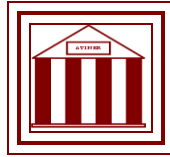


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**Diet and Healthy Mode of Life (Greek  
Salad and Global Problems of Health)**

**Viacheslav Rudnev  
Senior Researcher  
Russian Academy of Sciences  
Russia**

Athens Institute for Education and Research  
8 Valaoritou Street, Kolonaki, 10671 Athens, Greece  
Tel: + 30 210 3634210 Fax: + 30 210 3634209  
Email: [info@atiner.gr](mailto:info@atiner.gr) URL: [www.atiner.gr](http://www.atiner.gr)  
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## An Introduction to ATINER's Conference Paper Series

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Dr. Gregory T. Papanikos  
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## **Diet and Healthy Mode of Life (Greek Salad and Global Problems of Health)**

**Viacheslav Rudnev  
Senior Researcher  
Russian Academy of Sciences  
Russia**

### **Abstract**

The system of nutrition is a fundamental aspect of human being. Human health and the well being of society and society's future depends on the quality of the food consumed and the human regime of eating. Problems of obesity and poor health (linked with it) have a global importance for mankind and are an urgent issue for many peoples in post-industrial world. Special attention of many peoples to diets and the regime of eating are important indicators of the modern epoch. Traditionally, Greek cuisine employs vegetables, fruit, olive oil and spices. These components of Greek nutrition play an important role in eating and ensure success in health. This has attracted human attention to Greek cuisine and provided special interest in Greek diet among peoples of the Mediterranean area as well as other parts of the world. Today Greek salad is a part of a family's meal in Europe, Asia, America, Africa and Australia. Spices are important and a quite difficult component of Greek cuisine. Spices (*Piper nigrum*, *Majorana hortensis*, *Laurus nobilis*, *Zingiber officinale*, *Anisum vulgare*, *Petroselinum crispum*, *Anethum graveolens*) were used traditionally both for cooking meals and in medicine. Wormwood (*Artemisia absinthium*) was well known in Dioskorid period as a drastic remedy for the protection against stomach's problems. Spices and mastica were components of wine. Spices used frequently assist to increasing the effectiveness of Greek meals as important products for sustain life. The interest of modern society in Greek meals is stimulated by modern mankind's problems in the health area and a Greek meal is recognized as part of an outstanding cultural heritage at the universal level.

**Key Words:** Health, Nutrition, Greek meal, Glocalization

**Contact Information of Corresponding author:**

The system of nutrition is a fundamental aspect of human being. Human health and the well being of society and society's future depends on the quality of the food consumed and the human regime of eating. Problems of obesity and poor health (linked with it) have a global importance for mankind and are an urgent issue for many peoples in post-industrial world. Special attention of many peoples to diets and the regime of eating are important indicators of a modern epoch.

The success of humankind in creating artificial surroundings has led to both great success in improving the quality of peoples' lives, and also to problems with renewable resources and human health and to changing for the worse ecology. In 1992 the United Nations Conference on Environment and Development (Rio de Janeiro, Brazil) set fixed standards defining global violations of the environment. The 'Agenda 21', adopted at this Conference, focused on the necessity of new solutions for problems of the relationships between Nature and Society, mentioning interdisciplinary research as a positive way to search for solutions to new problems, and citing as a goal a 'balance of Nature, Society and Humans'.

Pre-industrial society had a different experience in using Nature and solving problems of life-support activity under a regime of sparing nature. Experience has shown that Traditional knowledge and Traditional technology can, in a number of instances, actually assist in solving a lot of modern problems. It is important that Traditional attitudes toward the environment were based not only on the original technologies, but also on the idea that mankind was part of Nature and from this came a special concept of ethics which influenced their use of the environment. In sum these attitudes guaranteed the long-term using Nature resources and good level of Human health status.

In Ancient Greece (about 2400 years ago) members of the Hippocratic Corpus have declared that food is the best medicine. Authors of the Corpus were sure that illness can be prevented by a diet adapted to health status. The dietary recommendations were linked with the conception of the four humors: earth, air, fire and water. The main idea of this conception was that person was viewed as integral part of Nature. Hundreds of plants, vegetables, fruits, olive oil and spices were used for medical treatment and supporting a health status. This tradition was preserved in Greek Life-support culture and was spread among peoples of Mediterranean area and of another parts of the World.

Modern World's cuisine suggesting a lot of sort of food and boiled fruits and vegetables. Using salt has important role in process of preservation a foodstuffs and widespread now. Pasteurization of foods is actual problem for modern. Many biologists sure that unpasteurized food (keeping microorganisms) can assist in creation high level of human protection on infection. In this context, using raw and unpasteurized foods have a special meaning for human health.

Traditionally, Greek cuisine employs vegetables, olive oil and spices. These components of Greek nutrition play an important role in eating and ensure success in health. This has attracted human attention to Greek cuisine and provided special interest in Greek diet among peoples of the Mediterranean area as well as other parts of the world. Today Greek salad is a part of a family's meal in Europe, Asia, America, Africa and Australia. Why it happened ?

Fresh onion, cucumbers and olive oil traditionally were important components of Greek salad. These combination of products giving wide spectrum of vitamins and micro-elements to human health and secure entrance of a high bio-energy potential, useful for human health. All salad components traditionally were very popular in Greece. In a Homer epoch city Sikion was known in Greece as city of cucumbers. Cucumbers include water (98 %), iodine and mineral salts that active assist to mastering food and also assist in protection a thyroid gland.

Onion consist water (80 %) and vitamins C and B that are important for high human health status. Olive oil consist olein acid and assist on reducing a numerous of cellular mutations that is protecting of a cancer danger.

Together, vegetable and spice components of a Greek salad are active assist in keeping healthy mode of life and correspond with modern Global tendency among urban citizens on asking natural foods. New term "post-pasteurian cultures" (Paxson, 2008) appear this basic tendency of Modern epoch.

Lucius Seneca maintains that subjugation of a Nature is possible only if obeying to Nature. Modern epoch of Globalization in culture, in economy and Financial systems creating a potential of high risks for mankind on the Global level. Special attention to local factors (local experience in Nature using, local Folk experience in Life-support activity) in context of globalization problems is important today. Actually, Glocalization can assist in adaptation process of harmonizing local and global needs to a way of Sustainability. Glocalization puts globalization problems down to the human scale.

According with local Greek Traditions, spices were important and a quite difficult component of Greek cuisine. Spices (Piper nigrum, Majorana hortensis, Laurus nobilis, Zingiber officinale, Anisum vulgare, Petroselinum crispum, Anethum graveolens) were used traditionally both for cooking meals and in medicine. Wormwood (Artemisia absinthium) was well known in Dioskorid period as a drastic remedy for the protection against stomach's problems. Spices and mastica were components of wine.

Spices used frequently assist to increasing the effectiveness of Greek meals as important products for sustain life.

The age of Globalization has made the problem of cultural dialog extra actual, otherwise the Mankind has no chance to survive (Rudnev, 2012). The Glocalization is the process of creation a harmony in Nature, Society and Humans system in the context of Sustainability.

The interest of modern society in Greek meals is stimulated by modern mankind's problems in the health area and a Greek meal is recognized as part of an outstanding cultural heritage at the universal level.

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