

Are the foods we eat, correct?

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Abstract

It may not be inappropriate to eat as much as we like by simply believing the doctor's medicine. This will be rather dangerous. Because every tasty food may be not necessarily good. Therefore, cautiousness is the key.

1. Introduction

The question I am about to discuss here is very closely related to how my continuous health issues of diarrhea-dysentery problem associated since my childhood was finally recovered. Like this, it was turned into constipation at the age of about 27 years with stiff stomach, lack of appetite, anal bleeding, insomnia, headache, spondylitis, gastric problems etc. that look to be alright when I use to consume allopathic medicines but begins after sometime when the medicine was over. Finally, I was diagnosed to be suffering from nasopharyngeal cancer (2006). After treating the cancer (February 2007), I have been always weakly that made me systematically thought over it. This led to systematically avoid the stomach-troubling foods, which made me healthier. This is the story.

Kindly go through it until it is over and follow. Kindly spread it to others to follow and free from many or all diseases making yourselves healthy without spending extra money as far as possible, for medical treatments. Not only this, after treating the nasopharyngeal cancer, the diseases of hypothyroidism and throat-drying associated with fatigue, indigestion, insomnia, problem with cold or hot, hoarse voice, muscle weakness, ache, tenderness, stiffness, depression, forgetfulness and reducing hair density. It is to remember herein that my case may not be the same as yours or your digestion may be better than mine but why should you damage this? Because many healthy-looking youths have been expired without notice. It may be that the healthy-looking people may have insensitive stomach. Therefore, cautiousness is essential. In other words, it may not be inappropriate to eat as much as we like by simply believing the doctor's medicine. This will be rather dangerous.

2. Understanding what we eat and exercise

2.1 Summary of my life's dangers, infection with cancer, its treatment, and consequences

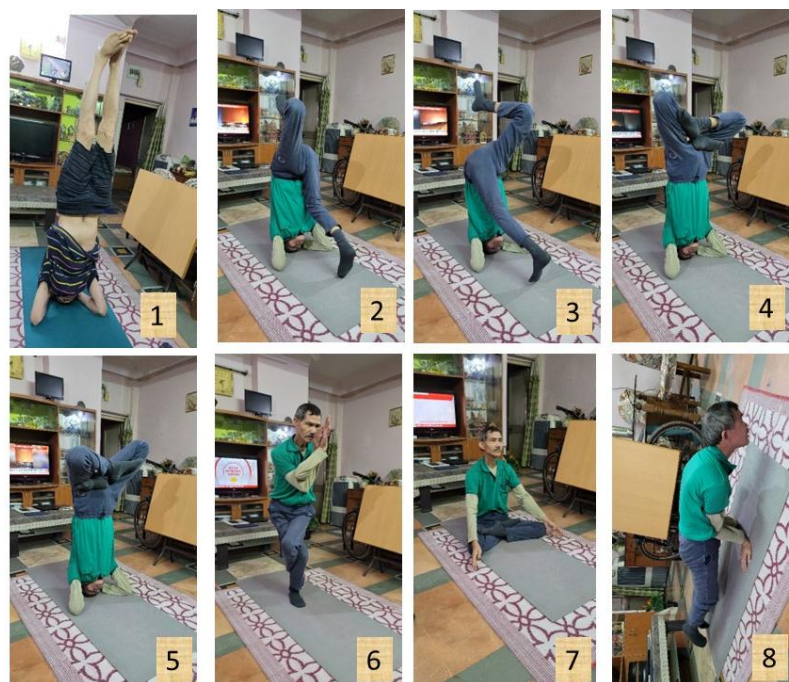
- At just about 3 years old (1963), left-hand got accidentally fallen in the boiling-hot jaggery meant for making rice laddoo, making ring finger and small finger fused together; my grand-mother intelligently separated them out during my sleep using coconut oil.
- A big wooden beam was fallen on the back in 1977 (17 years) during dismantling the ancestral home as I was to join it fatigue making me unconscious for about 5 hours and unable to walk properly for about two months.
- In 1981, I was severely ill due to dysentery and diarrhoea when I tutored junior students to earn Rs 3500 to be able to join Brilliant Tutorials, Madras for appearing the IIT JEE plus my own preparation for the exam and my own weakness.
- When I come to know that I am also human being existing in this world at about 5 years old, I always struggle with almost continuous dysentery and diarrhoea that turned out to be constipation when I started living in Delhi, Bombay, Tsukuba (Japan) etc. from the age of about 27 years old.
- Therefore, when I was at Indian Institute of Technology, Bombay (1989-1995), Inter-University Acceleration Centre, New Delhi (1995-1996), National Institute for Materials Science, Tsukuba,

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Japan (1996-1998), National Physical Laboratory, New Delhi (1999-2001), UGC-DAE Consortium for Scientific Research, Indore (2001- 2006) for my doctoral, post-doctoral, and professional research, I suffered from tight stomach, loss of appetite, annal bleeding, insomnia, headache, spondylitis, gastric problems etc. leading me to suffer from nasopharyngeal cancer (September 2006) and completion of its (chemo and radiation therapy) treatment in February 2007.

- After realising these issues, I started eating simple boiled foods without oil but added either tamarind or Indian gooseberry in the dishes I prepare mimicking the south Indian dish shambhaar since 2022 September along with regular simple yogasana (**Figure 1**). This led me free from the above health issues with proper strength, lightness and speed.

This is the story I am narrating. In the meantime, research at Johns Hopkins University revealed that everybody has cancer cells. If the person is weak or has weak immune system, the cancer cells will multiply beyond control making the person suffering from a particular type of cancer. Like this, it should be said that I also suffered from nasopharyngeal cancer. If someone asks as to why should I narrate this, this process is somewhat related to my research in materials science². From this research, we understand that the materials prepared undergo several experimental tests to understand the genuine nature of the prepared material compound similar to several tests like blood or MRI tests to diagnose the actual cause for the illness or disease of the person in question. Only then, the material is studied for its several properties. These details are described systematically to make a complete story of the research to get published as a standard paper in a peer-reviewed journal only when two or more experts recommend its rationality.



➤ **Figure 1.** 1-3, Sirsasan, 4,5 Urdhva Sirsasan, 6, Gardasana, 7, padmasana, 8, Mayurasana; these pauses are snapped during my yogasana to make simple representative examples.

In other words, if the scientists generally are so much concerned about a usually simple material so much fuss just for publication, why should we eat our prepared foods just like that ignorantly without even bothering whether they are genuinely good for our health or not at the mercy of our great *security officer tongue to judge its sanctity* (**Figure 2**) even though it is a question of our wellbeing, illness or death as a consequence? What I am proposing is that it would be wrong to say that our prepared foods

²Enhanced Thermoelectric Performance of a Novel Reaction Condition-Induced Bi₂S₃-Bi Nanocomposites. Tarachand, G. S. Okram, B. K. De, S. Dam, S. Hussain, V. Sathe, U. Deshpande, A. Lakhani and Y.-K. Kuo. ACS Appl. Mater. Interfaces **12**, 37248–37257 (2020).

are not meant for research similar to research materials that will display our intentional ignorance as our forefathers have done it. But our forefathers didn't eat the foods we eat. Then, since we cannot perform analysis of our prepared foods as usual in research materials, we must also have faith in the results of the analysis of the prepared foods conducted by food chemists.

However, it is found that when this writer eats the foods with proper observations and research of the consequences of eating them with oil or fried in/ with oil, before knowing to the writer what the food chemists found, problems in the stomach or indigestion is realised. On the other hand, the foods without oil are easily digestible and healthy as experienced in the last 28 months (2022-2024) showing as clear proof of its benefit. *The opinion of the patients at Astha channel in Patanjali, expressing disappointment of providing them non-tasty foods there but beneficial in relieving their illness due to such foods, endorses what I found.* Therefore, we must not have faith ignorantly in the better taste of our tongues (**Figure 2**) but must have faith in the reality; we must think over it. When you are ill, you, your family members only will suffer at a cost that may be sometimes extremely costly! With this, as I mentioned before, I am now much better, healthier and stronger as buffered with regular simple yogasana (**Figure 1**).

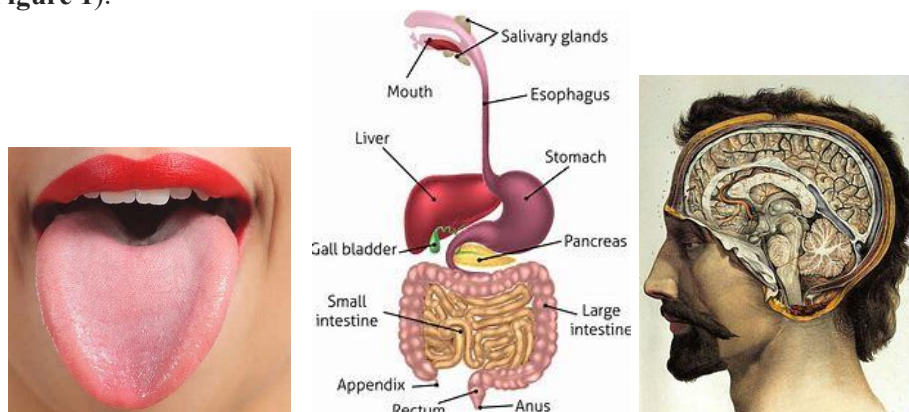


Figure 2. Left, tongue, middle, digestive system or gut, right, brain.

In fact, I didn't play the yogasana regularly as I don't have the habit for it even though I started learning since 1980s. However, when I had a chance to see the Astha channel where Patanjali show its yogasana practices and the patients opined that they got relieved from several of the chronic illnesses and diseases. This induces me to get interested in trying for the relieve of join pains in the knee and ankle by doing yogasana as followed from YouTube that incidentally made me relieved not only from the knee and ankle pains but also from several other health issues mentioned earlier including sustainability of stress in doing other physical works. This means that to get relieve from ailments, one doesn't need to be a yogasana expert. Another caveat is ***the consumption of dishes without oil.*** This is also evident from novice people who do not have any experience on yogasana but get relieved from several of their health issues free of cost. This is the usefulness of practicing yogasana. It is realized from investigations that practicing yogasana provides extra oxygen to the body and extra strength as the body absorbs the nutrients easily and conveniently. It is also to be noted carefully that natural breathing of a person indicatively provides deficient oxygen required for the body. Therefore, the person feels tired quickly in doing a work unless he/ she practices an exercise or yogasana. Because the person gets extra stamina on practicing yogasana, and hence does not tire quickly but sustains stress in general or in doing physical works. That is, ***practicing yogasana and eating unfried foods/ foods without oil provides extra oxygen and extra stamina.***

What is said is not said rhetorically but the reality as experienced by those who practices yogasana regularly including myself. This means that practicing yogasana is a clear proof of its health potential. It is because practicing yogasana enables penetration of oxygen at the cellular level (**Figure 3**). Cell is the basic unit of human body that contains trillions of cells that in turn produce energy. That is why when a person practices yogasana regularly, he doesn't realize what fatigue is.

However, if we endeavour to make better, simple dishes with least oil, no oil or no frying is better. Therefore, eat simply cooked dishes without oil so that you are free from sicknesses and diseases, free

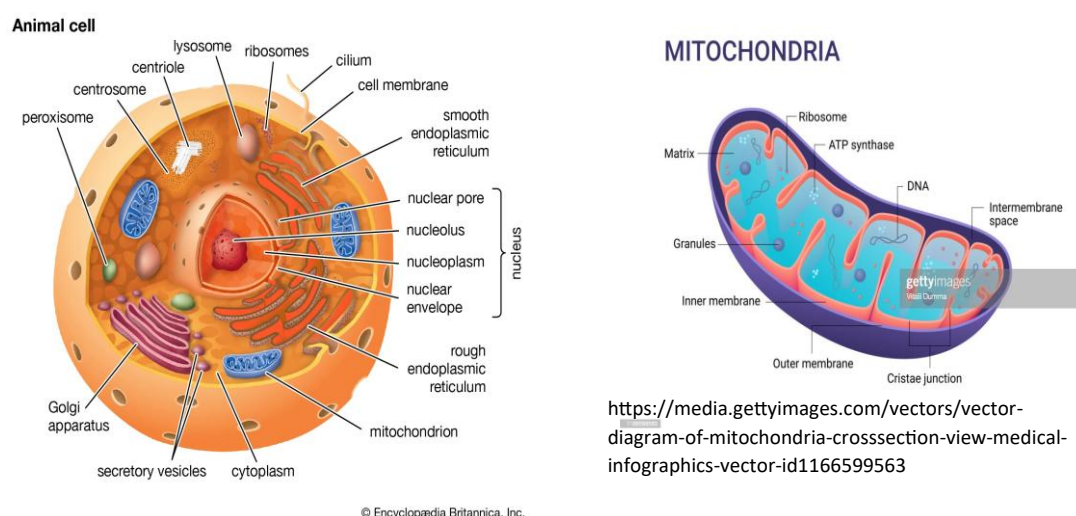


Figure 3. Left, Cell and its components, right, mitochondria.

from the high tension of exorbitant cost or medical insurance. Because a disease like cancer will never forewarn anybody (you) that you will be suffering from it in the future. Let us not consume toxic foods not to spoil our health unknowingly and not spend money just like that at the cost of your tension along with your family members. For a highly sensitive stomach like mine, fried foods are very tasty at the cost of stomach trouble, indigestion and health issues. In old age for those seemingly without much such issues earlier, they might suffer from dreaded diseases since the fried foods might contain several toxic compounds even though they are very tasty. Let us see the following example to illustrate this³.

2.2 Does cooking produce toxic organic compounds?

Modifications in the foods when we cook at 121 °C

- Cooking for 20-30 minutes deteriorates vitamins from 100 to 1000 times
- Cooking for 10-30 minutes deteriorates quality factor from 5 to 500 times
- Cooking for 10-100 minutes do no longer function enzymes from 1 to 10 times
- Cooking for 80-200 minutes do not function vegetative cell from 0.001 to 0.01 times
- Cooking for 50-200 minutes do not function spores from 0.1 to 5 times

Therefore, foods cooking at 121 °C decreases or spoils healthy nutrients up to 90%. That means that the cooked foods we eat might contain 90% useless components. Because cooked foods produce fatty acids, diacylglycerols due to hydrolysis; oxidized monomeric triacylglycerols, oxidized dimeric and oligomeric triacylglycerols, volatile compounds (aldehydes, ketones, alcohols, hydrocarbons etc.) due to oxidation; cyclic monomeric triacylglycerols, Isomeric monomeric triacylglycerols due to temperature. It is very important to note that these volatile compounds are potentially contribute substantially to the global warming⁴.

2.3 Global warming due to fried foods

Gases from home-cooking contributes to global warming. Even though there are alarming issues of global warming due to food cooking and their transport, nobody bothers for it. If we understand properly the life cycle of foods, including cooking and its preparations, it would be easily known that

³<https://rawfoodlife.com/cooking-creates-toxins-that-causes-disease/#:~:text=Additional%20carcinogens%20in%20cooked%20or%20processed%20foods%20include%3A,Methyglyoxal%20and%20chlorogenic%20attractosides%20in%20coffee%3B%20More%20items>

⁴ Impacts of home cooking methods and appliances on the GHG emissions of food. A. Frankowska, X. S. Rivera, S. Bridle, A. M. R. G. Kluczkovski, J. T. da Silva, C. A. Martins, F. Rauber, R. B. Levy, J. Cook & C. Reynolds . Nature Food **1**, 787–791 (2020). <https://www.fooddive.com/news/could-fried-foods-influence-climate-change/511579/> <https://www.un.org/en/climatechange/science/climate-issues/food>

greenhouse gas (GHG) can be significantly reduced. Study in the UK revealed that the gases from cooking can reach up to 61%. If we replace the other cooking by home-cooking, greenhouse gas emission can be reduced significantly. Cooking of meat and vegetables produce substantial GHG emissions. Also, standard cooking emits the GHG maximally. The home-cooking starting from the beginning reduces the GHG emissions substantially compared to the cooked ones. Home-cooked pastas can reduce GHG emissions by 86%. It is 18-55% in the case of beef and Yorkshire pudding. In summary, keeping these facts in mind, the GHG emissions can be reduced significantly.

2.4 Potential cancer-inducing chemicals from high temperature cooking

Heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs) are formed when beef, pork, fish or chicken muscles are cooked at high temperatures in direct contact with the pan. According to the laboratory experimental test analysis, HCA and PAH chemicals damage or transform DNA of the cells with potential danger of infection with cancer.

2.4.1 Means to reduce consumption of HCA and PAH chemicals

- No frying or heating in direct contact with the frying pan or the flame, or not cooking with extended period
- Microwave precooking before frying or toasting
- Flipping repeatedly
- Removing charred portions of meat and refraining from using gravy made from meat drippings

Researchers in the United States of America are currently investigating the association between meat intake, meat cooking methods, and cancer risk. Ongoing studies include the NIH-AARP Diet and Health Study, the American Cancer Society's Cancer Prevention Study II, the Multiethnic Cohort, and studies from Harvard University. Similar research in a European population is being conducted in the European Prospective Investigation into Cancer and Nutrition (EPIC) study. This is what common people must know about tasty foods. Means, **are (more) tasty foods toxic?** is the question one may pose. Let us assume that this question is wrong. Then, from where so many panicking diseases or illnesses are coming, while we tend to choose or enjoy for tasty foods only? Is it not questionable? Yes, why not? Therefore, eat simply cooked foods⁵, not fried ones, and practice yogasana. By doing so, save the money from unnecessary medical bills and treatments.

According to the historical records, habits of fried foods were slowly and winningly started spreading like a wildfire since 1900 when the then kings permitted the public to eat them without restriction (**A caution!**).

2.5 Are the medicines toxic?

It is likely so. Thus, avoid medicines by maintaining good health through foods as medicines. Avoid foods that are toxic that may require medicines to nullify since for every thorn pierced in, another thorn is required to remove. Therefore, medicine is generally potentially toxic or has side effect. Thus, there could suffer other illnesses due to medicine. Example is the ones mentioned above as a consequence of nasopharyngeal cancer treatment.

Another example is the Skin-Rotting Zombie Drug⁶. A new street drug that is being marketed in Philadelphia, the epicenter of America's opioid crisis, has doctors baffled. Public health experts are

⁵Is 'water-cooking' really a healthy, tasty alternative to oil? [https://www.msn.com/en-in/health/other/is-water-cooking-really-a-healthy-tasty-alternative-to-oil/ar-BB1jtvSh?ocid=msedgntp&pc=DCTS&cvid=e00ab1d3b8654a9ca215ee796a62b898&ei=210eally a healthy, tasty alternative to oil? \(msn.com\)](https://www.msn.com/en-in/health/other/is-water-cooking-really-a-healthy-tasty-alternative-to-oil/ar-BB1jtvSh?ocid=msedgntp&pc=DCTS&cvid=e00ab1d3b8654a9ca215ee796a62b898&ei=210eally%20a%20healthy%20tasty%20alternative%20to%20oil?%28msn.com%29) Story by Rishika Singh 7/3/2024 1:16:57

⁶ What is Skin-Rotting Zombie Drug That Has Hit Major US Cities? Check Symptoms and Other Details Here 23 Feb 2023 Zee News, <https://www.msn.com/en-in/health/medical/what-is-skin-rotting-zombie-drug-that->

disturbed by its spread and worry about the horrific wounds it causes in its users' bodies. The substance, which seemed to first appear in Philadelphia before migrating west to San Francisco and Los Angeles, was used for cutting heroin, but, most recently, it has been discovered in fentanyl and other illicit drugs.

2.5.1 What is zombie drug?

Xylazine is not a controlled substance; it is marketed as a veterinary drug and used as a sedative, analgesic and muscle relaxant. In humans, it could cause central nervous system depression, respiratory depression, bradycardia, hypotension, and even death. The sedative xylazine is used on horses and cows. With repeated exposure, it can result in sedative-like symptoms such as excessive tiredness and respiratory depression as well as open wounds that can quickly get severe. If left untreated, the crusty ulcerations, which can develop into dead skin called eschar, may require amputation.

Thus, cautiousness in eating is very desirable. Because for every thorn pierced in our body requires another to remove as we may require medicines to nullify toxic foods. The taste should not be solely decided by tongue but in conjunction with brain (Figure 2).



Figure 4. People suffering from Zombie Drug.

2.6 Are very tasty foods healthy?

Why should one suffer from colon cancer, stomach cancer, diabetes, hypertension etc., if very tasty foods are healthy?

- If the very tasty foods are not eaten, who knows that at least 50% if not 100% of the dreaded health issues are decreased or not encountered at all?
- This means that there might be pertinent question like 'why not very tasty foods or very good smelly foods could not only damage our human health, but also the world as global warming issues'?
- If we assume that 4 individuals are there for every family for 8 billion population, then there would be 2 billion kitchens in the world in addition to several food manufacturers.

2.6.1 How should one suffer from cooked foods?

- Cooking destroys the useful nutrients but creates toxic compounds.
- It is well-known fact that cooked foods, processed foods and Genetically Modified Organisms (GMOs) are Known to Cause Diseases.

[has-hit-major-us-cities-check-symptoms-and-other-details-here/ar-AA17Pqn?ocid=msedgntp&cvid=1bd87f1bc89f47b68f68146d2628c270](https://www.aa17pqn.com/has-hit-major-us-cities-check-symptoms-and-other-details-here/ar-AA17Pqn?ocid=msedgntp&cvid=1bd87f1bc89f47b68f68146d2628c270)

- Raw Food Contributes to the Prevention of Cancer & Diseases
- Chemicals from Cooking can Cause Tumours throughout the Body.
- Cooked Proteins Coagulate Becoming Indigestible
- Raw, Live Plant Protein Is the Best.
- Effects of Heat on Nutrients Detrimental.
- Cooking Can Affect Vitamins, Fats, Carbohydrates and minerals.
- Heating Food Past 118°F (48 °C) Deranges Enzymes and iron.
- Cooking Can Never Improve the Nutrition in Food.
- With Healthy Adaptations, You'll Enjoy with Raw Food.

Another danger is the neat and cleanliness or hygiene. For example, there may be bacteria on our hands with which we use to eat. They may be enemy of the gut bacteria numbering about 100 trillion, leading to several health issues and diseases.

2.7 Impacts of gut microbiomes on health and diseases⁷

The gut includes various structures and organs, such as the salivary glands, esophagus, stomach, liver, gallbladder, pancreas, small intestine, large intestine, and appendix. Gut bacteria are a part of gut microbiota ecosystem. They number around 10^{14} weighing about 1.5 Kg (**Figure 5**); the number of cells in a human body is approximately $\sim 40 \times 10^{12}$. Gut bacteria play an important role in human health, such as supplying essential nutrients, synthesizing vitamin K, aiding in the digestion of cellulose, and promoting angiogenesis and enteric nerve (second brain) function. However, they can also be potentially harmful due to the change of their composition when the gut ecosystem undergoes abnormal changes in the light of the use of antibiotics, illness, stress, aging, bad dietary habits, and lifestyle. Dysbiosis of the gut bacteria communities can cause many chronic diseases, such as inflammatory bowel disease, obesity, cancer, and autism. Oxygen is essential for all these activities.

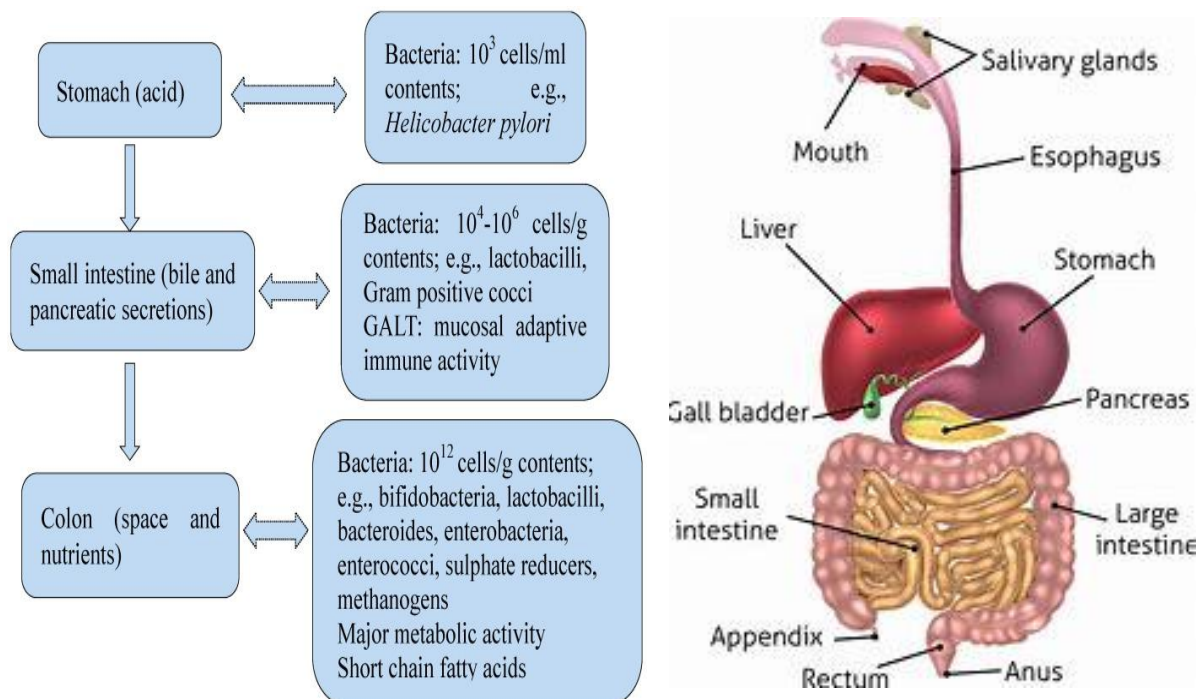


Figure 5. Distributions of bacteria in human gut.

2.8 Why do we need oxygen?

⁷Impacts of Gut Bacteria on Human Health and Diseases, [Yu-Jie Zhang](#),¹ [Sha Li](#),² [Ren-You Gan](#),³ [Tong Zhou](#),¹ [Dong-Ping Xu](#),¹ and [Hua-Bin Li](#), *Int J Mol Sci.* 2015 Apr; 16(4): 7493–7519.

Appropriate levels of oxygen are vital to support cell respiration. Oxygen plays an important role in the energy metabolism of living organisms. The living cells ($\sim 100 \mu\text{m}$, 40×10^{12}) are the sites of tremendous biochemical activities called metabolism.

This is the process of chemical and physical change which goes on continually in the human body: build-up of new tissue, replacement of old tissue, conversion of food to energy, disposal of waste materials, reproduction - all the activities that we characterize as "life."

2.8.1 Cellular respiration

Molecular oxygen, O_2 , is essential for cellular respiration in all aerobic organisms. Oxygen is used as an electron acceptor in the mitochondria ($1\text{-}10 \mu\text{m}$)/ petite organelles/ powerhouses to generate chemical energy. Mitochondria vary in number and location according to cell type. Substantial numbers of them are in the liver, with about 1000–2000 mitochondria per cell making up 1/5th of the cell volume.

The role mitochondria play as cellular furnaces, converting nutrients and oxygen into energy, is immensely important. Every cell needs adenosine triphosphate - the chemical fuel generated by mitochondrion—and some cells are particularly demanding: a muscle cell that pushes the leg into a sprint, a beta cell in the pancreas that synthesizes the hormone insulin, a brain cell that fires a signal to help create a thought. Each of these kinds of cells contain as many as 10,000 mitochondria, and it is no secret that those tiny organelles keep the home fires burning.

The human body is about two-thirds oxygen. Oxygen plays a vital role in the breathing processes and in the metabolism of the living organisms. Even though the brain represents only 2% of the human body weight, it receives 15% of the cardiac output, 20% of total body oxygen consumption, and 25% of total body glucose utilization.

Despite taking an average of 17,000 breaths each day, breathing is a process we all do without much thought or effort. However, the way our body processes the oxygen we need for survival is much more complex than you may imagine.

The energy consumption for the brain to simply survive is 0.1 calories per minute, while this value can be as high as 1.5 calories per minute during crossword puzzle-solving.

When neurons in a particular region of the brain are highly active, they consume a great deal of oxygen, which results in recruitment of extra blood flow to that region.

Neurodegenerative diseases, such as Alzheimer's disease, Parkinson's disease, motor neuron disease, and Huntington's disease are caused by the gradual death of individual neurons, leading to decrements in movement control, memory, and cognition.

Mental performance in the human body can be improved by "feeding" the brain with extra oxygen or glucose, according to research published recently that could have implications for the treatment of dementia.

Therefore, essential extra oxygen from doing exercise, especially yogasana, enables enhanced strength, fatigue-lessness, healthy body, and mind. It also cleans the poisonous chemicals, which may not be however so effective when we keep on consuming tasty poisonous foods.

3. Conclusion

In conclusion, it would be good to know that

- Simple boiled-foods are better than those of the fried ones.
- Nutrients should not be spoiled, and toxic chemicals should not be produced as far as possible while cooking.
- Fried foods might produce toxic chemicals with potential dreaded diseases.
- Not only consuming the simple boiled-foods, practicing exercise, especially yogasana would clean the toxic chemicals.
- Regular, at least half an hour, yogasana would enable good and sound sleep.
- Not only that fried foods might produce toxic chemicals with potential dreaded diseases, the volatile organic compounds emitted render global warming.
- Therefore, let us save our stomachs and global warming with simple boiled foods.

