



VITAMIN **B12**

TRUTH BEHIND DEFICIENCY

DR. RACHNA DAVE

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VITAMIN B12

TRUTH BEHIND DEFICIENCY

By

Dr. Rachana Dave

(B.P.T,M.I.A.P,C.O.M.T)

DEDICATED TO



To the people with Vitamin B12 deficiency in India and all over the world, whose health is in their hands whether they know it yet or not, and my parents and my significant half Mr. Manan Dave and my loving daughter Kyra Dave whose love and blessings have helped me achieve my dreams and do wonders.

May this book change their lives for the better.

My Parents



WHAT READER SAYS ABOUT THIS BOOK



We all are aware of the fact that a good health is central to human happiness & well-being. Moreover it significantly contributes to prosperity, wealth and even economic progress of an individual. It's also scientifically proven that healthy populations are more productive, save more and live longer. A key triumph of healthy life every human being required to have is healthy and balanced diet, good hygiene habits, staying in a proper shelter and getting enough sleep.

The human body, just like the entire universe, is made up of the five elements earth, water, fire, air and space. There are hardly anyone who is not aware of the word “Yoga/ Asana” now in this COVID- 19 pandemic phase. You will be amaze by reading how stimulating and balancing the chakras or energy centers in body ensures your health. It's rightly mentioned in the book that “Our body has inbuilt power to heal”. You might not be aware but every second Indian is Vitamin B12 deficient in India and let me tell you non-vegetarians too are not out from deficiency. “Detox’ is a word gaining increased popularity now days. A reader surely loves to try the tips for detoxifying their guts with home remedies. Let me tell you, detox diets are said to eliminate toxins from your body, improve health, and promote weight loss. Indian diet is amazing and I feel accordingly there should be a need of an amazing diet guide too. Don't you feel so? Dietary principles followed since ancestor's generation till date I found is quite interesting to the readers.

I recommend the book to all health conscious people especially of any age group & gender to update their knowledge, more to the people with vitamin B12 deficiency known and to healthcare professionals for better patient care.

Lastly, I congratulate the author to put forward her personal experiences, knowledge and views open to all readers and also for putting an effort to bring out TRUTHS on said vitamin deficiency publically.

-Dr. Vishal S. Patel

(MS. Orthopaedics), Zydus hospital, Ahmedabad

I am very much grateful that I got the chance to read this life changing book before it gets published even. Hearty congratulations and sincere thanks to the author “Dr. Rachana Dave” to provide me the opportunity to read this book.

“Our health is in our hand” absolute truth presented straight forward and in very modest way by Dr. Dave in this book. She has changed my thinking about health and taught me how one can live a free life by simply implementing positive mind-set, good habits and small changes in lifestyle day by day. She has touched and explained the basics of Vitamin B12 for human health, start from elements of nature, body power, diet, lifestyle, exercise and the most important emotional well-being. Overall she purely clarified the myth about Vitamin B12 by covering many other topics which can provide all-purpose natural health improving guidelines. Giving up is too easy for everyone but I never knew that it is equally easy to develop a never give up attitude till I read and understood this book.

The “FOUR” most important pillars of healthy life are described by author in a very simple way with common sense. The phrase “You are the CEO of your Life” is really meaningful in context of health. The basic concepts are explained by other medicine branches like Ayurveda, Homeopathy as well. People need precise diagnosis from any doctor especially in current time which is there in Dr. Dave as she works on soul first, then mind and at last on body. Sometimes only motivational or encouraging words work more powerful than the medicine. She suggested nature cure, natural food, exercises (including simple breathing, yoga), sound sleep and the positive mind-set which is something everyone, any age, any gender can do and maintain. I too believe that our kitchen has all the medicines and god has already gifted us with everything, what our body needs time to time and season to season.

The qualities enlightened in this book are if developed can change everything in our life. The meaning of each and every quality mentioned are explained in a very easy language. Creative comparison of each quality with the organ or part of the human body is the “UNIQUENESS” of this book, the unique way of author to describe the subject matter. The book is crisp and beautifully written. The book answers common questions of everyone’s mind which is adding more meaning to the basic understanding of reader. In general extremely smooth, wonderful and simple writing, reader can read in a single sitting.

Dr. Dave has proved herself as real “Role model” by sharing her own story which require lots and lots of courage and honesty.

Dr. Dave’s mission “The Public wellness” is “GREAT” help to the world. I look forward to know and read more from her in near future.

Many congratulations and Millions of Best wishes,

Bhoomi Sandip Gajjar

Scientific Officer,
ITER-India, Institute for Plasma Research.

ABOUT THE AUTHOR



Dr. Rachana Dave is a founder of ‘The Public Wellness’. she is from India and is a consultant physiotherapist, reiki healer, author, and professional numerologist as well. She has come up with a unique idea of complete wellbeing. She is working in orthopedic physiotherapy for 10 years with advanced rehabilitation skills. She always believes in continuous learning and keeping herself updated with the latest skills in her field.

Her treatment aims to recover patients from mind, body, and soul. More than 1000 people have been cured by her team and people have also learned how to fix their issues and prevent the same problem in future.

“Stop chasing the money and start chasing passion”

-Tony Hsieh

Born in a typical middle-class Gujarati family, Dr. Rachana Dave imbibed the principles of ‘continuous learning’ and ‘pursuit of excellence in your field’ from her own health experiences and from a self-help book. After her graduation, she became interested in clinical practice. She always believes in treating the patient from mind, body and soul level because if there is any issue in any of the three levels, individuals will have a recurrent health issue and she was on her way.

Her mother strongly believes in Ayurveda, and this was a big influence on her. She suffered from chronic skin disease for 20 years. She did a lot of Ayurveda, allopathy and homeopathy treatment but wasn’t able to find a solution, but she never gave up. She still has hope in Ayurveda

if she could find the perfect Ayurvedic doctor has the power to remove disease from roots. Ayurveda cured her disease by 70 per cent and the remaining, she cured by changing diet and lifestyle and healthy habits.

She studied physiotherapy at the SNTD Women's University, which includes a subject called alternative science where she studied about fundamentals of Ayurveda, magnetotherapy, reiki healing, and reflexology. She learnt that every field has its speciality to treat disease. Thus she treats her patient using an integrated approach. She applied what she had learnt sensibly and practically.

She continues to learn, “It’s a lifetime profession”, as she says.

She has a love for her own country, so she has an aim to make Indian people aware of the power of natural alternative science for curing chronic diseases. She is working constantly to make India a healthy nation.

She is a wife of a loving husband who supports her in every circumstance. She is a mother of a beautiful daughter. She is constantly working for her daughter’s healthy lifestyle and teaches her practical learning skills.

She used to run an ADVANCED orthopedic physiotherapy center till 2019. After becoming a mother, she closed the same to take great care of her daughter. This became the turning point in her life. She learnt about blogging and started writing about different articles on health and wellness topics. During this period, she wrote this book to educate people.

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INTRODUCTION



Source: pennypincherfashion.com

‘Gaining knowledge is the first step to wisdom. Sharing it is the first step to humanity.’

I have 9 years of experience in the physiotherapy field and treated various patients.

In my research, I found that the non-veg community is also suffering from vitamin B12 deficiency. This led me to conduct further research into the case. I discovered that 50% of people have poor vitamin B12 absorption and it has been proven to be a myth that vegans are the only ones who suffer from this deficiency. This book will reveal the real reason behind the majority of people suffering from vitamin B12 deficiency.

When I came to know the truth that 50% of people have problems with poor vitamin B12 absorption, it pushed me to write this book so that everyone can know the facts and break the myth on vitamin B12 deficiency and can cure vitamin B12 deficiency.

Yes, you will come to know we can get sufficient vitamin B12 from a vegetarian diet also.

You may be confused because the whole world is publishing lots of articles on vegetarian and vegan people that they have to be dependent on vitamin B12 to maintain a good level.

Read this book and get ready to get surprised because I will be exposing various truths.

HOW TO GET MAXIMUM VALUE FROM THIS BOOK

- 1) Don't think that dieting must be difficult. No way when you read thoroughly you learn the basic principle of living a healthy life in routine.

- 2) Take plenty of notes. I give a lot of examples throughout this book.
- 3) Don't think only about taking action. change your habits step by step. start with changing one habit.
- 4) Be an active reader. Don't simply trust everything I say or any other article says. Do an experiment and check the result.

This is going to be a personal journey. I will share what worked for me and suggest practices that have worked for others, but ultimately, this journey is about you. Test everything. Treasure what works for you and discard the rest.

You are the CEO of your life. Think of yourself as the CEO of your life. You have the same responsibilities as a corporate CEO.

The difference is that you are focused on improving your quality of life. You are in charge of your happiness, health and personal growth.

You will notice that this book is short. Getting maximum value requires that you apply the advice and evaluate the results. That's your job as the CEO of your life.

Now take your comfortable seat and focus....

“The best thing a human being can do is to help another human being to know more.”

I am always a nature lover and Ayurveda lover. I am writing this book to make people know the truth about vitamin B12 deficiency and the permanent cure for vitamin B12 deficiency.

Everywhere on Google or research websites, you read about the majority of articles saying about vitamin B12 diet facts and reasons for deficiency. I strongly disagree.

Are you an expert in a particular field?

I am a consultant physiotherapist. We learned in our college a subject called alternative medicine. In that, I learned the fundamentals of natural therapies such as Ayurveda, homeopathy, magnet therapy and reiki healing so I came to know about the principles of natural therapies which have no side effects. My concept about how our body works becomes much more clear and how different therapy solves some disease with different principles so I believe and practice an integrated approach to treat any condition. I have 9 years of experience in the physiotherapy field and treated so many patients.

Where are you motivated to research this topic because of specific events in your life?

When I was just 20 years old I was diagnosed with vitamin B12 deficiency just because I had to take NSAIDs (non-steroid anti-inflammatory drugs), a pain killer, for 5 days for an accidental disc herniation case. Later on, I started experiencing tingling and numbness in my hands and feet. Then the doctor suggested me to check for a vitamin B12 TEST. So, the journey of suffering from vitamin B12 had begun just because of side effect of NSAIDS. I never realized that NSAIDS were the cause of the problem.

I have taken vitamin B12 medicines for months and later on medicines have also stopped working. Then, the injection came to the light and I took it for almost three months. As a normal human being, I thought finishing a three-month course will remove B12 deficiency from my body but I was wrong. It came back and now doctors suggested I need to take Injection every month. Can you imagine? A 22-year-old girl will have to take injections every month. I asked doctors how long do I have to take these injections and they said I will have to take these injections for a lifetime just like diabetic patients take insulin every day.

I couldn't accept the fact that I would have to live lifetime with B12 deficiency.

I am not blaming any doctor for this as this is the line of treatment in allopathy science. They are right at their place according to their science.

So, I have started looking around for the solution, and guess what, after trying 2 years in allopathy, finally I found a great Ayurveda Expert and he solved my B12 Deficiency permanently.

I felt depressed and isolated from the world. Believe me, it was the worst feeling. I came to know in my clinical practice that vitamin B12 deficiency is becoming more common day by day. It pushes me to help more people by spreading awareness about vitamin B12 facts.

As I am a strict vegetarian and don't like to depend on pills, shots or non-vegetarian food.

Who is this book for?

The people who are suffering from health issues, especially vitamin B12 deficient people, health care professionals and health-conscious people. Health care professionals can recommend this knowledge to their patients.

What the book's value to the reader

My book has practical and logical reasoning for every question and has burst a big myth about vitamin B12 deficiency which helps people to know about the truth and solutions to fix the deficiency. The secret to high energy levels, mental clarity, and overall health may have been right in front of us all along. The solution to this problem is not buying expensive supplements or taking pills, but rather finding the cause of the deficiency and correcting it.

Why am I the best person to write this book?

I suffered from vitamin B12 deficiency at a very young age. I successfully cured my vitamin B12 deficiency by changing my diet, healthy lifestyle habits.

So, my purpose is to share this knowledge with people so they don't suffer.

Why should you read this book?

This book gives all the answers to your question.

Why vitamin B12 deficiency became so common?

What is the common culprit of vitamin B12 deficiency?

Vitamin B12 is a rich food source for vegetarian and vegan people.

Breaking the myth about vitamin B12 deficiency, vegetarian and vegan people don't have to depend on supplements, shots and non-vegetarian food.

Non-vegetarian people also suffer from vitamin B12. To know the reason, read this book till the end.

How is vitamin B12 produced in our body from a vegetarian diet?

How is the some industry bombarding you with a lot of content to make you believe that if you are a vegetarian and vegan then you have to depend on medicines and injections?

CHAPTER 1

**FIVE ELEMENTS OF NATURE AND
BODY CONNECTION**



“THE BODY IS A SHELTER FOR VEINS.
VEINS ARE SHELTER FOR PRANA.
PRANA IS A SHELTER FOR JIVA (EGO)
AND JIVA (EGO) IS A SHELTER FOR
GOD

- Varaha Upanishad”

There are five centres in the subtle body that represents five elements of nature. Each element is responsible for different structures in the body.

UNIVERSE INTO 5 STEP ELEMENTS: Earth, water, fire, Air and space

As discussed in ‘a new perspective’ the five senses i.e. vision, smell, taste and touch can be experienced through our five organs i.e. eyes, ear, nose, tongue and skin.

These five organs have come into existence to experience five elements of nature. element of the sky: ears, element of air: skin, element of fire: can only be seen so eyes, element of water: only be tasted so tongue and element of the earth: can only be smelled to nose hence the correlation.

Solid matter is classified as the “Earth” element. water is everything that is liquid Air is everything that is a gas. Fire is that part of Nature that transforms one state of matter into another. Space is the mother of the other elements and base of higher spiritual experience.

The “prana “in the human body is also directly connected to these elements to be in balance.

Imbalance of the 5 Elements of nature is the cause of most diseases

Earth element:

Earth element give self-confidence, fearless, grounded consciousness, energy and strength to the body. On the mental level, it gives original ideas and solutions to questions. The nature of earth element person is jolly.

Imbalance: panting, laziness, cough, astringent taste in the mouth, vomiting or nausea, hoarse voice, eye-related diseases, diseases related

to anus or genitals, the problem of indigestion, blisters, all the time they feel like sitting, lying down, insecurity, fear and lack of support

Water element:

The water element has more willpower and ambition.

Generally, people with water elements are friendly, straight forward and jolly by nature. They achieve greatness in the field they select in life. They are always inspired to do sympathetic work like social work, donation. They have characteristics like love, cultured, benevolent, etc.

Imbalance: excess mucus, cold, sinusitis, blood thinning blood clotting heartache, dry mouth, gastric problems, stammering, shiver, tremors, skin diseases, disease-related to bladder, kidneys and ears. These people become soft and helpless and continuously feel like running in their minds.

Fire element:

People of fire element give special attention to morality, immorality, modesty. They have strength, intelligence, courage and brightness. They get success in any work. They do not get pressurized by anyone. They always forgive any mistakes of the people they are friends with.

Imbalance :

Excessive sweating, hyperacidity, diabetes They face heart diseases, muscle pain, stress. they get provoked in trivial matters. They feel insulted in trivial matter.

Air element:

People with air elements have more strength and power. They have excellent vitality and possess good health. They are excellent energy.

They always have a dilemma between true and false, and they have a habit of doing only what they have decided.

Imbalance :

They face diseases related to depression, muscular spasm, nose, lungs, constipation, chest problems, gas and gastric problems. They can't maintain relationships with anyone. They dream about flying in the sky. They rarely find a solution or decisions for anything. They achieve very little wealth.

Seven chakras of micro body and five elements of nature

As yoga always talks about the outer physical body and there is energy inside the physical body. The body takes energy from pran urja from sun. Thus you have heard sometimes people eat a lot then also they feel tired and lethargic, and in some cases, people eat less though they work actively.

That's why pranayama helps proper flow of energy to every nadi. There are 72,000 nadi in our body. You now come to know how important it is to add pranayama in our daily routine. It cleanses our nadi and flows energy to every nadi.

There are five physical elements and five microelements are shown. Five physical elements come in the physical body and five microelements are five chakras from the microbody, namely, muladhara, swadhisthana, manipur, anahat and vishuddha.

Chakras are basically meeting the junction of energy points in our body. There are 114 chakras but main chakras are the 7 chakras which are mentioned above.

Sometimes chakras become sluggish and sometimes some chakras work very fast.

Muladhara chakra if not balanced individual have suffering from any fear and individual suffering from lower back pain, tingling and numbness.

Swadhisthana chakra: imbalance in swadhisthana chakra creates problems in genital organs. Women mostly suffer from irregular menstrual cycle.

Manipura chakra: Due to imbalance in this chakra, people feel low confidence and digestion issues.

Anahata chakra: Due to imbalance in this chakra, have issues with lungs and heart conditions as well they always have difficulty in venting off their emotions.

Visuddha chakra: Due to imbalance in this chakra, have problems with thyroid disorder, tonsillitis, infection in vocal cord. People aren't able to speak what they have in their minds.

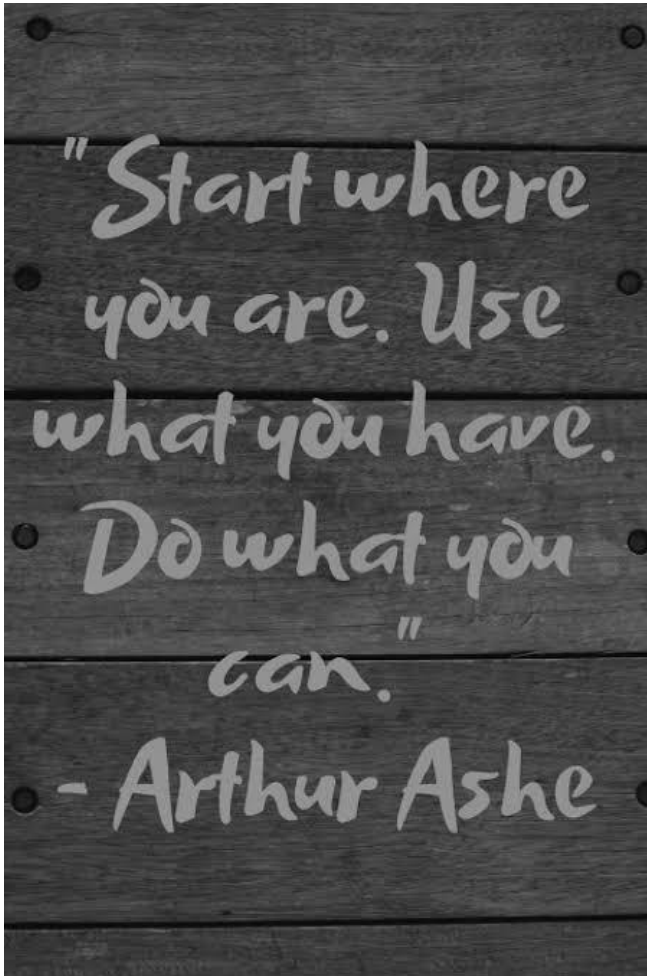
Ajna chakra: Due to imbalance in this chakra, have not any clarity or vision in life as well they suffer from mind related disorder.

Sahasrara chakra: This is purely spiritual and yogi people reach this level such as Buddha.

“Take care of your body it is the only home you have”

CHAPTER 2

**IMPORTANCE OF NATURAL
THERAPY**



Writer: Arthur Ashe

Principle and exercise of nature cure:

Nature therapy is a way of life. We are made up of five elements of nature and with the use of sources available through nature we can cure any disease with the maximum outcome.

There are references in India's ancient sacred books about the significant use of nature's super recovery agents such as air, water, earth, sun and fire.

Mohenjo Daro in ancient Sindh is home to these magnificent baths from the Indus valley civilization testifies the use of water for creative functions in ancient India.

Nature cures are based on the recognition that man is born wholesome and strong and can cure himself. You can do so by living according to the laws of nature.

The fantastic natural dealers of healing: fresh air, sunshine, a suitable weight-reduction plan, exercise, scientific relaxation, constructive wandering and the proper mental mindset, along with prayer and meditation. All play their part in preserving sound thinking in a sound body.

In nature therapy, disease is viewed as the result of an abnormal state of the body.

When this is violated, the human device suffers lowered vitality and irregularities

Toxins and wastes accumulate in the blood and lymph.

Therefore, the digestive system isn't the only one adversely affected by an erroneous food plan when toxins accumulate, other organs such as the bowels, kidneys, skin and lungs are overworked and can now not get rid of these elements as shortly as they are produced.

Additionally, mental and emotional disturbances lead to an imbalance of critical electric discipline within mobile metabolism and its producing toxins.

When the soil of this electric field is undisturbed, disease-causing germs can multiply or produce toxins there. It is only when the blood is polluted with toxic waste that the germs multiply and turn out to be harmful.

Methods of nature cure

The natural remedy system goals at the readjustment of the human system from peculiar to normal. Treatment techniques are selected based on the patient's conditions and features

Except for injuring the body's quintessential organs, toxic matter and poisons do not harm the body.

They also stimulate the organs or put off and purify to higher functioning.

Must Read

Simple rule: do now not eat, when you are sick, stick to a lightweight loss program of fresh fruits, wait for the return of the ordinary healthful appetite.

Loss of appetite is nature's warning that no burden must be placed on digestive organs. Alkaline food such as uncooked greens and sprouted entire grain cereals can also be brought after a week of an only fruit diet.

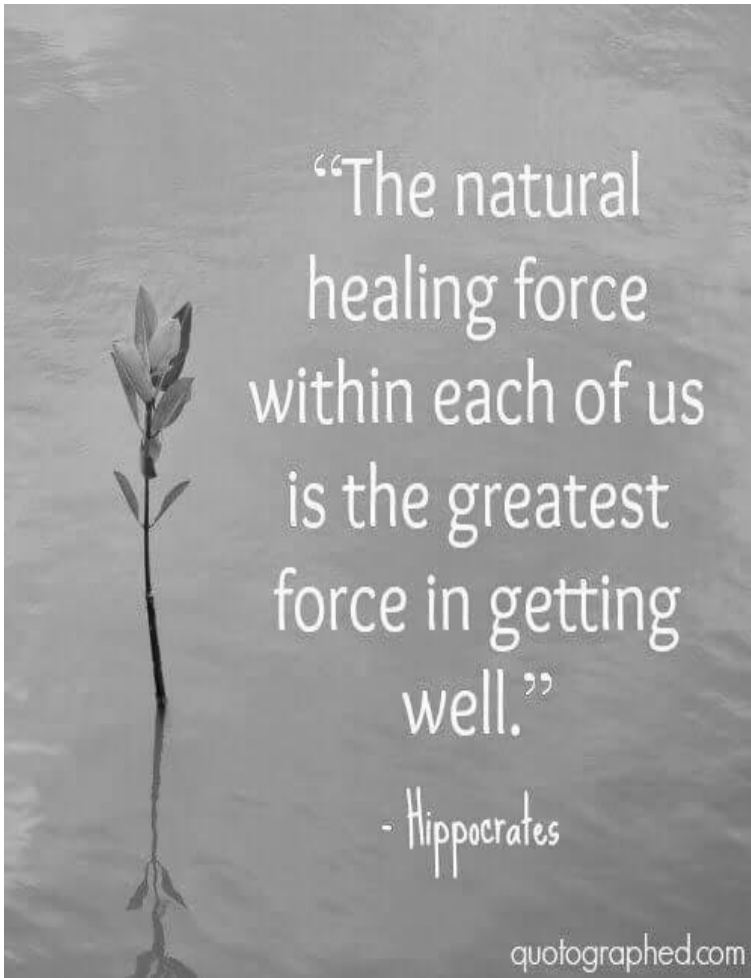
Other herbal methods useful in the ailment are air and sunbathes, exercise and rubdown. Air and sunbaths revive useless skin and assist in keeping it an everyday condition. Exercise especially yogic asanas promotes internal fitness and harmony and helps remove all tension

physical, mental and emotional. Message tones up the anxious machine and quickens blood circulation and the metabolic process.

Thus nicely balanced diet, sufficient bodily exercising, the observation of the other regulation of well-being such as sparkling air, plenty of daylight pure ingesting water, cleanliness, adequate rest and proper mental mindset can ensure appropriate fitness and stop the disease.

CHAPTER 3

YOUR BODY HAS THE POWER TO HEAL



Source: www.quotagraphed.com

How often do you notice a wall clock that ticks away? We take it for granted until it malfunctions and stops working properly.

Since our bodies are good at healing themselves, we rarely notice them working around the clock. The only time we become aware of them is when they fail and we fall ill. Then, instead of being grateful for their abilities to keep us healthy, we complain that they are sick and rush to take medicine to fix them.

Most of the time, our body is our best doctor. It's the first to let us know when something is wrong by discomfort or symptoms.

We've been programmed to think that sickness and symptoms are bad. We try to get rid of them. We don't recognize that these are just signals from our body to change something so that it can function properly. A fever is a sign of your immune system working properly. When we have an infection, our bodies raise their temperature so that bacteria cannot multiply.

Just as we boil water to destroy the germs in it. Fever is a sign of your immune system working properly. At this stage, our body usually tells us what to do to get well. We feel tired and sometimes thirsty and our appetite decreases. The best remedy is to listen to the instructions -rest in bed and drink plenty of water. What we often do, though, is take medicines to bring down the fever. The result? The bacteria multiply and then we need an antibiotic.

Listen to your body.

Must Read

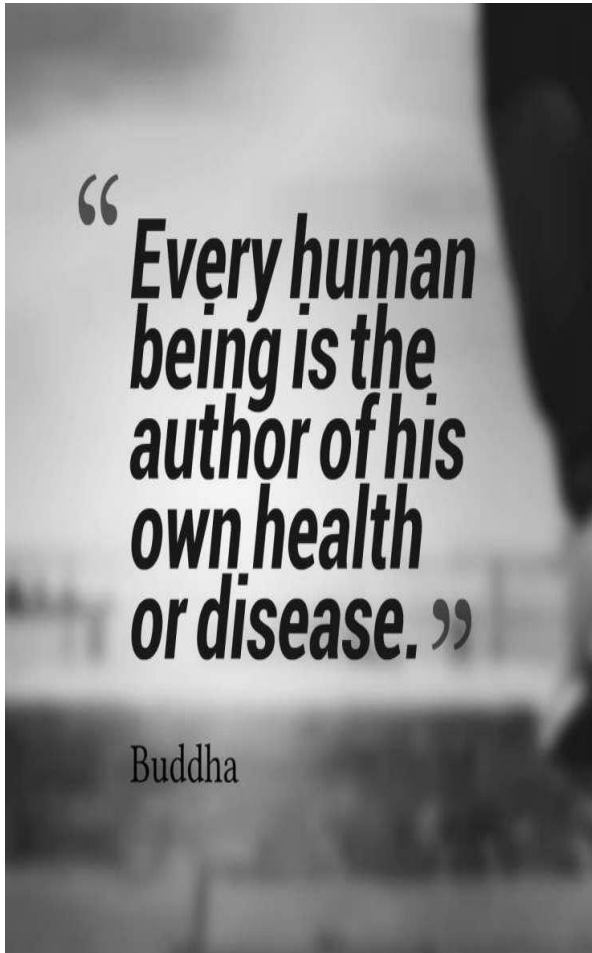
Animals in nature do not suffer the huge pandemics of lifestyle diseases that we do because they eat and live the way they were designed to. We humans eat anything that is made to look good or taste good.

We are taught to eat by some industry whose only motive is to sell more.

The primary cause is our unnatural lifestyle. If we change our perspective and live the way nature intended us to, this problem will disappear.

CHAPTER 4

**WHAT IS VITAMIN B12 AND ITS
MYTH?**



Source: www.theinspiringjournal.com

Vitamin B12 is important for brain function and the synthesis of red blood cells. The metabolism of every cell in the body depends on vitamin B12, as it plays a part in the synthesis of fatty acids and energy production.

Vitamin B12 (cobalamin) was discovered in the first half of the 20th century. A vast amount of information on the role of vitamins in human health and disease became available. Recently, the breathtaking pace of development in research technology has changed our understanding of the role of nutrients and the complex interaction between diet, environment and disease.

This book represents a practical solution to cure vitamin B12 through a vegetarian diet and breaking various myths on vitamin B12 and also talks about why vitamin B12 deficiency becomes more common.

Day by day vitamin B12 deficiency became more common. In every home one person may be suffering from this condition. Even school going children also know about it. Most of the articles on vitamin B12 say vegetarian and vegan people have to depend on multivitamin tablets or injections to maintain a good level of vitamin B12.

They are constantly bombarded with a lot of content and a lot of research articles say that you can get more vitamin B12 from non-vegetarian food. If it was the truth then non-vegetarian people never have to suffer from vitamin B12 deficiency. But it's not true. In my clinical practice, I have seen non-vegetarian people also have vitamin B12 deficiency.

Actually, you get scared by reading articles and ads that constantly force you to take supplements. Your diet is not enough.

So open your eyes. In our ancestors, they never heard of this deficiency, though they live a healthy and long life. Today we have “germ phobia” and we use chemicals to get rid of bacteria everywhere.

You may have a question right if a plant-based diet is natural then how do vegan people suffer from vitamin B12 deficiency?

The answer is in a more natural world; we would get vitamin B12 through organic fruits and vegetables straight off the farm or through water from ponds, rivers or other natural sources of drinking water.

Nature always has provisions for us to get enough vitamin B12. Animals never have an issue with this since they get enough microbes through food, water or even by just licking their own bodies.

Today we have “germ phobia” and we use chemicals to get rid of bacteria everywhere. Tap water is chlorinated and bottled water is purified. There are no organisms left there and there is no access to natural water for most of us. Water from rivers and streams that used to flow with life is no longer safe to drink because of contaminants.

So it doesn't matter with vegetarian people or non-vegetarian people. Now you understand the majority of people suffering from vitamin B12 deficiency.

Must Read

The culprit of this deficiency 80% of the time is hybrid raw food, poor lifestyle and lack of exercise and side effects of certain medicines makes poor absorption. This all makes digestion poor and an intestine full of garbage. It reduces the absorption of vitamin B12 from vitamin B12 rich food sources.

Have you ever heard of drug-induced liver injury?

Liver is the second largest organ in the body. If you take unnecessary tablets or if you take medicine in mild fever, cold or in mild pain, then just think from childhood to till the age how much quantity of garbage is stored in the liver.

From now on, live a fearless life and have confidence that your diet is enough. Certain industries are worth billions of dollars. They make you believe that it's difficult to get all of your essential nutrients from food alone by doing great marketing gimmick.

These companies are using various tactics to brainwash people, such as publishing content advertisements on social media for their products.

I further want to explain to you a beautiful example. If there is milk available then why do you use milk powder? Does it make any sense? No, right. So be a thoughtful reader and think with logic don't trust blindly as not every article provides you with the correct information in the name of as per research says.

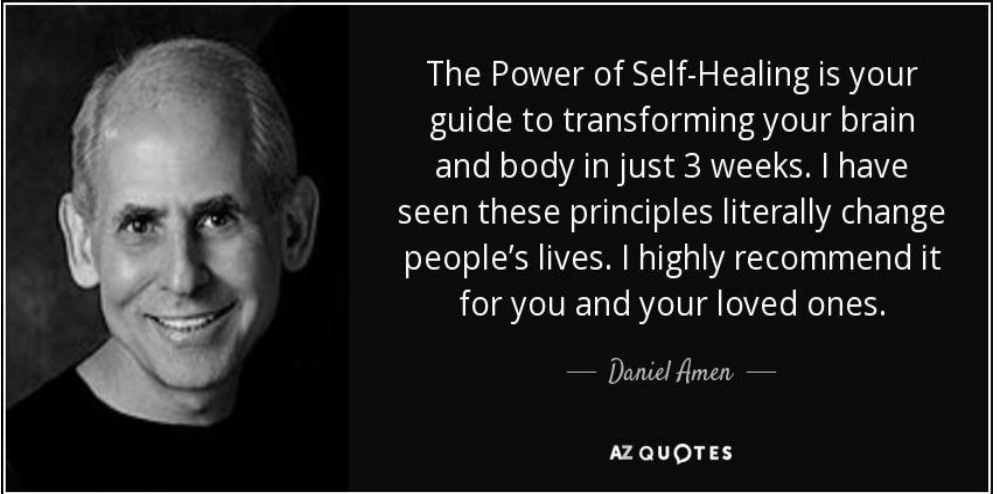
Big nooooo....

I have read one article that says coconut oil is poisonous to eat. In India the whole south Indian community uses coconut oil in cooking. You can search for an article I can't mention in my book.

So read and think logically and implicate what's working or not.

CHAPTER 5

**HOW DOES VITAMIN B12
ABSORPTION OCCUR IN OUR BODY?**



Source: www.azquotes

From food, vitamin B12 is absorbed by two processes. The first is a vitamin B12 specific intestinal mechanism using intrinsic factors through which one to two micrograms can be absorbed. Every few hours, by which most food consumption of the vitamin is absorbed.

Protein-bound vitamin B12 must be released from the proteins by the action of digestive proteases in both the stomach and small intestine. Gastric acid releases the vitamin from food particles: therefore antacid and acid-blocking medications (especially proton pump inhibitors) may inhibit the absorption of B12.

After B12 has been freed from protein in food by pepsin in the stomach, R-protein, a B12 binding protein that is produced in the salivary glands, binds to B12. This protects the vitamin from degradation in the acidic environment of the stomach.

The next binding protein for B12 is the intrinsic factor. A protein synthesized by gastric parietal cells that are secreted in response to histamine, gastrin and pentagastrin, as well as the presence of food.

In the duodenum proteases digest R-Proteins and release their bound B12 which then binds to IF, to form a complex (IF/B12). B12 must be attached to IF for it to be efficiently absorbed, as receptors on the enterocytes in the terminal ileum of the small bowel only recognize the B12 IF complex; in addition, intrinsic factor protects the vitamin from catabolism by intestinal bacteria.

Absorption of food vitamin B12 thus requires an intact and functioning stomach, exocrine pancreas, intrinsic factor and small bowel.

Must Read

Problems with any one of these organs make a vitamin B12 deficiency possible.

A simple understanding of the above description:

The body needs good functioning of the gastric bacteria, intestinal bacteria, and saliva. If the whole gastrointestinal tract is functioning properly then we get a good amount of vitamin B12 from vegetarian and vegan food and the body can absorb the vitamin B12 in a proper way.

CHAPTER 6
**CAUSES OF VITAMIN B12
DEFICIENCY**



"If you don't
make time for
your wellness
you will be
forced to make
time for your
illness."

Source: www.earthwardnaturalfood.com

1. Autoimmune: pernicious anemia is an autoimmune condition in which antibodies to intrinsic factors are produced, thus resulting in an inability of B12 to be absorbed by the terminal ileum.
2. Malabsorption: parietal cells in the stomach produce intrinsic factors: therefore any patients with a history of gastric bypass surgery may be at risk for developing vitamin B12 deficiency. Any damage to the ileum or small intestine or disease of the small intestine may also result in a B12 deficiency.
3. Lack of intrinsic factor: intrinsic factor is a protein made in the stomach. It is needed to absorb vitamin B12. This type of B12 deficiency anemia is called pernicious anemia.
4. Being an old adult.
5. Some medicines: possible interactions include:

Aminosalicylic acid (paper): taking this drug used to treat digestive problems might reduce your body's ability to absorb vitamin B12.

- a. Colchicine (colcrys, mitigate, gloperba): taking this anti-inflammatory drug used to prevent and treat gout attacks might decrease your body's ability to absorb vitamin B12.
- b. Metformin (glumetza, fortamet, others): taking this diabetes drug might reduce your body's ability to absorb vitamin B12.
- c. Proton pump inhibitors: taking omeprazole, lansoprazole (prevaid) or other stomach acid-reducing drugs might decrease your body's ability to absorb vitamin B12.
- d. Vitamin C (ascorbic acid) supplements: taking vitamin B12 with vitamin C might reduce the available amount of vitamin B12 in your body. To avoid this interaction, take vitamin C two or more hours after taking a vitamin B12 supplement.

1. Stress.

2. Poor lifestyle.
3. Lack of sleep.
4. chronic alcoholism

CHAPTER 7

**SYMPTOMS OF VITAMIN B12
DEFICIENCY**



If someone wishes for good health, one must first ask oneself if he is ready to do away with the reasons for his illness. Only then is it possible to help him.

Hippocrates

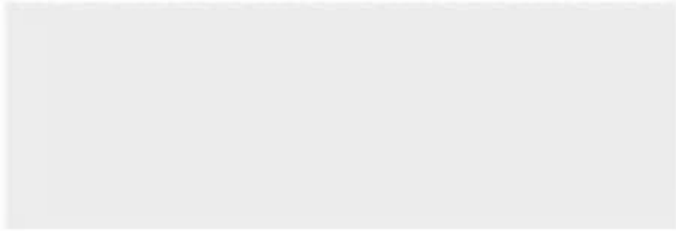
WWW.STOREMYPIC.COM

Source: www.storemypic.com

1. Pale skin
2. Smooth tongue
3. Constipation
4. Diarrhea
5. Loss of appetite or gas
6. Nerve problems like numbness or tingling like sensation, muscle weakness and problems in walking
7. Vision loss
8. Mental problems like depression, memory loss or behavioral changes
9. Weakness, tiredness or lightheadedness



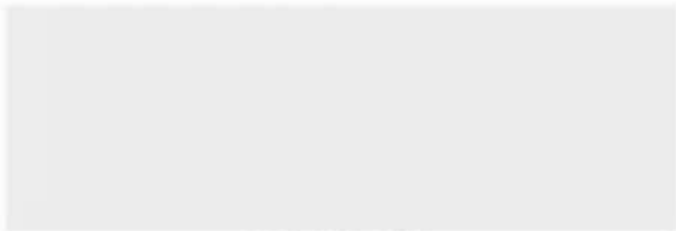
CHAPTER 8
DETOX YOUR GUT



**ALL DISEASES
BEGIN IN THE GUT**

HIPPOCRATES

PICTUREQUOTES.COM



PICTUREQUOTES

Source: [www.yourself quotes](http://www.yourselfquotes)

Gut detoxification is a process that involves removing toxins from your digestive system. This can be accomplished by eating healthful foods, drinking lots of water. All these methods help to remove waste products that have accumulated over time in the intestines which can lead to poor digestion or even disease if left untreated.

Nowadays, especially in India, we have so much polluted water, air, hybrid raw food (vegetables and fruits) and poor lifestyle habits make our intestines garbage. I will explain in a very simple and beautiful manner.

Must Read

As an example, our intestine is a dynamic dustbin, which I call it this because it functions in the same way. It absorbs nutrients from food and eliminates waste.

As a consequence, people with a deficiency have layers of undigested food toxins on their intestinal wall, so the nutrients cannot be properly absorbed. Even if we empty our home dustbin every day, it does not mean it is clean. We have to wash our dustbin with water to clean properly.

The same is true for the intestine. We need to consume foods that detoxify our intestines.

If you don't fix the issues mentioned above though you eat dry fruits or non vegetarian vitamin B12 rich food. Your body won't absorb vitamin B12 and lifetime you have to depend on pills or injections to maintain good level of vitamin b12

Here are a few tips to cleanse intestine:

1. Drink amla juice in season.
2. Eat all seasonal fruits and vegetables.

3. Beet, carrot, ginger, apple and lemon juice.
4. Ash gourd juice: drink this juice. It will cleanse the intestine.
The best juice for a healthy intestine.

Ash gourd description: The humble ash gourd also has immense medicinal properties that come in handy in treating various diseases and ailments.

Did you know petha, a popular dessert and speciality of Agra, is a product of ash gourd? Similarly, sandga, an Indian heritage product, utilizes the pulp of ash gourd in combination with various pulses like Bengal gram, green gram, black gram.

The Ayurveda medical system believes ash gourd has immense medicinal properties. Many communities use ash gourd as a home remedy for fever, dysentery and other illnesses. Indian spiritual traditions and yoga are also wide users of this vegetable.

Ash gourds are 96% full of water. The remaining 4%constitutes some carbs, protein, and other nutrients.

Calcium, magnesium and phosphorus are present in low quantities in the milligram range.

Smaller traces of iron, potassium, and zinc are also part of the nutrient list. It contains vitamin C, which makes up a good portion of the daily recommended value.

Ash gourds have high antioxidant contents.

1. Ash gourd aids in better digestion.
2. Ash gourd improves lung health.
3. Ash gourd increases energy levels.
4. Ash gourd treats ulcers naturally.
5. Cooling effect on the body.
6. Ash gourd regulates the excretory system.

CHAPTER 9
HEALTHY DIET AND LIFESTYLE



**Your home
made food
has enough
essential
nutrients that
your body
requires**

Thepublicwellness

Source: www.picturequotes.com

A healthy lifestyle and eating is the food that we eat that is the real cure for many of our diseases and not medicine.

A new study published in *Molecular Genetics and Genomics* found a link between genetically altered gut bacteria and vitamin B12 deficiency.

The study shows how balanced gut bacteria or probiotics can actually be used to cure diseases like heart disease, diabetes, cancer and autoimmune disorders

Yes, I will take you to the long years back in our ancestor's generation.
healthy lifestyle habit

1. In our India people used to eat while sitting on the floor. I will explain to you what exactly happens when you cross-leg sit on the floor. This position gives better digestion also when your heels touch your leg, some marma points get activated so it promotes good digestion. How scientific our Indian tradition is! Amazing right.

The second reason is when you sit on the floor by default you get connected with your earth element. Your Muladhara chakra which is situated at the base of the sacrum will get aligned. It will give you a feeling of calmness and stability.

Have you ever thought that it gives so many benefits to our body?

2. Eating with our hands. God has given us a beautiful hand. When we touch our food with our hands our saliva gets secreted to digest the food in proper quantity. You feel more satisfied when you eat with your hand. Some alien Indian people get scared about eating with their hands, maybe because of bacteria or they implemented modern cultural habits. So here I will tell you bacteria is good. Our

body has a lot of good bacteria that helps the system digest and absorb nutrition.

I am not saying all modern culture is wrong but implement only good habits from different cultures.

3. While you are eating, simply focus on eating. In India, we worship the goddess Annapurna. Food is a gift from the goddess that fuels our bodies. We cannot survive without it. So don't count calories while eating.

God is an excellent architect. Human bodies are amazing creations. When we eat, our bodies know how much to consume. Don't go behind the measurement. Honestly, I don't know what the hell is going on in the world. I have seen some people eat by measuring quantity of food .it is insane for me

A dining table is good for only those who have problems sitting on the floor. So think sensibly and act wisely – the whole human being. We are analyzing too much. I have seen some healthy and fit people also use measurement scales to measure calories from different foods.

Relax your mind, simply be grateful for the food you have and love your body and eat it.

Too much of everything is poisonous.

4. Drink water after half an hour of eating. If you drink immediately after eating your Agni will dissolve and you may suffer in the long term from indigestion issues.

Perhaps too much of anything as bad as too little

-Edna Ferber

5. The structure of the toilet. If you are using an Indian toilet then it's very good for complete excretion. Because it's A YOGA POSE and gravity helps to excrete stool easily.

But if you are using a modern toilet then put a stool under the table and sit. It will bring your knees higher than your hip joint and help to excrete easily. You don't suffer from constipation.

I recommended in every home there should be one Indian toilet. When you sit in that pose, some marma points get activated and help in excretion. You will not suffer from constipation.

6. You can sit in vajrasana after eating in the afternoon. You can do vajrasana after eating weather after lunch or dinner. I also suggest walking after 5 minutes of taking dinner. Because we are connected with nature after sunset our digestion process becomes slow. So we have to do some movement so our food gets digested properly.

7. You can chew some mouth freshener aniseed, flax seed ajwain to get digest properly.

8. Take a sunbath: why is taking a sunbath is important? Our ancestor's lifestyle is much healthier than ours. They used to work early in the morning so they get early morning rays of the sun, which keep them healthy, fit and energized the whole day.

It's the primary source which provides pran oorja to our body. And all living animal is surviving because of pran urja.

For example, anything in our kitchen or clothes if there is some wetness, smell, infection we keep under the sun. And you have seen that sun rays are a natural disinfectant.

How important and effective sun rays for our health is.

9. Eat all seasonal fruits and vegetables. God is great architecture and we all are God's children. So god knows what we need to survive and provide us with the right time. The thing is we have to choose the right thing to eat.

As human being is very intelligent. He found advanced technology to preserve and store food for a longer duration. So nowadays we eat the food we love. Before we only have the option to eat seasonal food and it was the best thing because we stay healthy.

So don't eat frozen food. It will give you a medical bill in your later life.

India is a nation of festivals. Different religions have different festivals to celebrate.

During the festival, there is festival food that people will eat. This food is very good for health as it matches the weather. During Sarad Purnima people eat dudh poha, which is very sweet by taste. And all these ingredients will balance pitta dosha. As during Sarad Purnima pitta dosha will increase. So there is a ritual to make this dudhpoha and out under the moon for a whole night and people eat it the next day.

10. Oil: I will suggest you should use the oil that grows in your region. Such as in India different regions people use different oils in cooking. In Gujarat peanuts are growing so if you are living in Gujrat use peanut oil in cooking. It will suit you best.

In north India, people use mustard oil and in south India, people use coconut oil, Italy uses olive oil, in Australia people use canola oil.

So wherever you live choose the oil that grows in your region.

And yes use unrefined oil which has all the essential nutrition that our body requires.

11. Drink water before brushing your teeth. Our saliva is having medicinal property. It provides alkaline environment to the body.

12. Do meditation and pranayama. It helps to cleanse our systems. Simple anuloma vilom pranayam is also effective to maintain good health.

Method: you can do this anywhere at any place. Sit at one place. Put your thumb on left nostril and put your middle finger between your eyebrows and put your left finger on left nostril. And relax your mind and slowly start taking deep breathing alternate nostril. It's nadi cleansing pranayama. When our ida and pingla nadi works in harmony, many illnesses will go away. When your middle finger touches between the eyebrows where our third eye is situated. In science pineal gland is situated. We feel more connected to our soul. We feel more calm and can able to hear our intuition thus reducing stress, anxiety.

When vitamin B12 is deficient, it leads to a higher risk of coronary artery disease, type 2 diabetes, obesity, chronic inflammation and even Alzheimer's. We've all heard that breakfast is the most important meal of the day – but what if you're vitamin B12 deficient? You're setting yourself up for a day where your energy levels are low and you don't have enough brainpower to concentrate on anything!

The secret to enjoying your food.

1. Eat with your hands
2. Eat sitting on the floor
3. Focus on food when eating
4. Relax your mind

A person's diet is what determines whether their gut flora will be healthy or unhealthy. In fact, research has shown that eating with your

hands instead of a utensil can change your gut health. It also shows how eating sitting on the floor rather than at a table can have a major impact on your physical health as well as mental health since it reduces anxiety levels by about 20%.

We must focus more on what we eat.

Eating while focusing on food is about more than just not looking at your phone—it helps you enjoy what you're eating, which can help reduce anxiety and depression.

We get vitamin B12 from vegetarian, vegan as well non-vegetarian diets. Yes, you have read more about the non-veg food but here I will list some items from types of people. For vegetarian people they have to consume some fermented food items such as dosa, idli and any other south Indian items.

vegetarian diet sources for vitamin B12

dosa ,

idli,

pickle

fermented rice

fermented vegetables such as carrot stick ,mango and other vegetables

fortified soybean and cereals

vegetable kimchi

yogurt

kadhi

Pickle: pickle is common in Indian culture. But health freak and brainwashing has done by various so-called professionals and pickle became villain. Majority people nowadays don't take eat just shake of god their arguments is there is too much oil and very salty. The people who do this argument eat processed food and costly wellness healthy food. So just think twice.

How pickle is made in Indian culture?

Mix vegetables and fruits with turmeric and salt and put under the sun for a few days. Then they preserve in oil. And close the glass jar with cotton cloth and put these under the sun for a few days.

There will be fermentation process occur and pickle which has rays of the sun. How nutritious pickle is for our health and rich in vitamin B12?

Indians will eat pickles in small quantities along with lunch or dinner.

Anything that is taken in a balanced amount is never causing harm.

vegetable kimchi:

kimchi is a unique and traditional fermented food of korea, which consists of vegetables.

South Korea has a very broad and interesting kitchen which is known worldwide. The diversity of the kitchen and the focus on vegetables makes it one of the healthiest kitchens in the world.

The reason why kimchi has gained popularity is due to the fact that it has a flavour and texture that can be easily accompanied with Indian dishes.

Kimchi is a spicy fermented vegetable that is served with almost every traditional meal in south Korea.

It's also a small portion of kimchi!

You can read perfect recipes on the maangchi website and from her youtube channel. It's a yummy as well vitamin b12 rich vegetarian dish.

I have given blog link of this recipe in my bibliography chapter.

Non-vegetarian sources: chicken, eggs, fish, meat

CHAPTER 10

HEALTHY MINDSET



If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

QUOTEHD.COM

Hippocrates
Greek Scientist

Source: www.quotehd.com

How to cure any disease or to work for prevention?

- Firstly no matter how bad you feel, you will always be grateful for something good in your life. For example, if you are able to take a breath you have to be grateful for that.
- This too shall pass. Do not worry or fall into depression. As these two emotions worsen the disease. Nowadays we are seeing the majority of stress-related disorders.
- Try to relax your mind by doing your favorite activity and laughter is the best medicine. It produces happy hormones in our body and promotes healing.
- Try to read what medicine you are taking and its side effect and change diet accordingly otherwise you end up getting another illness.
- Whenever you are suffering from any illness during that time, the ayurvedic principle of eating gives you a faster recovery.
- After completion of medicine or any allopathy course try to detox your body it will prevent any illness produced by side effects.
- Take time to observe nature, it will heal your mind and body.
- Don't become a slave of technology use it wisely.

So stay fit, happy and be kind.

CHAPTER 11

EMOTIONAL WELL BEING



You might be thinking about why I discuss emotional health in this vitamin B12 book. I have explained to you in the previous chapter we need good functioning of the gastrointestinal tract.

So whenever you get panic or stress or anxiety, worry. It affects our physical health.

Poor functioning of the gastrointestinal tract leads to various health issues.

Do you know the majority of lifestyle diseases are just because of poor emotional health?

According to WHO guidelines, “Health is state of complete mental, physical and social wellbeing not merely disease or infirmity”

Life is an adventure, not a package tour.

-Eckhart Tolle

Firstly, I would like to make you feel special by letting you know that we are human beings, the most intelligent species on earth, so feel blessed to be born as human beings.

Nowadays our lifestyle has changed a lot in comparison with our ancestors. Our ancestors have great patience and mental stability. Because they have to work hard to get primary resources that are needed for survival and in the scenario, we are surrounded by technology. Our jobs become sedentary. This affected our mental

health. We are working hard to live tertiary necessity thing which includes luxury, foreign travel and so many desires. There is nothing wrong with wanting more. But in search of all these things to get done you should not lose balancing your emotional health.

I love this quote which reminds me to stay content in whatever you are and whatever you have.

Worth reading!!!!

Sometimes you are unsatisfied with your life, while many people in this world are dreaming of living your life A child on a farm sees a plane fly overhead and dreams of flying, but the pilot on the plane sees the farmhouse and dreams of returning home. That's life! enjoy yours...if wealth is the secret happiness then the rich should be dancing on the streets. But only poor kids do that. If power ensures security, then officials should work unguarded. But those who live simply, sleep soundly. If beauty and fame bring ideal relationships, then celebrities should have the best marriages. Live simply, walk humbly and love genuinely...all good will come back to you...!

In my experience, I have seen the majority time educated people suffering from stress, anxiety and depression more easily and frequently than uneducated people. Maybe educated people have a habit of overanalyzing everything. Flying, but, pilot on the plane sees the farmhouse and dreams of returning home. That's life! Enjoy your if wealth is the secret happiness then rich should dance on the streets. But only poor kids do that. If power ensures security, then officials should work unguarded. But those who live simply, sleep soundly. If beauty and fame bring ideal relationships, then celebrities should have the best marriages. Live simply, walk humbly and love genuinely...all good will come back to you...!

In my experience, I have seen the majority of educated people suffering from stress, anxiety and depression more easily and frequently than uneducated people. Maybe educated people have a habit of analyzing everything.

The human being is made up of five elements. We are so connected with nature. For example, In the winter season, our skin gets dry. In the summer season, we feel hot flushes in our bodies. In the monsoon season, our digestion becomes weak. How amazing everything is connected on the earth isn't it?

Now I will explain to you how your emotions directly affect your physical health.

Have you ever observed, when you get angry your heartbeat gets increased? When you feel scared, nervous or have a fear time you perspire a lot and when you get anxious that time you may feel pain in your stomach and trembling your fingers. In women, they will feel pain during the menstruation cycle if their days are passing through stress, just because stress affects hormonal imbalance.

Poor emotional health causes blood pressure, cancer, diabetes, thyroid, anxiety disorders. Now you will get an idea of how important is to maintain good emotional health.

Let me share with you the most amazing and life-changing tips to manage your emotional health.

The tips I have given below are based on my personal experience and some of the best-selling self-help books.

Every coin has a positive and negative side. The same goes with our Mind, we may experience negative and positive emotions. But as I have

explained, we are so connected with nature. So, balance is everything. We have to balance our emotions. If the frequency of negative emotional states increases day by day it affects your mental and physical health. If you someday feel sad or low or get angry or anxious it's absolutely okay.

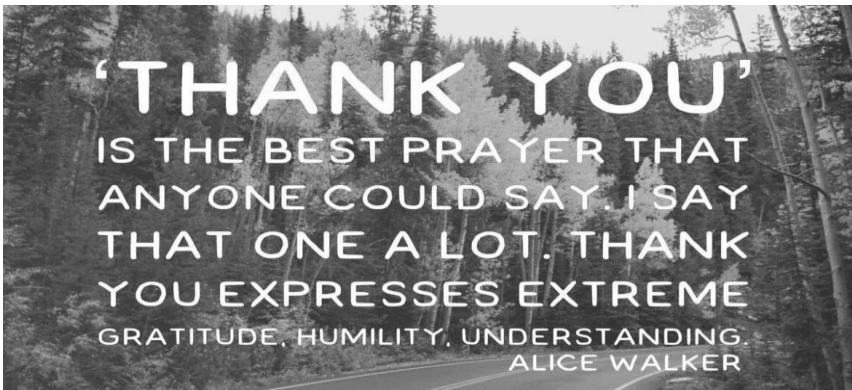
Four principles to follow:

1. **Gratitude**
2. **Forgiveness**
3. **Never give up**
4. **Keep going and learning**

(1) Gratitude:

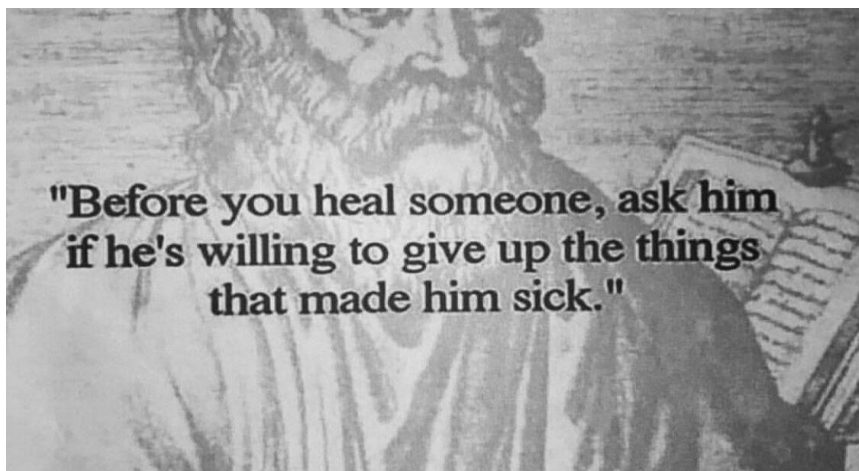
First, you have to be grateful for what you have already. Some people argue with me that I have nothing to be grateful for. For these people I have one statement: if you can breathe right now you should be grateful for it. The universe will bless you for more grateful moments. If you complain most of the time you will have to face a situation that makes you complain. You can give prayer to god every day saying thank you

Always remember, if you want to change your situation you have to change your perception as well.



(2) Forgiveness:

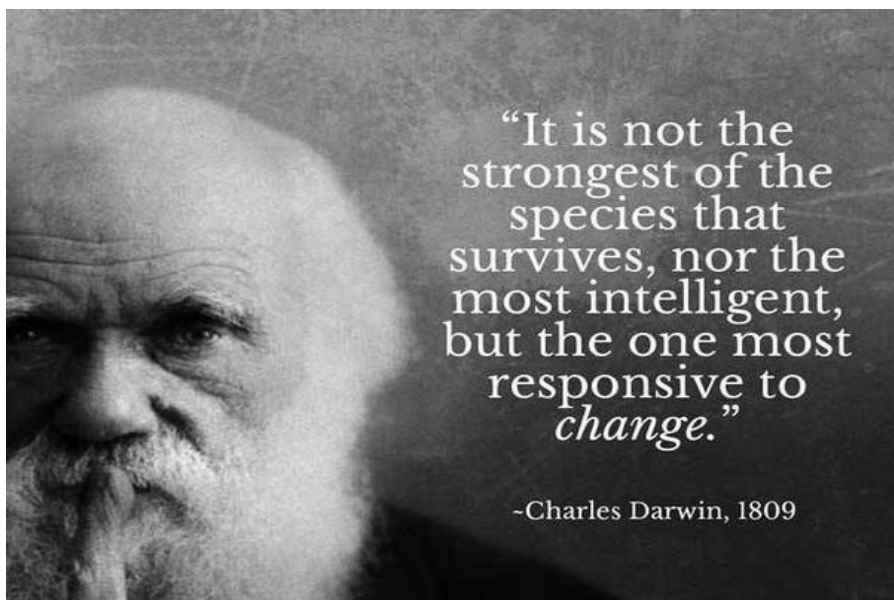
It's a very hard principle to implement in real life. It took me years to forgive someone. If you get hurt by a person very rare, you can forgive once or twice. But if that individual keep manipulating and hurts you frequently, still you have to forgive for your mental and emotional health but this time you have to set your boundaries and change your attitude that you don't get affected by anyone's statement. Forgiveness helps us to free from old grudges, guilt and anger, which is our health's enemy. There is a saying that you are your biggest enemy. If you can't forgive something or live in pain then you will damage yourself more than someone else. The longer you hold your negative emotion, chances of increasing blood pressure, thyroid, diabetes, cancer rise.



(3) Never give up:

This attitude helps to prevent depression. If frequently you face failures or fighting obstacles, you should never give up.

Let's remember our school time's famous Darwin's Law:



Live in the present moment Nothing remains the same.

(4) Keep going and learning:

The whole universe is in constant motion. Earth is in constant motion. Life is a roller coaster. Some people get frustrated and just accept their failure. But you have to keep learning from the mistakes that you have done in your past and keep going in your life learning new things. Your mind will become strong with this attitude

My mother always taught me, girl, better keep moving

Learning is very healthy for the brain. Your brain gets happy. As learning never goes to waste, when the right time comes everything falls apart and the knowledge you have taken helps you in future in some or other ways. If you engage your mind in some or another thing it helps to maintain a good state of mind. The same applies to our body: constant movement helps to maintain a good state of mind.

So, the above principles help you in so many areas of life. So whenever you feel locked in negative emotion keep reminding yourself of this principle. I guarantee you don't need any stress or depression pills if you implement them in your life.

I hope you find this article useful. Let me know in the comment box.

CHAPTER 12

FASTING AND ITS IMPORTANCE



**"YOUR DISCIPLINE FOR YOUR
HEALTH AND FITNESS WILL ALSO
HAVE A POSITIVE IMPACT ON OTHER
AREAS OF YOUR LIFE "**

The practice of fasting is one of the most ancient customs. It is followed in almost every religion.

The Mohammedans, the Buddhists, the Hindus and many others have their periods of fasting.

The saints of medieval times laid great stress on this method.

The common cause of all diseases is the accumulation of waste and poisonous matter in the body which results from overeating. The majority of people eat too much and follow sedentary occupations which do not permit sufficient and proper exercise of the utilization of this large quantity of food. This surplus overburdens the digestive and assimilative organs and clogs up the system with impurities or poisons.

Digestion and elimination become slow and the functional activity of the whole system gets deranged.

By depriving the body of food for a time, the organs of elimination such as the bowels, kidneys, skin and lungs are allowed to expel, unhampered, the overload of accumulated waste from the system. Thus, fasting is merely the process of purification and an effective and quick method of cure. It assists nature in her continuous effort to expel foreign matter and disease-producing waste from the body, thereby correcting the faults of improper diet and wrong living. It also leads to the regeneration of the blood as well as the repair and regeneration of the various tissues of the body.

Honestly, I am not capable of fasting. We need a strong will to do fast. Because fasting requires strong will, self-control. I would recommend doing intermittent fasting.

In intermittent fasting, we have to take a break for a minimum of 10 to 12 hours. So start with 10 hours of fasting at a stretch and then reach a level of 12 hours. So body focuses on areas that need healing. Our

body has the power to heal. It can also heal kidney stones. We just have to let our body work.

When we do fasting the body uses energy in the healing work of the body. During fasting the body saves energy in digestion work. So all energy is used for the healing and preparation process of the body.

In Hindu during Shravan month people do fast. This fast comes in monsoon season and during this season our digestion system stays weak. Different religions and different communities do fasting such as Muslim fast in Roza, Jainism fast in Paryusan.

CHAPTER 13

EFFECT OF EXERCISE THERAPY



Hey want to feel better, have more energy, and even add years to your life?

Just exercise

Everyone benefits from exercise, regardless of age, sex or physical activity. I will tell you reasons how exercise keeps your body fit.

Lack of movement and sedentary lifestyle invites more diseases such as diabetes, blood pressure, thyroid, PCOD, obesity heart attack and many more.

Still, you want me to convince you more? check out some ways exercise can help you make happy and healthy and fit.

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity, including swimming, running, jogging, walking and dancing to name a few. Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer.

1. Exercise boosts immunity.
2. Exercise boosts mood.
3. Exercise keeps your muscle and bones strong.
4. Exercise stimulates and drains your lymphatic system.
5. Exercise promotes better sleep.
6. Exercise puts the spark back into the sex life.
7. Exercise makes you functionally independent in old age.

8. Exercise prevents and gives faster recovery in health conditions and disease.

Now you come to know exercise is healthy for your mind and body, but do you know how? Here I will explain each benefit in brief.



(1) Exercise and the immune system:

Physical activity helps flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu or other illness. Exercise causes changes in antibodies and white blood cells. WBC are the body's immune system cells that fight disease.

(2) Exercise boosts mood:

Exercise not
only changes
your body,
it changes
your mind,
your attitude,
and your mood.

www.YourPositiveOasis.com

Do you need an emotional uplift or do you want to break the boredom in your life or a bit of the stress?

A gym session or simple barefoot walk in nature or jogging can help. Physical activity stimulates various brain chemicals that make you feel happier, more relaxed and less anxious.

These chemicals are endorphins and enkephalin known as happy hormones. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence, and improve your self-esteem.

(3) Exercise benefits for your muscle and bones:

As you exercise, movement occurs in the body. Different exercises work for different muscles.

The only medicine which keeps your muscle strength is exercise therapy

For any musculoskeletal problems such as back pain, neck pain, knee pain and many more you should visit a physiotherapist first. As they check what dysfunction occurs, causes of pain and assess the power of muscles. The majority of every pain starts with an imbalance of workload that occurs in muscles. Such as one group of muscles is overworking and another group of muscles underworking. So physiotherapist prescribes exercise program accordingly which muscle to make strong and which muscle need relaxation. So your musculoskeletal problems get cured of roots.

This is the reason why you should perform a different kind of exercise so every muscle gets trained.

- Aid joint lubrication and nourishment
- Ease your joint pain and stiffness
- Improve flexibility
- Improve your balance
- Improve posture
- Improve and maintain the density of your bones
- Help you maintain a healthy body weight

(4) Exercise and lymphatic system:

Do you know a person who has a chronic illness and frequent gets ill has poor functioning of the lymphatic system?

The contraction of your muscles becomes the pump that helps the fluid get around your body. Exercise can help the lymphatic system flow more effectively and potentially help prevent infection and other diseases like cancer.

“Any exercise is helpful for the lymphatic system,” says Cleveland. Exercise underwater is especially helpful because of the pressure from the water. **Your lymphatic system is a central part of your immune system.** So, jumping and bouncing are very good exercises for the lymphatic system.

(5) Exercise promotes sleep:



Exercise improves sleep quality. It increases the overall amount of time you spend fall asleep. Good quality sleep releases human growth hormones. Your heart rate and breathing slow down and your body physically repairs itself. A regular exercise routine can help to reduce stress levels. Stress is a common cause of sleep problems, including trouble falling asleep and sleeping restlessly during the night. Exercise is the most powerful remedy for good night sleep. Just 5 minutes of exercise can trigger anti-anxiety responses in the body. Mind-body exercises such as yoga and stretching can help lower cortisol levels, reduce blood pressure, and have positive effects on mood.

(6) Exercise puts the spark back into the sex life:

Movement is the unifying
bond between the mind and
the body, and sensations are
the substance of that bond.

Deane Juhan

PICTUREQUOTES.COM

- It reduces stress.
- It boosts self-esteem.
- It may boost circulation and blood flow.
- It may lead to a more frequent and more intense orgasm.

How it works I will explain below:

When you exercise your heart rate contracts faster, and your blood circulation increases which can help increase sensation where it matters

most. Exercise make strong pelvic floor muscles which helps in sexual function.

(7) Exercise makes you functionally independent in old age :

Physical activity lowers the risk of developing serious conditions and can minimize some symptoms after certain conditions developed. For example, exercise is like food for the conditions like dementia and Parkinson's disease. It will further slowdown the progression of the disease, and make old age patients functionally independent. Mostly old age people have a complaint of frequent falls due to poor balance. So, exercise improves balance.

(8) Exercise prevents and gives faster recovery in health conditions and disease:

Exercise plays a vital role in the prevention of many health conditions such as blood pressure, muscle pain, joint pain, constipation and many more. Exercise boosts immunity, improves blood circulation, thus maximum oxygen reach to the cells. This way all the system of the body works in harmony and can prevent many lifestyle diseases.



ABOUT THE PUBLIC WELLNESS



Wellness is
our birth
right
-Dr.B.M
hegde

<https://Thepublicwellness.com>

She decided to work from home until her daughter grows up and started the public wellness. She started blogging on health and wellness topics in the simplest manner so that common people can understand them very well.

With a vision to spread awareness and knowledge about an integrated approach to treat any condition and to know the worth about healing of mind, body and soul to get a maximum outcome, she launched three online health courses:

1. 3 day back pain class
2. cure your Vitamin B12 in just 90 days
3. solution to your skin disease

According to the WHO, health is defined as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

We are aiming to work on four pillars: diet, exercise, emotion, goodnight sleep.

A healthy lifestyle is healthy for you.

Our mission is to coach people about prevention, building immunity, living a natural life, self-care routine and living a holistic way of life and ensuring people have less dependency on allopathy medicines except for emergency use or in acute conditions.

Every human being is different so we will provide a customized treatment programme for your well-being.

We use an integrated approach to treat all the aspects of health.

Disclaimer: Each field of medicine has its own specialties. Here I am using an integrated approach to treat my client. For some chronic conditions or chronic cases, integrated therapy can be of great value.

You can read blogs: <https://thepublicwellness.com/>

To book online consultation with Dr. Rachana Dave, send mail at hey@thepublicwellness.com

READ MY ARTICLES

- 1)<https://thepublicwellness.com/how-to-reduce-back-pain-after-c-section-naturally/>
- 2)<https://thepublicwellness.com/why-is-work-life-balance-is-important-for-women/>
- 3)<https://thepublicwellness.com/how-to-sleep-with-lower-back-pain/>
- 4)<https://thepublicwellness.com/what-you-need-to-know-about-mucormycrosis/>

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2) If you are not comfortable with video feedback then you can give a review on amazon and send me a screen shot in any social media platform of mine THROUGH message or tagging me .

you will receive my free post covid -19 formula to rejuvenate your body and boost immune system.

This is worth 5000 rs.

By doing the tips given in the formula you will feel energetic and if you will suffering from any side effects of heavy medicines you have taken during covid-19. It will remove everything .

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<https://www.instagram.com/dr.rachanadave/>

It will help my book to reach more people and helps them to know the truth. it is the best gift you as an reader can give to author.

So it will encourage me to write many book that transform peoples lives in positive direction.

Testimonial



HOW I CURED MY VITAMIN B12 DEFICIENCY

A VEGETARIAN CASE STUDY



TARJANI SHUKLA

The Solution

A diet system that isn't constantly crashing the party she gives diet, lifestyle modification and health education on eating habits. which is very simple but works miraculously.

The Results: ITS WORTH TO INVEST IN HER COURSE WHICH SAVES TIME AND PREVENT SUFFERING AND DEPENDENCY.

once I have achieved a normal level I have never suffered from the same issue again. Her diet plan taught me so well that if I make mistake in my diet plan I can get back on track anytime. I FEEL WORTH TO INVEST IN HER COURSE because suffering for almost a year & visiting so many doctors but couldn't find any solution. TBH I HATE TO TAKE INJECTIONS. TIME IS MONEY AND I GOT CURED IN JUST 3 MONTHS. I FEEL SO RELAXED AND HAPPY THAT I FOUND A DOCTOR LIKE HER. I DEFINITELY RECOMMEND JOINING HER COURSE. YOU CAN SEND YOUR INQUIRY TO HEY@THEPUBLICWELLNESS.COM.



VITAMIN B12 VALUE
148

AFTER 1 AND HALF
MONTH

199
BECAUSE I
COULDN'T
WAIT FOR 3
MONTH

ONCE YOU GAIN YOUR
NORMAL VITAMIN B12
LEVEL YOU NEVER HAVE
TO TAKE MULTIVITAMIN OR
INJECTION WHETHER YOU
ARE VEGAN OR
VEGETARIAN .

FACTS ABOUT COURSE

- It accommodates bingeing, comfort eating, and emotional eating.
- You can still eat junk food once a week.
- You can still go to your favorite restaurant
- You will get constant follow ups by doctor
-

I WAS SUFFERING FROM VITAMIN B12 FOR 1 YEAR. I HAVE TAKEN MEDICINES, INJECTIONS BUT NOTHING IS SOLVED FROM ROOTS. I FELT, I HAVE BECAME DEPENDENT ON MEDICINES AND INJECTIONS. I USED TO FEEL TIRED, IRRITATED, LACK OF ENERGY ALL THE TIME.

THE CHALLENGE

Most OTHER diets WERE NOT CUSTOMIZED AND FLEXIBLE but Dr Rachana Dave's 3-month course on vitamin B12 "cure your vitamin B12 IN JUST 90 DAYS " HAS CHANGED MY LIFE.

Before COURSE, I used to feel tired, lack productivity, lack energy, mood swings. after completing the course I feel energetic, fresh and a new way of perception towards managing daily life.



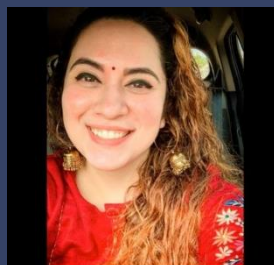
TARJANI SHUKLA
CA BY PROFESSION

“Essential Read”

I’ve always believed in the fact that Indian Kitchen has the cure to almost every ailment and deficiency in our body. I’m glad this book provides with insights to how and what can be done to get good B12 levels and choose a route which has No Side Effects.

It’s an excellent effort, backed up with good research and cases.

Ekta sandhir-digital creator



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