

## Our Metabolism and Our Bath System

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Nature given us wonderful mechanism to control our body Temperature system but in modern age we always go against nature. The modern bath system has also affected our metabolism. Now there is a time to look into the nature and do according to the nature. For bath nature given us tanks, rivers oceans and springs etc. The natural bath system is for all creature is from bottom to top meaning from leg to head because any creature goes to bath or drink water in the tanks, rivers and place then at first the legs goes into the water and by legs the temperature make the body to tolerate the hot or cold temperature of the water. When human goes to take bath in natural reservoirs then first the leg goes into the water and by knee and Thie and back and then whole body according to the will of persons enjoys the bath.

Now a day the system of bath is completely against the nature. We are using tap water it is completely against the weather in summer season water become hot and in winter season water become very cold.

It is also against nature because if we take example for hand pump then we found that in hot season its gives us natural cold water and in winter season it's give hot water. To control temperature of tap water we are using heater, geezer etc. in winter season and in summer season we are using refrigerators and many times the water become very cold and very hot not tolerable by body and we are pouring the water by spring of tap water, water goes head to bottom it is also against nature. when we bath in this situations then, I experience that our body is not prepare for that situations and, I feel shivering in the body, urinating and mind also gets disturbed and after some time my body able to control the body temperature. By this reason people gets cold, sneeze, headache and fevers. And latter skin, muscles bone, kidney, and other endocrine, hormonal and metabolic problems arise but it is not judge in young stage its look in after many years. It is difficult to find the cause of these problems. We can see that many people die in the bath room. So, we must turn to the nature to save our metabolic and endocrine process.