

Full Length Research Paper

The meaning of life: Health, disease, and the naturopathy

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The meaning of life is what humans expect of it. The quality of life is explained by social concepts. Life has to do with maintaining the functions of biological systems. Organisms must be healthy to maintain their life. Health is a perfect working condition of the body. Disease is a divergence from normal physiological conditions of the organism in question. The cause of most diseases can be traced to physiology and its effect on humans. Obesity is one of the contemporary diseases that are psychologically tied. For this reason, some clinical applications have been used, including exercise, diet and some surgical methods. However, alternative remedies are been applied and they include herbal therapy, hunger, aromatherapy, musical, color and magnet therapies, yoga and acupuncture amongst others for one to stay healthy. The above examples are referred to as naturopathy. Hunger is a psychological stimulus and not a pathological condition. When the glycogen level in the liver or glucose in the blood falls below a ratio, this is usually followed by a desire to eat. The often unpleasant feeling originates in the hypothalamus. Hunger is seen in different religions of the world as a rule. Hunger, as a cure or remedy to diseases, has been used at different times because of its numerous advantages. In some cases, hunger makes one to be contented, and patient with life; it also brings about good health, as staying hungry can help one to fight against obesity. Using hunger as a form of treatment to stay healthy should not be considered at any time as torture.

Key words: Philosophy of life, health, disease, naturopathy, human.

PHILOSOPHY AND LOGIC OF LIFE

The history of life on earth dates back to about four billion years ago. This has been written by Fortey (1998) in an extraordinary way, concisely from the simple to the complex. According to biological processes, life is a dynamic and variable reality. However, the dialectic of life has seen death as a conflict contending with it. In order to perceive life accurately, a meaningful result is deduced from the order of physical environment and life. These results of fungi, plants and animals, having evolved as

"pure" single-celled structures, are real (Villie et al., 1982; Yetkin, 1998).

The life of different nature, such as plants and animals, to maintain their activities and generate foods that can be used as resources, is a complex system. Life, which is the effort required to find the next substance, includes some vain efforts. So, giving the entire struggle for life may not be successful. Life, we can define in different ways, but we will have to accept and appreciate its various definitions; one of such definitions sees virus as an example of a living thing, since it has life. Viruses, as a reverse example of parasitism, show vitality. They are also structures that show the chemical properties of the inanimate environment (Boyd and Noble, 1993).

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This situation, such as disease and health issues may create difficulties when investigating it, but it is important here; the evolution of what to expect and what to have (Haldane, 2002). In fact, open systems are live presence. In this case, the internal stability of the environment (homeostasis) continues to create difficulties. All types of live material and energy exchange with the environment they do. The important thing is to constantly change internal and external environment; the cells inside of the uniformity of the environment are provided (Yetkin, 1994; Yetkin, 2001; Johnson, 2003).

This balance shows health in its physiological meaning; imbalance shows also a negative change of disease. Life, as a machine of vitality (metaphysics view), or evolutionary sense (dialectical view), covers what it is. In the evolutionary sense, "life has been defined by itself directly (Rosen, 1991; Yetkin, 1998). Life, to meet different dialectics, entails life of motion, of change and conflict (death) (McCall, 1975; Maslov, 1982; Yetkin, 1999; WHO, 2008). As a result, human health is extremely important. Treatment of diseases and care services for people are necessary. Treatment, including traditional or natural methods, is made and implemented, as well as adhering to hospital's rules.

HEALTH AND DISEASE

Each disease has a cause, physiologically. If you know the cause of the disease, then you have the cure. The knowledge of the disease is essential for its prevention and treatment. Being healthy does not only mean not being infected with disease, but it also has to do with the physical and mental aspects of the individual being in good shape. Being healthy has to do with the total well being of a person, including his appearance, proper functioning of the body, and continuous maintenance of this good health condition. The World Health Organization (2000) defined being healthy as, "the individual's own physical and mental aspect in good situation". Diseases do not only have physical defects, but is also more adverse when maintained as a lifestyle. Disease status has to do with abnormal physiological conditions. This occurs when the body's defense power is weak and damaged, resulting in illness or disorder. Diseases can result in changes in physiological functions of the body and this can cause a very thin line between the body and physiopathology sometimes.

In fact, the life of organisms passes through a long process of biological evolutionary (life fighting) history, and in this fight, some species are either too weak or not able to maintain a strong defense against diseases, depending on the generational and immune features they inherited. Therefore, if the immune system and resistance collapse, the body would have to protect itself with full force. In the world, parts of the problems facing large numbers of people are related to health and disease. All health

problems and diseases are not similar; some people may have simple health problems, while some others may have serious illnesses which must be treated. Therefore, specialization in different areas of diseases was developed and is still till date (WHO, 2005)

OBESITY

Obesity, otherwise known as overweight, is one of the widespread public health problems of contemporary world and the leading cause of death worldwide with increasing prevalence in adults and children. It is associated with a large decrease in life expectancy and increase in early mortality (Mazokopakis et al., 2004).

Obesity, which is expressed in scientific data involving height/weight or the fat mass index, is a major health problem (Duman et al., 2009; Mazokopakis et al., 2009). Overweight people enjoy eating (Foster, 1985). Increase in body fat tissue, that is obesity which is defined as back-up oil, is not just a simple aesthetic issue, but a physical and mental ill health issue; it is seen as a chronic disease. Unnecessary increase in body fat has adverse effects on our organs and systems which lead to body disorder and diseases.

This has made this issue an important social health problem, and as such treatment must be given to deal with its diseases and illnesses (Grant, 1981; Gürlek, 2004; Yetkin and Yetkin, 2004; Halsan and James, 2005). The main causes of obesity are changes in life productivity and lifestyle, decline in daily physical activity and exercise. Other causes of obesity including inheritance and environmental factors (malnutrition, inactivity, alcohol, and tension) still hold important place. What a fat person receives on a daily basis is more than the energy he exhausts.

Obesity has adverse effects on the body systems directly, and it leads to increase in death rate (mortality). For instance, the majority of heart disease, high blood pressure, diabetes (diabetes mellitus) and liver fat comes from excess body weight. Obesity can cause sex-related diseases: for example androgen levels drop in men, loss of interest in sex (libido) and sexual problems like erectile dysfunction. Fatty men have low sperm count. In women, an increase in androgen level and monthly (menstrual) disorders are developed such as oligomenore, dismenore, no ovulation and infertility. In addition, pregnant women being over-weight are known to be difficult. In researches, obesity has been shown to cause DNA damage. With literature review the importance and benefits of "healthy and conscious" weight loss can be understood. Here, the application of controlled hunger as ineffective a treatment method is recommended (Christakis and Fowler, 2007; McLaren, 2007). Look out for a suitable treatment that can; cause significant reduction in weight, heart-vascular illnesses and deaths; control blood pressure regulating facilities, diabetes and

bad predisposition to glucose tolerance in the liver; enhance easy respiration and provide decrease in blood flow.

IMPORTANCE OF HEALTHY ASPECTS OF BODY WEIGHT

Body weight in healthy people, nutrition (diet) and the center of saturation in the hypothalamus that coordinate activities are set according to energy consumption; therefore, do not change. Increase or decrease in tissue mass, food purchase and consumption is determined by the balance between nutrient acquisitions; besides, the validity is determined by physical and emotional factors. Energy consumption is determined by the help of the basal metabolism and physical activity (Dwyer et al., 1991; Morley, 2001). However, diet or exercise that brings changes in body weight is voluntary; if they are not done consistently the changes they cause are usually not permanent.

Change in body weight, and changes in tissue mass and body fluids may reflect in the individual. Tissue mass and weight change of even a significant gain or loss allows fluid. However, if an individual losses weight at a given time, and does not continue in it, it might result in that individual gaining more weight, which is usually a more serious problem, compared to his first state. If a person observes conscious diet, reduces his nutrient intake regularly, this will speed up the body metabolism, resulting in urine loss including calorie and total weight loss of the body.

As a result of weight loss, weight gain is a phenomenon than the diagnostic symptoms and is a serious illness. If the nutrient consumption is higher than weight loss, diagnosis is based increasingly more on diabetes, tyrotoxicosis or malabsorption. Advanced can-cer or lymphoma that causes weight loss has also been seen as a form of dieting. If nutrient acquisition is reduced, malignant, inflammation, renal failure, psychia-tric disorders, or endocrine insufficiency are quite likely to occur (Bouchard and Bray, 1996).

Medical cure applications for obesity

Diet

200 calories to create a glut of long-term implementation of the diet can be deadly. 200 - 800 calories a day instead of this diet is recommended. The goal of treatment with diet, nutritional behavior is to educate, to observe the symptoms of disease, delays the progress of chronic disease and to provide support for treatment. Treatment with diet is based on four keys: (a) realize and accept you have nutritional problem (b) treatment should be scientific based (c) you must have a healthy gas-trointestinal system (d) and be ready to go on dieting, for

this is highly essential (Yetkin and Yetkin, 2003).

Exercises

Exercise is an activity that enhances or maintains physical fitness and health of individuals and population. Exercise is performed daily for some different aims to prevent the cardiovascular system diseases and to loss body weight or maintenance (Stampfer, 2000; Wilmore and Knuttgen, 2003). It is also important for mental health and it fights against depression (Parker-Pope, 2001; Hunsberger et al., 2007). Childhood obesity is increasing globally. For this physical exercise may help decrease the effects of childhood obesity in the entire world (WHO, 2009).

An activity that requires a certain extent of power and skill causes person to gain health as well as self-confidence. Nevertheless, either exercises or any sports realized for a purpose must be under supervision of an expert medical doctor and trainer in order to practice correctly and healthily. If these activities are exercised without having any consciousness and unscientifically, you may have harm rather than having benefit. Exercises that increase more oxygen consumption are advised. Particularly, heavy exercises may also cause unanticipated deaths. Therefore exercises must be tolerable and done at intervals throughout the day. Nevertheless, high cholesterol level may be decreased by diet and sports.

Changing behavior

Changes in eating behavior or nutrition must be developed (Yetkin, 1994); for this purpose, shape, type and amounts of foods must change.

Drug application

Medication treatment has two purposes: one of them is (i) reduction of absorption and (ii) reduction of pressure of appetite. In the first, orlistat is used to prevent the effect of secreted pancreatic lipase. Thus, a part of the fats taken as nutrition would have been discarded without intimidation. However, the medication may cause diarrhea. For the second, the applications of leptin have positive results: leptin does prevent the development of adipose tissue (Yetkin and Yetkin, 2004; Duman et al., 2009).

Surgical practice

Clinical practice is not sufficient alone, surgical treatment is also applied. In this, stomach is made smaller (gastric restriction) or textural fat withdrawal (liposuction) is done. However, these are not natural treatment; they have side effects and are inconveniencing.

Naturopathies

Can naturopathy, a natural treatment, be perceived as return to wild life? Or what can enema and patient herbal nutrition, and performance of certain physical activities are considered as? Can they be called physical treatment, or this religious practice, fasting? In fact, a logical natural treatment (philosophy), an independent field of scientific application is the natural treatment methods; it has scientifically based information.

The applications performed to repair, to maintain the health fix for the treatment of physical disorders contain physical, chemical, biological, spiritual and mental rules. Therefore, natural treatment has three basic principles: (i) there are two environmental medium; an external environment which influences the living organisms and an internal environment which includes the organs (Yetkin, 1994), (ii) the body's internal nature actually improves and makes treatment itself, and (iii) the goal of the treatment is not to worsen the state of the patient.

For example, the tonsils that are necessary for immunity, when operated can create new health problems for humans. Rather, starchy, sugary foods and cold beverages to avoid the continuous treatment may be more useful. Better use of health care services would help fight against diseases.

Life may have different methods of treatment and maintaining its health. However, conscious nutrition, clean air, clean clothing, proper life, sexual and social activity in the "return to nature" can be considered to be natural treatment. Hippocrates said, "Let food be your medicine". He also emphasized that correct feeding starts the natural treatment.

Important vital elements take place in our body. Nutrients are functional according to the efficiency as energy providers and regulators (Grant, 1981), constructive and restorer. In the absence of some ions (sodium, potassium, calcium, chlorine), however, the body is transformed into flesh mass. Ratios of these elements should be found in the body in certain ratios (Berne and Levy, 1993; Johnson, 2003). This features to ensure that nutritional needs should be very versatile.

Natural health methods: naturopathies

Natural treatment can be regarded as a proof of uniformity of the laws of biology and exactness. Treatment occurs to determine the cause of disease, prevent the emergence of the individual's own life and future editing phase consists of natural treatment that forms the living power of air, water, food, light, environment, opinion, purpose life and beliefs of humans.

Applied in India "ayurveda, homeopathy, siddha, and allopathi Unani" and "herbal treatment (herbalism), acupuncture and yoga" are methods of naturopathy (Embre, 1966; Edmonds, 1979; Smith and Logan, 2002; Rebello, 2006; Easwaran, 2007). In addition to the many natural treatment methods applied, there are others: these are hunger, cold, body temperatures, with exercise, music, natural source of water, massage and magnetic treatment applications. Also, the feature due to the natural treatment is done in

some cave. Natural health, at the same time, is a method that is applied optionally.

Hunger: as a natural health method

Hunger, fall in glycogen levels in the liver, with psychological and physiological stimulation, was perceived as a sensation or feeling experienced when one has a desire to eat. This perception originates in the hypothalamus. Nutrition is organized with "nutrition" and "satiety" centers in the hypothalamus. Satiety center gives a warning signal to stop eating, for "excessive nutrition" causes damage. Eating and drinking behavior of lateral hypo-thalamus improves stimulation. On the other hand, stimulation of the ventromedial core in hypothalamus can cause satiety, reduction of food intake (Tappell, 2006). A hungry person is not in vital danger within the time starvation begins. Hunger arises, if the time for food consumption (meal) takes time, and this is followed immediately by its stimulation.

Regularly, a person can survive without food for a long time, for hunger sensation actually starts after several hours without eating. Sensations of hunger result when there is decrease in nutrient consumption, or none at all to consume. Hunger is a natural physiological stimulation that makes one to find food in order to live and move (Carlson, 2001). Peristaltic contractions begin in the stomach when the food is intact within the stomach. In a situation where the stomach is empty for long without food, hunger contractions and pangs occur. The first 12 - 24 h of this pang is bearable or not visible; it reaches to the highest level in 3 - 4 days, then, it gets weakened in succeeding days.

Basic control can be performed by duodenal stimulation including neural and hormonal feedback reflex. However, control can be done with filling of the stomach and control of the effect of the gastrin hormone peristaltic motion. This, discharge rate to slow to work together; gastric juice excess acid that undigested fat and protein includes the gastric emptying rate, the small intestine is able to handle gastric juice with the rate is limited. In the fullness of people with bold and fullness of rectum intestine is closely related to the social information are: stimulation of satiety care continues to be a stoppage.

Of course when there is acute hunger, this might lead to deficiency or scarcity of certain nutrients in the body, and sometimes lead to death. Mentioned hunger is the hunger beside the plentiful and is easy to reach place, a reaction that does not have goals, duration, and features a consciously held, all to protect the body and increase resistance to the treatment proposed to be made (Smith and Logan, 2002). During the illness of animals when they are satiated, hunger is known to set in. Some acute and chronic diseases reduce or lead to total loss of appetite entirely. This is a natural phenomenon; this in itself is a form of natural treatment for staying healthy. Irrespective of the benefit of loss of appetite, sick patients need food, as this gives them the strength and power to fight against disease and to absorb the food for proper functioning of their body. For this reason, the patient may be given something to eat. The kind of diet we take can play havoc with the functioning of the body. If the body system is not functioning properly to digest food and eliminate waste, this might lead to self-poisoning, known as auto-intoxication. The cause of many of this toxic chronic disease is the accumulation of waste. In this type of phenomenon, hunger and fasting are seen as positive answers to this health problem. Hunger is seen as a general repair or defense to the accumulated poisons in the body. If it can be thought in this logic, fasting is lowest diet of calorie, as can be seen in Egan's (2002).

Lent (fasting), the fact that since the old time, makes for individual or community of mankind to keep himself under control. Fasting, due to its high level of benefits, is recommended for days, because it makes the body temperature to fall fast. Lent in a way contributes to health.

Nutrition, motion and oxygen consumption are life-managed items universally. Balanced diet is also a life form that meets all requirements of the body.

In living organism, nutrition and nutritional requirements of the natural way is regulated by physiological circumstances and realism. If a trencherman is asked to bring back weight loss, he would this by increasing the amount of his food consumption. Food request and amount is determined by instinct. It is called starvation when people are deprived of food, even when the appetite and desire to eat is there. The word hunger can also be used for different means such as longing and desire.

When consciously applied properly, hunger can be considered a natural and reliable treatment method. Hunger is a biological event, starting with vitality. Hunger also allows definite stability and volition in humans. Hunger is a struggle within the body, of which people are aware. At this point, a question can be asked: What is life and health? How should their relationship be? If the body's natural balance is in good shape, health is in place; if the balance is distorted, health is corrupted. This is a fact for people who want to stay healthy. People go to hospitals thinking health services are provided only by physicians.

However, a large part of health is seen as being in the individual's own hands. People do not only get sick for eating less food, contrarily they can get sick (metabolic syndrome) because of excessive food. "Life passes throat" of the promise of the "Life goes straits expenses" are;

In some communities in the old times, eating once a day is like eating twice a day. Socrates said that it is greed to eat two meals at a time. Some religions see hunger or fasting as a means of purging their body, or for spiritual purification. Accordingly, "overeating brings torture, while less food brings happiness" can be created: Ibn-i-Haldun "Scarcity in most of the deceased rather than hunger, and they die of satiety", especially: in fact, hunger, scarcity and lack of compliance as conditions are difficult. People with physical and mental health as less than a health food cost will be paid. Thus, unnecessary and harmful effects of drug use have been cautious.

To get ready of hunger: what should be considered?

To clean the intestines, residence in an environment of physical and mental preparation is recommended to avoid eating. People should look very nice and happy with the vision. Take a deep breath and slowly breathe in fresh air. Washing (physical) may be useful. One will remain strong and healthy by taking advantage of what the body requires to function properly (Freed and Freed, 1990). Support must be provided from the sun. Individuals themselves should find and secure a healthy physical and mental environment.

Hippocrates says: "If the body is in health, you would do it much evil by feeding it too much". By the time Plato and Socrates, hunger (5 - 10 days) is known to apply. Long-term starvation of exams before Pythagoras was applied. The body's response to starvation has been studied.

Animals starve also in practice: the bears hibernate; cold-blooded living creatures spend the winter semi-alive (poichiothermal). Application of hunger for the treatment of people die of hunger, natural weight is closer to the revival and force young people can make to collect. People living in the various events after the 45 - 50, or even stay open until 100 days and died on, there are many examples (in Alaska in 1973 a plane falling out of the-dead-on 75 days after the passenger has been reached). Applied or used in medicine today, diet, starve or go hungry, and this understanding does not mean it does not. Remain open continuously enforced (3-5 days and more). In the period of staying hungry, good water should be taking (for electrolytes): this would help get rid of some diseases, especially hunger. People get so much weight that they can stand so many

days starving.

As hunger increases all the cells receive vital energy. During famine, people's life force (energy) consumption will not be lost, and ultimately can provide to strengthen the organisms physiological functions (Schäffler and Mensche, 2000; Carlson, 2001).

Bad eating habits, and regular non-consumption of power and energy of the body that reduce the body, can cause the accumulation of poisons. In this case the people are sick. In fact, all this happened if they do not have the intellectual ability of staying healthy. In this case is the individual's responsibility to keep him healthy. This energy can be provided with a natural lifestyle. Having poor life style and nutrition may result in disappointment and weakness of the body on time, even before aging; this may cause the body to have different types of pain. However, the loss can be recovered if the proper health treatments are adhered to. People exaggerate the application of hunger treatment as struggle between death and life. These attendants of hunger- exhaustion, drowsiness, weakness, and inability to work- are perceived as more psychological. These symptoms, timing can be used and may be positive.

Hunger is the most effective way of cleaning the body from harm. Open a few days after you have accepted the use of body tissue to help in the backup and it starts and had been scattered in the tissue products created as a result of organisms that, pH of acidosis right to change the causes. Basic mechanism is the formation of the first acidosis and start resolving it through tissue. Acidic medium, phagocyte are activated as a result of some enzymes in organisms that have undermined their own functions, thereby giving room for the occurrence of foreign tissue. Later, as they occur the product is taken from the body

To experience the hunger

Hunger should be applied within 2 - 3 days, 5 - 10 days or 20 - 25 days interval, respectively. Diseases and the patient's weight according to the characteristics of being open are recommended. At the time of starvation, 2 - 3 liters of water (tea) is required daily for patient to drink (Nikolayev et al., 1990; Lukinov and Miroşniçenko, 1995; Malakhov, 1996).

To avoid eating during hunger, open-air walk, sunbathing, swimming, playing and sporting are recommended because they can help one to resist hunger. In fact, if the person is prepared mentally, he will not be afraid to face the hunger. Hunger implementation is done in hospitals. Hunger, the first protein food, carbohydrates, vegetable foods, fruit juice and are end yogurt.

Fasting should not be dry, that is staying throughout the set time without eating at all. The person should eat in between the period it should last as follows: fast for 1 day, eat throughout the next 1 day; fast for 2 days, eat throughout the next 2 days; fast for 3 days, eat throughout the next 3 days; fast for 4 days, eat throughout the next 4 days; fast for 5 days, eat throughout the next 5 days (Nikolayev et al., 1990; Lukinov and Miroşniçenko, 1995; Malakhov, 1996).

Some authors sell their first week open 24 - 36, 3 - 4 days after 1 - 2 months, 3 - 4 months are recommended to stay open after 7 days. Fasting is recommended in May and June more than the other months.

During the fasting, toxic substances are put away from the organism. Some authors recommended that fasting should begin at the onset of the new moon. During fasting, breakfast can be taken, after which the person can stay without food for the next 24-h. At the end of the fasting, it usually takes some time for individuals' appetite to rebuild. There are the two symptoms: one of them is needed to stop the hunger stimulus for basic symptoms. At the same time, at this stage, the mouth tastes bitter and sweet, the eyes appear brighter, improved mucus secretion and urine returns to the real color and content.

Process of exiting hunger and returning to normal life

One of the important problems after fasting is how to break it and return to normal life. For recovery of appetite and interest nutrition after fasting, solid food should not be taken at first. Fruit juices, vegetables, soup and yogurt are the appropriate food to be taken, after which you can switch to white meat. Mineral water is useful at room temperature. Evolutionary, who has a history of hunger thanks to the help of clear, can be returned to natural state. Open to health and long life remains to be seen as a way Hippocrates said, "All people should have their own doctors' recommendations.

RESULTS AND DISCUSSION

In fact, daily or lifetime success and peace lie on good physical and mental health. Life, from the time of birth to death, entails healthy, biological, anthropological, economic, cognitive and social events. Today, with the pursuit of wealth, working people seem not to take their health serious. They appear to have forgotten what Ottoman khan and Law order Sultan Suleiman said, "No object in the world, such as wealth is as great as health, which is our breath of life." Lyrics popularly used in "the beginning of all things see health maxim as having the most important support. Annually, average of 70 - 80 people throughout their lives have very few smiles, a few are happy, but have longer periods of hardship, unhappiness and health problems. For this reason, physical and mental health is needed to protect and strengthen the body.

Obviously, eating is one of the most important human behaviors. However, this behavior is quite complex: the physiology of metabolism and nutrition. Therefore, the behavior must be well known. When people are asked why they eat so much, many say because they are having open meal. However, eating habits can be controlled by biorhythms stimulation. Many people during open meals are conditioned to eat. Therefore, one of the most important stimuli is the meal schedule, for example, morning awakening, like the middle of the day and evening meals, such as charts and is perceived as open (Pattishall, 1988). Actually, it is really hard when food is needed. However, few dieticians, in practice, suggest frequent meals. This way, the drop in blood glucose is required to prevent excessive hunger. This is more of aesthetic than health concerns and is recommended for those who work a lot. Thus, the right to weight loss is highlighted. The following theoretical bases of hunger are formulated: (i) hunger is an internal driving force, perceived as a situation to desire food, (ii) whereas the old theory sees hunger as being detrimental, this study highlighted its importance (Fuhrman, 1998).

For example, in hunger, stomach spasm, the saturation expansion of the stomach is considered to be an important physiological mechanism. Hunger and eating is a central mechanism built largely and controlled by the hypothalamus: stimulation of nutrient uptake and regulates hunger. Some chemical stimulation is seen as regulator of hunger and satiety. According to gluco-static

theory, the body feeding behavior is organized by use of glucose. The damage of the hypothalamus (ventro-lateral) results in overweight (obesity). This damage can cause an increase in eating, more weight and accumulation of body fat and the limits of the sensitivity changes. Complementary and supplementary food also becomes a factor. Such damage will cause firstly disorder in the organization of the eating, or may occur in the eating complex behavioral (excessive) disorder.

Conclusion

Application of hunger, weight loss as natural treatment for maintaining health may be right, because during major health problem, it enables the body to acquire good precaution against metabolic disease. So, unnecessary in this area is the use of drugs to get rid of disease. With hunger, the body cells can be renewed and young vigorous growth will be provided. Also body's energy metabolism is renewed and high metabolism rate is reached. Resistances of the body against various diseases have been increasing. It has been reported that hunger treatment protects healthy cells as against chemical treatment which has harmful effects on the body (Seeley et al., 1992; Manson et al., 1995). Hunger, individuals desire (the will) and awareness (consciousness), develops strength and endurance (patience) of the individual.

Therefore, when diseases occur, natural treatment methods should be applied, especially the ones linked to fat and heart disease. On the other hand, the world and our country prefer the classical medical treatment to natural treatment method. Hunger is what every individual can apply directly to himself. However, individual differences as regarding health should be taken into consideration. When starving, it should be done under the supervision of a specialist or physicians, and it should be conducted in the right situation (Simon, 1985; WHO, 1998; Altinova, 2007). In our country every year, 90-thousand patients diagnosed of heart diseases lose their lives. The following are ways of overcoming this problem: (i) A balanced, scientific, and healthy nutrition, as daily habit, (ii) making a regular and continuous physical exercise, corresponding to age, sex and altitude, (iii) free yourself from daily tension (stress), select other positive application methods as preference to stress, in order to feel happiness, (iv) take daily enough (at least 2 liter) water, tea, with fluid depletion, as required, (v) the person should maintain body weight after completing the development, (vi) consume enough vegetables and fruit, (vii) use white flour, sugar, salt, and avoidance of animal fat, (viii) avoid as possible, especially high levels of alcohol-containing beverages, tobacco and some of alkaloid derivatives (morphine, cannabis, heroin, etc.), (ix) at regular intervals use equipment in hospitals to make health checks, (x) in terms of body fluid balance eat dry food and (xi) applications should be controlled, and

hunger on a regular basis.

Provided there is weight loss and purifying of the body ultimately with the application of hunger, hunger should not be seen as a problem. Such hunger that is applied as treatment should not be considered, no time as a torture. (Altınova et al., 2007)

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