

... NUTRITIONAL DEFICIENCIES.

Currently, deep nutritional deficiencies, as beriberi or scurvy, are virtually nonexistent in so-called modern countries. However, micronutrient subcarences are very common, being responsible for many embrittlement and functional alterations in the cellular level. The term "micronutrients" refers to substances that the body needs in small amounts (minerals, trace elements, enzymes...) essential for various biochemical and metabolic processes of the same.

But how is it possible to be deficient in today's society? To say that "if we eat everything we want for nothing," is a somewhat simplistic caricature of nutrition. The quality of the micronutrients present in our modern Western diet is seen by many factors change, so that much of the population does not currently micronutrients necessary for the proper functioning of cells.

Inadequate intake of micronutrients is related, in addition to our food, to production methods and food preparation. Our eating habits have changed profoundly since the original diet of prehistoric man, and especially in recent decades. Thus, cooking at temperatures above 100 ° C denaturalize the many vitamins (mainly group B) and enzymes, in addition to promoting the production of more or less toxic substances such as heterocyclic amines, resulting from the Maillard reactions. Similarly, a overcooking changes the quality of polyunsaturated fatty acids.

The method of food preservation may also affect the quality of micronutrients, as the fresh exposed to light and heat excessively lose much of their nutrient density. Also, the grain refining, which is to remove the seed coat to obtain a white flour, removes the vitamins and minerals in it. The oil refining affects the quality of the fatty acids they contain, because this method eliminates many of the micronutrients of virgin oils, with the aim of making them less susceptible to oxidation. But the refinery also includes a transformation of the fatty acids "cis-cis" form to "cis-trans" form, which they are responsible for the increased risk factors to the cardiovascular system, because they participate to higher levels of LDL ("bad cholesterol") and reduce levels of HDL ("good cholesterol"). Thus, it is advisable to consume vegetable oils cold pressed, rich in polyunsaturated fatty acids.

Excessive consumption of acid-forming foods (meat, prepared foods industry, refined cereals, white sugar, industrial bakery, soft drinks, etc.). With low vegetable consumption, increased loss of minerals in the urine. The extension of this implies, in the long term, the increased risk of demineralization by lack of trace elements. Another parameter to take into account, is the theory of cell fouling proposed by Dr. Seignalet, that some compounds derived from high temperature cooking food and some peptides (mainly gluten and milk proteins) can generate a real cellular metabolic overload and, consequently, a micronutrient deficiency. As a disturbance of flora and / or the intestinal mucosa may be the cause of a defect in the uptake of some micronutrients. Disruption of the intestinal ecosystem also means less of a synthetic vitamin K, B vitamins and digestive enzymes.

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The race for profitability and crop yield implies a reduction of micronutrient content of the plants, due to the chelation of trace elements caused by pesticides, in addition to the accumulation of these at the cellular level. Why it is preferable, wherever possible, opt for foods derived from organic agriculture. On the other hand, air pollution and water, heavy metals, food additives, alcohol, tobacco, drugs... are a major cause of poisoning of a cellular default in the use of trace elements. Consequently, the trace elements are inactivated enzyme activity dependent on them decreases.

In addition to the factors described above, the stress of everyday life, excessive practice of a sport, pregnancy, heredity, age, etc. influence varies on the individual needs of micronutrients that can lead to more or less significant deficiencies.

Include Dr. Lanzmann-Petithory: "The daily diet largely determines and every day the state of health as and when you get older. The current dietary imbalances are associated with major diseases that can shorten life. [...] Nutrition has been a lot of misunderstandings because of errors and false media controversy. Currently it is changing. The multiple results and scientific demonstrations, recently published her will she had already reliable at the time of the Hippocratic writings." He also stated: "Given the importance of nutrition to health and taking into account the fact that the industry provided 75% of the food of the population, its responsibility for public health is paramount."

And in this lies the paradox of our Western society. While the abundance of food has never been so present, we live in an environment where our body suffers from micronutrient deficiencies and toxic overload. Only with a global vision of the person, not just focused on the symptoms of the disease, we can reach an optimum state of health.