



Undo Your Doings



- ✎ Brush your teeth at night to remove food particles and plaque that have accumulated throughout the day.
- ✎ Instead of brushing the teeth, start your day by having a glass of warm water first thing in the morning. This will help you defecate properly.
- ✎ Throughout the night, good enzymes accumulate inside your mouth. These enzymes need to be swallowed inside instead of spitting out.
- ✎ Brush your teeth after every meal – breakfast, lunch and dinner to ensure that there is no food particle stuck in your teeth.
- ✎ Floss your teeth, clean your tongue
- ✎ Swish with cold pressed coconut oil for pulling out bad bacteria, for moisturizing gums and for complete cleaning of the mouth.

Veerangana & Veer Tales



**SOBHA
KN**

I am Sobha from Ernakulum, Kerala. I thank the almighty and our visible God TC sir. In the past few years, I have faced many challenges. In 2021, my husband passed away. I was completely shaken and uprooted. Just after his demise, I was forced to sell my favourite RCM shop to fund my son's higher studies in the UK. One misery was followed by another. I got afflicted with cancer and had to go undergo chemotherapy. I joined the Nutricharge Veerangana Club in September 2021 and continued to attend its sessions throughout, which kept me mentally strong. I continued taking Nutricharge supplements. I counsel my customers from home. I have become a part of the Veerangana 50K club. My ambition is to start a Nutrition Counselling Center and live life courageously.



**ROCKY
KUMAR**

I am Rocky Kumar. I hail from a small village of Bihar. Since childhood, I have had a dream of doing something big but the poor financial condition of my family forbade me from taking good education. I had no interest in taking up a job. While I was looking for a business opportunity, I got RCM. I had barely worked in RCM for two months when I met with a severe accident that kept me in hospital for three months. My upline, Ravi sir, did not let me lose courage. As I recovered and gathered strength to start working again, I met with another accident. I lost all courage and confidence. But God had not lost faith in me. The opportunity of Nutricharge Veer Club presented itself and I grabbed it with both hands. Implementation of its teachings has made a part of the Veer 50K club. But after coming in the Nutricharge Veer club, I have bought a beautiful Wagon R.

Research Review

Anaemia is a medical condition in which there are not enough red cells in blood.

We reviewed some research papers:

1. During pregnancy the total maternal need for extra iron averages close to 800 mg (elemental iron), of which about 300 mg is for the fetus and the placenta and the rest is for maternal hemoglobin mass expansion. The placental and fetal requirement is obligatory and dietary intake will be diverted to this end even if the mother is iron-deficient. Approximately 200 mg more is shed via the gut, urine, and skin. This total amount of 1000 mg quite exceeds the iron stores of most women, even in Western countries. Practically all of this iron is used during the later half of pregnancy.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2644004/>

2. The total amount of blood loss during menstruation ranges from 30 to 180 ml, with an average of 80 ml per menstrual period. Also, it has been shown that blood loss of 40 ml during menstruation yields an average loss of 1.6 mg of iron. Further, consecutive blood loss of more than 60 ml per menstrual period will deplete the body's iron stores; loss of more than 80 ml may indicate clinical anemia.

<https://academic.oup.com/labmed/article/44/2/121/2657721>

Why No Morning Tea?

- Tea reduces the absorption of iron and other nutrients in our body,
- Morning tea can lead to acidity.
- Tea tends to dehydrate our body as it increases the frequency of urination.



Why Green Juice?

- Helps our body fight free radicals and eliminate inflammation
- Increases the supply of oxygen in our body as it contains chlorophyll
- Helps reduce acid in the body
- Helps reduce blood pressure and cholesterol.
- Helps lose fat



Ingredients

- Spinach – a handful
- Mint – a handful
- Tulsi – few leaves
- Curry leaves - few leaves
- Green Apple - 1
- Guava - 1
- Lemon - 1
- Betel leaves – 2
- Rock salt – as per taste

Method

- Roughly cut all leaves and fruits in small pieces
- Put all in a mixie/ blender
- Grind well
- Add salt and juice of lemon
- Have it without straining for maximum benefit



Milind Sarwate

CEO's Treasure Trove

Ravi is losing his power of hearing and he does not want anyone to know. He must visit a sick old man in the neighborhood. Because he does not want to share that he has lost his power of hearing, he decides that he will ask certain questions, and this is what the person will answer. He will ask, "How are you feeling?" and the sick man will say, "By Almighty's grace, I am fine." Ravi will say, "This is the way to be." The second question would be, "What did you eat today?" The sick man would say, "Light food." to which Ravi would say, "This food will help you become better." The third question would be, "Which doctor are you seeing?" The sick man would name some local doctor to which Ravi would say, "Wonderful, you are in best hands."

Having decided this, Ravi goes to see the sick old man. He asks him, "How are you feeling?" The old man says, "I am dying." Ravi says, "Good, this is the way to be." Ravi asks the second question, "What did you eat today?" "Poison", said the old man. Ravi says, "This food will help you become better."

Ravi asks the third question, "Which doctor are you seeing?" The old man says, "The God of Death." Ravi says, "Wonderful, you are in best hands."

Moral – Not listening properly can be detrimental. Hence, we need to learn to listen intently.

Let's get fitter


- Walk 6000 steps daily.
- Do not do a leisure walk
- Ensure that your spine is straight while walking
- Your tummy should be pulled in.
- Your hips should be pulled in towards the tummy
- Your hands should make a full movement




- Climb 250 steps everyday
- You can use a stepper or a stool to climb 250 steps
- You can also use a flight of stairs

Know us better

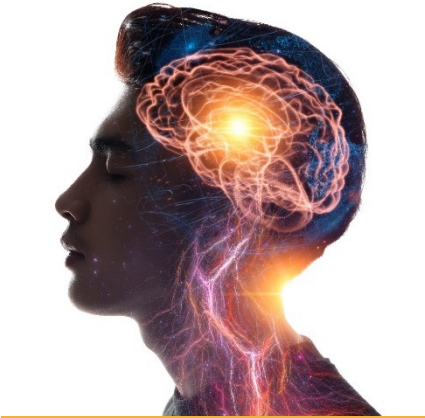
 **Nutricharge** is a registered trademark of Trophic Wellness Pvt. Ltd.

 "Trophic" is a Greek word that means "Nutrition".

 **Nutricharge Man** is the flagship supplement of Nutricharge.

 **Nutricharge Woman** is the first daily multivitamin-mineral health supplement of India especially made for women.

You will be glad to know



Human Brain

- 🧠 Brain is the largest organ of our body after skin and liver .
- 🧠 The structure of our brain resembles a walnut. The two part of the walnut correspond to the right and the left hemisphere of the brain.
- 🧠 An adult brain weighs between 1.0 kg – 1.5 kg (2% of total body weight)
- 🧠 Man's brain is 10% bigger than a woman's brain
- 🧠 Human brain is capable of 1,016 processes per second, which makes it far more powerful than any existing computer.
- 🧠 DHA is required across all age groups to keep the brain healthy and active

Health Forecast for Homemakers

- 🔪 Take stairs instead of lift. If you live on a higher floor, take stairs up to a few floors and then, take the lift.
- 🔪 Exercise while watching your favorite TV program or a movie.
- 🔪 Let at least one meal of the day be a raw meal (uncooked food).
- 🔪 Walk as much as possible inside your home. Keep remotes away from you. Walk to them to get them.
- 🔪 Develop a hobby and make time for it everyday.
- 🔪 Join some classes to be disciplined about your fitness. This will also help you make new friends.
- 🔪 Stand or walk as you talk on phone.
- 🔪 Make a health goal. Take a small step towards it everyday.
- 🔪 Sit crossed legs on the floor while having food.

