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Short Communication

Next-Generation Health Problems and Metabolic Disorders Solving Method

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Introduction

Metabolic disorders are biochemical and physiological abnormalities. It occurs when the breakdown of food into its components becomes disrupted. All the chemical processes continuously go inside the body allowing life and normal functioning. There are two categories of metabolism: catabolism and anabolism. Catabolism is the breakdown of organic matter, and anabolism uses energy to construct components of cells, such as proteins, carbohydrates and nucleic acids.

(1) Can medicine, substitutes, hormones, or any therapy cure diabetes and other metabolic disorders?

(2) Why does hormonal imbalance occur in the human body?

(3) Can insulin deficiency result from biosynthesis in our body?

(4) How can we correct biosynthesis in the human body?

(5) Can we arrange all the amino acids necessary for insulin secretions inside the body?

(6) Can we arrange the amino acid, peptide chain, and biosynthesis inside the body?

Effects of eating disorders

(1)Thinning of the bones (osteopenia or osteoporosis)(2) Mild anaemia muscle wasting and weakness (3)Brittle hair and nails (4)Dry and yellowish skin(5)Growth of fine hair all over the body (lanugo)(6)Severe constipation (7)Severe diarrhoea (8)Low blood pressure(9)High blood pressure (10)Slowed breathing and pulse (11) Damage to the structure and function of the heart (12)Brain damage (13) Multi-organ failure (14)Drop and increased in internal body temperature,(15)Lethargy, sluggishness, or feeling tired all the time(16)Infertility (17)Obesity (18)Blood cholesterol(19) Metabolic Disorders (20)Endocrinal gland disorders (21)Mental health (22)D N A & genes and immunity Intra uterine growth retarded (23)Premature baby(24)Habitual abortions(25) Calcium disorders(26) Uric acid (27)Tumours & boils in the body. (28) Thalassemia (29) multiple Myeloma etc.

Its effects on age, gender and background: -

Eating disorders can affect people of all ages, racial/ethnic backgrounds, body weights, and genders. One approach involves the study of human genes. Eating disorders run in families common in diabetes study.

Compositions of saliva: -

Produced in salivary glands, human saliva comprises 99.5% water but contains many important substances, including electrolytes, mucus, antibacterial compounds and various enzymes. [1] Medically, constituents of saliva can noninvasively provide important diagnostic information related to oral and systemic diseases

Electrolytes:

0 2–21 mmol /L sodium (lower than blood plasma) 10–36 mm o l/L potassium (higher than plasma) 1.2–2.8 mmol/ L calcium (similar to plasma) 0.08–0.5 mm ol/L magnesium540 mmol/L chloride (lower than plasma) 25 mmol/L bicarbonate (higher than plasma) 1.4–39 mmol/L phosphate

Iodine (mmol /L concentration is usually higher than plasma, but dependent variable according to dietary iodine intake) Mucus (mucus in saliva mainly consists of mucopolysaccharides and glycoproteins) Antibacterial compounds (thiocyanate, hydrogen peroxide, and secretory immunoglobulin A) Epidermal growth factor (EGF)

Saliva eliminates caesium, which can substitute for potassium in the cells.[7][8]

Various enzymes; most notably:α-amylase (EC3.2.1.1), or ptyalin, secreted by the acinar cells of the parotid and submandibular glands, start the digestion of starch before the food is even swallowed; it has a pH optimum of 7.4Lingual lipase, which is secreted by the acinar cells of the sublingual gland; has a pH optimum around 4.0 so it is not activated until entering the acidic environment of the stomach Kallikrein, an enzyme that proteolytic ally cleaves high-molecular-weight kininogen to produce bradykinin, which is a vasodilator; it is secreted by the acinar cells of all three major salivary glands

antimicrobial enzymes that kill bacteria Lysozyme Salivary lacto peroxidase Lactoferrin [9Immunoglobulin A [9] Praline-rich proteins (function in enamel formation, Ca2+-binding, microbe killing and lubrication) [9]

Minor enzymes including salivary acid phosphatases A+B, N-acetylmuramoyl-L-alanine amidase, NAD(P)H dehydrogenase (Quinone), superoxide dismutase, glutathione transferase, class 3

aldehyde dehydrogenase, glucose-6-phosphate isomerase, and tissue kallikrein (function unknown) [9] Cells: possibly as many as 8 million humans and 500 million bacterial cells per mL. The presence of bacterial products (small organic acids, amines, and thiols) causes saliva to sometimes exhibit a foul odour. Opiorphin, a pain-killing substance found in human saliva, is Haptocorrin. This protein binds to vitamin B12 to protect it against stomach degradation before binding to intrinsic factors.

Hormones and leptin regulate the food-eating process and another metabolism system. Complete leptin deficiency results in the clinical phenotypes of severe obesity, impaired satiety, intensive hyperplasia, constant food-seeking behaviour, recurrent bacterial infections, hyperinsulinemia, liver steatosis, dyslipidaemia, and hypogonadotropic hypogonadism. At eating time, it takes 15 to 20 minutes to secrets.

Saliva secretions: - Saliva secrete more when we smell tasty food and when we eat slowly and calmly when we are hurry and temptations that time the flow of saliva secretions is very slow. When we talk loudly and continue for more time that time our mouth becomes dry and it effect one week to come normal position. At the time of any infections or diseases our saliva secretions become low and we feel a dry mouth. When our E.S.R. increases in the blood then we feel dryness in our mouth

Disorders stages

Any disorders and disease have stages like 1st 2nd and 3rd. In the 1st stage all problems are simple, 2nd stage it gets resistance and in the 3rd stage, all problems are dangerous.

Hormone secretions

Each hormone is secreted in our body. We must know the timing and occasion.

My advice

After the above study of eating disorders like timing, remineralisations, genes and mutations in all our food in saliva, the imbalance of minerals in our body parts and some parts of our body and endocardial gland malfunction. If we do not change our habits, we will have difficulties, and these habits, abnormalities, and things will affect our unborn children. And problems are increasing day by day. We are seeing that our inborn children suffer from metabolic disorders from birth, like diabetes, etc. We must eat 20 to 25 minutes and chew one bite 60 to 70 times. In this way all viruses killed by our saliva and many other vitamins not present in our food will be by chemical reactions in our saliva we can get. But it is a very tough task to change the habits because of these behaviours and less chewing in our genes. These habits will go to our offspring, through genes. In this way we can protect the next generations from many diseases and metabolic disorders "Habits a Second Nature “I request all people. Please read my book and follow the eating and drinking rules. Then we can achieve victory over metabolic disorders

According to my studies

When I studied the human physiology book then, I found that bile acid (Colic Acid) increases the pancreas's function and insulin production. After some experiments, it works to some extent. Patent No.834/Kol/2007 Again I started to study and found that amylase and lipase are present in our saliva and trypsin secreted by our stomach these hormones are necessary for insulin secretion and carbohydrate synthesis and convert glucose into fat. I found that leptin hormones regulate and balance our body all hormones. I get that leptin hormones are secreted when eating and will take 15 to 20 minutes to secret. An eating disorder is when a person eats more or less all foodstuff, water and liquids not remineralisation in saliva and the process of biosynthesis will not occur. These behaviours affect our metabolism and physical, mental, and endocrinal glands. Through genes, these kinds of behaviours go to the next generations. When our bodies are fit, only we can mentally, socially, spiritually, economically, peacefully and harmoniously enjoy life.

Conclusions

I experimented on this topic with about 20 people they told me that our digestive system is ok and we feel more energetic. The flow of saliva becomes more our food becomes testy and sweet. We feel comfort in our stomachs. We feel accurate time starvations. Our stool becomes very clear. We eat sufficient food not more or less but we do not use this method always because we forget it. I have no laboratory facilities so I cannot get the actual positions of their body and changes in the body.

Source:

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6. https://www.frontiersin.org/journals/endocrinology/articles/10.3389/fendo.2021.585887/full
7. https://www.youtube.com/watch?v=O6GmBilaQb8&t=197s
8. I welcome all of you at these links: - https://www.amazon.in/Health-Mouth-Innovator-Pramod-Stephen/dp/1387414453
9. https://www.flipkart.com/aapka-swasth-aapke-muh-me/p/itm22edae101e74a?pid=978939338554

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