



**Book: Rationality and Scientific Lifestyle for Health**

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Technologies strongly influence lifestyle behaviors; therefore, knowledge, rationality, and behavior are more important in healthy living. Today, many artificial technologies are abnormal and create pollutants that produce stress (unbalanced free radicals) for humans and creature. Molecular stress generates a variety of unbalanced free radicals from which many diseases originate, like cancer and diabetes. Our scientific evidence shows that diabetes type 2 is not just a disease of sugar but also a stress disease. Stress avoidance is one of the most important criteria of a healthy lifestyle, and one of the highest wealth in the world today is tranquility. In this book, an attempt has been made to link science with reason and lifestyle so that the anomalies of technology branching out from science are under the control of rationality.

This book is written for the health and well-being of people to lead everyone to true prosperity. The best and healthiest for human beings is to have a balance between life and nature. Therefore, this book introduces useful nutritious, functional foods, nutraceuticals, antioxidants, and how natural molecules which are from the generosity of nature, can be the best medicine for human beings. Besides, it expresses a healthier lifestyle by considering the psycho-emotional dimension of wellness. And finally states that good sleep is the principle of health and happiness for humanity and how it removes stress from humanity and how unbalanced free radicals in good sleep are expelled from human beings.

In this book, the scientific and research achievements of the authors and other worldwide researchers have been written and for this purpose, the following chapters are written:

Chapter one: Philosophy Virtue of Nature, Mankind and Natural Health

Chapter two: Bioinspiration and Biomimicry in Lifestyle

Chapter three: Nature's Generosity in Protecting Human Health

Chapter four: Biodiversity and Drug Discovery Approach to Natural Medicine

Chapter five: Nutraceuticals and Superfoods

Chapter six: Spices as Traditional Remedies: Scientifically Proven Benefits

Chapter seven: Halal Products and Healthy Lifestyle

Chapter eight: Lifestyle in the Regulation of Diabetic Disorders

Chapter nine: Healthier Lifestyle by Considering Psychoemotional Dimension of Wellness

Chapter ten: Good Sleep as an Important Pillar for a Healthy Life