

Healthcare

The article ‘When did eating become so hard?’ describes how people have become obsessed on the issue of diet. People in the past have taken much care about the diets that they took. However, people currently ensure that they get all the tips that are given to them relating to their diet. The people aim to reduce chances of contracting any disease. However, many people have mistaken the advice and have received the wrong advice. The blog experience that the important thing is that one matches the energy in the foods they consume with the energy requirements in their daily activities. People should not be overwhelmed by the need to reduce the amounts of food that they eat or limiting themselves to eating certain types of foods.

The blog was selected because the issue of diet has become a topic of discussion all over the world. With the emergence of diseases that are fatal, people need to know what they should eat. The problem is that the people are getting the wrong information relating to their diet. The blog relates to wellness in that it shows what people should do to avoid the mistakes that they are making. Even if people need to eat a proper diet; people have to engage in exercise activities to burn their excess calories. Diet alone is not the solution to health problems. This is where the blog relates to wellness and coaching.

The blog relates to religion because the religious books tell the importance of keeping bodies healthy. In the bible, the body is likened to God's house that people have to take care of. People should then eat healthy foods so as to ensure that their bodies remain healthy. The blog strengthens the believe that there is the importance of caring for one's body because when this is not done, people suffer.