

## Eating, what is it?

**Gado Dramane\***

*Laboratory of Health Security, Expertise and Analyzes, Regional Institute of Industrial Engineering of Biotechnologies and Applied Sciences (IRGIB Africa), Benin*

**\*Corresponding Author:** Gado Dramane, Laboratory of Health Security, Expertise and Analyzes, Regional Institute of Industrial Engineering of Biotechnologies and Applied Sciences (IRGIB Africa), Benin.

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Humans do not stop feeding during their lives to maintain their health. Everybody know that the survival condition is nutrition. But very few people give this act the importance it requests. During meals, many people chat, move and focus on a digital device. In a person who has stopped feeding for a longer or shorter period, we can observe a torpor, a dieback and a disorientation; that food to which none had been accorded only instinctive importance and not conscious intellectual importance, it is that food and only that which is able to restore strength and health. If one eats mechanically, unconsciously, with quick gestures, waving in one's head various thoughts and swallowing rather than chewing, the organism is disturbed in all its functions; no process is more normal, neither breathing, nor circulation, nor digestion, nor secretions, nor excretions. Thousands of people are sick and do not know that their troubles come from their own way of eating.

A lot of people think that it is necessary to eat a lot to be healthy and have a lot of strength. It is not so. The important contribution of food increases the activity of the organism and can even hinder the digestive processes, from where the appearance of the surcharges and deposits useless and difficult to eliminate. Obesity often results from calorie consumption that is greater than calories burned through exercise or normal daily activities. We are obese because we do not spend enough. But apart from the socio-cultural factors that explain the installation of obesity, genetic factors are increasingly singled out. In fact, we can be predisposed to the development of obesity by the genes we inherited. Many studies therefore show a hyposensitivity to foods rich in calories, which promotes their ingestion. obesity would be more complex than a simple accusation of sedentary lifestyle.

Most of people don't know how to eat, more people are unaware of what happens to food once ingested. There is no question of basic knowledge about digestion but many do not imagine the magic that occurs once the food ingested.

Digestion could be described in four main points: (i) The digestive system operates on the standard of a factory; on the basis of more or less elaborate raw materials that are introduced and undergo a transformation during their evolution according to stages that involve various specific facilitators. As in an industry, it sometimes takes much longer for certain particles to be accepted by the body and assimilated, when we did not know how to tame them, malfunctions can then appear and gangrenous the general operation. (ii) The digestive system operates on the basis of compartmentalization that ensures that each connection in the digestive chain is developed according to the principle that what happens in a sector remains or tends to change the product of its transformation primarily in one direction; biochemical and physiological processes that result in digestion of nutrient polymers are arranged both spatially and temporally. This spatial and temporal separation is a result of morphological features of the gut tract combined with fluid fluxes that occur within the midgut. These features effectively compartmentalize buffering mechanisms responsible for pH and redox potential, enzymatic activity, absorption of nutrients, as well as excretory functions of the gut to specific regions and allow an efficient, sequential breakdown of food polymers into utilizable nutrients. (iii) The functioning of the digestive system is so complex that its control requires as many neurons as the entire organism of a cat; it is evident that this function occupies a preponderant role in the general equilibrium of the organism; digestion is almost exclusively under involuntary control, is under the influence of the nervous and endocrine systems in order to maintain

the homeostasis of the body; while great progress has been made regarding the role the central nervous system exerts upon the gastrointestinal tract, there is still much to be learned regarding the interplay between different central nervous system areas with respect to the integration of gastrointestinal homeostatic functions; clearly, serious long-term pathophysiological consequences can result from the failure of appropriate autonomic assimilation but the precise mechanisms responsible for these outcomes remain to be discovered. (iv) The digestive function depends on the nervous and hormonal control but also other organisms that even decide our attitude, the digestive microbial flora. For a long time, we wondered about the duality of the immune system associated with the intestinal mucosa which, on the one hand, protects against pathogens and, on the other hand, tolerates the continuous flow of food and bacterial antigens, suppressing the cellular and humoral responses; the microbial flora plays a vital role in these processes; it is characterized by its complexity and diversity. Variations in time and space characterize the composition of the digestive flora of an individual. Thus, the digestive flora of the newborn, infant and adult are different. In the same way, the composition of the flora differs according to the segments of the digestive tract with a growing gradient in the oral-anal direction. In contrast, once established, the intestinal flora is relatively stable in the same individual under normal conditions, although it may be influenced by environmental factors such as diet and antibiotic treatments.

In conclusion, very few people know enough about the great function that keeps them alive. All good behaviors grouped together in the concept of healthy lifestyle would therefore be just a word for most people. If we learn every day to absorb "life" we will become new individuals!

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