

AMAZING FACTS

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“Every Moment Is A Golden One For Him

Who Has The Vision

To Recognize It As Such!”

Japanese time concept:

“The pathetic died yesterday, wanted to live for another day!

You fortunate lived the day; think what you have done yesterday”

Basic Question

☐ What Is Life?

Some Body Said That

“It’s A Game Of Chance And Choice”

Chance – You Don’t Have Option

Choice – Think, What You Have Opted

Human Being

(A Complete Biological Entity)

■ **Body**

■ **Mind**

■ **Spirit**

Human Being

■ **Heredity**

■ **Environment**

Imponderal Quest

*** Charles Darwin-**

Theory Of Evolution

*** Van Daniken-**

Construction Of Pyramids

*** Planck's Constant (0.6726×10^{-28})**

- **1st Law: Like Begets Like**
- **2nd Law: Law Of Variation**

Heredity Believers Claim

- **Wedgewood=Galton=Darwin**
- **Goddard Studied Kallikak**
- **Doctors Working With Mental Illness**
- **Jailer Working With Prisoners**

Types Of Environment

- ◆ **Natural Environment (Physical Or Geographical)**
- ◆ **Social Environment (Society)**
- ◆ **Cultural Environment (Customs, Traditions And Taboos)**

Environment Believers Claim

- **Hilly Region Children**
- **Ramu The Wolf Boy**
- **Study Of Donald And Gua By Kellog**
- **Hogo Fish**
- **Fruit Fly**

Do you have 9am effect at 6pm?

Exercise for all – just spare few minutes

MODERNISATION PATTERNS –WE OPTED

- **Hypo-kinetic**
- **Eating habits**
- **Cultural dilemma**
- **Working conditions**
- **Career competitions**
- **Changing lifestyle**
- **Morality and Ethics**
- **Philosophy about past, present and future**
- **Generation gap**

MODERNISATION PATTERN OF LIFE

- **Your lifestyle has a great influence on your health and sense of well-being.**
- **Lifestyle reflects your personality and philosophy of living.**
- **Many of times we may be failing to recognize problem areas.**
- **Before undergoing any fitness program try to evaluate few things which are directly related to your lifestyle.**

What's Your Lifestyle? Test No. 1

- **Your working life: Do any of the following describe your workplace?**
- 1. Subject to excessive noise.**
 - 2. Cramped with too much furniture/equipment.**
 - 3. Poorly lit.**
 - 4. Inadequately heated/cooled and ventilated.**
 - 5. Drab and depressing looking.**
 - 6. Generally messy and dirty.**

If you have answered ‘yes’ to any of these points, consider how to improve the conditions.

What’s Your Lifestyle? Test No. 2

- **Getting to work:** Most people have to travel some distance to get to work and home again. Think about these questions to see if you are doing this in the best way.

1. **Have you other options for getting to work?**
2. **Does your journey take more than one hour each way?**
3. **Can you reduce the cost, stress, and pollution of daily traveling?**

The most suitable method of transportation gets you to your destination fastest, with the minimum amount of stress and discomfort.

What’s Your Lifestyle? Test No. 3

- **Your home life:** You may be so accustomed to your home surroundings that it does not occur to you to reassess them. Use these questions to help you see if you need to make improvements.

1. **Are all the rooms well laid out for comfort and for efficient use?**
2. **Is the lighting adequate for reading, sewing, and relaxing?**
3. **Are the heating, cooling, humidifying and ventilating facilities adequate?**
4. **Do the walls look clean and cheerful?**
5. **Are you free from excessive outside noise?**
6. **Does each member of the household have enough space and privacy?**
7. **Do your appliances operate efficiently?**

Answering ‘no’ to any of these questions means that your home is producing a background to discomfort and tension, which has a negative effect on your general well-being.

- **What’s Your Lifestyle? Test No. 4 Your Emotional Life:**

1. **Do you have a good relationship with your family members?**
2. **Do you have a well-surrounded social life?**
3. **Do your loved ones feel loved?**
4. **Do you feel loved?**

Communication is the key to beginning to change any ‘no’ answer to ‘yes’. If you have answered ‘no’ to any of these questions, first ask yourself why it is so. Then take the initiative in discussing the problem with the person or persons concerned. Please remember that communication is also about listening, and that the solution to problems lies in taking positive action.

What’s Your Lifestyle? Test No. 5

- **How do you use your leisure? Do You?**
 - 1. Watch TV for more than 2 hours, on 4 or more evenings a week? Score-0**
 - 2. See friends at least twice a week? Score-2**
 - 3. Take the family out for some fresh air and exercise at the weekends? Score-3**
 - 4. Go to museums, theaters, the movie? Score-2**
 - 5. Often wander around stores for lack of anything else to do? Score-1**
 - 6. Tinker around at home? Score-1**
 - 7. Make time for exercise more than 3 times each week? Score-4**
 - 8. Spend 4 to 5 hours a week on an active hobby? Score-4**
 - 9. Spend 4 to 5 hours a week on a sedentary hobby? Score-3**
 - 10. Play a team sport regularly? Score-4**
 - 11. Go out eating and drinking every night? Score-0**
 - 12. Go to a class or club every week? Score-3**
 - 13. Set aside time to relax/ think/ meditate alone? Score-3**
 - 14. Organize the rest of the family? Score-0**
 - 15. Do office work at home? Score-0**
 - 16. Not really have any leisure? Score-(-4)**
 - 17. Work on the home? Score-3**
 - 18. Enjoy your family? Score-3.**

ASSESSMENT OF TEST 5

Add up your score

30 or over: You have a healthy, balanced lifestyle and deserve a sense of well-being.

20-30: You have a positive attitude toward leisure, but might benefit from some more physical exercise.

10-20: You need to rethink your priorities. Your free time may not be evenly balanced, and you might benefit from introducing more variety and activity into your leisure time.

Under 10: You probably do not enjoy your free time much. If you often find yourself at loose ends, try to increase your circle of friends, do more exercise, and cultivate a new interest. If you never have enough time to yourself, try to reorganize your life.

The thing is paid for what you do, is it? – Complaint of engineer to a doctor

Cells:

The basis of all life on earth as we know it is the cell. The process of evolution has developed this crude single cell into a bewildering range of complex forms; the most amazing and complex of all is the human being. The average developed adult is made up of 60 million million cells.

Amazing facts:

1. 300 million cells die in the body every minute, but the number of cells remains fairly constant throughout our life. Dead cells are replaced immediately.
2. Every cell in the body contains 46 chromosomes, with the exception of the sperm and the ova. These cells contain only 23. At the moment of fertilization, 23 become 46 – the blueprint of a new life.
3. All cells are constantly moving, pulsating and dividing.
4. Every cell in the body contains enough information to reproduce any other cell in the body whatever its specialized function may be but they don't – heart cells only reproduce heart cells, liver cells only liver cells etc. Cells simply fail to recognize any set of instructions other than the ones necessary to reproduce themselves.

Skin:

The body's first line of defense against the outside world is one of its major organs – skin. It is waterproof and tough, and responds immediately to changes in temperature, sensations of pain and the sensual pleasures of touch.

Nerve endings account for the sensitivity of the skin and its rate of response, and the skin has more nerve endings sensitive to pain than areas deep within the body. The skin therefore constitutes a warning system – protecting the body against excessive heat or cold. The

distribution of nerve endings is not uniform. Fingertips, for instance, are especially sensitive, while the skin covering the hands and face is less responsive to heat and cold.

Amazing facts:

1. An average adult's skin weighs about 9 pounds, three times as much as the brain, and covers an area more than 18 square feet.
2. The skin wrinkles if submerged in water for too long because water leaking into the softer cells causes them to buckle.
3. The skin we actually touch is dead. Cells rise from the bottom of each layer of skin to replace those lost at the top as dead cells are rubbed off or washed away.
4. The skin is elastic. It stretches to accommodate weight gain and shrinks to your new size as you become slimmer.
5. Both black and white people have equal numbers of pigment producing cells. It is the genes that determine the rate at which these cells produce pigment.
6. There are limits to the amount of skin loss through burns that the body can tolerate. Age also affects our capacity to survive major burns. Up to 35 years of age the loss of 75% is generally fatal. In middle age death is likely to occur after a loss of 58%. In old age, survival is always doubtful, but a 23% loss will probably prove fatal.
7. The skin cannot lie. Lie detectors, or polygraphs, work on the principle that under stress or threat the skin undergoes certain measurable changes caused by hormonal activity.

Hair:

Like the skin, hair is an important part of the body's defense system. Its various functions are determined by its location on the body and to what extent that part of the body is exposed to potential invaders. The hair on our bodies originally protected us from excessive cold and from harsh elements. It has largely lost these functions now and principally serves to capture dust and small insects' which would otherwise have easy access to the body through the ears, nose and eyes. The hair on our arms and legs serves to warn us of danger or sudden cold. The coarse hair which forms the eyebrows not only protects the eyes from foreign bodies but also stops perspiration dripping into them. The hair on our head protects us from loss of body heat and from potentially toxic elements in the air which might otherwise find their way into our circulation.

Amazing facts:

1. The average human has as much hair as the hairy primates, but it is so short and fine we simply do not look as well covered.
2. An average human head is covered by about 100,000 strands of hair.
3. Each ordinary hair has a life span of about three years, eyelashes live about 150 days.
4. The soft down-like hair of the newborn sometimes reappears on the body of the aged.

5. A Swami in Chennai, Tamil Nadu was found in 1949 to have hair nearly 26 feet long. Normally, hair which is not cut grows no longer than 3 feet it is believed the swami was sick.

Sight:

Our eyes respond to light, thus enabling us to find out what is happening around us. Eyes are a most important source of information for the brain. The fundamental functions of the eye are very similar to the operation of a camera. Light enters the eye through the pupil which opens up or closes down, depending on the amount of light, like the aperture variations on a camera. It is the contracting of the iris, the colored part of the eye, which controls the amount of light allowed to fall on the back of the eye – the photographic film called the retina which transmits information to the brain. But the eye can out-perform any man-made device. Our vision is three – dimensional, it distinguishes colours, sizes and distances, has long and short focus, and copes with distortions like angles and shadows.

Amazing facts:

1. A blink occurs once every two to ten seconds, lasting 0.3 to 0.4 seconds. This accounts for about half an hour of our waking time. An infant does not blink at all in the first few months of life.
2. The surface of the eye has considerable freedom of movement. The eyeball can tilt 35 degrees up, 50 degrees down, 45 degrees out and 50 degrees in towards the nose.
3. The complexities of perception mean that we often do not see what we do not know. The Australian Aborigine cannot ‘see’ the full colours of the rainbow because he only knows, and has names for, four of them.
4. Homo sapiens are the only living creature known to cry from emotional distress.
5. A child can bring its eye inwards towards the nose to focus on an object just 3 in from its face. By the time an adult is 30, the closest distance he or she can focus under these circumstances is 5 ½ inch.

Smell:

The body uses its sense of smell to monitor the environment and to feed vital information to the brain. It is an exceptional sense, extremely accurate and memorable. It is nearly 10,000 times more accurate than our sense of taste. Each one of us can identity thousands of different smells with great accuracy, but would have difficulty in describing more than a few of them precisely. Defining and categorizing smells is a largely unresolved problem. We do not even know why some substances smell and other do not.

Amazing facts:

1. Body smell is as distinctive and individual as a fingerprint, and is unique to family group.

2. Police dogs cannot distinguish between the body smells of identical twins, even if the twins live in different towns, have different jobs and eat dissimilar foods.
3. Compared to a dog's capacity, human smelling skills are very inferior. It is considered that the dog's nose is over a million times more sensitive than the human nose. Man's sense is incredible, a dog's is a million times more so.
4. Salmon use their sense of smell to find their way back up the rivers in which they were spawned.

Taste:

There are four primary sensations of taste: sweet, bitter, sour and salt. The receptors for these tastes – the taste buds – are located on different parts of the tongue: sweet and salt on the tip, sour on the sides and bitter to the back. There is very little we can taste with the middle section of the tongue. The front of the tongue also feeds in information on temperature and texture so that the brain knows what to do with each mouthful. This information is sent along with the information about taste and is mixed together when it reaches the brain. This is why cold dishes taste different from hot dishes and fresh bread tastes different from toast.

Amazing facts:

1. An adult has an average of 9000 taste buds, but a baby has many more. Babies even have buds on the inside of their cheeks. Taste buds are lost as we get older, which in part explains a child's vigorous reaction to strong tastes.
2. Research is presently underway to explore the possibility of early diagnosis of some forms of cancer, an early symptom of which appears to be an otherwise inexplicable change in the taste of perfectly ordinary food, such as a boiled egg or a cup of tea. Called Specific Taste Change (STC) it is a phenomenon not understood at this stage.
3. Loss of taste sensation is a continuing problem for the aged, who often simply lose their desire to eat because their food tastes so boring.

Hearing and Balance:

The ear is the organ we use not only for hearing, but more importantly for balance. Our world would be disastrously confusing without constant monitoring of our orientation and equilibrium. This is the primary function of the ear.

Amazing facts:

1. Sound can be felt, as well as heard. The sound vibrations actually travel faster through solids and liquids than they do through air. This is why it is possible to hear the approach of galloping horses by putting your ear to the ground. The sound can be heard in the earth long before it can be heard in the air.

2. If a sound is directed at you from immediately in front or behind, you automatically turn your head in order to locate it accurately. This happens because the plotting function of the ear cannot operate if both ears receive the same sound at exactly the same moment. The effectiveness of this function depends on the ability of the brain to measure this minute difference in time.
3. Sea sickness is caused by the brain misinterpreting the movement of the fluid in the cochlea. This fluid moves constantly in response to the movement of the boat even if you remain perfectly still. The brain thinks the movement is yours, and tries to stabilize the effect. The confusion which follows causes nausea and dizziness. It takes the brain a few days before it stops trying to compensate for movements you are not making.
4. There are many stories which would suggest that babies hear and remember sound they have heard in the womb. One story involves an orchestra conductor who was surprised by his memory of the cello part of a previously unrehearsed piece. He later learnt that his mother, a cellist, had learnt the part during the pregnancy, and so, it would seem, had the developing conductor.

Bones:

The skeleton supports the body in the same way that the frame of a building upholds the internal and external structure, and it provides a strong, mobile, protective frame for our internal organs which is both flexible and tough. For example, the rib cage is tough enough to protect the most vital of organs – the heart, yet it has sufficient flexibility to accommodate the expansion of the lungs.

The word skeleton is derived from a Greek word which means ‘dried up’, but the bones of our body in their living state derive their strength from not being dry. Bone is approximately 30% water, is flexible and strong, and does not at all resemble the dry brittle object we see dogs digging up from old hiding places.

Amazing facts:

1. Space travel has revealed the astonishing sensitivity of bone to changes in our environment. The bones of astronauts lose density during prolonged flights when their bodies are continually exposed to weightlessness. The bones become thin and brittle, similar to a condition known as osteoporosis which is very common amongst old people. Frequent exercise and special diets are helping to alleviate the problems for space travelers.
2. The thigh bone is able to bear a pressure of 1200 pounds per square inch when we walk.
3. It is known that cavalrymen have grown extra bone in their buttocks and thighs because of the nature of their work.
4. Babies’ bones are nearly as flexible as reeds. Their bones can bend very easily under pressure and simply resume their original position when the pressure is removed.

5. There are generally 206 bones in an adult body, a baby has 350. The extra bones don't get lost – they fuse during the maturing process, to accord with our needs.
6. The skeleton does not mature until the body is 25 years of age.
7. The coccyx, the pointed bone at the base of the spine, is the only bone in the body without a function.

Muscles:

There are more than 600 muscles in our body and each one has its own highly specialized function. Many of them work continuously during our lifetime, even during sleep. In periods of vigorous physical activity, nearly every muscle in the body may be involved, either directly with the particular movement, or indirectly by responding to it.

Amazing facts:

1. Big does not necessarily mean strong. Strength comes from the capacity of muscle fiber to expand. Per pound of body weight, heavyweight champion weightlifters lift less than their light weight colleagues.
2. In the first three years of life, muscles grow twice as fast as bone. By three years of age, the two grow at about the same rate and continue to do so until adolescence, when there are sudden and alarming variations in the two growth rates.
3. There are some 30 muscles attached to the bones of the skull. Their sole purpose is to give the face expression.
4. A great deal of the energy used in making our muscles work is lost as heat – an amazing 75% during vigorous activity. This means that the body machine is only 25% efficient – about the same as the internal combustion engine.

Digestion:

A bewildering variety of foodstuffs disappears into our mouths, some of which is beneficial but a lot of which is not. In the western world the human digestive system is assaulted by an average of half a ton of food each year. The system copes with all of this remarkably well, even though a great deal of the food we eat is not exactly what the body was designed to receive.

Amazing facts:

1. The stomach is not a vital organ. It can be totally removed without unduly affecting the digestive process.
2. The inner surface area of the small intestine is so huge that it arranges itself in wavelike folds of tissues. It is in fact ten times greater than the total surface area of the skin.
3. A meal takes about four to six hours to enter the small intestine, another five hours to enter the large intestine, and anything from an additional six to 12 hours to complete the journey out of the body.

Teeth:

Amazing Facts:

1. Teeth are, not surprisingly the hardest part of the entire body, yet are so easily broken down by the effects of decay that they have the unenviable record of being the one part of the body almost certain to decay before death. Amazingly they will almost just as certainly resist decay after death.
2. According to the Guinness Book of Records, the man with the strongest teeth in the world is Hercules John massis (B. 1940) of Belgium, who for a TV show in 1979 prevented a helicopter from taking off using only a teeth bit harness.
3. There are all sorts of teeth-cleaning methods which are more effective than the standard Western-style toothbrush. Some African tribes chew sticks – considered to be the most effective of all known methods. Other methods include the chewing of high fiber fruits and resin.
4. Fluoride is remarkably effective in reducing the incidence of decay, even with the additional of just one part fluoride to 1 million parts of water.
5. Amazing progress has recently been made in developing a vaccine against tooth decay, and it is likely that this research will in time produce a guarantee against tooth decay.

Respiration:

Respiration is not merely a question of breathing in and out. That act of respiration involves almost every cell of the body in extracting energy from food, and using it to meet the demands being placed on the body at the time.

Amazing Facts:

1. It is estimated that we breathe in nearly 500 cubic feet of air per day, consistently, automatically and most of the time, effortlessly.
2. Conveniently, Mount Everest, the highest peak in the world, is the highest man could climb unaided by supplementary oxygen.
3. The most remarkable change of breathing rate occurs when we sneeze. Sneezing is one of the body's mechanisms for ensuring that foreign bodies do not enter the lungs. It is an explosive, powerful action almost certain to remove the irritant, particularly as the speed of a sneeze has been estimated at between 60 to 100 miles per hour.
4. Calculation of Dog, Man and Tortoise calculation “The law of use and disuse”,
Equal breath counts for everybody
(Life span in years X Days X Hours X Minutes X Breath count per minute)
Dog = (20 X 365 X 24 X 60 X 45)=900
Human = (60 X 365 X 24 X 60 X 15)=900
Tortoise = (150 X 365 X 24 X 60 X 6)=900

Circulation:

The heart...such a critical organ but so little understood. It has been responsible for much romantic nonsense, but what a heart really needs is not wine and roses but a sensible diet and regular exercise. It is now well established that the capacity of the heart to perform its vital role is greatly increased by frequent exercise, yet more of us will die from preventable heart malfunction or disease than from any other cause.

Amazing Facts:

1. The human heart weighs 12 to 14 oz. A horse's heart weighs about 10 pounds.
2. The human heart beats at somewhere between 70 to 80 times per minute; a budgerigar's over 1000 times per minute.
3. During inactivity all the blood in the body is circulated completely round the body at the amazing speed of once a minute. During periods of activity it takes a mere ten seconds.
4. In the course of one day, 8 tons of blood passes through the heart.
5. Circulation in the body of the fetus simply bypasses the lungs, knowing they are not operating. Within 12 hours of birth the bypass artery closes over and the blood then has no option but to make the complete trip.
6. During periods of great physical stress the heart diverts blood from other organs in order to supply the maximum available blood to the muscles and the heart, the two organs bearing the greatest strain. The kidneys, the skin and the digestive organs all have their normal blood supply dramatically reduced; other organs lose less, but the supply to the brain remains absolutely consistent, no matter what is going on.
7. Red blood cells are manufactured by the bone marrow at the amazing rate of 200 million per day, and live in the body for about 120 days. With this life span, the red cells can travel around the body nearly 500,000 times per month.
8. The entire network of vessels which makes up the circulatory system measures 60,000 miles, which is more than twice the circumference of the earth.
9. The power of the human heart is such that if the main artery, the aorta, was cut, a stream of blood 6 feet high would be released.
10. It is possible to suffer blood loss up to 35% without serious consequences, but a loss of 50% would be fatal.
11. Bloodletting was only abandoned as a cure-all as recently as the last half of the 19th century and then only as a whim of fashion rather than sound medical judgment. Thankfully blood transfusion quite suddenly became more fashionable.

Liver:

The liver has been the source of many myths and much magic. In folklore it has carried an honorable responsibility for a range of courageous and passionate acts, though there seems little scientific or medical evidence to support such poetry. It is an organ of some common

misunderstandings, in part due to its extraordinary range of significant functions. To date over 500 have been identified.

Amazing Facts:

1. At any one given moment nearly 15% of the body's total blood is located in the liver.
2. The flow of blood through the liver is so substantial that even at rest 2 ½ pints of blood move through this organ every minute.
3. The liver's power of regeneration is staggering. Even if three-quarters of the liver were lost, the remaining section will undergo such rapid cell recovery that the entire organ will be rebuilt within weeks.
4. Just one of the liver's numerous functions, to remove potential toxins from the bloodstream, is so complex it would require a five-storey factory occupying an entire city block to reproduce its capabilities.

Kidneys:

The body is remarkably efficient at recycling its byproducts, but there comes a stage when it can do no more. At this point, the by-product becomes waste and, if left in the body, potentially toxic.

Amazing Facts:

1. The blood, which is pumped through the kidneys at the rate of more than 2 pints every minute, takes just a short five minutes to travel round the body and find its way back to the kidneys again.
2. Urine is heavier than water; about 2 oz of solid material per day is passed out of the body with fluid waste, as urine.
3. Bizarre changes in the colour of urine can indicate troubles as far-ranging as eating too much beetroot, to cholera. Tropical fevers often change the colour to orange or brown, and typhus changes it to green. Many popular drugs will change it to blue, and if your urine is bright blue-green you should immediately suspect cholera.
4. Although the kidneys are quite small – about 4 inches long and 2 inches wide – the compressed tubes inside them would stretch for over 50 miles if extended.

The Nervous System:

In understanding the brain and its workings, the comparison with a computer is irresistible. But computers very quickly fall short of brain power after they have soundly beaten us in purely mathematical functions the computer is a master of logic, at speed and accuracy it has no challenger, and its memory is accurate to 100% of the information it has been fed. But a computer never remembers a face or a feeling, it never sulks or smiles or feels elated, and as far

as we can tell it makes no discernible response to the work of a great artist. Highly specialized parts of our brain do all of this for us, feeling, responding and remembering for a lifetime.

Amazing Facts:

1. The structure of the brain is complete at birth. Growth continues up to the age of about 20, but only by increasing the size of the brain cells and by adding to the material connecting them.
2. Loss of nerve cells is permanent. The brain cells we are born with never increase in number, only decrease.
3. It is likely that a computer with all the skills of the human brain, as far as we now understand them, would have to be the size of the entire planet.
4. Brain size is apparently not significant in determining competence. In fact, the largest brains are often found amongst those with the lowest IQ. Louis Pasteur, a man of undoubted genius, suffered a cerebral hemorrhage of such proportions that it was found after his death that he had lived a major part of his life with only half a brain.
5. The size and shape of nerve cells vary enormously. Some of the cells of the spinal cord are nearly 30 times larger than some brain cells.
6. Impulses travel along the pathways to the brain's central nervous system at greatly differing speeds. The impulse from a kiss travels at an amazing 140 miles per hour as opposed to a sharp jab in the finger which cruises along at 25 miles per hour. The worse the pain, the longer the delay – the split second between the moment of injury and the actual sensation of pain arriving at the site is due to the slow rate at which the impulse from an injury travels – an unwilling 2 miles per hour.

Growth:

Amazing Facts:

1. Growth is largely controlled by the pituitary gland, but sometimes the functions of this gland can go wildly wrong. Despite surgery to control her growth, Sandy Allan, a young woman from Indiana, USA, has grown to an amazing 7 feet 7 inches.
2. The overproduction of growth hormones by the pituitary gland can have bizarre effects, as in the case of the condition known as acromegaly. This occurs when the overproduction begins after full body maturity, so that only the hands, head and feet overgrow. Often the lips and tongue are also affected. Thankfully this condition can often be successfully controlled.
3. Pituitary malfunction can also prevent growth, as in the case of a Dutch woman, Pauline Musters, who grew to full maturity with a height of just 23 inches.

Part – I:

The World Within

Our bodies are sensitive, delicate and remarkably frail. The fact that we manage to prosper in a world which is often hostile and unsympathetic to our needs is a tribute to a vast number of automatic mechanisms survive an infinite variety of environmental hazards, to repair and restore ourselves to good health when disease and disability threaten and to learn from our experiences so that we can improve our capacity to survive.

Your body has internal mechanisms which regulate the way you act and react

The rhythm and blues:

Homeostasis Cycle is of 21 days

There are, of course, many individuals who strongly believe that the rhythms govern all aspects of human life. For some years now some people have believed that their health and fortune is ordained not by the position of the stars but by three different body cycles. In a book called *The Periods of Human Life*, by Hermann, Vienna University, announced that our physical vitality and strength is governed by a 23 day cycle and that our emotional strength and stability is governed by a 28 day cycle. The third intellectual activity is governed by 33 day cycle. All these of three cycles are said to begin on the individual's birthday and to follow a wave pattern after that, with the waves repeating themselves after 23, 28 and 33 days. The theory is that the peaks and troughs of the cycle are the most critical times and that on these days an individual is particularly likely to be at his best or his worst.

There are mechanisms which enable you to adapt to changing demands

Adaptability:

In 1936 the Hungarian pistol-shooting champion represented his country in the Olympic Games as a right-handed shot. In 1939, having lost his right arm in an accident in 1938, he became world champion as a left-handed marksman.

Mark English conquered Mount Everest without legs in 2006 first he got accident in 1986

80% blind of Korea can win medal in archery in Olympics Games in China

Compensation to the deformity is available.

- Your variable pump
- Altitude training concept
- What a nerve
- Pink Brown and black skin
- Muscle bound

- The bones
- The housemaid's knee (pre-patella bursitis) and the student's elbow

Your body can defend itself against serious threats

- A bleeding wonder
- Injury time
- Dying for a drink
- Fainting with purpose
- Untapped potential (extraordinary strength, extraordinary leap and extraordinary balance)
- Blowing hot and cold (body alive from 30 to 45 degrees centigrade, but can sustain +50 to -50 degrees centigrade) automatic thermoregulatory system of breathing
- Safety measures (loss of 3/4th tissues of lung, liver and kidney tissues will not hamper function even loss of yard of intestine does not effect digestion)
- Heart beat reserve impulses
- Tears with feeling

There are mechanisms to protect you against disease and infection

- Hot but not bothered (defense mechanism to kill bacteria)
- Starve a fever (loss of appetite in cancer patients may be designed to weaken the cancer cells)
- Spit and clear the lungs (the tiny mucus producing cells get paralyzed of the smokers hence more prone to infections of the chest)
- up, up and away (Vomit of infected food likely to prove a threat is pumped out with the help of diaphragm and abdominal muscles)
- The importance of pain (lepers painless loss)

There are even mechanisms to help you overrule inappropriate mechanisms!

- The automatic aspirin (placebo effect - endorphin release)
- A labor-saving device (endorphin release excess could be mother nature has decided to show her sense of sympathy for the pregnant woman in a practical way?)
- Mind over matter (blisters due to hypnosis)

And there are mechanisms which lie half – forgotten and unused

- penal gland (déjàu or clairvoyance)
- Aura layers (Mesmerism effect, Eye protection with Nano particles)

Part – II

The basic Principles of Body power

Understanding your Personality

- The asthma personality: Asthma sufferers often have domineering mothers and rather ineffectual fathers. They don't allow themselves to show any emotions. They are usually lonely, somewhat oversensitive souls.)
- The ulcer personality: people susceptible to ulcers tend to be very dependent on their mothers. They usually need a lot of love. They tend to be ambitious and hard-working, confused about becoming dependent or independent
- The depressive personality: They usually think little of themselves, are often intolerant and over conscientious and don't usually have much of a sense of humor, rigid approach to life, difficult to adapt to new changes
- The heart attack personality: If you are aggressive, impatient, intensely competitive and anxious to succeed, you may end up in a coronary care unit attached to an electrocardiograph.
- The eczema personality: Like asthma sufferers, they tend to repress their emotions. When they get angry they keep it to themselves and when they want to cry they bottle up their emotions.
- The arthritis personality: Arthritis sufferers tend to be rather timid, shy and dissatisfied with their own work. They are hard taskmasters. They often come from unhappy homes and there is frequently a history of one parent in particular being rather hard, domineering and even cruel.
- The colitis personality: The sort of person most likely to develop colitis will be shy, dependent, passive and anxious to please.
- The cancer personality: Galen noticed that women who were depressed were far more likely to develop cancer than women who were happy. Today it is known that people who are cancer-prone tend to try too hard to please the world. When they fail as they inevitably must, they get cancer. Cancer sufferers often have unhappy childhoods and frequently grow up suffering from a lack of love, a sense of loneliness and a feeling that they have been deserted by those closest to them.

- The migraine personality: Migraine victims are driven by guilt. They feel that they must always strive to do what is right and to satisfy their own over-demanding consciences. The average migraine sufferer is a perfectionist, very ambitious, anxious to please and hard-working.
- The Hay Fever Personality: Hay fever sufferers often seem to be tense, nervous people who lack confidence and who are rather obsessive.

Learn to listen to your body:

1. If you are lifting or moving something and you feel a twinge of pain, consider that a warning.
2. Vomiting and diarrhea may be extremely inconvenient, but they are important defense mechanisms employed by your body for specific purposes or some form gastro-intestinal infection.
3. The cough reflex is a sophisticated defense system designed to eject unwelcome foreign matter from the respiratory tract.
4. If you develop an unusual or unexpected skin rash the chances are high that you have been in contact with an irritant and it is a chemical defense mechanism.
5. If you develop cramp in your legs it is usually because your circulation has been impeded. The cramp pain tells you to change position.
6. Eat the wrong sort of food or eat too quickly and you will develop indigestion. To get rid of it listen to the symptoms and take notice.
7. If you are forever having accidents, it may be that you are constantly under too much pressure.
8. Blood pressure often rises when an individual is under pressure.

How to read the danger signs:

- Your early warning systems (chest pains, angina, indigestion, muscle cramps, coughs, colds, etc)
- Learn to know your weak points: most of us have a weak point. When we are under too much stress or too much pressure we develop symptoms of a particular type. Learn to know your weak point – as the symptoms begin to develop, you will know that you are pushing yourself too hard. (Here are some of the commonest ‘weak point’ signs: Headache; skin rash; indigestion; wheezing; diarrhea; chest pains; palpitations; insomnia; irritability)

Danger Signs:

1. You have any unexplained pain which recurs or which is present for more than five days (obviously, severe, uncontrollable pain needs to be investigated without delay)
2. You have any unexplained bleeding – from anywhere.
3. You need to take any home medicine regularly or for five days or more.

4. You notice any persistent change in your body (e.g., a loss of gain in weight, a paralysis of any kind, or the development of any lump or swelling)
5. Any existing lump, wart or other skin blemish changes size or colour, or bleeds.
6. You notice new symptoms when you have already received medical treatment.
7. There are mental symptoms present such as confusion, disorientation or severe depression.

Learn to relax your body;

Jacobson's Progressive Relaxation Technique:

Relax your mind: (anger management and breathing techniques)

Play sport and let your emotion show its face as ventilation

Take time out

Rocking chair therapy

Aggressive exercise (punching bag is your boss)

It's all in the mind

Learn to appreciate the power of positive emotions

The advantages of staying active (You never turn old only your spares not mind)

Part – III

Body power in Practice

How to use Body power to help improve your shape and maintain your health

- The fat of the land (Eating habits – distribution of diet)

Eat only when you are hungry

Concentrate on what you are doing when you are eating.

Don't be afraid to leave food on your plate when you are full

Get into the habit of serving small portions.

Try to build up an awareness of your body's needs

Most of us eat fairly large meals at fairly infrequent intervals because that is the way our society encourages us to eat.

Don't use food as a crutch (in sad and happy moods)

Don't use food as a weapon (don't link food and punishment or food and reward)

How to use Body power to help improve your life

Breaking bad Habits (Nail bites,

Sense and sensibility

The sporting lifestyle

Smile and the world smiles with you

REASONS TO DO EXERCISE

1. There is a definite link between premature death rates and chronic inactivity. Exercise promotes longevity by reducing the risk of premature mortality.
2. Exercise retards the process of ageing, thus preserving vitality and youth.
3. Exercise reduces the risk of developing hypo-kinetic diseases (those associated with lack of movement). It prevents the incidence of and / or helps controls such disease processes.
4. Exercise helps prevent or control coronary artery diseases and most of the cardiovascular diseases, as lack of exercise is the number one reason for developing these diseases.
5. Exercise helps prevent cerebra-vascular diseases (strokes).
6. Exercise helps control tri-Glycerides in blood. Tri-Glycerides are as harmful as cholesterol and lead to heart disease.
7. Regular aerobic exercise helps control/ prevents hypertension.
8. Exercise prevents clotting of blood, thus reducing the risk of heart attacks and strokes.
9. Exercise increases the elasticity of blood vessels, which reduces the resistance to blood flow. This in turn helps prevent hypertension and heart disease.
10. Blood viscosity is decreased as a result a regular exercise. This reduces the stress on the heart, as thinner blood is easier to pump, and also prevents clotting.
11. Exercise increases HDL (Good Cholesterol) levels in the body, which prevents plaque build-up on the inner walls of arteries. This in turn prevents heart attacks and strokes.
12. Exercise strengthens the heart muscle, and cause left ventricular enlargement, thus improving cardiac output and endurance.
13. Exercise improves overall glucose tolerance and insulin sensitivity, thus reducing the risk for type II diabetes mellitus.
14. Exercise increases muscle mass, which is linked to various vital physiological functions. Increased muscle mass helps optimize these functions thus promoting good health and vitality.
15. Exercise increases muscular strength and endurance, which improves your ability to perform work and function optimally in day-to-day life.
16. Exercise improves the body's ability to control its internal temperature, thus making it better suited to cope with heat stress.
17. Exercise improves the body's hydration status. This helps prevent dehydration for strenuous exertion, or heat stress.
18. Exercise helps improve/ maintain bone density, reducing the risk of developing osteoporosis (Hollowing of bones).

19. Exercise boosts immunity, helping the body to combat infectious diseases.
20. Regular light to moderate exercise helps reduce the symptomatic pain caused by arthritis.
21. Exercise helps reduce the risk of developing cancer.
22. Regular endurance exercise helps reduce the risk for testicular and prostate cancer in men.
23. Regular endurance exercise helps reduce the risk for breast, cervix, ovarian and uterine cancers in women.
24. Regular endurance exercise helps reduce the risk for various cancers affecting the digestive systems.
25. Exercise helps alleviate chronic muscular pain caused by inflammation of the connective tissues.
26. Chronic muscular spasms and stiffness can also be prevented by regular exercise.
27. Strength training increases Resting Metabolic Rate (RMR). An increased RMR means you burn more calories at rest, thus improving your body's composition.
28. Endurance training helps burn, large amounts of fat calories, thus promoting efficient weight loss and improved body composition.
29. Regular exercise helps lose excess fat weight, which is a risk factor for several chronic degenerative disease especially heart disease.
30. Regular exercise helps relieve constipation, regularize bowel movement and prevent flatulence.
31. Exercise enhances digestion and enhances optimal absorption of nutrients.
32. Exercise helps increase pain threshold, thus helping cope better with pain, and increasing maximal work capacity.
33. Exercise improves endocrine function, which promotes optimal functioning of various physiological systems thus improving health and fitness levels.
34. Exercise improves sexual health and performance.
35. Exercise can improve fertility in both men and women.
36. Exercise can help rectify erectile dysfunction by increasing circulation and reducing mental stress.
37. Regular endurance exercise helps improve total lung capacity and improves endurance.
38. Regular endurance exercise helps prevent and alleviate chronic obstructive and restrictive lung diseases.
39. Overall respiratory tract and lung health can be enhanced by regular exercise.
40. Oxygen carrying capacity of the blood can be improved by regular endurance training.
41. Mental function and memory can be significantly improved by regular exercise.
42. Regular exercise may help combat serious neurological disorders such as Alzheimer's and Parkinson's diseases.
43. Mental stress can be greatly reduced by regular exercise.
44. Endurance exercise is known to release certain feel good hormones such as endorphins, serotonin and norepinephrine, which bring about general feeling of euphoria and wellness. This condition commonly known as "Runner's High" is a great psychological and emotional stress buster, and a promoter of good health.
45. Exercise can boost self- confidence and self-esteem by improving one's body image, through weight loss, and enhanced muscle tone.
46. Regular exercise improves nerve health and neuron-transmission.
47. Mental awareness and concentration can be greatly improved through regular exercise.
48. Lymphatic drainage can be improved through regular exercise, and lymphatic health can be maintained.
49. Exercise strengthens bones and ligaments.
50. Resistance training, strengthens muscles, improves contractile ability and increases muscle size.
51. Tendons and connective tissue are strengthened by regular resistance exercise.

52. Joint flexibility is facilitated by regular exercise.
53. The Sinovial fluid in joint is increased and its viscosity is decreased, thus promoting joint health.
54. Circulation to joint cartilaginous tissue is also facilitated, thus improving cartilage health.
55. Regular exercise improves balance.
56. Proprioceptive (body awareness) can also be significantly improved through exercise alone.
57. Exercise increases agility, coordination and reflexes.
58. Muscular imbalances can be rectified through proper strength training.
59. Body alignment can be corrected, through specific exercises.
60. Posture can be significantly improved through regular corrective exercise thus enhancing positive body image.
61. Body mechanics can be improved through regular strength and flexibility exercises.
62. The above 13 points (47 to 59) play a very vital role in injury prevention, optimization of energy, and improving overall physical efficiency.
63. Regular exercise plays a significant role in correcting post menopausal disorders, and issues related to women's health, 15 are which listed below.
64. Regular exercise facilitates normal deliveries, and reduces pains experienced during parturition.
65. Exercise can play a significant role in maintaining the psychological health of pregnant women.
66. Exercise helps reduce post natal weight gain.
67. Loss of fitness post-natal levels, due to lack of activity can also be regained through exercise.
68. Hormonal imbalances in post-menopausal women can be stabilized by exercising, thus prevent severe mood swings.
69. 'Hot flashes' and inability to efficiently regulate body temperature in post-menopausal women can be corrected through regular exercise.
70. Loss of bone density and onset of osteoporosis in post-menopausal women can be prevented through regular resistance exercise.
71. Estrogen acts as a natural antioxidant in women. After menopause the risk for heart disease is greatly increased due to lack of estrogen. Regular endurance exercise helps prevent heart disease in post-menopausal women.
72. Exercise helps alleviate mental stress in post-menopausal women.
73. Regular strength and endurance training increases libido, and enhances sexual performance in post-menopausal women.
74. Exercise helps prevent rapid weight gain, a side effect of menopause.
75. Menstrual cycles can be regularized in those women who experience irregularities, through regular exercise.
76. Menstrual cramps and other related symptoms could also be alleviated through exercise.
77. Pre menstrual stress can be prevented through regular exercise.
78. Valgus stress on the knees in women, due to broad pelvic girdle can be prevented by proper corrective exercise, from an early age.
79. Regular exercise coupled with good nutrition, is the only way to facilitate weight loss.
80. Regular exercise will reduce appetite, thus promoting weight loss.
81. Regular aerobic activity makes the body more efficient at mobilizing fatty acids during exercise, thus facilitating faster weight loss.
82. Plentiful physical activity since very early childhood through early 30's may prevent the body from developing extra adipose (tissue that stores at) thus prevent weight gain and obesity later on in life.
83. Exercise causes sweating, which opens up pores in the skin by clearing waste such as dead cells and dust that might block them. Sweat also helps eliminate harmful toxins through skin, thus improving skin health.

84. Exercise facilitates contraction and relaxation of the smooth muscles of the skin, thus improving skin tone.
85. Regular exercise (especially abdomen lower back exercises) is a sure shot way to prevent backaches, and the best form of lower back pain management.
86. Exercise helps regulate the body's waste system, helping your body get rid of harmful toxins.
87. Exercise promotes a younger and healthier body, hence prolonged independence and a dignified life for the elderly.
88. Exercise helps you sleep well by releasing a hormone called serotonin, which induces sleep.
89. Exercise releases muscular tension help you be more relaxed at all times.
90. For those who travel a lot by air, regular exercise can prevent a serious disorder known as deep vein thrombosis which can be caused due to spending long hours in a pressurized compartment.
91. Exercise improves performance in recreational competitive sport.
92. Exercise serves as an excellent medium of meditation. Concentration on what you do in your exercise session helps you take your mind off all other thoughts.
93. A regular exercise can in the long run help reduce the symptoms of asthma.
94. A regular exercise habit will help develop discipline, dedication and determination.
95. An exercise habit will also help develop compliance and adherence, which have importance in every aspect of life.
96. Exercise is known to delay the progression of AIDS in affected individuals.
97. Exercise is an excellent form of therapy for fighting various kinds of substance abuse.
98. Exercise helps combat anxiety and depression.
99. Exercise helps reduce the incidence and intensity of migraines.
100. Regular vigorous exercise can help increase height to it optimal genetic potential in growing children.
101. Regular exercise energizes you and makes you more active, promotes overall good health and well being. It helps cut down the number of visits to the doctor and hence cuts down on medical bills.

POSITIVE ATTITUDE

CHANGE THINKING ...CHANGE YOUR LIFE

When you change your thinking, you change your beliefs.

When you change your beliefs, you change your expectations.

When you change your expectations, you change your attitude.

When you change your attitude, you change your performance.

When you change your performance, you change your life.

I PROMISE TO MY BODY AND MIND

● **I start today because it is real (time and tide wait for none).**

- Early to bed and early to rise, keeps me healthy, wealthy and wise.
- I addict myself to minimum regular exercise, sports and games.
- I bath regularly with room temperature water.
- Breakfast is necessary for me.
- I sleep only during nights.
- Tummy-full meals in a seating is harmful (divide total intake of a day 5-6 times).
- I always enjoy eating raw food to boiled, boiled to fried, fried to stale or preserved.
- I enjoy breathing deeply.
- Mind altering things are harmful (I avoid tobacco, liquor, smoking, drugs etc).
- My leisure time creations are always appreciated.
- When awake I enjoy natures' beauty than straining my eyes by watching movies, television sets.
- Silence is golden.
- I talk whenever necessary.
- Expectations leads to sorrow (I avoid complaints).
- I enjoy walking than a ride.
- 3-D for victory (discipline, determination, dedication).
- Principles' are for me (I don't search excuses for myself).
- When I get frustrated after repeated efforts I cope my frustration remembering "it is so because it cannot be otherwise".

BEHAVIOR FOR DEVELOPMENT OF PERSONALITY

- (1) Good manners.
- (2) Industriousness.
- (3) Sense of responsibility.
- (4) Clear vision and clarity of mind.
- (5) Concentration of mind.

- (6) Empathy (ability to share in others emotions, thoughts, feelings) and sympathy.
- (7) Calmness and composure.
- (8) Self control and life style.
- (9) Tolerance.
- (10) Relaxed and easy nature.
- (11) Balance of humility and self respect.
- (12) Balance of love and law.
- (13) Balance of flexibility and firmness.
- (14) Strong will power.
- (15) Habit of sharing good things of life.
- (16) Time sense.
- (17) Innovativeness and imaginativeness.
- (18) Initiative.
- (19) Strong intuition.
- (20) Eye on excellence or perfection analysis.
- (21) Power to organize self.
- (22) Justice, Fair-play and impartiality.
- (23) Honesty, integrity and high character.
- (24) Balance of ambition and pragmatism (meaning and truth of all concepts by practical consequences).
- **THANK YOU**

✚ **PEOPLE FORGET HOW FAST YOU DID A JOB BUT THEY REMEMBER HOW WELL YOU DID IT.**

- HOWARD NEWTON

✚ **FIRST DESERVE THEN AND THAN DESIRE.**

- ANONYMOUS