

Modern Lifestyle, Artificial Food, and the Destruction of Health, A Moment of Reflection



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How are our daily habits damaging vital organs of the body?

Human health depends on diet, sleep, physical activity, and a balanced lifestyle. Today, when the world is at the peak of scientific and technological advancement, surprisingly, human health is in decline. Unfortunately, in today's busy life, we have adopted habits that are slowly weakening our bodies from within. Hospitals are seeing a continuous increase in heart diseases, diabetes, obesity, high blood pressure, kidney ailments, liver dysfunction, and hormonal problems, and a major reason for this is our imbalanced diet and incorrect lifestyle. These diseases are no longer limited to the elderly but are rapidly affecting youth and children as well.

The Poison of Modern Lifestyle:

Our modern lifestyle is adversely affecting every system of the body.

Lack of Sleep: Staying up late at night, excessive screen time, and irregular sleep patterns disrupt the body's natural cycle. This leads to stress, hormonal imbalance, a weakened immune system, and reduced mental performance.

Lack of Physical Activity: Spending hours sitting at desks in offices, excessive use of vehicles, and avoiding physical exertion are making us lazy and inactive. This results in problems like obesity, muscle weakness, bone diseases, and a slowed metabolism.

Mental Pressure and Stress: Daily problems, work pressure, and social difficulties have a profound impact on the human mind. Continuous stress accelerates heart rate, increases blood

pressure, and affects the digestive system.

Artificial and Processed

Food: (A Sweet Poison)

Many foods available in the market today are not in their natural state; instead, they contain various chemicals, artificial colors, flavors, preservatives, and harmful ingredients. These foods temporarily provide taste and satisfaction, but they contain negligible amounts of essential nutrients (vitamins, minerals, fiber). Their harms are far more severe.

For example:

Chips and Biscuits: Are full of salt, trans fats, and artificial flavors, which are harmful to the heart and blood vessels.

Fast Food (Burgers, Pizzas, Fried Chicken): Contain very high levels of calories, unhealthy fats, and salt, which contribute to obesity and heart diseases.

Packaged Juices and Beverages: High amounts of artificial sweeteners and sugar burden the pancreas, increasing the risk of diabetes, and also damage teeth.

Instant Noodles: Due to low nutritional value and high sodium content, they can cause high blood pressure and kidney problems.

Processed Meat (Sausages, Nuggets): Contain salt, preservatives, and unhealthy fats, which can

increase the risk of cancer and heart diseases.

Bakery Products (Cakes, Pastries): Excessive consumption of sugar, trans fats, and white flour leads to obesity, diabetes, and skin conditions.

Destruction of Internal

Organs:

Heart: Unhealthy fats and salt present in processed foods clog blood vessels, increasing the risk of high blood pressure and heart attacks.

Liver: Frequent consumption of artificial sweeteners and chemicals places an additional burden on the liver, leading to the widespread problem of fatty liver disease.

Kidneys: High amounts of sodium and other chemicals in processed foods affect the kidney's filtration process, increasing the risk of kidney failure.

Pancreas: Continuous consumption of sugar and processed carbohydrates forces the pancreas to produce an excessive amount of insulin, ultimately leading to Type 2 Diabetes.

Digestive System: Processed foods, devoid of fiber, cause constipation, intestinal inflammation, and other gastrointestinal disorders.

Hormones: Nutritional imbalance disrupts the body's hormonal equilibrium, which can lead to thyroid problems, reproductive health issues, and abnormal weight gain or loss.

Brain: The effect of unhealthy food is not limited to the body but also negatively impacts mental health, memory, attention, and mood.

Return to a Healthy

Lifestyle:

The only way out of this grave situation is to review our daily habits and make healthy choices. We need to pay special attention to our diet, physical activity, and mental peace.

Adopt Natural Foods: Instead of artificial and processed foods, adopt natural, fresh, and unprocessed foods. Include fresh fruits, vegetables, grains (like brown rice, oatmeal), pulses, and healthy proteins (like chicken, fish, eggs) in your daily diet. The vitamins, minerals, and fiber in them provide energy to the body and protect against diseases.

Eat Home-Cooked Meals: Completely avoid outside food and fast food, and prepare simple and fresh meals at home with less oil and spices. Home-cooked food is not only hygienic but also gives you complete control over the ingredients of your diet.

Drink More Water: Drinking at least 8 to 10 glasses of water daily is crucial for detoxifying the body, improving digestion, and maintaining skin freshness. Prefer plain water over sugary drinks and sodas.

Engage in Physical Activity: Get rid of laziness and sluggishness. Make sure to take a walk, jog, do

yoga, or any other exercise for at least 30 to 45 minutes daily. Physical activity improves blood circulation, controls weight, and reduces mental stress.

Get Ample Sleep: Adopt the habit of sleeping early and waking up early. 7 to 8 hours of deep and peaceful sleep daily is essential for the recovery of both body and mind. Lack of sleep weakens the immune system and is a precursor to many diseases.

Achieve Mental Peace: To get rid of daily stress and worries, dedicate time to meditation, yoga, deep breathing exercises, or your favorite hobbies. Spend time with your friends and family and adopt a positive mindset.

Read Food Labels: Develop the habit of carefully reading the ingredients and nutritional information of products while shopping. Choose products with minimal artificial chemicals, added sugar, and unhealthy fats.

Health is a precious blessing, and its protection is our responsibility. It is a moment of reflection that amidst the dazzle of the modern era, we are neglecting our health. If we do not change our habits today, in the future, not only we ourselves but also our coming generations will fall victim to various diseases, laying the foundation for a weak and lifeless society. Let us prioritize our health and, by adopting a balanced and healthy lifestyle, not only improve our own lives but also set an example for others. It is time that we save our health from the destruction of artificial foods and an

imbalanced lifestyle and pave the way for a healthy, active, and happy life.

Embrace Natural Foods: Make fresh fruits, vegetables, grains, legumes, and healthy proteins a fundamental part of your diet.

Eat Home-Cooked Meals: Avoid outside food and prepare simple, fresh meals at home. Increase

Water Intake: Drinking an adequate amount of water throughout the day helps detoxify the body.

Engage in Physical Activity: Dedicate at least 30 minutes daily to walking, exercise, or any form of physical exertion.

Get Ample Sleep: 7 to 8 hours of deep, restful sleep daily is crucial for the restoration of both body and mind.

Achieve Mental Peace: Reduce stress through meditation, yoga, or by pursuing your favorite hobbies.

Read Food Labels: Develop the habit of carefully scrutinizing product ingredients and nutritional information when shopping.

Health is an invaluable blessing, and its preservation is our responsibility. It is a moment of serious reflection that in the dazzle of the modern era, we are neglecting our health. If we do not bring about a change in our habits today, in the future, not only will we ourselves but also our coming generations fall victim to various diseases, thereby laying the foundation for a weak society. Let us

prioritize our health and, by adopting a balanced and healthy lifestyle, not only improve our own lives but also set an example for others.