

# IJNMHS

## IP Journal of Nutrition, Metabolism and Health Science

Volume - 5, Issue - 2, Year - 2022 ([www.jnmhs.com](http://www.jnmhs.com))

IP Journal of Nutrition, Metabolism and Health Science (JNMHS) open access, peer-reviewed quarterly journal publishing since 2018 and is published under the Khyati Education and Research Foundation (KERF), is registered as a non-profit society (under the society registration act, 1860), Government of India with the vision of various accredited vocational courses in healthcare, education, paramedical, yoga, publication, teaching and research activity, with the aim of faster and better dissemination of knowledge, we will be more...

### Call for paper

We cordially invite faculty, researchers, and scholars to submission of your valuable contribution to our Upcoming issues. It is a double-blind, peer-review, and Open Access (OA) journal and accepts manuscripts as research papers, review articles, case reports, short communication, etc.

### Manuscript Submission Guidelines

To submit your manuscript, first-time users click the Register button from the submission portal. If you are already a registered user, log in as an author and post your manuscript for further peer-review process. Manuscripts submitted for consideration and inclusion in upcoming issues must follow <https://www.jnmhs.com/info/author> and be submitted by **2024-10-21**.

Submit Manuscript

### Advertisement

The screenshot shows the homepage of the Manuscript Peer-Review Process (MPRP) website. The header is dark red with the logo on the left and contact information on the right. A navigation menu is located below the header. The main content area features a light blue background with a central illustration of a person at a desk. Text on the page describes the MPRP as a web-based portal for manuscript submission and peer review, highlighting its 24/7 availability and various editorial services. It also mentions that the platform is managed by Innovative Publication Pvt. Ltd. and is currently running with around 50+ journals.

**Manuscript Peer-Review Process**

Manuscript Peer-Review Process is a web-based portal that can be accessed 24\*7 under good internet connection. It is a set of editorial services that allows a user to run a journal efficiently. It includes journal pre-publication services, editorial workflow & post publication services. We provide a high level of flexibility, so you can select the services you need and integrate your existing workflow. It allows smooth flow of all publication functions of an editorial office on a single independent platform, no software installation is required, only requires Username, Password to login in different panels.

MPRP manages all the authors, reviewers, editors' details and its integration with the social and professional network. It is inhouse product of IP Innovative Publication Pvt. Ltd which is managed and operated by Innovative Publication and currently running with around 50+ Journals.

**Why MPRP?**

If your research is ready to share with world, our submission portal will help you with a user-friendly platform to submit your

## CONTENTS

### Editorial:

---

#### **Practices of health and hygiene 36-37**

*Sandeep Kushwaha*

### Review Article:

---

#### **Processed meat and its relationship with cancer: Literature review 38-43**

*Surabhi Jain*

#### **A review on consumption of Seafood 44-51**

*Sandeep Kushwaha, Shivam Dubey, Pradeep Kushwaha*

### Original Article:

---

#### **Comprehensive nutrient gap analysis of children (6-23 months) of selected villages of jambusar block in Bharuch district 52-56**

*Hemangini Gandhi, Nandani Srivastava, Bhumika Thakur*

#### **Biophysical and anthropometric indices of children enrolled in acustomized sports club in a school setting 57-64**

*Vanisha Nambiar, Rujuta Giri*

#### **Impact of lemon grass (*Cymbopogon citratus*) tea on the antioxidant and iron profile of non-Pregnant non- Lactating young women 65-69**

*Vanisha Nambiar, Hema Matela*

#### **Comparison of pain, posture, physical activity and sleep quality of undergraduate and graduate students of health sciences 70-75**

*Zehra Güçhan Topcu, Hayriye Tomaç, Bihter İkiz*

### Commentaries:

---

#### **Commentary on locus standi of Traditional Medicine Practice Act 575 and complementary and alternative medicine practices in Ghana 76-79**

*Raphael Nyarkotey Obu, Lawrencia Aggrey-Bluwey*

#### **Commentary on legislative regulation of complementary and alternative medicine in Ghana: The journey so far 80-84**

*Raphael Nyarkotey Obu, Lawrencia Aggrey-Bluwey*

# Advertisement

**Manuscript**  
Peer-Review Process

Email: support@innovativepublications.com  
editorialoffice@innovativepublications.com  
Support: +91-11-6336474, 6136416 | 9550436446 | 88

About MPRP Journals Support and Training Contact us Track article status Register Login

## Manuscript Peer-Review Process

Manuscript Peer-Review Process is a web-based portal that can be accessed 24\*7 under good internet connection. It is a set of editorial services that allows a user to run a journal efficiently. It includes journal pre-publication services, editorial workflow & post publication services. We provide a high level of flexibility, so you can select the services you need and integrate your existing workflow. It allows smooth flow of all publication functions of an editorial office on a single independent platform, no software installation is required, only requires Username, Password to login in different panels.

MPRP manages all the authors, reviewers, editors' details and its integration with the social and professional network. It is inhouse product of **Innovative Publication Pvt. Ltd.** which is managed and operated by Innovative Publication and currently running with around 50+ Journals.

### Why MPRP?

If your research is ready to share with world, our submission portal will help you with a user-friendly platform to submit your

