

# Organic Functional Food for Better Health

Amidst the endless sea of supplements and alternative foods, many have been let down by the subpar results. Consumers have tried everything from losing weight to having better skin, hair, or nails. But do we focus on what really matters regarding our health?



Food cultivated through organic farming can be regarded as organic food. When the cultivation process is done naturally, including no artificial substances and avoiding the use of fertilizers, pesticides, and other chemical components, it is considered organic farming. In addition, foods containing bio active components that can help regulate bodily function and eventually help in reducing diseases are characterised as functional food. Thus, functional foods that are organic are in their purest form, allowing consumers to experience the most health benefits from intake.

With age comes maturity, but on the other side of the coin, it also brings ailments such as joint aches, kidney disease, digestive problems, and immunity issues. Many have made it their sole concern to have balanced health. They balance their daily intake of organic functional food recommended by professionals religiously.

Such functional foods began to garner popularity during the 80s in Japan. Due to its success in resulting long healthy life, the Japanese government approved and

began to promote the benefits of functional foods. Sumaiya Islam, a student, said, "I have been suffering from menstrual irregularities and issues for quite some time. Then, a friend recommended incorporating functional food in my daily food intake and I have never been happier with the results ever since."

Functional food helps to improve health condition, reduce disease risk and also many chronic diseases like.

It helps to improve the development of the body.

Works to substrate metabolism within the body system.

It creates a strong defence against reactive oxidative elements.

It helps to work the cardiovascular



system to function smoothly.

Improves gastrointestinal physiology and function.

It helps one control behaviour and psychological processes.

These factors imply that everyone should start making functional foods a part of their life for long-term improvement of the body. It not only helps you balance your health and body, but it also works in preventing various diseases with no side effects that come with synthetic medicine.

"Being a teacher requires me to stand for long hours, which results in knee aches for a long time. After trying many remedies and expensive medicine,

nothing helped relieve my pain. Little did I know that functional food would be my answer," says Rosy Ahmed.

You, too, can enjoy the benefits of functional food in your everyday life by having proper bio active ingredients which are present in functional food.

"At first, I thought it's just another trend. Out of curiosity, I tried it for a month and saw tremendous change in my gut health. I have been a follower of functional food ever since!" stated Sharfaraz Hamid, a service holder.

Health benefits of functional food can be experienced through consuming ingredients such as turmeric that include a bio active component called curcumin;

Some of the functional foods are:

Fruits: kiwi, berries, pears, apples, peaches, bananas.

Seafood: salmon, cod, sardines, mackerel, anchovies.

Herbs and Spices: turmeric, ginger, cinnamon, cayenne pepper.

Vegetables: spinach, broccoli, kale, cauliflower.



Nuts:  
almonds,  
cashews,  
pistachios,  
macadamia nuts,  
Brazil nuts.

Seeds: pumpkin seeds, chia seeds, hemp seeds, flax seeds.

Formulated functional food refers to nonessential biomolecules that are present in foods and exhibit the capacity to modulate one or more metabolic processes, which results in the promotion of better health and prevention of several chronic diseases. It is the combination of various functional foods together.

For proper function of neurotransmitters, food bacteria production in the guts is essential. If the neurotransmitter system is maintained in a good state, it will help one's brain receive messages. This results in directly promoting a good mood. "By taking functional food, my gut health has improved considerably. After that improvement, my mood has been stable for the longest time thanks to my increased concentration," said Anik Rahman, an accountant.

Like the Roman Empire, good health cannot be built overnight. It takes time, effort, patience and discipline. Proper exercise and a healthy diet are imperative to leading a healthy life. If one plans to give a shot to functional foods, then curcumin found in turmeric is the way to go as it is known to greatly improve overall health!

With the increasing popularity of organic functional food worldwide, Organic Nutrition Ltd has come up with a one-stop solution for the health-focused and general consumers alike. Being the only certified organic functional food producer in the country, its certified organic ingredients aim to improve health and reduce disease risk and physical ailments. For a long healthy life, organic functional food may be the answer for you!

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**Photo: Freepik**