

List of modern Food and Lifestyle disorders

The drastic change in the food and lifestyle over the past 50 years has led to an epidemic of the long list of toxic inflammatory diseases such as:

- Obesity – Abdominal obesity I (wider waistline)
- Type 2 Diabetes
- High Blood pressure and Heart disease
- PCOS (Polycystic ovarian syndrome of the young girls)
- Hormonal imbalance of early menopause.
- Metabolic syndrome- A pre-diabetic condition
- Rheumatoid and other inflammatory arthritis (Autoimmune)
- Allergic Asthma (Autoimmune)
- Chronic Peptic ulcer disease and Acid Reflux disease of the stomach
- Inflammatory bowel diseases – ulcerative colitis and Crohn's disease (Autoimmune)
- Chronic nasal congestion and Sinusitis (Autoimmune)
- Hashimoto's Thyroiditis (Autoimmune)
- Migraine and other types of headaches
- Multiple sclerosis (Autoimmune inflammation of nerve tissues)
- Fibromyalgia (Autoimmune inflammation in the muscles with stiffness, and pain)
- Degenerative brain disorders such as Parkinsonism, memory loss (dementia, and Alzheimer disease)

Many of the above diseases start as a feeling of general fatigue, tiredness, lack of energy, mental fogging, difficulty coping with day to day tasks, aches and pains in the muscles and joints, unwanted weight gain, especially around the waistline. The medical check-up at the early stage may reveal :

- Abnormal accumulation of fat in the liver by the ultrasound.
- High blood pressure
- Hypothyroidism
- Infertility and menstrual irregularity in females.
- Low Vitamin D Levels with possible low Vitamin B12 levels
- Higher Fasting blood sugar and Hemoglobin A1 C (a Pre-diabetic state)
- Abnormal lipid profile with an elevation of LDL (bad) cholesterol and triglycerides, and lower HDL (good) cholesterol.
- Elevation in the level of C-reactive protein in the blood-This is a marker that there is abnormal inflammation in the body. Practically every disease outlined above has high levels of C-reactive protein on blood testing.