

SGM THEORY :- CONTROL HEALTH BY CHANGE DIET ON BASE OF BLOOD TEST

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Irritation/Depression/tiredness/head ache/difficulty in concentrating, talking & thinking /getting sick offend/hair loss/Pimples/over weights /joint pain/restless/ anxiety

Due to this kind of person behavior is objective & non acceptable by society & family . This problem can end to dispute arguments & family nuisance.

Society & family thing that, that person behavior is due to his/her character, but most of time this can happen due to nutrition deficiency, so always do blood test as suggested below & change diet for improvement of wrong test report, if wrong test level improve upto normal level, then you will find person behavior is improved & change upto some extent.

Procedure 1 :- Blood report list check (Test name :- " Arogyam -C" package)

NO.	TEST
1	B12
2	VITAMIN D
3	IRON
4	CBC
5	CHOLESTEROL
6	LIVER POFILE
7	KIDNEY PROFILE
8	THYROID ROFILE
9	SUGAR
10	CALCIUM
11	(APO-A1), (APO-B), CRP, LIPOPROTIEIN
12	TESTOSTERONE

Normally this test cost RS. 1300/- like in THYROCARE etc.

You can add other Blood test as per health issue like example:-

- * If you are under long term medicine Or taken pain killer tablets regular then Add test of PANCREATIC (LIPASE, AMYLASE)
- * For mind, if mood swings, non-social behavior etc. then add test of LITHIUM

Procedure 2 :-

Make wrong test report summery of Conclusion, Note & Solution (Example as follow)

	Person Blood Level	Required	Mostly Reason	Symptoms	Solution
BASOPHILS	0.01	0.02 - 01	Allergy	Swell on face	Eat Fish & improve diet
HEMOGLOBIN	10.2	15-Dec	Poor Diet	Breathing problem	Eat Fish & improve diet
MCV	79	83-101	Less Iron		Improve Iron
RDW-SD	56	39-46	Less Iron		Improve Iron
VITAMIN-D	12.76	30-100	Avoid sun	Offen ill, Hair fall, muscle & bone pain	Take Sunlight 7.00am OR 5.00pm
IRON	27.2	65-175	same food	Bone, body pain, tiredness	Improve Diet - spinach & take Vitamin C food
LIVER ALKALIN	144.5	45-129		Weakness, tiredness	Green Vegetable, Papaya, Beat
SGOT	38.4	<31		Weakness, tiredness	2 time Fish weekly
LDL	69	85-130		Fearness	Improve Diet
CALCIUM	8.67	8.8-10.6	Low D	bone pain	Improve Diet

Conclusion:- This person avoiding sun light; person is eating same food every day; person is having Poor diet

Note:- Mostly Vitamin D get from only sunlight; Vitamin D necessary to absorb calcium from food & for chemical which bond with B12 Vitamin C necessary to absorb Iron from food

Solution :- Take 15 min sunlight (7.00-8.00am & 5.00-6.00pm) Eat fish 2 times within 1 week eat Green Vegetables; Eat seasonal fruits; For Hemoglobin eat Beetroot, Tomato, etc.
Don't eat milk made item with food since it obstruct to absorb iron from Food.

ONE LINE SOLUTION:- Sunlight, Seasonal Fruits, Fish, Green leafy vegetable

Procedure 3 :- Follow above solution

Procedure 4 :- After certain period heck blood again & your target should be "All wrong blood level improve to normal level"

If you achieve to maximum blood test up to normal range means you are healthy & longer life.

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