



# The Natural Way: Food, Eating and Obesity (Part 1)

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Food is a fundamental requirement for any organism to sustain life and growth. Nutrition through food is required for the maintenance, growth, reproduction, health and also during diseased conditions of an organism. Food being a fundamental requirement for life, is a concern to humans today. The concern referred here is not about the non-availability of food, malnutrition, contamination of food or unhealthy food but, healthy food. How can a “healthy food” be of concern to humans? If this is a valid question in contemporary times, then we have a fundamental problem to be solved. Is “healthy food” the real problem? If not, then the problem is, with the eating of “healthy foods”. Eating as defined in dictionaries is “to put food into the mouth and chew and swallow it”. If eating nothing and over eating is harmful, then there should be a balance, “Required Eating”.

“Required Eating” implies eating when required. The next bigger question is, when to eat? There cannot be a generalized philosophy for eating because every human is unique physically, physiologically and psychologically. The closest answer can be “supply nutrition by eating need based healthy food”. Breakfast, lunch, dinner and supper need not happen every day consistently in a conditioned manner. Human body is basically mechanical, habitual and time driven. But human brain has the capacity to be diametrically opposite. The same old concept of “mind over body” can be relevant here in the sense, that mind is the totality of the brain and body can be the function of the brain. Whenever the human body and the brain is not supplied with its requirements, the threat of its existence increases. Hence, human brain is naturally

built to work intelligently when under fed than fully fed. The reason for its better performance is the urge to survive. Health is assured, when the body and brain are met with their requirements to a minimum.

All animals except humans eat when it is required. I hope human brain is intelligent enough to learn this natural way of eating. Obesity is an outcome of deviation from “Required Eating”. Obesity and its related complications are well known. The below mentioned are some of the clinically proven outcomes;

- Type 2 diabetes
- Cancer risk
- Mood disorders
- Heart diseases
- Reproductive disorders
- Liver diseases
- Hypertension

Eating is a holistic process but we perform it very mechanically. If we can be aware of food in our mouth (feeling the process done on it by our tongue and teeth) without any other thought during eating then, brain can decide when to stop eating. Mechanical eating, following fixed time schedules irrespective of knowledge of previous meal and activity (both physical and mental) will lead to obesity in the long term. Obesity (nongenetic) is a not a social problem to be solved but it can be solved by an individual’s knowledge of when to eat. So, let us eat when required - “Required Eating”.