

## The Defeat Of The West

Joseph Nduriri May 2026

My French colleague Emmanuel Todd's presentation is not complete because it deals only with the symptoms. My approach addresses the root cause of the problem.

My postulate, or axiom, is that the defeat of the West is primarily a matter of food and nutrition. Western societies consume too much junk food and fast food—what could be called “fat food”—from places such as McDonald's and kebab shops. People eat excessive amounts of food containing pesticides, chemical additives, and sugar. According to Arte TV, excessive sugar consumption can impair brain function by interfering with the proper incorporation of omega-3 fatty acids into the brain. Omega-3s contribute to healthy neurotransmitter connections, and deficiencies may lead to slower cognitive performance and dysfunctions that can result in poor strategic decisions, such as deindustrialization and the transfer of technology abroad.

Sugar contributes to cancer and chronic metabolic diseases such as diabetes. Excessive salt intake leads to hypertension, while too much fat contributes to obesity and may also increase the risk of diabetes. A lack of vegetables weakens the immune system, as around 60% of immune activity is linked to the gut, where beneficial microorganisms depend on nutrients found in vegetables. One could jokingly say that Westerners are afraid of eating vegetables because they fear becoming vegetables themselves. Finally, a sedentary lifestyle is also harming Western populations.

Health is multifactorial and requires a systemic approach. Attention must be paid to the interactions between the pharmaceutical industry, environmental pollutants, food additives, and pesticides, which may contribute to illness while creating demand for medical treatments.

**The only way to reverse the dynamics of the West's decline is to adopt organic foods when possible, maintain a balanced diet, and engage in regular physical exercise. Last but not least, the West must reindustrialize in order to address its negative trade balance.**

**The West may have lost a battle, but it has not lost the war.**

**The West still has a future if it addresses the root causes of its problems.**