

“Human beings who are avoiding carbohydrate, zero carbohydrate in their diet, leading a stress full life, especially people who have crossed fifty years may lead to brain hemorrhage.”

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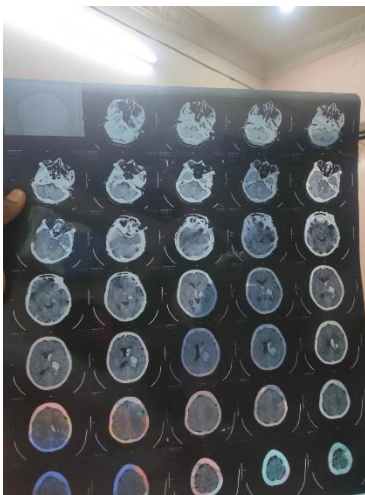
Abstract:

We are witnessing so many brain bleeding cases now a day in our daily lives. Yes, I have an observation, research information which I have gathered from the patients. Brain hemorrhage is an emergency condition in which ruptured blood vessel causes bleeding inside the brain. This could be happening to the people who are very low in the carbohydrate diet. Brain is a vital organ which uses more amount of glucose as its main source of energy. My research article primarily focuses on the importance of glucose, what happens when enough glucose is not been taken by the people who are above fifty years of age. I have got an information to the entire scientific, medical community that definitely people who are at zero carbohydrate diet, may lead to brain hemorrhage. It is interesting to know that people doesn't have any kind of pre medical history like blood pressure, diabetes also can be prone to the above disorder which is brain hemorrhage. I have also got an another information that when people are in the low carbohydrate diet couldn't tolerate the stress, unable to handle the stress in their lives, which would lead to brain hemorrhage.

Key words: brain hemorrhage, blood bleeding, carbohydrate, glucose, balanced diet, stress life, overthinking.

Case study report 1:

In this case study, I am sharing the report of the patient who had been to brain hemorrhage, am also sharing the scanning report of the patient.



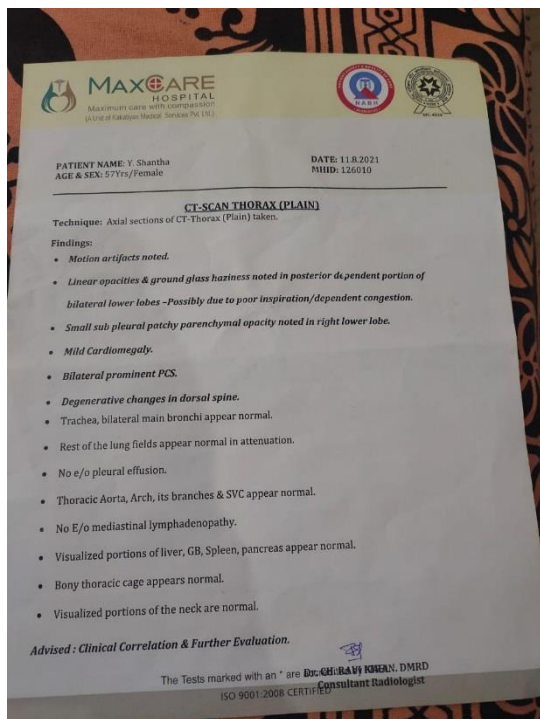


Fig 1; The above is a scanning report of a patient who has been diagnosed with brain hemorrhage. We can see the bleeding of blood in the brain.

Case study report 2:

In this case study report 2, I am sharing the previous medical history of the patient, it was very shocking to know the fact that the patient has been never ever has been diagnosed with any kind of blood pressure, diabetes. The previous medical history was absolutely perfect, well, good and healthy. The patient has been reported with high blood pressure on the day of admission in to the hospital and was paralyzed completely on the entire right side of the body.

Case study report 3:

Why brain hemorrhage to healthy person with no previous medical history:

It was a million-dollar question for me to know that why this brain bleeding. I was enquiring the family mates about the life style of the patient, when I was knowing I came to know some facts about her life style. I found to know that patient was on low carbohydrate diet, zero carbohydrate diet for three months. I found this was very interesting, most relevant to the case.

I have also got to know that patient was having family stress for a period of two days before the brain hemorrhage.

It was evident for all of us that, carbohydrate, glucose must and should be needed for the body. especially normal person requires 200 grams of glucose, specifically brain requires 130 grams of glucose per day.

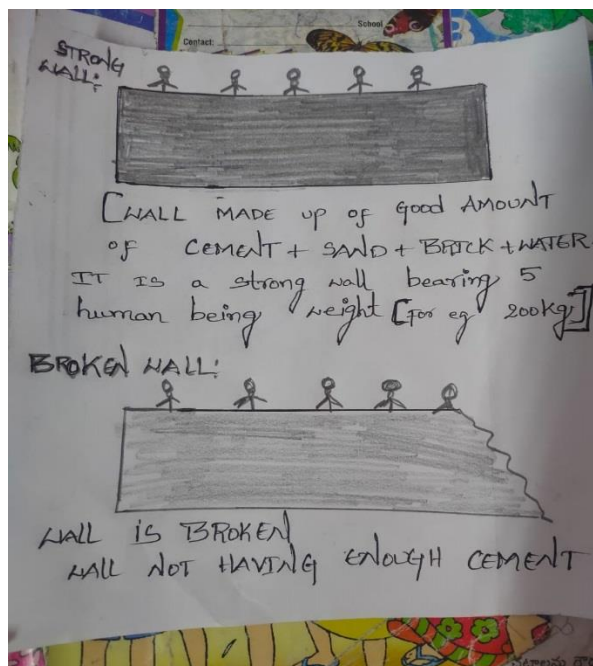
My analysis, on combining the above three case studies:

After studying closely about life style of patient, I have found the cause for the hemorrhage.

I strongly believe that not having enough glucose in the life style of is one of the main reason for the brain hemorrhage.

The stress intolerance also one of the reason for the brain hemorrhage.

Example study: supporting to the above case studies:



I have shown an example of wall, which is bearing a weight of 200 kg, wall has enough, cement water, sand will bear the weight, tolerate the weight easily. But when the wall has no good, enough, required cement then definitely it would collapse as shown the above figure. The wall having no proper cement, would not tolerate the stress which is mentioned as 200kg .so it would rupture easily.

In the above figure of example study, I have compared wall as brain

Cement as glucose, definitely if a wall is being supplied with good enough cement could tolerate easily, whereas the wall which is been not supplied with enough cement would not tolerate the stress and definitely it would rupture.

Conclusion:

It was clearly evident from the above case studies and example study t was quoted above, confirms that low carbohydrate life style is harmful, zero carbohydrate life style for about three months, person couldn't handle the stress as he is being having no glucose. The stress full life at the same time zero carbohydrate diet in the life style will lead to rupture in the brain cells and causes brain hemorrhage.

I strongly believe that one can need not to be a blood pressure nor diabetic patient. a healthy person may, might also can get brain hemorrhage if he or she avoids glucose in their diet.

I with my case studies appeal to the entire medical community that protein diet is good but we must maintain carbohydrate and as well as lipid in our diet. avoiding especially carbohydrate, glucose leads to brain hemorrhage.

I strongly suggest to the entire community people lead a stress less life. But when stress is un avoidable in our daily life, one must eat a balanced diet especially enough glucose in the diet needed, which can prevent brain hemorrhage.

References:

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2. <https://www.google.com/search?q=brain+hemorrhage&sxsrf=APwXEdccr8g9nKQIFimXSYISZmmG-.>