How does wheat, dairy and sugar affects your skin?

Acne will have 4 grades

Gade 1 is normal

Gade 4 is cystic one (Hormonal issues)

Kind of food what ever we are eating also affect acne

Insulin - pancreas produces to maintain or decrease the blood sugar levels

Insulin produces IGF1 - insulin light gowth factor 1

Skin has 3 layers - epideermi, dermis(IGF1 will be produced here)Produces excess of sebum, and subdermis

Every team you eat something excessively spike insulin,( eating every 2 hours), eating or drinking fruit juices through out the day

Insulin spike shouldn't happen chronically, it should happen normally

Wheat causes inflammation

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There are two nervous system in the body

**Enteric Nervous System( for gut)**

CENTRAL nervous system(Brain)

Sympathetic nervous system mode is fight or flight mode

Para Sympathetic mode is rest and digest mode

Digestion starts in the brain, mouth and stomach

Whole body isn't acidic

Saliva is different PH, bile juice in gall bladder is different PH

esophagus which doesn't allow gastric juices to come up. This is filter. We need gastric juices to digest food, but it should be limited quantity

Brain will send the signals to the gut, if you eat fastly then it will be in Sympathetic system nervous system mode

If you eat slowly your brain will be in rest or digestive mode and it won't create refluxes. We are working because of the brains signals. Bile juice should be in the gastro intestinal area (GIA) not in the esophagus. When this happens esophagus cells turn into gastro intestinal cells

Grounding yourself and breathing, you should not hurry your body

When you eat sugar it won't be metabolized by body and it will create byproduct called lactate. Lactate can build up in blood lactic acid dosages which will decrease the PH and it will be more acidic.

When you fast your body produces acid, which is ready to digest, but if you give acidic food again then your body will become acidic and again gastric problem

Tea spoon of cardamom powder in water can help you in acidity, sipping it slowly - really really helps

Once after meal is done and if you are feeling acidity then sit calmly and take more oxygen and take a nice long walk

It will be in rest mode.

Acidity means that we it is so much acidic but it means gastro juice more and it is reaching the esophagus

Green chelli and red chilli it will be warm

Don't eat two fast

Lemon is bio individual

Lemon, along with ilachi

Have you tried relaxing, have you tried breathing

Have you tried chewing slowly and making saliva

Have you tried eating correct food at correct time. Drink your food

Have you not overdone sugar

Metformin depletes the vitamin b profile and which is other cause of acidity

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Day 3

21 days lockdown we have to breakdown the sugars

1. Drinking more water is fine, but we should drink our food
2. Digestion starts from brain, mouth and stomach. So in mouth we should really chew well to make saliva
3. We should sleep early by 10.30 and try to get by 6(Sleeping early and getting will make body in sync and bio clock will work)
4. We should stop using social media or mobile unless it is necessary
5. Then we should eat early by at least 7 and till 7 we shouldn't eat anything till next day 7
6. Then we should walk in the sun
7. We should meditate or observe how our beautiful body works.
8. We should workout

Day 4

Important thing about the skin

If you paste the brown leave with green and if you keep it outside then does it mean the color won't fade away

Similarly with body if you are not looking in the inside and continuously working outside won't give you long lasting results.

If your left skin is hurt and if you are giving treatment for right hand does solve the problem, exactly contraceptive pills won’t touch the root cause and it does work on only on the symptom. In long run it will give the adverse effects

Similarly there was survey on plants, for one plant they gave all the nutrition and along with that they started telling good behavior and appreciated it. For the other plant they did the same but they preached bad things. Both the plants grown differently. Similarly if we keep on telling my skin is bad and bad things about us, then skin listen and behave the same. Always accept it how it is and never compare it with others

Day 5

Moringa

Moringaa is drumstick leaves powder. It has many healing properties

It is 10 times greater than the 100 gms of fruits

It has 10 times qualities of vitamin A getting from carrot

It has 10 times qualities of vitamin A getting from oranges

The powdered form is very good and also it has protein, zinc and calcium

It can be used in face pack also, so the nutrients will be available. If it does so much good while applying itself then if we

Take it orally it is more beneficial too.

Recipe: water, moringa powder, spirulina, wheat grass, ginger and lemon

Day 6

Eating well still facing skin issues?

Eating all the good food like flax seeds, pumpkin seeds Chia seeds and nuts, whole some food still not getting the results what you are expecting because it is use due to the poor gut health. You are not what you ate you are what you digest observe and stimulate. You have to look into whether you are facing any bloating, constipation, loose motions, IBP which means your gut or digestive system is poor. You are providing your body with good food but most of the food is coming from depleted soil. so atleast 60 percent eat organic like basic things like herbs, spices, nuts, dals and pulses. Trace minerals are very important like zinc, Selenium, chromium, magnesium, copper. Zinc is much needed mineral when it comes to acne. If the quality of mineral isn't good then it will create even more issues. So first gut health should be healed and elimination protocol works great. So look into digestive health first. Liver health is very important. If we are eating the refined carbohydrates then it will deplete vitamin b profile. So there are water soluble minerals like vitamin b and c and fat soluble minerals like A, D, E and K. so we need good amount of fat to make this minerals work for our body and sunlight is good, collagen should be good. So first things you have to look into when comes to key vitamins, minerals and nutrients is your digestive health, do you have the trace minerals that going to help enzymes that going to breakdown the food.

Day 7

Five sources of real cellular energy

We are sleeping, then our body should get recharged and why is it not happening and when we are eating why we are feeling lethargic and depending on tea or coffee to do so. Think about it. Our body has millions of cells which produces energy but why still we are deprived. Carbohydrates will be converted into sugars and proteins will be converted into amino acid and then it will be converted in such a way that it will be mixed into the blood stream. So these cells utilizes these and produce energy with the help of oxygen

1. Air is very much needed, in a day if we feel deprived of energy then we can take 60 seconds and we breath an hold the breath or we can take the long breathe in and breathe out. We should be thankful for the every breath
2. Water - body is made up of seventy percent of water. We should not eat dry food like chochos, lays and when it comes to vegetables it will still have water. Suppose if we put dry food in mixie and try to blend it , machine not going to work and similarly with the body. When you have constipation then drink hot water and sip it slowly along with saliva. Water is water, it don't boost metabolism. We need water system can't tolerate with water. We practice water memory, we put some intentions. Every time I sip some water I would say it heals my skin and every molecule has memory and it will do the same.
3. Food - Food is the energy, if you are not feeling energy then you should know that your body is not observing. Your gut isn't working properly. Bad bacteria in your body is going to mimic your body and it won't work. Acidity, burping, constipation, bloating. If you are eating junk food, then it won’t have the life then how it will give the life to the body. So gut should be fixed first.
4. Prayer - it is very underrated one. It is not asking not from the god, it is gratitude, thanking for the god for water you have, for the knowledge you have and for the simple things. You can find 100 reasons to be grateful for if you just know how to slow down for a minute and look around and see how beautifully everything is working great for you and even it is not working for me. You always find a silver lining in the worst. Do it with good intention, do it with good heart. Being good to others is only going to make you feel good about yourself. It takes nothing out of you. Being kind, forgiving, being empathetic. Being angry isn't going to change anything.
5. Sun energy - Sun should be warmth. It shouldn't be hot. We need nature. We are products of nature and we are not products of machine

Everything should be clean - heart, thoughts, food, praying, - I'm going to take care of it everyday

Day 8

What is constipation