

What are autoimmune diseases?

The incidence of autoimmune diseases is increasing at an alarming rate amongst the city dwellers who consistently get exposed to commercial foods and environmental toxins. The slow, silent inflammation of the tissues is at the root of all these diseases. The inflammation is a process by which the body signals the immune (protective) cells of the body to remove the foreign invaders. The long silent inflammatory process causes cell damage. In some individuals, the body perceives these damaged abnormal cells as foreign invaders. The diseases in which immune cells attack their very own damaged cells are called autoimmune diseases. Rheumatoid arthritis, Hashimoto's Thyroiditis, Type 1 diabetes, Asthma, Allergic sinusitis, and Fibromyalgia (muscle inflammation and pain) are examples of such autoimmune diseases. A holistic, natural, plant-based diet and a balanced lifestyle help in keeping the inflammation process under control and helps with reversal and control of the autoimmune disease.

Foods that Cause toxic Inflammation in the Body

The synthetic, and factory processed foods rich in refined sugars, milled wheat flour, processed hydrogenated oils, and trans-fats make up the list of the food which creates - A Perfect Nutritional storm." The list of inflammatory foods include:

- Sugars – Refined white sugar and all the products made from it – sweets, and baked treats including bread, cakes, biscuits, pastries, and more.
- Fructose sugar and Corn Sugar (called High Fructose Corn Syrup- HFCS)- Fructose Sugar is present in fruit juices and HFCS in sugary sodas and Cola drinks.
- Refined grain flours – Refined packaged milled wheat flour lacks the essential oils and vitamin B complex present in the husk and the endosperm. Both of these get destroyed in the heat of the milling process. Refined bleached white flour (Maida) and all the food products made from these- Pasta, Pizza, and baked goods are abundant in sugar.
- Pre-prepared and packaged food – Typically are made from trans- fats, sugars, refined flours, and refined salt.
- Hydrogenated vegetable oils, and Trans-fats – Include dalda margarine, the refined vegetable, and seed oils
- Fast and junk foods of all kind – Pizzas, Burgers savory and sweet treats rich in processed white flour (maida), white sugar or corn sugar –HFCS.
- Modern meat, poultry, and milk from farm-raised animals- The farm animals are raised indoors where they never see the sun or breathe fresh air, and feed on the inflammatory foods such as corn, not natural to them. Farm animals are regularly given antibiotics to control inflammation and hormones for faster growth. The imported cows in the Indian dairy farms, get raised indoors, fed corn, produce industrial amounts (40-50 liters/day) of nutrient-deficient inflammatory milk.

Two Modern Food Poisons



Commercial Food Poisons

