

Introduction to World Nutrition, Volume 14, Issue Number 4, 2023

--by Ted Greiner, Editor

In 2021, I coauthored a paper entitled “The Alkaline Diet and the Warburg Effect” with Iranian researcher Hassan Bahrami (Bahrami and Greiner, 2021). In an editorial in that same issue, I explained my reason for doing so (Greiner, 2021). That article begins with a careful explanation of the Warburg Effect and the principles involved in applying it to the prevention and treatment of chronic diseases. Then it goes on to report on Dr. Bahrami’s test on himself of a so-called alkalizing diet based on a table he created using both modern and traditional sources. This table (reproduced in our article in the current issue) lists foods thought to help overcome acidity at the cellular level (largely from the lactic acid generated from cellular energy creation in the presence of inadequate oxygen). This type of acidic cellular environment has been hypothesized to be involved in chronic inflammation and, when repeatedly present over a long period of time, various chronic diseases, including cancer. Using measurements of venous blood gases (VBG) that the theory suggested ought to respond to this type of dietary manipulation, Dr. Bahrami conscientiously followed this somewhat demanding diet for a month. The VBG indicators showed significant improvement, as hypothesized. In the current issue, he and I are joined by Majid Tafrihi, a professor of molecular and cell biology, to report on the results of adherence to this type of diet by 10 volunteers ([Bahrami et al.](#)). Their VBG indicators also improved dramatically. As far as we know, this is the first time this kind of diet has been properly used and tested, though one Japanese cancer department recently tested something similar on patients with hepatocellular carcinoma (Isowa et al., 2023). We hope that a substantial body of research along these lines will develop in the coming years.

This is the third issue in a row of World Nutrition to include papers about the life and work of one of the pioneers in the field of public health nutrition, Alan Berg, in celebration of his 90th birthday and the 50th anniversary of his seminal book *The Nutrition Factor*. In the first of two relevant papers published in the current issue, [Schuftan](#) sharply calls out those of us who responded to Alan, wondering why so little attention was paid to the socioeconomic factors underlying hunger and malnutrition and why none of us brought up the right to food. He rightly points out that all of us working in public health nutrition should be familiar with it. [Herforth](#), one of the global PHN experts to whom Alan addressed his three questions, provides a second relevant paper, this one in the form of a direct response to Alan. Among the important issues she raises is an emphasis on the need for governments to step up and begin implementing regulations that will lead to a reduction in the consumption of ultra-processed foods and increase in the consumption of whole foods.

The current issue of World Nutrition also includes an important study by [Dutta et al.](#) contrasting the performance of nearly all the states and union territories of India in improving nutritional status of preschool aged children, based on comparing the results of national surveys conducted in 2015-16 and 2019-21. Then [Akinola](#) provides an examination of the food consumption behaviors

of adolescent students in Nigeria. This is followed by [Ishag et al.](#) who explore the association between stress factors and the number of meals consumed per day in a sample of students from Islamabad and Rawalpindi. The final research paper in this issue is by [Issoufou Kapran et al.](#) who present qualitative information on why exclusive breastfeeding is so uncommon among their sample of mothers in Niamey, the capital of Niger.

These research papers are followed by a commentary from [Ibrahim et al.](#), presenting a conceptual model for sustainable food security, their proposed solution-based framework for hunger and malnutrition in Nigeria, which they call the Triple E model.

References

Bahrami, H. and Greiner, T., 2021. The alkaline diet and the Warburg Effect. *World Nutrition* 12(1):20-39. <https://doi.org/10.26596/wn.202112120-39>

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