

Jaundice

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GUIDELINE BY SANJAY G.M.

○ CAUSES

- High level of bilirubin in blood test
- Stress, Less Sleep, Wrong food habits
- Hepatitis A, B, C
- Liver Problem

○ SYMPTOMS

- Yellow skin & eye, nails
- Fatigue
- Constipation

○ SOLUTION

- Take 1 spoon kutki power 3 times / day.
- Take iron rich foods keep sugarcane open overnight (Dew on sugarcane) & eat early morning.
- Once recover, then keep 8 hours deep sleep every day & take 20 minutes sun light at 7.30am or 5.30pm to avoid problem again. Also take meal timely.

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