



WHAT WE CAN LEARN FROM THE DIET HABITS OF PEOPLE IN THE ANTEDILUVIAN PERIOD

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ABSTRACT

Diets are widely recognized as a critical factor in human life expectancy. For example, the possible lifestyle of individuals in the Antediluvian Period serves as a useful example. The immune system is a vital component in safeguarding the human body against foreign invaders, making it crucial to strengthen it. Life expectancy has allegedly declined significantly since the Antediluvian Period due to reasons primarily relating to immunodeficiency, nutritional deficiencies, and excessive sugar intake. This paper provides a detailed analysis of these three aspects of a healthy diet. The findings reveal that the type of sugar consumed plays a crucial role in an individual's overall well-being. Additionally, the paper indicates that intermittent fasting can help improve working memory, enhance heart health and physical performance, prevent obesity, and reduce tissue damage.

KEYWORDS: Sugar intake, intermittent fasting, Antediluvian Period, nutritional diet, immunodeficiency.

INTRODUCTION

There are numerous factors that could have contributed to the significant change in life expectancy from the Antediluvian period to the Common Era. One such factor is the degree to which individuals' immune systems were maintained through their diets. The first section of the paper explores the importance of the immune system in safeguarding the human body from foreign invaders. The second section discusses how individuals in the Antediluvian period were herbivores, while individuals in the Common Era are omnivores, and how this affected their immune systems. The third section examines sugar intake and the amount of fructose that individuals in the Common Era regularly consumed, along with its impact on the human body. The fourth section introduces intermittent fasting and its significance in preventing obesity and other immune system-related effects. Finally, the last section synthesizes the paper's content to address the thesis statement.

LITERATURE REVIEW

In order to provide additional insights into the topic of diet, a range of sources were consulted. These included various websites and academic journals that have conducted numerous experiments on the subject.

Firstly, Harvard's School of Public Health emphasizes that a balanced diet comprising of a variety of vitamins and minerals, along with healthy lifestyle factors like adequate sleep, exercise, and stress reduction, is most effective in preparing the body to fight infections and diseases. The school also highlights that excess weight, chronic diseases, chronic mental stress, and lack of sleep and rest can disrupt or slow the process of the cells that make up the immune system.

Secondly, Dr. Landrito, a medical doctor, advises avoiding bad oils and excessive consumption of the wrong types of sugar, as these do not promote longevity. According to Dr. Landrito, fructose is the most harmful type of sugar found in many of today's commonly consumed foods and drinks.

Furthermore, RUSH outlines the benefits of a vegan diet, including weight loss, reduced risk of heart disease through lower cholesterol levels, reduced cancer risk, and diabetes management via lower A1C levels. RUSH recommends incorporating protein-rich foods like soy products and chickpeas, foods high in vitamin B12 like fortified cereals and drinks, essential fatty acids from leafy greens, iron from sources like black-eyed peas, tofu, and dried fruits, and vitamin D from sunlight or fortified orange juice.

Lastly, Johns Hopkins Medicine conducted research on intermittent fasting and found that it can boost working memory, improve heart health, enhance physical performance, prevent obesity, and reduce tissue damage.

METHODOLOGY

Qualitative, secondary research was conducted for the purpose of this study. Studies from reliable sources like Harvard's School of Public Health and Johns Hopkins Medicine were consulted to gather information on topics like immunodeficiency and sugar intake. Sources like dietary blogs were also consulted to gain a better insight into the possible dietary patterns of people in the Antediluvian Period.

IMMUNODEFICIENCY

Our immune system consists of the following: the spleen, the tonsils, the bone

marrow, and the lymph nodes. They are all organs that create white blood cells that fight off diseases and viruses. White blood cells come into two different kinds: B cells release specific antibodies for diseases that the human body detects while T cells destroy foreign or atypical cells found inside the human body. Immunoglobulin levels determine the level of antibodies in the blood. The production of B and T cells is vital as they keep the human body clean and protected. A weak immune system, immunodeficiency, happens either genetically or when an outside source weakens the human body. Consult an immunologist to check for immunodeficiency and how to recover from it (Sampson, 2021).

NUTRITIONAL DIET

Back in the Antediluvian Period, people were speculated to have a more herbivorous diet (Zeolla, 2003). All the grains consumed in that time would've been whole grains which would be one of the factors as to why their life spans were much longer. Whole grains maintain their shell which contains all the nutrients. Without that shell, all there will be is sugar (Landrito, 2022). Vegetarians tend to have lower rates of cancer, heart disease, and other degenerative diseases. Research involving 76,000 participants has been conducted that shows that on average, vegetarians are 25% less likely to die of heart disease (Harvard Health Publishing, 2020). Even after the Antediluvian Period when people became more carnivorous, raw meat then would have had fewer toxins than there are in the present time (Zeolla, 2003). A lot of the vegetables and meat people consume in today's time are also processed or farmed, much different from the wildness of the foods back then (Landrito, 2022). To conclude, a major factor that greatly differs from today's time would be people's nutritional diets. People in the Antediluvian Period were herbivores while people in the Common Era are omnivores.

SUGAR INTAKE

Sugar intake, on the other hand, plays an equally bigger factor in the drastic change in people's immune systems. Back in the Antediluvian period, added sugars were not a thing, and thus, fructose could only be obtained through fruits (Landrito, 2022). Fructose, also known as fruit sugar, is a natural sugar taken from plants. It is healthy and can be taken moderately. However, when fructose is taken from packaged goods, it can come with several negative side effects. These side effects consist of the following: weight gain, an increase in cardio-metabolic factors (Sollid, 2022), and an increase in blood pressure and chronic inflammation. As sugar occurs naturally in all foods containing carbohydrates, adult men take up an average of 24 teaspoons a day, which is a total of 384 calories. Sugar is also in everyday ingredients that we use such as soups, bread, cured meats, ketchup, brown and white sugar, corn sweetener, unnatural honey, high-fructose corn syrup, and many many more (Harvard Health Publishing, 2022). High sugar intake is one of the leading causes of many illnesses and so it is recommended people reduce the amount of fructose in their foods and drinks to the best of their abilities (Landrito, 2022).

INTERMITTENT FASTING

Dr. Landrito suggests that one of the ways to reduce obesity and promote a better digestive process is to undergo intermittent fasting. Intermittent fasting is the focus on when you eat rather than what you eat. Intermittent fasting boosts working memory, improves heart health and physical performance, prevents obesity, and reduces tissue damage (Johns Hopkins Medicine, n.d.). Back in the Antediluvian period, life was much simpler. There was not any technology that make up most people's lives in the Common Era back in the Antediluvian period. Presently, people stay up much later at night to watch shows and play games while

snacking in the process. The problem with snacking in the middle of the night is that you are not able to burn the calories you are consuming. Most midnight snacks are not very nutritious, and as a result, it does more harm to your cells than good (Landrito, 2022). Dr. Landrito recommends the practice of fasting 10 hours a day as it reduces the risk of overeating and other side effects.

CONCLUSION

Nutrition plays a critical role in maintaining a strong immune system. The immune system defends the body against foreign invaders, such as viruses and other diseases, and a weak immune system could lead to a shorter lifespan. Consuming the right foods is essential in strengthening the immune system's cells. In comparison to the Common Era, people in the Antediluvian period had better eating habits and a more nutritious diet, which likely contributed to their overall better health. Nutritional intake directly affects the strength of the immune system, which, in turn, determines an individual's lifespan. Thus, people in the Antediluvian period were generally healthier than those in the Common Era due to their better nutritional intake.

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