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Digestive disease and our metabolism

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The stomach is the main part of the body because by the stomach our whole body gets nutrients. If our stomach gets disturbed the all body gets disturbed. We know that most of the people suffering from stomach problems some have a gastric problem, some with indigestion, sometimes vomiting, pain and several other kinds of disturbances occur, and due to stomach problem, our body gets many kinds of diseases. Our body gets disturbed due to our way of living, types of food and its intake, time for eating and cleanliness. Now we see that many kinds of metabolic disturbance come out day by day and we give only substitutes but we fail to cure it and stop the substitutes. It is time for us to change our eating system to keep our digestive system and metabolism correct.

Method: We must eat our food slowly i.e. 25 to 35 minutes because in our body some hormones take 20 to 30 minutes to secrete. For example, we can take leptin hormone it takes 20 to 30 minutes to secrete. This hormone is responsible to send a message to our brain that our stomach is filled, or we are satisfied with the food. If we will eat our food faster, then there will be no secretion of leptin hormone and no message will be come out to our brain then. we will eat more food and saliva will not be mixed with food and as result, many kinds of hormones will not function properly. We should not talk at the time of eating because by this process our saliva is disturbed and our metabolic process is also affected badly. We must chew food timely and intake of liquid should be more. My method is fit for any kind of metabolic disorders.

Biography

Pramod Stephen has completed his Matric S.E.C. from Allahabad (UP) in 1973 (Arts Compartment) & I.A. B.U. from Muzaffarpur in 1977 (Geography 3rd div). Subject of his study/research is on Dairy with Animal feed & Diabetes specialization. His Notable Contributions include preparation of low cost animal feed by useless substances like khakhra (dead rice grain) and calcium, maze khari (oil cake) and turmeric certified by NDRI Karnal, Haryana (India) & human medicine by useless substance i.e. bile juice to cure stomach problems. He has also written a book named "Your Health is in Your mouth" on human health to cure diabetes, stomach problems, metabolic disorders, thyroids, piles etc. Professional awards/honours include the Shristi Samman (2007) - by N.I.F. (Science & Technology) Ahmedabad for low cost Animal feed, Champaran Ratna (2008), Rotary Motihari Lake Town.

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