

HEALTHY FOOD, AN IMPORTANT FACTOR FOR THE WELFARE AND HUMAN'S HEALTH

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Abstract

The eldest code for health and medicine, known as a primary health care, is described by OBSH in September 1978 as a form of the Declaration of Alma-ates. Among others, this declaration, with eight issues, orders in the first place how to provide healthy food, for all people without exception, especially for younger generations [7,8]. This rating shows the importance that OMS has given for the assurance of healthy food. The reason that today we have so many diseases related to food, does not apply only to the lack of food, but the surfeit of food produced from poisoned lands rich in pesticides which have disappeared necessary microorganisms, which enrich the soil with organic matters, necessary for the production of healthy food. A healthy soil produces healthy food, that builds a healthy body. How we nourish, foods that we use today and how to see our future in terms of providing a healthy food? These are some of our questions which have prompted us to undertake this study. Approximately 85% of persons have said that foods produced in a traditional way, are the most preferred of them, from food imported or produced in greenhouses. That are also expressed this way for the fresh foods compared to those stored in the refrigerator or preservatives.

Keywords: Organic farming, homotoxins, disease, health

Introduction

The purpose and objectives of our study were data collection through a questionnaire about food preferences that have served today in different populations based on certain criteria and interpretation of the data derived from this survey.

The questionnaire has been compiled based on several points, such as:

- Food preferences of people, according to the region, age, sex, blood group and anthropometric data (height, weight).
- Preferences or not, of the food produced and processed in a traditional way (dried or preserved in other ways), to those refrigerated or preserved as: grains, fruits, vegetables, meat and other products of plant or animal. Their impact on human health.
- How they affect human health, favorite foods related to the disease that owns (obviously the most frequently consumed by people), such as meat, vegetables, fruit, fast-foods, etc.
- Human health effects from using salt, sugar, artificial juice, tobacco or alcohol (HTA, diabetes and other diseases of the liver, kidneys or other vital organs).

The Material and Methods: Seeing that the foods consumed today, differ from foods that are used in our country before the mid -90, when all production and processing of food, was done in a traditional way, as a result of isolation, we have aimed to learn about food preferences of different populations, at different times. The questionnaire was distributed in a heterogeneous population. It was completed by 90 people, who are split into three categories, with an equal number of people:

- The first group: 15-24 which included pupils and students.
- Second group: 25-44 years and
- The third group: Over 45 years

I.

a.) Preferences for locally produced food and imported

In general, by all the respondents is noted a preference for foods produced in the country compared with imported ones. Nearly 85% of people have said that foods produced in the traditional way are better than the ones imported or produced in greenhouses. Likewise also they are expressed for fresh foods compared to those stored in the refrigerator for a short term.

However, unfortunately the word "domestic products" is coming to lose its meaning as the state policies have not prioritized support of stimulating domestic production (organic of course) but rather, state institutions, but stimulate and support the intensive agriculture (greenhouses), based on the use of chemicals.

Global strategy of globalization, is directly related to food security for a population many times larger than a century ago. This can be achieved only through intensive agriculture, which is based on the use of chemicals and pheromones. But this way of the world agricultural development, has become the subject of much concern to scientists worldwide for several reasons.

Firstly, food products produced this way, although are abundant, but not healthy. Homotoxins obtained through food, cause a variety of serious illnesses, (as they accumulate in various parts of the body). Secondly, this way of land use, leads to the improve of poisoning, and certainly food products obtained from a poisoned earth will poison the body. Our country can't escape the global phenomenon's. But we think that the intensification of agriculture, can't be a right strategy for economic development of our country. We have to rely on organic agriculture. This strategy is more than feasible, because in our country we have great geographical conditions and climate, dominant small plots under water, which are enough adequate to maintain and create biodiversity, we also have a experience that still is preserved by farmers and highly skilled specialists of agriculture. Our lands can be returned into farms because of the production of agricultural products and organic farming, which will not only serve to residents but will significantly influence the development of agro tourism.

b.) The traditional food preferences

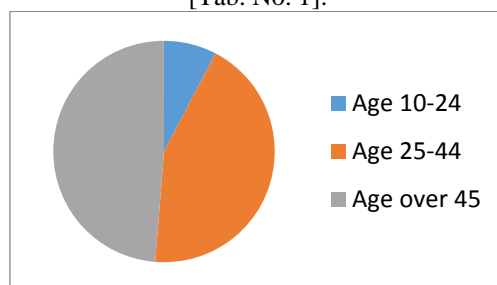
The preparation of traditional foods in our families, in general has changed for two reasons:

i.) as a result of the introduction of culinary cultures, or cuisines that use places where Albanians have emigrated in recent years, such as Italian, French, German, Greek, etc.

ii.) as well as processed fresh food which is already in our stores.

The preference for traditional foods, is evident in almost all respondents. This proves the answer given to the question: is there any kind of food that you liked, but did not find? From the first group of respondents answered this question with "Yes" only 15% of them. The second group 85% and the third group 95% [Tab. No. 1].

[Tab. No. 1].



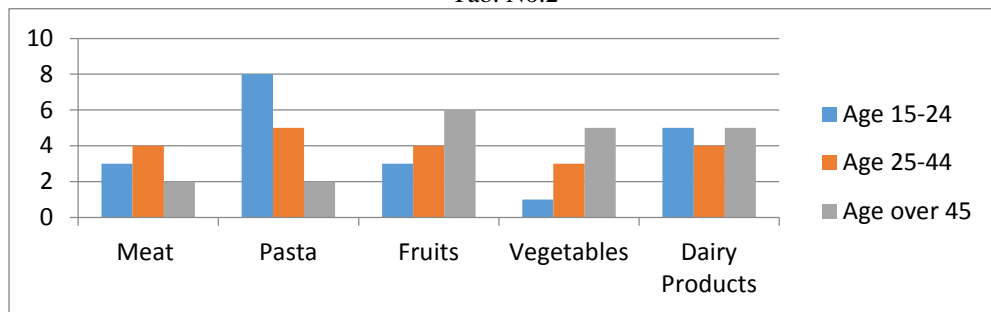
People of the first group, pupils and students, can't make out this division, because they are fed in the same way during their lifetime. The second group, which consists of people who have worked or studied in developing countries, have positive answer, which tells us that they had a lack of the traditional cooking.

As it is shown in the graph, the percentage of "YES" is approximate equivalent to those of the third group, who have not moved much from the country, but who have been witnesses of the dishes offered to the population which have made them suffer. This change is evident not only in restaurants but also at home, as food ingredients, which are traded in our shops are the same.

c.) Preferences for basic foods.

Preferences for some of the most useful foods like meat, pasta, fruits, vegetables and dairy products are presented in the following table [Tab. Nr.2].

Tab. No.2



In table no. 2, we can see the preferences of the first group, which are meat and especially dough's, which shows that they are likely to consume food prepared in fast-foods(which is not healthy food). A positive fact is that this group prefers also dairy products (milk, cheese, yogurt).

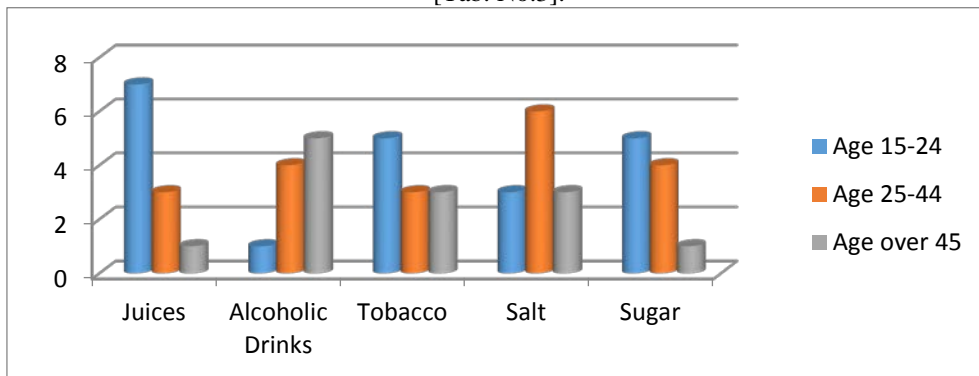
On the other hand we can see that vegetables aren't very preferred. In this way they are can't take the vitamins, minerals and antioxidants which are found in them.

The second group is more balanced, but the preference of meat shows that they are more likely to obesity and cardiovascular diseases. The third group has a preference for fruits and vegetables as well as dairy products.

d.) Habits and lifestyle

Habits and lifestyles, have some distinctive features associated with age, sex and nutrition traditions in different areas of our country. The data we received from this survey, about the consumption of some products, such as carbonated drinks, alcoholic beverages, and tobacco, salt and sugar are presented in the following table

[Tab. No.3].



From the results of the questionnaire about preferences concerned to lifestyle, there are a lot of differences. For example persons of the first group (15-24 years) like conserved juices, especially Coca-Cola, Pepsi, Red bull, B52, etc.

We think that this group, by the massive consume of these drinks increase the blood level(of chemicals like bisphenol A), which is a chemical that is added during the production of drinks packed with metal and plastic. If the level of this homotoxin (Bisphenol A) gets high in the blood and body fluids, it can cause many serious diseases in humans. The second group is focused on beer and wine while the third group prefers alcohol and tobacco. The third group live a life much more organized.

The first group, although not noted for alcohol preference, is tended to consume tobacco. A significant number of respondents, with an age over 80 years, claim that their life has been a regular one and not limitation, but using in special occasions alcohol and tobacco. On the other hand, the elder persons which have had an irregular lifestyle, doesn't enjoy good health. These people seem to have heart diseases, associated with diabetes and pulmonary problems.

Conclusion

- The place where we live is free from chemical pollution, the water as well. Also we have a suitable microclimate. The organic farming will bring a range of short and long term benefits such as:

- Will increase jobs, self-employment as a part of the population living in the countryside

- Will ensure healthy foods for the entire population, and this will affect the welfare and health.

- It will be an opportunity for even greater development of agro-tourism in our country, which means that our local and foreign visitors, will

enjoy not only our beautiful nature but also our organic food, processed in our traditional way.

- Youth and teenagers, should be limited to the use of liquids packaged in metal cans or plastic.

- Healthy food, is a source of good health and therefore we must be very careful in our choice of daily food. They should use for cooking, foods which are not processed or semi-finished(that are used for different chemicals).

- The style and the way of living, are crucial in increasing the prevalence of diseases.

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