

Assessment 2

Nutritional Therapy

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Table of Contents

Introduction	3
Analysis	3
History, Uses,Efficacy,Contraindication	3
Evaluation	7
Ethical Consideration.....	8
Recommendation	8
Conclusion	9

Introduction

The term “Therapy” is in general related to the care of an individual who is suffering from some illness that may be either mental illness or the physical illness without using the traditional form of treatment from medicine or operation for healing the patients. Over the years the treatment through the therapy is gaining its popularity in the treatments of patients along or apart from traditional ways of treatments of an illness. Over the years as the therapy has gained popularity, trust among the people and it also leads to the bifurcation of it. Now different types of therapy are available likes Acupuncture, Alexander Technique, Tai - Chi, Ayurvedic Medicine, Nutrition therapy etc., are some quite well-known terms in the treatment through therapy among the people of the UK. Among the Nutritional Therapy is gaining its popularity as it is focused on the treatments of an individual through naturally means to gives its preference on its health through a customized nutrition plan for an individual's and by an individual's lifestyle approach. In Nutritional therapy, the prime focus is on the nutrition's of each part of the body and along with the help of medical addresses where there utilized the evidence based behavioral involvement for the procurement and the control of the long-term diseases related to an individual's lifestyle. In the nutritional therapy treatments that marks the potentials or the cause of the diseases or illness other than evaluation of the symptoms.

Analysis

History, Uses, Efficacy, Contraindication

Nutrition and food is a tropic of studies of the generations that keeps the foundation for the uses of the nutrients as a therapy for the treatments of individuals and In the years 1926, the first results arrived as first vitamins were extracted and characterized chemically and subsequently synthesized in the years 1936 as Vitamins B1 (Narula *et al* 2018). which almost a less than century ago. There have been some historical reviews of nutrition research that primarily focuses on concentrating the nutrients on an individual's dietary guidance and giving general scientific breakthroughs, or specific nutritional interventions. In the early 20th century, the main focus of the developments is based on the recognition of a number of essential vitamins and

minerals so that they can be used in the not only to prevention of the diseases but also treatments of the diseases that generally occurs due to its deficiency, like the treatments of diseases of scurvy, beriberi, pellagra, rickets, nutritional anemia. This helps in the identification of the some of the vitamins and its deficiency caused diseases in humans and animals by the middle of 20th century and this led to the sooner implementation of the essential vitamins needed for the individual on the foods for the treatments of the individuals (Stickel *et al* 2003). During the times of some event that has occurred like the World War II and Great Depression, as there was scarcity of food supplies of the source, this also led to the consideration of the studies of the unit nutrients and the deficiency caused by it. In the years 1941, at the National Nutrition Conference which was occurring on the topic of defense, there first recommended dietary allowance was first announced that made certain recommendations on the total essential nutritional demands of an individual's like protein, calcium, phosphorus, iron etc., This event led to the reduction of the nutritional deficiency among the individuals of the strong economy countries as they produce huge staples foods with certain necessary minerals and vitamins with low overall processing cost in the next 20 to 30 years.

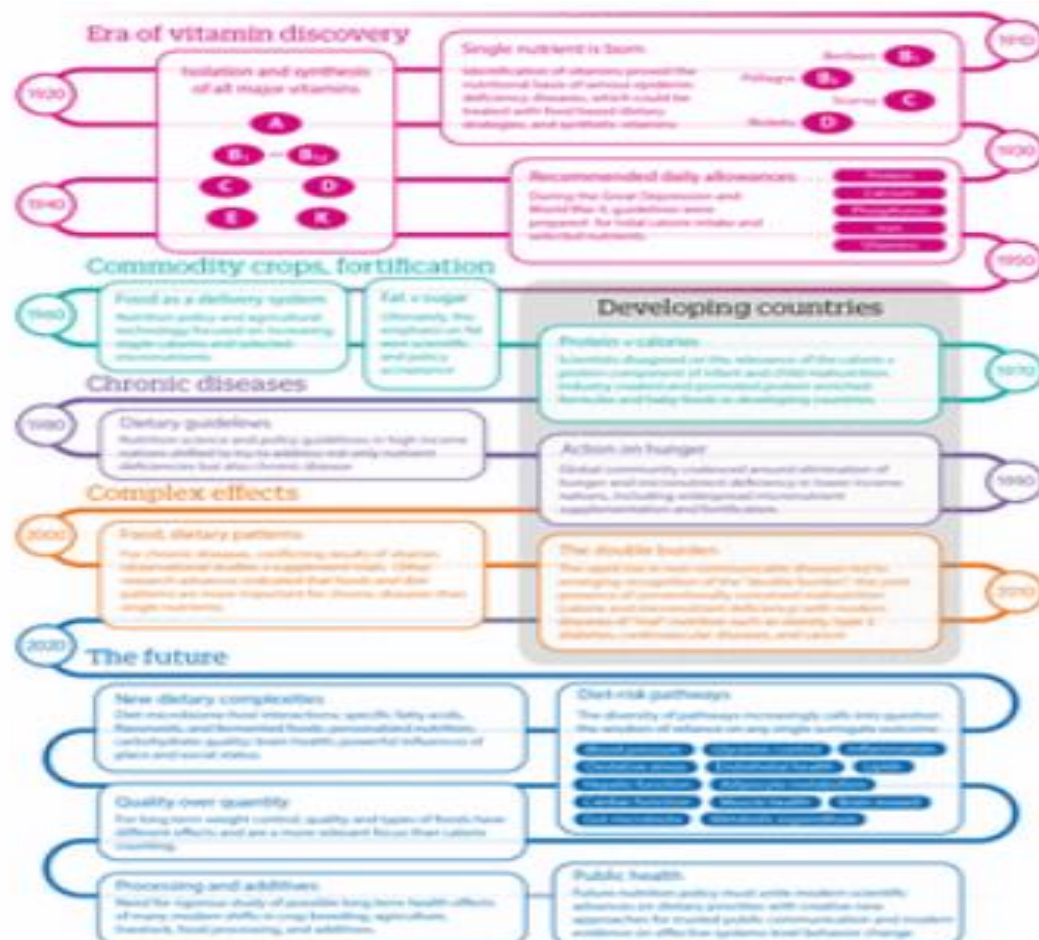


Figure 1: Times on nutritional developments

(Source: <https://www.bmj.com/content/361/bmj.k2392>)

Nutritional Therapy positively impacts on the lives of the individuals as its contribution to the individual's mental health and the physical health of the individuals. The results that are obtained in the individual's health through Nutritional therapy is making a deep impact on the life of the individual for a longer period. Through nutritional therapy an individual helps to recognize the nutritional deficiency of the individuals, how to prevent the nutritional deficiency of the individuals, how to control the nutritional deficiency of the individuals or any other diseases that the individual is suffering from (Kaneko *et al* 2014). Nutritional Therapy does not only act against the current diseases that are occurring due to the nutritional deficiency but also helps in the prevention of the diseases that might occur in an individual in the near future that is by the proper understanding of the nutritional needs of an individual body. Nutrition therapy guides an individual to smart food choices that will be helpful in leading an individual into a healthy lifestyle. Nutritional Therapy also helps to manage long lasting diseases like type 2 diabetes, high cholesterol levels. Weight gains is a serious problem of many individuals as it will makes individual body more prone to diseases but through Nutritional Therapy promotes weight loss during its treatments. Nutritional Therapy also helps them to increase the immunity system of the individual, which is gained its importance after the covid 19, the people recognize the importance of the immunity against the diseases and also keeps as individual to energized. Nutritional Therapy induces the healthy lifestyles that results in the general well beings of the individuals. This will lead an individual to maintain its fitness levels and helps in the reduction of the stress and anxiety that is necessary for a healthy mental condition. The Nutritional Therapy significantly helps in the reduction of the overall all harmful effects of the several chemical medicine which has a high impact on the life of the individual, one the accounts to the removal of once's diseased they may encounter some other diseases as the side effects of that chemical medicine. The overall cost of the medicine is also high that leads to the financial burden on an individual for its medical treatments. The toxic effects of medicine and financial burden is great depressing for the ones even for the diseases that are caused due to malnutrition (Davies *et al* 2011). Through Nutritional Therapy the diseases are cured naturally with no major side effects on the bodies and as due to natural, there is not much economic burden on the individuals for the treatments of its diseases. As it was estimated around a survey that the Malnutrition is projected to cost 19.6 billion pounds per year in England, accounting for more than 15% of total public health and social care spending. Through the promotion of Nutritional therapy, it will not

only save the money of an individual but also to help to control the budget allocated by the UK government on public healthcare. This amount saved which can later be utilized for the treatment of the needy people.

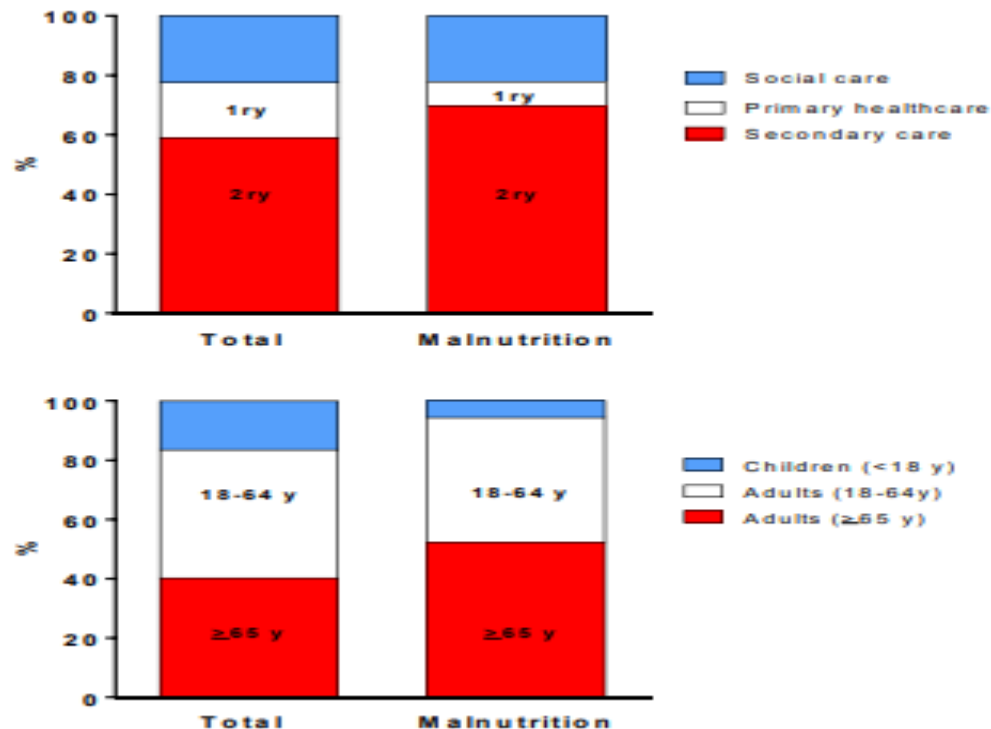


Figure 2: England total expenditure along with the mal nutrients.

(Source: <https://www.bapen.org.uk/pdfs/economic-report-short.pdf>)

Although the nutritional therapy has several advantages there are some limitations which are also associate with life as the results of the nutritional therapy is not seen early, it will take sometimes to show its results but if the individuals may lose its faits on the therapy that won't be helpful for the patients. (Horikawa *et al* 2020). If the nutritional therapy is does not properly guided by the nutritional experts, then there may be several sides effects it may encounter that is instead of losing weight there may be weight gain, tooth decay, high blood pressure, higher the level of cholesterol which are examples if the nutritional therapy is not successfully implemented on ounces to fight against the diseased of an individual.

Evaluation

There are generally two types of the regulatory system regarding the control of the medical practices across the world. That are self - regulation system that is controlled by the governments official to takes care of the public healthcare of the and the other is the voluntary regulation system where some professional association created to monitor the practice of the alternative medical treatments. In the United Kingdom there is not any self - regulation system established by the governments as to prevent the unprofessional treatment of an individual as in the United Kingdom there is a right which is given to the individuals that they can choose from who can give treatments for their disease (Grimble *et al* 2003). This gives chances to the many practitioners as that can indulge in the wide variety of procession and they will get the legal protection as long as they do not register in the register medical healthcare practitioner and they do not practice in some of the protected branch likes dentistry, midwifery, and veterinary medicine, as well as prescription-only drugs. This makes less opportunities for the highly qualified practitioners that are experts in their respective fields because of the legal protection which the unqualified people get from the United Kingdom governments and this is threatening to the lives of the common people of the United Kingdom as they don't know the practitioner which is giving them treatments is real ones or the fake. This is a greater threat to the public healthcare system of the UK (Shide *et al* 2014). There are several voluntary regulation systems available for the regulation Nutritional practice in the UK as the memberships of this organization will give confidence to the people that the professionals, they are choosing for their treatment through the Nutrition therapy are the genuine ones. In the year 2010, the Association for Nutrition was established, an independent non profitable professional body to set the standard for the nutritionists in various fields like nutritionists for exercise, nutritionists for Health, nutritionists for animals (Stawiski *et al* 2015). In this Association for Nutrition there are two types of registration in this association that are Registered associate Nutritionist where the graduates having BSc, MSc degree professional in the fields of nutrition will be allowed to treat the clients only under the support, guidance, mentorship of the professional Nutritionist and other one is the Registered Nutritionist where apart from the having the professional degree in the BSc, MSc in the fields of nutrition but also having at least three year post graduates working experience in the fields as a Nutritional Experts (Rasmussen *et al* 2006). This also helps in the bifurcation of specialized nutritional domains as the professionals are expert on. The other voluntary regulation system is the Federation of Nutritional Therapy Practitioners, as established in 2003, it is one of the fastest growing bodies in the UK for the practitioners of Nutritional therapy. The members of the Federation of Nutritional Therapy Practitioners are highly

experienced and vision that all members will follow Professional conducts and Ethics practice (Servia *et al* 2021). This Voluntary self-regulatory will allowed the for the safe practice of the nutritional therapy across the United Kingdom but also due to absences of the self-regulatory there is not any law that makes them accountable although the Voluntary self-regulatory has taken the much of the burden but the gaining popularity among the people of nutritional therapy governments need to establish some regularities bodies for the proper control of its practice as it is about the life of the people.

Ethical Consideration

During Nutritional therapy certain ethics need to be followed. The information of patients about the patients' identities, patients problems or diseases that they are suffering from need to be kept secret as a matter of privacy, there should be a favourable tone of communication between patients between the therapist and the patients (Nguyen *et al* 2015). There should not be any deception between the therapist and the patients during treatments. The therapist should not be anonymous during the treatments of its patients. There follow some constant approaches for the problem of the patients as there should not be any randomization of the treatments of the patients during the therapy as it will ensure the trust among the peoples about this profession, and it will also be beneficial for the growth of the Nutritional therapy fields as an alternative of the traditional medical fields (Zhao *et al* 2007).

Recommendation

With the over the decades there are more than 9000 Nutritionist has been registering as almost half of them has been register are recent makes this field as attentive ones and also with a greater number of people are shifting to the natural way of treatment in the United Kingdom has also boosted the need of the Nutritional therapist profession in the United Kingdom. The use of Nutritional therapy in the fields is medicine as a medium of treatments by modified diet by adding more organic food materials to the diets to improve the health of an individual as these nutritional diets are made by taking care of the needs of the individuals in nutritional levels after diagnosing their body (Bellizzi *et al* 2016). Suggesting healthy lifestyle to an individual so that there are not much stress and anxiety encounter by an individual especially after the covid 19 pandemic as the worlds is getting more aware in the term of the mental health which is only important in UK but globally as recently encounter some of the player of the United Kingdom

cannot matched with the mental toughness that is required in Quarantine. This also put an emphasis on the need of the nutritional therapist especially after the covid 19 pandemic and during the pandemic due to the restriction of movements of the peoples there to accommodate several problems like weight gains which can lead an individual to the problems of the hearts (Madrid *et al* 2021). Through nutritional therapy the weight of the individuals is reduced as the fat stored in as individuals bodies is cut down, this leads to the minimization of the risk related to the hearts, maintains the cholesterols levels of an individuals, controlling the type 2 diabetes and through Nutritional therapy also prevents the bodies against some of the deadliest diseases like cancer etc., As the nutritional therapy demand is growing the United Kingdom Government should set up some regularity's bodies for the identification of the genuine therapist to the peoples and also to ensure all the ethical codes of conducts are maintained as this including of the lives of the peoples which can be endangered at any cost (Bally *et al* 2016). Also, further research and developments is needed so the effects of nutritional therapy are seen early with much delay.

Conclusion

Nutritional therapy is emerged as one of the alternative of the traditional medical fields where is generally many sides effects of the chemically drugged medicine as for the procurement of one of the disease some's another diseases emerged as their sides effects, the cost of treatments is very high, all this is successfully encounter in the treatments of the individual through the nutritional therapy and beneficials against the mental health related issue, nutritional therapy is also beneficial which is quite awareness among the people especially after the covid 19. As the voluntary regulating system exists in the motoring of these practices but the need of the self-regulating system is needed from the governments for the keeping the fraud one's way from the practice of nutritional therapy and appraisalment of the genuine ones.

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