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More and more researches have showed that high cholesterol, cardiovascular disease, diabetes, obesity, cancer and other disease that endanger human health are related to inappropriate diets. In particular, the improper dinner can easily lead to many diseases. The most common diseases are the following six species.

1. Urinary tract stones

Studies suggest that urinary tract stones are related to too late dinner. This is because the main component of urinary stones is calcium, and the calcium in foods, in addition to being a part of intestinal absorption, most will be excreted. According to studies, human urinary peak is generally 4 to 5 hours after a meal. If the dinner is too late, voiding its peak, people will be in the state of sleep at the peak of urination and urine is all left in the urethra, leading to the formation of urinary calculi.

2. Acute pancreatitis

Eating too much during dinner is likely to cause acute pancreatitis, and may make people suffer from shock while sleeping. If rescue is not timely, it is life-threatening. If there is stone incarcerated, roundworm obstruction, chronic infection in bile duct, it is more likely to cause acute pancreatitis and quench die.

3. Obesity

If you eat too full at dinner, the concentration of sugar, amino acids, fatty acid in blood will increase. In addition, people often have few activities at night and consume more heat, so the excessive heat will synthesize fat under the effect of insulin, gradually making people fat.

4. High cholesterol and high blood pressure

A large number of clinical and research data have confirmed that people consuming meat or fish for dinner have 3 to 4 times higher blood fat than people who regularly eat vegetarian. And as for people with high cholesterol and high blood pressure, eating meat or fish at dinner is often equal to fuel, so that the condition will be sicker or worse.

5. Diabetes

The elderly long-term eating too full will repeatedly stimulate insulin secretion, often resulting in the increasing the burden of insulin cells, thus inducing diabetes.

6. Coronary heart disease

Often too much intake of calories at dinner can cause elevated blood cholesterol. Too much cholesterol accumulated in the vessel wall over time will induce atherosclerosis and coronary heart disease and other illnesses.

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