

The relationship between the development of various heart diseases, modern industrial life, environmental pollution, and correct healthy behavior

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Abstract: The scientific research examined patients attending the general hospitals of Samawah Governorate and the Specialized Center for Endocrinology and Diabetes for Chronic Diseases in Iraq for a period of 2 years (3000 patients) to determine the effect of preservatives, flavorings, aromas, and ultra-processed foods on the involvement of heart diseases. (Angina pectoris : stable , unstable, Myocardial infarction, Myocarditis , Pericarditis , Mitral valve prolapse , hypertension, Heart failure) And chronic diseases caused by these substances added to food, including unknown diseases, obesity and hyperactivity in children, neurological diseases, heart and brain attacks, and cancers of the intestines, liver and stomach, which surprise us... and the medical effort, work was done and early diagnosis was made every 3 months and sick patients, preservatives are actively involved in diseases. Multiple and it carries a code (E) What is common in the countries of the European Union and the specific percentage that cannot be exceeded at all from food control, the code (A) of the least (200) consists of flavors, dyes and flavorings, and the most (200) is a preservative, and ultra-processed additives modified due to life. Fast food, work, and people's preoccupation, fast food became the dominant characteristic of delivery. Work was on the effect of preservatives on the heart, blood vessels, and chronic diseases. It was proven that they are harmful and negatively affect health, so the comparison was between people who live in the countryside and who feed from agricultural land and people who live in cities. Those who bear pollution in the city, the remnants of war, and the complex structure of the human being have become, and among healthy people who enjoy health without diseases, we studied the method and nature of food, life, and exercise, and the hereditary genetic characteristic to prolong their lives without problems, divided into three groups. The first 1) The results are as follows: Countryside people - TX- I : Old infectious diseases at a rate of $\pm 9.5\%$ of people in the countryside, high blood pressure at a rate of $\pm 6.5\%$, chronic diseases at a rate of $\pm 4\%$, diabetes mellitus at a rate of $\pm 6\%$, myocardial infarction (angina) at a rate of $\pm 4\%$, - Respiratory system disease $\pm 4\%$, Myocardial infarction 3%, Spondylolisthesis 3%, Strokes 1%, Heart attacks 2%, Insomnia 0.5%, Psychological conditions (depression) 0.01%, Obesity 6%, Cancer 0.2%, mortality and morbidity 0.3 %, Drug consumption and health care 0.001%, Spinal disc herniation 3%, Laboratory test: lipid profile (+), RFT (+), HbA1c (+), cardiac enzyme (-), CRP (+), ESR (+) , ASO (+), CBP (Normal), BP (+), ECG (+), Echo-study (+). People cities and industrial life – TX- II : As for people who live in cities and are exposed to the risk of pollution, population density, canned food, citric acid, and lifestyle problems, they have a greater negative impact on people's lives, especially heart disease, chronic diseases, and thyroid problems, who shop for food from the supermarket, fast life, and the fast food they eat, which lacks vitamins and abounds in harmful fats, and the consumption of sweeteners and dyes. Soft drinks, energy, preservatives, and the urbanized way of eating, which led to damage to people's internal organs and weakened immunity. Therefore, it had a major impact on human life, as it was shown that the most important diseases increased as follows: infectious diseases $\pm 5\%$, heart diseases $\pm 23\%$, chronic diseases $\pm .3\%$, allergic diseases 9%, stomach and intestinal diseases 8%, anemia 12%, congenital malformations 2%, genetic mutation diseases 2%, depression 5%, insomnia 7%, Respiratory system disease 9% Obesity 18%, Drug consumption and health care 5%, Myocardial infarction 6%, Cancer 6.5%, mortality and morbidity 3%, Laboratory: increase lipid profile (+++), RFT(++), HbA1c(++), CRP(++), CBP(++), Healthy people – TX- III People who enjoy good health have studied the way of life, diet, and genetic change, which was limited to families with a moderate nature in their daily life system, and among the diets, one, two, or three meals they eat a day, and they can exercise, work, exertion, types of foods of a natural or artificial nature, heart diseases. Chronic diseases and transmissible diseases were all a reflection of them in determining the foundations on which they relied. We found that they had a general culture, a healthy culture, exercise, and a stable emotional and spiritual life, far from places of pollution, distance from population density, burning food calories, avoiding obesity, smoking, and psychotropic substances, regulated sleep, and discipline in daily behavior. Correct nutrition is far from fast food and fats, which play a major role in heart disease, atherosclerosis, and mortality. Eating fish, nuts, whole grains, vegetables, fruits, and fiber is the clear characteristic of their food (Organic food from the ground is natural). Periodic examination every 3 months and follow-up of their health, their

positive results were as The following: Diet = regular, free of hydrogenated fats, high blood pressure = 120/8, ischemic heart disease = .01%, glucose level 4.7 - 5.5 mmol/L, smoking and bad habits = 0.001%, industrial and ultra-processed foods = 0.001%. , Cooking food at home = 95%, And exercise 85%, social life and familiarity 80%, Lipid profile = Normal , RFT = Normal , HbA1c = (4.7-5.5) , longevity = +++ , Strokes = 0.001 , heart attack = 0.001 , chronic disease = 0.01 , Drug consumption and health care = 0.000, Obesity = 0.01, Psychological conditions (depression) =0.001, Infection disease =0.2, Insomnia = 0.1, Spinal disc herniation =0.001, mortality and morbidity = 0.001%, coronary disease = 0.001%.

Keyword: Cardiovascular disease , Artificial additives and flavorings to food, Laboratory tests , ECG, Echo study, Allergies , Stomach and intestinal pain, chronic diseases , Food quality , Preservative , Flavors and colors.

Objective / purpose: Preventing and reducing heart attacks, strokes, stomach pain, and allergies to artificial additives that are harmful to human health, and reducing chronic diseases that kill people and threaten their lives.

Introduction

Scientific progress and development have allowed us a wide scope to know and study the true causes of heart disease and their relationship to environmental pollution, ready-made and industrial food, additives, flavorings and preservatives^[2,3] and their impact on heart health. We started with the patients' medical histories. We conducted the research clinically by seeing the visitors and patients seeking treatment in teaching hospitals. Public Affairs in Iraq /Al- Muthanna Governorate and the Specialized Center for Diabetes and Chronic Diseases We collected the largest number of patients and focused on the nature of life,^[1,4] social customs in food, causality, the mixed composition of mankind, wars, pollution, radiation from the weapons used in the wars to which mankind and Iraq were exposed, the spread of malignant tumors, polycythemia (increased hemoglobin),^[5,22]and diseases. Blood, the spread and abundance of heart diseases and chronic diseases that began to threaten and destroy society and the high incidence of deaths.^[7] Heart diseases (Angina pectoris : stable , unstable, Myocardial infarction, Myocarditis , Pericarditis , Mitral valve prolapse , hypertension, Heart failure) , Add chronic diseases ((diabetes, high blood pressure, thyroid diseases, respiratory diseases, cancer, Epilepsy and seizures, obesity,^[8,11] oral health problems)) Food is in a hierarchy, especially in developing countries, between wars and pollution problems. We found among the reasons, there are internal factors^[9,16](predisposition, genes, and immunity) and external factors (pollution, radiation, preservatives and other factors, which is misuse of medications, lack of care for health, smoking, and the place in which one lives. In it, social conditions, stress, fast food meals, the climate in which a person lives, the daily energy requirement of a person according to age and physiological state of (protein, carbohydrates, and fats), vitamins, minerals,^[10,19] and water that provide us with energy, the average energy consumption at rest (REE For men, the daily need is 2800 calories/calorie, while for females it is 1800 calories/calorie for women according to the equation:

REE = 900 + 10 W for males

REE =700+700W for females

(W) Weight in kilograms, calculated according to physical activity and multiplied by 1.2 for sedentary people , For active people, it is depicted as moderate, and 1.8 for extremely active individuals. 1.4 , The essence of the work is the experimental model and the real comparison between healthy people living in the countryside and cities, and we limited the place where heart injuries and chronic diseases were relative and few,^[12,18] and between people of early, middle and old ages with heart and brain injuries and bacterial and viral diseases that have the greatest impact on their bodies, and the comparison People who live in the countryside, people who live in cities, and healthy experimental people who are in good health. The levels of policy and health system work strongly in avoiding the exacerbation of diseases and use a scale for the blood sugar level after eating carbohydrates of interest against^[15,21] the standard blood glucose (G) (the small indicator): 10 The glycemic index is lower, other than starchy, refined, and low-fiber foods, such as corn flakes: 81, potatoes: 78, white bread: 75, and white rice: 73. As for foods with a low glycemic index, milk: 39, apples: 36. Lentils: 32, nuts: 24, so here is the calculation of the quality of food containing carbohydrates, proteins, and minerals that work to improve the level of glucose in the blood, TG, and LDL-C. Therefore, a high glycemic rate is linked to an increased risk of infection. Heart diseases (CGD + DM diabetes) On the other hand, additives and food preservatives such as sodium benzoate, aspartame, tartrazine,

carrageenates, potassium benzoate and sorbic acid. These substances are added to the product to improve the taste and its shelf life is longer than the product and chemical additives. Which slow or limit the deterioration of foods caused by microorganisms and oxidation reactions, especially ultra-processed supermarket processed foods consisting of many ingredients that result from a series of physical and chemical processes applied to foods and their components that contain the highest total amounts of saturated fat and added sugar. The density of energy and salt, in addition to the low density of fiber and vitamins that are directly linked to cardiovascular health, hydrogenated oils, and modified starches, and flavoring agents, colors, emulsifiers, and non-sugary sweeteners are often added, had harmful contributions to all heart tissues, and according to age, calculating the average dietary pattern and body mass index. . National Library of Medicine (NIH) National Institute of Health pMC PubMed central 2022., and recommendations of the American Society of Cardiology, the European Society of Cardiology Congress, and the International Agency for Research on Cancer of the World Health Organization :

Tab-1 Types of food additives and preservatives :

N ^o	Subject	Properties	Example of additions
1.	Sodium nitrite + sodium glutamate	Flavors and scents	Sodium nitrite (processed meat) Such as sausage and mortadella) + sodium glutamate (added to chicken broth, canned tuna, canned potato slices, and canned vegetables).
2.	Sodium benzoate	Preservative	It kills germs and other microscopic fungi to prevent and delay spoilage. It is used in the manufacture of juices, pickles and jams.
3.	Beets	Color gainers	Red color of foods
4.	Anti-caking agents	Like powdered milk	Prevents materials from being kneaded and turned into lumps, such as powdered milk
5.	Saccharin	Artificial sweeteners	A sugar substitute that gives sweetness to diet drinks, pastries, gum and low-calorie candy .

Note: There are common eating habits, such as consuming soft drinks, energy drinks, and fast food, neglecting to drink water, and eating expired food, which accumulate and harm human health.

For these preservatives, there is a code written on the packaging and for foodstuffs, the letter “E” is written, meaning the addition of a preservative, and the letter “E” is recognized in the countries of the European Union. There are specific limits and doses for the additives that cannot be exceeded (state control), and the code is from 200 and less for added coloring materials and from 200. – 290 Preservatives after code 290 Flavors and odors, all under the control of regulatory agencies to preserve human health.^[13,14] People are advised to drink water and use fresh vegetable salad and fresh food items to raise people’s immunity... to reduce the damage from preserved food.^[6]



Materials and method

Heart diseases that kill people suddenly and quickly, leading to deaths, have studied all the matters that surround people in different living environments, including the nature of life, nutrition, and physical effort that affect people and their exposure to these diseases, especially heart diseases that affect society. The comparison was between people with different Ages who live in the countryside, people who live in cities, and people who are naturally healthy and have no diseases or complaints... Our emphasis was on food, medicine, and food containing preservatives, flavors, salts, canned food, and exposure to industrial materials that have a harmful effect through patients frequenting hospitals. Government and specialized centers in the city of Samawah of various ages for a period of two years 2021-2023 on 3,000 patients attending the hospital, their medical history, early follow-up for each patient's failure, and a review. We focused on the relationship between artificial food additives, preservatives, and diseases that are frequent in hospitals, such as asthma, allergies, shortness of breath, Attention deficit, hyperactivity in children, cancer, obesity, heart disease and chronic diseases... high blood pressure, diabetes, heart disease, thyroid disease, neurological and cerebrovascular diseases, strokes, psychological state. A clear vision has been generated in the form of a health questionnaire every three months and patients are reviewed. Early periodic examination to detect health changes, medical records, and hospitalization were divided into three groups (TX-1) :

Countryside people – TX-1 : The people who live in the countryside in the areas of Iraq (the city of Samawah) live simplicity and cohesive social customs. People eat from the land they cultivate, fresh fruits, animal unsaturated fats, pure air and calm without noise and problems. They rely on manual food production and use salt, vinegar and sugar to preserve their food. Materials Naturally, this has had a positive impact on public health, heart diseases, chronic diseases, reduced mortality, and a person's longevity based on the results of tests, medical procedures, and physical examination, as the majority of these people suffer from old diseases: typhoid (salmonella), brucellosis (Malta fever), back pain, high blood pressure, Diabetes, heart attack, in a medically controlled manner, and the most important thing is that their food is free of preservatives, dyes, flavorings, and artificial materials found in ultra-processed food, which they do not have, and which are sold in the supermarket called (Neromarket). Their effect even on the nerves, which negatively affects the Human health, the standard was acceptable physical examination and medical tests for people and periodic review in the countryside as shown in the table:

Tab- 2 : The results documented on people living in rural areas (villages) are as follows:

N ^o	Widespread diseases	General analyses	Incidence rate	Final evaluation
1.	Typhoid	Widal test,cultucr C.B.C, ESR	8% ±	++
2.	Malta fever(Brucellosis)	brucellosis by testing blood,	4% ±	+
3.	Back pain	x-Ray	6% ±	++
4.	Hypertension	C.B.C, R.F.T, Lipid,	7% ±	+

		Profile		
5.	Diabetic mullets	HbA1c , R.F,T, R.B.S, C - peptide,	6% ±	+
6.	Angina pectoris	C.B.C, R.F.T, HbA1c Lipid,profile,Tropanin	4% ±	+
7.	Myocardial infraction	C.B.C, R.F.T, HbA1c Lipid,profile,Tropanin	3% ±	+
8.	Spondylolisthesis	Limb X-Ray, MRI	3% ±	+
9.	Spinal disc herniation	Limb X-Ray, MRI	3% ±	+
10.	Respiratory system disease	Chest-x-ray, Biopsy of the lung or pleura <u>Blood test</u> Bronchoscopy CT Scan	4% ±	++
11.	Chronic disease (DM)	HbA1c , R.F.T, Lipd profil	3% ±	+
12.	Strokes	MRI,CT, BP,RBS	1% ±	+
13.	Heart attacks	Lipid profile, cardiac anzym , RBS,HbA1c	2% ±	+
14.	Insomnia	Medical History	0.5 ±	FEW
15.	Psychological conditions (depression)	Physical examination. Laboratory tests	0.01 ±	+
16.	Obesity	Physical examination, laboratory tests, body mass index measurement	6% ±	++
17.	Cancer	Physical examination, laboratory tests, imaging tests, biopsy	0.2% ±	+
18.	mortality and morbidity	Low percentage	0.3% ±	+
91.	longevity	Increase in lifespan and health	85%±	++++
20.	Drug consumption and health care	Limited use of the drug	0.001% ±	FEW

Therefore, the action icon was limited to the results: old infectious diseases at a rate of ±9.5% of people in the countryside, high blood pressure at a rate of ±6.5%, chronic diseases at a rate of ±4%, diabetes mellitus at a rate of ±6%, and myocardial infarction (angina) at a rate of ±4. % , Respiratory system disease ± 4% , Myocardial infraction 3% , Spondylolisthesis 3% , Strokes 1% , Heart attacks 2% , Insomnia 0.5% , Psychological conditions (depression) 0.01% , Obesity 6% , Cancer 0.2% , mortality and morbidity 0.3% , Drug consumption and health care 0.001% , Spinal disc herniation 3% , Laboratory test : lipid profile (+), RFT (+), HbA1c (+) , cardiac enzyme (-), CRP (+), ESR (+), ASO (+) , CBP (Normal), BP (+) , ECG (+) , Echo-study (+) .

People cities and industrial life – TX- 2 As for people who live in cities and are exposed to the danger of pollution, population density, canned food, psychological pressure, and life problems, they have a greater negative impact on people’s lives, especially heart disease, chronic diseases, and thyroid problems, who shop for food from the supermarket, fast life, and the fast food they eat that lacks vitamins, abounds in harmful fats, and consumes sweeteners. Dyes, soft drinks, energy, preservatives, and the urbanized way of eating, which led to damage to the human internal organs and weakened immunity. Therefore, it had a major impact on human life, as it was shown that the most important diseases increased as follows: infectious diseases ± 5%, ± heart diseases ± 23%, and chronic diseases ±. 3%, allergic diseases 9%, stomach and intestinal diseases 8%, anemia 12%, congenital malformations 2%, genetic mutation diseases 2%, depression 5%, insomnia 7%,

Respiratory system disease 9% Obesity 18%, Drug consumption and health care 5% , Myocardial infraction 6% , Cancer 6.5% , mortality and morbidity 3% , Laboratory : increase lipid profile (+++), RFT (++) , HbA1c (++), CRP(++), CBP (++) , Healthy people – TX- III : People who enjoy good health have studied the way of life, diet, and genetic change, which was limited to families with a moderate nature in their daily life system, and among the diets, one, two, or three meals they eat a day, and they can exercise, work, exertion, types of foods of a natural or artificial nature, heart diseases. Chronic diseases and transmissible diseases were all a reflection of them in determining the foundations on which they relied. We found that they had a general culture, a healthy culture, exercise, and a stable emotional and spiritual life, far from places of pollution, distance from population density, burning food calories, avoiding obesity, smoking, and psychotropic substances, regulated sleep, and discipline in daily behavior. Correct nutrition is far from fast food and fats, which play a major role in heart disease, atherosclerosis, and mortality. Eating fish, nuts, whole grains, vegetables, fruits, and fiber is the clear characteristic of their food (Organic food from the ground is natural). Periodic examination every 3 months and follow-up of their health, their positive results were as The following: Diet = regular, free of hydrogenated fats, high blood pressure = 120/8, ischemic heart disease = .01%, glucose level 4.7 - 5.5 mmol/L, smoking and bad habits = 0.001%, industrial and ultra-processed foods = 0.001% . , Cooking food at home = 95%, And exercise 85%, social life and familiarity 80%,

Lipid profile = Normal , RFT = Normal , HbA1c = (4.7-5.5) , longevity = +++ , Strokes = 0.001 , heart attack = 0.001 , chronic disease = 0.01 , Drug consumption and health care = 0.000, Obesity = 0.01, Psychological conditions (depression) =0.001, Infection disease =0.2, Insomnia = 0.1, Spinal disc herniation =0.001, mortality and morbidity = 0.001%, coronary disease = 0.001%.

Tab-3: Some preservatives used in food preservation

Nº	Preservatives	The permissible daily amount of preservative
1.	Sorbic acid	Milligrams per kilogram of body weight 12.5 .
2.	Propionic acid	Milligrams per kilogram of body weight 10.0
3.	Benzoic acid	Milligrams per kilogram of body weight 5.0
4.	Sulfur dioxide	Milligrams per kilogram of body weight



Skin allergies



Rural life in Iraq



Canned food

Tab -3 : Preservatives and chemical additives to foodstuffs that play a role in causing ((disease))

N ^o	Preservative	Increase the shelf life of materials	Type of material effect
1.	Sodium benzoate	Increase the shelf life of the material	Preservative
2.	Potassium benzoate	It protects the material from damage caused by microorganisms	Preservative
3.	Aspartame	Which gives a sweet taste to foodstuffs (sweeteners)	Sweeteners
4.	Carrageenan	Maintaining the physical and chemical properties of foodstuffs	Fixatives
5.	Tartrazine	Of the additives to restore color in food and the inclusion of natural ingredients	Coloring agent

Result

The cases that we collected clinically due to the influence of preservatives and industrial additives were divided into two types: natural materials, including (salt, sugar, vinegar) that were used in the past in Iraqi homes and villages, and industrial chemicals, including preservatives, flavorings, and flavorings and scents. These additives were known by a specific code and in a limited quantity. Very much are added to foodstuffs, in addition to modified substances added called ultra-processed foods, which are symbolized by the letter (E), meaning the preservatives are recognized in the countries of the European Union and according to the code. The comparison was life in the countryside (TX-I) and the comparison was life in cities (TX-II) and healthy people that Their lives(TX-III) and the nature of their food were studied for healthy people without diseases, and the results showed that there is no doubt that preservatives have a harmful effect on the body’s organs by continuing and accumulating these substances inside the body, as follows:

Countryside people – TX- I

The people who live in the countryside in the areas of Iraq (the city of Samawah) live simplicity and cohesive social customs. People eat from the land they cultivate, fresh fruits, animal unsaturated fats, pure air and calm without noise and problems. They rely on manual food production and use salt, vinegar and sugar to preserve their food. Materials Naturally, this has had a positive impact on public health, heart diseases, chronic diseases, reduced mortality, and a person’s longevity based on the results of tests, medical procedures, and physical examination, as the majority of these people suffer from old diseases: typhoid (salmonella), brucellosis (Malta fever), back pain, high blood pressure, Diabetes, heart attack, in a medically controlled manner, and the most important thing is that their food is free of preservatives, dyes, flavorings, and artificial materials found in ultra-processed food, which they do not have, and which are sold in the supermarket called (Nero- market). Their effect even on the nerves, which negatively affects the Human health, the standard was acceptable physical examination and medical tests for people and periodic review in the countryside as shown in the table.

Therefore, the action icon was limited to the results: old infectious diseases at a rate of ±9.5% of people in the countryside, high blood pressure at a rate of ±6.5%, chronic diseases at a rate of ±4%, diabetes mellitus at a rate of ±6%, and myocardial infarction (angina) at a rate of ±4. % , , Respiratory system disease ± 4% , Myocardial infraction 3% , Spondylolisthesis 3% , Strokes 1% , Heart attacks 2% , Insomnia 0.5% , Psychological conditions (depression) 0.01% , Obesity 6% , Cancer 0.2% , mortality and morbidity 0.3% , Drug consumption and health care 0.001% , Spinal disc herniation 3% , Laboratory test : lipid profile (+), RFT (+), HbA1c (+) , cardiac enzyme (-), CRP (+), ESR (+), ASO (+) , CBP (Normal), BP (+) , ECG (+) , Echo-study (+) .

People cities and industrial life – TX- 2

As for people who live in cities and are exposed to the risk of pollution, population density, canned food, citric acid, and lifestyle problems, they have a greater negative impact on people’s lives, especially heart disease, chronic diseases, and thyroid problems, who shop for food from the

supermarket, fast life, and the fast food they eat that lacks vitamins and abounds in harmful fats and the consumption of sweeteners and dyes. Soft drinks, energy, preservatives, and the urbanized way of eating, which led to damage to people's internal organs and weakened immunity. Therefore, it had a major impact on human life, as it was shown that the most important diseases increased as follows: infectious diseases \pm 5%, heart diseases \pm 23%, chronic diseases \pm .3 %, allergic diseases 9%, stomach and intestinal diseases 8%, anemia 12%, congenital malformations 2%, genetic mutation diseases 2%, depression 5%, insomnia 7%, Respiratory system disease 9% , Obesity 18%, Drug consumption and health care 5% , Myocardial infraction 6% , Cancer 6.5% , mortality and morbidity 3% , Laboratory : increase lipid profile (+++), RFT (++), HbA1c (++), CRP (++), CBP (++) ,

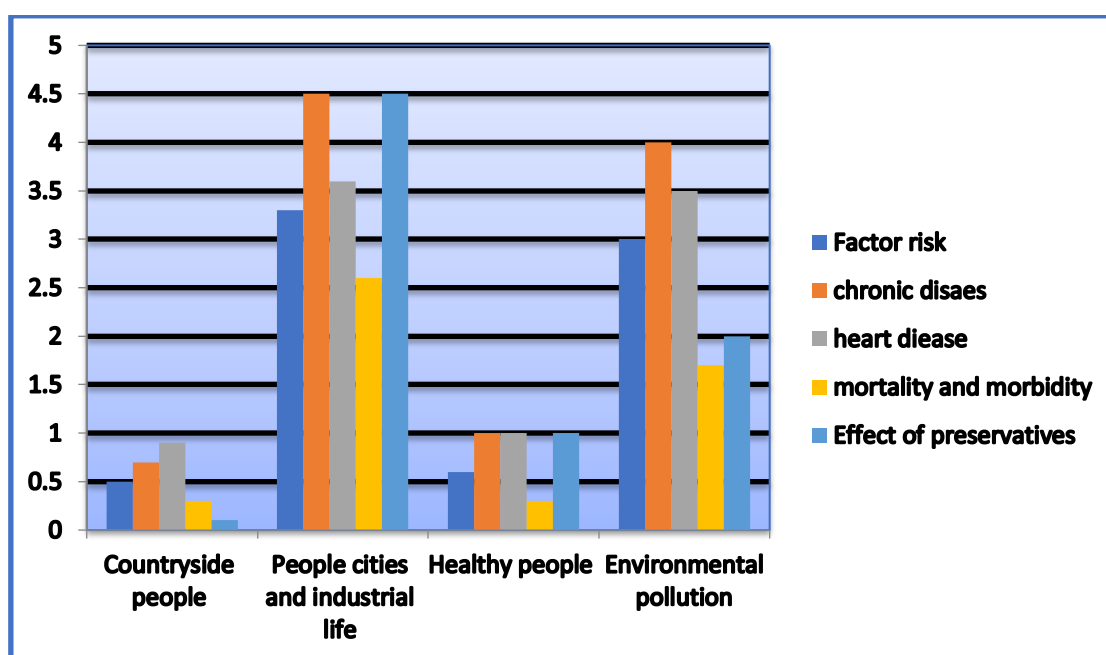
Healthy people – TX- III : People who enjoy good health have studied the way of life, diet, and genetic change, which was limited to families with a moderate nature in their daily life system, and among the diets, one, two, or three meals they eat a day, and they can exercise, work, exertion, types of foods of a natural or artificial nature, heart diseases. Chronic diseases and transmissible diseases were all a reflection of them in determining the foundations on which they relied. We found that they had a general culture, a healthy culture, exercise, and a stable emotional and spiritual life, far from places of pollution, distance from population density, burning food calories, avoiding obesity, smoking, and psychotropic substances, regulated sleep, and discipline in daily behavior. Correct nutrition is far from fast food and fats, which play a major role in heart disease, atherosclerosis, and mortality. Eating fish, nuts, whole grains, vegetables, fruits, and fiber is the clear characteristic of their food (Organic food from the ground is natural). Periodic examination every 3 months and follow-up of their health, their positive results were as The following: Diet = regular, free of hydrogenated fats, high blood pressure = 120/.8, ischemic heart disease = .01%, glucose level 4.7 - 5.5 mmol/L, smoking and bad habits = 0.001%, industrial and ultra-processed foods = 0.001% . , Cooking food at home = 95%, And exercise 85%, social life and familiarity 80%, Lipid profile = Normal , RFT= Normal , HbA1c = (4,7-5,5) , longevity = +++ , Strokes = 0,001 , heart attack = 0, 001 , chronic disease = 0,01 , Drug consumption and health care = 0,000 , Obesity = 0,01, Psychological conditions (depression) =0,001 , Infection disease =0,2 , Insomnia = 0,1 , Spinal disc herniation =0,001 , mortality and morbidity= 0,001%, coronary disease = 0,001% .

Discussion

From the work that lasted for 2 years, preservatives, flavorings, dyes, and flavorings and odors have a negative effect on immunity and on the health of the body's organs, especially the kidneys, heart, liver, and nervous system, and on the blood and its flow and the action and accumulation of preservatives that work in the blood to cause clots and diseases that may be strange and incomprehensible to us. It appears in patients, allergies and hyperactivity in children, cancers and intestinal diseases. Our work was on cardiovascular diseases, increased fats, triglycerides and harmful fats, strokes and heart attacks due to atherosclerosis, and cardiac and cerebral catheterization, which increased the medical burden and increased preparedness... and by increasing the demand for foodstuffs and increasing the product. Of agricultural crops, it was a natural result for the industrial inventor to find a way to preserve food on the one hand, and the industrial revolution that introduced and invented many industrial materials and additives to benefit even in limited and permitted doses with a material and economic return while balancing population density and the necessary need for food. Governments allowed things that parallel the need of the market and the people. But we cannot forget the risk factors that threaten people's lives, including preservatives whose effects and accumulation in the body we track, and the pressures surrounding people with work and their preoccupation with work. They went to fast and ready-made food for ease, so laboratory samples were collected and a physical examination gave an indication that rural life and natural food have its advantages. It is preferable to extend human lifespan, be less susceptible to chronic diseases, and reduce the incidence of various cancers, compared to the opposite of cities, despite urbanization, cleanliness, and a more luxurious life, but heart diseases, strokes, and chronic diseases are the most common, and environmental pollution and unhealthy habits and practices have helped and reflected negatively, and the spread of obesity, smoking, lack of exercise, and office work. Hypodynamism has a life-threatening effect. As for people who enjoy health and well-being, careful study of their lifestyle involves the intervention of genes, heredity, organized style, life, prognosis, and looking at life in food, clothing, and eating, and staying away from risk factors has significantly and significantly helped in identifying refreshments that give positive energy and hope for life. Decent food, fresh natural food, exercising, staying away from industrial food and additives, and the problems of life and high culture have greatly contributed to people's health and healthy living.

Conclusion

The research dealt with an aspect of practical life on patients suffering from various diseases who come to the hospital for treatment, and studied the extent of the effect of preservatives, flavorings, flavorings and scents that are added to foodstuffs and their accumulation in the body, and ultra-processed and modified foods that are widely used in markets and supermarkets in Cities in Iraq, the amount of environmental pollution, risk factors, and these preservatives and additives surrounding humans , And its harmful effect on human health, especially heart and blood vessel diseases , Within the danger that threatens humans with pollution, there is a code (E) on foodstuffs for each preservative by which the addition is identified, agreed upon by the European Union countries. We made a comparison between people who live in rural life in the city of Samawah. (TX-I), people who live in cities, the luxury of industrial life and environmental pollution (TX-II), and healthy people who have no diseases (TX-II), we studied their way of life and the result was that those who live in the countryside enjoy good health, longevity, lack of risk factors, and the food is fresh and made by hand. Without chemical additives, as for cities exposed to pollution, canned food and industrial materials in their food, which includes fast food, heart disease, atherosclerosis, strokes, chronic diseases, and population density were all risk factors for humans, warning of the risk of sudden death and their cumulative impact on the individual's health. As for healthy people who enjoy... In good health, we studied their lives and organized their lives, including early examination, collecting laboratory samples, x-rays, ECG, ECG, and periodic review every 3 months. They were far from artificial food, flavorings, and dyes, and exercise, and the main meal was water, vegetables, and salad, and organizing their lifestyle despite the violent life struggle, and the gene factor, heredity, and a healthy culture. The high and prominent feature is drinking water, vegetables, exercise, and foods that raise the individual's immunity, which keeps away heart disease, chronic diseases, and various clots, following a natural, spontaneous lifestyle system that has the greatest impact on people's lives and health.



((A graph that shows the clear comparison between people living in the countryside, people living in cities and people who are healthy))

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