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Nota di contenuto	Healthful eating as lifestyle (HEAL) for non communicable diseases / Shirin Anil -- Healthful eating as lifestyle (HEAL) for hypertension / Saman Tahir, Sara Habib, Romaina Iqbal -- Healthful eating as lifestyle (HEAL) for obesity / Ayesha Salem Al Dhaheri, Leila Cheikh Ismail -- Healthful eating as lifestyle (HEAL) for hyperlipidaemia / Bart Kay -- Healthful eating as lifestyle (HEAL) for diabetes / Chunling Wang, Zhizhong Dong, Zhe Yi, Jian Ying, Geng Zhang -- Healthful eating as lifestyle (HEAL) for heart diseases / Ioanna Bakogianni, Dimitra Karageorgou, Muna Ibrahim Atalla Al Baloushi, Antonis Zampelas -- Healthful eating as lifestyle (HEAL) for stroke / Claudia Stefani Marcilio, Antonio C. Mattos, Gustavo B.F. Oliveira, Alvaro Avezum -- Healthful eating as lifestyle (HEAL) for asthma / Zaid Kajani, Sivakumar Sudhakaran, Salim Surani -- Healthful eating as lifestyle (HEAL) for cancers / Shirin Anil, Redhwan Al Nagggar -- Healthful eating as lifestyle (HEAL) for mental health issues / Karen M Davison, Ann S. Hatcher, David Benton -- Healthful eating as lifestyle (HEAL) and physical activity / Ranjit Mohan Anjana, Vaidya Ruchi, Vasudevan Sudha, Unnikrishnan Ranjit, Rajendra Pradeepa -- Healthful eating as lifestyle (HEAL) and

smoking cessation / Shirin Anil, Redhwan Al Naggar.

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**Sommario/riassunto**

Healthful Eating As Lifestyle (HEAL): Integrative Prevention for Non-Communicable Diseases highlights the importance of HEAL as an intervention for the prevention and cure of non-communicable diseases, as well as the prevention and treatment of its risk factors like hypertension, high cholesterol, obesity, smoking, increased alcohol intake, and insufficient physical activity. It provides motivational strategies for users of all ages, gender, and strata for healthful eating, both in developed and developing countries.

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