

HUMAN NUTRITION AND GASTROINTESTINAL DISORDER

Developed countries harbor the best fed population in the world. Yet digestive disorder among its individual are on the increase. Along with affluence, it appears we have picked up some bad eating habits . we skip meals ,eat too much and too fast when we do sit down at the table,and generally give our gastrointestinal track erratic workouts. Worse yet, our diets tends to be rich in sugar , cholesterol, and salt and low in bulk. (Here, bulk, means the volume of fiber and other undigested food materials that cannot be decreased by absorption). The problem with the too little bulk in the diet come from the longer transit time of faeces through the colon. This materials has irritating and even potential carcinogenic effects . The longer the material is in contact with the colon walls,the more damage it can do . Thus the more damage it can do . Thus the more steadily the contents of the colon are cleared out by natural processes, the better . Increased pressure on the colon walls which stimulates expulsion of the material from the body.

- Disorders such as appendicitis and cancer of the colon are practically nonexistent in rural Africa and India, where the inhabitants cannot afford to eat much more than whole grains. Whole grains happens to be high in fibre content. When individuals from rural areas moves to urban areas/ centres of the more affluent nations, they tend to become more susceptible to appendicitis and colon cancer . This suggests that diet is a key factor here . In addition, what we eat is known to affect the distribution and diversity of bacterial population living in the gut. Do these changes somehow contributes to gastrointestinal disorders? That is not known.

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- Certainly the emotional stress associated with living in complex society seems to compound the nutritional problems. Urban population seems to be more susceptible to the irritable colon syndrome (once called colitis). Its symptoms include abdominal pain, diarrhea (excretion of watery feces), and constipation. Diarrhea can be brought on by emotional stresses. There seems to be a genetic predisposition to some kind of ulcers- inflammations of the stomach , the lower end of the esophagus, and the duodenum. But emotional stress apparently is a contributing factors in the development of some ulcers. Where does this leave us? Short of surgery ,there may not be much we can about many inherited structural disorders of the gastrointestinal tract. Learning to handle stress is one way that we can ease up on the tract ,though, and certainly learning how to eat properly is another .

- Yet what is "eating properly"? in 1979 the united states surgeon General released a report representing a medical consensus on how to promote health and avoid such afflictions as high blood pressure , heart disorders , cancer of the colon and bad teeth . The report advised us to eat " less saturated fat and cholesterol; less salt less sugar,relatively more complex carbohydrates such as whole grains,cereals, fruits and vegetables; and relatively more fish,poultry, legumes (for example pea,beans, and peanut) ; and less red meat.

The controversies over what constitute proper nutrition rage on.

In the meantime, it might not be a bad idea to think about your own eating habits and your bets. Put the question to yourself: do you look upon a bowl of bran cereal with the same passion as you look upon , say , and ice cream chocolate mousse? Now put the same questions on your colon.

My advice is please eat a balanced diet always.

Writeup from

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