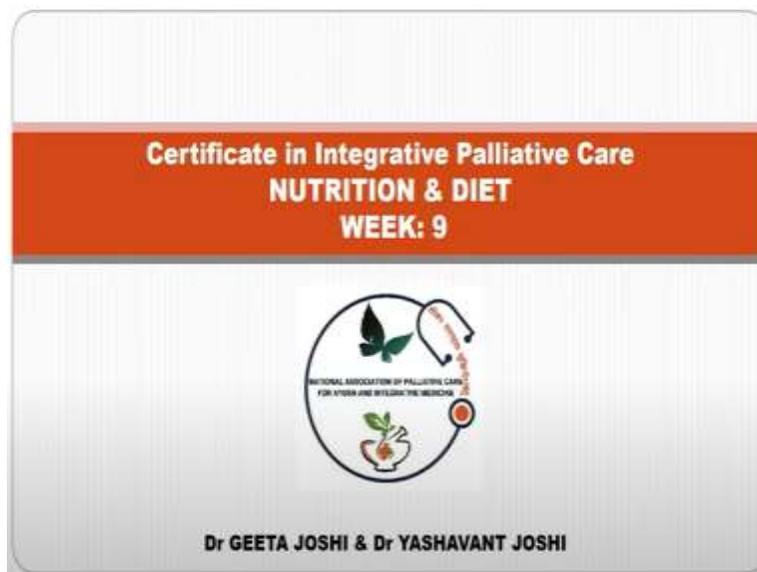


Certificate in Integrative Palliative Care – 3
Dr. Geeta Joshi
Dr. Piyush Gupta
Dr. Col. Yashavant Joshi
International Institute of Distance Learning
Indian Institute of Technology, Kanpur

Week-09
Lecture 66: Introductory Dialogue

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Hello friends, namaskar. Hello everyone, namaste. Oh my god, Dr. Geeta Joshi, we have reached week number 9. That is interesting. Week number 9 is most interesting because this will affect your day-to-day life, day-to-day meals and day-to-day.

Because it pertains to nutrition and diet. Nutrition and diet. But the people who are fond of eating like me, If you tell me don't eat junk food or this or that, I will not like it, you know. Okay, but at least you should have knowledge what to eat and what not to eat.

If you cannot practice, that is something else. This is very interesting complementary therapy, my dear friends. And anybody can do it. Your mother, your wife, your sister. And if you are fond of cooking, you can also practice this particular technique.

Complementary therapy, that is diet and nutrition. The chief faculty for this week is Dr.

Divya Chaudhary. She is head, diet and nutrition department in Rajiv Gandhi Cancer Institute and Research Centre in New Delhi.

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So we'll have following lessons in this.

We'll start with diet therapy, then nutrition. Does it really matter? People generally ask the question, if I want to eat, I will eat. Why are you restricting my diet? So, does it really matter if you do not follow the rules of proper nutrition? Yes, it will matter. Eat natural food and thereafter we are saying stop eating junk food, particularly whatever you buy from outside, from the roadside. Role of nutrition in palliative care, then there are certain nutritional myths we will like to clarify and What is the nutrition? What should be the nutrition of a patient who is at the end of life? Or in terminal stage of the disease when he is almost dying.

At that time also nutrition is very important.

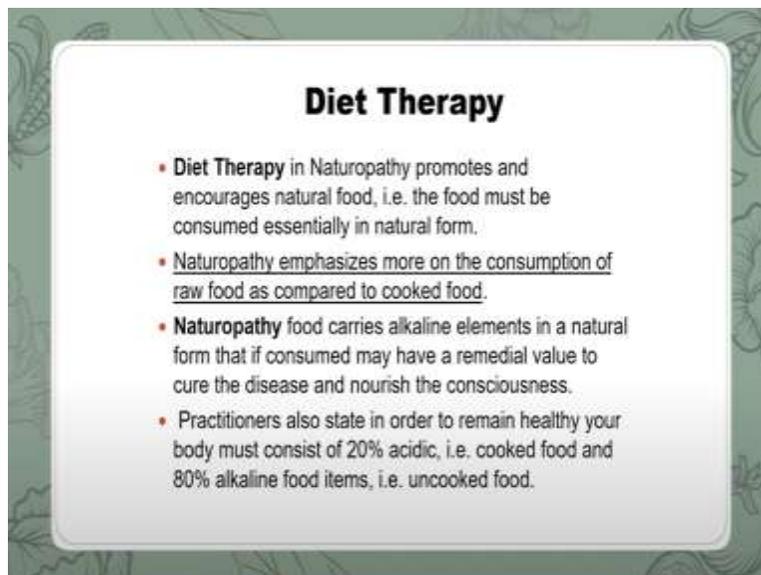
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So coming to diet therapy. Good. This banana looks so nice. Yellow color.

I had banana in the breakfast today.

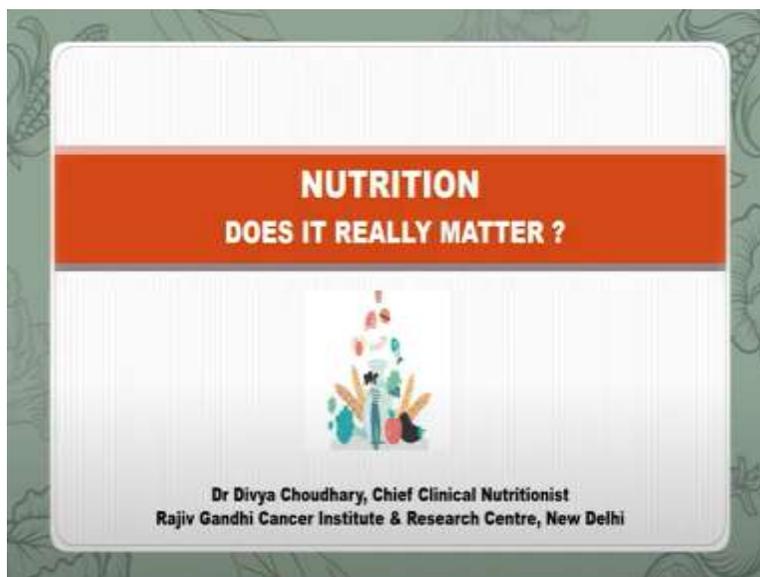
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Diet therapy in naturopathy promotes and encourages natural food. That is the food must be consumed naturally, essentially in natural form. Naturopathy emphasizes more on the consumption of the raw food as compared to cooked food. Naturopathy food carries alkaline elements in a natural form that if consumed may have a remedial value to cure the disease and nourish the consciousness.

There is lots of promotion about eating alkaline food particularly when patients are suffering from cancer and other very long term illnesses. Then practitioners also state in order to remain healthy, your body must consist of 20% acidic, that is cooked food, and 80% alkaline food items, that is uncooked food.

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Nutrition, does it really matter?

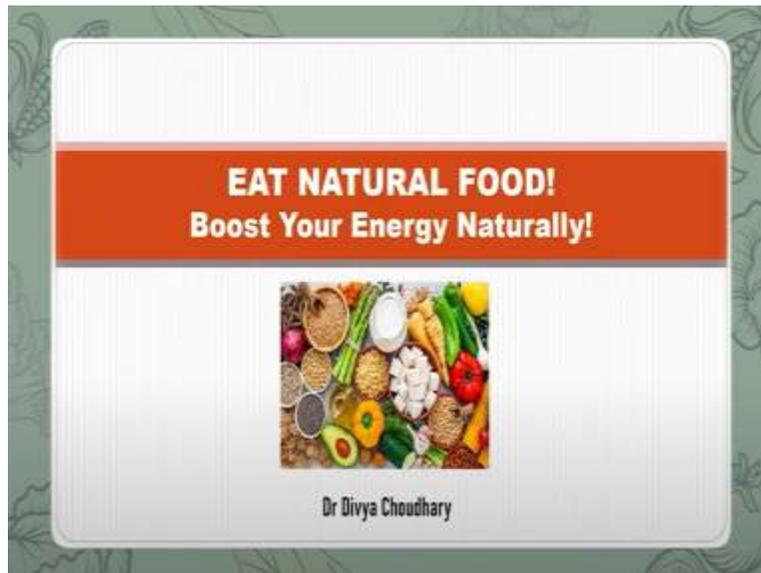
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Whenever we eat, we just eat. Without, and we eat as per the taste or as per the food you are accustomed to, without paying any attention whether this. But, gives any nutrition to your body which is the primary aim or purpose of eating this particular lecture has got the following objectives number one to promote awareness regarding link between good nutrition and cancer prevention, second debunk diet related myths.

Third, understand cancer prevention, recommendation and lastly to help understand the change in perspective towards health with nutrition and lifestyle modifications.

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Eating natural food this will definitely boost your energy naturally.

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Boost Your Energy Naturally!
Making Certain Food & Lifestyle Choices Can Help Keep Your Battery Full!

- Have you glanced at your to-do list? Odds are, it's long, as usual. It will take a superhuman effort to accomplish everything you need to get done today (and tomorrow, for that matter).
- Quite simply, you need an energy boost to power through life's daily demands — and we're not talking about the short-term jolt supplied by Coffee or Tea.
- There are ways to naturally raise your body's energy and zap lingering feelings of fatigue.
- When and what you eat and drink can make a difference, for instance. Ditto for how you handle sleep, exercise and stress.

So making certain food and lifestyle choices you can help keep your battery full. Have you glance at your to do list, odds are it's long as usual. It will take a superhuman effort to accomplish everything you need to get done today and tomorrow for that matter.

Quite simply, you need an energy boost to power through life's daily demands. And we are not talking about the short-term jolt supplied by coffee or tea. There are ways to naturally raise your body's energy and jab lingering feelings of fatigue. When and what you eat and drink can make a difference for instance. Ditto for how you handle sleep, exercises and stress.

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STOP EATING JUNK FOOD!

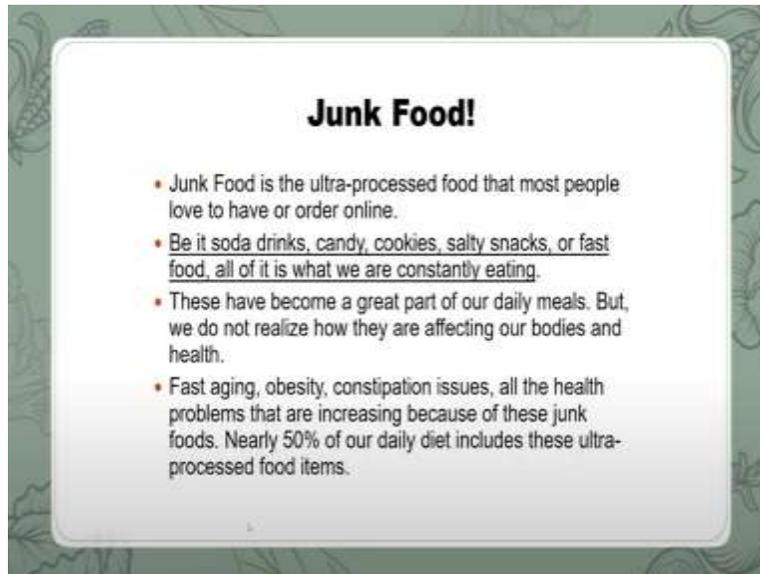


Dr Divya Choudhary

Another lecture is stop eating junk food. Next. What do we have in this image? French fries. French fries, my dear friend, it contains so much of oil, so much of calories, you know. So please refrain from eating French fries.

Sometimes, once in a while, you may. Similarly, burgers and maggi, that is noodles and all those things. Junk food, yeah.

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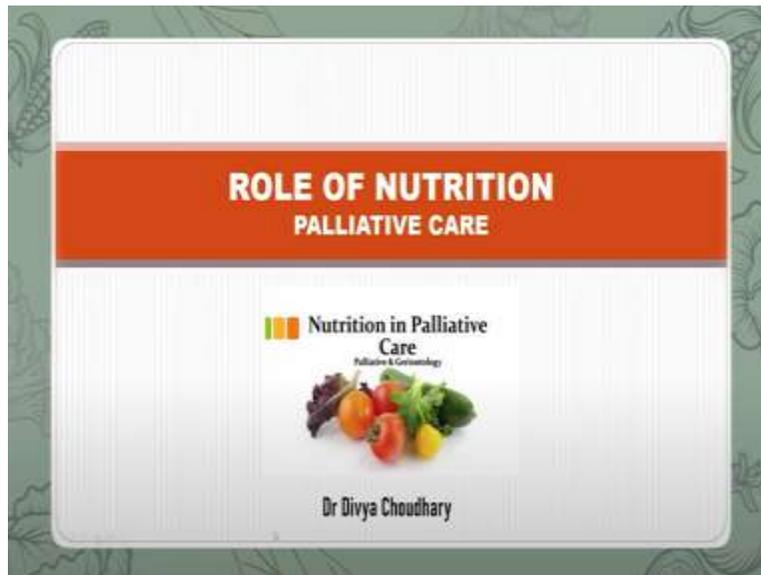
What is junk food? Junk food is the ultra-processed food that most people love to have or order online. We eat soda drinks, candy, cookies, salty snacks or fast food.

All of it is what we are constantly eating. And these have become a great part of our daily meals. But we do not realize how they are affecting our bodies and health. Fast aging, obesity, constipation issues, all the health problems that are increasing because of these junk foods. Nearly 50% of our daily diet includes these ultra-processed food items.

Dear friends, most of you do love junk food. It's a fast food, easily available, tasty also. And most of your friends, peers, they all eat, so you people are eating it. But I'm telling you, after this particular week about nutrition and diet, just think over, carry out some introspection. Your stomach does not require, it doesn't want this fast food.

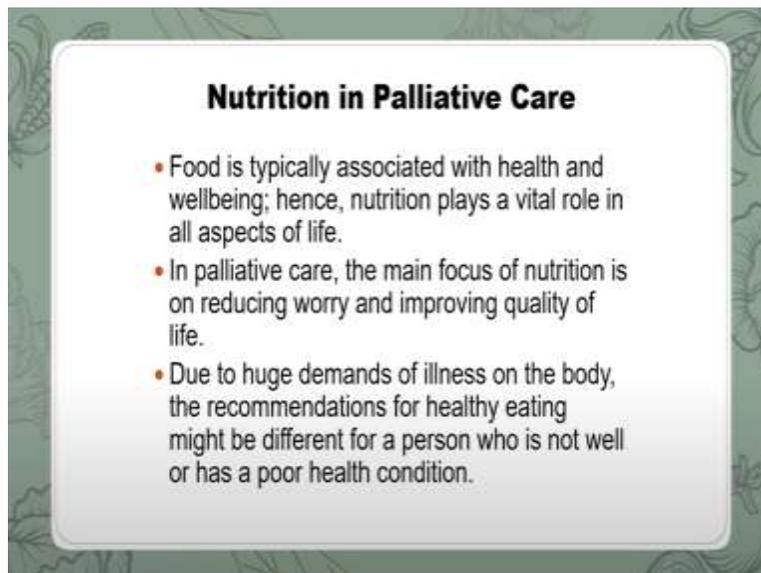
It is your tongue. It's your mind that's craving for fast food. If you try and control your mind and go for soft, natural food, what we are talking about, you can learn from anywhere else. So make it a lifestyle at your home. Insist upon it.

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Role of nutrition in palliative care? Food is typically associated with health and well-being.

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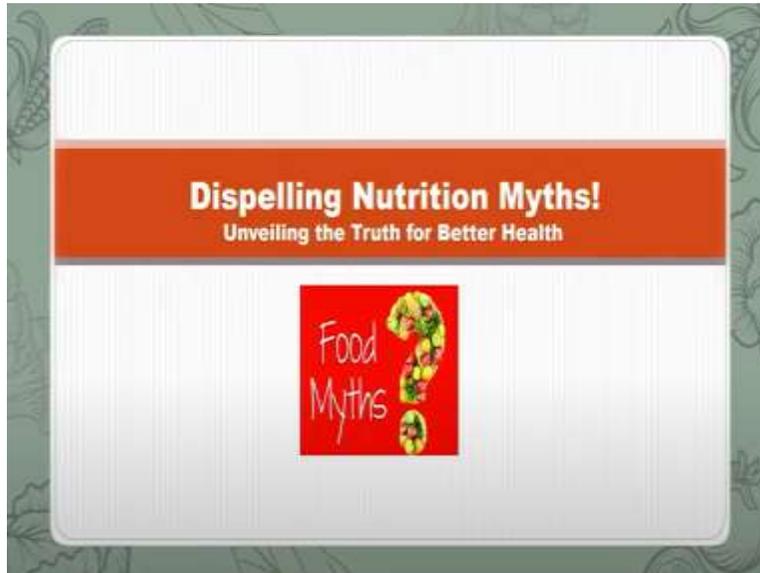


Hence, nutrition plays a vital role in all aspects of life. In palliative care, the main focus of nutrition is on reducing worry and improving quality of life. Due to huge demands of

illness on the body, the recommendations for healthy eating might be different for a person who is not well or has a poor health condition. So in palliative care usually patient loses weight. And by providing him proper nutrition.

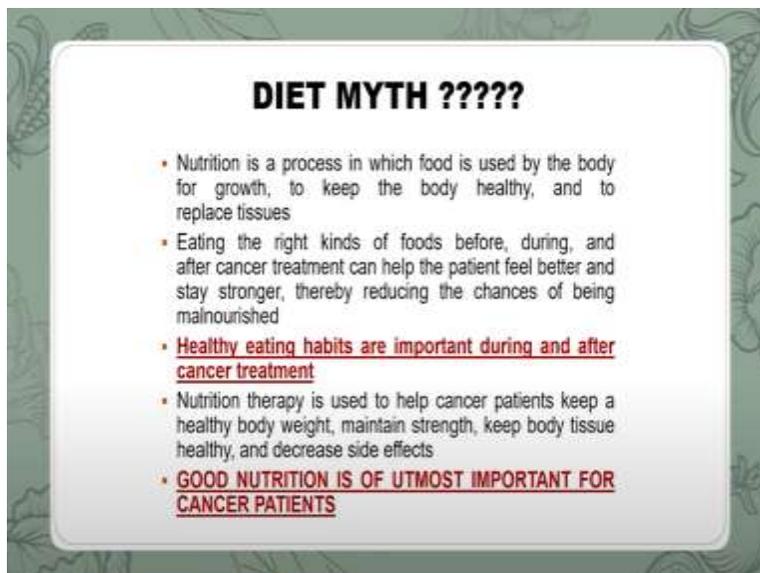
You can maintain his health. And that will improve his quality of life.

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Dispelling the nutrition myths. Unveiling the truths for better health.

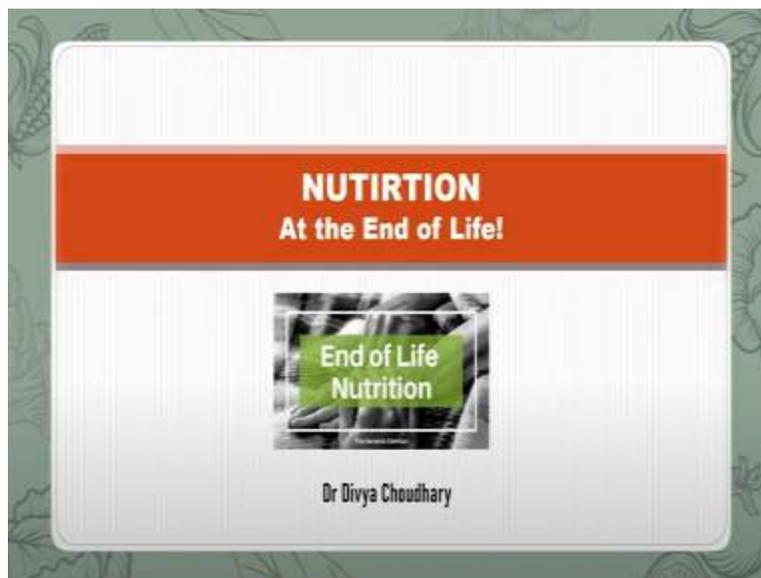
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Diet myths. Nutrition is a process in which food is used by the body for growth to keep the body healthy and to replace tissues.

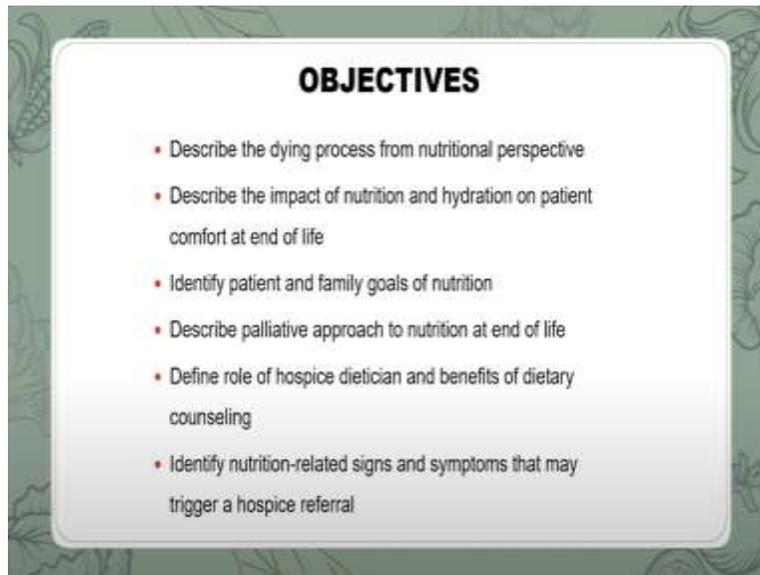
Eating the right kinds of food before, during and after cancer treatment can help the patient feel better and stay stronger, thereby reducing the chances of being malnourished. Healthy eating habits are important during and after cancer treatment. Nutrition therapy is used to help cancer patients keep a healthy body weight, maintain strength, keep body tissue healthy and decrease side effects. Let's speak together good nutrition is of utmost importance for cancer patients towards the end of life when in cancer and certain other diseases when we are sure that patient is likely to die and he is in terminal phase of the disease and about to die within few weeks or maybe a month or two.

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That time also nutrition is very much important.

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The objective of providing good nutrition at this stage is to describe the dying process from nutritional perspective, describe the impact of nutrition and hydration on the patient comfort at the end of life, to identify patient and family goals of nutrition, describe palliative approach to nutrition at the end of life, and define role of hospice dietician and benefits of dietary counseling. Such patients are usually many a times they are admitted in hospice identify nutrition related signs and symptoms that may trigger a hospice referral. Thank you, friends. I am sure after learning many things about diet and nutrition in this week, you will plan out a good nutritional and diet plan for yourself. Thank you.