



Yes, it is Possible to Come Closer and be together to Prevent and Treat Obesity, Diabetes and all other such Diseases with Help of Complementary and Alternative Medicine Therapies (CAM) Like use of Herbs, Supplements, Diet, Exercise and Relaxation Techniques

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Lifestyle disease is “a medical condition or disorder regarded as being associated with the way in which a person lives, such as heart disease or obesity” [1].

In 2005, it accounted for 60% of all projected deaths worldwide. 80% of those deaths occur in low- and middle-income countries [2]. Heart disease, stroke, cancer, chronic respiratory diseases and diabetes are Major NCDs. Healthy diet and adequate physical activity (i.e. ≥ 30 minutes of moderate intensity physical activity, ≥ 5 days per week) plays an important role in the prevention of these diseases. WHO developed the Global Strategy on Diet, Physical Activity and Health (DPAS) to promote health by guiding the development of an enabling environment for sustainable actions at individual, community, national and global levels which, when taken together, will lead to reduced disease and death rates related to unhealthy diet and physical inactivity [3].

Here I am putting the concept to take all of us closer and bring together to fight back with obesity, diabetes and all other non-communicable diseases in coming years with collective efforts. We all are being social living in group of people it may be starting from apartment, lane, village, town, city where we are living. Though we are social animal we are much dissociated from others now days that we are unable to help each other for any good thing.

The concept here is that we are starting ourselves associating from the smallest unit i.e. from apartment to the world. Firstly let us prepare the list of people living in our apartment. After that we will have to take few meetings to convey them about the purpose and need of coming together. Let us ask them about their health status. Let us form health cooperative society of each apartment and let us deposit per person or per family some money to carry out societies activities. Like this we will have many societies in vil-

lage, town, city, state, country and world. We will connect all those societies together through a loop of health based activities, practices and dissemination of health related information.

First of all we will do health checkup of all members of society and decide schedule for routine checkups. Let us have reading competitions among the members of society as reading is the best medicine to remove all sorts of worries and stress. Let us have singing, dancing competitions for the same. Let us learn and practice yoga for our health through these societies. Let us consume healthy herbs keeping us away from various diseases and we can collaborate here as societies with the industry providing health supplement or nutraceuticals. Let us play music in low volume all day round or in morning and evening as per convenience in apartments. Let us help society members to be disciplined in eating habits through providing information and practicing good things.

It will be very difficult for all of us to be disciplined due to the lifestyle we have today. The major role of the cooperative health societies will to be a watch dog for us to be disciplined for our health. For example if in health society it is decided to run 1 km per day. So the society will encourage those who are doing it daily at the end of the month by giving them money which we had collected as the due from those who are not performing it daily. Same we will have to do at the end of the year and we will use suffix Mr. /Ms. /Mrs. Health Icon to all society members and choose the most disciplined member every year as Health Idol. Thus we will give importance to health than wealth of a person.

In a nutshell we have built our world of the kind it is today and by creating health societies we will try put ourselves much ahead of all materialistic things. We will learn to exercise, we will learn to read throughout the life, we will learn to be happy and we can take

human being out of seen of NCDs and solve the problems occurring in many scientific tracks to be discussed in this conference.

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