

Red Spot on face

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GUIDELINE BY SANJAY G.M.

Can cause:-

- Deficiency of vitamin D
- Ammonia Acid deficiency

Symptoms: - Low HDL & High LDL with 'D' Deficiency in blood test.

Solution:-

- Clear D deficiency by taking 20 minutes Light Sun at 7.30am or 5pm
- Eat green leafy
- Eat Flax seed, Walnuts (Akrod) regularly
- For face wash use kapurkachri (कापूरकाचरी) powder. Apply for 1 minute & then wash.
(Do not use other chemical soup.)

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