

How Food and Lifestyle of the Global Population changed?

The human race evolved on the equator, the region of the planet earth where the intensity and bioenergy of the sunlight are the strongest. As humans moved away from the equator to higher latitudes where the sunshine became less intense; the color of skin became lighter (less of black pigment melanin), to absorb maximum energy of the sun. The preindustrial humans lived close to nature, mostly in the outdoor setting and lived in harmony with the sunlight. Since there was no artificial light, they fasted – fed, slept or woke and moved about according to the circadian rhythms of the day and the night on the cues of daylight and darkness. Industrialization and urbanization have steered humans mostly indoors, separating them from nature and the sun. They are neither eating enough of foods grown under the energy of the sun; nor are they living in harmony with the natural circadian rhythm of the brain clock that connects humans to its bioenergy source – the sun. The circadian rhythms work on the cues of light and darkness and control hormone balance, sleep, metabolism, immune, and genetic functions.

