ACTA SCIENTIFIC NUTRITIONAL HEALTH (ISSN:2582-1423)

Volume 4 Issue 1 January 2020

Mini Review

# Dose Body's Biological Systems Alter with Specific Food or Drink?

**Nasim Habibzadeh***

*Department of Sport Science, Teesside University, United Kingdom*

***Corresponding Author:** Nasim Habibzadeh, Department of Sport Science, Teesside University, United Kingdom.

**Received:** November 18, 2019; **Published:** December 09, 2019

**DOI:** 10.31080/ASNH.2020.04.0572

## Abstract

The biological bodily systems can be influenced by any nutritional substance depending on body demand in course of time. In general terms, some foods and drinks enable to modify body metabolism as well as moods. To give instance, the caffeine in tea or coffee can increase the sense of being awake in longer time whereas some other components such in yogurt can lead to brain relaxion through asleep mood. Nevertheless, there is time which there is no any signs of induced affect from any specific food or drink consumptions. When the body for example is third and its requirement is to relax, not any coffee component deinks can impact the sense of awakeness. Subsequently, when somebody determines to finish a particular task, not any nutritional substance such as any kind of yogurt products can be barrier in this regard as the brain does not permit that. In overall, that is true that the body biological systems can affect by some external components such as some unique foods or drinks but this could not be expand to all individual as people are different in terms of brain functions and natural habits.

**Keywords:** Biological Systems; Food; Drink; Affections

## Introduction

The body consists a number of biological systems that are responsible for different essential body functions within the body organs. Examples of biological organisms are circulatory, respiratory, digestive, excretory, nervous, endocrine, immune, integumentary, skeletal, muscle and reproductive systems in human body. All biological systems work in a complex networks to cause optimal functions of biological processes across the body [1,2].

Some specific foods and drinks empower natural body functioning more optimally. Diet in fact is one of important aspect of better performances in daily routines [3]. With regards to this, almost all natural foods obtain nutritional benefits for human body when they consume in a balanced diet.

For instance regularly drinking amounts of coffee not only enhance the brain power but also helps to improve cognitive function as well as narrow focus throughout a day [4]. Many athletes use coffee before competition to benefit from this effect too [5]. However, growing evidence shows drinking more than 5 cups of caffeine or any other natural hot drinks like tea per day can cause serious side effects such as insomnia, nervousness and restlessness, stomach upset, nausea and vomiting. Over drinking of caffeine also enhances the heart rate and frequency of breathing which can be harmful for individual with heart disease [6].

Some dairy products such as yogurts as natural supplements help to asleep pattern [7]. Some other foods like functional fibers in plant-based vegetables can aid to exert toxins and harmful substances from the body [8]. Dietary fibers intakes help to digestive processes when they use in moderation and extra usage of fibers can lead to diarrhea and abdominal pain [9].

Given the fact that different nutritional components in various foods and drinks have an influence on biological functions, the magnitudes of related nutritional impacts are associated with individual social statues and their natural habits. When one's dose not contribute in any social circumstances like a daily work the body, the biological systems are more potent to influence by any food or drinks. On the contrary, those people who work every day their bodily biological systems have greater resistance in opposition to nutritional impacts. For instance, if someone drinks even more than 5 cups of coffee at work in a day, he/she probably would have normal asleep pattern through the night in terms of rest time. Even consuming yogurt products cannot give the sense of being sleepy or fatigues to the individual who have social contribution in society as the brain knows that needs to be still active and resist against that yogurt products affection to stay on. Therefore, it can be concluded that nutritional components may modify the biological systems for individual who are less active than those others who are more active in life span. Although, nutritional alterations can be beneficial in some occasions but the individual routines throughout a day are more determinant factor in this regards.

## Conclusion

Some foods and drinks can affect the biological body systems which alternatively alter body functional movements and quality of mood in non-identical individual depending on the individual social circumstances. Nonetheless, caffeine for example enhance the sense of being awake which could benefit individual who work every day in any organizations but at the same time over drinking of caffeine (more than 5 cups) can disturb the brain system in individual who do not do any specific work and subsequently they might could not have an optimal sleep pattern. On the other hand, if one's is really exhausted not any coffee or tea allows more efficient work and taking rest would be an essential requirement at this point. This fact can apply for any other nutritional substances which can affect the body metabolisms. However, individual are different from one to another by their social states or natural habits.

## Bibliography

1. Adami C., *et al*. "Evolution of biological complexity". *Proceedings of the National Academy of Sciences of the United States of America* 97 (2000): 4463-4468.
2. Koonin EV . "The meaning of biological information". *Philosophical Transactions of the Royal Society A* 374 (2016): 20150065.
3. Hasler CM. "Functional foods: benefits, concerns and challenges-a position paper from the american council on science and health". *Journal of Nutrition* 132.12 (2002): 3772-3781.
4. Coffee and the mind - Coffee and Health.
5. How Caffeine Improves Exercise Performance – Healthline.
6. Coffee: Uses, Side Effects, Interactions, Dosage, and Warning.
7. Grandner MA., et al. "Dietary nutrients associated with short and long sleep duration. Data from a nationally representative sample". *Appetite* 64 (2013): 71-80.
8. Slavin JL. "Position of the American Dietetic Association: Health implications of dietary fiber". *Journal of the American Dietetic Association* 108 (2008): 1716-1731.
9. Ostgaard H., *et al*. "Diet and effects of diet management on quality of life and symptoms in patients with irritable bowel syndrome". *Molecular Medicine Reports* 5 (2012): 1382-1390.

**Volume 4 Issue 1 January 2020**