

## To understand and to respect your body while living in harmony

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**Background:** Our bodies have only one function to perform for which we have complex evolved bodies with systems, organs and around a 100 Trillion cells. The function is to find photosynthesised food directly or indirectly and then eat it, digest it inside us and then use it for growth, development, regeneration, repair, progress, and decline and ultimately die a natural death.

**Problem:** Of knowing what our physical bodies were meant to be. However we've got becomes what we tend to square measure these days. The pandemic of non-communicable diseases (NCD) just like the cardio-vascular diseases (CVD) is on a path of an endless journey. For the communities to require a good charge of things, it becomes a necessity for the general public to know the broad pathological process of those well-established health problems. The problem is however best to convey this knowledge to the final public effectively. Of knowing what our physical bodies were meant to be. The pandemic of non-communicable diseases (NCD) just like the cardio-vascular diseases (CVD) is on a path of an endless journey. For the communities to require a good charge of things, it becomes a necessity for the general public to know the broad pathological process of those well-established health problems. The problem is however best to convey this knowledge to the final public effectively.

**Methods:** Sharing knowledge of this fuel from intake to the ultimate utilization is explained simplistically. Individual sessions and cluster sessions concerning "health for throughout knowledge." This includes, a dialogue concerning the universal energy transfers, cell perform, setting, inter-relationships, the evolution of information and of life, progress and trade-offs. Reviewing and sharing data on the fundamental anatomy and physiology whereas explaining the genesis of life performs because it

stands nowadays and pathological process of common bodily dysfunctions. Information-sharing in relevance body's homoeostasis, self-correcting, self-preserving and slow however positive continuous adjusting to the all-changing setting via the organic process processes.

**Results:** Food and nutrition, additionally to consumption raw combination in order that the system is of course utilized once understood and followed, it takes around fifteen days to induce established within the new however well-established organic process mode. Five hundredth of the themes follows the non-inheritable knowledge to the core once acceptable and delivered through a psychological feature information-sharing. Twenty fifth follow it partially. Eightieth of these United Nations agency have the many non-communicable healthiness area unit additional seemingly to follow the program. They show the most effective results. Seventy fifth internal secretion dependent kind II DM patients got off internal secretion, most inside the primary 5-15 days, and have the best-sustained average glucose management followed for over a year. 1/2 those patients currently don't take any medication. All Patients with CVD symptoms have ridden themselves of their symptoms, whereas are, and that they area unit experiencing, increasing exercise capability. Over ninetieth of those patients don't have any dyslipidaemia inside the primary 3 months of following the recommendation. On a median, the six month sustained weight loss has been around 15-25% relying upon the initial overweight/obesity.

**Conclusion:** Understanding life, living, energy transfer and therefore the purpose of the living body elements and therefore the body, puts folks during a higher position to tackle their many-sided issues of NCD connected pathological state, significantly the CVD.