

# The Role of Natural Therapies in Chronic Disease Prevention and Treatment

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## Abstract

Chronic diseases, such as diabetes, hypertension, arthritis, and heart disease, are prevalent and present

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cultures around the world, drawing on traditional knowledge and practices. Historically, many societies relied on natural substances and methods, such as herbs, minerals, and physical treatments, to prevent and treat diseases. With the advent of modern medicine, the focus shifted towards pharmaceutical interventions and technological advancements. However, the resurgence of interest in natural therapies reflects a growing desire to explore holistic approaches that align with preventive health strategies and personalized care [3].

Recent advancements in research have provided scientific

variations in quality, dosage, and individual responses. As a result, it is crucial to critically evaluate the scientific basis of these therapies, assess their safety and efficacy, and understand how they can be effectively integrated into conventional treatment plans. By addressing these aspects, this review aims to provide valuable insights into how natural therapies can contribute to comprehensive and effective chronic disease management, promoting a more integrative approach to health and wellness [5].

Nutrition plays a pivotal role in the prevention and management of chronic diseases. Diets rich in fruits, vegetables, whole grains, and

combines the strengths of natural and conventional therapies can enhance overall disease management and improve patient outcomes. Continued research and collaboration between healthcare providers