Modern life is considered to steal from our brain and body the nutrients needed. Even if take a diet loaded with fruits and vegetables, we will still come up nutritionally petite. Health is a complete status of body and mind fitness and is the capacity of our brain to perform what’s required to remember, concentrate, focus, solve problems and make decisions. In short, helps in clear and quick thinking. But all fitness is impossible without brain health as an unhealthy brain can simply not do what you expect of it.

It’s always needed to supplying your brain and body with essential nutrition is the top requirement for its health. Poor nutrition is the biggest obstacle to physiological, psychological and social health and fitness, but it can be easily overcome. The proper nutrition management is essential in overcoming the one of the Biggest Obstacle to Health and Fitness. Daily Diet provides sufficient nutritional needs and thus the health depends on the choice & quantity of foods selected (I. J. Elenkov, 1999) However, dietary nutrients are variants with respect of kind and amount, so that the body may always meet the varied exogenous and endogenous stresses in life, whether in health or disease. The proper solutions and management strategies are need of time in this modern era to combat this rush of nutritional stress and strain of body and mind.

Nutritional stress depends on what we give to our body, whether it is toxin-loaded, chemically-constituted platefuls of food and expect it to cope without a grumble? Or when we eat relatively well with such a pace nowadays that we probably gulp down half chewed mouthfuls, putting strain on our digestive system (Shamoon., N, 2013). This actually from our body’s point of view, is an enormous stressed condition. On the other hand lack of nutrition impose a greater stress on the body, plus other problems that pose a threat of our physical and mental health. When we become overwhelmed with stress a common reaction is a sudden urge to eat food. The foods craved are ‘Junk’ food (fats and sugars) that the body believes will bolster its resistance to stress. Stress causes unhealthy eating habits. The following are examples of such habits includes Fast food intake, Forgetting/Skipping meals, caffeine intake, Eating the wrong food types, Taking up quick fad diets, Constantly picking at foods, Mindless Munching, Forgetting Water. Poor nutritional habits are more likely to invite the risk of seriously damaging one’s body which are as following.

1. **Negative Hormonal Side Effects**
   As intake of too much caffeine has a massive impact on the hormones Adenosine, Adrenaline, Cortisol and Dopamine. High-Sodium. Foods also cause more fluids to retain. This extra fluid puts more work on our heart, raises our blood pressure, and leads to swelling and puffiness that can drain our energy and increase our stress level.

2. **Weight Issues**
   The amount of cortisol produced by stress gives a person strong urge to divulge in foods that are high in carbohydrates and fats. This form of eating result in extra fat storage around abdomen lead to serious health problems, mainly about the heart where continued stress will only make this problem worse.

3. **Poor Health and Immune System**
   Under stress, the body’s natural defenses can be severely affected and leave the person with a weaker immune system. This leaves the person more prone to illnesses. So that when a stressed person falls ill, then this will only lead to an increased amount of stress inflicted on the body.

4. **Imbalances in the Blood Sugar**
   Improper eating in difficult situations and lack of the right amount of nutrients, encounter
Inconsistency in blood sugar levels. These irregularities lead to the person not behaving as they normally would. Examples include exhaustion, drifts of attentiveness and mood swings. If this kind of stress is not dealt properly in the short term, the body will suffer in the long haul with blood sugar problems that are much more serious.

When under stress, the body uses more essential nutrients than it normally does and later to that it starts to degenerate. Therefore it is vitally important that these nutrients are constantly ‘topped’ up to ensure the body is well protected to cope with stress and other areas of illness. Nutritional Stress follows the same pathways of stress as shown to happen in three stages; Fight or Flight response, Resistance stage and Exhaustion state. Stress and nutrition have always been interconnected (Sadaf, A., 2013). Someone with a healthy and balanced diet is likely to be far less stressed than someone with a poor diet. The most important issue to grasp is the harm that can inflict from bad nutrition. Having a poor diet damages body. Even if body does not feel any strain in the short term, it will defiantly catch up in the long run. The following are of some of the effects of poor nutrition.

Psychophysiological mechanisms consider Nutritional stimuli are complex, comprising taste, smell, and visual sensations. The brain combines these sensations to a single perceptive impression. Humans perceive nutritional stimuli differently, i.e., sensitivities vary to spicy, sweet, or sour tastes. These are quite likely to cause differences in food preferences. Every chronic state creates particular requirement for certain types of antioxidants and nutrients. The longer is the deficiency of nutrients, the larger will be the harm that can be termed as nutritional stress (Thomas G. Plante, 2000). Eating a well-balanced diet and supplementing creates a baseline of health. Dealing with excessive levels of stress hormone is the key to lowering the body’s damage due to stress and eases the burden on your natural system of detoxification along with irregular eating behavior that triggers biological system and body uses energy at a faster rate lead to malfunctions both physically and mentally. It is always counted as negative leads to specific sets of signs and symptoms including Pallor, decrease frequency of urination, increase blood pressure, Fatigue, Sleep deprivation, Mental fog, Increase/decrease blood glucose, Irritability, decrease WBC, abnormal thirst, Sugar, Carbs & Caffeine Cravings, lose or gain weight, abnormal bowel movements, indigestion. Pass a hard stool fewer than three times a week, Strain frequently during bowel movements, A sense of incomplete emptying after a bowel movement, Have abdominal bloating or discomfort, Pain in pelvis during passage of stools. The impact that stress can have on our health is very serious and can cause problems to every major system in our body (I. J. Elenkov, 2006). Dealing with stress can result in conditions such as heart disease, headaches, weight gain and cancer. Healthy nutrition reduce the impact that stress has on our body and effectively repair any damage that has been done prior to this. What a balanced nutrition also does is prepare our body for stress that may be thrust upon our body in the future.

REFERENCES