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Water and our metabolism

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Nature itself has complete substance and process to control the diseases. It has many processes like clean air, clean water, exercise, seeming, eating the natural and adequate food, drinking the requirement of water with good process, clean the body, live in a clean environment, do the physical exercise then the life of a man become healthy wealthy and wise. When we went to research journey (Shod Yatra) we see very few people live in hundred years then we asked people the reason of your long life then they told us that I have a simple life and we expand our life in nature. We can see that all substance requires for our body present in the nature like iron, manganese, sulfur, boron, palladium, zinc, chromium, and other many substances. These substances also present in fruits vegetables and different grains. As we know that the land of different places is different color, smell, and structure. I found that every place has a different kind of water test if it is not purified. Water is very necessary for our metabolism. We see that many people do not drink outside water they always prefer to sterilize water to some extent it is good. But when our body needs water then they do not get sterilize water it gets the bad effect on our metabolism and our endocrine gland gets depressed. Many people do not drink water during the traveling time and office hours because they do not want to go toilets many times. Due to take less water many people get a stone burning sensation in urination. So, my advice to every people of the world they must drink enough water that their urine not goes in yellow color and not try to control the urine because we control urine that time our metabolic system gets disturbed and we feel uneasiness in body, mind and blood circulations. Many times we get pain during urination that time we need medicine.

Biography

Pramod Stephen has completed his Matric SEC from Allahabad (UP) in 1973 (Arts Compartment) and IA BU 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/honors include the Shristi Samman (2007) by NIF (Science & Technology) Ahmedabad for low-cost Animal feed, Champaran Ratna (2008), Rotary Motihari Lake Town.

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