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Folks and Knives

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Folks and Knives

First Assignment

According to *Chronicles of Isolde* (2021), diet and nutrition are essential elements in promoting and maintaining good health throughout one's life. Their significance as chronic NCDs factors is well established, and they play an important role in preventive efforts. Therefore, one may prevent and reverse illnesses by eating whole foods that are minimally processed and do not include animal products. Similarly, Brian Wendel explains that whole food plant-based nutrition with starches and fruits at the center of the plate optimize wellbeing.

The number of prostate cancer fatalities in Japan in 1958 was the most surprising statistic for me because of the clear contrast with the United States. The island nation had 18, whereas the United States, despite having roughly twice Japan's population, had nearly 14,000. However, the statistics showed in the film are contrary to popular belief; humans have control over these terrible diseases, which is encouraging news.

The problem is that people have been taught since childhood that a diet based on animal products is both healthy and necessary. Attempts to change diet often include changing one animal food to another, eliminating some processed foods, or altering a single nutrient, such as fat. Because the consequences of these adjustments are inconsistent, it is easy to form incorrect assumptions about the efficacy of nutrition. Therefore, for these reasons, people who are aware of the film's content may not make dietary adjustments.

One of the benefits of whole foods diet, according to the film, is that the diet eliminates unhealthy foods such as added sugars and refined grains. Additionally, the diet has been linked

to various medical profits, comprising reduced threat of diabetes, heart disease, cancers, obesity, and cognitive impairment.

I have noticed a connection between the food that I eat and how I feel. A good meal induces emotions of serenity, great vitality, and attentiveness in me. Therefore, I could be able to control obsessive appetite and weight gain by making good dietary choices.

The reconciliation of the two conflicting conclusions is that aside from slowing the progression of cancer, individuals need balance in their lives, so eating more vegetables and grains, less dairy, and thus less meat can assist with various issues, including cancer prevention.

Second Assignment

Under the circumstance that individuals have blood sugar and metabolic tissues, they need an increased protein intake. Protein alleviates blood sugar levels, and it has been found to improve a variety of metabolic, cardiovascular, and inflammatory indicators such as C-reactive protein. Therefore, a high-protein meal sets the tone and improves blood sugar control throughout the day.

Secondly, a person might need to increase protein intake if they are elderly or chronically ill. Muscle atrophy could become an issue for those who are chronically sick or old. A high protein intake can assist in decreasing the loss of muscle mass. Because strength is a determinant of life longevity, retaining muscle mass is essential for endurance.

Similarly, circumstances where someone is experiencing a lot of stress might require them to take a lot of protein because the allostatic load can be increased by high amounts of stress, which refers to the wear and tear that stress causes in the body. Allostatic stress causes the breakdown of lean muscular tissue. According to research, elevated cortisol, a stress hormone,

suppresses the desire for protein-rich meals while increasing appetites for high-carb, high-fat foods that are extremely satisfying. Protein, particularly collagen, is essential for tissue repair and can be life-saving for people suffering from stress and anxiety. Therefore, if a person is under continuous stress or is above the age of fifty, their capacity to produce stomach acid may suffer (Coelho-Júnior et al., 2018). This factor is significant because if a person has low acid in the stomach, they may feel filled for long durations and may not want to consume protein because protein breakdown requires high amounts of stomach acid. Their capacity to digest and assimilate nutrients from your food is harmed, which may swiftly result in deficiencies, sickness, and chronic conditions.

Lastly, high volume training athletes might need to increase protein intake because a high protein diet can help anyone who engages in many glycolytic exercises perform, recoup, and feel much better. Protein is an essential component of muscle mass and is critical for recovery and endurance.

References

Chronicles of Isolde. (2021, April 5). Forks over Knives- plant based diet reverses heart disease, type 2 diabetes...[Video]. YouTube.

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