

HAZARDS OF WHITE POISON

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ABSTRACTS

White food commonly refers to foods that are white in colour and that have been processed and refined like flour, rice, pasta, bread, cereal and simple sugars like table sugar and salt. As good nutrition is an important part of leading a healthy lifestyle, physical activity must be combined with good diet tends to reach and maintain a healthy weight, reduce the risk of chronic diseases (like heart disease and cancer), and in promoting good health. The more refined foods a person eats, the more insulin must be produced to manage it. Insulin promotes the storage of fat, making way for rapid weight gain and elevated triglyceride levels, which can lead to heart disease Some harmful

substance exist in our diet foods called "poison" because they have little nutritional value and harmful to our health. White sugar, Refined salt, Pasteurized milk, Maida are the major white poison almost we consume every day. Poor nutrition leads to health problems. People nowadays often have little choice but to depend on fast food or ready meals that are high in sugar, salt and fat due to the stress. Consumption of junk food is a major factor in poor diet and yields health problems. Fast food mainly consists of these white poisons and cause hazards to human body. White poison poses indeed place a heavy burden on the health care system. It's important to realize that a large number of diseases are directly attributable to obesity, heart problems, diabetes etc. This review focuses the dangers of white poison and methods to prevent it. Since these white poisons have low nutritional value, and if taken on a regular basis will contribute to the decline of human health.

KEYWORDS: White sugar, Refined salt, Pasteurized milk, Maida.

INTRODUCTION

Most people consume poisons in to their body everyday unknowingly without realizing it. They consume foods that are toxic which cause poor health without analyzing its danger. There are four major white poison like refined sugar, refined salt, maida and pasteurized milk that we consume everyday without an idea of its serious hazards.^[1] White poison causes serious disturbance in blood glucose level eventually leads to diseases like cardiovascular, diabetes, constipation, indigestion etc.^[2] Global foods are liable to subjected to many processing steps causing the healthy nutrients to be destroyed. Highly refined products like sugar, salt has no nutritional content and while processing artificial colourants and flavourants are added to it which cause impairment of health.

Refined Sugar

Sucrose synthesized from sugarcane or sugar beet is called as raw sugar. It is prone to many refining process to remove molassess and produce a sugar called Refined sugar or White sugar.^[3-4]

Highly refined sugars include:

- Sucrose(table sugar refined from Cane and Sugar Beets)
- Dextrose (refined from corn)
- Fructose (refined from fruit and corn)

According to the FAO, an average of 24 kilograms (53 lb) of sugar, which is equivalent to over 260 food calories per day, was consumed annually per person of all ages in the world in 1999. And the sugar consumption is expected to increase to 25.1 kilograms (55 lb) per person per year by 2015.^[5] Refined sugar deficit of additional nutrients like fibres, minerals, proteins, enzymes and are merely a calorie source. Refined sugar action has much faster action in break down down to glucose and fructose. The sudden enormous amount of glucose cause disturbance in blood sugar level and gives quick energy. If the energy was not utilized immediately it probably turn it into fat.^[6]

Sugar serves as digestive stimulant and in boosting energy to body but its excess has serious negative impact on the nervous system by altering the activity of delta, alpha, and theta brain wave activity. It also suppresses the immune system and its production of lymphocyte “killer cells” that protect antibody attacks. Excess sugar triggers insulin responses to make the body for the storage of fat in arteries as triglycerides.^[7]

Sugar serves addictive for a lot of people. Like abusive drugs, sugar causes a release of dopamine in the center of the brain. In a 2013 study researchers found that enormous amounts of sugar, especially glucose, stressed out the heart and muscular dysfunction, deteriorate blood vessels, neurotransmitters out of balance which may leads to heart failure.^[8] Refined sugar seems to affect the secretion of gastric juices and have an inhibiting effect on the stomach's natural movement.. Sugars are not digested in the mouth, like cereals, or in the stomach, When taken alone, they pass quickly through the stomach into the small intestine. When sugars consumed with other foods means they are held up in the stomach for a certain period.^[9]

Effects of Refined Sugar on Health^[10-14]

- Depresses the immune system.
- Upsets the body's mineral balance.
- Contributes to hyperactivity, anxiety, depression.
- Produces a significant rise in triglycerides.
- Causes drowsiness and decreased activity in children.
- Reduces helpful high density cholesterol (HDLs)
- Promotes an elevation of harmful cholesterol (LDLs)
- Causes hypoglycemia (Low Blood Sugar)
- Increases the risk of coronary heart disease.
- May lead to chromium deficiency.
- Causes copper deficiency.
- Interferes with absorption of calcium and magnesium.
- Promotes tooth decay and gum diseases.

Refined Salt

Refined salt imposes bad health since all the natural nutrients are removed from salt which causes ill effects to our body. Apart from sodium chloride 97.5% refined salt also contains some additives 2.5% that are intended to make it more free-flowable. Ferrocyanide, talc, and silica aluminate are commonly included. Intake of Aluminate directs to harmful diseases like neurological disorders, especially when no selenium is provided to help the body to chelate it. Inside the body itself Aluminum bio-accumulates, leads to degeneration over time. Nowadays our diet comprises of far more than our daily requirement: 1,500 milligrams of sodium each day or less than 1 teaspoon. Higher salt intake salt is very danger for health and

health organizations generally recommend that people reduce their dietary intake of salt. High salt intake is associated with a greater risk of stroke and total cardiovascular disease (CVD), fluid retention and kidney related disease.^[15-17] In order to metabolise the salt crystals our body needs to sacrifice enormous amount of energy. Consumption of heavy table salt cause more fluids in tissue contributes to Rheumatism, arthritis and gout.^[18-19]

Maida

White flour has been called the “glue of the gut”. Maida flour being an integral part in baking industry in making delicious food stuff causes harmful effects to our body. After the separation of fiber rich bran for wheat flour maida is prepared. In order to improve its colour and softness alloxan is used for bleaching action. Alloxan is the product of decomposition of uric acid. It takes up larger amount of pancreatic beta cells and destroys it. Pancreas is responsible for regulation of glucose and sugar in our body and blood gets damaged by alloxan eventually leads a person to diabetic state.^[20-21]

Since Maida got very high glycemic index, the sugar release process in to blood stream takes place fastly. To counter, the pancreas releases responds with insulin spike, for longer period of time with longer usage of processed and refined food produces inflammation, insulin resistance and eventually leads to type II diabetes. By removing the bran of wheat 97% of fiber is also lost so maida contains less nutritional value.^[22] Refining process for foods like white flour remove many important nutrients from the foods being refined including many of the following:

- B Vitamins
- Beneficial Unsaturated Fatty Acids
- Calcium
- Iron
- Magnesium
- Phosphorus
- Vitamin E
- Flour contains a high proportion of starches, which are a subset of complex carbohydrates also known as polysaccharides

Pasteurised Milk

Pasteurization is the process of heating the milk to a specific temperature with aim to destroy

bad bacteria. The major drawback with pasteurization is that it removes all probiotics as well as damaging the vitamins, minerals and denaturing the proteins leading to ill health. Pasteurization changes the milk's mineral components such as calcium, chlorine, magnesium, phosphorus, potassium, sodium and sulphur as well as many trace minerals enabling loss of nutrients (lactase needed for the assimilation of lactose; galactase for the assimilation of galactose; phosphatase for the assimilation of calcium). Pasteurized milk causes such as intestinal colic, intestinal irritation, intestinal bleeding, anemia, allergic and sinus problems, and salmonella. Contamination of milk by blood and white (pus) cells as well as a variety of hormones, chemicals and insecticides is a big cause for concern.^[23] Alkaline Phosphatase is an enzyme which is naturally present in milk, but is destroyed at a temperature just near to the pasteurization temperature.^[24] Essentially, high-temp pasteurization kills the milk and makes it much more difficult for your body to digest. This can typically lead to inflammatory bowel disease, among others.

CONCLUSION

A balanced diet with knowledge of food is essential for healthy life style. Sugar was once called "white death". It deserves 100% of this title which is a key factor in most degenerative disease still we are consuming it. Depleted of all the good, nourishing minerals that are inherent in real salts, table salt is simply a lifeless entity causes serious harm to our health. Maida consumption has adverse effects with regard to different diseases representing harmful impact. Pasteurised milk consumptions poses serious ill health. Hence proper awareness need to be created about the potential hazards of white poison consumption among public to promote good health and their consumption must be lowered.

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