Food Bias and Modern Diseases

Meng-yan LI and Ming-san MIAO
Henan University of Traditional Chinese Medicine, Zhengzhou, China
*Corresponding author

Keywords: Modern diet, Bias, Disease.

Abstract. Objective: With the development of social economy and the improvement of living standard, the rich and colorful kinds of food are also pouring into people's life. The incidence of modern diseases is also rising year by year. Methods: In this paper, the common food bias is reviewed, and the occurrence of modern diseases is discussed in terms of food bias. Results: Sweet foods account for the most in life, followed by spicy taste and bitter taste. Diet bias, can lead to the body Yin and Yang disorders, lack of certain nutrients and produce diseases. Should pay attention to diet should avoid, and five taste, not too acid, too sweet, too salty, too bitter or too symplectic. Should pay attention to diet should avoid, and five taste, not too acid, too sweet, too salty, too bitter or too symplectic. People can make rational use of the bias of food in order to achieve the purpose of diet therapy. Conclusion: We should establish a correct diet concept, not more good, we should know how to eat abstinence, parents should correctly guide their children to cultivate good eating habits, do not choose to eat, avoid the lack of certain nutrients, affecting the growth and development of children. Do not encourage children to eat more, prone to obesity, gastrointestinal and other diseases.

Introduction
The concept of reasonable diet was put forward again due to the rise of disease types and morbidity caused by dietary imbalance, which was recognized by the ancients as early as the pre-Qin period. Huangdi Neijing said, "people are based on grain", "if you want to diagnose diseases, you must ask the diet where you live", "medicine to dispel it, eat with it" and so on. "the Sutra of the Yellow Emperor asked," the grain should be raised, but the beans should be lost; the five animals are suitable for the benefit, the excess is harmful to the bandit shallow; the five dishes are often filled with fresh green yellow and red; the five fruits should be for help and strive for less and less; if the smell is combined, the clothes should be worn, especially if they should not be independent; the diet is expensive and has a good taste. Never overdo [1]. Many diseases, such as overeating, overnutrition, obesity, diabetes, cholelithiasis, hyperlipidemia, hypertension, high uric acid and so on, have varying degrees of influence on health, quality of life and life expectancy. This should be a reasonable diet. Overnutrition or undernourishment can cause varying degrees of harm to health. The occurrence of the disease is often accompanied by various complications, which cause great pressure on the patient's body and economy. "A man who has five flavors into the stomach, each goes back to the attack, the acid first enters the liver, the bitter first into the heart, the willing first into the spleen, the symplectic into the lung, and the salty into the kidney." For a long time to increase gas, physical and chemical often, Qi and long, the cause of death is also. It can be seen that the five flavors into the five viscera, charged with different viscera vital qi, the five flavors cannot be biased [2].

Modern Diet
With the improvement of the economic level of the residents, the food industry in our country is growing day by day, the food is diversified, and the grain is processed into different kinds of food to pour into the people's life. Barbecue, hot pot, fast food, fried food, chocolate, puffing food, cake, fruit, pickled meat, poultry, eggs, aquatic products, dairy products, wine products, blending drinks and other foods can be found everywhere in people's lives and favored. In recent years, the consumption of
grain and vegetables in China has decreased sharply, and the consumption of edible oil, fruit, sugar, meat and poultry, eggs and aquatic products has increased greatly\(^3\). Dietary inconsistency may lead to the increase of purine, trans fatty acid, nitrite, phosphoric acid, acrylamide, porphyrin and other substances in human body, resulting in the occurrence of modern human diseases.

**Skewness of Common Foods\(^4\)**

Food has its own bias, its acid, sweet, bitter, spicy, salty and growth environment, climate change are also closely related. After people ingest, their corresponding viscera will also get different degrees of positive or negative effects. Food plays an important role in life and occupies a huge share of food consumption. Flour is processed into steamed bread, Youtiao, noodles, biscuits and other meals and snacks. Most food crops taste sweet and flat. Wheat, melon cool, sorghum taste sweet, astringent, sex warm. Red beans taste sweet, acid, flat. Mung bean cool non-toxic glutinous rice slightly warm rape flavor Xin sex cool. Chinese kitchen condiment is indispensable in food cooking, garlic, anise, fennel, pepper and other symplectic warm, ginger symplectic mild temperature, pepper, pepper symplectic heat, soy sauce, salt salty cold. Sour vinegar, sweet, flat. Caramel taste sweet, sex warm. Fruit is popular because of its excellent taste and rich nutrition, watermelon, banana, melon, persimmon taste sweet, sex cold. Apples taste sweet and cool. Red bayberry taste sweet, acid, sex warm. Cherry taste sweet, acid, sex slightly warm. Grapefruit taste sweet, acid, sex cold. Peaches taste bitter, sweet and even. Apricot taste bitter, sex slightly warm. Pear taste sweet, slightly acid, sex slightly cold. Kiwifruit taste sweet, acid, cold. Pineapple taste sweet, flat. Grape, jackfruit taste sweet, acid, flat. Edible oil is mainly soybean oil and vegetable oil, smell is symplectic, its sex is warm and hot. Guava taste sweet, sex warm. People eat a wide variety of vegetables, Auricularia, carrots, pumpkin seeds taste sweet, flat. Golden Needle, celery, eggplant, cucumber taste sweet, cool sex. Pumpkin, walnut taste sweet, sex warm. Onion, chive flavor, sex warm. Mushrooms, cabbage taste sweet, slightly cold sex. Chrysanthemum flavor Xin, Gan Xing Ping. Turnip flavor, sweet, cool sex. Tremella taste sweet, light, flat. Sweet melon seeds taste sweet, cold sex. Mung bean sprouts taste sweet, cool, flat. Porphyra taste sweet, salty, cold sex. Tomato taste sweet, acid, cold sex. Ferns taste sweet, slightly bitter, cold sex. Bitter, cold sex. Meat, because of its fat taste, stimulates people to its fanatical consumption. Yellow flower fish, goose meat, quail meat, bass, Loach, huso, snail, beef, crucian taste sweet, flat. Lead fish, chicken taste sweet, sex slightly warm. River shrimp, mutton: taste sweet, sex warm. Monopterus Albus tastes sweet and has a high temperature. Pork taste sweet, salty, flat. Duck meat tastes sweet, salty and cool. Abalone tastes salty and flat. Dog meat tastes salty and warm. Tortoises taste salty, sweet, slightly cold sex. Rabbit meat, frog taste sweet, cool sex. Crabs taste salty, slightly cold sex. Shrimp taste sweet, salty, sex warm. Other foods are also part of the daily diet, such as liquor flavor, sweet, sexual warmth. Tea tastes bitter, sweet and cool. Honey taste sweet, flat. According to the above five flavors of food, the results are as shown in the chart:
According to the diagram, sweet food accounts for the most in life, followed by symplectic taste and bitter taste.

Skewness and Modern Diseases

Zhang Jiabin said in the Classical Classics that "the nature of the five flavors has its own input, and if the taste is biased toward its use, the qi will have a partial disease." [5] Gan Neng can supplement, can slow down, and if he passes, he is tired of obstructing the stomach of the diaphragm, which makes people feel full. It is recorded that "the number of sweet and fat, fat makes people hot, sweet to make people full, to quench thirst." Xin Neng San, can do, it will consume gas injury Yin. Salty energy soft, can under, "Su-Q five viscera formation" cloud: "more salty, pulse coagulation and discoloration" [6]. Bitter taste can diarrhea, can dry, can be strong, after injury Jin, felling stomach. The acid can collect energy astringent, but easy to converge evil spirit.

The high intake of meat is closely related to the incidence of hyperlipidemia, hypertension, hyperuricemia, diabetes, obesity, gallstone and other diseases in recent years. "Meat more flavor Gan, Han Feizi Yang Quan eighth" contains: "Fuxiang Mei crisp flavor." Sweet and sharp [7]. Too much fat can also increase the risk of cardiovascular and constipation, too high fat can also lead to pseudoacanthosis nigricans. Diabetic people use fructose instead of sugar intake, but a large amount of fructose consumption for a long time can lead to hyperuricemia [8]. Excessive intake of sweet foods such as sugar, cake, bread, desserts, and sweets increases the risk of mental illness and gastrointestinal disease [9-10]. Hot pot for the United States, hot pepper as a symplectic hot thing, gas consumption injury, hot pepper mass intake resulting in sore throat, hemorrhoids, constipation, breast disease, gastrointestinal diseases, and so on. Seasoning is more than a symplectic taste, heavy taste of the diet habits, easy to induce inflammation. Liquor flavor, sweet, sexual temperature. Excessive drinking greasy diaphragm obstruction of stomach, qi injury Yin, can cause alcoholism, leading to alcoholic liver, alcoholic cardiomyopathy. Drinking alcohol may increase the risk of hepatocellular carcinoma in patients with hepatitis B virus, and long term excessive drinking may lead to subclinical hypothyroidism and other diseases [11-17]. "Su-qi Qi on the general nature": "the taste is too sour, liver qi to Jin, temper is absolutely." The taste is too Xin, the jinmai jujiao, the spirit is plumbed, "overate sour taste easy sleepiness [18]."Salt cold coagulation blood, saltwater discharge out, salt damage kidney essence, salt cutting heart, stagnant blood into silt. Excessive consumption of salty blood clots the blood vessels, increases the blood viscosity, damages the kidney essence, and results in the abnormal function of the new heart vein. [19]. The presence of trans fatty acids in foods such as cream, frying, baking and instant dissolving can increase the risk of coronary heart disease, increase the viscosity of human blood and lead to thrombosis. In addition, trans fatty acids can also induce tumors,
asthma, type II diabetes, allergies, chronic metabolic diseases, and affect human umbilical vein endothelial cells\textsuperscript{[20-21]}. 

\textbf{Lookout} 

From 2008 to 2016, China has revised and issued a series of guiding documents, such as the Dietary Guide for Chinese residents, the report on the status of Nutrition and chronic Diseases of Chinese residents (2015), and the Dietary Guide for Chinese residents (2016). Advocate and call for a balanced diet. We should establish a correct diet concept, not more good, we should know how to eat abstinence, parents should correctly guide their children to cultivate good eating habits, do not choose to eat, avoid the lack of certain nutrients, affecting the growth and development of children. Do not encourage children to eat more, prone to obesity, gastrointestinal and other diseases.

China's rapid economic growth, accelerated pace of life, increased work pressure, regular eating has become a major problem, late working overtime to make fast food consumption. Diet cannot be reasonably matched, is the disease and young an important culprit. Different dietary patterns should be chosen from different aspects such as age, sex, physique and so on. For example, children should not drink more fresh milk, the elderly should pay attention to the light diet, the phlegm stasis dampness and heat constitution should avoid eating fat and sweet, blood stasis constitution, hypertension should eat less salty food, Gastrointestinal diseases avoid over-Xin, too sweet, too acid and so on. Reasonable choice of diet, more conducive to make up for the body needs, to achieve disease prevention purposes.

Food has its own bias, balanced diet, resist eating partial, can be mixed five flavors, into the five visceras. Diet bias, can lead to the body Yin and Yang disorders, lack of certain nutrients and produce diseases. Should pay attention to diet should avoid, and five taste, not too acid, too sweet, too salty, too bitter or too symplectic. People eat sour, sweet, spicy and salty, and seldom suffer from suffering, so they are easy to produce diseases over time. Therefore, medicine is used to cure the disease, to reconcile the five tastes, to resist diseases and to make the body return to normal. People can make rational use of the bias of food in order to achieve the purpose of diet therapy. In the long-term clinical practice, there are five kinds of cases. Diet is also an important part of life, yam porridge and spleen, dehumidification and so on.

\textbf{References} 


[9] Eat too much sweet food or increase the risk of mental illness [J]. Invention and Innovation (Big Technology)! 2017 (09): 57.

[10] Sweet food or increased risk of gastroenteropathy [J]. The Journal of Gastroenterology and Hepatology 21 (07): 625.


[19] Xia Lina. Based on the Yellow Emperor's Classic of Internal Medicine, this paper discusses the mechanism of traditional Chinese medicine (TCM) on the formation of blood stasis constitution caused by excessive ingestion of salty taste for a long time [J]. Chinese Journal of basic traditional Chinese Medicine 23 (02): 215.
