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Water and our metabolism

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Nature itself has complete substance and process to control the diseases. It has much process like clean air, clean water, exercise, seeming, eating the natural and adequate food, drinking the required water with good process, clean the body, live in clean environment and do the physical exercise, then the life of a man become healthy wealthy and wise. When we went on to research journey (Shod Yatra), we saw very few people live for hundred years, we asked people the reason of their long life, they told us that I have simple life and we expand our life in nature. We can see that all substances required for our body are present in the nature like Iron, manganese, sulfur, zinc, chromium and other many substance. These substances are also present in fruits, vegetables and different grains. Water is very necessary for our metabolism. We see that many people not drink outside water they always prefer sterilize water in some extant it is good.

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