WEEK 11 DISCUSSION –DISCUSSION 1

Author’s name

Institutional Affiliation

This course has been so amazing and interesting to learn. It has so many interesting concepts that affect individuals in their daily lives and the information gathered is very helpful in correcting and improving our daily lives and health. Personally, I have learnt a lot about several diseases, their causal factors and how to overcome or manage them. For example, diabetes is among the most prevalent diseases in our society today. However, little information is known to the public on how to manage or treat it.

Additionally, people lack information on how they can lead a healthy lifestyle free from diabetes and other diseases that are affecting people today. Although people have their own tastes and preferences on various lifestyle issues such as food and healthy living, people tend to feed more on certain food products that are not good for their health and do not exercise to burn the excess calories or to stay healthy. They instead prefer staying at their comfort zones; taking a lot of beer on the weekends, eating junk food and meaty products and topping it up with ice-cream and other sugary stuff to satisfy their egos.

 However, this is not working to the best of their wishes and they end up getting diagnosed with diabetes. The most surprising thing about this disease is that you are denied eating almost everything that you normally love eating and one has to totally change their lifestyle from eating normal chapattis to eating those made with attamark wheat flour, from eating white bread to eating brown bread, from eating white rice to eating brown healthy rice, from eating sweet mangoes as much as one wants to being limited to may be just one mango per day depending on the level and type of the diabetes. This can be frustrating and one must follow those directions by the doctor to avoid getting sicker. This course is generally very informative and life changing as I have had to revisit my eating and exercising patterns and routines. I think I should lead a better healthier lifestyle.