

Four common commercial food poisons hazardous to health are :

1. Refined packaged commercial milled wheat flour and bleached white flour (Maida)
2. Refined white sugar
3. Hydrogenated vegetable oils such as trans-fats (Dalda and Margarine) and partially hydrogenated refined vegetable oils – which practically makes up the entire variety of cooking oils sold on the grocery store shelves. Many of these oils get sold under the misguided labels of “ Heart Healthy- Cholesterol Free.”
4. Sugary beverages and fiber deficient fruit juices (fresh as well as packaged)- The fiber is critical to slowing the absorption of the sugar from the digestive tract.

The above products have become the fixture of modern urban diet and a most significant cause of the epidemics of the current food and lifestyle disorders – Obesity, Type2 Diabetes, High Blood Pressure, Heart disease, Metabolic syndrome, PCOS in young females, cancer and many more. It does not require much effort to minimize or eliminate these items from the daily diet. Just requires going back to nature both concerning healthy foods as well as the balanced lifestyle.