

Plant Nutrition for Longevity

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ABSTRACT

Plants play important role in Human Health and longevity. Our body contains Plasma which carry substances like hormones, vitamins, amino acid and antibodies and also contains proteins called clotting factors that help the blood to coagulate. Balance of Saliva, Mucus and cerebrospinal fluids, is also important for overall health of a person. So we will see how plants are associated with our health.

The earliest land plants date back to around 3.70 Billion years before. Estimates on the number of Earth's current species range from 10 million to 14 million. They have major impact on Mankind. The impact of the Moon and its rotation around the Earth has many effects on life on the Earth and Mankind. Earth Science taught the Mankind, how to take care of the Nature and obtain the benefits of the atmosphere through plants so as to have a smooth life

Keywords: Health; Vitamins; Earth science; Antibodies

INTRODUCTION

The burning of fossil fuels by humans is the largest source of emissions of carbon dioxide which is one of the greenhouse gases that allows radiative forcing and contributes to global warming. For that reason humans should use plant based foods for their overall health instead of animal based foods and plants as a medicines instead of Chemical Drugs [1].

Plants give us various types of seeds and dry fruits which in term give us Vitamin E. This Vitamin E plays important role in human personality as well as in immune system as an antioxidant, preventing important molecules and structures in the cell from reacting to oxygen. When the delicate components of living protoplasm are attacked by oxygen they are often injured. If one wants to live longer, he/she has to be very friendly with vitamin E. It has now been found out that it has good role to play in many types of pains, not as a pain killer but a pain reliever. Vitamin E may help ease muscle aches after a tough workout, a new study suggests [2]. Researchers believe that the antioxidant mops up the damaging by products created by a strenuous workout.

In one study participants took a relatively high dose of vitamin E, the average person could probably get the same benefits from lower doses of between 200 to 400 IU per day.

Thus the vitamin E which is a fat soluble vitamin can be a good pain reliever as also immunity enhancer, if taken in proper proportion as also in proper Natural form

Our day-to-day eating habits provide many opportunities for us to support our immune system's power to protect us. All these are from plant foods like Black resins, dates and apple, provide us with Iron (Fe), Watermelon seeds give us Zn [3]. Cereal sprouts give us Amino Acids. Gooseberry (Amala), Cranberry, Lime juice Sweet lime provide us vitamin C, Sunflower seeds give us Selenium. All these vitamins are plant sourced and are good for enhancing immunity but doses differs from person to person since unique physiological characteristics. Also it is important to know, how the nutrients are prepared and processed and what other substances accompany them into body. This is a Pharmacology of Nutrition. Further it considers alteration in food due to food processing, adulteration and contaminations. Hence food should be healthy and ideally suited to a particular person.

Our body produces highly reactive molecules called free radicals as part of normal metabolic processes and in response to exposures like pollution and tobacco smoke. Immune cells produce them as a way to fight infections. High levels of free radicals trigger inflammation. Antioxidant nutrients consumed in excess may actually interfere with the body's antioxidant

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defences [4]. One has to be very careful while using any nutrient, including plant, that high doses of one nutrient can create deficiencies of other nutrients, including those needed by the immune system.

High-fibre diets can nurture gut microbes that provide anti-inflammatory protection. These microbes protect cells within the colon and seem likely to help protect against inflammation throughout the body. Now we are looking for plant-based proteins and try to avoid animal-based proteins, so more of plant utilisation for our health.

Make nutrient-dense foods the majority of our plate to provide the wide range of nutrients needed for immune system cells and function. This includes – but is not limited to – minerals like Zn, Se, Fe and Cu, omega-3 fats and protein. A few more examples where plants can be of more beneficial are like Lemon grass-Cloudy lemonade is served hot as a remedy for chest congestion. Ginger plant Juice-Contains gingerol, is very good muscle pain reliever.

It is useful in cough and cold. Watermelon-Cucumber-Mint Juice This drink if taken during summer, it will have a soothing effect on hyperthermic body of a person. Cloves' Powder and Honey [5]. Cloves contain a natural compound eugenol which helps to stabilize blood sugar and has positive effect on artery clogging cholesterol. Carrot juice along with lemon juice works in case of Diabetic persons. Coriander, Basil, Pudina, Aloe vera, Moringa, Turmeric, Garlic and such other plants are good for Human health.

The European Society of Clinical Nutrition and Metabolism guidelines on nutrition emphasize that their nutritional needs should be met through a balanced diet, adjusted as needed to meet each individual's condition. But in general, the guidelines say that use of single high-dose micronutrients should be avoided.

In short, More is not always better. Free radicals are normal. They are important signals within cells and “turn on” body antioxidant defences but excessive levels of free radicals can damage cells and promote inflammation [6]. Likewise, short-term inflammation is part of how the body clears an infection. If inflammation is out of control however, it can create cell and tissue damage that is difficult to reverse. Most of us may be tempted to assume, if some is good, more is better, to fight these diseases [7]. But that's not what evidence shows.

Thus depending upon requirements of a person, various plants can be useful to maintain an overall health of a person so as to maintain his or her Healthy Longevity.

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