



The Newborn, is it really? An end to the CVDs, or the Human race? The way we are going unless “Health for All Through Wisdom and Action,” now or never!.

**Suresh Vatsyayann**

#### **ABSTRACT**

The Problem: In 30 years from now (deducting from the history over the last 51 years of my medical education and practice) it can easily be expected that there would be at least one death in each family in the world in a year due to the complications of one or the other non-communicable diseases. This will see the annihilation of our species with rarely any human alive on earth within the next 10-20 years. The cardiovascular disease will be the major player in this saga not by its own doing but as a result of the gastrointestinal system (GIT) and the preprocessing of food that we do making our GIT go against us, or get redundant, lazy, dissatisfied, misused, or abused. What had to happen in a million year, happened in over a few hundred years, worst happened in my 51 years of medical study and practice.



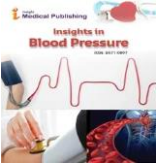
1. towards community involvement in health development
2. Know your enemy and tame it while respecting your body health for all through wisdom gaining the most optimal health while reversing the epidemic of obesity.
3. Journal of the New Zealand Medical Association Professional Misconduct
4. Journal of Society for development in new net environment in B&H

#### **Biography**

A friend, a philosopher and a guide, Dr Suresh Vatsyayann is a family medicine specialist with an MBBS, FCGP, DNB, FRNZCGP, an international MBA with Distinction, and honours graduate with 1st class honours degree in International Health Development and Policy.

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