

## Lead Poisoning: Reset your system with Homoeopathy.

Recent developments in regard to the ban of noodles brand, did not ring a bell for few “**Are you one among them?**” They are those families who cook from scratch and eat traditionally made foods.

When one of the panelists in a talk show said we Indians taught the whole world how to eat I was amused; yes we give so much Importance to food. We say ‘**Anna**’ which nourishes our Body, mind and soul. Even place of growth of food products, the cook, place of eating as well as provider of food, all is accounted for. Balanced diet with dhal for proteins, carbohydrates in form of sweets, salads, soups all are included on daily basis.

Of late our MacAulay mindedness has made people to follow all exotic, alien ways of eating fashionable discarding foods suitable for our climate, digestive systems and our innate natures. This has now raised concerns about **Poisons in one’s food**.

There are no short cuts for amazing Health. If you are concerned about toxins through vegetables better try **growing them at home**. If you are sure about the source; get your produce from Organic super markets.

But above all stop using ready to use pre- cooked or canned foods for easiest management of one’s Health. You can eat as much (a little less than) your satiety, give it to your children without much worrying and weight loss may not be guaranteed but health is.

But **Lead** is not the only Heavy metal we should be concerned about. It is also more than needed **Iron, Magnesium** based compounds for Indigestion but closest in poisoning causing serious damage to digestive system as well as nervous system is **Aluminum**. Also in some parts **Arsenic** compounds are a concern.

Now even taking **Vitamin** pills for very long period of time just thinking they benefit you is also **poisoning** the system with **excess vitamins** which are hurtful again shells or fillers present in the tablets get accumulated in one’s Joints causing damage and Inflammation.

One very important reason of poisoning is actual attempts to end one’ life: suicide attempts. People who consume corroding substances like phenyls and Acids may die but milder preparations like house hold pesticides may not take their life but leave their systems scared for rest of their life’s. Although Homoeopathy has no role to play during Acute poisonings when the system is ailing due to residual symptoms Homoeopathy can help to get rid of those effects.

A lady aged 34years came to me or some constant knee joint pain. I tried usual cours of medicines with little benefit on further inquiry discovered her two attempts on her life with House hold pesticides. Her each system was penetrated and she had black as well as

white patches on skin, all cleared over a period of 6 months of time along with rectifying digestive system which was corroded due the poison. Even her hairs nails became smooth from brittle now since 4 years.