

Reorganization of Human Life

Development of Technology & Knowledge has made tremendous changes in human life. However the basic knowledge of human body has been defied & transformed into serious health issues. Physiology as basic science explains that twice a day human body reorganizes its vital systems¹. As in modern times the reorganization of life is terribly obstructed by daily routine. Even in early life children do not play physical games; they are involved in computerized games, which are responsible for negative physical activity².

The next important area is dietary intake. According to basic scientific principals the diet could be taken three times a day. However in poverty stricken areas the diet is available for only once a day, or maximally twice a day. Along with that the civic uptake of diet is all day long in bits; which is detrimental to Gastrointestinal tract. Even the quality of diet is also detrimental to health; because natural food intake is almost negligible. Natural food contains ingredients useful for life; while industrially manufactured food contains toxins as conservatives. Food conservation is also a very serious issue which hampers more Toxicity³.

Modern food technology is also a biggest culprit that contains unnatural food components. It is the responsibility of medical professionals to guide and assess societies for uptake of healthy food which is in conformity with scientific findings and not just business turnover⁴.

Natural food development is not rare. All around the world agriculture and animal husbandry has developed the plants and animal breeding according to human requirement. The availability is the responsibility of Governmental Organization & cross check is the responsibility of medical professionals to evaluate society on the basis of nutritional guidance & provision⁵.

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