

Empowering Women's Health: A Narrative Review on a Multi-Dimensional Approach to Nutrition and Wellness

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ABSTRACT

Introduction: The nutritional status of women is a critical determinant of overall health and well-being, particularly in addressing challenges such as micronutrient deficiencies, metabolic imbalances, hormonal fluctuations and weight management. This review explores the holistic healthcare approach that integrates Conventional Nutrition Therapy with complementary interventions, including deep breathing exercises, sleep hygiene, and moderate physical activity, enhancing blood circulation, metabolism and digestion. Herbal remedies for hormonal and metabolic support and optimal water intake in improving the overall nutritional status of women.

Aim: This review aimed to evaluate the effectiveness of integrating nutritional therapy, physical activity, and lifestyle modifications on the nutritional status and overall well-being of women.

Materials and Methods: This review analysed 40 studies published from 2003-2024, from databases (PubMed, Scopus, and Google Scholar). Studies included (25 clinical trials, 10 cohort studies and 5 systematic reviews focussing on dietary interventions, physical activity and lifestyle modifications on women's health.

Results: The study populations ranged from 100 to 4000 participants, primarily women of reproductive age (18-45 years). Key outcomes analysed included Body Mass Index (BMI), metabolic markers (lipid profile), and inflammatory markers {C-reactive Protein (CRP), Erythrocyte Sedimentation Rate (ESR)}.

Across the reviewed studies, the holistic interventions integrating diet, physical activity and lifestyle modifications in most studies led to a significant reduction in BMI (1.2-2.5 kg/m², p<0.05), a reduction in Low-Density Lipoprotein (LDL) cholesterol levels by 10%, decrease in ESR by 10 mm/hr. and reduction in CRP by 30%, indicating improvements in weight management, inflammatory and cardiovascular markers. This review underscores the potential of integrating diet, physical activity and lifestyle interventions to improve the nutritional status and overall health of women, suggesting that a holistic approach could offer significant benefits for managing metabolic and lifestyle-related conditions.

Conclusion: Future research should focus on validating these interventions through clinical trials and exploring their long-term impact on women's health.

Keywords: Herbal remedies, Holistic approaches, Nutritional status, Nutrition therapy, Sleep hygiene, Women's health

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