

Response_1.edited.docx

by

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Peer Response

I could not agree with you more that nutritional optimization may be highly advantageous to a person's health and applies to people of different ages. Deprived nutrition and stoutness are the major causes of many prolonged illnesses, including diabetes and hypertension. Consequently, using a whole-food-based diet plan as a precautionary measure lowers the possibility of contracting other associated disorders like renal disfunction.

Moreover, I agree with you that the most startling statistic at the beginning of the video stating that prostate cancer is the most common cause of cancer among males and that the cause of this is unhealthy feeding habits.

Additionally, I concur that one factor that can prevent individuals from changing their diets is financial constraints since eating organic or just healthful food might be prohibitively expensive.

Likewise, I hold a similar opinion that whole foods plant-based nutrition are intended to help avoid a variety of undesirable illnesses and disorders. The advantages that contribute to an individual's overall health are that the person becomes comfortable, can perform everyday tasks much more effectively, and focus more.

Nonetheless, I have come to a similar conclusion that there is a connection between what we eat and how we feel. In addition, I also agree with you that having good and balanced nutrition is better for everyone.

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