



facilitating consumption, availability, and education, and addressing health, making individual more [1-5] accessible.

Past experiences: Previous experience of food intake, childhood habits, and eating habits leading to bingeing can influence individual eating habits and diet choices.

Family environment: Family dynamics, including mealtime habits, availability of food, and family eating patterns, can influence individual eating habits and choices.

Peer influence: Social interactions with peers, friends, and colleagues can influence eating habits, especially in social settings where eating habits are often influenced.

Cultural norms: Cultural norms, traditions, and social attitudes towards food, body image, and eating habits can influence individual eating habits and choices.

Food availability: Access to high-quality, calorie-dense food, availability of healthy options, and ease of making healthy choices are important factors.

Food marketing: Aggressive marketing of food products, including advertising and social media, can influence individual eating habits and choices.

Obesogenic environment: Environmental factors such as neighborhood characteristics, food density, lack of physical activity, and sedentary lifestyle can influence eating habits and choices.

Socioeconomic status: Socioeconomic disparities, including income, education, and limited access to healthcare and education, can influence individual eating habits and choices.

Healthcare systems: Access to and availability of healthcare services, including dietitians, nutrition counseling, and mental health services, can influence individual eating habits and choices.

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and m l i f a c e d i e i h i g n i c a n i m l i c a i n f h e a l t h a n d
e l l - b e i n g . B y u n d e r s t a n d i n g t h e r o l e s o f t h e s e f a c t o r s i n
a n d i m p r o v i n g a g e d i n e n i n a n d a g e i n g , w e
c a n e m p o w e r i n d i v i d u a l s t o c o m e t o t e r m s o f h e a l t h y
b e h a v i o r , i m p r o v e t h e i r q u a l i t y o f l i f e , a n d a c h i e v e s u s t a i n a b l e
m a n a g e m e n t o f t h e i r c o n d i t i o n s . I n t h e a r t i c l e , w e d i s c u s s
e v i d e n c e - b a s e d a p p r o a c h e s t o a d d r e s s i n g t h e s e c o n c e r n s
a n d p r o v i d e i n s i g h t s i n t o t h e r o l e s o f h e a l t h , r e s i l i e n c e , a n d s e l f - c a r e .

Zingiber officinale.

The inhibitory effect of Curcuma