



Supervision of Nutrition, From Soil to Kitchen

Mohammad Ali Daei (1), Manizheh Daei (2), and Bijan Daei (3)

(1) General Practitioner, Biology Researcher, Iran, Islamic Republic Of (drdaei@gmail.com), (2) Isfahan University of Technology, Isfahan, Iran (mdaei_mgh@yahoo.com), (3) Independent Researcher, Vancouver, Canada (bdaei@yahoo.com)

While soil science, agronomy, animal husbandry, and human nutrition have all the same goal, “human nourishment” surprisingly, this unique goal is tracked by separate groups at different sections without mutual understanding and cooperation. Although, plants are autotrophic and animals, including human are heterotrophic creatures, the principle of absorption, metabolism, excretion, and genetics, essentially are the same. At least in the domain of nutrition, there are much experiences and data; we can share to avoid recurrent mistakes. Agriculturists have a unique opportunity to do several experiments without much concern, what in the field of medicine is impossible. Results of such explorations may help doctors a lot. For example, thanks to vast investigation in soil science and agronomy, now, we are clearly aware of the unique role which minerals, play in gen regulation and expression. All plants need seventeen elements. Many years of research in hydroponic cultures showed that deficiency or excess of each element causes a special defect or disease. For instance, boron deficiency in plants, block the pollen tub formation and prevent fruit set and boron excess causes a radical change in flower buds and transformed them to vegetative buds. These changes are impossible without suppressing some and activating other groups of gens. As you see minor manipulation in minerals may have huge consequences. Fluctuations of minerals, work through enzymes and hormones to activate or inactivate some gens. This is a common rule for all multi cellular creatures. Human beings are more susceptible to mineral imbalances, because they contain thousands of inactive ancestral genes that have to be suppressed forever. Awakening of these types of genes (animal genes) can leads to bizarre perception, thinking and behaviors, what currently we are facing with! On the other hand recent investigations have showed that intestinal flora in human being is in close contact with our brain. Land degradation and drought through food imbalances have changed human flora extensively during the past few decades. Unfortunately, the risks of excess and imbalanced minerals and the importance of intestinal flora is not fully understood in medicine. Using tremendous amount of antibiotic, antiseptic, and mineral fortified foods and drinks is well expressive of their thinking. Strong evidences are referring to mineral imbalance and floral distortion as the main causes of many somatic and mental diseases, including worldwide epidemic violence at new era. It is not surprising if we see most violent people come from arid regions or has close relation to arid zone populations. As all we know, soils with low organic matter and extreme PH give imbalanced food abnormal flora and inappropriate thinking. Bizarre intestinal flora may be contagious! Farm to kitchen supervision of foods is our urgent duty which cannot be achieved without better understanding and cooperation between the all sections. Today soil minerals and microbe interaction shape our destiny more than the past. At least in special situations nutrition and microbial flora, may overcome culture, family care and education.