

JOINT PAIN & BACK PAIN

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GUIDELINE BY SANJAY G.M.

There are many reasons for this but mainly it's because of:

- **CAUSES**
 - Vitamin D deficiency
 - Obesity
 - Drinking water in standing position
 - Day to day work position in same way from many year which pressure on particular joint & bone abbreviation.
 - In morning during winter (cold) season taking cold water on hands or feet directly.

- **SYMPTON** – Joint pain

- **SOLUTION** –
 - Improve D deficiency by taking 20 minutes light sunlight between 7.00am-8.00am OR 5.00pm-6.00pm

 - Take regularly 2 teaspoon 'desi GIRI cow ghee' empty stomach before going for bath every day, you will find the result of reduced joint pain within 30 days. Ghee should be original, we advise to take "DIVYAKAMDHENU" brand desi GIRI cow ghee.

 - Observe & study of long term working habit which pressure on bone joint. Then stop that position or working pattern.

 - Drink water slow in sitting position.

 - In morning during winter (cold) season first take lukewarm water on hands and feet but not cold water

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.