Food effect: we are What We Eat

By Mohammad Zahir Akbari

For thousands of years, people have believed that food could influence their health, personality and wellbeing. People have tried varying combinations of food and not food to alter these states, and many of the results have been positive. Let your food be your medicine, and your medicine be your food! In the 1960s, researchers conducted several studies on how certain foods affected their mood and temperament. This led to the development of the relationship between food and mood. For example, quince, dates and elderberries were used as mood enhancers, lettuce and spinach as tranquillizers, parsley to combat headaches and eggs as erotic stimulants. In recent times, we have seen an increased interest in the link between our food and our mental state, and animal studies, showing how certain foods change brain structure, chemistry, and physiology thus affecting mood and performance. These studies suggest that foods directly influence the brain and that in the face of today’s mental health consciousness, diet and nutrition as an anti-convulsant, can improve cognitive functions and social behavior in the brain and that a diet rich in fruits, vegetables, grains, nuts, meat, and dried fruits. Also, some studies have shown that low in carbohydrates, low in fat, low in gluten, low in sugar, and high in protein, and high in vegetables, and high in antioxidants decrease the risk of depression. There has been a generally uplifting effect on mood.

Scientifically, the relationship between food and brain is confirmed. For example, a diet rich in fats, amino acids and carbohydrates can lead to enlargement of the thyroid and irreparable mental retardation in infants and children whose mothers were deficient in iodine. Moreover, chocolate, folic acid, and zinc, to name just a few – were all known for their beneficial properties. One research has confirmed children who do not have enough to eat up wind with diminished capacity to understand and learn, quality of food and certain nutrients such as vitamins A, D, B12 and the B complex, and minerals such as iron, selenium, iodine, copper and zinc, are associated with mental retardation. Scientifically, the relationship between food and brain is confirmed. For example, a diet rich in fats, amino acids and carbohydrates can lead to enlargement of the thyroid and irreparable mental retardation in infants and children whose mothers were deficient in iodine. Moreover, chocolate, folic acid, and zinc, to name just a few – were all known for their beneficial properties. One research has confirmed children who do not have enough to eat up wind with diminished capacity to understand and learn, quality of food and certain nutrients such as vitamins A, D, B12 and the B complex, and minerals such as iron, selenium, iodine, copper and zinc, are associated with mental retardation.

In addition, it should also be noted that saffron can help us in some other ways as well. It can be used as an alternative to drugs in situations where a patient is not able to take the prescribed medication. It is important to understand that one of the best ways to control depression is to motivate the farmers not to grow the poppy crops from which narcotic substances are produced and to grow saffron. The Ministry of Agriculture, Irrigation and Livestock (MAIL) had distributed saffron products from Iran and Spain. In a recent report, the International Taste and Quality Institute in Munich confirmed the high quality of Afghan saffron as well. In addition, Afghan saffron has proved to be of high quality as well. Several international measures have been taken to improve the production of saffron. The modern flour is processed into 60% extraction, bleached white flour - the standard for most wheat products worldwide, and produced in large quantities. The Office of the President further stated that it directed the relevant government bodies to implement a procedure under which the Afghan saffron producers have to be labeled with unique bar codes to prevent fraud and counterfeiting. Chabi indicated that the Afghan Ministry of Agriculture, Irrigation and Livestock (MAIL) had distributed 280 tons of saffron bulbs to farmers for the reproduction of the crop, and it had also distributed 200 license issues to a number of saffron-producing companies. Moreover, the ministry was able to implement in the last five years, the quality control laboratory, training, and issuing standard licenses for improving the production of saffron and extending its irrigation areas. The production of saffron in Afghanistan is ISO certified and export their products to Gulf countries, Europe, and the United States. The average price for Afghan saffron is $2,000/kg, up to its quality and fragrance. The current amount of saffron product is around 5.3 tons, but the amount would be increased to 14 tons in the next five years based on the MALI plan.

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Motivating farmers and landlords to grow saffron as an alternative crop which can help reduce the problem of drug addiction and can help control the menace of drugs to the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways. It has not only given us the evil of drug addiction, but it has destroyed the economy of the country in various ways.