

Lifestyle Optimization: Today's Foremost Probiotic

Nikkhah A*

Department of Animal Sciences, Faculty of Agricultural Sciences, University of Zanjan, National Elite Foundation, Iran

*Corresponding author: Akbar Nikkhah, Chief Highly Distinguished Professor, Department of Animal Sciences, Faculty of Agricultural Sciences, University of Zanjan, National Elite Foundation, Foremost Principal Highly Distinguished Elite-Generating Scientist, Iran, Tel: +98-24-33052801; E-mail: anikkha@yahoo.com

Rec date: Aug 6, 2015, Acc date: Aug 10, 2015, Pub date: Aug 13, 2015

Copyright: © 2015 Nikkhah A. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

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.

Acknowledgments

Thanks to the Ministry of Science Research and Technology, National Elite Foundation, and University of Zanjan for supporting the author's global initiatives and programs of optimizing science edification in the third millennium.

References

1. Nikkhah A (2015) Living Gut Health Improvement through Time-Managing Nutrient assimilation: An Evolutionary Probiotic. *J Prob Health* 3:1.
2. Nikkhah A (2015) Establishing rhythmic regularities in cell physiology: A novel global program to thwart cancer. *J Nutr Health Food Eng* In Press.
3. Nikkhah A (2015) Avoid Large Night Meals to Stay Fit. *J Obes Weight Loss Ther* 4: e115.
4. Nikkhah A (2015) Sustainable, Safe and Secure Human Food Production through Circadian Probiotic Optimization of Rumen Fermentation: A Farsighted Realm. *J Prob Health* 3:1.
5. Nikkhah A (2015) Circadian Optimization of Fruit and Vegetable Intake: A Gut-Exerciser Probiotic. *J Prob Health* 3:e116.
6. Nikkhah A (2015) Untimely intake as a postmodern public health bioterrorism. *J J Bioterror Biodef* 7:e118.
7. Nikkhah A (2014) Disease Closure through Opening Novel Chrono-Sciences: Bioprocessing of Intermediary Metabolism. *J Bioprocess Biotechniq* 5:1.
8. Nikkhah A (2015) Nutrient Assimilation Circadian Physiology: A Novel SciTech in Integrated Crop Production. *Adv Crop Sci Technol* 3:1.

9. Nikkhah A (2015) Optimizing Life Quality through Circadian Timing of Lifestyle: Founding a Civic Science. J Bioprocess Biotech 5:e133.
10. Nikkhah A (2015) Standardizing Appetite through Timing of Food Intake to Minimize Metabolic Disorders: A Veterinary Revelation. J Veterinar Sci Technol 6: e116.
11. Nikkhah A (2015) Towards a Global Anti-Diabetes Exercise Program. J Bioprocess Biotechniq 5: e135.
12. Nikkhah A (2015) Circadian Timing and Regularity of Physical Activity: A Novel Bioprocess to Prevent Devastating Modern Diseases. J Bioprocess Biotechniq 5:e131.
13. Nikkhah A (2015) Evening Exercise to Prevent Central Adiposity and Cardiometabolic Diseases. International Journals of Diabetology & Vascular Disease Research (IJ DVR) 3: 113-114.
14. Nikkhah A (2015) A Milky Way to Healthy Gut: The Probiotic of All Ages. J Prob Health 3: e115.
15. Nikkhah A (2015) Crumbling the Rising Super-Cancer of Obesity by Optimizing Frequency and Timing of Food Meals. Adv. Weigh. Manag. Obes. Cont. In Press.
16. Nikkhah A (2015) Optimizing Metabolic Rhythms through Regular Daily Exercise: A Global Guideline. J J Obesity 1: 013.
17. Nikkhah A (2015) Running as a Postmodern Probiotic to Optimize Gut Physiology and Health. J Prob Health 2015, 3:1.
18. Nikkhah A (2015) Nature as an Ideal Rhythm Model for Optimal Cardiovascular physiology and Health. Int J Diabetol Vasc Dis Res 3:1-2.
19. Nikkhah A (2015) Slowing Aging via Joint Rhythmic Exercise and Optimized Eating Behavior: Nature Enthuses. J Bioprocess Biotech 5: e136.
20. Nikkhah A (2015) Establishing Regular Patterns of Cellular Mechanics to Minimize Oncogenesis: Animal Sciences Inspire. Aust J Vet Sci Anim. Husb 2:1010.