

Metabolism and Our Health

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Editorial

Our total health depends upon our metabolism from mother's womb to till death. Now a days we can see many sorts of abortion taking place from 1st month amenorrhea till birth and in many cases many infants die after birth also. We can find many children with no organs many have no good health and many of them are mal nourished and after birth many children die after 1 day to 20 years [1,2]. Till now our medical science has failed to save the children by any means. The reason behind it is unknown by the medical. I tried to explain the correct metabolism in my article "Your Health is in Your Mouth" As we know that metabolism is indigents mixed with others substance and chemical changes take place inside the body. And it prepares to fulfill the requirements of the body. If any substance lacks in the body then the action and reaction of chemical goes to various sides and the body metabolism gets disturbed. Our body has two main substances to nourish every part of the body. (1) Red blood cells (2) white blood cells.

Red blood cells

Red blood cells (RBCs), also called erythrocytes, are the most common type of blood cell and the vertebrate organism's principal means of delivering oxygen (O₂) to the body tissues via blood flow through the circulatory system. RBCs take up oxygen in the lungs or gills and release it into tissues while squeezing through the body's capillaries.

White blood cells

White blood cells (WBCs), also called leukocytes or leucocytes, are the cells of the immune system that are involved in protecting the body against both infectious disease and foreign invaders. All white blood cells are produced and derived from multipotent cells in the bone marrow known as hematopoietic stem cells. Leukocytes are found throughout the body, including the blood and lymphatic system.

Both blood cells require a balance to keep body healthy. Any change in the blood cells results in disturbance to the body, and our glands begin to mal functions. In some cases we notice that our white blood cells increased, it is harmful condition for the body [3]. In this conditions the glob let cells of the body change the shape and start the mucus formation and when mucus increase in the body then its comes out through stool, nose, mouth and female organs [4]. We can find lungs congestion bleedings by mouth also. Sometimes it produces pus formation and create wound in some parts of the body. These signs and symptoms we can notice outside the body but we cannot see the effects of white blood cells in our endocrine glands. As we know that when we are in sorrows or fear we feel only thirst, loss of appetite more urine dryness of throat weakness etc. [5]. Which means that time our endocrine gland gets some disturbance. Only by external thoughts and thinking there are many internal changes taking place then if the process of source of nutrition gets disturb then what will happen to the position of endocrine glands.

"Good Health is The Enjoyment of Life"

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