

## Salt and Sugar

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Both salt and sugar are important components of our food and now we can't imagine any food item devoid of sugar and salt. Still only very few of us are aware about the role of sugar and salt in our life.

Salt is a necessary component of each and every living cell, which is required for cell survival while sugars are the ultimate source of energy. These two components are naturally present in almost all food items (in some complex form) which get digested and absorbed in our digestive system easily, therefore no supplementation is required for survival. However during the course of our evolution we recognized the taste of sugar and salt and we started using these two ingredients in our food to make it more tasty. And over the time they became the necessary ingredients of our all food stuffs. Gradually with increased availability of these two items, our body also get acclimatized to higher level of salt and sugar so much that now a person can't even think of survival if deprived from added salts.

This excess use of salt and sugar has given rise to Hypertension and Diabetes respectively. Both of these are biggest risk factors for most killer diseases of civilized human beings nowadays like Coronary artery disease (Heart attack), Cerebrovascular disease (Stroke) and Kidney disease (Renal failure). They affect human body by many other ways and are the major causes of morbidity and mortality.

Hypertension and diabetes might also develop because of some genetic factors or functional abnormalities in our body. But major bulk of these diseases arises because of our faulty food habits (like use of added salt and sugar in our food). In recent years, the burden of Hypertension and diabetes has increased so much in our country that about half of our population above 40 years of age is suffering from one or both of these two diseases.

So this is the high time to understand the basics of these two diseases and to prevent their exponential growth in our country.

We can exterminate the roots of these two killer diseases just by modifying our dietary habits. To understand this simply, take a look at the fact that a new born baby doesn't require salt or sugar supplementation in his food till he grows to his childhood and start taking normal food having added salt and sugar. Seeding of these two diseases starts from there. Therefore just by avoiding excess salt and sugar consumption from childhood, we can largely prevent the development of these two major enemies of human health and wellness thus ensuring a good healthy life to our children. After all we should remember that "Health is the real wealth."

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