

Lifestyle Optimization: Today's Foremost Probiotic

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Abstract

This editorial article seeks to underline the utmost significance of optimizing lifestyle as a foremost probiotic in today's world. Almost always forgotten or overlooked is the fact that gut and metabolic health depends largely on lifestyle measures including eating behaviours and habits, physical activity, thinking ability, social interaction quality, and exposure to environmental pollutants. Nature must be the target for the modern human in optimizing lifestyle to enhance the quality of elongated lifespan.

Keywords: Lifestyle; Probiotic; Nutrition; Exercise; Optimization

Innovative Policy Development and Discussion

The suboptimally altered lifestyles over the last few decades during modernization in many parts of the world have seriously jeopardized human health and life satisfaction [1-4]. Despite the increased average human age, life quality has often diminished. Such a life dissatisfaction mainly results from unnatural styles of life in overly modernized nations. Suboptimal eating and drinking behaviours and habits, inadequate physical work, prolonged seating, insufficient brain exercise, lack of effective and interactive social programs, and exposure to a variety of environmental contaminants are amongst the main reasons for inferior life quality [5-18]. This article signifies the importance of optimizing modern lifestyles based on natural rhythms of life as a foremost probiotic in today's living on earth.

Regarding nutrient consumption behaviour, timing and frequency of eating as well as intake intensity require serious attention [3,5-12]. Recent recommendations on avoiding large evening meals and encouraging frequent small daily meals are in line with lifestyle optimization policies [3,15,16]. Adequate drink of water and soft sugar-free drinks is another major step towards making lifestyle a real probiotic. Harmonizing eating and exercise circadian rhythms requires increasing considerations. Human requirements for intense physical activity of sufficient duration must be set up on a daily basis and no longer [11,13]. Weakly programs for exercise will no longer meet health requirements for the modern and postmodern man. Adequate deep relaxing sleep is a must for the lifestyle to become an effective probiotic. It is contemplated that some afternoon rest or brief nap allows the body effectively go in depth to sleep overnight, which needs further research [12]. Making extra bonus time for social interactions and family relations is an obligation for the postmodern man to realize an optimal lifestyle towards improved life quality as aging prevails [19]. In light of the reduced glucose tolerance and insulin efficiency overnight, scheduling some intense exercise for late afternoon and evening times leads the body more efficaciously metabolize nutrients and be less prone to metabolic disorders and cancer [13,17,20]. All in all, this article provided concise and lucid information to develop a new global perspective that acknowledges

lifestyle optimization as a most crucial probiotic in securing gut and systematic health of today's overly busy human.

Conclusion

No more effective probiotic than lifestyle optimization will exist in improving human gut and systematic metabolic health. Eating and drinking behaviours and habits, physical work rhythms, social interactions and sleep-rest patterns must be optimized, and environmental exposure to pollutants must be minimized to accomplish this. Nature must become the gold goal for the postmodern man to move towards realizing optimal rhythms of life for deserving welfare and satisfaction.

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