

Why the current epidemic of Food & Lifestyle diseases?

Over the past 40—50 years of the industrial, economic, and recent digital revolution, the world has witnessed an unprecedented change in the food and lifestyle of the population. The meals have become unnatural and synthetic and the lifestyles unbalanced. The result is a global epidemic of disabling and expensive Food and Lifestyle diseases such as – Obesity, Type2 Diabetes, High Blood Pressure, Heart Disease, Cancer, Arthritis, and many more. The financial burden is enormous in terms of the costs of patient care and the loss of human productivity. That is considering that these diseases are also affecting the young productive population of the cities. Unfortunately, allopathic medicine has failed to offer a clear plan for the prevention and cure of these diseases. That is because the primary focus of modern allopathic medicine is on the drugs and therapies which manage the symptoms, but not the actual cause of the disease:

“That cause is unhealthy foods and an unbalanced lifestyle.”

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 prevention.” (Avicenna, Persian Physician (980-1037))

The allopathic medicine conquered the epidemics of fatal contagious diseases such as Small Pox, Cholera, Plague and Polio, effectively wiping these epidemics from the surface of the earth. That got achieved by identifying the cause of these diseases; which was an infection of the body with viruses and bacteria. Based on the cause, an effective strategy of the prevention, and cure got formulated, comprising of vaccination, antibiotics, Public education, and sanitation. Unfortunately, when it comes to current food and lifestyle diseases, allopathic medicine has ignored the age-old wisdom of focusing on the cause to get effective prevention and cure. The primary focus, instead, has been on the treatment of symptoms of the diseases by expensive drugs and therapies. Good examples:

- **Obesity** – Failed remedies of Low-calorie diet and Intense exercise plans. These remedies have cost global population billions of dollars each year for the past 40 years. However, the obesity epidemic has progressed and only grown bigger affecting currently, the young populations, including the children.
- **Type2 Diabetes** –The long list of antidiabetic drugs, including insulin, do not eliminate the disease but only lower the blood glucose and rearrange it within the body. The excess glucose from the blood gets redistributed to different body tissues causing progressive, fatal damage to every organ of the body including eyes, heart, kidneys, nerves, liver, brain, feet, and legs.
- **High Blood Pressure** – The prescribed medications lower blood pressure but do not offer a permanent cure.

- **Heart disease** – Medications, and high-cost procedures such as angioplasty, and bypass surgery prescribed to postpone the problem with no guarantees of eliminating the future blockages and a permanent cure.

Since most food and lifestyle diseases do not get cured by the medications and treatments offered by modern medicine, the patients remain dependent on expensive drugs for the rest of their living life. The disease continues to worsen over time with no hope for a permanent cure. Conveniently, these food and lifestyle diseases get a label of being lifelong conditions. In reality, that is not the case, a food and lifestyle modification will normalize the cholesterol profile within three months, and tame blood sugars better than any prescription antidiabetic drug.