

Rise above the tainted medical world history to understand body's chemistry!



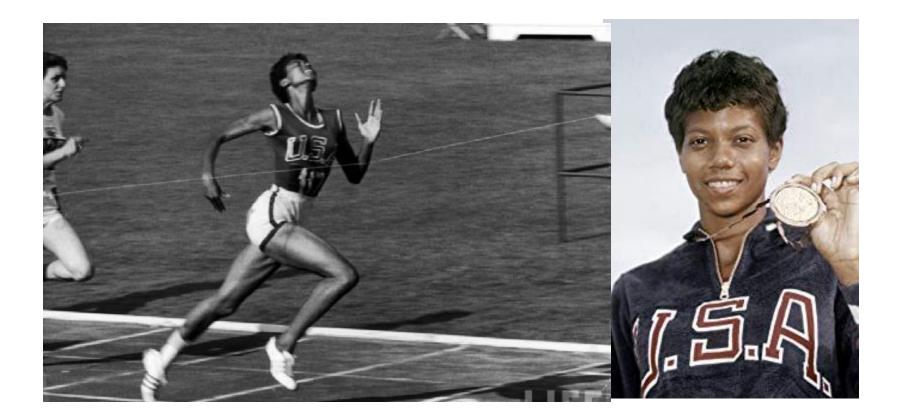
Health spending pushed 55 million Indians into poverty in a year

Times of India, June 13, 2018

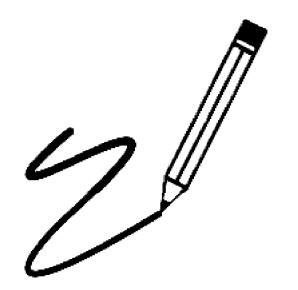




Wilma Rudolph







Anti-diabetes Medication including

> •Metformin •Sulphonylurea

Came in market before 1960



Anti-diabetes Medication including

Metformin Sulphonylurea

Came in market before 1960

FDA demanded RCT (Randomized controlled Trial) in 1962



FDA demanded RGT (Randomized controlled Trial) in 1962

All Diabetes drugs increase the mortality UKPDS(Lancet) 1975



All Diabetes drugs increase the mortality

University Group Diabetes Program, Diabetes 1972;24: 65-184

INDO-VIETNAM MEDICAL BOARD

FDA decided to put warning on all Diabetes medication in 1975

FDA decided to put warning on all Diabetes medication in 1975 **Diabetes : The biography**



2018 1) ACCORD 2) ADVANCE 3) UKPDS 4) VADT ACP Guidelines

2018

1) ACCORD 2) ADVANCE 3) UKPDS 4) VADT

1975

40 Diabetologist hired a lawyer to prevent FDA from labeling warning

Diabetes : The biography

ACP Guidelines





40 Diabetologist hired a lawyer to prevent FDA from labeling warning

Diabetes : The biography





INA protested ACP guidelines







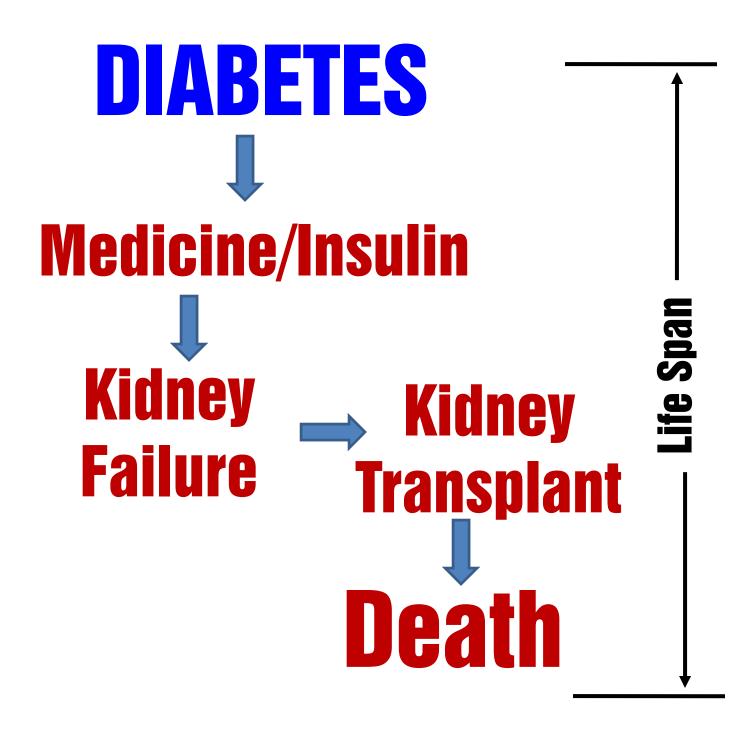
DIABETES L

Kidney Failure Death



DIABETES **Medicine/Insulin Kidney Failure** Death

Life Span



Hypoglycemia causes more death than hyperglycemia

Diabetes Care 2012 Sep; 35(9): 1814-1816

Hypoglycemia causes more death than hyperglycemia **Diabetes Care 2012** Sep; 35(9): 1814-1816

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Low blood sugar is not the natural phenomenon of the body

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Blood pressure less then 120/70 among patients on medication, cause more cardiac event including mortality

Lancet, 2016 (388) : 2061-2062

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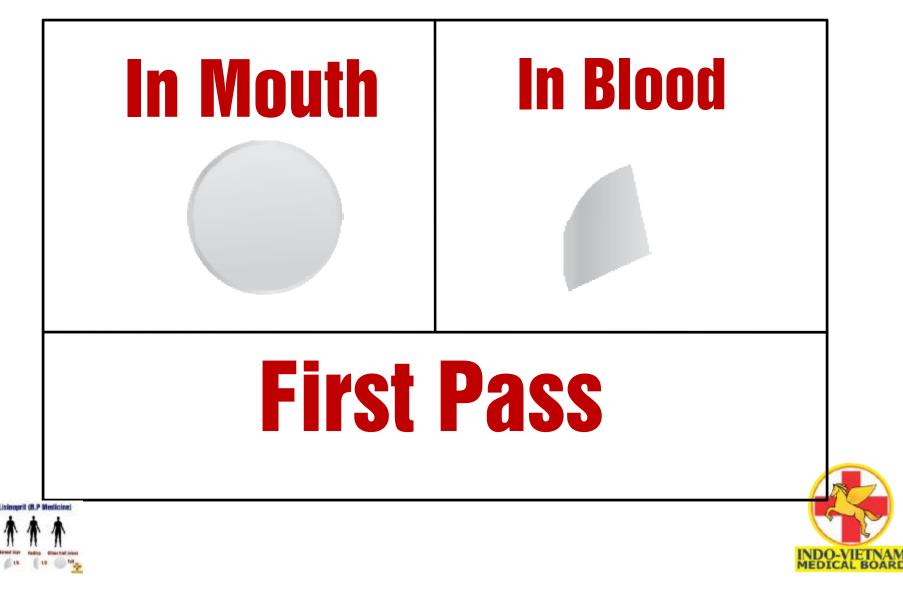
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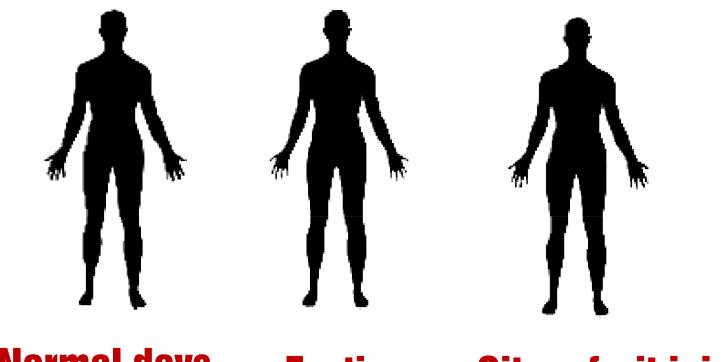




Lisinopril



Lisinopril (B.P Medicine)



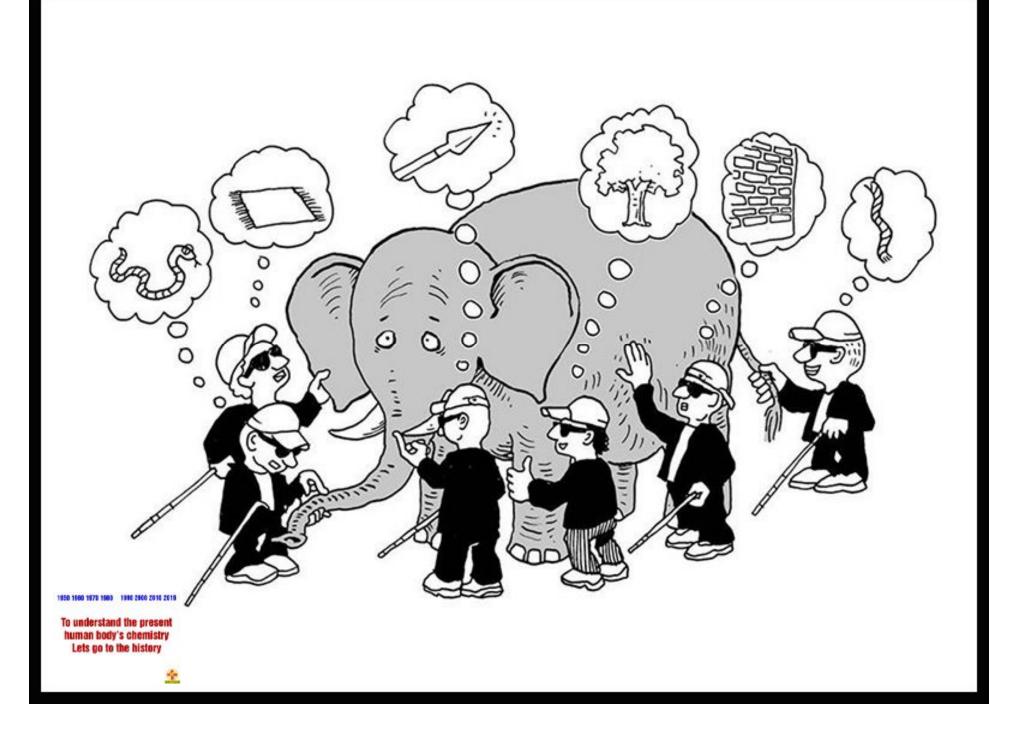


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It is dangerously unscientific to continue medicine lifelong







1950 1960 1970 1980 1990 2000 2010 2019

To understand the present human body's chemistry Lets go to the history

1950 1960 1970 1980 1990 2000 2010 2019

 Chicken pox Small pox Diphtherta Pollo Heart disease Cancer Kidney failure High BP



1950 1960 1970 1980

1990 2000 2010 2019



- Chicken pox
- Small pox
- Diphtheria
- Polio

- Diabetes
- Heart disease
- •Cancer
- Kidney failure
 High BP



Facts or Fiction 1. Polio vanished from

India 2. Polio vaccine did it

2. Pullo vaccine ulu it

Facts or Fiction

1. Polio vanished from India

2. Polio vaccine did it

3. Polio can not be cured



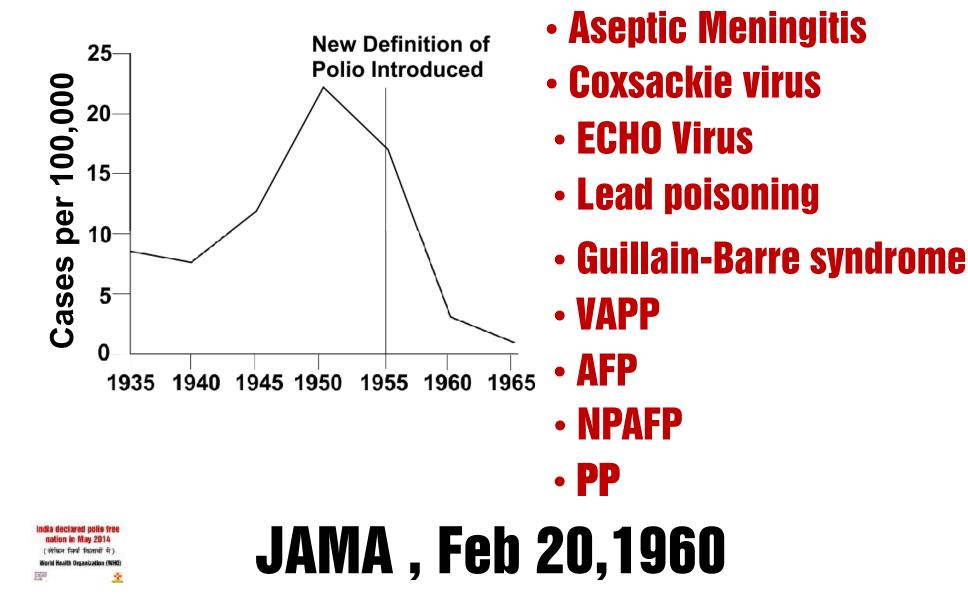
Magic Trick to vanish Polio in 1 minute

Magic Trick to vanish Polio in 1 minute





Magical Vanishing of Polio



India declared polio free nation in May 2014 (लेकिन सिर्फ किताबों में) World Health Organization (WHO)

New Paralysis Cases

1970 approx. 17000 polio cases (Indian J Med Res)

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2014 53,383 AFP cases (WHO)



New Paralysis Cases

1970 approx. 17000 polio cases (Indian J Med Res)

2014 53,383 AFP cases (WHO)

Every year 50,000 new cases of AFP.

https://www.achiev.out/achi-pacific vilacese/www.inci-palis (regs-lineed-to-peraignio-in-india.htm) INDO-VIETNAM MEDICAL BOARD

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Every year 50,000 new cases of AFP.

https://www.scidev.net/asia-pacific/disease/news/oral-poliodrops-linked-to-paralysis-in-india.html

Correlation between Non-Polio Acute Flaccid Paralysis Rates with Pulse Polio Frequency in India Int J Environ Res Public Reath. 2018 Aug 15(15(8), pil: £1755.



100

Correlation between Non-Polio Acute Flaccid Paralysis Rates with Pulse Polio Frequency in India Int J Environ Res Public Health. 2018 Aug 15;15(8). pii: E1755.

OPV (Ocal Polio Vaccine) discontinued in US & other developed count & other 2000, as it causes paratysis. (De inector, 500; 486: 387-4.)



OPV (Oral Polio Vaccine) discontinued in US & other developed countries by 2000, as it causes paralysis.

(Clin Infect Dis, 2009; 49(8):1287-8.)

Loss of national economy per paralyzed child = Rs 15 lakh

Total loss to nation per year = Rs 45000 Crore (Indian J Med Res 2013; 137:881-894)



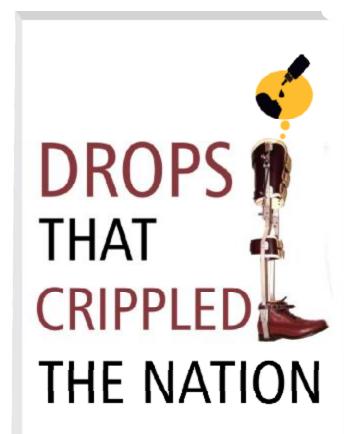
Loss of national economy per paralyzed child = Rs 15 lakh

Total loss to nation per year = Rs 45000 Crore (Indian J Med Res 2013; 137:881-894)





OPV truly crippled the nation physically & *financially*



Dr. Biswaroop Roy Chowdhury



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बैवेलेंट पोलियोमाइलिटिस वैक्सीन टैप 1 & 3, लईव (ओरल) Bivalent Poliomyelitis Vaccine type 1 & 3, Live (Oral) For children and adults BIOPOLIO[®] B1/3 बायोपोलियो B1/3

DESCRIPTION

BIOPOLIO® B1/3 contains suspension of live attenuated poliomyelitis type 1 and type 3 viruses (Sabin strain)prepared in Primary Monkey Kidney Cells. Each dose contains not less than 10^{6.0} CCID₅₀ virus concentration of type 1 strain and 10^{5.8} CCID₅₀ virus concentration of type 3 strain. **BIOPOLIO® B1/3** contains Magnesium Chloride (MgCl₂) 1Molar as stabilizer; both Kanamycin Acid Sulphate and Neomycin Sulphate as antibiotics. The vaccine ful fills WHO requirements for Bivalent Poliomyelitis Vaccine type 1 & 3, Live (oral).

2 mL Bivalent Poliomyelitis Vaccine Type 1 & 2 U BIOPOLIO® B1/3

1 dose = 0.1 mL (2 drops) contains: Primary Monkey Kidney Cell Culture - dense Poliovirus Type 1 (Sabin) - NLT 10th COL Poliovirus Type 3 (Sabin) - NLT 10th COL Stabilized with Sagnesium Chloride (MgO, 14 Neomycin Sul, ate IP - 15µg Kanamycin Ac Sulphate IP - 15µg Water for Injections IP - q.s to 0.1 m. Not for Injection For oral use only. Monovalent Po-prirus (Sabin) Bulks suppled by PT. Bio Farma Indonesia



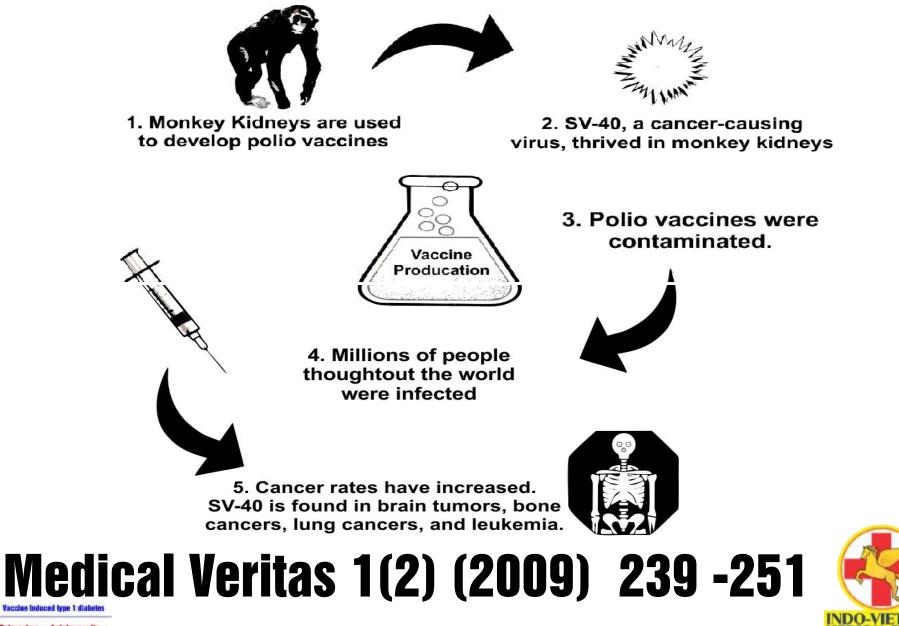
OPV .1 ml (2 drops) contains

- •Primary monkey kidney cell culture
- Polio virus type 1 (Sabin)
- Polio virus type 3 (Sabin)
- Stabilized by Mgcl₂
- Neomycin sulphate
- Kanamycin Acid Sulphate
 Water





Polio Vaccines and Simian Virus



Enterovirus - Autoimmunity

Vaccine Induced type 1 diabetes

Enterovirus - Autoimmunity -

Diabetes type 1

Medical Hypothesis (2001) 57(5), 532-538

Virus itself may not trigger autoimmunity

Medical Hypothesis (2001) 57(5), 532-538

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Virus itself may not trigger autoimmunity

Medical Hypothesis (2001) 57(5), 532-538

It is the way virus is introduced to the body

Medical Hypothesis (2001) 57(5), 532-538



It is the way virus is introduced to the body

Medical Hypothesis (2001) 57(5), 532-538



Facts or Fiction
1. Polio vanished from
adda
2. Polio vaccine diri it
3. Polio can not be cared

Facts or Fiction

1. Polio vanished from India

2. Polio vaccine did it

3. Polio can not be cured



Stater Kanny's treatment Frequent passive mavement, tomentation, hydrotherapy II- Poinceptits

Sister Kenny's treatment

Frequent passive movement, fomentation, hydrotherapy









biswaroop.com/polio





Treatment of Poliomyelitis Immobilisation of affected limbs leads to paralysis



British Medical Journal Jan 22, 1938



Skeletal fixation causes paralysis Journal of Neurophysiology 6.1 (1943): 17-22 ÷

Skeletal fixation causes paralysis **Journal of Neurophysiology** 6.1 (1943): 17-22





Shoe braces is not the support but cause of paralysis.







The 1st Law of Health

Suppression leads to suffering

The 1st Law of Health

Suppression leads to suffering

INDO-VIETNAM MEDICAL BOARD

Bed rest after heart attack

Bed rest after heart attack

http://www.bandolier.org.uk/band119/b119-4.html

Bed rest: a potentially harmful treatment needing more careful evaluation The Lancet 1999; 354 (9186):1229-1233



Bed rest: a potentially harmful treatment needing more careful evaluation The Lancet 1999; 354 (9186):1229-1233



Any drug interfering with the Blood Pressure Mechanism will cause Erectile Dysfunction Psychiatry 2007; 6(3): 111 - 114

Any drug interfering with the Blood Pressure **Mechanism will cause Erectile Dysfunction Psychiatry 2007; 6(3):** 111 - 114

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Beta Blocker – Reduction of ability to Exercise American Journal of Medicine - 1984

Beta Blocker – **Reduction of ability** to **Exercise American Journal of** Medicine - 1984



Size of pancreas small in Type-I Diabet Med. 1993 Oct;10(8):759-63.

Size of pancreas small in Type-I Diabet Med. 1993 **Oct;10(8):759-63.**



Diabetes Type - I

At the time of diagnosis adopt DIP diet instead of insulin.

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At the time of diagnosis adopt DIP diet instead of insulin.

'Chowdhury BR, Diabetes Reversal by Plant-Based Diet,

Journal of Metabolic Syndrome, 2017; 6:4'.



'Chowdhury BR, Diabetes Reversal by Plant-Based Diet,

Journal of Metabolic Syndrome, 2017; 6:4'.

Diabetes Type- I

Within last three months before diagnosis

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1. Fever

2. Vaccine



Diabetes Type- I

Within last three months before diagnosis 1. Fever 2. Vaccine



Stop Vaccination (Immunisaton)

Stop Vaccination Is not (Immunisaton)



Natural Immunisation

Natural Immunisation

The treatment of policyweitits and other virus diseases with vitamin C, -South Med Sarg, 1948 Jul;111(7):209-14.

Hassive doses of vitamin C and the strus diseases. - South Med Surg. 1051 Apr;113(V):101-7.

Ascorbic acid as a obemotherapeutic agent. -Anth Pediate 1952 Apr;59(4):151-5.



The treatment of poliomyelitis and other virus diseases with vitamin C. -South Med Surg. 1949 Jul;111(7):209-14.

Massive doses of vitamin C and the virus diseases.

- South Med Surg. 1951 Apr;113(4):101-7.

Ascorbic acid as a chemotherapeutic agent. -Arch Pediatr. 1952 Apr;69(4):151-5.

Use of Vitamin C as antibiotic - Journal of Applied Nutrition 1953

Mycobacterium tuberculosis is extraordinarily sensitive to killing by a vitamin C-induced Fenton reaction. -Nat Commun. 2013; 4:1881

Vitamin C in the prophylaxis and therapy of infectious diseases. – Arch Pediatr. 1951 Jan;68(1):1-9. 1953

Treatment for Infectious diseases Vitamin C based therapy boosts immunity

Treatment for Infectious diseases

Medicines suppresses immunity

Vitamin C based therapy boosts immunity



3 Step protocol for all infectious disease

3 Step protocol for all infectious disease



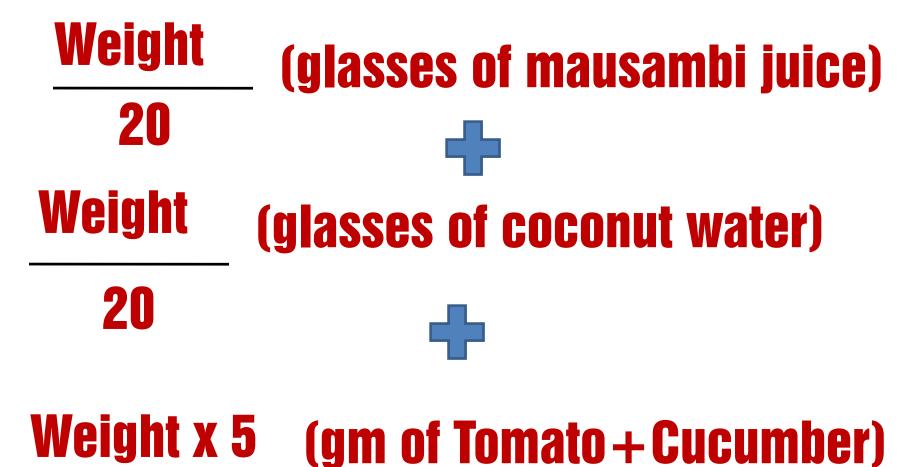
IMMUNISATION

<u>Day 1 (Liquid</u>)

Weight (kg)
10(glasses of
mausambi juice)10Image: Constant of the second se

IMMUNISATION

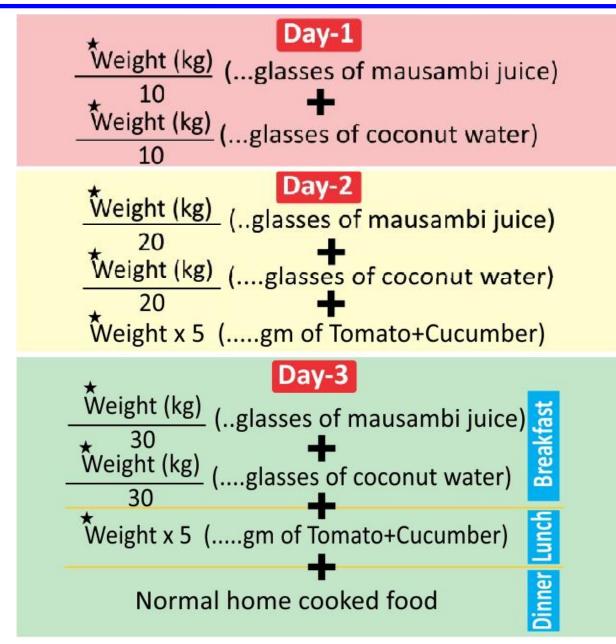
Day 2 (Fluid)



IMMUNISATION

Day 3 (Solid)			
Weight	(glasses of	٦	
30 Weight	mausambi juice) (glasses of	Breakfast	
30	coconut water)		
Weight x 5	(gm of Tomato + Cucumber)	_	Lunch
Normal ho	me cooked food		Dinner

IMMUNISATION CARD



The 2nd Law of Health

Release the Disease

The 2nd Law of Health

Release the Disease











Patient with diabetes type1 for 7 years reversed diabetes with **DIP** diet **Biomedical Research 2019; 30 (3):** 513-515.)







Diet/Insulin Tapering System



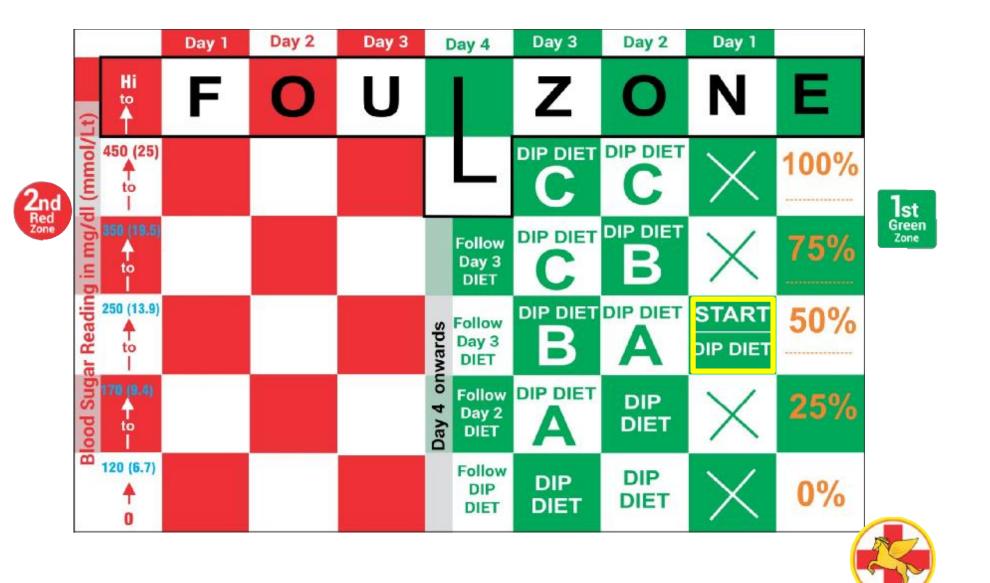




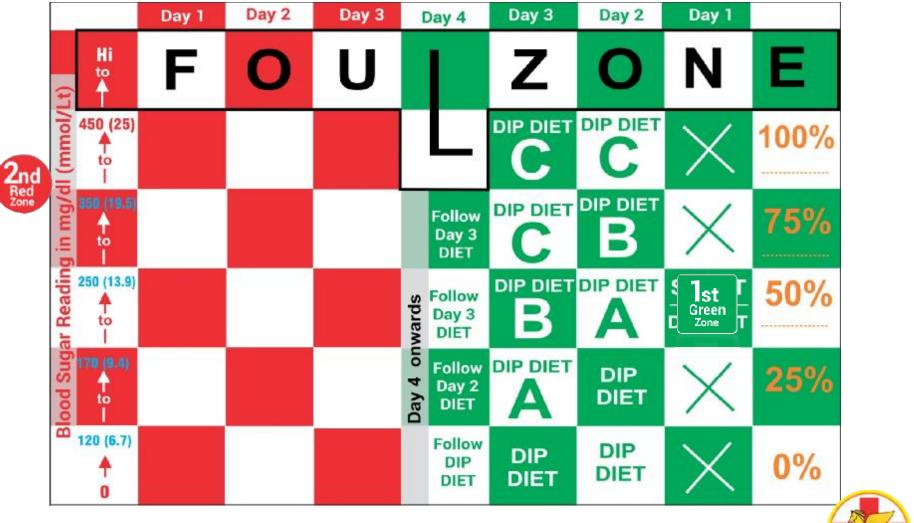
Based on Research Paper

- Biomedical Research 2019; 30 (3): 513-515
- Journal of Metabolic Syndrome ISSN: 2167-0943Chowdhury, J Metabolic Synd 2017, 6:4 DOI:10.4172/2167-0943.1000232

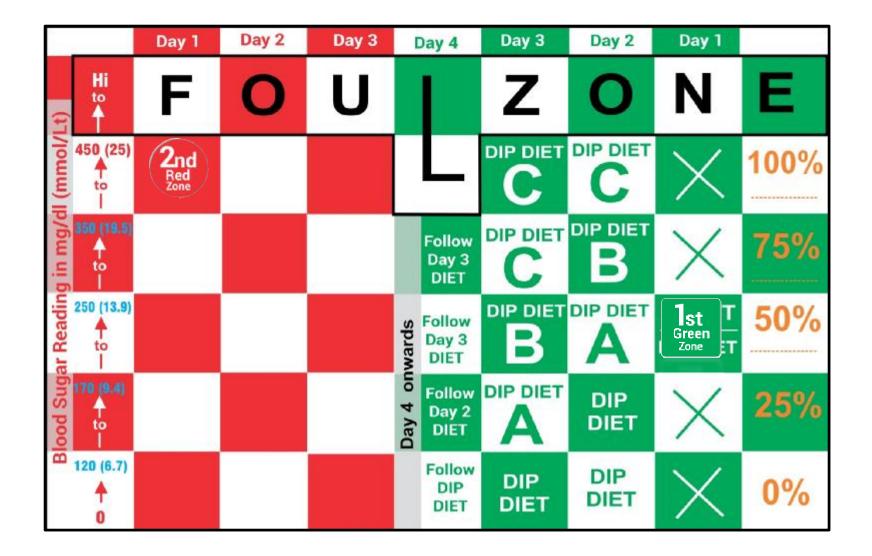




INDO-VIETNAM MEDICAL BOARD



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	Day 1	Day 2	Day 3	Day 4	Day 3	Day 2	Day 1	
Hi to (}	F	0	U		Ζ	0	Ν	Е
450 (25) 450 (25) 4 1 1 1 1 1 1 1 1 1 1 1 1 1							\times	100%
				Follow Day 3 DIET			\times	75%
to 250 (13.9) 4 5 170 (9.4)				spread on the second se			Ist Green Zone	50%
170 (9.4) to 120 (6.7)	2nd Red Zone			Follow Day 2 DIET		DIP DIET	\times	25%
[∞] 120 (6.7) ↑ 0				Follow DIP DIET	DIP DIET	DIP DIET	\times	0%



	Day 1	Day 2	Day 3	Day 4	Day 3	Day 2	Day 1	
Hi to ()]	F	0	U		Ζ	0	Ν	Е
450 (25) 450 (25) 10 10 10 11				L			\times	100%
o∕bu ui b to	2nd Red Zone			Follow Day 3 DIET			\times	75%
Sugar Reading in mg/dl sto to to to to to to to to to to to to t				s Follow Day 3 DIET			Ist Green Zone	50%
170 (9.4) to 120 (6.7)				Follow Pay 2 Day 2 DIET		DIP DIET	\times	25%
[∞] 120 (6.7) ↑ 0				Follow DIP DIET	DIP DIET	DIP DIET	\times	0%



	Day 1	Day 2	Day 3	Day 4	Day 3	Day 2	Day 1	
Hi to ♠	F	0	U		Ζ	0	Ν	Ε
450 (25) to II				L			\times	100%
350 (19.5)	2nd Red Zone			Follow Day 3 DIET		I 1st Green Zone	\times	75%
250 (13.9) 250 (13.9) 10 10 10 10 10 10 10 10 10 10				s Follow Day 3 DIET			START	50%
0170 (9.4) 2 ↑ 100 to				Follow Day 2 DIET		DIP DIET	\times	25%
[∞] 120 (6.7) ↑ 0				Follow DIP DIET	DIP DIET	DIP DIET	\times	0%

DIP Diet B

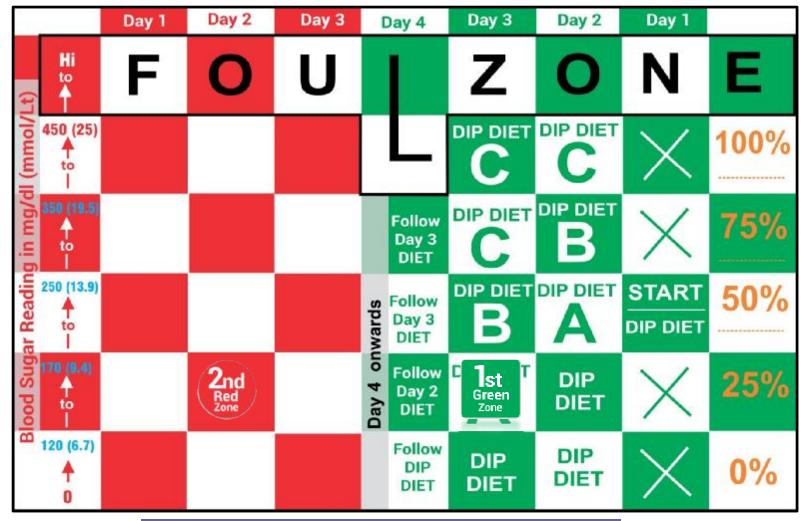
It is similar to the DIP Diet A with only one change.

 Plate 2 is to be consumed not more than: your weight (kg) X 2 =.....gm



	Day 1	Day 2	Day 3	Day 4	Day 3	Day 2	Day 1	
Hi to ()]	F	0	U		Ζ	0	Ν	Е
450 (25) 450 (25) 10 10 10 11							\times	100%
o/6m ui 6				Follow Day 3 DIET		Ist Green Zone	\times	75%
Volume (25) (13.5) (13				s Follow Day 3 DIET			START	50%
170 (9.4) to 120 (6.7)		2nd Red Zone		Follow Pay 2 Day 2 DIET		DIP DIET	\times	25%
[∞] 120 (6.7) ↑ 0				Follow DIP DIET	DIP DIET	DIP DIET	\times	0%





DIP Diet A

It is similar to the DIP Diet with only one change:

• Plate 2 is allowed only once a day



STEPS TO DESIGN YOUR PERSONALIZED DIP DIET

STEP-I

Till 12 noon, eat only fruits of 3 to 4 types including mangoes, bananas, grapes, etc. The minimum amount fruit to be consumed = Your body weight in kg × 10 =gms For example, a 70kg person should consume atleast 700gms of 4 types of fruits before 12 noon.



3. Dairy food/Animal foods

- 4. Nutritional supplements
- 5. Avoid drinking tea/coffee specially before lunch
- 6. Never eat after 8pm
- 7. NSAID's

To know more about 'Diabetes Chess Game', visit Dr. Biswaroop Roy Chowdhury's Youtube Channel and watch the video 'Diabetes Chess Game".

3. Coconut water: As you like

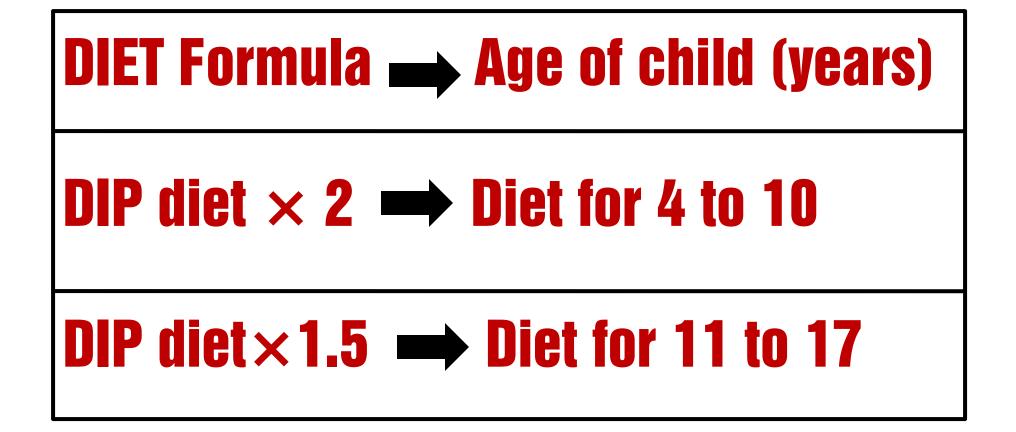
5. Sprouts: Your Wt(kg)=.....gm

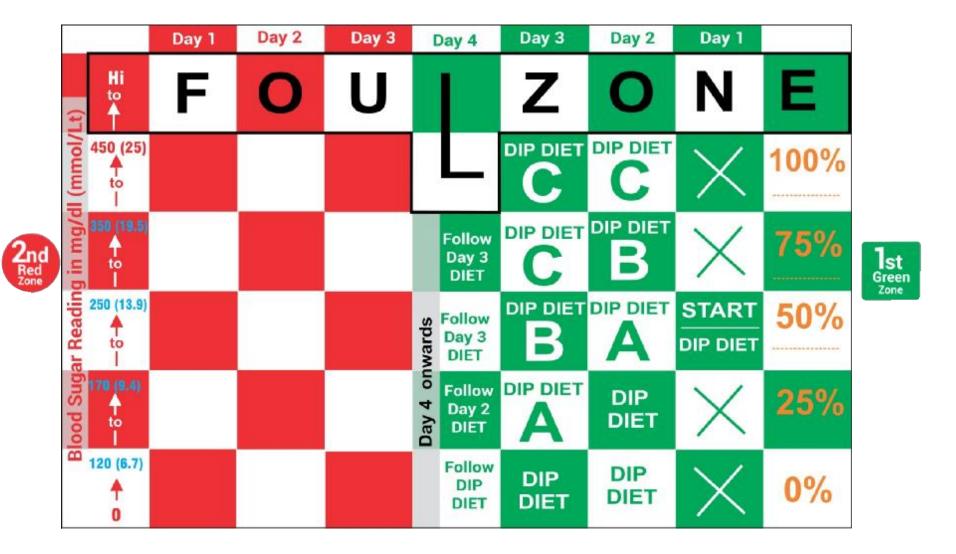
4. Hunza Tea: As you like

6. Coconut: As you like

7. Sunshine: 45min

To know the history and origin of the DIP Diet, read the book 'Last Days of Diabetes' or watch the video 'Advanced Training on Medical Nutrition Part - 1'.







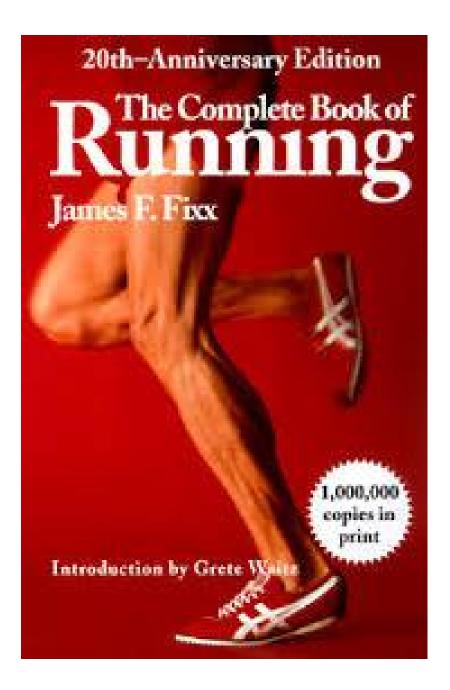


Patient type	SUCCESS RATE							
	100% Drug/Insulin free	≥ 70% drug/insulin reduction	< 70% drug/ insulin reduction					
Non-insulin dependent patients	95%	4%	1%					
Insulin dependent type 2	80%	15%	5%					
Type 1, diagnosed \leq 1 year	60%	30%	10%					
Type 1, diagnosed >1 year	2%	70%	28%					

Exercise is an invisible insulin







Mohamed Abdelwahab, 22 (2006), soccer Gaines Adams, 26 (2010), Amer. football Jaouad Akaddar, 28 (2012), soccer Davide Astori, 31 (2018), soccer Víctor Hugo Ávalos, 37 (2009), soccer Heath Benedict, 24 (2008), Amer. football Hédi Berkhissa, 24 (1997), soccer Viktor Blinov, 22 (1968), ice hockey Gilbert Bulawan, 29 (2016), basketball <u>J. V. Cain</u>, 28 (1979), Amer. football Sékou Camara, 27 (2013), soccer Alexei Cherepanov, 19 (2008), ice hockey Mitchell Cole, 27 (2012), soccer Jason Collier, 28 (2005), basketball Hugo Cunha, 28 (2005), soccer <u>Renato Curi, 24 (1977), soccer</u> Alexander Dale Oen, 26 (2012), swimming Shane del Rosario, 30 (2013), MMA Ben Idrissa Dermé, 34 (2016), soccer Lyle Downs, 24 (1921), Austral. football Patrick Ekeng, 26 (2016), soccer Bobsam Elejiko, 30 (2011), soccer Derrick Faison, 36 (2004), Amer. football

Sebastian Faisst, 20 (2009), handball Miklós Fehér, 24 (2004), soccer Neil Fingleton, 36 (2017), basketball Marc-Vivien Foé, 28 (2003), soccer Matt Gadsby, 27 (2006), soccer Hank Gathers, 23 (1990), basketball Cristian Gómez, 27 (2015), soccer Michael Goolaerts, 23 (2018), cycling Larry Gordon, 28 (1983), Amer. football Herb Gorman, 28 (1953), baseball Rasmus Green, 26 (2006), soccer Sergei Grinkov, 28 (1995), figure skating Eddie Guerrero, 38 (2005), wrestling Frank Hayes, 35 (1923), horse racing Thomas Herrion, 23 (2005), Amer. football Cătălin Hîldan, 24 (2000), soccer Chuck Hughes, 28 (1971), Amer. football Flo Hyman, 31 (1986), volleyball Endurance Idahor, 25 (2010), soccer Robbie James, 40 (1998), soccer Daniel Jarque, 26 (2009), soccer Cristiano Júnior, 25 (2004), soccer Joe Kennedy, 28 (2007), baseball

<u>Darryl Kile, 33 (2002), baseball</u> John Kirkby, 23 (1953), soccer Michael Klein, 33 (1993), soccer Wayne Larkin, 29 (1968), ice hockey **Reggie Lewis, 27 (1993), basketball** José Lima, 37 (2010), baseball David Longhurst, 25 (1990), soccer Nikola Mantov, 23 (1973), soccer Pete Maravich, 40 (1988), basketball Alex Marques, 20 (2013), soccer Jesse Marunde, 27 (2007), weightlifting Stan Mauldin, 27 (1948), Amer. football Conrad McRae, 29 (2000), basketball Fab Melo, 26 (2017), basketball Nilton Pereira Mendes, 30 (2006), soccer Igor Misko, 23 (2010), ice hockey Stéphane Morin, 29 (1998), ice hockey Piermario Morosini, 25 (2012), soccer Carl Morton, 39 (1983), baseball Damien Nash, 24 (2007), Amer. football Frederick Nolf, 21 (2009), cycling Chaswe Nsofwa, 28 (2007), soccer Gábor Ocskay, 33 (2009), ice hockey Phil O'Donnell, 35 (2007), soccer

Samuel Okwaraji, 25 (1989), soccer David Oniya, 30 (2015), soccer Alen Pamić, 23 (2013), soccer Pavão, 26 (1973), soccer Bruno Pezzey, 39 (1994), soccer Pheidippides, c. 40 (490 BC), marathon Petar Radaković, 29 (1966), soccer Mickey Renaud, 19 (2008), ice hockey Bernardo Ribeiro, 26 (2016), soccer Darcy Robinson, 26 (2007), ice hockey Brad Rone, 34 (2003), boxing Omar Sahnoun, 24 (1980), soccer Serginho, 30 (2004), soccer Ryan Shay, 28 (2007), marathon Dave Sparks, 26 (1954), Amer. football Cheick Tioté, 30 (2017), soccer **Robert Traylor, 34 (2011), basketball** Zeke Upshaw, 26 (2018), basketball Ginty Vrede, 22 (2008), kickboxing Frank Warfield, 35 (1932), baseball Chandler Williams, 27 (2013), Amer. football David "Soldier" Wilson, 23 (1906), soccer Sergejs Žoltoks, 31 (2004), ice hockey Cormac McAnallen, 24 (2004) GAA

Evidence based method to exercise safely



L. Harmond, C. Martini are and another allowers. Speeds 1996; IGA, PL

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- 1. Hamasaki, H. Martial arts and metabolic diseases. Sports, 2016; 4(2), 28.
- 2. Mobius-Winkler, S., Uhlemann, M., Adams, V., Sandri, M., Erbs, S., Lenk, K., & Brunner, S. Coronary collateral growth induced by physical exercise: results of the impact of intensive exercise training on coronary collateral circulation in patients with stable coronary artery disease (EXCITE) trial. Circulation, 2016; 133(15), 1438-1448.
- **3.** Benbenek-Klupa, T., Matejko, B., & Klupa, T. Metabolic control in type 1 diabetes patients practicing combat sports: at least two-year follow-up study. SpringerPlus, 2015. 4(1), 122



Heart rate 70 to 80% of maximum

heart rate

Metabolic

Equivalent

Slow

Arts

Martial

Reverse



Slow Martial **Arts** to Reverse

Diabetes

Chowdhury BR. Reversal of Atrial Septal Defect Using a Plant Base Diet: A Case Study EC cardiology. 2019; 6(8): 811-813

Heart rate 70 to 80% of maximum heart rate

Metabolic Equivalent 5 to 5.5



Chowdhury BR. Reversal of Atrial Septal Defect **Using a Plant Base Diet: A Case Study**

EC cardiology, 2019; 6(8): 811-813



- 1) It dilates the blood pressure
- 2) Safe for kidney failure patients
- **3) Prevents from brain strokes heart attacks**
- 4) Brings down B.P upto 20 mmHg (systolic) in 20min
- 5) 20 Min per week usage along with DIP Diet can help you get rid of B. P medicine

Rakhtchap

Free Me Ghatane

Ka



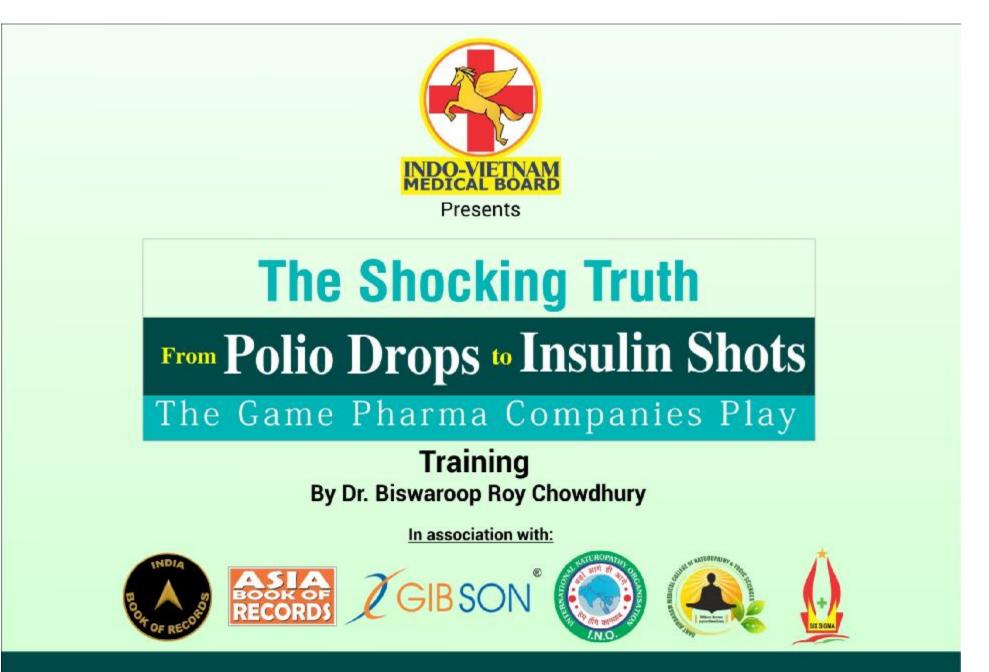






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Section -II Question / Answer



Rise above the tainted medical world history to understand body's chemistry!