

Section 4- What is Holistic Food?

Over the past century, the human race has seen through four major revolutions-Industrial, Agricultural, Economic, and Digital. Around the globe, these revolutions have uplifted the human from the clutches of poverty. However, slowly and stealthily, these revolutions have moved human away from the natural plant foods which grow under the powerful energy of the Sun. The food chain over the past 50 years has become commercialized. Synthetic factory-made foods, preprepared foods, fast foods, and packaged junk foods have flooded the global markets. All these foods are deficient in nutritional value, rich in chemicals, salt, fat, and sugars. These unnatural commercial foods are directly responsible for the epidemic of Food& lifestyle diseases such as Obesity, Type2 diabetes, high Blood Pressure, Heart disease, Fatty liver, cancer, and weak immune system with an increased risk of infections.

COVID-19 Coronavirus pandemic is a wake-up call for the entire global population. It has proven beyond any doubt that the risk of infection is higher, the disease more severe, and death more likely in patients who suffer from food and lifestyle diseases.

The ancient Eastern, as well as western healing traditions, have promoted the value of food in the preservation of health and prevention of disease:

Hippocrates, the father of allopathic medicine in 400 BC, made the enduring statement, "Let Food Be Thy Medicine, and Medicine Be Thy Food."

Sage Charaka, in 600 BC, promoted the concept of "Ahar Sarv Aushdham." That means the food is the entire medicine.

It is the enduring wisdom on the healing power of food declared thousands of years ago that the current global population needs to embrace to preserve Health and prevent disease. The first step in the journey is to eliminate foods that increase the risk of illness and infection.

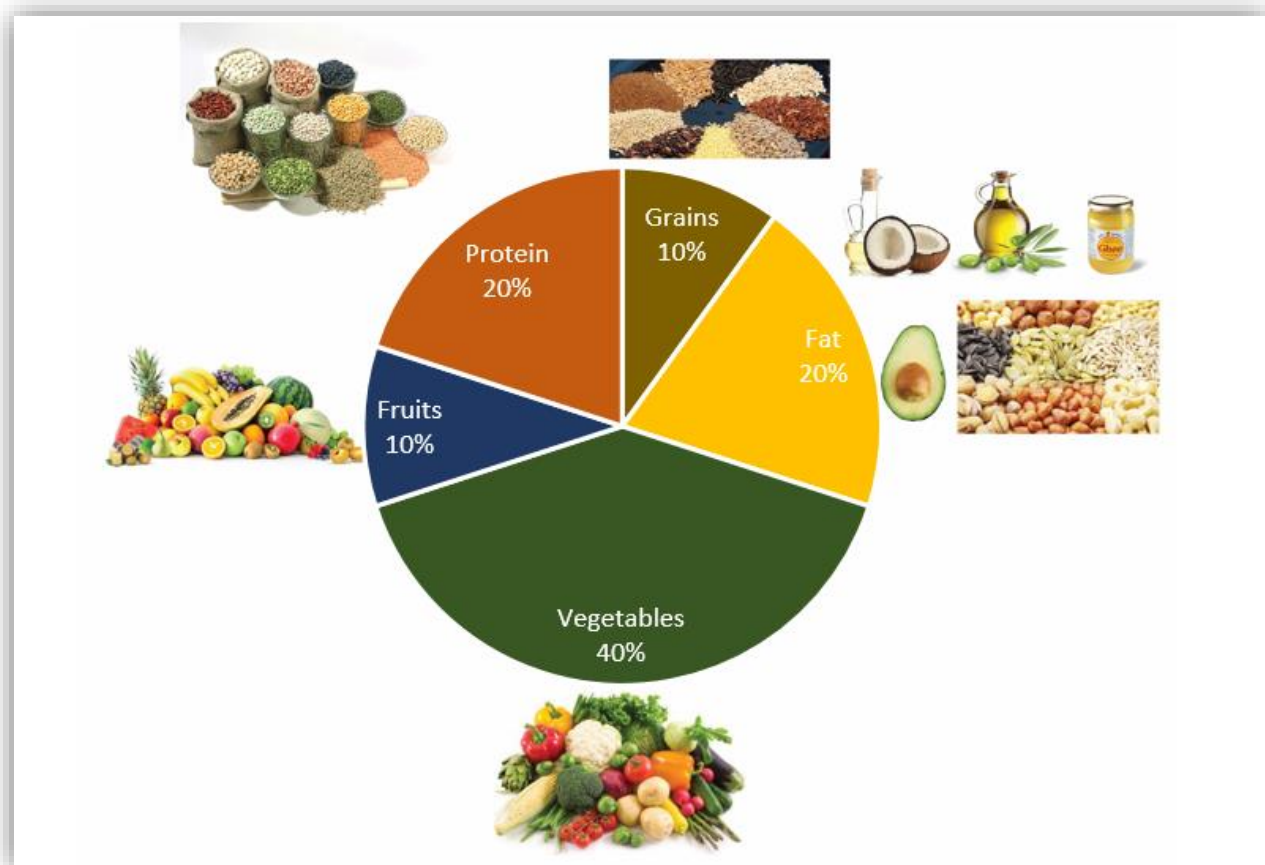
Foods that increase the risk of disease and weaken Immunity

- Refined white sugar and its products- Sweets, baked goods, and sugary beverages
- Refined wheat flour- Milled wheat flour in packages, maida, and all its products- White bread, cakes, pastries, pasta, pizza, etc
- The refined factory-made seed oils.
- Preprepared fast and junk foods deficient in fiber and rich in salt, fats, and sugar
- Packaged snacks, fast foods, and preprepared junk foods
- Meat from animals that get raised in overcrowded unhygienic conditions indoors, see no Sunlight, feed on unnatural foods, and get large doses of antibiotics and hormones.

Holistic Foods that strengthen Immunity and prevent diseases --Natural plant foods that grow under the powerful energy of the Sun sustain Health and boost Immunity. When consumed in an appropriate amount, these foods provide an optimal balance of:

- **Healthy Macronutrients** – Low glycemic Carbohydrates, alkaline Proteins, and Fats that are free from unhealthy cholesterol
- **Micronutrients**—Minerals, vitamins, and disease-fighting antioxidants. Antioxidants are the elements that cleanse the body cells of waste products and are vital to the preservation of Health and Immunity. These elements are present only in natural plant foods. Animal foods, packaged, fast and junk foods are zero in these essential elements.

How to eat a proper balance of Plant foods



Fruits - Eat one to two cups of fruit daily. There are a few sensible rules on eating fruit:

- Eat fruit, preferably in the morning and not after 5 PM. Never eat fruit as a dessert after dinner. Fruit sugar has to be used up by activity, or it will store as liver fat.
- Stay active for 2-3 hours after eating fruit to use up the fruit sugar.
- Do not consume fruit as juices because juices are concentrated sugar with no fiber. In the absence of natural fiber, the sugar gets rapidly absorbed from the digestive tract.

Vegetables — Vegetables are rich in fiber and low in calories. The carbohydrates in the vegetables are low glycemic; that means the blood sugars stay low after eating vegetables. The colored vegetables and fruits are a good source of disease-fighting antioxidants. Sensible rules about eating vegetables are:

- Green leafy vegetables are low in calories and rich in minerals such as iron and calcium. These are also a good source of disease-fighting antioxidants.
- Eat 30% (one third) of vegetables as raw salads or smoothies. Smoothies are superior to juices because these retain healthy fiber.
- Do not overcook or pressure cook the vegetables to preserve their nutritional value.
- A quick stir- fry of the finely chopped vegetables in Mustard or Sesame oil with desired condiments is the best way to consume vegetables.

Lentils and Legumes (Beans and Chickpeas) - Lentils and legumes are a good source of protein and low glycemic carbohydrates. The sensible rules about eating lentils and legumes are:

- Eat lentils daily and legumes at least 2-3 times per week (note that Chickpeas- Chhole and Bengal gram – brown chana are legumes).
- To minimize flatulence (gas problem) with legumes, you can sprout these before cooking.
- Soak lentils overnight to minimize cooking time. Overcooking under pressure reduces the nutritional value of lentils and legumes.
- Moong dals are easily digestible and a great dinner option.

Cooking Oils and Ghee — Only eat cold compressed oils such as Mustard, Sesame, Coconut oil along with cow ghee. Sensible rules about cooking oils:

- **Never use refined oils of any kind** – The factory manufactured chemically treated refined cooking oils carry the commercial advantage of a prolonged shelf life. However, the process of refining destroys the nutritional value of cooking oils. These oils, although labeled cholesterol-free, are the biggest culprits in causing abnormal cholesterol, high blood pressure, heart disease, and fatty liver.
- The cold compressed cooking oils are superior to expeller compressed oils because electrically operated expellers raise the temperature of the oil, reducing its nutrient value.
- Thirty percent of total calories consumed daily must come from healthy fats. That amounts to 5-7 teaspoons of cooking oil and 1-3 teaspoons of ghee (lower amounts in overweight individuals and a higher amount in growing children).
- Mustard and Sesame oil are seed oils that will lower bad cholesterol.
- Sesame (Gingelly) oil is rich in healthy monounsaturated fatty acids and, in this respect, almost similar to virgin olive oil (touted for its heart-healthy properties). Note that the cooking variety of olive oil sold in India is over 90% contaminated with refined oils. Indians, therefore, should adopt Sesame oil over fake refined cooking olive oil sold in large containers.

- Healthy fat tames the appetite, prevent overeating, slows stomach emptying time, and keeps one satiated for a long time after a meal.
- Eat high carbohydrate foods like chapatis and rice with a healthy fat. It slows the absorption of sugars from the digestive tract.

Whole grains — In the past 50-60 years, refined wheat flour and polished white rice have become the staple grains of the Indian population. Both these are high glycemic grains because the blood sugar after their consumption rises high rapidly. These refined grains have contributed significantly to the high incidence of Type2 diabetes amongst the Indian population. Traditionally, the Indian population consumed many varieties of whole grains, such as millets, oats, and whole wheat. Simple rules about healthy low glycemic grains are:

- Use stone-ground flours for chapatis from any grain. The industrial milling process destroys the husk (grain covering) and endosperm (the germ part) in the grain. The milled flour sold in packages, therefore, is low on fiber, vitamin B, and healthy omega-three oil.
- Eat whole grains such as different varieties of millets, oats, buckwheat, quinoa. Millets use has been growing fast as it is a low glycemic grain and carries 15 times more fiber than the milled wheat flour and rice.
- Preferably eat an ancient variety of organic wheat and not the hybrid type, which is grown with the help of lots of chemical fertilizers and pesticides.
- Eliminate food products made out of refined wheat flour from your diet- baked goods, including white bread, pizza, pasta, etc.
- Eat Chapatis and rice with healthy fat
(Review the file –Millets the Miracle Nutrigrain of the Past and Future on the website www.foodlifestylebalance.com)

Sprouts — Several varieties of lentils and seeds can be sprouted – Moong, Matki, Chana, Beans, Wheat, and Methi (fenugreek) seeds. The process of sprouting increases the protein and vitamin B content of the seeds and grains. Sprouts are a rich source of vitamin B. In Ayurveda, sprouts are called Prana- Source of life foods.



Seeds and Nuts - There is a wide variety of seeds and nuts—Almonds, Cashews, Peanuts, Pistachio, walnuts, edible seeds –sunflower, melon, sesame, flax, and chia seeds. Each of these is unique in its mineral and vitamin content. Seeds and nuts are also a good source of healthy protein and omega-three fats. Sesame seeds are the most abundant source of calcium. Since sesame and flaxseeds are hard to chew, an excellent way to eat these is to coarsely grind these and use the powder in soups, salads, and chapatti dough. Sesame seeds laddoo with jaggery are good for bone health being a good source of calcium and phosphate.

Curds and Yogurt—Curds and yogurt are a healthy preparation of the milk that support good bacteria in the intestine (See the section below on Microbiome for Immunity and Digestive Health). Note that homemade curds have live bacteria while the grocery shelf yogurts and curds get pasteurized, which kills the good bacteria.

Vegetarian versus Nonvegetarian food

Plant-based foods that grow under the energy of the Sun have several advantages over commercial farm-raised animal products such as meat, poultry, and milk.

PLANT-BASED VEGETARIAN FOODS	NONVEGETARIAN
------------------------------	---------------

Naturally grown under Sun energy	Unnatural Factory Farming
Rich in disease-fighting Antioxidants	Zero in Antioxidants
Rich in healthy fiber	No fiber
Healthy alkaline Protein	Unhealthy acidic protein
Healthy unsaturated fat	High in unhealthy saturated fat
Carry glucose energy as low glycemic carbohydrates	Lack of glucose energy