

Using Lever to Foster Health and Wellness and Inducing Comfort in Genetic Health Ailment of Head Baldness

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ABSTRACT

Lever is a conceptually engineered device made to facilitate desired task with reduced requirement of power, being product of force and distance, making physical task easy to handle. Nail trimming is an additional care of washing hand before meal appearing as a compulsion for protection during recently clouding of endemic Covid 19. Many innovative ideas appeared on exercising of hand grip to enhance strength of adrenal glands for secretion of hormones, kidney, pancreas and lever etc. It involves closing fist and pressing while entailing fresh air breath and leaving grip and exhaling. This required trimming of nails to eliminate hurdles of nails and making perfection in the referred exercise. Likewise, long nails cause injury in head baldness, a genetic health ailments. Thus, many easing is carried out by nail trimmed hand fingers. For this nail trimming task a lever is used to facilitate compulsory and useable all ages of family members. This study carried out with objective of using lever in nail trimming produced easy to handle trimming and facilitation of personal comforts of in any itching to wellness. Using levered nail trimmer in fostering personal comforts in health and wellness and supplementing comfort of easing genetically induced head baldness ailment will bring biological comfort to gentries of all ages, genders, caste and religion covering entire biological systems bringing in individual's This study reached to conclusion aathat global health and wellness could be brought in hand grips or the fists.

Keywords: Aurrvadic Linking Exercise in Hand Grips; Trimming Nail for Several Benefits; Exercising for Keeping Healthy Adernal Gland; Kidney Reflection; Pancreas; Liver Lever; Kidney; Pancreas and Kidney Healthy Cares

Introduction

Lever is an engineering conceptual device made to facilitate desired task with reduced requirement of strength, making physical task easy to handle. This lever is suitable devised for facilitating nail cutter, useable for all members of family. This lever device equipped nail trimmer is useable once in week, thus, it becomes facilitating house hold personal gadget, which is shown to bring several beneficial task promoting one and all members of family health and wellness, without any extra financial exchequer. So far the epidemic Covid 19, made people compulsorily wash their hands before meal. This linking lever supported nail cutter/trimmer brings tremendous needs of eminence values, established by accompanying short video. Under the beyond study the baldness is established health ailment of head baldness [1] the adequately trimmed nail will enhance of individual comfort

in easing out of such bald heads. The extensive promotion of this information will help tremendous numbers of people harness benefits of personal comfort irrespective of ages, genders, caste and religion. Objective of present study is substantiate the using levers in fostering personal comforts in health and wellness and fom fort of easing genetically induced head baldness.

Materials and Method Look Back and Think Ahead

Practice in Past

Keeping health and wellness is highly important realized aspect by all for which people adopt different means to acquire it. Therefore, people remain in look to find out effective, least strenuous way to maintain health and wellness. thus, it becomes imperative to look back and think ahead.

Use of Hand Grips

It is natural process that any thought or sense coming to brain needed action, which first get chartered by hands. Thus, hands are operation means of bringing any feel good and wellness. Hand grips comes in action for doing all necessary task of human body, where grip provides a strength, a well realized aspect by people.

Involvement of Fingers and Nails

In the hands, there are further, under normal situations, five fingers in each hands in hand and both legs. These fingers have been used to signify many actions and symbols, which not the context in the present study. This study is proceeding with its interconnections, which have lot of implications in health and wellness. All fingers have nails, which get decorated in fashion, specially ladies polished different shining colors, viz nail polish. Leaving aside, this study concentrated on how the nails come in way when it grows and what should be done to overcome such bad effects so that health and wellness kept maintained.

Enhancing Use of any Innovative Aspect in the Task to be Done by Finger

Having realized the use importance of hand it is further imperative to follow practice to bring health and wellness, implicating that health is wealth.

Benefits of Hand Bound Exercise Bring Health and Wellness

Hand fists are simultaneously used to carry out Acupuncture and Aurvedic combo exercise for few minyrees in day that brings lot of energy gain realization. In the hand grips four fingers, leaving aside thumb, are fore fingrs, middle finger, ring fingers and last one as little fingers. When hand makes fist the tips of fingers press the networks of nerves bringing impact of acupunctures. The point where the fore-fingers touch in respective palms, it forms point of adrenal glands, which perform secretion of hormones of different kinds. Likewise, the point pressed by the middle fingers tough sensitized zone of kidney, the point touché by the ring fingers are sense zone of pancreas, which implicate disorder of diabetes. The last finger touching point under fist touches zones of lever and heart. It needs forcefully pressing in fist to create pressure of sensitization, As the nails portion of fingers tips come in forefront enlarged nails appear as hindrances, Hence, it requires regular trimming, at least once in week. How effectively this pressing of acupuncture points can be performed is the subject of the present study. The nail trimmers of varying designs are available in

markets, which enable the varying job quality ease of accomplishing the organs both hand fingers and 10 foot implicating health and wellness. Thus, it is made effectively least strenuous by application of levers, the subject of the study.

Assessment of Utility of the Innovative Development in the Study

The effective fist pressing of well-trimmed nails becomes a pondering situation whow this trimming can be easily, perfectly carried out the routine job of maintain health and wellness will be elaborated in the study.

Genetic Induced Unavoidably Occurrence of Head Baldness, Which lis Likely Cause Injury by Excessively Growing Nails in Hand Fingers

This aspect of baldness [1] is again highly important that implicates health and wellness. Thus this genetic situation fortify scope and importance of subject of the present study.

Data Collection and Comprehension

This study covers aspects realized by every individual involving health and wellness, thus its sufficiency is universally suffices need of quantum of data.

Results

Look Back and Think Ahead

Looking back is to review what had been done on this issue and what were the outcomes, which is represented by a solid block as nothing can be done on it change except taking a lesson from it. In the present scenario there exists opportunity for deeply think about the need, missing gap analysis in the best possible way. The future plan is displayed by a thin lined solid block, which can be suitably evaluated and improve upon it. This fact will maintain a sustainability of concern and have continuous concern in mind.

Benefits of Trimmed Nail Finger Tips in Ensuring Pressed Points Sensations

Figure 1 shows a picture of nail trimmie finger tips oa hands and 10 limbs of foots. The use of the finger tips inclosed fit and point of touching is main importance. The trimmed finger tips will enable pressed impact at the respective points which will have composite impact of acupuncture and Autvedic practice of inhaling fresh air and bringing simultaneous enerzization of internal body organs.



Figure 1: Well levered trimmed Hand and foot fingers for acquiring ease and perfection. Inset the levered nail trimming appliance is shown.

Benefiting Organs of the Human Body Various Realizable Health and Wellness Benefits

Blood Pressure is fast emerging and easy to monitor to realize the benefits (Table 1) prescribed Acupuncture cum Aurvedic popular innovative routine exercise involving use of hand fists and realization of emerging health benefits was presented in details. The Figure 1 need

of having trimmed hand tips to apply pressures for stimulating four or five organs' function was brought in public life. Health and wellness is realised by one individual and all. Among the various organs, the heart function could be realized with authenticity of measured health index of wellness. Bio-systems body works as an eco-bio system, which will be taken up in the following section of study.

Table 1: Action and emerging health benefits of short time routine specialized exercise and realizable benefits.

S.no	Hands and Finger tips		Pressing are a s activation	Internal organs	Likely benefits	Rmark
	Left hand	Right hand				
1	Fore finger	Fore finger	Adrenal glands sensory areas	Adrenal glands	Secretion of hormones	Four major organs get stimulated with high energy maintaining health and wellness.
2	Middle finger	Middle finger	Kidney	Kidney	Stimulating kidney function	
3	Ring finger	Ring Finger	Pancreas	Pancreas	diabetes	
4	End finger	End Fingee	Lever and BP regulation	Right hand side & left hand side, for Lever and BP regulation	Normalise caediac function	
5	Ifective performance of the exercise it requires well trimmed hand finger tips to apply desired adequate pressure that will bost improving health and wellness.					

Genetic Health Ailment of Head Baldness where the Well Nail Trimmed Fingers Used to Overcome Uneasiness and Acquire Comforts

Table 2 extracted from authors study [2] revealed that there occur aberrations in results of xx-xy (female -male) gender theory in producing expected results (Table 2). Presented broad spectrum of

aberrations having only male children in family, have invariably, either partial or complete baldness. There occur occasional itching and resulting uneasiness impairing comfort. As hands come in action as front runner, it will overcome inconveniences. But, if with growing nails it will cause unexpected injury. On the other hand, in contrast, well trimmed nail figures will eliminate such uneasiness instantly inducing health and wellness.

Table 2: Misbalance in family having only male children.

S.No	One male and one female with natural developments producing only son					
	Male	Female	Living standard	Offspring	Health of parents	Social implication
1	M22	F25	Normal	1 Son	Male had bald head	It becomes signal that the offspring will be son
2	F24	F26	Normal	1 Son	Male had some mental disorder	It becomes signal that the offspring will be Son
Couples having one son had invariably bald head.						
3	M13	F16	Normal	2 Sons	Male with Migraine	Needs ameliorative measures
4	M14	F17	Normal	2 Sons	Female suffered mental disorder	Family could not provide continued mother care.
5	M16	F19	Normal	6Sons	Non aberrated case	No noticeable defect
6	M17	F20	Normal	2 sons	Male bald head, female died at early age	Family could not provide continued mother care.
7	M18	F21	Normal	2 Sons	Female suffered severe disease	Family could not provide continued mother care.
8	M19	F22	Normal	2 Sons	Male disorder season change	Needs measure to overcome
9	M20	F23	Normal	2 Sons	Male suffered baldness	Confirming baldness
10	M21	F 24	Normal	2 Sons	Male had baldness	Confirming baldness
Couples having two sons had baldness in males and mental disorders of females as well as males migraines and headache						
11	M11	F14	Normal	3 Sons	Father had severe headache	Stone in gall bladder
12	M15	F18	Normal	4 Sons	Male baldness and Female mental disorder	Family could not provide continued mother care.
Fathers had headache, father bald head and mothers with mental disorders						
13	M12	F15	Excessive non veg eating	5 Sons	Male with baldness	Having antisocial attitude.
The father had bald head and he had known for his bad personality						
14	M26	F26	Normal	6 sons	No aberrations	No known health ailments
There occur normal gender development showing no signs of aberrations.						

Note: The subscripts M and F are arbitrary. They merely signify identification in the array.

Bald Head Implicating Extended Utility of Lever Trimmings Nailed Palms for Fostering Health And Wellness in Males as Well as Females

The information presented in Table 2 [2] established the confirmation of partial or full baldness (Figure 2). From study [1] The

spectrum is broad and facilitations, are necessary. In such situation keeping finger nails well trimmed, lever supported nail trimming small bits will do all ideal task accomplishments with ease. As innovative exercise involving hand fist with effective use of finger tips of all but thumb, will induce tremendous energy that will foster health and wellness.



Figure 2: Extended use of levered nail trimmed hand gfringers and palms chartering health and wellness to bald head personalities.

Utility of Well-Trimmed Nail Fingers in Maintaining Health and Wellness

n is the most important organ which dictates immediate action to be taken by hand. In that task performance finger with lever facilitated nail trimmed becomes an asset for taking good care of ellness and health. Any skin health ailment gets first risquéd by the fingers. Thus, lever trimmed hand is always ready gadget to accomplish the task maintaining wellness and health.

Discernible Benefits of Innovative Exercise Creating Additional Energy and Fortifications of Five Organs

The body organs viz Adrenal gland, which releases hormones, Kidneys which act as filter house, ring finger fortifying pancreas,

which produces and regulates insulin over coming diabetes, End fingers regulating blood pressures and heart functions. The BP is monitor able indicator of building such benefits get realized within a weeks time. All fortified organs will enforce heath and wellness, reducing need of internal medicines, thus, assuring economy as well as keeping sustainable benefits from different aspects. Fortified lever will utilize carbohadrates and synthesize amino acids in to vitamins of different types viz Vit Tryptophan and pulses supplementing body tissues, and Vitamin B3 Thiamin forming bones [3]. This scientific information has emerged from the innovative exercise, where fist is the foremost action. In this action Levered nail trimmed finger will produc quick realizable improvement health and wellness.

The Five Important Organs Become Good Supporter of Overall Health and Wellnes Including Cardiac Care

Human body is an eco bio system which follows principle of eco-system of several parallel networks (Ollf, et al. [4]), where subsystems perform tasks of production, consumption and releas of some waste. That means the wellness created by any means to any of the main systems gets naturally care taken by the parallel networks of the subsystems [4]. This implicates that energy bulding by the hand grip borned exercise will benefit entire health of the human body, hence

all health and wellness can get accomplished by the innovative exercise chartered by fist. That means all of the human body get benefited in maintaining health and wellness. The small appliance innovative levered nail trimming enabling applying grip finger tips effectively pressing different sensory zones in the hand palms. The tremendous energy boost for the five vital organs and other parallel networks [4] will enforce tremendous strength prosperity enabling one individual maintain good health and wellness. Thus, combining all individual will bring global health in the hand grips as depicted vide (Figure 3).

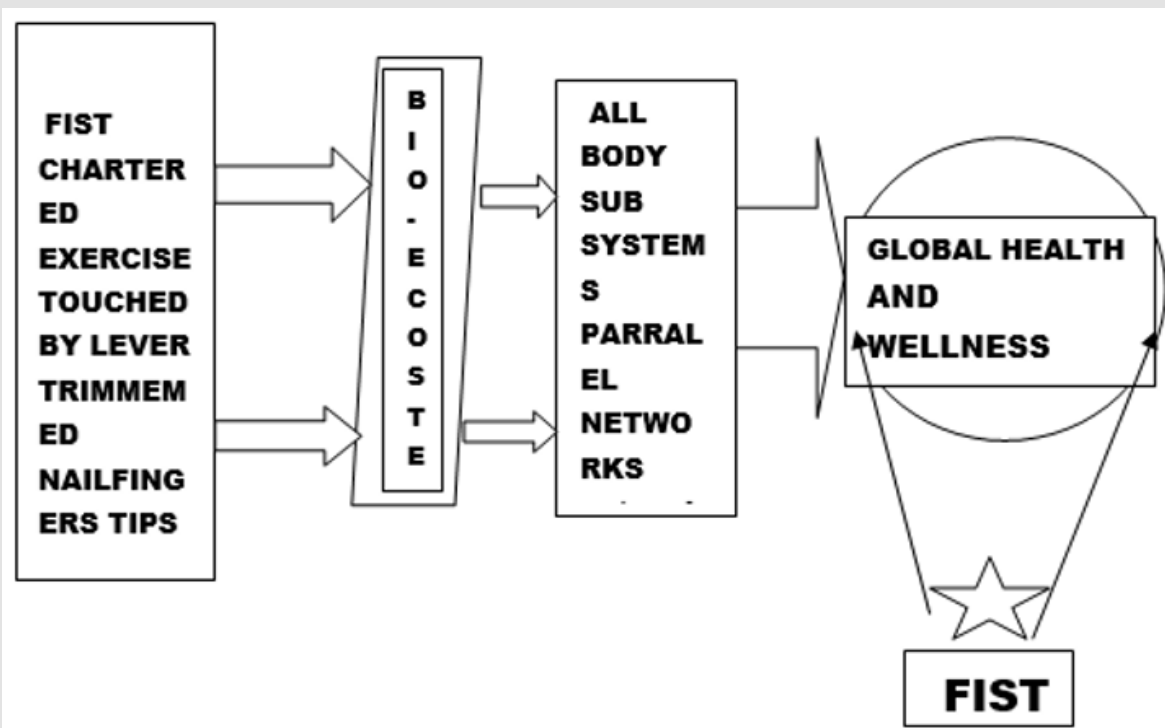


Figure 3: Levered trimmed nailfinger formin fist manoeued global health and well.

Discussion

The study demonstrated how god of small things can bring lot of global relief on health and wellness. This discussion is devoted on bringing further ratification of the afore brought results for satisfying any skepticism on any emerging issue brought out in the study.

How Growing Nails Hamper the Finger Tips not Effectively Pressing Thereby Getting Full Benefits of the Innovative Acuepunchre Cum Ayurvedic Combo Exercise

The growing nails makes painful pinching, hence the fingers tips can not bring effective pressing in the sensory touch points. This will not lead to bring thought over impact of the fist based innovative exercise.

Application of Lever in Nail Trimming Appliances Brings Refined Accomplishment of the Envisaged Task

The lever reduces required need of human energy, hence the trimming job can get easily and frequently accomplished without tears. This facilitation inuse willingness nin individual carryout nail trimming quickly, without tears. Thus, it will sve time and eliminate any deferment of nail trimming task. This lever supported task accomplishment will save individuals all escaping any germs entering in food chain, which forms the next level of improvements in personal sanitations and maintaining hygiene. This is unimaginable improvement in maintaining heman health and wellness. The trimmed nail fingers everywhere applicable in milking operation by hand from any milk producing animals not getting injured by growing nails of milking person on one hand and the milk will not get infested by any germs held up with nails.

Aimed at Four Regions in Hand Palms Will Usher Sufficiency of Parallel Net Works of Sub Bio-Eco Systems

So far biologists focused their attention on biodiversity, which do not specify know how to make use of this biodiversity. There exists new advancement in thinking of bio-eco systems, where parallel networks of sub systems performing tasks of production and consumption and creating some wastes. Thus, the enforcement of the major organs will extend its benefits in bringing all parallel subsystems performing tasks. This will usher overall impact of innovative exercise combo in bringing health and wellness. The levered nail trimming is a kind of mechanization which will reduce power needs, induce accomplishing task with perfections, meeting set objective of the present study.

The Empower Main Organs Though Betting Benefitsvis

Adrenal gland, kidneys, pancreas, blood pressures and heart will induce lot of fostered ancillary benefits towards health and wellness (Figure 4).

How the God of Small Tings Brought Tremendous Revolution in Global Health and Wellness

Leverd nail trimming cultivates aptitude of accomplishing perfectly accomplishment of largely imprecise task with interest without tears. This will bring revolutionized exercise and harnessing benefits of bio-ecosystems in acquiring global health and wellness (Figure 5).

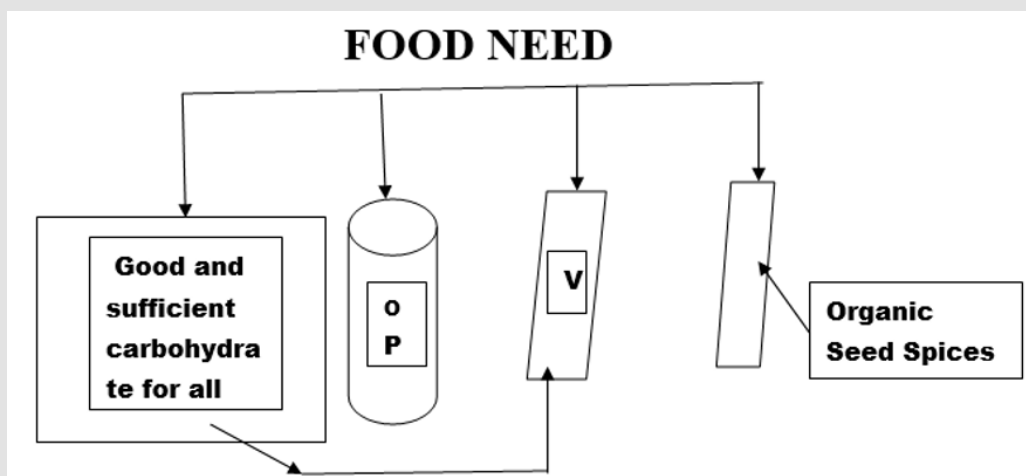


Figure 4: Innovative trimmed nail fingers enforced exercise will build additional energy to five important organs of human bodies, exemplified for lever.

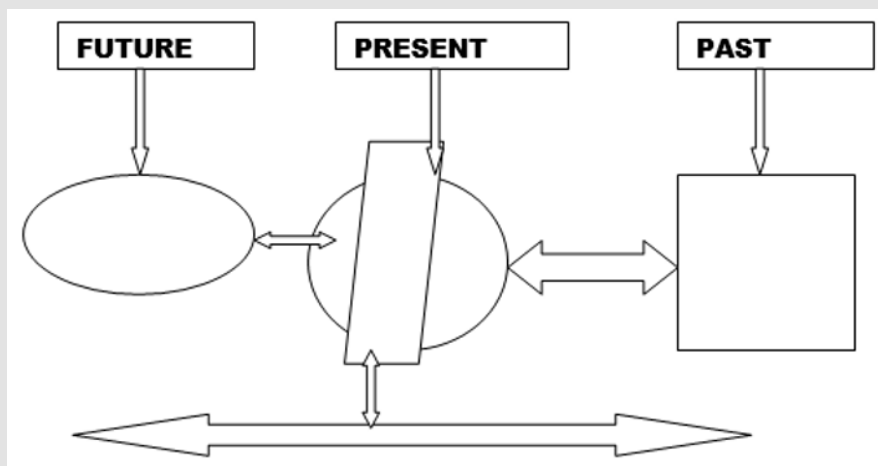


Figure 5: Looking back and think ahead of strategic issues.

Conclusion

The study entitled, god of small things got launched with the knowledge about acupuncture cum Aurvedic exercise of using hand fists for energizing of internal organs. The innovative exercise of hand fingers and figure's tips are directed towards sensory regions network in ones hand palms The leverd nail trimmed has become a prominent action involved with mechanization for reduced power demand and toil free finished trimming for adequate pressing of the touchpoints of sensory zones. Adrinal gland, Kidneys, pancreas, blood pressure and heart get adequately erziseed along with ncillary parallel networks of other bio-eco systems. Thus, fortified internal organs get empowered build many benefits of health and wellness, enabling one and all by self motivated peoples participations to acquire global health and wellness.

Declaration of no conflict of interest

Authors declared that the existed no ny conflict off interest either for authorship or for any financial support.

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