



Stop Villainizing Food

The Real Culprit Lies Elsewhere



Rice



Sugar



Maida



Ghee

For some reason, we've turned food into a battleground. Every few years, a new villain emerges — white rice, sugar, maida, even ghee!

Diet fads and modern food narratives often label these everyday staples as “bad” for health. But if we pause and look through the lens of **traditional wisdom**, the truth is far simpler — *it's not the food, it's our relationship with it.*

White rice

Take **white rice**, for example. When combined with **fibre-rich vegetables, lentils, or ghee**, it becomes a wholesome and **nourishing meal** that **calms the body and mind**.

Sugar

Sugar and jaggery, though different in their refinement, offer **similar energy** when used in **moderation**.

Maida

Even maida, so often demonized, has its place — for some people with **celiac disease** who can't tolerate gluten, refined flour may actually be **gentler on the gut**.



The problem begins when moderation ends.

Our modern lifestyles thrive on **excess** – too many **refined carbs, sugary desserts, and processed snacks**. What used to be rare indulgences have become daily habits. We've lost touch with **balance, mindfulness, and seasonal eating** – the very **principles** that kept our **ancestors healthy for generations**.



Traditional wisdom never saw food as villain or hero. Everything had its **kala** (time), **matra** (quantity), and **desha** (context). The real issue is not the grain, the sugar, or the flour – it's our obsession with overdoing them.



Millets have wonderful benefits, especially when used wisely.



And yes, that includes the latest “heroes” of the health world – millets.

Millet cookies and Millet pizza

But today we see them **overused** in every possible way – from **millet cookies to millet pizza!**

Many of these so-called healthy treats are no better than their refined counterparts; they **often boil down to maida and transfats**.

For people with poor digestion, an overload of millets can in fact worsen gut health rather than restore it.

And it's not only food we overdo — we overdo everything!



Overexercising is another silent culprit. 2025 has seen many cases of excessive **HIIT workouts** leading to **fatal consequences**.

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What entered our lives as entertainment has now turned into obsession.

The lesson is clear:

The problem is our habits, not the elements of life themselves. **Controlling the urge to overdo is the first discipline we must carry into 2026.**

If there is one mantra to live by, it is the timeless wisdom —

Ati sarvatra varjayet

अति सर्वत्र वर्जयेत्

Avoid excess in everything.

**For doubts and queries, please reach out:
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