

## Deficiency Creates Deficiencies

Pramod Stephen\*

Innovator, Christian Church P.O. Sugauli 845456, Bihar, India

Since 1920 after the discovery of insulin we are using insulin as a substitute but we never think or try to discover what is the cause of insulin deficiency? Why our pancreas not secret enough insulin or gets ill and affected? As we know that our body builds by many substances, if any substance is not enough in our body then we get ill or trouble. If we will take example for vitamin A+D then, I found that after given Vitamin A+D the night blindness disappear but after sometime it relapse again then I thought why it is relapse. According to my normal idea the body of man is not able to absorb vitamin A+D and same kind of deficiency occur again and again. Same kind of method apply in insulin deficiency. In insulin deficiency we give insulin orally or by injections and insulin deficiency disappear but it is for time being not for long time. I think on this matter and after consulting Human, Animal Physiology Books, I found that Sulphur, Bile salt, Lactic acid, chromium and phosphorus is responsible for insulin secretion.

Sign and symptom of deficiency in human body.

- Sulfur (Cysteine) Burning sensation in sole and palm, dry itching in body & late healing of ulcer joint pain.
- Bile salt: Stunted or abnormal growth, Diarrhea Mal absorption of vitamin A, D, E, K and other substance also.
- Lactic Acid: Milk not digests and get diarrhea
- Chromium:-getting tired easily, weight loss and confusion, impaired glucose tolerance.
- Phosphorous: Normally we know that phosphorus is essential for bone, but it has more function Phosphorous is necessary for the growth of cells, phosphorous is a mobilizes of fat and starch energy. It has a vital roll in normal metabolism.

In my finding, these substances are also responsible for Insulin secretion. Knowledge is not to treat a disease, But it is by which the disease itself does not come.

---

**\*Corresponding author:** Pramod Stephen, Innovator, Christian Church P.O. Sugauli 845456, East Champaran Bihar, India, Tel: +91-9199646455; E-mail: [pramod\\_stephen@rediffmail.com](mailto:pramod_stephen@rediffmail.com)

**Received** October 26, 2015; **Accepted** October 28, 2015; **Published** November 05, 2015

**Citation:** Stephen P (2015) Deficiency Creates Deficiencies. Endocrinol Metab Syndr 4: 198. doi:[10.4172/2161-1017.1000198](https://doi.org/10.4172/2161-1017.1000198)

**Copyright:** © 2015 Stephen P. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.