

Diet Nutrition and Well being

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Abstract

This piece of work is written while keeping in view the most novel finding of this era [1,2] that has changed the classical approach towards the understanding of illness of most of the diseases particularly those for which we have been treating the symptoms by drugs so far, that is what happens in practice in most of the non-infectious diseases, even in the infectious diseases it's the body that heals through auto-repairing system. With the emergence of New Understanding in this Area on Knowledge [1,2], several new approaches to address the health issues are being worked upon in parallel, among them the most simple and effective is through food but at the cost of sparing most of biotechnological manipulation [1-8]. The article would cover some important aspects on the said aspect of health and allied issues, its relation with diet keeping in view the latest development in our area of expertise.

Keywords: *Diet; Illness; Health*

Illness

Disease is a state when body as whole or its certain parts start functionally other than Normal. However if we look at minor level, a dis-balance in co-ordination between the ongoing cellular function takes place [3] either in response of an event within the cells or in response of an external stimuli from the environment, different than the usual flux responsible for sustaining the cellular functions on one hand causing the variation into it by directly or indirectly governing the regulation of certain genes responsible for switching the cells from normal progression, epigenetic evolution or apoptosis, of cause somewhere within it lies emergence of cumulative state called disease, logically switching of these genes network regulating the span of cellular events can be a critical point to resolve the problem leading to its cure [1,2].

Present status of Understanding

Over the decades, drugs those are mostly active chemical ingredients somehow by known or unknown mechanism diminish the symptoms of diseases, kill the micro-organisms or boost the defense mechanism of the body (immune system) depending upon the disease have emerged as the key players to reduce the symptoms of the disease while supporting the body to resolve the illness at its own through body's innate mechanism over the period of time, whereas a huge number of diseases are treated merely at the level of diminishing the symptoms with having the present understanding of Medical Sciences. The whole concept in present understanding on Medical Knowledge revolves around the interaction of chemical moieties exhibited by respective drugs with specific molecular structure present complementarily interactive with having specific complementarily chemical residues, drug receptors present on target cells, many drugs those claim to carry the treatment leading to cure remain ineffective because of lacking the required drug verses target cells interaction for whatsoever reasons, hence many hypothetically successful drugs fail on trial in field on having developed on being unrealistically ambitious and overlooking the key features of drug vs target cells receptor interaction concept, with alternative means of transport the drug within cells are accommodated with more risk rather than benefits with unpromising success whereas administration of huge variety of drugs on Global Population on other hand expose the cells to strange external stimuli leading to shift of cellular operation to new domain

of cellular activities reflected with the expression of symptoms of side effects in several cases hence pushing the body in transient state with having suppressed symptoms whereas destination to cure remains uncertain, however can in certain instances induce chemical flux that could itself be a hindrance to natural pathway leading to cure [1,2,4], otherwise can favour the conditions inducing the occurrence of other co-existing impairment, reflected by appearing new diseases. With the emergence of concept of gene, reading frame, mutations and their role that are associated with different diseases, worldwide screening programmes for presence of mutation genes among different diseases individuals, whereas with having an edge on chemistry and qualitative and qualitative supporting assays and instrumentation in parallel with diagnostic tests are being launched, it has been so far expected to design the cure for most of the diseases either by drug therapy or gene therapy [4], ignoring the fact that over exposure of cells with chemicals drugs, diagnostic agents, and the presence of chemical pollutant in the environment and within the living bodies, that has reached in the body by means of food, water and drugs from out sided world can rather in fact have induced new varieties of diseases most of them through are preventable and suppressible but are incurable under present status of Understanding of knowledge. On other hand gene therapy or use of biotechnology and its derived Product, so far is failed to treat any disease uptill complete cure in more than 90% of population. With emergence of understanding in Science that genes lie within network that are co-regulated at different levels [1,2] hence sparing the CLASSICAL Drug and Gene Therapy concepts that used to assume the voyage to make the Global Community free from Diseases [4,5].

Disease Inducers and NUTRIFIED Diets

Food is biological product naturally have cellular origin e.g. other than water every food has living origin as well as is a viable entity. In early civilization days, man completely used to depend on regionally available husbandry, that is mainly in raw form e.g. un-processed form. However, following the urbanization period with having increased trend of involving women in generation of finances, the concept of COMMERCIAL FOOD emerged. Initially it was based on locally available food commodities that used to be sold on small commercial scale, yielded at single unit production level, including the cottage industry products, mainly microbiologically derived naturally fermented products e.g. cheese wine sausages herring etc. along with setting up of small restaurant and inn where mainly cooked dried and naturally fermented food used to be the only varieties of processed food items available for sell. With having revolution in Transportation and Communication, the concept of regional food has turned into Global Food having cuisine accommodating almost all recipes from every global region on one hand whereas increase in demand pushed the low scale production to emerge into Huge Industries relying on mechanical and chemical processing to produce a huge variety of food products food ingredients that are physically and chemically processed so that they can be stored for long duration at different given conditions that has become a major part of our diet these days, on one hand generally lack the demanded nutrition e.g. known and unknown ingredients/factors from biological sources as natural that is unprocessed or minimally processed that goes in body as food, most of them are required for sustaining normal function but on other hand, carry strange transformed biochemical entities, comprising the commercially processed food that is naturally never exposed to Human in near Past hence the human body is not innately tamed to draw nutrition and detoxify residues within body their adverse effect are reflected with a drastic increase in emergence of huge range of non-infectious-non curable-non contagious diseases, the most alarming are those that are associated with mental well-being, have already shown sudden drastic increase in incidences of Mental and Neurological impairment reported in recent years. The field of Psychology and Psychiatry do not have any concrete diagnostic test to differentiate between normal abnormality from abnormal abnormality the later beyond suggested index can be considered as disease state provided the other physiological status indicators are found within normal limits otherwise can be a merely due nutrient deficient state, since genomic profiles particularly for family members are NOT assessed, secondly the diagnosis relies on the input of other people accompanying the patient, reported any issue and chemical drugs working by unknown mechanism are given instead of treating with NUTRIFIED diets, regulating the genomic networks leading to emergence of phenotypes having normal functions, details I would remain undisclosed for our future publications [1,2,6,7,8].

Understanding in this novel horizon would help Scientist Community to provide simpler but more effective means to combat Mankind Suffering particularly in area of Medical Health and Allied Sciences and Food Sciences however it would obsolete different existing

understanding based technologies, procedures and their products including a considerable knowledge in area of biotechnology [1,2,4-6], probably one of the main reason for not permitting us to publish our work while JUSTIFIEDLY acknowledging ALL concerned hence Science could not move on in CORRECT DIRECTION for over a period of around more than a decade since the novel findings were revealed [1,2,5].

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