



ORIGINAL RESEARCH PAPER

Clinical Science

ALKALINE DIET: AN ANSWER TO MOST MODERN SO CALLED "LIFESTYLE DISEASES": PART VI SCIENTIFIC FACTS ON PROCESSED FOODS

KEY WORDS:

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ABSTRACT

Food processing is the conversion of farming produce into food, or one form of food into other forms. It includes many forms, from grinding to home cooking, soaking, sprouting and fermenting. These are primary food processing techniques and are important to make most foods edible / eatable.

However, there are secondary and tertiary food processing into practice now, which are indirectly promoting either over or under nutrition and obesity, containing too much salt or sugar, very less fiber, also including too many chemicals and also being highly unhealthy. In this part of paper today, we are going to see **the secondary and tertiary processing of foods** if they are beneficial or harmful for us. And what should we look out for when we are buying these products and how often can they should ideally be consumed.

INTRODUCTION

Food Processing or so to say **Primary Food Processing Techniques** was always into practice since ancient times. This will include: fermenting, sun drying, preserving with salt, roasting, smoking of food, steaming etc...

Secondary food Processing is basically processes which include baking of breads, fermenting different food substances to make wine, beer, or other alcoholic products, to make sausages by grinding of meat that has undergone primary processing and many more.

Tertiary food processing is the commercial production which includes ready-to-eat or heat-and-serve foods or re-heated airline meals. The secondary and tertiary processed foods are commonly called as processed foods.

Now that we have information what are different levels of processing of foods, we will see

- What was the purpose of making these foods
- Benefits and Harmful effects
- The effect that they have on our body.
- The ingredients of Secondary and Tertiary processed foods

Hence, we need to make a conscious decision how much to consume and when to consume the processed foods because of change in lifestyle to minimize the harmful effect on our system

Purpose of Making Processed Foods:

- The modern food processing technology was developed in 19th / 20th centuries
- It was basically developed to serve the military needs at large which would preserve foods and supply safely to the unreachable / reachable with difficulty to troops.
- However, with further development in the 20th Century, more advances in the food processing techniques evolved and processes like spray drying, evaporation, juice concentrates, freeze drying were introduced to the local public. However, it also included
- Artificial Sweeteners
- Coloring Agents
- Preservatives like Sodium Benzoate
- Acidity Regulators and many more
- With further advancement in their processing, foods like Dried Instant Soups, Reconstituted Fruits and Juices, Ready to Eat meals, Frozen foods were targeted especially to middle class working wives & mothers.
- Since, the working class women needed a relaxing time from the hectic schedule, hence it became more popular and from there is how it spread to the general public

is our individual call to analyze what weighs more (Drawbacks / Benefits), their action on our health and hence with a judicious mind adopt them or reject them or have them occasionally on so called "cheat days" once in a week or 15 days

Benefits of Food Processing as presented to consumers (Need to analyze if they are really in favor of the consumer)

- Toxin Removal,
- **Preservation,**
- **Easing Marketing & Distribution Tasks**
- **Round the year availability of many foods**
- **Enables transportation of easily perishable foods over long distance**
- De-activates Spoilage and Pathogenic Micro Organisms
- **Makes Long Voyages possible**
- **Ensures choice of Food availability to vegetarians or vegans while travelling which would could be absent in some places while travelling**
- Processed food made free time available giving them much more choice in life style and enjoyment
- Food processing also FORTIFIED (artificially added) foods with artificial Vitamins, Minerals and other nutrients

Drawbacks of Food Processing as shown

- Food Processing decreases the Nutritional Density
- Many Naturally existing Vitamins are lost
- **Heat destroys Vitamin C**
- Food Additives present safety concerns, varying from individual to individual
- **Sugar / Salt as an additive:** continuous consumption can become a precursor to diabetes or heart problems or have a drastic effect on currently diabetic patients or heart patients
- We saw that it can de-activate spoilage and pathogenic micro-organisms however, **mechanical processes involved like extrusion, mixing, grinding, chopping, and emulsifying equipment can on the other hand introduce a number of contamination risks** resulting into a risk of ingestion by the consumer
- **An unhealthy diet high in fat, added sugar and salt,** can set in immune responses and can also be a precursor (risk) to much grave diseases like cancer, type 2 diabetes, heart disease etc
- **One of the main sources of sodium in the diet is processed foods** as they are added to prevent spoiling. Hence, unknowingly consumption of large amounts of sodium through processed foods over a period of time increases risk of heart disease and may also be retention of water in body
- **Intake of too much added sugar** found in processed foods increases risk of heart disease, type 2 diabetes, obesity, tooth

We are now going to see the Benefits and Drawbacks and it

- cavities, and many more
- **They can set up allergic reaction in the body**
- Artificially added (fortified) Vitamins, Minerals and other nutrients are **hard on liver to digest**
- Acidity Regulators can reduce the acid content of the stomach leading to improper digestion of foods and hence leading to diseases like constipation, and over a period of time piles, fistula and many more

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Case Presentation

I am running a Health Awareness Group on Whatsapp which **helps to clear myths on foods**. I have members from across India and overseas. One of the member was in a distressed state as his father already had his toe amputated and if the sugar levels did not come in control and the pus / abscess as a result would not get controlled, so his dad's leg would have to be amputated.

Hence, this member wrote to me in private on Whatsapp if the diet can help his dad. Though I was very confident **(with over 12 years of experience purely in Dietetics & Nutrition)** that yes it would definitely help his dad & I also gave a diet plan to him, however it was a time period of only 7-10 days when the doctors had to take a call. So, I was a bit nervous too. It was the question of someone's leg and the member had shown his full confidence and assured that they would follow the diet in totality for next 10 days

I gave the diet plan on October 25th, 2018 and I got a feedback on October 30th, 2018 that **the doctors have taken a decision not to ampute his leg**. With the permission of the member, I have presented this case here.

This shows that correct proportion of Alkaline: Acidic Diet (80:20), **which is in line with Nature**, has the ability to even prevent surgical procedures where medicines act less or fail to act. Also, it proves that **major of our health problems in today's modern times are purely diet & lifestyle related** than actual disease perse.

Literature Review & Conclusion

As we see from data above, "Processed Foods also called Convenience Foods", do more harm than good. **They should be used only in times of dire need**, as when we are travelling to places, where food will not be easily available or especially for Vegans & Vegetarians where their choice of food is restricted. However, other than that, we should try and have the fresh produce. When we talk of getting more time by eating these convenience foods, we should also calculate the time that we spend on falling ill and also the money that we spend on these illnesses; then we will definitely come to the right conclusion.

So think and act judiciously and take care of your health and your family's health. Live and Love your health. If you are healthy, you can take care of your family's health and also enjoy the actual enjoyment.

ACKNOWLEDGEMENT

I am extremely thankful to my patient, who has allowed me to use their reports to show that how alkaline diet can improve and maintain in just 5 days the sugar levels and prevent even amputation of leg when medicines were not able to control the diabetic level effectively.

I am presenting a case of a man-aged 57 years, who has been diabetic for a long time and his toe had to be amputated. However, once the diet was followed, the leg was saved from amputation.

Hence, Alkaline Diet, has a positive effect on both young and old, any non – surgical disease / post surgical management of a disease, however the speed of recovery

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