



**ORIGINAL RESEARCH PAPER**

Clinical Science

**ALKALINE DIET: AN ANSWER TO MOST MODERN SO CALLED "LIFESTYLE DISEASES": PART VI FACTS ON GRAIN CONSUMPTION, HIGHLIGHTS ON RICE AND RICE PRODUCTS**

**KEY WORDS:**

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**ABSTRACT**

The last 5 articles for my readers would have shown them through various case presentations, the reason why I am passionate about Alkaline Diet, how Alkaline Diet is in conjugation with science & principles of nature and how it has the capability to reverse diseases processes started in an individual or how it has the capability to manage diseases much better or how it can even prevent diseases.

A theory in practice can be wrong if cannot have control on any of the conditions. However, a theory in practice which has proved again and again on every front, how it can prevent diseases or reverse the diseased states, I am sure it is worth trying, keeping our beliefs at bay and reasoning and questioning at every stage.

In this article, I am covering the topic on the consumption of grains, especially RICE AND RICE PRODUCTS.

- In this paper, I am presenting cases, of a patient who had undergone a surgery for the heart however, he still had complaints of high blood pressure and severe acidity despite taking medicines. However, the same were eliminated with the help of correct ratio of Alkaline: Acidic Diet. **Just once again reiterating on the alkaline – acidic food; it should be in the ratio of 80:20**

Many health experts believe that "Grains are not necessary to be consumed for health", however most believe that they are indispensable part of our daily diet. In this part of the paper, we are just going to talk about Rice and Rice Products, how they affect our health and whether we should avoid them or consume them

**INTRODUCTION**

Rice is consumed worldwide and providing more than one fifth of the calories consumed. There are more than 8000 different types of rice. However, the main types are typically classified as long grained, medium grained and short grained with different compositions

- The long grain rice (7-9 mm) is rich in amylose
- The medium grain rice (5-6 mm) is rich in amylopectin and is more sticky
- The short grain rice ( 4-5 mm in length and 2.5 mm wide) is higher in starch than the longer varieties
- Brown rice is any of the above rice before it is milled

Irrespective of the fact which rice we are eating, it is being advertised / marketed on either of the following points:

- The rice has been fortified
- The rice contains so many kinds of B vitamins Etc, etc.

However, a point to remember and we all agree to it, that before cooking the rice, we wash the rice to the extent till clear water is not obtained, so that not only extra starch is removed, but also the different chemicals used to preserve this rice goes off.

**However, in the process, we need to understand that all WATER SOLUBLE VITAMINS are LOST and it does not contain any FAT soluble vitamins like vitamin A, C or D. Negligible amount of Vitamin E & K may or may not be present**

Other thing that needs to be remembered is that one should **never store cooked rice. There are spores of Bacillus cereus which produce an emetic toxin when left between 4 to 60 degree Celsius temperatures. On re-heating, the bacteria may be killed but not the ENTEROTOXIN as it is heat resistant.**

Rice is also known to be

- A gluten free food
- ¾ cup serving gives 130 - 160 calories
- Great source of complex carbohydrates
- Naturally low in sodium

**However, are these things more than sufficient for a food to be healthy?**

**We have already seen that rice is rich in amylose and amylopectin.** We also need to understand, it is highly and easily digestible. Main ingredient of Rice being starch and **easily and highly digestible causes unhealthy spike in blood sugar levels**, more noted among the diabetics.

Brown rice has a fiber content of about 1.8% and white rice with a fiber content of only 0.3%. This means that white rice virtually contains **NO FIBRE** at all. Rice is either a poor source of Vitamins and Minerals or whatever is present mainly the water soluble ones are washed away.

**Brown rice** even if it has some amount of minerals and vitamins, should be ideally used after soaking and sprouting (phytic acid content). **However, we do not do that.** Hence, the anti-nutritional factors (phytic acid content) make it difficult for some vitamins and minerals to be absorbed, received through other sources in the meal.

**White rice is purely starch.** Too much of starch increases blood sugar levels to great height. Because of less or negligible fiber and easily digestible (starch and carbohydrates), it makes you feel more hungry, **rice will only add up to kilos to your weight. It is more constipation prone because of negligible fiber present.** Because white rice is rich in empty calories, hence eating a lot of it could lead to chronic diseases like diabetes and obesity

Rice is rich in Simple Carbohydrates especially white rice. **100 grams serving of white rice is equivalent to 86 grams of sugar.** It triggers sugar crashes, overeating, and hence obesity.

Brown rice is very difficult to be digested because of the bran and natural coverings it has (**that we spoke about in the previous article**). Hence, if not chewed properly, it can create problems like heavy abdomen, stomach upsets, and digestion issues. **If you have any such problems, you should not try to consume brown rice.** Even though brown rice is healthy, however it is heavy and difficult to digest and not so rich in minerals and vitamins.

**Hence try to make a note**, the day you eat brown rice, you will not be able to eat much of other stuff on that day and you may end up being deficient in vitamins and minerals for that day's quota. Additionally, brown rice consists a number of essential fatty acids. Though it is useful to fight a number of health issues like unbalanced cholesterol, but they cannot be stored for a long time. After 6-8 months, it starts losing its value. **Also, if one switches over to brown rice totally, they may have deficiency in a number of essential vitamins like calcium.**

- Cooked rice whether brown or white has a pH of about 6.0 to 6.7. May be slightly less sometimes, depending upon kind of water used for cooking the rice
- Also, the other thing to be viewed is bran is mostly composed of insoluble fiber like hemicelluloses and contains virtually no

soluble fiber; hence not in line with ideal food like fruits and vegetables which have appropriate proportion of both insoluble to soluble fiber.

- Both white and brown rice may contain some amount of resistant starch which promotes colon health, **however, it is there in other food substances also like beans and legumes, cooked and cooled potatoes, green bananas, and so on. RICE IS NOT COMPULSORY TO EAT FOR RESISTANT STARCH**

#### Case Presentation

A patient suffering from High Blood Pressure, Unstable Angina, and Acidity still these complaints were not under appropriate control despite medications. After following the correct ratio of Alkaline:Acidic diet prescribed by me, his blood pressure became normal and acidity complaints were eliminated.

#### LITERATURE REVIEW & CONCLUSION

The problems with rice that have been discussed above are real, scientifically validated. By avoiding them in diet, I have got favorable results for patients; hence tried and tested by self on innumerable patients (**first-hand experience**).

Additionally, millets are also nutritionally superior to other major cereals because they are rich in dietary fibers, resistant starches, vitamins and essential amino acids. **Grains are not essential except that small amount fills the stomach, and there is no nutrient in the grains that one cannot get from other foods.**

**In short, we do not require grains to survive.**

#### ACKNOWLEDGEMENT

I am extremely thankful to my patient, who have allowed me to use their reports to show that even after a major heart surgery, how alkaline diet can improve and bring back to normal the blood pressure and eliminate acidity (present despite taking medicines) with correctly following the Alkaline Diet

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 may vary depending upon every individual's healing capacity, age & extent of inclusion of the alkaline – acidic diet pattern.

**The diseases presented are different however the diet is the same – Alkaline: Acidic diet in the ratio of 80: 20**, showing that every sphere of the body is affected positively.

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