

## World Citizen Essay

### Ultra Rice

Food. That's the one thing on the minds of so many unlucky individuals in third world countries. They simply cannot afford to think of something other than that, especially the quality of what they're eating. Malnutrition claims the lives of about 50,000 people in hospitals in England, mainly because of a diet consisting only of foods that do not provide the chemicals that are crucial for an efficient body. But now, thanks to the hard work of the Program for Appropriate Technology in Health (PATH) and many other individuals, there is a new food available to those in need of proper nutrients: Ultra Rice. Ultra Rice looks exactly like the white rice sold commonly at grocery stores and donated from hunger relief programs, but it also packs micronutrients that will, in theory, expunge malnutrition from infants and children all over the world. This wondrous innovation is originally the creation of father-and-son team James and Duffy Cox in Bellingham, Washington, a place that may seem like it's in a bit of a corner, but that doesn't change the fact that it was the birthplace of Ultra Rice, a new worldwide force for health.

Iron deficiency is a big problem in places like India and Africa because many people's only source of food is regular white rice, which doesn't come close to meeting the needs of a human body by itself. Ultra Rice, however, is tested and proven to hold iron enough to fortify the body of a fully mature human. It was bio-engineered by Bellingham innovators, and is distributed to those in need by an organization that cares, PATH. When I watch someone in pain, I want to help them, even when my methods

of remedying their discomfort are ineffective. Though I am slightly detached from the suffering of millions across the world, due to the fact that I know no one affected by iron deficiency, I still am gladdened immensely when I hear about Ultra Rice, and its victories against iron deficiency.

There is a theory by Thomas Malthus that states that there will soon be too many human beings on earth to feed in the near future. Although his actual statement is more exact and wordy, Ultra Rice is one thing that disputes this prediction. Because of its micronutritious alterations, people who can't afford nutritious food can get more nutrients out of a bag of Ultra-Rice than normal, white rice provided by hunger relief. With innovations like Ultra Rice, the earth's population will be allowed to grow more freely than described by Thomas Malthus. To what extent, no one can be sure, but with PATH's pioneering efforts into this field, more agricultural wonders are likely to be on their way. I can sleep comfortably now, knowing that there are people like PATH who care about the future, and providing for those in need.

Vitamin A deficiency can weaken the immune systems of about 40 percent of children under five years of age. (3) This corrosion of the human body's defense system renders it vulnerable to sickness and disease, which is deadly in underdeveloped countries. Thankfully, a hero has risen to the occasion: Ultra Rice. This manufactured grain is fortified with, among other things, the micronutrient vitamin A. Strengthening immune systems is right up the Program for Appropriate Technology in Health's alley. It's what they're all about, giving people the opportunity for a healthier life with

innovative medicines. When I notice someone throw away the healthy parts of their school lunches, I think, *How many people across the world would kill for what that person just threw away? How much food is wasted in wealthy countries like America that could be eaten in poorer countries like India?* Well, at least I can ease my conscience a little by thinking about all the good PATH has done with its Ultra Rice, and renew my faith in humanity.

Ultra Rice is a huge and far-reaching project, its goal: tackling hunger and malnutrition. PATH has greatly improved the health of millions across the globe, and they have great things planned for Ultra Rice. Micronutrients combined with rice flour makes a practical solution to all of mankind's problems relating to inadequate food. Already, PATH's Washington-born innovation is preventing all kinds of sicknesses due to deficiencies in minerals, vitamins, and acids; sicknesses such as iron deficiency anemia and xerophthalmia. Many pessimistic people believe that mankind is slowly killing itself, but Ultra Rice is proving them wrong. As Cicero said, "Where there's life, there's hope."

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