

SUN ENERGY TO PRESERVE HEALTH AND PREVENT DISEASE

Sun Energy and the Universe

Energy is neither created nor destroyed; it gets transformed from one form to another. All the living being in the world require energy for survival. The source of universal energy is sunlight. The plants have a unique structure in the cells called chloroplast, which converts the sunlight energy into the foods-starch and sugars (glucose and fructose), also the phytonutrients and antioxidants to fight the disease. All these elements are present in plant foods- fruits, vegetables, lentils, legumes seeds, nuts, and spices. The primary source of energy in humans is glucose from plant foods. The plants use carbon dioxide, sunlight, and water to create food energy and oxygen. Humans and most other life forms use sugars from plant foods, water, and oxygen to make energy and carbon dioxide. Oxygen emitted by the plants and carbon exhaled by the humans, along with the sunlight makes up the core energy cycle of nature for the health and survival of the lifeforms.

The industrial, economic, and current digital revolutions have moved the humans away from nature and its most powerful energy source- the SUN. This separation has brought about a drastic change in the "Food and Lifestyle." The foods are unnatural and synthetic, the lifestyles unbalanced. The result is a global epidemic of obesity, Type2 diabetes, high blood pressure, heart disease, hypothyroidism, stroke, cancer, arthritis, and many more. Unfortunately, allopathic medicine has failed to offer a clear plan for the prevention and cure of these diseases. That is because the primary focus of allopathic medicine is on the drugs which do not cure, and not on the cause, which is unhealthy foods and lifestyle. The global epidemic of these diseases, therefore, keeps growing, affecting even the young populations. The financial burden is enormous in terms of costs of care and loss of human productivity.