The Fragmentation of Nutrition

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The fragmentation, or industrial manipulation, of nutrition and health is epidemic today. Nutrients that are artificial and constructed are promoted. In the commerce of manufacturing food, naturally-occurring nutrients are eliminated and facsimiles are added that are alien to the original whole food matrix of nutrition. Nutrition is segregated and sold as synthetic vitamins and low-grade mined minerals in supplements that are excessive to human biochemistry and in "enriched" and "fortified" processed foods that are in nutritional chaos. Industry fragments and reproduces nutrients to reinforce nutrient-deficient adulterated foods that have been rendered non-food by processing. Other extreme foods that should be avoided are touted as "super foods" for their antioxidant or nutrient quantities.

Consumers get health information from TV, fad diets, and magazines that want to sell products and health agendas. The businesses of food, healthcare, and media neglect or censure the value of holistic health, natural healing, and the superiority of whole food nutrition. This neglect affects not only health awareness but also the capacity to heal. Illness is addressed with the main goal being the elimination of symptoms, as physiology is isolated in its components and sickness is not seen as a whole body event. The causes of ill-health and the integration of whole food nutrition remain neglected and ignored in pop nutrition’s agendas of marketing and sales.

The disinformation and fragmentation of pop nutrition originate with the food industry that wants to sell their unnatural and adulterated products. We are told that certain foods contain powerful antioxidants that combat the damaging effects of free radicals and oxidation in cell tissue—damaging effects that can lead to heart disease, cancer, and Alzheimer’s. Other foods have their nutrients removed and artificial nutrients added. Some breakfast cereals with added bran have little red heart symbols on their packaging indicating that heart health is improved by the product. However, refined sugar that is a contributor to heart disease is high on the list of unnatural ingredients in conventional breakfast cereals.

Metabolism is the biochemical activity that maintains life. The maintenance of metabolic equilibrium and the balance of physiological activities allow for homeostasis to occur. Homeostasis is the combined balance of health within an organism, and such stability is critical for an organism to thrive. The body requires minerals to perform all physiological functions and a natural balance of minerals is essential to homeostasis. Minerals and vitamins in fortified foods and in supplements in synthetic and excessive forms are alien to human metabolic sensitivities and can upset homeostasis.

It is doubtful that any nutrient additive or nutrient quality in processed or refined food ever gets to complete
Consumers are better off drinking chemical food additive combinations. Pus are often reported to be linked to Multiple Sclerosis, and systemic nerve cell damage, fibromyalgia, hyperactivity in children, DNA age health. Liver cirrhosis, Parkinson's disease, and food additive combinations. The National Academy of Sciences Committee on Dietary Allowances established RDA, recommended daily allowances, in 1980. NASCDA reported finding no scientific support that health benefited from any vitamin or mineral supplement taken in larger dosages than natural quantities.

The U.S. Food and Drug Administration only requires food additives to be tested individually, not for the combined effects that can result from eating processed food and drink. While one serving of one food additive may not negatively impact health, combined food additives consumed regularly do impact health and are neglected by industry, government, and medicine. In addition to the fact that the scope of additive testing is limited, the testing procedures that were used to test many of over 4,000 additives in use today are outdated and do not meet the standards of testing that are currently available. A narrow scope of analysis and the limitations of food testing play a part in the fragmentation of nutrition and health that lead further away from the understanding of holistic health and how food affects health.

Research has revealed that some additives in combination form deadly chemical cocktails that can cause debilitating diseases. Sodium benzoate, MSG, food colorings, aspartame, and other artificial sweeteners are among the additives that combine to damage health. Liver cirrhosis, Parkinson's, hyperactivity in children, DNA and nerve cell damage, fibromyalgia, Multiple Sclerosis, and Systemic Lupus are often reported to be linked to chemical food additive combinations. Consumers are better off drinking sugared soda than diet soda with its dangerous chemical sweeteners. Diet food and soda are hoaxes that damage health worldwide.

The daily intake of supplements, processed food, and soda can tax the liver and kidneys as they overwork to process unnatural and excessive concentrations of minerals, vitamins, sugar, and food additive combinations. The National Academy of Sciences Committee on Dietary Allowances established RDA, recommended daily allowances, in 1980. NASCDA reported finding no scientific support that health benefited from any vitamin or mineral supplement taken in larger dosages than natural quantities.

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The function of naturally-occurring antioxidants, added vitamins and minerals, or any other promoted health benefit in processed food is disrupted by the ingredients of refined sugar, refined flour, and chemical food additives. The uptake of any nutrient can be impaired by an overall biochemical imbalance in the body that results from the regular consumption of processed foods, excessive supplements, and commercial animal products. Today commercial animal foods from animal factories contain their own list of toxic chemicals and unbalanced nutrients in excessive amounts.

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Minerals from whole food sources contain a balance of trace elements that the body requires, recognizes, and assimilates efficiently. On the other hand, an intake of isolated sources of minerals other than those found in whole foods, can do more harm than good and unbalance other mineral levels. No single mineral works alone! All minerals are synergic and work together in reciprocity to aid biological activity. While minerals found in whole food sources are gentle and mutual with homeostasis, unnatural minerals in processed foods can play havoc in the metabolic process that produces the body and generates energy.

Antinutrients are natural or synthetic compounds that disrupt the absorption of nutrients. An example of a naturally-occurring anti-nutrient is the trypsin inhibitor found in soybeans that blocks the enzyme needed to digest protein. Trypsin inhibitors are eliminated during the soaking and fermentation stages of fermented soy production, but soybeans alone and other nontraditional soy products are avoided for regular use due to their adulterated states and their indigestibility. Food additives, synthetic vitamins, and mined minerals in processed foods also can be considered antinutrients because they too can interfere with nutrient uptake and mineral balance. Adding manufactured and artificial nutrients to the degraded biological composition of processed food does little to promote nutrition when the chemical and deconstructed aberration of processed food predetermines the disruption of metabolism and nutrient uptake; added nutrients increase the harmful effects and
dysfunction of refined and processed foods.

In pop nutrition extreme foods are promoted for their health benefits while their harmful properties are neglected. It is advised to regularly use wine, pineapple, grapefruit, avocado, spinach, tomato, russet potato, milk chocolate, and chili pepper for their high antioxidant values. However, macrobiotics dissuades the regular use of foods that are classified as extreme due to their excessive yin-expansive effect or their extreme acid-forming effects. The above foods are in the excessively yin category; some contain harmful anti-nutrients that in excess can upset biochemical activity during digestion and the uptake of nutrients.

The so-called power foods listed in the previous paragraph are not alone. Oxalic acid prevalent in tomato, spinach, rhubarb, beet green, red chard, and asparagus retards the uptake of calcium and can be detrimental to the health of teeth and bones. The Solanaceae family of plants known as nightshades include potato, tomato, eggplant, tobacco, paprika, and chili pepper that contain different types of toxic glycoalkaloids that can range from mildly irritating to extreme. It is believed that low levels of glycoalkaloids in common foods do not pose health risks. Testing is not conclusive on the long-term accumulative effects of regularly consuming low levels of glycoalkaloids. Glycoalkaloid poisoning is known to result in gastrointestinal and neurological disorders. Macrobiotics’ Unique Principle is the calculator/translator used to analyze and classify foods according to their yin/yang nature and effect. Regardless of toxic alkaloid properties all of the nightshade plants lie at the extreme boundary of a yin spectrum of foods and are avoided for regular use.

It is believed that the historical use of the potato indicates its harmless glycoalkaloid level. The opposing analysis is that the potato and tomato are common foods that are regularly used in the diet of most people who suffer from failed health and debilitating disease. While high temperature deep-frying significantly reduces glycoalkaloids, boiling, baking, and microwaving have little effect. Sprouted potatoes, green-skinned potatoes, and green tomatoes contain the highest levels of the glycoalkaloid Solanine and should always be avoided.

Free radicals are toxic molecules of oxygen that can damage all parts of the body. Advice is widespread on the foods that are high in antioxidants that combat cell damage. Little is promoted in pop nutrition about the foods that are high in the free radicals that require antioxidants to combat. Pop nutrition, like allopathic (conventional) medicine, is symptomatic and does not address the causes of ill-health or how to correct them. Pop nutrition is about selling something and seldom about eliminating anything.

The two foods highest in free radicals, toxic chemicals, and saturated fats are processed, refined foods and animal products. The foods that are highest in antioxidants that combat free radicals, and contain no saturated fat or toxic chemicals, are organically-grown whole grains and vegetables; they compose the two highest proportional values in the macrobiotic way of eating. The American Journal of Clinical Nutrition recently reported that three portions of whole grains daily can significantly reduce cardiovascular risk. Whole grains are the principal food in macrobiotics and are served every meal.

Meat, dairy, and eggs are reported to pose health risks due to their high saturated fats, but more prominent in daily animal food usage is the misdirection of protein in producing energy. The special job of protein is to build the body. The special job of complex carbohydrates is to produce energy. When whole grains are deficient in the diet, animal protein is diverted from building the body and instead used to produce energy since energy is the body’s primary need. In the metabolism of protein the liver is stressed removing nitrogen in converting protein to energy. The kidneys are overworked from filtering waste and toxins in animal food and from processing excess protein and fat that the liver is unable to metabolize for energy production.

A progressive and independent segment of nutritional science continues to support the superiority of vegetal protein over animal protein. In mainstream commercial science, though, protein is studied and analyzed in the same way food additives are tested—isolated from the combined properties that compose a food product. The function of animal protein is analyzed by its body-building quantity separate from the negative health impact of high saturated fat and clueless to the misdirection of protein when whole grains are missing in the daily diet. Additionally, the Scientific Committee for Veterinary Measures reported that even small residual dosages of one of the growth hormones used in cattle have an inherent risk of causing malignant tumors, especially in children. The presence of life-threatening toxic chemicals in animal foods is ignored while most sources of science still claim that there is little evidence that vegetal protein is superior to animal protein.

Pop nutrition is the shill of the industries of processed food, animal products, and big agribusiness that continue to misdirect health aware-

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ness with the fragmentation of nutrition and the disinformation of junk-science, all with a hidden agenda separate from objective science. Progressive and independent science continues to support the energy-production efficiency of whole grains, the biological vitality of fresh vegetables, and the vegetal-protein compatibility of leguminous foods and human metabolism. In fact, the American Heart Association’s current dietary and lifestyle guidelines recommend the following: high-fiber whole grains and legumes, a variety of vegetables and fruit, vegetable oils, nuts, and seeds with omega-6 fatty acids, fish twice a week, limited animal products, and reduction or avoidance of processed food, beverages and foods that contain added sugars (corn syrup, sucrose, glucose, fructose, maltose, dextrose, concentrated fruit juice, honey). All of AHA’s recommendations, advocated in macrobiotics for over half a century, are achieved, improved, and super-tuned in the macrobiotic practice of life.

Biochemical balance, through the efficiency of digestion and metabolic process, results from the vegetal-sourced nutrients in whole foods. Life is electrochemical in nature and the spark in the battery of living organisms is electromagnetic energy call ki, qi, or chi. Ki is the life-force that results from the complimentary/antagonistic interplay of yin/yang polarities. Ki activates biochemical activity that forms life. Yin/yang are the relative poles of energy strands that form a continuum of unified influences and tendencies in the physical world. The ki of yin/yang is a dynamic flow of universal energy that is primordial.

All food has different capacities to nourish. The foods that have the highest capacity to nourish in a synergetic mode that is mutual with human biology are whole foods. The influence and effect on human health of all food is either more yin-expansive or more yang-contractive. The foods that are more vital with life-energy and nutrient quality are vegetal-sourced whole foods. The living nutrients in whole vegetal foods perform their tasks according to food’s dynamic yin/yang balance of effects.

The energy of food with its physical influence is kept in balance by avoiding excesses and extremes of yin/yang foods and focusing the diet on the moderately yin and moderately yang foods of the three major food groups of whole grains, legumes, and vegetables. Balancing yin/yang in foods regulates the flow of ki in the body. All physiological activity, including digestion, brain function, and the condition of intracellular fluids is directed by the yin/yang energy of food and its capacity to provide balanced nutrition. Optimum homeostasis results from the yin/yang balance of whole food nutrition. The balance of yin/yang in food promotes the activity of ki in the body. A disruption of ki accompanies all illness.

The macrobiotic way of eating meets or exceeds recommended daily allowances of nutrients. The Unique Principle of yin/yang reveals the effect of all food on our bodies as well as the need for balance in the world around us. Understanding how food and drink affect the body, and how to bring into balance the opposing and complimentary results that different foods have on the body, are directed by the principle and application of yin/yang dialectics.

Daily requirements of nutrition fall into place when food selection and proportion are guided by yin/yang food analysis, classification, selection, and preparation. With the proportional balances of whole vegetal food groups, nature’s intended plan for integrated nutrition can be enacted. Macrobiotic guidelines for food proportions are 40-50% whole grains, 30-40% vegetables, 15% legumes, and smaller amounts of fruit, nuts, seeds, fish and fermented soy products. Consult macrobiotic books and cookbooks to learn the yin/yang classifications of all foods and how to select and prepare whole foods.

The Unique Principle of yin/yang that guides a macrobiotics application of whole food balance, as the protagonist to adulterated food’s fragmentation of nutrition, draws a line between life by natural food and life by unnatural food. While pop music is fun, pop nutrition is misled health for profit. Whole vegetal food, guided by macrobiotic principles and practice, is the purest nutrition nature provides. Balanced health is achieved by regulating the properties of nature—basically the modalities of yin/yang—that nurture the progression of life. Yin/yang is the fundamental energy of heaven and Earth; its understanding guides the practice of macrobiotics and is the key that unlocks the doors of perception that lead to health and happiness.

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