

***The age-old wisdom in medicine states:***

*“In medicine, we ought to know the cause of the disease to be able to find an effective cure and the prevention” Avicenna, a Persian Physician (980-1037)*

The allopathic medicine conquered the epidemics of fatal contagious diseases such as cholera, smallpox, Plague, and Polio effectively, wiping these away from the surface of the earth. The cause of these diseases got identified to be an infestation of the body with specific viruses or bacteria. Based on the cause, the prevention and treatment strategies were formulated, comprising of vaccination, antibiotics, and sanitation. Unfortunately, when it comes to current food and lifestyle diseases, allopathic medicine has not followed this age-old wisdom of focusing on the cause to formulate the prevention and the cure. The primary focus, instead, has become the treatment of the symptoms of disease with multiple expensive drugs. There are no firm plans for effective prevention and cure. Good examples:

- **Obesity**- The failed remedies of low-calorie diets and intense exercise plans which have cost billions of dollars/ year in the past 40 years and shown no permanent results.
- **Type2 diabetes**- The anti-diabetic drugs, including insulin that merely lower blood glucose and redistributes this glucose to the different tissues causing ongoing damage to every organ of the body.
- **High blood pressure**- medications are prescribed to lower the blood pressure, but there is no plan for a permanent cure.
- **Heart disease**- Medications, angioplasty, and bypass surgery, to open up the blocked blood vessel for a few months to a few years. The disease process in the body and blood vessels, however, continues unabated leading to similar blocks in the future.

Most food and lifestyle diseases do not get cured by the medications and treatments offered by modern medicine. That keeps the patients dependent on expensive therapies for life. A sensible approach to prevent and cure these diseases is to focus on the cause, which is:

- **Lack of life-sustaining natural plant foods nurtured by the energy of the sun** - vegetables, fruits, lentils, legumes whole grains, seeds, and nuts. The carbohydrates of plant origin are low glycemic and come with a full package of phytonutrients and antioxidants, which cleanse the body of all the toxins. Unrefined plant fats do not contain unhealthy saturated fats and are essential for overall health and appetite control.
- **Unbalanced lifestyles**-Lifestyle not lived in harmony with the natural cues of the day and night cycles of the environment are disruptive to normal physiological functions of the body. The modern world, with its artificial lights and indoor lifestyle, has broken the link of humans with the life-sustaining nurturing energy of the sun.