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The Happy Learning Revolution: Building Joyful, Mindful, and Future-Ready Education

The Happy Learning Revolution:

Building Joyful, Mindful, and Future-Ready Education



Joyful



Mindful



Innovative



Future-Ready



Dr. Huma Naz
Dr. Mehwish Siddiqui

The Happy Learning Revolution: Building Joyful, Mindful, and Future-Ready Education

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**डिजिटल संसाधनों के उपयोग का विद्यार्थियों के अधिगम
पर प्रभाव: एक अध्ययन**

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का एक अध्ययन**

नीलम पाण्डेय

Chapter – 3

Nutraceuticals and Preventive Health: Rethinking Wellness for the 21st Century

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Abstract

The 21st century has witnessed an unprecedented global surge in chronic non-communicable diseases. This epidemiological shift necessitates a transition from reactive clinical treatment to proactive preventive healthcare models. This chapter examines the role of nutraceuticals, functional foods, and dietary supplements in disease prevention, healthy ageing, and holistic wellness. Drawing upon recent interdisciplinary literature, the text explores how specific bioactive compounds modulate physiological mechanisms to mitigate cardiovascular, metabolic, and neurodegenerative risks. The chapter contextualises these nutritional interventions within public health promotion, emphasising the crucial need for improved nutrition literacy and the integration of preventive strategies into community care frameworks. Ethical complexities, including global regulatory gaps, commercial misinformation, and socioeconomic accessibility, undergo key analysis points. Finally, the chapter highlights emerging patterns, particularly artificial intelligence-driven personalised nutrition and precision wellness. This chapter establishes that evidence-based nutraceutical interventions, when