

## **Reminder of case trials ignored by doctors in clinics and hospitals while treating patients and probable new trials which needs focus and research.**

Syed Mahboob

Department of Physics, Osmania University, Hyderabad-500007, Telangana, India

Corresponding author e-mail: mahboob1978@yahoo.com

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### **Abstract**

**Purpose:** The purpose of this paper is to give many suggestion which are reminder of clinical and hospital trials to treat patients with diseases like corona virus infection, cancer, leprosy, arthritis etc and some are new which needs focus to think and to carryout research and development work on it. Among all of these suggestions many are related to medical field which are important one but are ignored by many of us and these are highlighted in this paper.

**Subjects and method:** This paper is based on author's experience on self and others for many health problems of various kinds.

**Result:** Mouth cancer due to smoking can avoided by the intake of vitamin C tablets regularly by smokers and lips tumour can be avoided by eating water melon when it is first observed and by drinking 25 glasses full of water daily.

**Conclusions:** Patients who are infested with corona virus needs to be taken potassium supplement or eating banana would be beneficial to reduce the chances of organs and brain failure. Eating white radish and drinking lemon juice would be beneficial to avoid respiratory problem in lungs caused by corona virus by reducing the chances of degradation of lining in lungs by controlling the virus growth.

**Keywords:** Medical science, Probable new cure, Cancer, Leprosy, Arthritis, BP, Sugar, Fat etc.

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### **I. Important points of reminder of case trials ignored by doctors in clinics and hospitals while treating patients and probable new trials which needs focus and research.**

1) Procedure to follow when there is spread of dangerous virus like corona virus to control it.

It is in news that corona virus infected persons develops respiratory problem [1, 2]. This arises due to the degradation of lining in the lungs by virus and to avoid the inflammation in lungs the body secretes enzyme or liquid which in turn fill the lungs and causes respiration or breathing problem. In order to avoid this problem the fat in lungs on which consumption the virus grows or multiplies should be stopped. The most probable solution would be to intake white radish and lemon juice. The white radish is the source of formic acid and lemon juice is the source of acetic acid and these two acids are fat reducing acids and intake of raw white radish and drinking lemon juice would stop reaching the fat from the food in the stomach to lungs. This would probably hinder the growth or multiplication of virus and would probably stop damage to lungs by virus and our body's immune system do not secretion of enzyme or liquid in lungs. This may probably give relief to the infested person with corona virus. It is also reported in news by MIT well known institute in the world that the severely affected person by virus has developed blood clots around the lungs which hinder the flow of blood which are carriers of oxygen to all parts of body. Development of blood clot and non supply of oxygen to different parts of body would cause attack of that organs. For example non supply of oxygen to brain would cause brain haemorrhage and also failure of other organs like heart, liver and kidney. The blood clot arises due to thickening of blood which can be avoided by giving patients potassium medicine or eating banana thrice daily as banana contains potassium which is a blood thinner. It is known from news that symptoms of corona virus will be appear after the person gets infected after fourteen days with virus and once it is known the patients they are infected they should wear mask and wash hands frequently and chew clove to weaken the virus as cloves has anti viral and bacterial medicine. Eating of banana would not allow the patients to develop the blood clot which in turn develops due to becoming of thicker blood and this can be avoided by eating banana thrice daily. In order to avoid the breathing problem to develop which in turn occurs due to damage of lining of lungs by virus and secretion of liquid by body's immune system and this in turn arises due to multiplication of virus in the lungs probably by the consumption of fat in lungs can be done by eating raw white radish and lemon juice which in

turn stops or cleans or reduces the fat in the lungs and stomach. One who have infected with virus should not consume fat rich foods like chicken, beef, mutton and pork. In addition to this antibiotics will kill the virus and hence medicines which cure running nose causing virus (It means antiviral medicines) should be given to somehow gain the control over the virus. One needs to cut down the oxygen to virus. Viruses are small and when we cut oxygen supply they die and this way one can control the spread of virus. Possible way to do this is to apply air (CO<sub>2</sub>) pressure at the respective areas like throat and nose especially by CO<sub>2</sub> produced in lungs by closing the nose and mouth to suffocate and kill the bacteria and viruses in nose and throat alternatively. This, one should do for short time and repeatedly at regular intervals of time in a day. Please think over it and one may try this to gain control over the virus and its disaster it is causing.

2) Possible remedies for the treatment of cancer, AIDS, Leprosy.

In my case I smoke 120 cigarettes per day for the last 14 years and now I have reduced it. I am trying to quit it. Though I smoked so many numbers of cigarettes per day it does not cause any lungs problem and cancer in any part of my body. The only reason I noticed is that I drink a lot of water per day. For the past 3 years and above, I am drinking 25 glasses full of water per day. Drinking of lot of water is necessary to drain out harmful chemical produced in our body through urine due to several reasons by which they are produced and also to reduce the chances of causing the cancer. It also controls the body temperature and keeps body and mind relaxed.

People, who smoke cigarette, chew gutkha and tabacco have gums problem, to avoid this problem to occur people should quit the smoking, chew gutkha or tobacco or they should take vitamin C tablet twice a week. This step would be helpful to avoid the gums cancer or mouth cancer by intake of vitamin C tablet twice a week. I smoke cigarette heavily, I noticed degradation of gums, I started taking vitamin C this has avoided further damage of gums by healing and strengthening it [3].

I noticed that burns on lips caused by smoking and white mass formed around that burned area get cured quickly in one to two days by eating water melon. I think that water melon has some medicine in it which can be utilized to cure persons who suffered burns by any means more quickly this needed to be checked. Water melon can cure the lips cancer when it is eaten when one found some growth of mass is starting developing at initial stage. I have experienced it and the small white mass that has formed has completely reduced by eating water melon.

It is also reported in literature that cancer in various parts/organs of the body is caused due to white blood cells acting in a negative way damaging the healthy tissues and cells [4]. I believe that cancer caused in this manner can be cured by removing the blood from the body of the cancer affected person and giving them healthy blood (blood transfusion) with more number of white blood cells I mean blood transfusion. These white blood cells in healthy blood will acts in positive way, I mean fighting the pathogens, bacteria and viruses and also inhibiting the further damage of tissues and cells and allows to regenerate. These white blood cells also are helpful in repairing the damaged tissues and cells in the cancerous part there by curing it. The removal of blood from the cancerous effected person and giving of healthy blood should be done regularly till the cancer is cured fully. I also think that in addition to blood removal and giving process, the treatment for the cancer like chemical, laser and nuclear radiation therapy should also be applied. Energy foods like fruits and curd should also be eaten by the patients during this treatment and after math. Please tell about this to your doctor and take his advice.

To cure skin cancer laser operation is done. Simple way of doing that is to give pain relieving medicine first and then apply hot cooking oil on to it. This will be helpful to remove the cancerous skin by forming bubble. It can be cured in short time by giving medicine to cure the wound that has formed by hot oil. This needs a trial under doctor's advice.

For lungs and skin cancer, other best way is to vaporize the medicine which is swallowed as prescribed by doctors to cure lungs and skin cancer by using ultrasound nebulizer and inhale and expose it respectively. This needs a trial and I hope that this will be more effective way of curing lungs and skin cancer. To cure lungs and skin cancer one has to inhale and expose the gajge or rita seeds (names in INDIA these are seeds which gets heated up when rubbed on floor) fumes coming out by burning it.

Around two decades back, I had a small wound on my right foot which was there for very long time. I don't know what type of wound it is and I didn't consulted doctor regarding this for medication. I do not remember whether I have pain or not on the wound but I remember It itch a little bit but think it is not like ring worm wound. However while playing with gajge seed (name in INDIA in telugu and urdu language), a seed which is in light greenish in colour and gets heated up when rubbed on floor, I burned it and got the thinking to expose the fumes coming out of the burning seed to the wound. I did it many times in a month of time. This has cured the wound on my foot and I have a black mark of it now. Now I can sense pain by a pinch on that black mark left out at a place where the wound was there. Now I think that gajge seed would be beneficial to cure leprosy like wound and also cancer wounds. These seeds even after keeping it a metal container for 15 years

were not infested by bacteria, virus, pest, fungus; it means that it has some medicine in it which keeps it as it is. This needs a trial on leprosy and cancer affected patients. My intuition says like that at that time and now also. This is for the kind information to the doctors and the patients. They need to check whether gajge can cure the patients affected with leprosy and cancer like wounds. Seeds which gets heated up when rubbed on floor is also rita seeds, rita is used as medicine as hair cleaner from olden days to now. This also needs a trial. Similarly is the babool seed it may have some medicine for the above wounds but I don't know whether it get heated up when rubbed on floor or not. It also needs a trial.

It is necessary to give general awareness to people that sex with their only wife and husband is safe. Having sex with more will cause AIDS. There is no need of condoms who have sex with their only wife and husband. It is for those who have sex to satisfy their desire with many. One should avoid doing like that. Otherwise you will be infected by AIDS disease. Condom ads are shown and ask them to use it to fulfil their desire but general awareness as above should be notified. If someone is affected with AIDS this means that their white blood cells are not sufficient to immune their body from diseases. In such case along with the medicines to cure it, blood transfusion should also be carried out to make their blood contains sufficient number of white blood cells and thereby make their immune system strong. It is government responsibility to make people aware of it.

3) Possible remedies for Arthritis problem.

Arthritis is most common in elderly people among them osteoarthritis, rheumatoid arthritis and infection arthritis (psoriatic arthritis) etc [5, 6]. Among these osteoarthritis is reported to be cannot be cured, where as Rheumatoid arthritis and psoriatic arthritis can be cured by most recent medicine REMICADE in short time. I believe that osteoarthritis and rheumatoid arthritis arises due to muscle stiffness due to less exercise and also due to weight gain which freezes the joints and also due to drying off the fluid present in the knee.

Osteoarthritis can be cured by weight loss which can be done by drinking warm lemon juice mixed with honey. It can also be reduced by doing proper exercise to relieve muscles and to far apart the joint as suggested by the osteoarthritis doctor. One best way of making the joints apart is to sit on your legs folding about the knee. Steam bathing will also be helpful in relieving the muscle stiffness. One more exercise is to do sit ups exercise at least 30 sit ups twice a day. Weight loss can be done by drinking warm water mixed with juice of half of lemon mixed with table spoon of honey and also by walking on the tread mill for half an hour. By doing so, around 10-12 Kg can be reduced in one year of time. So it is highly recommended to overweight people to take glass full of warm lemon juice mixed with honey thrice a day. Mixing Lactic acid in it would probably reduce the fat faster.

The psoriatic arthritis arises due to infection in different parts of the body. This is also due to high cholesterol in the blood. It can be cured by recent medicine REMICADE in short time. If it is expensive then weight loss there by reducing the cholesterol is the solution. Steam bathing for half an hour twice a day also burns out the cholesterol in the body. The psoriatic arthritis due to infection in any part of body can also be cured by using salicylic acid which acts on bacterial and viral infection on various parts/organs of the body which is very commonly recommended medicine by doctors for viral fever which has no side effects. This needs a trial.

My grandfather used to add 1-2 belawa seeds (urdu name) in paya ka salan by making the holes in the seed. After finishing the cooking the seeds were removed and thrown out and do not consume the seeds. I believe that this is carried out to reduce the fat in paya ka salan. This means that it contains fatty acids like property similar to citric acid in lemon and ethylene acetate in first drop of juice found in mangoes. This acid when it comes in contact with skin it leads to bubbles on skin. So care should be taken to avoid this problem. If we can utilize the fatty acid property of the belawa and make it edible medicine from it then it would be useful to overweight people to reduce the weight this would in turn benefit the people with arthritis. Please consult doctor and take advice in this regard. Research in this direction is needed to make medicine from belawa.

The overall opinion is that osteoarthritis can be cured by weight loss and exercise as suggested by doctors.

To my father doctor prescribed rosuvastatin to reduce the cholesterol in blood and to control the BP. At that time my father has no arthritis problem. After that arthritis problem occurred and dizziness also occurred I mean he gets in to sleep when doing no work. Later after one and half year I found that the osteoarthritis to my father occurred due to rosuvastatin. The side effects of rosuvastatin are joint pains and muscle stiffness and breakage of skeleton. Now I realized that the above treatment of weight loss and proper exercise will benefit the patients. Other medicines which control the BP and cholesterol in the body should be prepared which have no side effects like rosuvastatin.

I also noticed that the most of the people who intake betel leaves have higher average life span when compared to that does not intake it. It means that betel leaves has some chemical which control the aging problem and enhances the life span to some extent. It is also noticeable in people who intake betel leaves do not

have muscle stiffness, knee or joint problems. Hence research on betel leaves is needed to know the chemical composition which promotes life span I mean which enhances the life span and controls the aging problem and delays it and to relieve the arthritis problem.

To check the fermented banana fruit skin by using different types of bases and acids especially one need to check the acetic acid from lemon and lactic acid from milk this in turn forms in to a blue gel as medicine to reliever arthritis pain. This needs to be verified. It is known that kissaan jam in INDIA is prepared through fruits which are in red colour. In a similar way I got the thinking that fermented banana fruit skin by treating with appropriate base and acid would result in gel which has some medicine to relieve the joint pain. This needs a trial.

Possibility of reducing the pain in the knee joints for arthritis patients by regulating their body temperature by using chemical available in Black pepper, beetle leaf, egg, chicken, egg and papaya etc and also by knee warmer clothing device which runs on electricity. Medicine from beetle leaf should be prepared for this purpose as it is cost effective.

Arthritis problem can be solved by drinking the soup of cow's knee liquid or by injecting it. It also occurs due to drying off the knee liquid who suffers pain in their knee joint and are unable to move or walk properly. Consult doctor and take his advice. Injecting the liquid may cause the body to reject it as alien to body and hence drinking soup of cow's knee liquid would be beneficial.

To check laser beam can also be used to activate the relaxed and dead cells to produce lubricating liquid in knee joints in patients whose knee liquid has dried away. This needs a trial.

Some people experience more knee pain in summer rather than in winter and some people experience more knee pain in winter rather than in summer. This is due to non regulation of temperature across the knee joints. All those who experience more pain in summer are due to increased temperature across the joints and should drink 25 glasses full of water per day. All those who experience more pain in winter are due to lowering of temperature across the joints and should drink goat milk to regulate the body temperature. Donkey milk will also be beneficial but it generates more heat as it is harmful hence only one table spoon of donkey milk should be drunk once a week. Please think over it and take doctors advice.

Everybody might have experience that while cooking food on gas stove which is rested on a platform the heat is transferred in to stomach. If one drinks lemon water juice mixed with lactic acid and stand in front of the cooking stove while cooking for 2 minutes twice or thrice a day may have good effect to reduce the fat in the stomach. I have experienced it and will try to reduce the fat in stomach. Please you also try.

Milk contains fat and lactic acid and when drank gives energy to grow. But one might have experienced that when acetic acid of lemon is added to milk it break down to probably to carbohydrates and this when heated again gives fat in the form of ghee. It is to be noticed here that lactic acid in combination with acetic acid of lemon reduces fat in the body. Therefore I infer that all those who have bulky stomach and are fat should drink warm water mixed with table spoon of lactic and acetic acid (lemon juice). This may reduce and control the fat in the body. The by product coming out from the reduction of fat may goes in to stomach and is digested to give energy to do work. Please consult doctor regarding this matter and act accordingly if he says it will work to reduce the fat in the body.

To check what is forming with the reaction of saliva of ant and liquid tea. I have read somewhere in internet that saliva of ant is formic acid. This reaction may forms some chemical as the tea also contains milk which in turn also contains lactic acid. One needs to check whether that reaction of lactic acid, proteins and tea (tanine) and formic acid produces a product which can cure knee and joint pains. I have read in Wikipedia that tea contains deca or polygalloyl glucose [7]. The above reaction may form this polygalloyl glucose easily and fastly and this glucose may be helpful to give energy to relieve pain and muscle stiffness. I had joint pains and joint stiffness for some time. During that time I noticed that ants are gathering on the tea bowl for one month, I drank the tea and I noticed that the pain in my knee joint has reduced completely and it made to reduce the joint stiffness. I may be wrong in thinking so, but one need to cross check.

4) Blood pressure, sugar, cholesterol, minor heart attack and their possible cure with no side effects

Blood pressure and blood sugar in patients arises due to the retaining of salt and sugar in blood [8, 9]. This may be due to the abnormal functioning of the respective organs with increased age. The doctors prescribe medicines for the both to control them, but those medicines have side effects one or the other way, which is harming the aged patients in one or the other way, example joint pains, muscle stiffness and skeleton damage using ROSUVAS to control high cholesterol in blood. Other medicines to control blood pressure and sugar have the same side effects in or the other way. The doctor also advises to do exercise to control the blood pressure and blood sugar and to drink lot of water. The reason is that exercise results in sweating; the sweating allows the retained salt and sugar to flow out of the body through skin.

For many aged patients exercise is not possible because they become weak with age, hence they do only walking. The alternative solution which I think is good is steam bathing in a steam machine for 15-20

minutes, this allows more sweat to flow out of the body through skin when compared to walking only. This controls the salt level in blood. Steam bathing also burns out excess glucose in the body and may also possibly promotes the activation of pancreatic cells by the thermal energy of the steam which needs a trial. I think that steam bathing is effective for the aged patients to control high blood pressure and blood sugar permanently. This would also be beneficial to young patients who do less exercise. The patients can taste tasty food if they take steam bath daily made up of salt and sugar. They become very strong. The steam bath also helps patients with frozen bones and muscles stiffness problem to become flexible/relaxed. This also helps people with sleeping disorder, mental stress problem (depression), high cholesterol in blood and body etc.

Please note that variation in blood pressure arises due to abnormal functioning of heart. The abnormal functioning of heart arises due to high cholesterol in blood and body. The steam bath also helps in reducing cholesterol in blood and body by burning it if we take steam bath daily for 15-20 minutes or more twice a day. It should be a healthy habit for all irrespective of age. Minor heart attach also arises due to the high cholesterol and also due to blood clots in heart nerves and arteries. The cholesterol can be burned out by doing exercise and also by taking steam bathing. The blood clot in heart nerves arises due to thickening of blood which in turn is due to deficiency of potassium in body. Patients who suffered minor heart attach should consult doctor and test their blood. If the blood is thick this means there is potassium deficiency and hence potassium supplement medicines or banana should be taken with doctors advice.

For stomach cramps, liver cramps, lungs cramps and heart cramps (clamping) potassium should be taken to relieve it, they occur due to deficiency of potassium in the body [10, 11] and it is necessary to hold tightly where the clamp is to avoid further clumping of that area. Eating banana would be beneficial. People face this problem when they go for nature call and cough. This is due to deficiency of potassium not due to constipation problem.

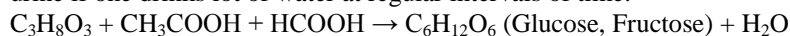
The steam also helps to produce necessary chemical naturally within the body and increase the immune system to defend against viruses, bacteria, pathogens etc. Steam bathing helps to produce necessary chemicals naturally in body to heal the body for various ill health or diseases.

God has created different seasons to help living beings to be in healthy conditions to produce necessary chemicals naturally. Example summer season, in summer season we sweat a lot this will help control blood pressure, sugar and cholesterol etc and also to produce chemicals to increase our immune system and to heal us for various small illness. The other seasons may have similar effect in one or the other way but it is not known to us.

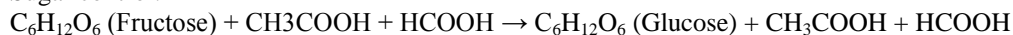
If anybody is having high blood sugar and is not controllable with medicines and kidney's are getting damaged because of it. Then they should not stop taking that medicine to control the blood sugar. In addition to that they should do steam bathing with proper exercise. All might have experienced that they get tired after having bath. This is due to burning of sugar and calories in your blood and body. Please try this three times a day with your doctor's advice. There is no harm in trying this. If it works then one will be healthy.

5) To reduce fat in the body, reduce sugar and salt level in blood

The fat in the body is converted in to  $C_3H_8O_3$  in lever and is used to produce energy in the body for regular activity in life [12]. For overweight persons eating of white radish and drinking of warm lemon water mixed with honey would be useful to reduce the weight and also with regular exercise, if taken thrice or twice a day. The fructose, Glucose produced would be utilized to gain energy to do work and excess may pass out as urine if one drinks lot of water at regular intervals of time.



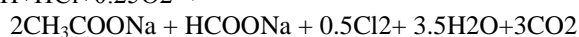
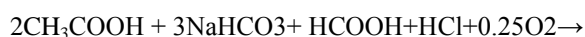
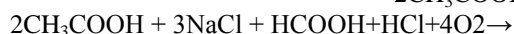
Sugar control:



or



Salt Level (BP)



6) Married couples without children, dead born/handicap child and Polio and probable solution



There are several methods to control and allow child birth on men and women such as Birth Control Implant (Implanon and Nexplanon), Birth Control Shot (Depo-Provera), Birth Control Vaginal Ring (NuvaRing), Vasectomy, also as advertised in various sources about the locking and unlocking procedure recently etc [13].

Does it is possible that the above methods occur naturally in one or the other way for those married couple without a child even after many years of marriage?

If the answer is yes, then this should be detected by doctor and necessary procedure is to be adopted to allow the child birth, then the married couples will have a child and would be very happy.

My opinion is that the premature deliveries, abnormality (handicap) of child to be born and dead baby before delivery is due to having sex with a pregnant wife by husband.

My advice is that sex should not be carried out with a pregnant wife; this would reduce the large percentage of premature deliveries, abnormality (handicap) of child to be born and dead baby before delivery. The above arises due to different orientation of child in mother's womb which in turn arises due to having sex with a pregnant wife by husband due to touching of pennies to growing child or foetus in womb. Please ask patients to consult doctors regarding this advice and if it is correct general awareness is needed to all the married couples to avoid sex when pregnant.

Polio disease can also be reduced by large percentage by giving polio drops to pregnant women since when it is known that she is pregnant. By doing this the child to be born have increased resistance to polio disease before they born. Doctors and government should take necessary action.

7) Quinine dissociation in to methoxy benzo benzoic acid which can be used for malaria treatment [14].

Quinine has many side effects because of Nitrogen molecules present in benzene structure and also in extended structure apart from methoxy benzo benzoic acid of quinine. The severe side effects may be due to formation of minute amount of sodium or potassium cyanides after intake of the quinine medicine.

General formula of quinine is  $C_{20}H_{24}N_2O_2$

If quinine is dissociated in to methoxy benzo benzoic acid ( $C_{11}H_{16}O_3$ ) then the treatment for the malaria would be effectively carried out without side effects in preliminary stage and/or severe stage by optimizing the concentration of  $C_{11}H_{16}O_3$ .

$C_{20}H_{24}N_2O_2 + 17 H_2 + 0.5 O_2 \rightarrow C_{11}H_{16}O_3 + 2 NH_3 (g) + 9 CH_4 (g)$  (Under UV rays quinine resonates and dissociates in to  $C_{11}H_{16}O_3$ )

Please suggest this to the doctor and needed research and testing in this direction to check it.

8) Possible solution for the DNA damage in blood is to transfuse blood with healthy blood or by giving supplement of cytosine, 5 methyl cytosine and thymine to patients who suffer from it and doctor's should think over it. I got this information from Wikipedia.

9) Possibility of improving the memory by inhalation of diluted H<sub>2</sub>S gas in O<sub>2</sub> which in turn is also present in egg under doctor advice by checking it on rats.

10) Possibility of improving the learning ability, task doing ability and to think in a new ways ability by improving the memory; This is must; for this foods which have vitamin E should be eaten by kids who are facing problem in cultivating the above abilities.

11) Possibility of making the chemical present in dragonfly synthetically for tissue regeneration in patients who suffers with this problem.

12) Possible way to go for a sleep and be awake by going in to sleep mode and awake mode by drinking warm Coffee, Tea and Turmeric Milk.

13) Possibility of developing thinking, caring, loving ability and to be happy and relaxed mind by intake of nicotine; but smoking is injurious to health hence nicotine gums should be taken.

14) Possibility of preparing oil which has medicinal value from the fermentation of tamarind using black bacteria formed on wet tamarind. It needs research.

15) Possibility of production of high ultra sound for better imaging of child growing in mother's womb by frictional forces of water molecules by rotating the water containing in a container in the presence of switchable magnetic field greater than earth's magnetic field. This needs research and development work on it.

16) Possible way to reduce the spoiling of liquid medicines by keeping it in white non transparent bottles to light there by reducing the chances of its no use due to light incident on it.

17) Piles and its possible cure

One of the cases of bavasiri (piles) is blood coming out along with faecal matter while attending nature call; this is due to severe constipation problem in patients; This can be avoided by going for a nature call every alternate day whether we feel pressure in anus or not; doing this will benefit from constipation problem and also avoid blood flowing out while attending a nature call. The blood flows due to heavy pressures applied which will open up the intestine of bad blood.

The other case of bavasiri (piles) is formation of ulcer on anus area; I got the thinking that this can be cured by applying the extract from the flower which is in red colour of big trees which are found on road sides in INDIA. This needs a trial to know whether it works or not to cure the ulcers on anus area.

18) Blocked nose problem due to cold and its possible remedy.

Blocked nose is the problem which one faces which makes one to face sleep problem; to avoid this many people uses nose drops; but this makes rashes in nose and sometimes one bleed through nose. This problem arises because many people do not clean sinuses present in nose. Best way to clean the nose is to close one nose hole and apply air pressure through nose by closing the mouth until it is completely cleaned and do the same by closing the other nose hole. This one should do twice or thrice during night when they observe blocked nose to get relief from it and breath easily. This is very simple way but people do not clean the nose properly.

19) Hair loss problem and its probable remedy

Hair loss problem even after trying to clean with various soaps and shampoos and by applying various hair oils; then the solution is to clean the hair with Bengal and horse gram flour diluted in water. Try this separately. When there were no soaps and shampoos this was the way to clean body and hair. Bengal gram flour is good anti-greasing or oiling agent. This we have ignored and this is for your kind information. By doing this way we can reduce the hair loss and this can also helps to grow new hair which is not taking place with the chemicals present in the soaps and shampoos and also by applying oil. It is for those who have hair loss problem even after using different types of soaps, shampoos and also by applying various hair oils.

20) As on today best hearing aids are available in market, but hearing aids which amplifies sound in turn should be transmitted through nozzle this in turn also gets amplified this would be more effective than without nozzle.

21) Through meditation it is possible to cultivate the healing, telepathy, telekinesis, hypnosis and positive ability to understand, learn and do work and to seek knowledge from god. One needs to cultivate habit and practice it alot. This will makes one physically and mentally strong.

To activate the conscious and subconscious brain meditation should be carried out; one possible way to do this is to imagine through your closed eyes rhombohedral in that again imagine a square in that again imagine a rhombohedral continue this for 10-15 minutes. This would benefit to active your brain and keep you relaxed and may probably helps in developing healing powers, telepathy, and telekinesis and hypnosis powers. One will gain these powers one who is good and think of doing good to others but not harming others. To cultivate these powers one has to meditate as above and take the supreme being name whom we call by different names in different religions who is most powerful, knowledgeable, intelligent and generous and say that cosmic energy of god flow through me to gain these powers and try to practice in order to gain above mentioned powers. One would be successful who is good by heart and mind who do not think of doing harm to others. To cultivate the positive ability for example like ability to understand, ability to learn, ability to do work can be done through meditation and keep on saying I will make myself understand, learn and do work. Doing meditation will enlighten you brain and makes one physically and mentally strong one should also seek knowledge from god for doing good to others. Encouragement from others will boost that positive ability. One who thinks of doing good god will encourage him.

22) To straighten bent spinal cord after consulting the doctor

It is known that bones become little bit soft when exposed to nuclear radiation therapy. If one treat patients with radiation therapy to make bones soft after doctors consultation and advice and ask them to do proper exercise then bent spinal cord can be straightened. The exercise may be to tie a knot at one end of rope to a strong bag

and another end to wall and ask the patient to wear the bag around the shoulders and walk on thread mill opposite direction to wall. Radiation therapy to soften the bones and the above exercise will have the effect to straighten the bent spinal cord who has this problem in patients. It should be done under doctors care.

23) Uneasiness and pain in arms and legs and also pain in head and its possible reason and its cure.

I am uncle of Maira Tasneem and she is my sister daughter. She is four and half year old. We noticed that she was complaining about the uneasiness or pain in her arms and legs. Recently we noticed that that problem was rectified and she is no more complaining about it when she started to ask on her own and intake iodized salt. We gave her the salt. From this I can infer that she had that uneasiness or pain in arms and legs due to deficiency of salt in her body or due to low blood pressure. Uneasiness and pain in arms and legs is also observed in grown people also especially middle aged and aged people. They also have head ache problem. I also had severe uneasiness in my left hand and leg. I started drinking tea 6-7 tea glasses per day and I also prescribed Risdone 4mg tabs (two tabs per night) at that period for my mental stress problem by doctor and this have been started when I started drinking tea. The uneasiness in my left hand and leg completely rectified in short period of time either by drinking tea or by risdone tab. From this I infer that low sugar in blood also causes this problem as I eat twice a day because of my bad habit of smoking. I suggest the patients with the above problem to check their BP and blood sugar and try it. I hope that they will see positive result.

24) Possible remedy for the patients who have been paralysed

Paralysis in different parts of the body arises due to not proper flow of blood. This may arises due to blood clot which blocks the blood flow in nerves and arteries. This may in turn arises due to old age due to having less energy; not being properly temperature is regulated in the body, blockage of nerves and arteries because of blood clot and also due to shrinkage or bending of nerves and arteries. For having less energy glucose can be injected in to the body weekly once or as many times as suggested by a doctor. For not regulation of temperature in body, intake of foods like papaya, eggs, chicken and beetle leaves would be beneficial. In the case of blockage of nerves and arteries, it arises due to thickening of blood hence for further blood clots not to occur, Potassium medicines should be taken with doctor's advice because it is blood thinning agent. It dilutes the blood clot. Eating banana would also be beneficial as it contains potassium. But direct intake of potassium medicine will have good and faster effect. In the case of bent and shrinkage of nerves and arteries, it arises due to gradual loss of elasticity, to treat this I suggest to take them steam bathing for half an hour twice a day. Steam bathing would have the effect to make nerves, arteries and muscles to relax, to gain their elasticity and do their proper functioning.

25) To check Kankamaralu flowers extracted oil for the growth of thick and dense hair on head.

26) To check the medicinal property of Gulabus plants seeds by gaining information from the villagers for which illness cure they are using it. It does have some medicine in it.

27) To check the Bitter gourd leaf extract as medicinal cure for dog bite. I have seen some people doing this but I don't know whether it cured without any other medicines or not this is needed to be verified.

28) Possible way to relieve from the itching of private parts area in mens and womens,

To relieve from itching near the private parts area in men is to dry away the private parts area after having bath using under wear we wear. It occurs due to not drying that private part area after having bath which can be avoided by drying it. Most people do not dry away that part area hence there result itching surrounding that part area. There is no need of any ointment to relieve from itching, just one has to dry away that part area after having bath; drying it works effectively.

29) Kitchen cockroaches and its observation on how to control it and this needs a trial to understand and make some chemical

I noticed that kitchen cockroaches would die as soon as they were exposed to sunlight. I think sunlight is producing some chemical in their body which is killing them. This need to be investigated and find what chemical is producing in their body due to sunlight and this can be used to control them. I also noticed that light coming from 100 W or greater Wattage bulb scare away those and making them hide in dark but not from the white light coming from tube light.



30) To avoid Stomach cramps, liver cramps, lungs cramps and heart cramps (clamping) potassium supplement or eating banana would be beneficial

For stomach cramps, liver cramps, lungs cramps and heart cramps (clamping) potassium should be taken to relieve it and it is necessary to hold tightly where the clamp is to avoid further clumping of that area. Eating banana would be beneficial. People face this problem when they go for nature call and cough. This is due to deficiency of potassium not due to constipation problem.

31) To know the importance of blackish substance formed in brinjal after cutting it. Whether it has some medicinal value one need to check.

32) Slow poisoning with Cyanide and its effect on health and its probable solution

Cyanide affects the liver and it causes liver attack spontaneously when poisoned. So check whether cyanide is in the body, if you have liver and kidney damage or attack problem then slow poisoning is there. Try to find out whether there is poisoning of the food. Kidney attack occurs after some time. Best way is to drink lot of water and consult doctor for curing yourself by taking anti-poison medicines as prescribed by doctor. Do not panic. Heavy poisoning can cause immediate death due to liver, lungs, kidney and heart failure.

33) To find out which chemical gives or triggers happiness and sorrow in brain? Research is needed to find out.

34) If somebody is angry with anybody he has mental block due to some reason of quarrelling with him. This needed focus and can be resolved by staying away for some time with that person and busy doing some other work.

35) Mood swing problem trying this way would be beneficial.

To resolve the mood swings caused by hormonal changes exercise is the best way. I observed relief after walking miles when I felt like crying. All those who feel like crying is due to hormonal changes and they should exercise at home like jogging at standing place.

36) Supplement of multivitamins to children's on regular basis is necessary to keep their sense organs functions good way.

Children's don't eat vegetable, hence multivitamin syrup should be given twice a week, this develops their think, improves their sense to listen and do good to others. Giving vitamins is healthy as it is necessary for their growth and proper functioning of their sense organs, body parts and mind. Some children's don't listen to their parents this is due to the lack of ability to understand to what their parents are saying or they do not want to do it. This arises due to lack of vitamins and such children's should be given with multivitamin syrup twice a week. The other problems you might have observed in children's are due to lack of multi vitamins and hence it is necessary to provide them these vitamins.

37) If children's do not eat food, give them flavoured food with good smell. Even if they are not eating then provide grinded food to them if they hesitate to eat solid food. Along with that feeding them with milk four to five times day with glass full of milk will help them to grow faster and healthier. But one needs also to give multivitamins syrup twice a week.

38) To be healthy drink 25 glass full of water per day.

39) Connection between running nose and brain degradation and regeneration.

I think that running nose i.e sinuses in the nose arises due to degradation of brain cells by infection by bacteria and virus. For running nose vicks action 500 and other medicines are taken which stops it. It means that degradation of brain cells stops. In order to keep brain healthy one should take the above medicines twice a month with doctor's advice. How the brain regenerates, it needs to be known from the research and development work. Research in this direction is needed. CO2 may also stop brain degeneration caused by virus and bacteria by cutting their oxygen supply and this needs to be done on doctor's advice. To stop brain from

degradation due to bacteria and virus taking vicks action 500 or any other medicine which stops running nose twice a month would be beneficial to stop it. This may keeps their brain healthy.

40) Heart from blood, kidney and liver transplant and needs research and development work on it.

Everybody knows that blood can be set in to thick mass. If one pours the blood in to the mould which is of heart shaped with spaces like arteries and after setting it, it solidifies in to thick mass and this needs to boil to make it strong. There is also need to check whether the intestine of chicken or goat could be used as arteries of heart that one has prepared by above method. In order to avoid mismatch of blood group, trial is needed in soaking the intestine of chicken or goat in to the blood of acceptors for few days with two opening tied with knot not to allow blood inside of it otherwise it will set. There is a need to check whether heart prepared by this way can be used instead of metal devices which functions as heart. However it needs some mechanical part like that can be used to make metal devices function as heart to pump blood. It will be cost effective. Research in this direction is needed.

It is also known that kidney transplants and liver transplants are also carried out which are obtained from the person who died or alive and is transplanted to persons who have damaged liver and kidney, but because of mismatch of blood group, the body rejects them, hence doctors try to search for people with same blood group who can donate it. In order to avoid that problem one can try soaking the liver and kidney in the blood of person to whom it is being transplanted for few days. This needs a trial to check whether this way it will work or not.

41) Probable solution to relieve mental stress and head ache if it comes frequently and intake of medicines is not curing it.

To relieve from mental stress and head ache, try telling what you have not told and kept secret of your wrong doing to your family members, see whether it works or not to relieve you mental stress and head ache if medicines don't work and it comes frequently. Secrets of wrong doing make mental stress to grow with time and this develops subconsciously and this may lead to head ache. This may be the one of the reason that the mental stress and head ache develops.

42) Cows bone marrow for bone marrow cancer patients. It needs trial after research and development work by doctors.

43) Brain waves are due to retrieval of memory or thinking. Probable frequency of brain waves would be very low i.e. below 600 micro Hz and this need to be investigated to catch and send brain signals. This will help to find alien life on other planets.

44) Injecting Glucose in to blood to relieve all kind of pain

When someone does hard work of any kind, they feel physically stressed and this causes pains in various parts of body. This may be due to lowering of energy they possess after doing work. To regenerate it glucose may work for it. Hence consult your doctor and with his advice inject glucose in your blood for frequent pains and eating energy foods would also be beneficial for non frequent pains. I hope that this will work effectively.

45) Applying ointment to others by persons who loves and cares them to those who have the health problem would be more effective way to cure it. Please understand it and experience it by yourself.

The damage caused by water in the fingers of legs can be cured by applying the ointment soframycin to that person by others who loves them. In my case my mother applied the ointment, in one day it shows very positive result. No pain and it started cured quickly. Please try this to your mother. I think knee pain to your parents will also be cured if one who loves and care their parents applies the ointment. It will have good result. Applying by one self takes time to cure.

46) To check the positive effect of mango seed by burning in fire and eating it. I am thinking it produces sexual hormones; I may be wrong one need to check.

47) To check whether fenugreek (meethi in hindi language) leaves works to cure damaged kidney. One needs to check. Whenever I eat it, I smell it in my urine few years back. Now not. It may work to cure kidney infection. If not cured kidney will get damaged.

48) Munjal in urdu and hindi language (palm fruit) when eaten along with its skin it produces sexual hormones and gives good feeling. Please check it. It has some medicine for good feeling. Needs research and development work to produce medicine from it.

49) Malfunctioning of hands, its cause and its probable temporary solution and if done regularly it will makes their hand work properly.

If somebody is having the malfunction of their hands, it is due to doing vigorous motion of hands. For example I move the milk bottle up and down vigorously to dissolve sugar in milk. My hands do not function properly or malfunction when I do some work where I have to move my hands up and down. To rectify this problem I observed that we have sit down and rest your hands with the support of knee and open your fist and close it, do it little bit fast for some time. This will rectify the problem temporarily if done once. Do it regularly to cure it permanently, I think support give you energy to rectify the problem with little bit exercise of closing and opening the fist. Others who have shaky hands please try in a similar way and try to find out if you are doing any kind of work with hands which is vigorously done, try to avoid doing that. I hope that this suggestion will solve your problem. Doctors should think over it to rectify the problem.

Reflex system means, work to do, brain thinks of work to be done and brains planning accordingly by writing program and it sends that through electrical signals along with necessary chemicals which in turn helps to perform that work.

50) To avoid pimples and bad blood problem with this procedure of using grams flour

To get relief from pimples and avoid growth of it, one has to wash their face with besan ka atta (horse gram flour), masoor ka atta (red gram flour) and tour ka atta (Bengal gram flour). Besan ka atta removes oil on face. If you want to cross check it, please applies oil on your palm and washes it with besan ka atta. It is anti-bacterial and anti-greasing agent. Tour ka dal curry is also anti-oiling. One who has problem with their bad blood and doctor prescribe medicine for it, they have to check drinking tour dal curry would be beneficial in curing it or not. One need to cross checks this. One who has pimples problem it is due to oil coming on their face and also due to bad blood. Please try this.

51) Heavy Menstrual and sexual hormones problem and its possible remedy

Black pepper to check menstrual and sexual hormones problem if one is facing heavy problem in their young age. If exercise also don't works. Please drink milk mixed with black pepper powder it generates body heat; you check whether you have positive effect to control the menstrual and sexual hormones problem. For example one faces this problem more in winter season rather than in summer. Please recall your experience regarding this matter. Most beneficial would be to drink goat milk and donkey milk (1 teaspoon) twice a week and do proper exercise to control it.

52) Everybody knows that the milk squeezed from the cows and buffaloes are warm and it is very tasty and if we drink it directly without any boiling it then lean person will gain fat as normal person.

53) Advantages of eating banana to gain energy, reduce muscle clamps, liver clamp, lungs clamp and heart clamp and to avoid heart attack and it is also a blood thinner.

Eating bananas daily will generate energy to do hard work as it is good source of energy, in the beginning we feel sleepy when it gets digested. It also contains potassium which helps to reduce the muscle clamps, liver clamp, lungs clamp and heart clamp and is also blood thinner this means that those who take bananas daily have the less chances of heart attack as blood clots are not formed in heart arteries. Doctors should advice to intake bananas regarding this matter or prescribe potassium medicine to patients when patients come to them with this problem.

54) Tomatoes are not rich in vitamin C now a days and this needs focus by farmers and government.

Now a days the tomatoes are hybrid and have less vitamin c in it, therefore so many people are facing gums problem. If one faces gum problem vitamin c tablets should be taken. All those who are reading this should tell the government to tell farmers to grow tomatoes which are rich in vitamin c. This is must.

55) Uniform plantation of trees to avoid pollution and fog.

Fog in some places for example in Delhi in INDIA arises due to burning of agricultural residue this in turn creates CO<sub>2</sub> and this result in fog. This is due to non utilization of CO<sub>2</sub> by plants completely and this means there are less plants and it takes long time to completely utilize by plants. If they utilize the environment is normal. Hence plantation of trees with uniform distribution is necessary. Delhi Government should immediately start plantation of trees to avoid such problem. There is no problem in running thermal power plants to produce electricity because it produces CO<sub>2</sub>, but CO<sub>2</sub> gives life to plants and in turn give air to breathe to human and wild life beings. Utilization of CO<sub>2</sub> by plants produces electrons to grow therefore CO<sub>2</sub> can also be utilized by humans through chemical reactions to produce electricity. Dried garbage blocks can be utilized to produce electricity instead of coal as coal in running out. Every day millions of tonnes of garbage are produced in INDIA.

56) Probable way to produce the sperm cells and this need to be verified in java plum fruit and this may have some medicine in it.

If one wants to increase the sperms cells produced by testis and pennies, one may try and check by eating bowl full of jamun (java plum fruit) and fried lady finger dish. One needs to check as I heard from someone. To check whether Jamun seeds extracted medicine has the effect to control the high BP. I got thinking like that. I have seen some persons taking raw jamun to prepare some medicine but I did not asked them for what purpose they use as I was child then. It needs to be checked and research should be carried out on it. Jamun trees are few and hence it is government duty to plant these trees others should also give focus towards it.

57) In my view large data is stored in mind of human beings in subconscious brain which has information from the beginning of the existence of god and this need to be checked whether it can be retrieved through meditation.

58) Healing your body by transferring sun heat to that body part by wearing black clothes and coming under sun shine.

Wearing black clothes on your body and stand or sit in sunlight will have the effect to supply thermal energy of sun to unhealthy body parts and this has the effect to heal it appropriately but it takes much time. I have experienced it when my body parts were unhealthy. To be healthy exposure to sunlight is necessary.

59) To check whether it has good effect on brain development and memory in turn reasoning and analysis from the oil extracted from the stick of match stick and by the saliva produced by chewing the renolds pen and refill. This appears to be silly but when I did it in my childhood days I enjoyed reading and learning for exams.

To see the effect of the juice which is produced by chewing the renolds pen and refill and paper and wax also the fumes coming while straping whether it has good effect on brain in turn memory in turn reasoning and analysis. But fumes from straping machines cause excess saliva to produce in mouth by some agitation in stomach. I found positive effect and I enjoyed reading for exams. One needs to investigate it. Match stick fumes causes wound in the nasal paths at the end of the nose. This is due to phosphorus in it. To cure it don't inhale the fumes instead use lighter. Not inhaling the fumes is the cure after some time it will be healed. Consult doctor and take medicine to heal that wound quickly.

60) To find out when you feel happy by eating which foods and fruits. Try to take those foods regularly. Find this regarding your children's and keep them happy.

61) Doing good to others will make you happy please understand it and try it. You will be encouraged by god to do that to get further happiness. By doing good to others you will purify your soul.

62) Harmful chemicals from the factories should not go in to oceans. It should be reused by doing research, it is government responsibility. By doing so we can get good monsoon all over the world.

63) Global warming and needed focus by government and it is not due to CO<sub>2</sub> emission but it is due to thinning of ozone layer.

To check what is causing harm to environment and see that we protect the environment. For example ozone layer. Government should ban those harmful gases which destroys ozone layer. It is known to everybody but still it is happening. The global warming is due to thinning of the ozone layer not because of CO<sub>2</sub>. CO<sub>2</sub> makes air cooler and it is food of plants which gives us oxygen. There is no harm in running thermal power plants. Photons in sunlight help to bring down CO<sub>2</sub> towards the ground.

64) To make children's physically and mentally strong by these foods giving them in different way.

Giving one banana and boiled egg and glass full of milk (milk four times) each per day to eat and drink along with their regular food to children's and this will give them enough energy to grow to be stronger physically and mentally. In addition to this giving them multivitamins syrup twice a week makes their sense organs strong then they can perform any kind of task. To get instant energy fruits orange juice and water melon pulp would be beneficial. All kind of fruits are good source of energy. Children's who do not eat fruits then kisan jam in INDIA is the good source of energy. Providing them milk shake of only one fruit at a time will also be beneficial who do not eat fruits. This will be more beneficial to children's who hesitate to eat well all kind of vegetables and fruits. For children's who do not consume vegetable should be given multivitamins syrup regularly twice a week. This also applies to adults. General awareness to parents is needed who comes to doctor frequently regarding their child health. It is doctor's duty to make them aware of it and also government duty.

65) Plantation of fruits trees and cultivate fruits by utilizing some part of forest area and it is government responsibility to undertake unemployed youth to do this as the fruits are rich source of energy and vitamins.

Government should encourage students and their teachers who are taking agriculture field as their study through financially to carry out research and development work on how to yield more in less space of agricultural field. Unemployed educated youth from different field who are interested in doing that should also be encouraged. This will solve unemployment problem. Some part of forest area should be utilized for that purpose. Unemployed youth can be employed by government to utilize some part of forest area to cultivate and plant fruits trees as fruits are good source of energy to human beings. It is government duty to do like this.

66) To decode infra sound sent to earth by higher intelligence being.

I have an ear defect in my left ear and i am completely deaf from my right ear. In addition to audible sound from my surrounding interaction, i also hear some sound which i think is infra sound which is constantly heard by me in one tone. This may be due to very fast speed the infra sound travels. I think this infra sound is sent to earth by higher intelligence by some means. I want to decode the information which i hear in the form of infra sound. I need your help in this matter. To do this firstly we have to consult doctors who can help me to know the exact frequency of this infra sound. To know this from 20Hz we need to decrease the frequency in step of 1Hz and find out at which frequency i can sense the infra sound. If we know this, then we can make a device which can catch this infra sound. By some electronics we can convert this infra sound in to audible sound. Then we can hear the sound signals which i hear which in turn i think is from higher intelligence being may be sending on earth by some means. I hear this infra sound, my brain stores this information in the form of infra sound, whenever i think i get ideas and also enhances my thinking and i also see video or picture clip whenever i close my eyes to think. I am chain cigarette smoker also.

## II. Conclusions:

Many suggestions related to clinical and hospital trials to treat patients which are ignored are reported here and some are new which needs focus to think and to carryout research and development work on it. Among all of these suggestions many are related to Corona virus disease, Cancer, arthritis, leprosy etc. Cure which are important and these points are highlighted in this paper in brief.

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