 55)."
39. <http://naturalhealthperspective.com/home/civilization.html>
40. <http://www.livestrong.com/article/370474-reasons-to-live-a-healthy-lifestyle/>
41. Ashby-Mitchell KC et al. Life Expectancy in Australian Seniors with or without Cognitive Impairment: The Australia Diabetes, Obesity and Lifestyle Study Wave 3. J Gerontol Geriatr Res. 2014;3:166.
42. <http://www.livestrong.com/article/351901-how-to-keep-a-healthy-lifestyle/>
43. Bunc V. Active Lifestyle and Health State Determinants in Czech Children. J Child Adolesc Behav. 2015;3:181.
44. <http://ibnlive.in.com/news/5-effective-ways-to-prevent-lifestyle-diseases/523226-17.html>
45. <http://www.drhealth.md/life-style-diseases/>
46. Binorkar SV. Yoga-The Non-Pharmaceutical Approach For Lifestyle Disorders. J Yoga Phys Ther. 2014;4:e116.
47. Gallego Q et al. Effects of Hatha-Yoga Program on a Small Group with Alzheimer's Disease. J Yoga Phys Therapy. 2011; 1:104.
48. Yoshikawa Y et al. Zinc and Lifestyle - Related Disease - with Focus on Diabetes Mellitus and Osteoporosis. Vitam Miner. 2013;S6:002.
49. Burini RC et al. Dietary Intake Association with IFG and Responses of a Lifestyle Changing Protocol in a Community-B based Adult Cohort. Endocrinol Metab Synd. 2014;3:125.
50. Michishita R et al. Effects of Lifestyle Modifications on Improvement in the Blood Lipid Profiles in Patients with Dyslipidemia. J Metabolic Synd. 2014;3:150.
51. Aagaard-Hansen J et al. Inadequate Description of Educational and Behavior Change Theories in Lifestyle Interventions for Type 2 Diabetes Prevention. J Diabetes Metab. 2014;5:375.
52. Aouadi R et al. Impact of Physical Exercise on Reactive Time and Cognitive Function in Mentally Deficient Adolescents. J Clin Trials. 2015;5:206.
53. Aagaard-Hansen J et al. Inadequate Description of Educational and Behavior Change Theories in Lifestyle Interventions for Type 2 Diabetes Prevention. J Diabetes Metab. 2014;5:375.
54. [http://www.noo.org.uk/NOO\\_about\\_obesity/lifestyle](http://www.noo.org.uk/NOO_about_obesity/lifestyle)
55. Gomes TN et al. "Fat-But-Active": Does Physical Activity Play a Significant Role in Metabolic Syndrome Risk among Children of Different BMI Categories? J Diabetes Metab. 2014;5:421.

56. Meral BF. Obesity Risk of Children With Autism Spectrum Disorder: Is The Food Selectivity a Probable Reason? *Autism Open Access*. 2015; 5: e128.
57. Reece LJ et al. Protocol for: The Use of Intra-Gastric Balloons as an Adjunct to a Lifestyle Support Programme to Promote Weight Loss in Severely Obese Adolescents. *J Child Adolesc Behav*. 2014;2:173.
58. <http://naturalhealthperspective.com/home/civilization.html>
59. Park AL. Exploring the Economic Implications of a Group-Based Lifestyle Intervention for Middle-Aged Adults with Chronic Schizophrenia and Co-Morbid Type 2 Diabetes. *J Diabetes Metab*. 2014;5:366.
60. Hamar B et al. Initial Evaluation of a Scalable Lifestyle Program for Sustained Weight Loss. *J Obes Wt Loss Ther*. 2014;S4:005.
61. Taheri M et al. Elderly Awareness on Healthy Lifestyle during Aging. *Trop Med Surg*. 2013;1:139.
62. Puig M et al. Lifestyle of the Elderly Receiving Home Care in Spain. *J Gerontol Geriat Res*. 2013;2:121.
63. Rishiraj N. Inactivity: A Bad ‘Habit’ Costing Our Productive Lifestyle. *Int J Phys Med Rehabil*. 2013;1:121.
64. Gupta S et al. Effect of Mentoring on Psycho-Social Behavior, Lifestyle, Sexual Behavior and Health Condition of Professional Students. *J Psychol Psychother*. 2013;3:112.
65. Hinotsu S et al. Effect of Lectures by Medical Students on the Awareness of Lifestyle for Elementary School Students. *J Obes Wt Loss Ther*. 2013;3:167.
66. <http://www.thehealthsite.com/diseases-conditions/food-beverage-and-alcohol-industries-responsible-for-rise-of-lifestyle-disorders/>
67. Archer T and Garcia D. Physical Exercise Influences Academic Performance and Well-being in Children and Adolescents. *Int J Sch Cogn Psychol*. 2014;1:e102.
68. <http://www.livestrong.com/article/74127-prevent-disease-lifestyle-changes/>
69. Rasouli B et al. Adult-Onset Autoimmune Diabetes is Largely due to Modifiable Risk Factors: Results from the Norwegian HUNT Study. *J Diabetes Metab*. 2013;4:306.
70. Colkesen EB et al. Effect of a Web-based Health Risk Assessment with Tailored Feedback on Lifestyle among Voluntary Participating Employees: A Long-term Follow-up Study. *J Community Med Health Educ*. 2013;3:204.
71. Pritchett AM et al. Lifestyle Modification with Diet and Exercise in Obese Patients with Heart Failure-A Pilot Study. *J Obes Weig los Ther*. 2012;2:118.