

Health-safe food literature reviews example

[Environment](#), [Plants](#)



Sometimes, poor food quality can cause many diseases. In modern life, we are a victim of stressful lifestyle, suffer from different life style diseases and healthy food is becoming scarce. The necessity is to practice health-physical culture, which comes from healthy eating. In earlier days, the cause for a visit to the climatic sites and spa destinations were to regain health, now healthy people are also visiting those sites for mental-physical refreshment or revitalization.

The spa destinations can use ecologically cultivated products, in their refreshment or healing programs, and towards a healthy life, ecologically produced health-safe and nutritional foods can be served. Montenegro has suitable localities and wide scope for ecologically-organic farming. In these localities, sufficient resources for organic nutrition can be developed, for example through cultivation of medicinal herbs, by introducing and farming of some uncommon plants, herbs which are a rich source of medicine and nutrition, instead of genetically modified plants. In their mental-physical revitalization programs, the health spas should use local varieties of aromatic herbs, medicinal plants, and ecologically cultivated products and ethnic cuisines with variations in food plans can be served in a traditional way to different visitors of the spa destinations, to make the programme more attractive. In order to encourage organic farming in Montenegro, legal recognition for ecologically grown crops and certification for ecological farmers are required to be given. To develop health tourism in Montenegro, experts from the tourism industry to experts of nutrition should work together to build up the resources of nutritional and health-safe foods for a healthy lifestyle.

Reference: Vujacic V., Bodroza Solarov M., (2007). Health-safe food-
Development factor of Health Tourism. Selective Tourism, 1, 56-61,