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### *Short Communication*

## **Exploring Challenges and Excellence in Lifestyle Diseases**

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### **Abstract**

Lifestyle and diet go hand in hand with intricate connections and undoubtedly are a major influence on our health and well-being. To address lifestyle without addressing diet will leave some missing links since our life and vitality as human beings depend on food and water to sustain our well-being. The challenge of modern lifestyle with fast pace, increased demands, and high stress can leave one overwhelmed and optimizing lifestyle and diet for the best health benefits can be daunting.

From the public standpoint the growing numbers of chronic conditions are clearly confronting many more than ever before. Obesity, bowel diseases, cancers, mental health problems, skin conditions, allergies, asthma, and autoimmune disorders are among the most common.

Newer ways the food industry utilizing to produce more to feed the mass are deemed unsafe by some experts and scientists. Exposure to these “contaminated” or “impure” is believed to cause negative health effects over long-term.

Food industry has come up with a clever marketing theme to persuade consumers to choose certain products from a “convenience” and “good for you” perspective.

### **Biography**

To take this further, I challenge the audiences to rather think of “healthspan” instead of just “lifespan” by emphasizing quality of life and minimizing chronic dis-eases and keep wellbeing until toward the end. By focusing on the possibilities as clearly shown in famous studies by Harvard University psychology professor, Ellen Langer, Counterclockwise, the potential of disparity of diseases and wellness can perhaps be narrower or obliterated.

### **References**

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