



# Prevention is Care

## Not everything that we eat is food

Air travel is today more necessary than affordable. This has made more people choose this option. It has also become more convenient to travel at almost all times, including at mealtimes, because the airlines sell meals to you. Certain airlines also provide meals as a part of their travel plan. This airline provided a meal, and that inspired me to write this post.

Ayurveda is not only about medicine. Ayurveda suggests that food be treated as medicine. This means you eat what your body needs. There is no point in taking medicine when you have not regarded your body's need for nutrition and instead provided what appealed to your eyes and your nose.

The body, when hungry, has ignited agni. The body needs nutrition. Nutrition comes from food that is freshly harvested and cooked. Look at the image below and tell me which of the below foods are freshly harvested and cooked.



None of these foods constitute nutrition. They are fillers, meaning that they fill the stomach but do not convert into nutrition. The bakery product is junk food. The body has to use its energy to push it through the intestines and out of the body. Did you know that curds, even when refrigerated, become sour by afternoon? This mixes with acids and causes acidic indigestion. The sweet pudding further increases alkaline mucous secretions, creating acid reflux. What can make it much worse is the other pack on the left – butter which cannot get metabolised when consumed in the combination as shown in the picture.

Eating this combination of meals repeatedly is enough to send your fasting blood sugars to soar, making you pre-diabetic.

Eat healthy to stay healthy.