



Nutrition and Awareness

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Received: April 08, 2021

Published: June 29, 2021

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Awareness is the state of being conscious of something. It's the ability to know, and feel, and perceive what is going on around you. Another definition describes Awareness as a state in which we focus our attention to our current behavior in order to make changes to a wide range of habitual actions.

Deepak Chopra says, "What we are not aware of we cannot change".

Modifying our beliefs, can only occur if we are aware of our beliefs. To the same extent, modifying our habits and actions can only take place if we're aware of them.

We cannot reinforce a positive change without being aware of what needs to change.

And so awareness is key in any positive and lasting change. Many of us have adopted the coping mechanism of denial, which pushes awareness away, and allows us to 'get by' without listening to our inner truths. But if we want to make positive long-term changes to reach our goal of optimal health, we don't want to just 'get by'. We need the power of honest awareness, without judgement but with self-compassion, to identify any of our unhealthy behaviors so that we can make modifications which benefit our well-being.

For example, if a person isn't aware of their high blood pressure, or pre-diabetes, these conditions can lead to more life-threatening and complicated health issues. However, if we become aware of the state of our own health early enough, and make positive changes in our behavior, we can take control and lessen the severity or even eliminate these pre-existing conditions.

Being conscious of our daily actions is the first step towards personal growth and change. Consciousness can be defined as "the awareness of our internal and external existence." When we go through our day without consciousness, or in other words, when we live on "auto pilot," many of us are more likely to make decisions which negatively impact our health.

To achieve a state of consciousness, or mindfulness, we must slow down our thought process, and step away from distractions. In fact, this is what you're doing right now!

Box breathing is the perfect tool for slowing down. You can box breathe anywhere at any time for as little or as long as you need. Box breathing resets your mind to a more neutral state, a state where your mind feels present, in the moment, and grounded. Without being aware of what we eat, we may experience negative feelings in the body. We might have low energy or abdominal pain, or even be diagnosed with an illness.

Many of us seek fad diets, and have success with rapid weight loss, but after a period of time, studies show that 80-90 % of us will regain the weight.

But those who are successful, and are able to reach and maintain an ideal weight or achieve another health goal such as lowering cholesterol or building strength, speed, and energy have done so because they've made health a habit. With awareness and mindfulness, they've made behavioral modifications in the way they eat which have become automatic and ingrained in their daily routines.

The fact that you are here, meditating, being mindful, and allocating this time for your health, means that you remain committed to achieving your health goals.

Sometimes our daily habits can lead to addiction. But in the same way we can become addicted to sugar or other substances, we can also get addicted to feeling good, feeling healthy, and feeling strong.

It all starts with awareness; with being conscious of your actions and behavior.

Volume 5 Issue 7 July 2021

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