

# Harmful effects of modern diet

## Preface

The disadvantages of adopting the modern dietary norms out-number those of following dietary norms. We are missing out on meals or breakfast prepared by our mothers and sisters. Bhākarīs-chapātīs (Bharatiya breads) are being replaced by the bread and cakes. The chutney (A Bharatiya seasoning), salad and gul-āmbā (A type of jam prepared from jaggery) have vanished, instead sauce and jams have taken their place.

Homemade Bharatiya snacks such as laddoos, chivda etc are now being replaced with store bought cookies, chips.. Be it readymade food items from the market, artificially flavoured cold drinks, fast-foods such as pizza, burgers or junk-foods such as kurkure, their ill-effects are seen on current generation.. Kids are being obese or using specs at a very young age.

The biggest drawback of consuming fast-food or junk-food is, the individuals who regularly consume such items that are Tama-predominant and attract black (distressing) energies, become victim of distress due to negative energies. To clarify the scientific analysis further, subtle pictures of artificially flavoured cold drink and fresh fruit juice, bread and chapātī are included in this Holy text. All said and done, the physical harmful effects of modern diet are to be endured in this life itself; however, the resultant negative energy distress does not leave us for many more lives.

Everyone should consume Bharatiya food items prepared at home. They are fresh, easy to digest and healthy. While cooking the Bharatiya recipes, necessary precaution (For example, roasting, steaming, making vegetable salad with seasoning etc.) is taken so that the natural constituents and vitamins in the food items are not destroyed. Eating sāttvik Bharatiya food also helps maintain good mental health. It is the responsibility of elders at home to generate the sanskār (Subconscious impressions) on the present generation for consuming traditional home-made food items instead of modern food items.

We pray unto the Holy feet of Shrī Guru that may everyone understand the disadvantages of the modern diet and begin consuming food items prepared by the Bharatiya method and may they have a good physical, mental and spiritual health! - **Compilers**

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