



# To understand and to respect your body while living in harmony: Health for all through wisdom gaining the optimal health while reversing the pandemic of non-communicable diseases, especially the CVD and the heart diseases

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## Abstract

Elevated ACE expression in tissues (which is generally reflected by blood ACE) is associated with increased risk of several cardiovascular diseases. Elevated blood ACE is also a marker for granulomatous diseases. Recently, we developed a new approach for detailed characterization of ACE status in the blood – ACE phenotyping.

**Objective and Methodology:** Our bodies have only one function to perform for which we have complex evolved bodies with systems, organs and around a 100 Trillion 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, decline and ultimately die a natural death.

**Problem :** Of knowing what our physical bodies were meant to be. How we have become what we are today. The pandemic of non-communicable diseases (NCD) like the cardio-vascular diseases (CVD) and others, is on a path of a never-ending journey. For the communities to take an effective charge of the situation, it becomes a prerequisite for the public to understand the broad pathogenesis of these well-established health issues. The issue is how best to convey this wisdom to the general public effectively.

**Methods:** Sharing wisdom of this fuel from eating to the final utilization is explained simplistically. Individual sessions and group sessions regarding “health for all through wisdom.” This includes; a dialogue about the universal energy transfers, cell function, environment, inter-relationships, the evolution of knowledge and of life, progress and trade-offs. Reviewing and sharing information on the basic anatomy and physiology while explaining the genesis of life function as it stands today and pathogenesis of common bodily dysfunctions. Information-sharing in relation to body’s homeostasis, self-correcting, self-preserving and slow but sure continuous adjusting to the all-changing environment via the evolutionary processes.

**Results:** Food and nutrition, in addition to eating raw combination so that the digestive system is naturally utilised when understood and followed, it takes around fifteen days to get established in the new but well established evolutionary mode. 50% of the subjects follow the acquired wisdom to the core when appropriate and delivered through a motivational information-sharing. 25% follow it partly. 80% of those who have the significant non-communicable illness are more likely to follow the program. They show the best results. 75% insulin dependent Type II Diabetes Mellitus patients got off insulin, most within the first 5-15 days, and have the best-sustained average blood sugar control followed for over a year. Half of those patients now do not take any medication. All Patients with CVD symptoms have ridden themselves of their symptoms, while have been, and they are experiencing, increasing exercise capacity. Over 90% of these patients have no dyslipidaemia within the first three months of following the advice. On an average, the six month sustained weight loss has been around 15-25% depending upon the initial overweight/obesity.

**Conclusion:** Understanding life, living, energy transfer and the purpose of the living body parts and the body, puts people in a better position to tackle their multifaceted problems of NCD related ill health, particularly the CVD

## Biography

MBBS, FCGP, DNB, MBA (Distinction) BSocSci Honors, FRNZCGP, Action Research in Maori Health (towards a DPhil) (indigenous peoples), Community Accident & Medical Care Course from the Goodfellow Unit of the Auckland Medical School, December 2000, ACLS, APLS, ALSO, Certificate in Primary Care Skin Cancer Surgery

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