

Live Happy, healthy, meaningful life for yourself and your society

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Live Happy, healthy, meaningful life for yourself and your society, It is easy to say and almost impossible to show and delineate on ground. There are blessed and distinguished souls who had defined the way to do that. I must thank Dr. Mark Hyman, M.D. Massachusetts, USA. for this elegant job by writing the book of The Ultra Mind Solution. He has very clearly defined and proved the causes of increased sickness in spite of great achievements and breakthroughs of medical science.

We had not recognized the importance of vitamins and minerals in addition to good and healthy food. He says, your gut controls your body and there is well defined process, called ENS [enteric nervous system]. We don't know, 60 percent of immune system is located under one layer of intestinal wall. The entire surface of intestine if laid flat would equal a tennis court. The number of nerve cells in the brain and intestine can be imagined. We keep insulting our gut by taking unhealthy food which leads to many diseases of brain, allergies and intestinal disorders. We got to nourish the gut to enjoy the gift of life.

The life line is essential vitamins and minerals and protecting your gut bacteria. The gut bacteria are in millions and are very helpful and we keep hurting our friends by indiscriminate use of antibiotics. The quacks and unqualified people are advocating the use of anti bacterial drugs. We as doctors also, don't lay emphasis on the real cause of sickness and are using the medicines which are more harmful than helpful. Now another aspect of vitamins and minerals, the pharmacies have not bothered to include all needed agents in adequate quantity. So it would help us to know the minimum daily dose of these agents. So when you shop these non prescription agents, there you may have to buy the additional quantities to match the requirements.

1.Multivitamins and Minerals

1. Mixed Carotenes[alpha,beta, cryptoxanthin, zeaxanthin and lutein, 15000 to 25000 IU
- 2.Vitamin A 1000 to 2000 IU preformed retinol
- 3.Vitamin D3 400 IU to 800 IU
4. Mixed tocopherols[vitamin E, including d-alpha, gamma and delta 400 IU
- 5.Vitamin C [as mixed buffered ascorbate] 500 to 1000 mg
- 6.Vitamin K1 30 mcg
- 7.B1 thiamine, 25to 50 mg
- 8.B2 riboflavin, 25 to 30 mg
- 9.B3 niacin, 50 to 100 mg
10. B6 pyridoxine 25 to 50 mg [ideally including pyridoxyl-5- phosphate]
11. Folic acid [ideally as mixed folic acid and methyl-folate] 800 mcg
- 12.B12 500 to 1000 mcg [ideally as methylcobalamin]
- 13.Biotin, 150 mcg to 1000 mcg
14. Pantothenic acid 100 to 500 mg

15. Iodine, 25 to 75 mcg
16. Zinc [as amino acid chelate] 10 to 30 mg
17. Selenium 100 to 250 mcg[ideally selenomethionine]
18. Zinc [as amino acid chelate] 10 to 30mg
19. Copper 1 mgm [avoided in autism or ADHD
20. Manganese, 5 mg
- 21.Chromium[ideally as chromium polynicotinate 100 to 200mcg]
- 22.Molybdenum 25 to 75 mcg
- 23.Potassium 50 to100 mg
24. Boron 1mgm
25. Vanadium, 50 mcg
26. Inositol, 25 to 50 mg
- 27, Choline, 100 to 200 mg
- 28, Iron,[as chelate] 8 to 12 mg[only menstruating women]

If you find difficult to swallow, crush them or open them sprinkle in food or put them in shakes.

Omega 3Fatty acid supplement. This brain building essential nutrient is difficult to come in our modern diet. 1000 mg per day can be had from fish oil.

2. Balance your hormones

The hormones are like messenger molecules and are involved in almost every function in one way or the other and are very critical for our well being. There is the control of three systems in our body to manage all functions of the body. Nervous system-endocrine or hormonal and immune system. And all work under one integrated system called ' psycho-neuro-endocrine-immune' PNEL.

The main control is as under:

_ Neurotransmitters-messengers of nervous system. dopamine, epinephrine, serotonin, GABA and acetylcholine.

_Hormones-endocrine system

_Cytokines

Endocrines:

The hormones are produced and controlled by your endocrine glands. Control system is under pituitary gland and hypothalamus and are located in the brain. This system controls your stress, blood sugar, thyroid, sexual behavior, sleep, growth, mood and much more.

Sex hormones are very important for all persons.

Unstable blood sugar is a risk for your insulin resistance and it can make you to be depressed , tired, anxious , hyperactive. loss of memory, clogs arteries, fuel cancer cells, gets dementia and increase your belly fat. Insulin is major switching station for your body.

Thyroid controls your fatigue, sluggishness, depression, increased body weight, dry skin, weight gain, hair loss, decrease sex drive, menses problem, hair loss and many other problems. It needs to be properly controlled.

Neurotransmitters:

Stress and relaxation is controlled by hypothalamus, it sends messages to entire nervous system called sympathetic nervous system and adrenal gland release cortisol and stimulating neurotransmitters are released, epinephrine [adrenaline] and [norepinephrine], these chemicals are activating and energizing. These are our protecting system. Our lives are full of unremitting and unrelenting and we have unending stresses further accelerated by nutrient-depleted toxic diets, environmental toxins and electropollutions. And can damage hippocampus. It can increase inflammation and inflammatory cytokines [TNF-a, IL -1, and Th 1] and all these chemicals are related to many diseases. Reduces relaxing and anti inflammatory, calming and memory enhancing neurotransmitters called acetylcholine.

Relaxing is anti inflammatory and stimulates your vagus nerve and sends acetylcholine through out your body and extinguishes the fire and inflammation. You get your balance back.

Cytokines:

The messenger molecules of immune system, these can either promote or reduce inflammation and directs the immune system to heal. When triggered by toxins, infections, allergens stress and so on, these cytokines run out of control and start fires all over the body. When it comes to chronic illnesses whether physical or mental these are raised. Dementia, depression, ADHD, autism, obesity, heart disease, cancers, auto immune diseases, these are raised. These can cause problems in every organ and every part of body. The brain of autistic children are swollen as in case of Alzheimer also. Why their brains were swollen and are inflamed. 95 % of autistic children had gastrointestinal problems. And these children had allergies and frequent infections.

So fact remains treat the body and heal the brain.

Sex hormones:

Imbalance of these hormones can create problems in men and women. Estrogen and progesterone keep the balance in women with healthy variations. Similarly testosterone keeps a watch in normal healthy men. The balance gets disturbed by stress, high sugar level, dairy products, refined carbohydrates, pesticides and pollution.

Alcohol damages liver and prevents estrogen release from liver. If men drink too much the release of estrogen gets accelerated and men get enlarged breasts.

3. Inflammation:

It is a root cause of sickness and involves all parts of the body and especially brain suffers for no fault of its own, It can cause preventable and hitherto known as incurable diseases of the brain. Dementia, depression, autism, anxiety, schizophrenia. The brain is on fire, and it effects majority of people worldwide. It is hard to find source of fire. All systemic infections, the foods we eat, toxins in

the environment, hidden infections, unknown allergens and stress. A very thorough research is needed to address the causes. Inflammation is body's defense mechanism and controls immune system, too much burden breaks the system and causes smoldering fire in the body. We have to find the causes to return to normal homeostasis.

Sugar, the sheer flood of sweet things and processed refined foods into our body is a wave of massive destruction. Insulin resistance fires the entire inflammation. Alzheimer is known as type 3 diabetes. Excess sugar in your diet is linked to brain diseases. And many other linked diseases like heart disease, obesity, cancer, diabetes, rapid aging. The evidence is overwhelming and irrefutable.

Some common foods may be the cause of allergies, which remain unknown to the concerned person. Corns contain fructose and is harmful.

Some foods cause immediate allergy- IgE, peanuts and casein allergy or delayed reaction caused by gluten [IgG] This may take one or two days and effected person is not aware of the problem. Others pollens, molds, chemical dust and dander can cause inflammatory reaction on skin, lungs and digestive system. These allergies can trigger metabolic disorder causing foggy vision, anxiety, depression and even dementia. A number of studies had shown , eating gluten [the protein found in wheat, barley, rye, spelt, kamut and oats] to everything from depression to anxiety, schizophrenia, autism and even dementia. The recent study had shown that children who were overweight and beginning of cholesterol plaques had high level of IgG and more food allergies than normal children. The best solution is to take away substances and get your immune system to cool down.

4.Understand your digestion.

Your gut is in constant communication with brain. It is more than a brain to control the human body. We must understand as most of the diseases are due to our faulty eating habits and chemical invasion is not under our control.

Breaks down the food, allows the good stuff in like healthy amino acids, fats, sugars and vitamins and minerals one cell layer barrier to keep us properly nourished.

Keeps out bad stuff nasty toxins, bugs and chemicals out.

Makes stuff. Three hundred pounds by weight bacteria and 500 hundred different species produce vitamins and health giving molecules.

Produces 60 percent of immune system needed by the body.

Some commonly used drugs are very harmful.

Acid blocking drugs are used very commonly and second useless drug category is cholesterol lowering drugs and are quite a few, Lipitor, Plavix and others.

Long term use of acid blocking drugs causes mineral and vitamin deficiency especially B12 and can lead to depression, anemia, nerve damage and dementia in elderly people.

Can cause dangerous bacteria to grow ,Clostridia and it causes threatening infections, abdominal pain, diarrhea, irritable bowel, and does effect on brain also.

Potentially dangerous neuropeptides from omnipresent gluten and dairy in our diet. We have to take care of unrecognized dangerous agents. Doctors are not aware of this, doctors are prescribing cholesterol lowering drugs even in USA and Canada.

5.Remove toxins from your body

Toxins are everywhere in your household cleaning products, plastics, phthalates and bisphenols. Air is contaminated with mercury from burning coals, there are toxic metabolites created in our bodies.

E4 gene , people can't detoxify mercury and mercury comes from many sources, vaporization of dental filling, tuna fish and air pollution and its effects are very severe. It can lead to dementia, Alzheimer disease. This can be fixed and life can be normal for the person. Remove mercury filling and give him vitamins to promote, glutathione.

Another gene GST and apo E 4 can put the person to increased risk of dementia and other problems. Dietary supplements and detoxification can do wonders.

Another gene MTHFR can be modified by modified by special kind of folate [MTHF] to lower homocysteine in his blood, it is very toxic to the brain. The very core of nearly all chronic illnesses is breakdown in the process of moving around methyl group[CH3] in the body to impair a very powerful detoxifier-glutathione. It is very potent antioxidant. For this to be working you must have enough folate, B6 and B12 with this methylation can work powerfully. How many lives can benefit from this discovery is beyond description?

Another gene CETP, it transports cholesterol, cholesterol high level promotes Alzheimer and dementia also. And combine this gene with apo E4 gene the risk of dementia goes away.

DEFEAT AUTISM NOW [DAN] is a body made in USA to defeat autism. Any parent can take help from these dedicated people,who have seen a large number of children getting better.

Heavy metals, mercury, lead, antimony, silver jam the body chemistry, block hemoglobin formation along with other useful chemical reactions like BDNF [brain derived neurotrophic factor] are also blocked.

6. Take care of energy which manages your entire body functions-energy metabolism

Maximum energy is needed by brain and the largest energy producing factory is in brain called mitochondria. And brain has the largest number of mitochondria. The energy is needed for memory, learning and this manages harmonious firing of neurons and brain cells and this makes much needed information flow in your body.

No energy=abnormal cell function and cell death and before it chronic illness and brain disease.

Mitochondria convert calories and oxygen into energy which our body needs. Mitochondria use 90% of the oxygen we consume and in the process free radicals are produced. Free radicals are dangerous and damage the cells and molecules in the entire body. Our body also has the capacity to neutralize the free radicals but in absence of dietary vitamins and minerals the force of free radicals is overwhelming and the body suffers many serious diseases. We require zinc, copper, selenium, manganese, and enzymes. Our diet with empty high calories in refined and processed foods and lacking plant based colorful antioxidants set the stage for trouble. Rainbow diet containing blue berries, red grapes, sweet

potatoes and collard green. The energy pack is ATP[adenosine triphosphate] runs every single cell in our body. And at every step depend upon special nutrients like NADH, lipoic acid, coenzyme Q10. Imagine the brain without energy is the cause for many incurable diseases. We must understand the role of nutrition at all age groups to remain healthy.

7. Peace of mind or calm your mind

The mind controls your life and the respect in society is earned through your actions. The love for all and be helpful to all. Don't feel jealous of any one, no greed, no vanity, no anger, no hatred, not sexually offensive can make a person happy and have of peace of mind. These are the attributes difficult to maintain and acquire. We don't find any person who doesn't need these super qualities. The wealth and social power make every one to ignore these social norms. The only way out is prayers, these qualities come automatically as you get connected to God. God is the super power, all your needs get fulfilled, you can be powerful but humble. The negative habits make you sick and you get isolated from the society.

I am working in a social setup, where all diseases are cured through prayers. There is no distinction as to who joins prayers and who gets relief. We all are one and the creator is one. All religions belong to one. All must pray to remain happy and healthy.