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How Flue starts

On 8th Nov 2015 in our paper Sakal from Pune one scientist Dr, Anil Lachake has given an appropriate definition of Innovation as under:- “Innovation is a well organized commonsense

Which does not need Laboratory”

Coming to the origin of Flue, the above definition of innovation fits in appropriately, so also my research on Apple for Diabetes as well as important reasoning of Vajrasana for health care etc.

Flue and it's man made complications:-

- It is well known that during summer even otherwise our Sweat glands work all the time whether fast or slow, it does send moisture out to keep ourselves cool and moist skin.
- During summer sweat glands are more active due to heat, to keep the body cool.
- Many of us try to drink cold drinks or take icecream or sit in Ac all the time to keep us cool.
- And here starts the problem in our sweat gland controls, as the body becomes cool due to intake of cold things, the nervous system senses the coolness and sends message to sweat glands to stop throwing water out of body, intern the water starts getting accumulated and there is no other go to eliminate except to go in lungs along Co2. with Urinary system does not come in picture as its control does not depend on Temperatures, as it is in sweat glands.
- In lungs if water stays more than a day or two the real trouble starts, the extra water starts coming out of nose, eyes, and if this condition prolongs no doubt congestion in the lungs and any infection can set in, and thus we get the Flue.
- The trouble is sweat glands do not start working as usual and so it takes time to set in the system, and if the condition worsens the temp starts and sweat gland starts working and fever recedes when you sweat profusely.
- So what to do if this happens ,in my opinion take hot water or wear warm clothe , so that sweat gland will set right and sweat profusely as usual to throw water out and improve the conditions faster. However recovering or wellness depends on the condition of our body efficiency, age, pollution, condition of nerves, immunity and many other factors within the system. However measure cause is Sweat Gland function.

Regards,

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