

Rational nutrition essay example

[Health & Medicine](#), [Body](#)



Rational nutrition is a branch of health science concerned with the use of food as medicine. It implies the intake of food to while considering the balance with energy expenditure. In other words, food is taken in rations that are proportional to the energy or nutritional demand of the body either as a preventive measure against specific medical conditions or as a curative measure against specific medical conditions (Martirosyan & Yensen, 2005). The food rationing balances the main food substances. These are; fats, carbohydrates, minerals, vitamins, proteins among other biologically active materials.

The relationship between nutrition and beauty is a new research in medicine centred on rational nutrition. Rational nutrition and specific dietary recommendations retards aging and promotes mental and overall physical health. One of the main reasons why people go for rational nutrition is to fight weight gain and ensure that they remain within a specific weight range (Caballero, Allen, & Prentice, 2005). Obesity usually results from accumulation of fats and in such a case most substances meant for rational nutrition are either fat-free or have very low fat content.

The ingested substances insure an adequate range of the degree of complexity and diversity of the internal body functions. Rational nutrition is used to achieve optimum genetic potential, maximize performance and increase productivity. Rational nutrition can also be used to help the body respond to stress in the form of adaptogens, natural tranquilizers and bio-extracts (Soeters, et al 2008). This last category includes extracts from animals such as European reindeers, rhinos among other animals whose body parts are believed to have medicinal value.

Rational nutrition combines with natural pharmacological techniques in order to improve recovery from heavy training, enable the body to withstand hard work and aid in muscle growth. Rational nutrition should be individually formulated with regard to an individual's systemic physiological effects (Caballero, Allen, & Prentice, 2005). This form of health science is common among sports personalities in order to supply the body with substances that aid in the conversion of fats to muscles.

Since ancient times, man has consumed certain food substances in order to enhance beauty and physical appeal. Rational nutrition in regard to cosmetology aims to achieve the regeneration of supporting processes that help the individual to adapt to mental and physical loads. The regeneration can either be achieved passively or actively (Martirosyan & Yensen, 2005). Passive regeneration happens after each load without the organism actively participating in the regeneration process.

Rational nutrition is a form active participation on the regeneration of cells to enhance skin beauty. It is also advantageous because the process is wholesome. The achievement of physical appeal due to intake of certain food substances is a healthy method as compared to application of beauty products on the skin. Physical appeal achieved from rational nutrition is sustainable and dermatologically recommended.

There are some principles of rational nutrition. Martirosyan and Yensen, (2005) the first of these principles is eating at consistent intervals in order to help maintain high metabolic rate and a balanced intake of all the nutrients. The second principle is intake of the right amounts of water to ensure optimal hydration of body cells. The third principle is to eat a variety of

foods. This ensures that the body obtains the right amounts of fibre, vitamins and all the minerals required for wholesome health. The more a person obtains all the nutrients and in the right qualities, the more their physical appeal increases. Moreover, preparation of foods determines their efficacy when one is targeting to obtain physical appeal through rational nutrition. It is recommended that food is broiled, boiled, steamed or eaten raw.

References

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