

Psychotropic substance and drugs in food

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Preface:

The term originally referred medically to any psychoactive compound with any sleep-inducing properties. A psychoactive drug, psychopharmaceutical, or psychotropic is a chemical substance that crosses the blood–brain barrier and acts primarily upon the central nervous system where it affects brain function, resulting in alterations in perception, mood, consciousness, cognition, and behavior. Food should be a source of energy for people. Recent researches of scientists Harvard Medical School shows that food also can cause addiction of organism. In particular, we are talking about products with high sugar content, which activates the same areas of the brain that drugs such as heroin and cocaine. This partly explains why many people, knowing that being overweight raises accompanying illnesses just cannot stop eating and keep yourself within.

Materials and methods

In our research we use:

- social inquiry;
- survey;
- analysis of the products compound;
- analysis of the contents of labels;

Also we did laboratory experiments, experiment on human beings.

We use:

- scientific works;
- materials from books;
- and scientific magazines;

One of the most important methods of study of the topic is detailed study of the daily used products, which is only confirmed our guesses;

Results

As a result of this work we found narcotic and psychotropic substances in different kinds of products. Should pay attention to the fact that each of us uses them every day, regardless of lifestyle, age and social status. Also we investigate consequences for human body. Moreover, there are a lot of different varieties of narcotics which contains in food have different effects on our body. For those who are thinking about their future and their children's future and we found a way out. We originate of an ideal ration, which helps not

only escape the bad nutritional supplements but improve the overall health. The most important thing that following our system you should reach 100 percent result. Also we tried to dispose of myths about bad effects of different parts of food because there are a lot of things which do not correspond to reality;

Conclusion

During our researches, we find out products to different compounds and we should say that psychotropic substance and drugs in food have a pernicious effect on human organism. We originate of an ideal ration for human which allow to be healthy and not to depend on food. In general, proper nutrition, avoiding various types of products can help us live a long and happy life. One of the most important problems of this thesis is that this problem applies to everyone. We can say with accuracy that we cannot avoid this problem entirely, but still there are many options how to control and to stop this process until it has reached a global scale.

Literature

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