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Poison v/s Nutrition in consumption of our food

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ABSTRACT

Living healthy long life by consuming healthy food has become challenging in today's era. Unfortunately, today's world has been adapted to method of consuming food which has very much harmful effects on physical as well as mental health. Globalization and urbanization have great impact on eating habits and made it necessary to eat fancy food. Well responsibilities carried out by farmers, industries, and consumers plays major role in maintaining health.

Key words: Globalization, Health, Lifestyle, Fancy food.

INTRODUCTION

Paying attention to our diet is being critical, because the popular food which we consume contains hidden toxins which are harmful to our neuroprotective activities.

Modern science of food technology has revolutionized food processing with the introduction of chemical additives to increase the shelf life of food, improve its taste and to change its texture or color.^[1]

Pesticides residues in soft drinks and water bottled water. We all think, if we buy food at a good place or eat in a good hotel, its safe. But food is only as safe as it is grown. End of the pipe solution don't work.^[2] Pesticides which is used in agriculture less than 1% actually kills the insects, 99% gets into the water, gets in to the air comes back into our food. We look at it very casually.

Noodles have lead in it. How many of us have thought

that how did these metals reach noodles? If lead has to be added to noodles, then lead is more costly than noodles. Nobody will add it, but it came. How did it come? That is where we don't connect dots.^[3]

Same story when we hear about pesticide residue in vegetables.

For another illustration, the eggs which we buy in the market, they are haploid eggs. They are produced without female and male meeting together. That's why if we hatch eggs they will not make chicken. They are produced by using estrogen. And again, that estrogen will come back to our body.^[4]

That is one reason today the puberty in girls has advanced. Gynecological problems in women have increased. The breast development in men has increased. According to reports from previous year that is the largest number of surgeries done in India for removal of breasts in men.

We have got into situation that fruits are supposed to be healthy, is creating all these problems. It's not just in pesticides or antibiotics or growth hormones which are used in production but how are they processed. Artificial ripening of fruits for example, banana which looks artificially yellow are all carbon ripened. Watermelons are injected with color injections. They are even injected with growth hormones.^[5]

Report says milk is contaminated with synthetic milk. They say vitamin A deficiency is serious problem, so we will produce vitamin A in the plant. If we eat a variety

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of rice which is artificially made, we can have as much as vitamin A as possible. But vitamin A is fat soluble vitamin. Its not just enough to have vitamin A, but also need to have enough fat. But if we have enough fat in our food we don't need golden rice.

In 2009, BT brinjal was permitted for production, there was a public discussion. It was the only time there was a public discussion.^[6] It was the only time there was a public discussion, to introduce whether we need a food or not, and it was banned. Otherwise, we would have been flooded with Genetically modified foods.

Environmental factors also appear to aid its infiltration. The researchers found that when salt concentration in the soil increases, plants produce more lateral roots and therefore become more vulnerable to salmonella infection.

Food is not only useful energy, but also good for your health. It can treat many of diseases. Food is medicine. It can act as preventive medicine, and can also act as a curative medicine. Many diseases which we are seeing in daily life such as obesity, diabetes, blood pressure all are because of the food which we eat. We need to make right choice about the food. we need to worry about ecological footprints.

Image 1

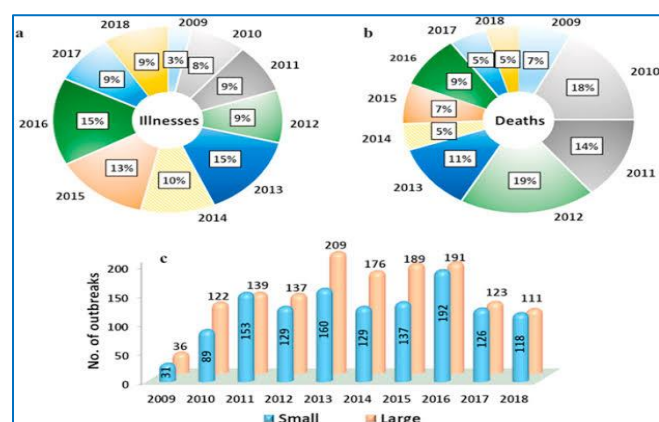


Image no. 1, shows available data which describes food borne disease and also percentage of deaths.^[7] It remains a public health concern in India.

DISCUSSION

It's just not about the water, about pesticides, about growth hormone. The more and more pesticides we

spray, insect get resistant. They don't work. That is what we have seen all along. The fallout of such methods is increasing cost of cultivation. But the prices are not increasing. Today, average income of farmers in the country is very less.^[8] Henceforth farmers have lost their economic independence and physical independence as well.

CONCLUSION

Therefore, it is an essential for country to strengthen its disease surveillance program by undertaking capacity building initiatives at health care levels and connecting causative agents of outbreaks. We need to change being consumer, we need to change being farmer, we all need to come together for healthy change. Or else the future is very bleak.

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