



BOOK PRESENTATION

LONGEVITY THRU ENGG MEDICINE

AUTHOR & PRESENTER

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BOOK CONTENT

- **INTRODUCTION OF VARIOUS MEDICAL SYSTEMS**
- **ENGINEERING MEDICINE – A DIAGNOSTIC TECHNIQUE**
- **ENSURING LONGEVITY, TRIPLING YOUR LIFE**
- **ALTERNATIVE MEDICINE- BIOCHEMIC SYSTEM, MAGNETIC, NATUROPATHIC**
- **DIAGNOSTIC SKILLS, USE OF PATHOLOGY FOR BIOCHEMIC SALT SELECTION**
- **DESCRIPTION AND TREATMENT OF DISEASES**
- **USE OF VITAMINS, BODY pH CONTROL**
- **SEXUAL PROBLEMS, ORGASM, BAN CIRCUMCISION,**
- **AGEING REVERSAL, AVOIDING CANCER**
- **LONGEVITY FOODS**
- **CLINICAL CASES**

HUMAN LONGEVITY

- **DEVERAHA BABA, INDIA, 400 YRS (MIT RESEARCH 250+ YRS)**
- **LIFE EXPECTANCY -JAPAN 102 YRS (MAX.120 YRS)**
- **INDIA- 69 YRS, MAXIMUM 125 YRS (living person)**
- **MUMBAI, INDIA- 52 YRS**
- **RURAL, INDIA- 80 YRS**
- **DEATH RATE IN PRODUCTIVE AGE 20-60 YRS- 4 PER 1000**
- **OVERALL DEATH RATE IN INDIA- 7.3 PER 1000**
- **MAINLY 4 REASONS OF ADULTS' DEATH**
- **KIDNEY FAILURE, LIVER CANCER, LUNGS CANCER, HEART FAILURE**
- **IT IS INDIVIDUALS' RESPONSIBILITY TO LIVE LONGER**

HUMAN MORTALITY

- **TOTAL DEATHS IN INDIA EVERY YEAR- 1 CR**
- **WORLD HEALTH ORG ON DEATHS IN INDIA - 61% DUE TO NON-COMMUNICABLE DISEASES (NCD), CONSISTING OF**
- **CARDIO-VASCULAR- 45%**
- **CRONIC RESPIRATORY- 22%**
- **CANCER- 12%**
- **DIABETES-3%**
- **NCD DEATHS ARE CONTROLLABLE**
- **COMPANIES CAN MAKE PROPER MECHANISMS**
- **STRESS CONTROL/ LIFE STYLE/ WORK-LIFE BALANCE**
- **KNOW YOUR OWN BODY MACHINE**

VARIOUS MEDICAL SYSTEMS

- **ALLOPATHIC- BACTERIA, VIRUS, HORMONES, CHEMICALS**
- **AYURVEDIC- VAT, PITT & COUGH TO CORRECT SICKNESS**
- **HOMEOPATHIC- ITEM THAT CREATES DISEASE, CAN ALSO CURE WHEN GIVEN IN MOLECULAR QUANTITY**
- **BIOCHEMIC – MAKE UP OF 12 BODY TISSUES CHEMICALS**
- **MAGNETIC- CLEANS BLOOD VESSELS TO INCREASE BLOOD CIRCULATION**
- **ACCUPRESSURE- PRESSURE POINTS TO REDUCE PAIN**
- **ENGG MEDICINE- BODY AS A CHEMICAL PROCESS MACHINE, DIAGNOSE THE ROOT CAUSE, DECIDE WHICH CURE IS BEST FOR CURRENT SITUATION AND THE LONG TERM SOLUTION.** ⁵

CELL- A BASIC UNIT OF BODY

- A CELL IS A UNIT IN ITSELF TO PERFORM CERTAIN PREDEFINED FUNCTIONS
- A GROUP OF CELLS MAKE AN ORGAN
- BODY IS A COMBINATION OF ORGANS WITH A SPECIFIC PURPOSE
- ORGANS WORK LIKE VARIOUS PARTS OF A CAR
- BLOOD, A LIFELINE FLUID, NEEDS QUALITY CONTROL
- BLOOD SUPPLIES TO CELLS THE OXYGEN AND ENERGY FUEL
- BLOOD HAS RBC, WBC, PLATELETS, PLASMA (SERUM)
- RBC LIFE NORMAL 120 DAYS, THALASSEMIA CASE <30 DAYS

How much blood?



How many **litres of blood** are there in the circulatory system of an average adult?

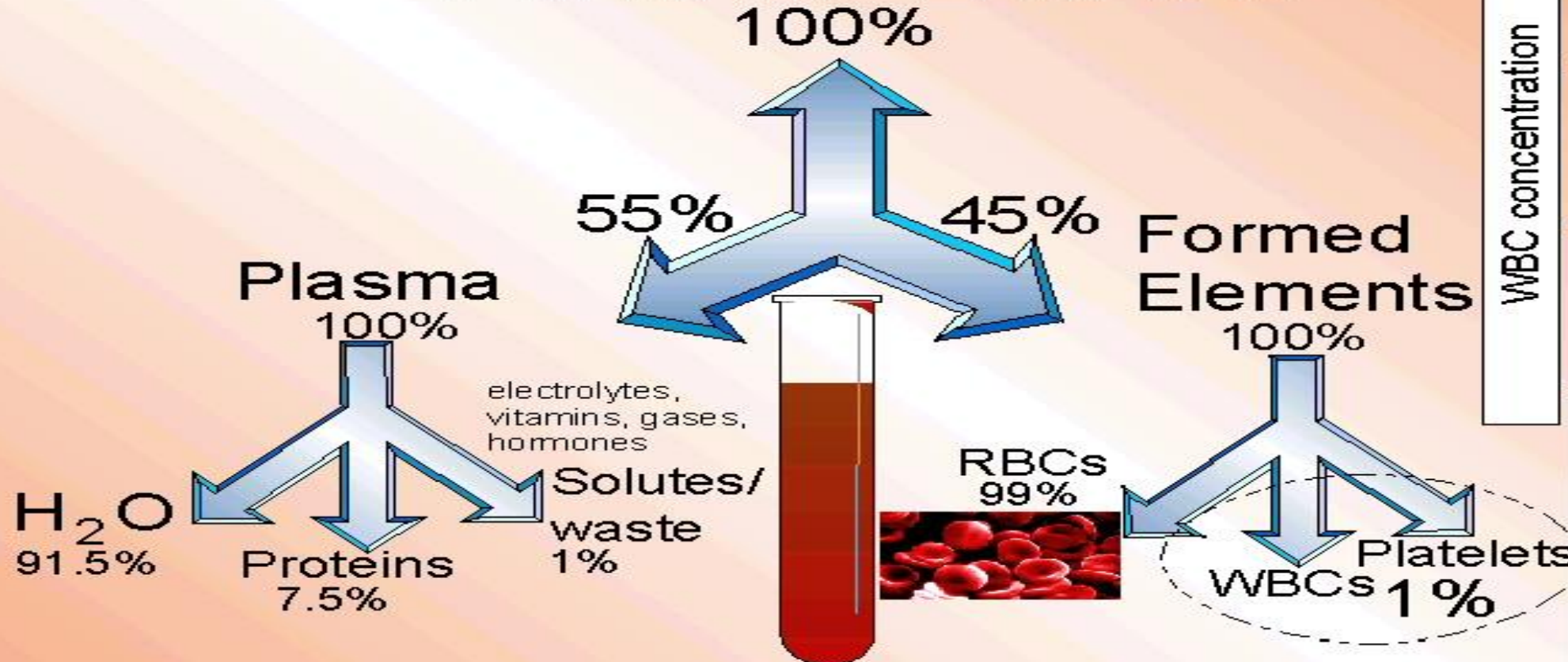
teachable

5.5 litres



BLOOD COMPONENTS

Whole Blood



WBC concentration

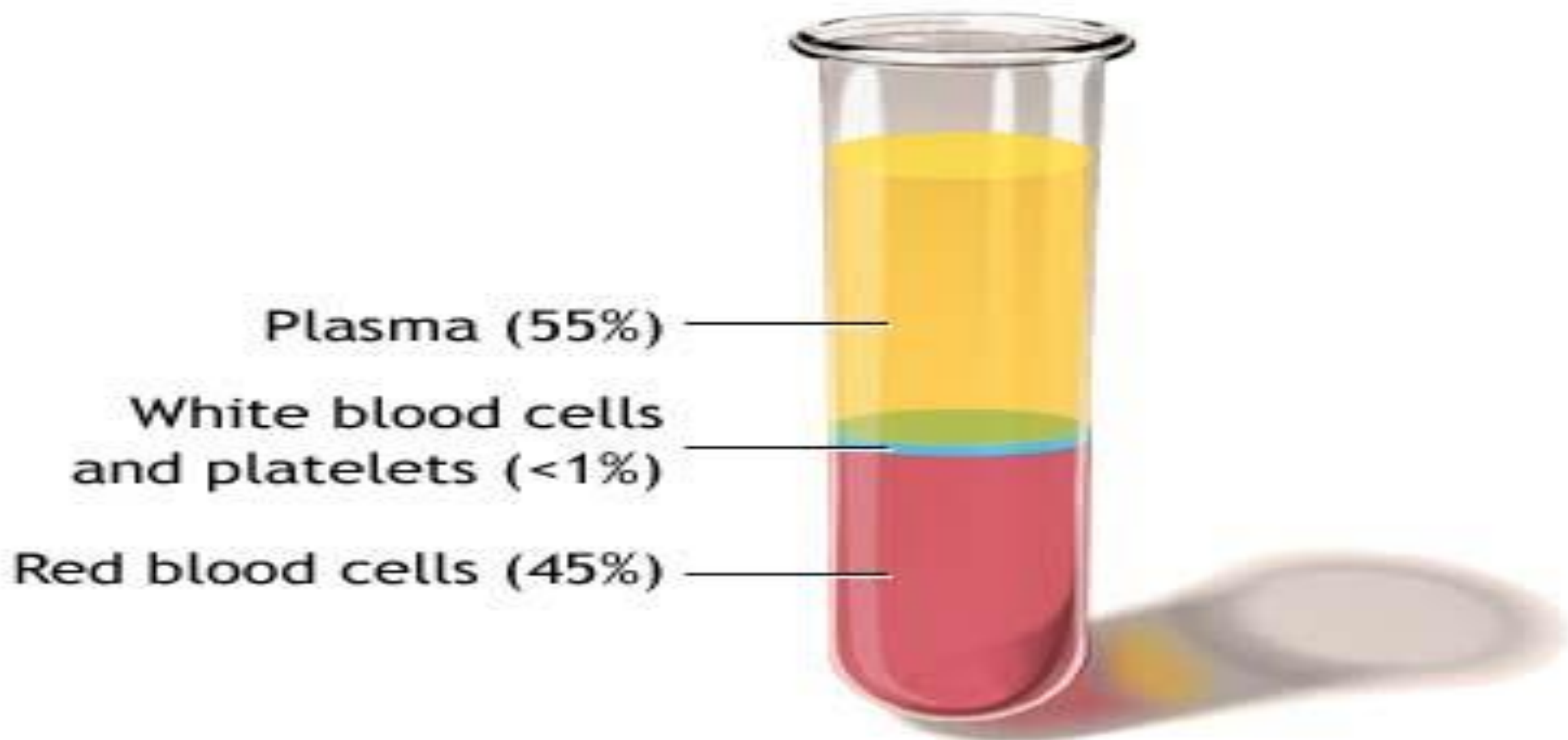
65%	
23%	
5%	
4%	
1%	

Plasma Protein composition

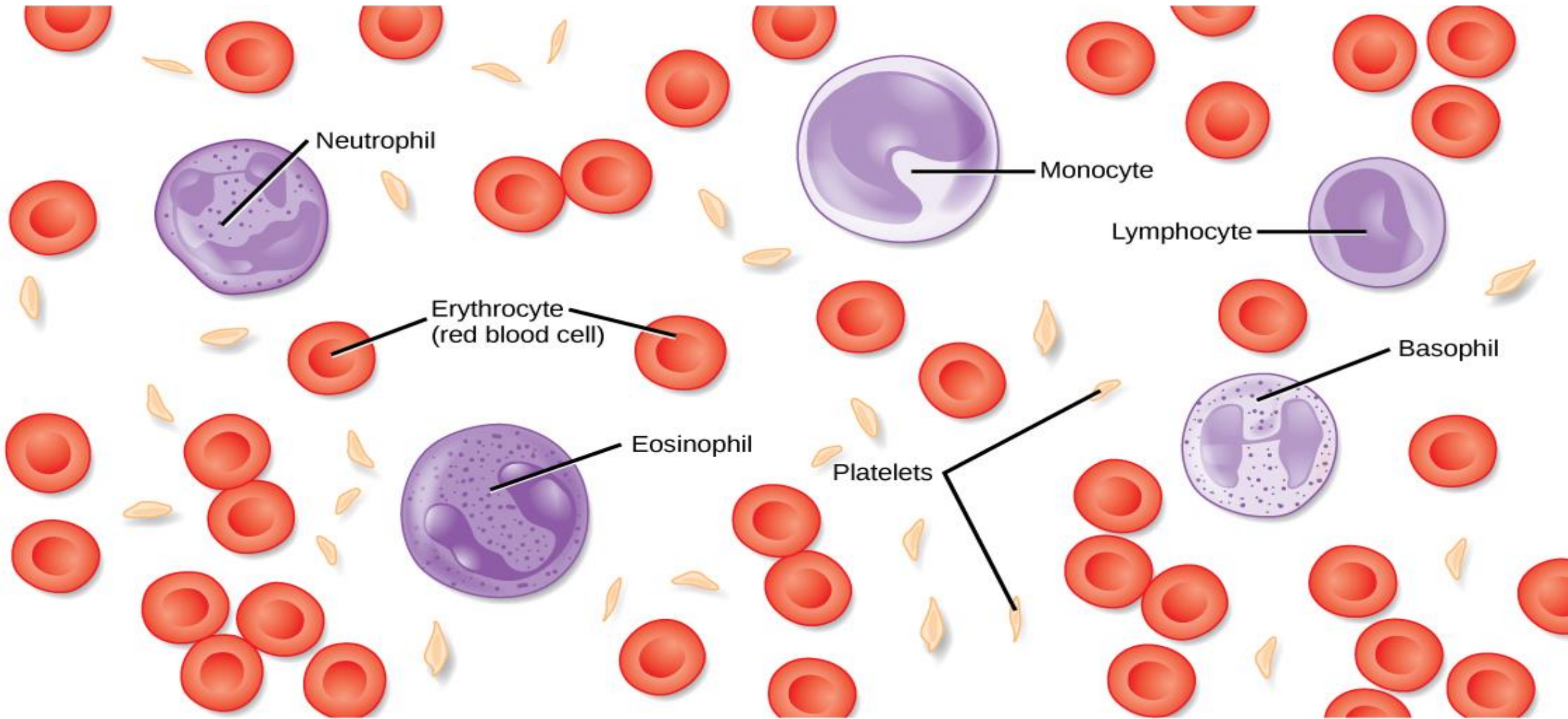
Albumins 54% smallest, most abundant. transport fatty acids	Globulins 38% from plasma & liver cells; 38% Gamma Globulins Immunoglobulins	Fibrinogen 7% + trace substances
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fibrinogen- 7%, made by liver

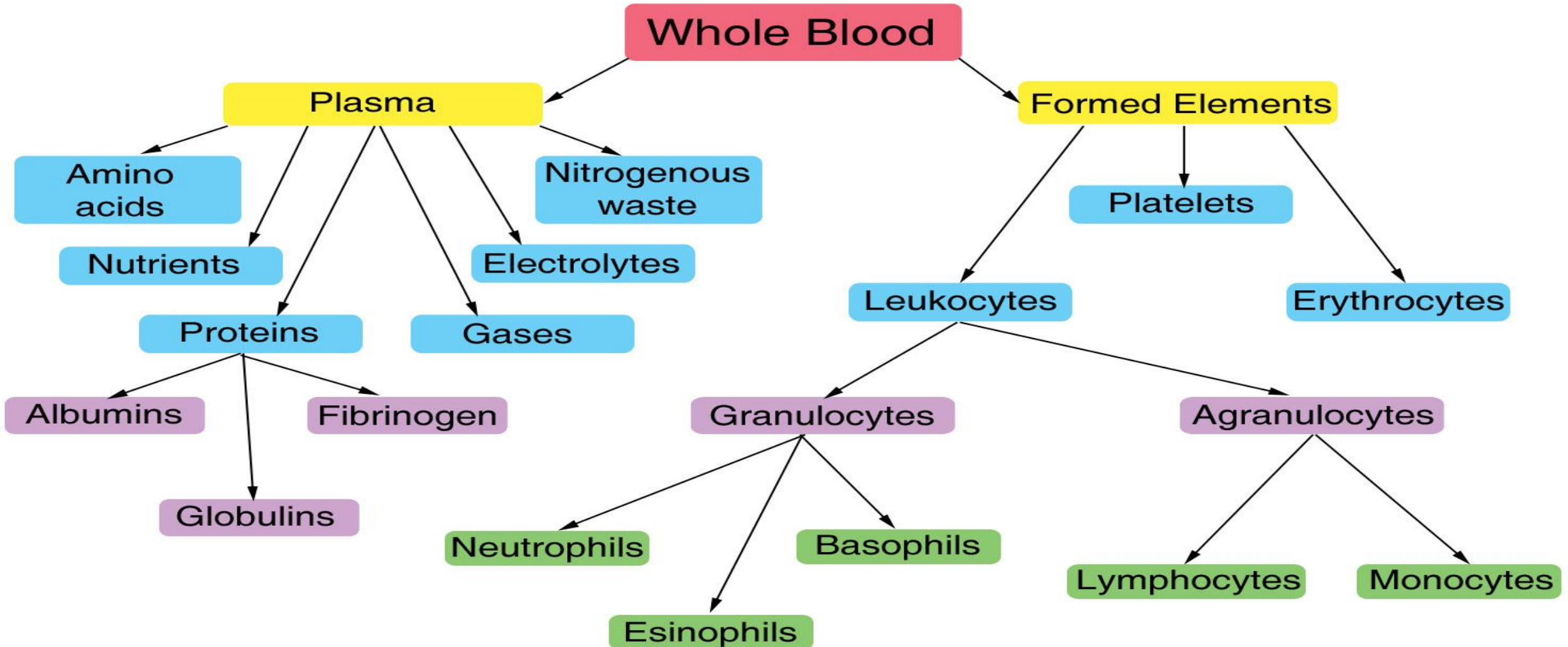
STILL BLOOD



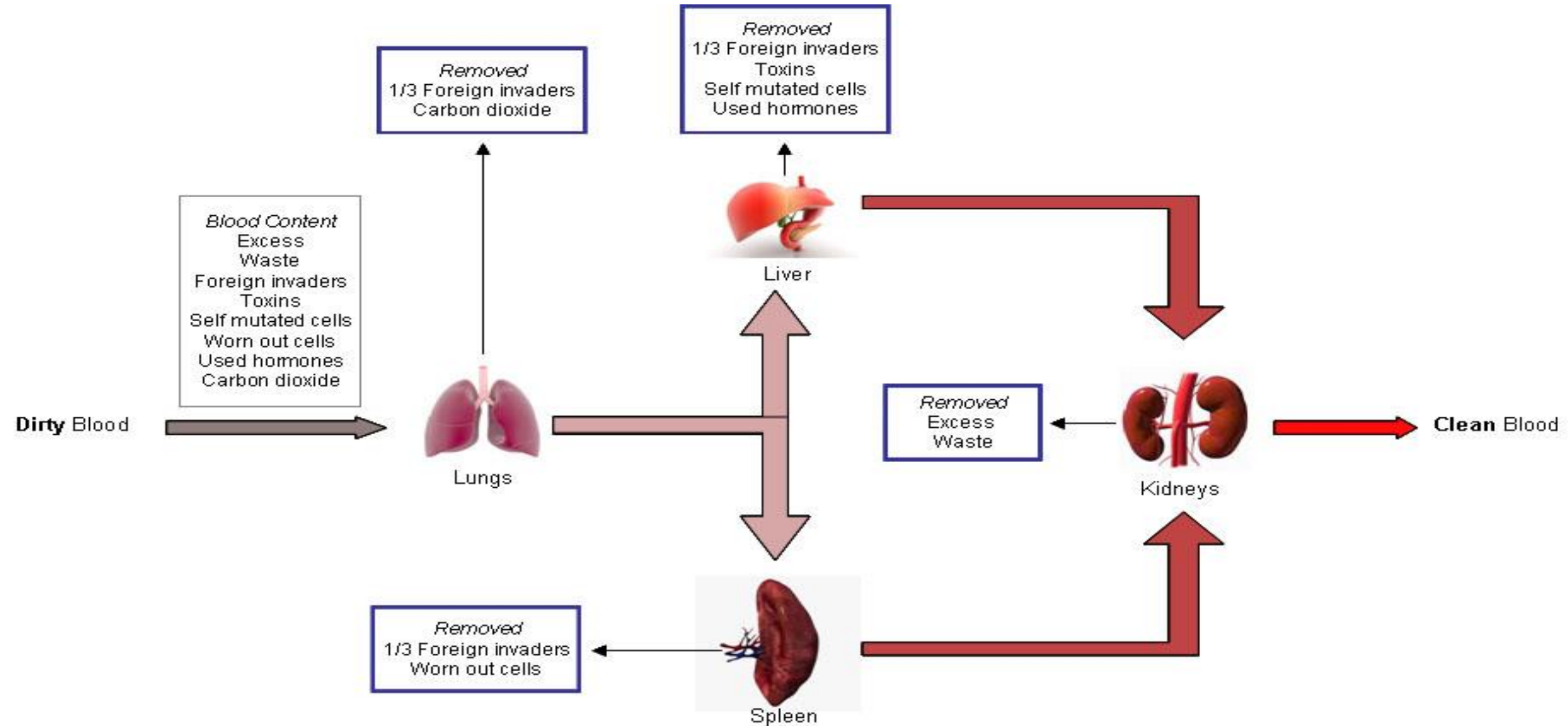
BLOOD MAGNIFIER



BLOOD COMPONENTS

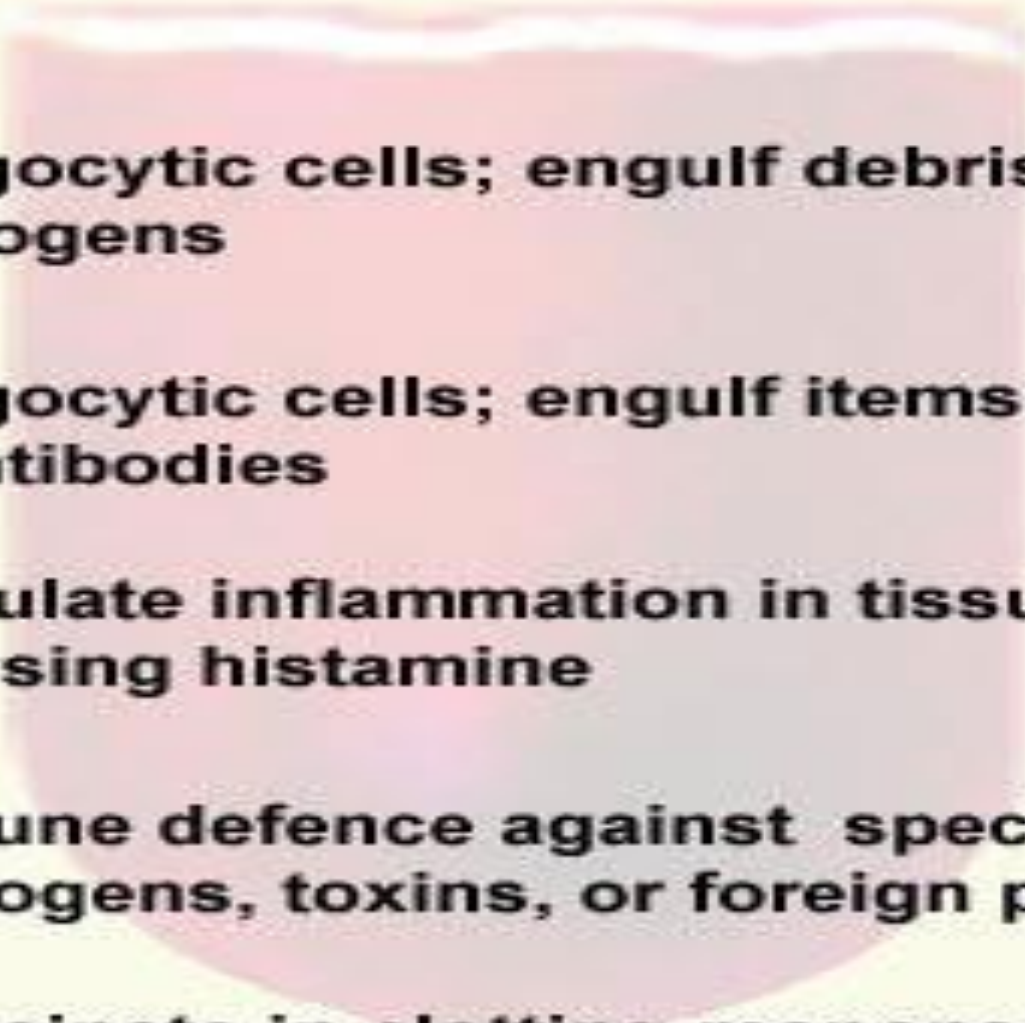


BLOOD CLEANING MECHANISM

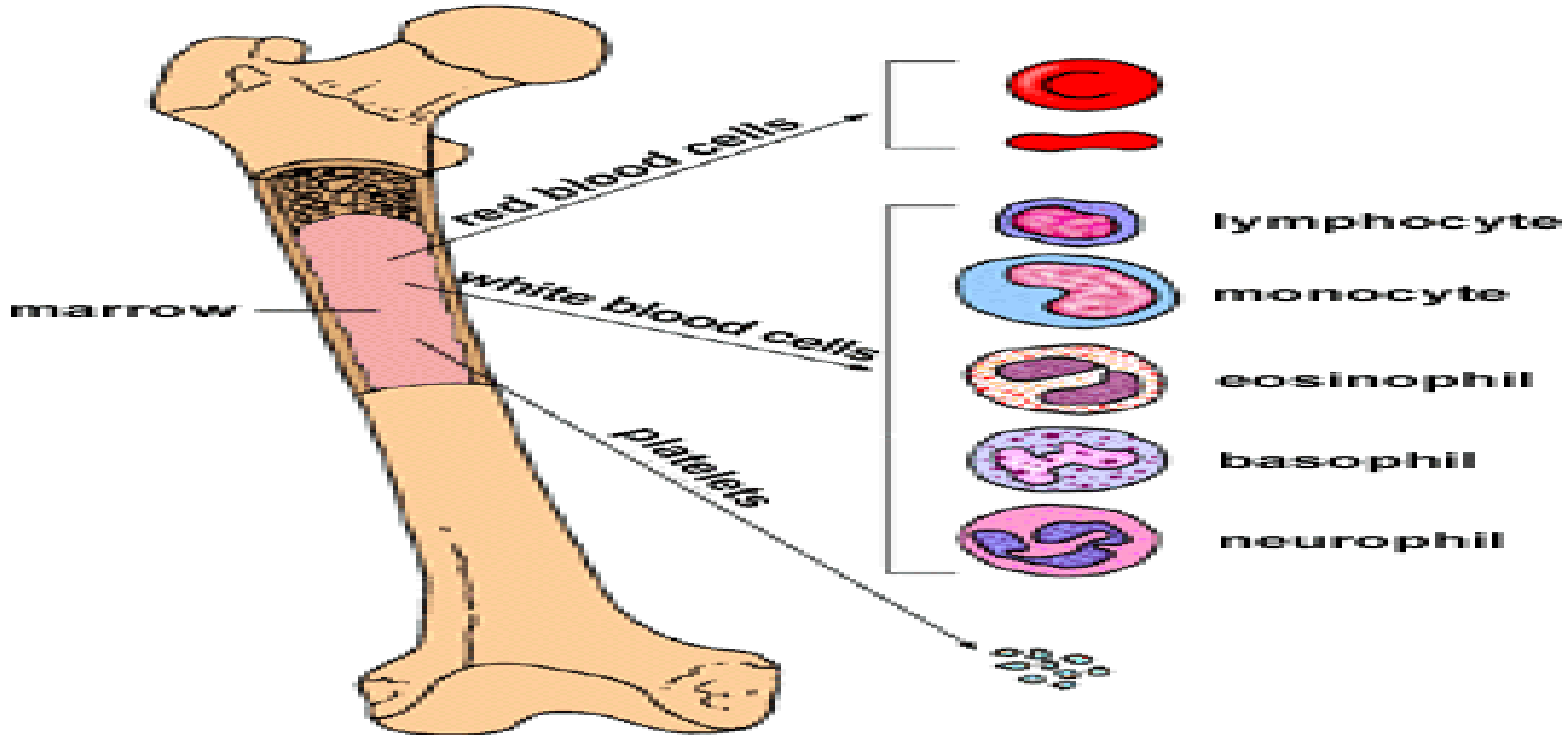


BLOOD USES IN BODY

RED BLOOD CELLS:	Transport oxygen and carbon dioxide
WHITE BLOOD CELLS:	
NEUTROPHILS & MONOCYTES:	Phagocytic cells; engulf debris and pathogens
EOSINOPHILS:	Phagocytic cells; engulf items coated in antibodies
BASOPHILS:	Stimulate inflammation in tissues by releasing histamine
LYMPHOCYTES:	Immune defence against specific pathogens, toxins, or foreign proteins
PLATELETS:	Participate in clotting response

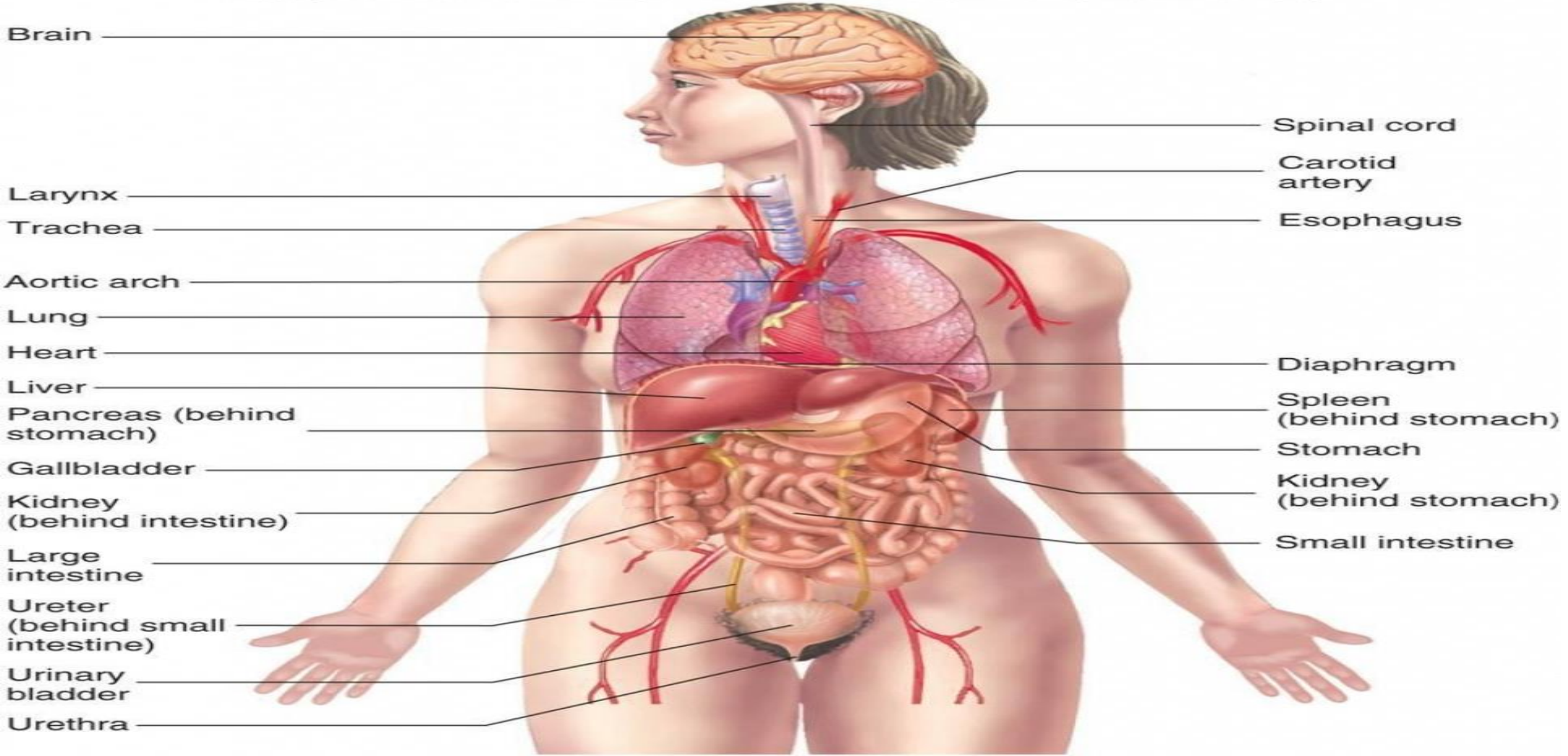


BLOOD FORMATION

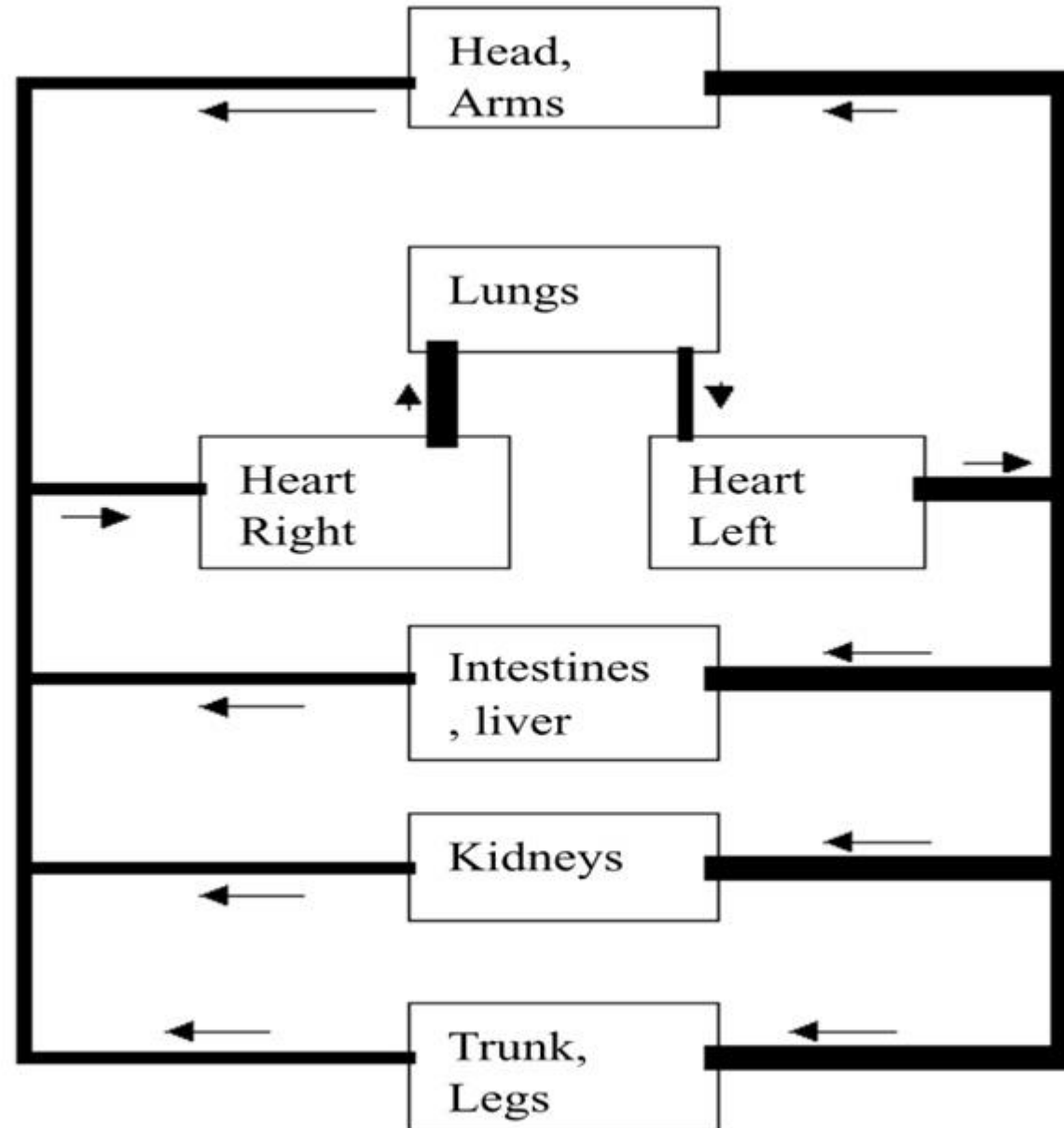


HUMAN BODY PARTS

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BLOOD CIRCULATORY SYSTEM- ENGG MODEL



BODY DISTRESS CALL

- **HIGH OR LOW TEMPERATURE**
- **HIGH OR LOW BLOOD PRESSURE**
- **PAIN IN PARTICULAR LOCATION**
- **HEADACHE- FULL HEAD / HALF HEAD**
- **NUMBNESS IN ANY PART / PART MOVEMENT PROBLEM**
- **VOMIT SENSATION / ACID FEELING / ACID REFLUX**
- **VERTIGO / LIGHT HEAD FEELING**
- **SWEATING / WATER RETENTION PROBLEM**
- **ALLERGIC COUGHING WITH OR WITHOUT PHLEGUM**
- **UNCOMFORTABLE FEELING- MENTAL/PHYSICAL**

HUMAN BODY AS ENGINEERING MODEL

SKELETON SYSTEM-

- **206 BONES AND JOINTS MOVEMENT**
- **MUSCULAR SYSTEM- 650 MUSCLES- HALF BODY WEIGHT**
- **MUSCULAR MOVEMENT BY Mg^{+} (CONTR)& K^{+} (EXPN)**
- **MUSCULAR PAIN DUE TO LACK OF BLOOD CIRCULATION**
- **CIRCULATORY SYSTEM- CLOSED CIRCUIT SYSTEM**
- **BLOOD SUPPLY THROUGH ARTERIES, BACK THRU VEINS**
- **HEART AS RECIPROCATING DIAPHRAGM PUMP**
- **FULL BLOOD THROUGH LUNGS FOR CO_2 / O_2 EXCHANGE**
- **HEAD, HANDS, TRUNK, LEGS, KIDNEY ETC. IN PARALLEL**

HUMAN BODY AS ENGINEERING MODEL

DIGESTION SYSTEM-

- MOUTH, OESOPHAGUS, STOMACH, LIVER, DUODENUM, PANCREAS, SMALL INTESTINE, LARGE INTESTINE, COLON, RECTUM
- BODY MAINTAINS Ph VALUE, SALIVA 6.5-7.5, STOMACH 4.0-7.0, SM INT 7.0-8.5, COLON 4.0-7.0, BLOOD 7.35-7.45, URINE 6.0-8.0
- BODY WILL DIE AT BLOOD Ph BEYOND 6.8-7.8
- SODIUM CHLORIDE, SODIUM HYPO PHOSPHATE, SODIUM SULFATE- GIVE Na^+ , INCREASES Ph
- SOME ACIDS TRIGGER EXCRETION OF SODIUM FROM BLOOD

HUMAN BODY AS ENGINEERING MODEL

REPRODUCTIVE SYSTEM –

- FEMALE 2 OVARIES RELEASE OVUM ALTERNATE MONTH
- OVUM LIFE 2 DAYS, REACHES UTERUS IN 14 DAYS
- MALE CONTINUOUS PRODUCTION X & Y SPERMS-LIFE 5 DAYS
- X-SPERM PRODUCES FEMALE FOETUS, Y-SPERM PRODUCES MALE
- CHILD SEX IS DECIDED AT THE TIME OF SPERM AND OVUM UNION
- SELECTIVE REPRODUCTION FOR FARM ANIMALS, MORE FEMALES FOR MORE MILK AND MORE MALES FOR MEAT & FARM WORKING.
- GOOD TECHNOLOGY FOR DAIRY BUSINESS
- REPRODUCTIVE LIFE-HUMANS 18-50 YRS, FARM ANIMALS 1-15 YRS
- ELEPHANT (MAMMAL) LIFE SPAN 250 YEARS, GESTATION 24 MONTHS

HUMAN BODY AS ENGINEERING MODEL

ENDOCRINE SYSTEM –

- **GLANDS PRODUCE HORMONES & ENZYMES**
- **THYROID, PITUITARY, PANCREASE, LIVER, TESTES, OVARIES**
- **BODY CONTROL MECHANISMS**
- **GROWTH, MOOD, DIGESTIVE ACTIVITIES, TRAITS**
- **GLANDS ARE SELF REGULATORY, FOR BENEFIT TO BODY**
- **BLOOD CIRCULATION THROUGH GLANDS NECESSARY**
- **GLAND CAPILLARIES GET CLOGGED, SUPPRESS ACTIVITY**
- **EXTERNAL HORMONES ALSO SUPPRESS GLANDS ACTIVITY**
- **GLANDS CAN BE ACTIVATED BY INCREASED BLOOD SUPPLY**

HUMAN BODY AS ENGINEERING MODEL

BRAIN & NERVE SYSTEM–

- **CONTROLS WHOLE BODY SYSTEMS**
- **CONTROLS HEART BEAT, SENSES, MOVEMENT, TASTE**
- **PROVIDES ARTIFICIAL INTELLIGENCE, RECORD KEEPING**
- **NEW BRAIN CELLS FOR NEW INFORMATION, REVISION**
- **GENERATES AND CONTROLS IMOTIONS**
- **INCHING MOVEMENT, LOCKING THROUGH Mg⁺ & K⁺ IONS**
- **INVOLUNTARY MOVEMENTS FOR SELF PROTECTION**
- **BLOOD CIRCULATION THRU ALL FACULTIES NECESSARY**

GASTIRC SYSTEM MEMORY EFFECT

- **BODY RECORDS FOOD CONTENT AND INTAKE TIMINGS**
- **READY STOMACH TO RECEIVE SIMILAR FOOD NEXT DAY**
- **ARTIFICIAL INTELLIGENCE, FAT ENERGY STORAGE**
- **HUNGER FEELING AT REGULAR TIME**
- **HUNGER DIMNISHES IF FOOD TAKEN LATE**
- **LITTLE FOOD WITH WATER INTAKE CAN ALSO REPLACE MEAL**
- **FULLY CHEW TASTY ITEM IN MOUTH TO GIVE A FULL FEELING**
- **SMALL BUT FREQUENT FOOD IS BETTER THAN OVER-EATING**
- **ACID GENERATION AT REGULAR TIME, REGULAR FOOD MUST TO AVOID ACIDITY**

BODY PROBLEM IDENTIFICATION

- PHYSICAL- TEMP, BLOOD PRESSURE, PULSE, URINE pH
- PAIN/ SWELLING/ AFFECTED PART
- IDENTIFY SYSTEMS HAVING PROBLEM
- IDENTIFY PART SHOWING DISTRESS LEVEL
- BLOOD TEST/ INVESTIGATION
- IDENTIFY POSSIBLE DISEASES
- DIFFERENTIAL DIAGNOSIS TO REMOVE DOUBTFUL DISEASE
- IDENTIFY WHAT WAS FOOD AND SYMPTOMS A DAY BEFORE
- TRY NATURAL TREATMENT FIRST AND OBSERVE EFFECT
- TAKE MORE FACTORS INTO ACCOUNT AS A WHOLISTIC TREATMENT

BODY PROBLEM IDENTIFICATION

- BLOOD PRESSURE HIGH- PULSE, SYSTOLIC, DIASTOLIC, VEINS
- NUMBNESS- LOW BLOOD CIRCULATION
- VERTIGO- LOW HB, ACIDITY, LOW BP, LACK OF BODY WATER
- WEAKNESS- LOW FOOD INTAKE, FEVER, ACIDITY, INDIGESTION, LOW HB
- INFECTION- TEMP. HIGH, WBC HIGH, LOW HB, PULSE HIGH
- NEUTRIFILS HIGH MEANS BACTERIAL INFECTION
- FEVER + LOW WBC INDICATES VIRAL INFECTION
- HIGH LYMPHOCITES MEANS SWELLING SOMEWHERE
- HIGH ESINOFILS- SKIN ALLERGY, ASTHMA, ETCHING, CORYZA
- ESR INDICATES CUMULATIVE INFECTION OVER A PERIOD

BODY PROBLEM IDENTIFICATION

- PAIN IDENTIFICATION-
- LINE PAIN IN MUSCLES- LACTIC ACID
- NEEDLE PAIN IN JOINTS/SPINE- URIC ACID
- NEEDLE PAIN IN HEAD- HCl
- UNDER RIBS PAIN RIGHT SIDE- GALL STONE/ LIVER SWELLING
- LOWER SIDE BACK PAIN- KIDNEY STONE
- NUMBNESS / COLD PAIN- LACK OF BLOOD SUPPLY
- SWELLING/ EMBOLISM- BLOOD DRAINAGE PROBLEM
- TOOTH SENSITIVITY- ENAMEL LAYER DEPLETION
- TOOTH LOOSE/ ROOT PAIN – ROOT INFECTION
- ETCHING PAIN- URIC ACID PROBLEM

DISEASE ON ENGG MODEL-ACIDITY

- **SIMPLE pH PROBLEM**
- **STOMACH pH GOES DOWN THE MIN. WORKING LEVEL (4-7)**
- **REASONS- EMPTY STOMACH, LONG FASTING, LATE BREAK FAST, ACIDIC FRUITS, OVER EATING, CONSTIPATION, UNCLEAR MOTION**
- **TREATMENT- TO INCREASE pH, VOMITTING WITH WATER**
- **TAKE ALKALINE FRUITS & FOODS, AVOID EMPTY STOMACH**
- **BOWEL EXERCISES FOR CLEARING GASTRIC SYSTEM**
- **FOLLOW NORMAL SLEEP PATTERN**
- **SMALL BUT FREQUENT FOOD INTAKE WITH LOTS OF WATER**
- **LOW FAT FOOD/ BOILED VEGETABLES WITH SALADS**

DISEASE ON ENGG MODEL-CONSTIPATION

- **SYMPTOM- EXCESSIVE GAS FORMATION, INTESTINAL PAIN, SIMPLE INDIGESTION- UNCLEAR MOTION PROBLEM**
- **DIGESTION DELAYED DUE TO SLUGGISH LIVER, LOW pH**
- **INTESTINAL BLOCKAGE, WORMS, PILES, LOW FIBRE FOOD**
- **IRREGULAR FOOD INTAKE TIME, LOW FLUID/WATER INTAKE**
- **TREATMENT- TO INCREASE pH, VOWEL MOVEMENT**
- **TAKE ALKALINE FRUITS & FOODS, AVOID EMPTY STOMACH**
- **BOWEL EXERCISE FOR CLEARING GASTRIC SYSTEM**
- **FOLLOW NORMAL SLEEP PATTERN**
- **SMALL BUT FREQUENT FOOD INTAKE WITH LOTS OF WATER**
- **LOW FAT FOOD/ BOILED VEGETABLES WITH SALADS**

DISEASE ON ENGG MODEL-DIARRHOEA

- **MOSTLY DUE TO LOW pH IN SMALL OR LARGE INTESTINE**
- **COLON STOPS WATER ABSORPTION**
- **BODY PROTECTION & CLEANING MECHANISM**
- **TREATMENT BY MAKING UP THRU SALT AND SUGAR WATER**
- **ALKALINE FOOD/ FRUITS TO INCREASE pH**
- **MEDICINES TO REDUCE BOWEL IRRITABILITY**
- **DIARRHEA WITH VOMITTING (CHOLERA) IS SERIOUS**
- **RISK OF URIC ACID AND UREA TOXICITY**
- **FAST TREATMENT IS NECESSARY**
- **BEWARE OF WATER/ FOOD QUALITY IN FUTURE**

DISEASE ON ENGG MODEL-MIGRAINE

- **LARGELY DUE TO HIGH HCL CONCENTRATION IN BLOOD, HYPERKALAMIA/ HYPONATREMIA, LOW PULSE, LOW BLOOD PRESSURE, LOW TEMP**
- **LOW BLOOD Ph GIVES NEEDLE PAIN IN BRAIN, LOCAL POINTS**
- **INTAKE OF SOME Na⁺ EXCRETION TRIGGER A DAY BEFORE**
- **TRIGGERS- LEMON, ACETIC ACID, EMPTY STOMACH, STRESS, ULCER**
- **DIGESTION STOPPED RESULTS IN LOW BODY TEMPERATURE**
- **TREATMENT THRU HCL EXCRETION FROM BLOOD VIA STOMACH**
- **ALL ACID OUT THROUGH VOMITTING, EACH TIME WATER**
- **CUCUMBER WITH SKIN, DRY ATTA BISCUITS (NON-BUTTER)**
- **WAIT FOR 1-2 HRS TO SETTLE DOWN**
- **TAKE EASY DIGESTIBLE/ ALKALINE FOOD WHEN APETITE.**
- **SMALL BUT FREQUENT FOOD IN FUTURE. AVOID Na⁺ TRIGGERS**

DISEASE ON ENGG MODEL- BLOOD PR

- **BLOOD PRESSURE- LOW OR HIGH (NORMAL 120/80 MM Hg)**
- **CLOSED CIRCUIT BLOOD RECIRCULATION SYSTEM**
- **PULSE, SYSTOLIC, DIASTOLIC, VEINS PRESSURE INDICATORS**
- **LIPID, ESR, TLC, UREA, URIC ACID, WATER CONTENT-REASONS**
- **DIAGNOSE THE REAL PROBLEM**
- **TREAT WITH LONG TERM STRATEGY**
- **BODY WEIGHT, FOOD, FRUIT INTAKE, LIFE STYLE CHANGES**
- **ACIDIC INPUT DECREASES BP, DECREASES WATER IN BLOOD**
- **ALKALINE INPUT INCREASES BP-INCREASED WATER CONTENT**
- **LEMON FOR HIGH BP, CUCUMBER WITH NaCl FOR LOW BP**

DISEASE ON ENGG MODEL- PARKINSON

- **BODY WORKING FREQUENCY 1.2 Hz (PULSE 72 PER MIN)**
- **SKELETON NATURAL FREQUENCY- 2 TO 10 Hz**
- **TIGHT MUSCLES- HIGHER NATURAL FREQUENCY**
- **LOOSE MUSCLES- LOWER NATURAL FREQUENCY**
- **RESONANCE/HARMONICS GENERATION AT LOOSE MUSCLES**
- **PAIN KILLERS, NICOTINE, WINE CREATES LOOSE MUSCLES**
- **LOW DOPAMINE HORMONE, INCREASED BY EXERCISE**
- **LOW CONFIDENCE LEVEL RESULTS IN MORE PROBLEM**
- **TREATMENT- STRENGTHENING MUSCLES**
- **AVOID MEDICINES HAVING SIDE EFFECTS**
- **YOGA, LIGHT MUSCLE EXERCISE, ALTERNATIVE MEDICATION**

DISEASE ON ENGG MODEL-ARTHRITIS

- ANY OR ALL BODY JOINTS EFFECTED
- URIC ACID IS A CULPRIT
- URIC ACID IS A MIDDLE PRODUCT IN MUSCULAR ACTIVITY
- UREA IS FINAL PRODUCT OF PROTIEN METABOLISM
- URIC ACID, NEEDLE CRYSTALS IN IDLE JOINTS/ SPACES
- TREATMENT LIES IN REDUCTION OF URIC ACID
- AVOID HIGH PROTEIN INTAKE, RED MEAT, PULSES, RAJMA, MUSHROOM, SPINACH, RAW TOMATO, CHEESE ETC.
- USE MAGNETIC THERAPY TO INCREASE BLOOD CIRCULATION
- TAKE GARLIC, SODIUM PRODUCTS TO DISSOLVE URIC ACID

DISEASE ON ENGG MODEL-PILES

- **LARGELY A PROBLEM OF BLOOD LUMPS, STOOL LEAKAGE & BRITTLE SKIN AT RECTUM**
- **BASICALLY INNER LINING GETS ELONGATED ON PRESSURE**
- **BLOOD LUMPS GET FUNGAL INFECTION/ ETCHING**
- **BLEEDING RED DETECTED IN TOILET**
- **CONSTIPATED PEOPLE HAVE IT MORE**
- **TAKE EASILY DIGESTIBLE FOOD, FIBROUS, GREEN SALAD**
- **HOMEOPATHIC MEDICINE FOR DIGESTION & CONSTIPATION**
- **APPLY MUSTARD OIL LOCALLY AND PUSH LUMPS INSIDE**
- **TAKE CS6X + SIL 6X FOR DISSOLVING BLOOD LUMPS**
- **REGULAR BOWEL EXERCISE AFTER MEAL**

DISEASE ON ENGG MODEL-OBESITY

- **LARGELY A PROBLEM OF MISMATCH OF CALORIE IN & OUT**
- **HYPO-THYROID, DIFFERENTIAL DIAGNOSIS, FEW CASES**
- **40% URBAN OBESITY IN INDIA, RARELY IN RURAL AREAS**
- **VISCIOUS CIRCLE OF WEIGHT GAIN**
- **MORE WEIGHT-MORE ENERGY TO MOVE- MORE FOOD IN**
- **TREATMENT- WILL POWER, LIFE STYLE CHANGES**
- **LESS FOOD WITHOUT FAT- MORE FREQUENTLY, IF NEEDED**
- **NO FOOD WITHOUT APPETITE, MORE FRUITS**
- **FULL CHEWING, WALK 1 KM AFTER EVERY MEAL**
- **TAKE SOME BISCUITS WITH WATER IF NEEDED IN BETWEEN MEALS**

DISEASE ON ENGG MODEL-PIMPLES, ACNE

- **LARGELY A PROBLEM OF DRAINAGE OF EXCESS ALBUMIN**
- **ALBUMIN IS A BINDING ELEMENT FOR BONES**
- **GROWTH/ SEX HORMONE ADD TO THIS PROBLEM**
- **OILY/ INFECTIOUS SKIN MAKES IT WORSE**
- **TREATMENT LIES IN REDUCING INFECTION**
- **AVOID TRAPPING ALBUMIN UNDER SKIN**
- **TAKE HOMEOPATHIC MEDICINE FOR INFECTION**
- **WASH FACE WITH SIMPLE SOAP 3 TIMES A DAY**
- **REGULARLY KEEP FACE WET OR WIPE WITH WET CLOTH**
- **AVOID USE OF OIL ON FACE UNLESS FACE IS DRY**
- **OILY SKIN PEOPLE CAN WASH FACE MORE FREQUENTLY**

DISEASE ON ENGG MODEL-PSORIASIS

- **A PROBLEM OF HIGH SKIN SUGAR, DRYNESS, FUNGAL INFECTION**
- **LACK OF WATER CONTENT/ LUBRICATION OF SKIN**
- **DRY WEATHER MAKES IT SERIOUS**
- **CONSTIPATED PEOPLE HAVE IT MORE**
- **TAKE HOMEOPATHIC MEDICINE FOR SKIN INFECTION**
- **APPLY MUSTARD/ NAVARATN OIL JUST AFTER BATHING**
- **MULTIVITAMIN DOSE FOR A WEEK**
- **GLOVES AND SHOCKS FOR COVERING EXPOSED PARTS**
- **TAKE MORE WATER, EASILY DIGESTIBLE FOODS**
- **AVOID DUSTY AND DRY ENVIRONMENT**

DISEASE ON ENGG MODEL-KIDNEY STONE

- **LARGELY A PROBLEM OF EXCESS CHOLESTROL, CALCIUM & URIC ACID**
- **CALCIUM URATE CRYSTALS DEPOSITING AT ONE LOCATION**
- **PAIN IN BACK ON SIDES AND NOT IN CENTRE**
- **TWISTING BODY PAINFUL**
- **SOLUTION- HOMEIO MEDICINE TO REDUCE URIC ACID**
- **DAILY 30 MIN SUN EXPOSURE FOR NATURAL VITAMIN –D, AVOID SUPPLIMENTS**
- **WATER INTAKE 4 LITRES IN WINTER, 5 LITRES IN SUMMER**
- **URINATION EVERY 2 HOURS**

DISEASE ON ENGG MODEL-UTI

- URINARY TRACT INFECTION- PROBLEM IN URINATION
- DIFFICULT URINE HOLDING, FREQUENT RELEASING, PAINFUL
- MILD/HIGH FEVER ASSOCIATED
- PAIN IN SPINE ALSO DUE TO LACK OF URINATION
- URINE EXAMINATION SHOWS RBCs & PUS CELLS
- IT IS A BACTERIAL INFECTION
- TAKE PROPER ANTI-BIOTICS THERAPY, HOMEOPATHIC MED.
- WATER AND FOOD QUALITY TO CHECK RECURRENCE
- FEMALES PERSONAL HYGIENE IS A MUST.

DISEASE ON ENGG MODEL-SMALL HEIGHT

- A PROBLEM OF LOW GROWTH HORMONE & MALNUTRITION
- HEIGHT INCREASE UPTO 15 YRS FOR GIRLS, 20 YRS FOR BOYS
- LACK OF CALCIUM & IRON ABSORPTION IN BODY
- THYROIDINUM HORMONE CAN GIVE BOOST TO HEIGHT
- ATHLETIC EXERCISES CAN INCREASE CALCIUM ABSORPTION
- ELONGATION FOR 30 MINUTES EVERY DAY FOR CHILDREN
- HOMEOPATHIC MEDICINE BEST FOR HEIGHT, NO SIDE EFFECT
- MAINLY CALCIUM & IRON RICH FOOD
- STOP MEDICINE AT HEIGHT 5'5" FOR GIRLS, 5'10" FOR BOYS
- TOO MUCH HEIGHT GIVES PROBLEMS FOR HEART & BONES₄₀

LONGEVITY TIPS

- **INDIAN SAINTS LIFE SPAN- LONGEST 400-500 YRS**
- **CONTINUOUS MONITORING BODY FUNCTIONS/ SYMPTOMS**
- **UNDERSTAND OWN BODY PARTS AND THEIR FUNCTIONS**
- **ANALYSE ANY DEVIATIONS FROM NORMAL LEVEL**
- **LOCATE THE PROBLEM PART AND DISCUSS WITH DOCTOR**
- **TRY TO TREAT WITH LIFE STYLE CHANGES**
- **UNDERSTAND GRAVITY OF PROB.- REACH HOSPITAL IN TIME**
- **ASSIST DOCTOR IN ANALYSIS TO AVOID MIS-DIAGNOSIS**
- **PERSON IS BEST DOCTOR TO ENSURE LONGEVITY**
- **BODY SHAPE AT BIRTH IS BEST LONGEVITY SHAPE**

AGEING REVERSAL

- NO AGE LIMIT THEORY APPLICABLE, BAD CELL REPLACEMENT
- ALL BODY PARTS CAN BE REGENERATED
- NEW CELLS REGULARLY FORMED TO REPLACE DAMAGED ONE
- BRAIN RECOVERY WITH NEW INFORMATION/ REVISION
- HEART RECOVERY WITH UNDERLOADING/STRESS FREE
- LIVER RECOVERY WITH LOW FAT INTAKE/BOILED FOOD
- KIDNEY RECOVERY WITH MAGNETIC CLEANING
- GLANDS RECOVERY WITH CAPILLARY CLEANING
- CHEW GARLIC KALI, MAGNET THERAPY, BIOCHEMIC MEDCNE
- BONE RECOVERY WITH VITAMIN-D/ CALCIUM/IRON
- SKIN RECOVERY WITH PROPER OILING/ WETNESS

CONTROLLED- TESTED INTAKE

- **FOODS FOR VARIOUS AGES**
- **CHECK ITEM GOOD OR BAD BEFORE INTAKE**
- **MOUTH IS MADE FOR BODY ENERGY ITEMS ONLY**
- **EVERY THING IS NOT MEANT FOR MOUTH**
- **FOODS CAN BE GRADED AS PER AGE**
- **A(FULL MEAL)<15 YRS, B(LESS FAT MEAL) <25 YRS,**
- **C(FAT LESS)<45 YRS & D(FAT & PROTEIN LESS) >45 YRS**
- **EVERY ONE SHOULD BE DESTINED FOR KEEPING BODY FIT**
- **TO ENJOY EVERY MOMENT OF THIS LIFE**
- **NEW BIRTH WILL GIVE REPEATITION OF TASKS/ PAINS**
- **ENJOY LONGEVITY OF 400 YRS IN ONE GO.**

THANK YOU

ANY QUERIES PLEASE?

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