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Maybe Disease-Evolution Is All About Foods Which Are Either Biome-Enriching Or Biome-Depleting

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Corresponding Author:
Dr. Deepak Gupta,
Anesthesiologist, Wayne State University - United States of America

Submitting Author:
Dr. Deepak Gupta,
Anesthesiologist, Wayne State University - United States of America

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Author(s): Gupta D

My opinion

Researchers are investigating prevalence of diseases in low- and middle-income countries (LMICs) to reshape health policy [1]. However, research data warrants an understanding how human diseases have been evolving to be rampantly prevalent amongst rich-educated in high-income countries (HICs) thence rich-educated in LMICs thence poor-uneducated in HICs and finally poor-uneducated in LMICs with expected reversal of this rampant prevalence in the same order. Fault is often found with foods [2]. However, the question is why humans cannot resist salt, sugar and fat (SSF) [3]. Evolution can answer that [4]. Physiologically essential SSF were scarcely and rarely available during our prehistory. Nature forced fasting on our ancestors who had to feast on SSF whenever available for short spans of time. Consequently, only those ancestral genes survived whose vehicles (ancestral bodies) tolerated feasting on SSF because ancestors whose genes were intolerant to SSF feasting perished before reproducing in absence of essential SSF. However, things went overboard when humans evolved artificially-produced SSF overabundance. Now, current disease-paradigm suggests that those whose taste buds can resist SSF feasting will outlive those whose cannot. This may force food-industrial complex to feed their bottom-lines with SSF-depleted foods. Interestingly, only time will tell whether artificially-induced SSF-scarcity will revive natural selection of descendants feasting on essential SSF. Herein, synbiotic foods correcting-enriching our multi-millennium-old symbiotic biomes and thus countering their ongoing rampant depletion by ultra-processed foods may play major role to either channelize scarce SSF or neutralize abundant SSF in our foods [5].

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