

Naturopathy

Compiled by Spandane

Spandane Medical – Preface, About us & Disclaimer

- 1 Every child nurses some dream in his young age. I also had a dream of becoming a doctor. My father was suffering from diabetes for many years. His days were numbered. I worked as his PA and care taker since the age of 9 years. I had prepared a time table for his medication. In fact I learned to give him insulin injection every day. Finally he expired 2 months prior to his retirement at the age of 58 when I was studying in Jr. B. Com. Twice he had TB as he was suffering from diabetes for over 30 years. I was nursing the dream of becoming a doctor in this backdrop of my life. I had no thought of making money by becoming a doctor.
- 2 I spent my childhood in the grand company of medicines, injections instead of toys. When I realized that my Dad won't be with us for long and also realizing financial position, my dream of becoming a doctor got evaporated in no time.
- 3 I joined commerce faculty after SSC and completed higher education. I took up a job in an Industry in 1975. I served in the industry for over 10 years and ventured in practice in 1985. However my dream kept nagging me all the time. Finally I learned Alternate Therapies under the guidance of a well known doctor in 1998. I continued my medical study along with my professional practice. I made elaborate notes on various topics and compiled tips on each disease etc. I have shared these notes on my website 'www.spandane.com'. With the help of this medical knowledge I am taking care of my Family health.
- 4 Man's prime duty is to maintain his health, which is his 'True Asset.' It is always better to prevent the onset of a disease than to eradicate it after it has occurred. One thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy peaceful healthy Life.
- 5 There is a general tendency to run to a doctor for even a small physical problem. One should cultivate the habit of keeping track of his health, read medical literature and try home remedies and across the counter medicines before visiting doctor.
- 6 This compilation has been prepared to create awareness about the various common, chronic & major diseases and to give bird's eye view of the disease to the common man.

- 7 I have made every effort to give accurate and useful information in these Articles. However I do not accept any responsibility for the accuracy or completeness of any material contained in these articles and recommend that viewers should exercise their own care and judgment with respect to its use. You can choose to act upon the information contained in these Articles at your own risk. These Articles are purely educative. One should refer various websites, government notifications, advertisements issued by Health Ministry, interview of doctors on TV, press etc.
- 8 It is recommended that the various tips should be followed only after discussion with your family doctor or a specialist and also after considering the present state of patient's health, allergies, and existing diseases. (Such as diabetes, High BP, cholesterol, kidney stones etc.)
- 9 I have no intention of giving any professional medical advice in these Articles. Services of a competent medical professional should be sought immediately for any health problems.
- 10 Your suggestions if any may please be informed to spandane2008@gmail.com.
- 11 Health is wealth. My best wishes for your good health and peace of mind.
- 12 Moderate exercises, Diet control, meditation, control over worries etc. can bring about good health. Hurry, worry and curry should be kept under control.
- 13 Information in this publication is intended to provide only a general outline of the subject covered. It should neither be regarded as a comprehensive nor sufficient, nor should it be used in place of professional advice. The author accepts no responsibility for any loss arising from any action taken or not taken by anyone using this material.

Index Naturopathy

01	Naturopathy	10	Food Remedies
02	Naturopathy - Way of Life	11	Health Tips
03	Fruit Diet	12	Eating Fruits
04	Dietary Tips	13	Mixture of Cinnamon and Honey
05	Biochemic compound	14	The 7 Dangerous Act after a meal
06	Mudras	15	Sleep & Heart Attacks
07	Juice Therapy	16	
08	Magnet therapy	17	
09	Alternate Therapies	18	

Naturopathy

- ❖ This Article titled 'Naturopathy' is dedicated to my Medical Guru.

What is Naturopathy?

- ❖ To follow rules of the nature.
- ❖ To cure disease with the use of forces of Nature such as food, water, clay, sun-energy etc.
- ❖ It aims at strengthening the natural defenses of the body.
- ❖ It does not attempt to get rid of illness but aims primarily to restoring health.

Advantages of Naturopathy.

- ❖ No side effects.
- ❖ Cost effective.
- ❖ Disease need not be diagnosed exactly before treatment is given.
- ❖ Preventive effect.
- ❖ It compels the patient to take active interest in his health.
- ❖ Fundamental principles of Naturopathy.
- ❖ There is only one & only one cause of all diseases. I.e. The accumulation of toxins and foreign substances in the body.
- ❖ It is the Nature that heals, not the medicines.
- ❖ Acute disease signifies an activation of immunity.

Toxemia

- ❖ The accumulation of toxins in the body is the fundamental cause of all diseases.
- ❖ Formation of small quantity of toxins in the body is almost inevitable.
- ❖ However these toxins are promptly eliminated from the body.
- ❖ Toxemia results if more toxins are put into or forced inside the body and /or if fewer toxins are eliminated.

Weapons of Naturopathy

- ❖ Diet
- ❖ Juice diet
- ❖ Fasting
- ❖ Exercise
- ❖ Hydrotherapy
- ❖ Clay therapy
- ❖ Sun bath
- ❖ Air bath
- ❖ Massage
- ❖ Magneto therapy
- ❖ Acupressure
- ❖ Color therapy
- ❖ Hasta Mudra
- ❖ Su-jok

Diet

- ❖ Diet is the mainstay of Naturopathic treatment.
- ❖ Food must serve two purposes. (i) Supply all essential nutrients to the body (ii) maintain acid-alkali balance in the blood.
- ❖ The 5 ingredients of foods essential for the nutrition of the body are (i) proteins (ii) carbohydrates (iii) fats (iv) vitamins (v) minerals.

Proteins

- ❖ Proteins are essential for the growth, maintenance and regeneration of body.
- ❖ Sources: Pulses, milk, eggs, meat.
- ❖ All proteins are made of amino acids.
- ❖ A non-vegetarian diet provides excessive amounts of proteins to the body.
- ❖ Many diseases result from excessive consumption of proteins.
- ❖ When too much of proteins enter the blood stream, it gets converted in to nitric acid, sulfuric acid and phosphoric acid. The body is forced to use up large amount of alkali minerals to neutralize these acids.
- ❖ No adult wishing to have good health should consume more than 15/20 grams of proteins per day.
- ❖ One gram of protein gives 4 units of calorie.

- ❖ Protein rich diet should be given to growing children.
- ❖ Animal proteins including milk should be avoided.
- ❖ Meat contains methionine which if not metabolized increases the risk of heart attack.

Carbohydrates

- ❖ Carbohydrates provide heat and energy to the body.
- ❖ Sources: cereals, tubers, roots, pulses, milk.
- ❖ 1 gram of carbohydrates gives 4 units of calorie.
- ❖ Use of processed carbohydrates is not desirable for the body as fiber is removed.
- ❖ We should consume carbohydrate centered diet.
- ❖ 80 % calorie requirement should be derived from carbohydrates.
- ❖ Maida, refined white sugar should be avoided at any cost.

Fats

- ❖ Fats perform the function of supplying heat and energy to the body.
- ❖ Sources: Ghee, butter and oils.
- ❖ We should not consume more than 10 gram of fats per day or maximum 10% calories consumed in a day.
- ❖ There are two types of fats: saturated & unsaturated.
- ❖ 1 gram of fat gives 9 units of calories.
- ❖ Saturated fats are solid at room temperature. It is necessary to minimize the intake of saturated fats as the prolonged use causes constipation and hardening of the arteries.
- ❖ **Following foods contain saturated fats.**
- ❖ Butter, ghee, coconut oil, palm oil.
- ❖ Whole milk, cream, milk preparations, sweets made in ghee and vegetable ghee.
- ❖ Chocolates, cakes, biscuits, wafers.
- ❖ Eggs, fat meat, fish, oysters.

❖ **Following food contain unsaturated fats:**

- ❖ Peanut oil, sesame oil, maize oil, soyabean oil, karadi oil, cotton seed oil, sunflower oil and dishes made from these oils.

Vitamins & Minerals

- ❖ The body needs only minute quantities of these substances.
- ❖ Minerals are needed for the formation and functioning of the cells.
- ❖ Vitamins are essential for the proper digestion & absorption of proteins, carbohydrates and fats and improving immunity of the body.
- ❖ Various disorders are the direct results of the deficiency of vitamins & minerals.
- ❖ Cooking destroys vitamins.
- ❖ The vitamins in fruits & vegetables are rapidly lost if they are not consumed soon after peeling or cutting.
- ❖ The stores of vitamins in the body get depleted during illness as well as due to (i) improper diet (ii) mental distress (iii) pollution (iv) smoking (v) addiction to drugs (vi) chemical medicines.

❖ **Daily requirement of vitamins:**

- ❖ A 4000-5000 I.U.
- ❖ B complex 0.5 to 5 mg of each vitamin in the group of 8 vitamins.
- ❖ C 45 mg.
- ❖ D 300 to 400 I.U.
- ❖ E 12 to 15 I.U.

Minerals

❖ **Daily requirement is given below:**

- ❖ Calcium 800 mg: Phosphorus 800 mg
- ❖ Potassium 2500mg: Sodium 2500 mg
- ❖ Iron 10 mg: Sulphur 300 mg
- ❖ Magnesium 350mg: Chlorine 2000 mg
- ❖ Iodine 0.14 mg

Acid & Alkali balance in blood

- ❖ The ratio of acids to alkalis in blood is generally 20:80. The maintenance of this ratio is essential for health. Ph test is conducted to find out this ratio.
- ❖ Some items of food leave alkaline residues in the body after undergoing the full cycle of digestive and metabolic processes. Some items leave acidic residues.
- ❖ Symptoms associated with acidic blood are fatigue, headache, loss of appetite, insomnia, nervous tension, hyper acidity.
- ❖ Natural deaths are the culminating stages of chronic acidic conditions of blood.
- ❖ In order to prevent or counteract the accumulation of acids in the body, we must take food that is mainly alkali-genie.
- ❖ **Alkali-genic foods:**
- ❖ Fruits
- ❖ Vegetables, tubers
- ❖ Milk & milk products
- ❖ **Acid-genic foods:**
- ❖ Cereals
- ❖ Pulses & legumes
- ❖ Nuts
- ❖ Food of animal origin excluding milk.
- ❖ Cheese, butter.

Food combinations.

- ❖ Even alkali-genic and nutritious food taken disregard to the rules of food combinations can generate toxins in the body.
- ❖ Digested in
- ❖ Carbohydrates mouth, small intestine
- ❖ Proteins stomach
- ❖ Fats small intestine

❖ Rules:

- ❖ (i) Carbohydrates should never be mixed with sour foods.
- ❖ (ii) Large amount of proteins and large amounts of carbohydrates/or large amount of fats should not be taken in the same meal.
- ❖ (iii) Proteins should not be ingested with sour fruits.

Practical suggestions Re: Diet

- ❖ Do not eat if you are not hungry or if you are under physical /mental tension.
- ❖ Do not eat or drink anything that is too hot or too cold.
- ❖ Chew your food well.
- ❖ Do not drink water with meal.
- ❖ Do not stuff the belly with food.
- ❖ Rest for a while after meals.
- ❖ Sit in Vajrasan for at least 5 minutes after meals.
- ❖ Do not take any food while suffering from fever or any other ailment.
- ❖ Eat only one meal or take only fruits, one day in a week.

Juice diet

- ❖ Juice diet supplies sufficient vitamins and enzymes that enhance the resistive & healing powers of the body.
- ❖ Fresh juice should be consumed.
- ❖ The juice must not be gulped down but sipped slow.
- ❖ Fruit & vegetable juices should not be mixed.
- ❖ Juice should not be taken after 7 p.m.

Fasting

- ❖ Fasting is the weapon of choice that Nature cure uses against all acute or severe diseases.
- ❖ Fasting purifies the body.
- ❖ Fasting under Naturopathy is undertaken only with water without any food intake.
- ❖ Food should not be taken in illness.
- ❖ Every person should do fasting once a fortnight.

Exercise

- ❖ Various organs such as heart, respiratory system, digestive system, muscles, skin derive benefits from exercise.
- ❖ Two types of exercises are necessary for perfect health. (1) Yogasanas (2) Rapid
- ❖ Rapid exercise should be spread over 25-30 minutes. Pulse rate should reach Target zone. Sooryanamaskara combine both the types of exercises.

Hydro therapy

- ❖ Water is an integral factor of our life process. Actually water makes up 70 % of the human body.
- ❖ There are two common uses of water (1) Drinking (2) Bathing.
- ❖ Hydro therapy has two aims. (1) Accelerating the process of healing (2) providing relief to the patient from painful symptoms of the disorder.
- ❖ **Drinking:** Every one should drink at least 5-6 glasses of water in a day. Best results are obtained if water is taken on an empty stomach in the morning after getting up, half an hour before each meal & 2 hours after each meal.
- ❖ Drinking water less than the above quantity leads to constipation and adversely affects kidneys.

- ❖ **Bathing** has a special importance in our daily life. A bath washes away the dirt adhering to the body. The skin is rendered clean & glowing and its pores are opened up which facilitates the elimination of Toxins through perspiration.

Methods of treatment.

- ❖ Enema
- ❖ Hip bath
- ❖ Full sheet wet pack
- ❖ Steam bath
- ❖ Hot foot bath
- ❖ Spinal bath
- ❖ Wet & dry fomentation
- ❖ Jalaneti
- ❖ Vomiting
- ❖ Inhalation of Steam

Clay Therapy

- ❖ Benefits: (i) Accelerating the process of healing (ii) providing relief to the patient from painful symptoms of the disorder.
- ❖ Clay pack can be local or for whole body.
- ❖ The following benefits are derived from mud pack. (i) Cooling the affected part. Use-fever (ii) absorption of toxins. Use- boils. (iii) Reduction of swelling. Use-swollen feet. (iv) Relief from pain.
- ❖ If clay pack is left uncovered, it has a cooling effect on the affected part.
- ❖ If clay pack is covered with thick cotton or woolen cloth, a warming effect is developed.
- ❖ Clay pack should be taken off after 30 minutes.
- ❖ Clay once used should be thrown out.
- ❖ Herbo mineral powder is recommended for use.
- ❖ Clay therapy is useful in various diseases such as fevers, constipation, piles, stomachache, boils, wounds, pain, swelling, skin diseases.

Sun-bath

- ❖ Sunlight is of prime importance for perfect health.
- ❖ The sun showers 3 types of rays upon us. (i) White light is made of 7 different colors. Each color has its specific effect on the body. (ii) Infra-red rays impart heat which relax and soothe the muscles, reduce swelling and relieve pain.
- ❖ (iii) Ultra- violet rays are instrumental for producing vitamin D.
- ❖ Benefits of sun-bath: (i) Improves health and augments the resistive powers of the body. (ii) Nourish the muscles. (iii) Blood pressure is brought down. (iv) Kidneys become more efficient. (v) Skin diseases are cured. (vi) Increases alkali in the blood.
- ❖ Precautions to be followed. (i) Head should be covered. (ii) never look directly at the sun. (iii) The mild sun light of the morning or the evening is beneficial. (iv) Sun-bath should be taken for 5-10 minutes. (v) Minimum possible cloths should be worn. (vi) After sun-bath, a cold water bath should be taken.

Air-bath

- ❖ Air is of prime importance for life. It is impossible to survive even for a minute or two without air.
- ❖ Oxygen is essential for the process of combustion taking place in all the various cells of the body.
- ❖ Walk in the open spaces covered with greenery such as fields, gardens is highly beneficial when accompanied by deep
- ❖ Breathing to ventilate the legs.
- ❖ Some suggestions for air-bath. (i) Always breathe through nose. (ii) Always take deep breaths. (iii) Do not cover the face while sleeping. (iv) In winter, protect yourself from cold with blanket but keep the windows open.
- ❖ Morning walk gives 3 benefits namely sun-bath, air-bath and fast exercise.

Massage

- ❖ Massage has a good effect on the organs and systems of the body.
- ❖ Skin: The pores of the skin are opened up which helps to eliminate the toxins.
- ❖ Muscles: Tension and pain is reduced.
- ❖ Circulation of blood to affected part is speeded up which helps to reduce swelling.
- ❖ Nerves: Slow massage relieves tension & soothes them. Vigorous massage increases the efficiency.
- ❖ The digestive system is stimulated.
- ❖ The urinary system is activated.
- ❖ The heart efficiency is increased.
- ❖ Massage should be done in the specific order such as arms, legs, chest, abdomen, back, buttocks, face & head.
- ❖ Direction should be towards the heart. Stomach should be massaged from down to up on right side, then horizontally to left side and then to down on left side.
- ❖ Massage in case of BP patients should be from head to foot.
- ❖ Massage should be avoided in case of fever, pregnant ladies, skin diseases, diarrhea, gastric ulcers, appendicitis and tumors in the abdomen.

Magnet Therapy

- ❖ **Principle of Magnet Therapy**: The person remains healthy so long as equilibrium is maintained in the electromagnetic forces flowing in the body. Illness results from a disturbance of this equilibrium.
- ❖ **Advantages**: (i) Practically any disease can be treated. (ii) No side effects unless blunder is made in selection of pole.
- ❖ (iii) Cost-effective. (iv) The treatment can be taken as per patient's convenience. (v) Preventive aspect.
- ❖ **Limitations**: (i) It can not be the sole form of treatment. (ii) It has no role to play in purely surgical problems.

- ❖ **Methods:** (i) Unipolar-Either north or south (ii) Bipolar- both poles are used.
- ❖ **South Pole:** It has a cooling & tranquilizing effect. It reduces swelling and brings infection under control. It slows down the circulation of blood in the capillaries. If kept in contact with water for some time, alkalinity of water is increased.
- ❖ **North Pole:** it gives warmth & energy and stimulates the physiological reactions. If North Pole is kept in contact with water, acidity of the water is increased. It accelerates the circulation of blood. It increases swelling.
- ❖ **Strength** of the magnets depends on (i) disease (ii) organ (iii) age of the patient.
- ❖ **Duration of treatment:** Magnets should be applied for the diseased part for minimum 15 minutes.

Magnetized water

- ❖ Magnetized water has beneficial effect on (i) digestive system(ii) blood and blood vessels (iii) Urino-genital system(iv) through blood, it affects each & every cell of the body.
- ❖ Plastic bottle containing water should be kept on / between north & South Pole for 12/24 hours for making magnetized water.
- ❖ Magnet brings about physical & chemical changes in water. Physical: An evolution of gases like Nitrogen is dissolved in water. Chemical: a dissociation of water molecules into hydrogen and hydroxylions. $H_2O \leftrightarrow H^+ + OH^-$
- ❖ Healthy person should consume at least 4 cups of water for preventing disease. The patient should consume 750 ml. water.

Acupressure

- ❖ Acupressure is a Chinese therapy in which specific points on the skin are methodically pressed to exert a healthy influence on internal organs and thereby eradicate the disease.
- ❖ The vital energy of the body is made of Yin (negative) and Yang (positive). The equilibrium between these forces is responsible for maintenance of health.
- ❖ There are 14 meridians which provide pathways to the Yin and yang forces in the body.
- ❖ The pressure on these points can be given by thumb/fingers or by using jimmy.

Color Therapy

- ❖ Sun-light is made up of 7 colors. (i) Violet, Indigo and Blue colors give coolness to our body. (ii) Green color is neutral. (iii) Yellow, Orange and Red colors give heat to our body.
- ❖ Each color has a remedial use in case of specific disease.
- ❖ Violet: Bones, Tumors, Baldness, Cataract.
- ❖ Indigo: ENT, facial paralysis, lungs disorder, asthma, TB, indigestion, fit.
- ❖ Blue: Throat problems, fever, typhoid, chicken pox, small pox, cholera, Insomnia.
- ❖ Green: heart, BP, cancer, eye problem.
- ❖ Yellow: Digestion problem, liver, diabetes, spleen.
- ❖ Orange: chronic asthma, bronchitis, RA, swelling, kidney problems.
- ❖ Red: Anaemia, cold, white patches, OA, TB.
- ❖ These color rays can be obtained from sun-rays by putting required glass before sunrays, so that the colored rays can fall on the desired part of the body.
- ❖ These color rays can also be obtained by putting color gelatin paper on lamp shed.
- ❖ Water can be filled in color glass bottle & kept under the sun for 3-4 hours between 10 a.m. to 3 p.m. The said water can be drunk in the evening.

Hasta Mudra

- ❖ Hasta Mudras are based on the principle that our body is made up of 5 elements namely fire, air, space, earth and water and which are represented by our fingers in the order starting from thumb.
- ❖ Hasta Mudras should be done for at least 10/15 minutes at a time, to be repeated for 3/4 times during a day for good results.
- ❖ Dhyanamudra: Thumb & index finger should touch each other. Benefits:- concentration, memory, insomnia.
- ❖ Wayumudra: Bend the index finger & hold it by thumb. Benefits: - OA, circulation of blood.
- ❖ Pruthwimudra: Thumb & the ring finger should touch each other. Benefits: - equilibrium is set between body & mind.
- ❖ Surya Mudra: Bend the ring finger & hold with thumb. Benefits: - To create body heat, improve digestion, reduce fats.
- ❖ Linga Mudra: Fingers of both palms should lock each other barring left thumb which should be left perpendicular. Benefits: - Improves immunity, to create heat, burn body fat.
- ❖ Apanwayumudra is done for heart.

Su-jok

- ❖ In Korean language, Su means Palm and Jok means soul/foot. In other words Su-jok means treatment on palm & soul/ foot.
- ❖ Our all organs are symbolically represented on our palm/foot.
- ❖ Our palm /soul represent the entire body.
- ❖ Palms and soul should be given exercise with Acupressure Roller for 3/4 minutes, twice a day.
- ❖ Palm should be pressed by thumb jimmy/thumb systematically every day. Pain should be noticed. Painful point/ area should be pressed for 2/3 minutes for

getting relief from disease.

Expectations from viewers.

- ❖ If after reading the above Article, you are inspired to change your life style for better and decide to take charge of your health, I will feel that my efforts are rewarded.
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NATUROPATHY -Way of life & some suggestions / Tips for the path towards good health.

Man's prime duty is to maintain his health, which is his true asset. It is always better to prevent the onset of a disease than to try to eradicate it after it has occurred. Every person -rich or poor makes financial planning for his old age /retired life. It is seen that such planning done during young age disregard to health yields no pleasant results as the person catches the diseases of a rat race by 45/50 years and finds it difficult to gain control over such diseases such as Diabetes, BP Heart problem etc. because he has never followed rules of health discipline in his young age and also not gained control over his mind. If you relish the idea of taking medicines throughout life, the guidelines stated below need not be taken seriously. But one thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy the retired life.

1) To get up at least ½ hour before Sunrise & undertake following activities.

1.1 Keep your mouth closed and knock the lower and upper teeth together 30/40 times.

1.2 Keeping the mouth closed, try to sweep the space between the teeth and the lips using your tongue.

1.3 Vigorously rub the palms with each other 20/30 times until heat is felt.

1.4 Give a circular massage for one to two minutes on circular edge of the bony socket in which the eyes are lodged.

1.5 Finally press and release each of the following points (60 times)

Pt 5 - lies in the flesh between the thumb and the index finger...Presence of Sharp pain on deep pressure confirms the fact that you have hit the right Point.

Pt 8- lies at the outer end of the elbow crease, when elbow is bent a right angle.

- 2) Brush the teeth with Tooth powder / Tooth paste which contains Herbs (e.g. Vicco Vajradanti)
- 3) To drink lemon juice (of one or half lemon) in a glass of water / or magnetized water. People suffering from cold should take the juice in warm water. Sugar, salt or honey should not be added. Thin persons should drink warm water. Fat persons should drink cold / normal temperature water.
- 4) To form the habit of passing stool without drinking Tea or coffee. You can massage / press chin with thumb for sometime which will stimulate the passing of stool.
- 5) To do exercise.
 - Fast movement exercise & Yogasanas can be done daily or on alternate days.
 - Yogasanas - few asanas which would give exercise to spinal cord and stomach should be selected. (Front, back, side wards, twist, etc.)
 - Pranayam - deep breathing
 - Eye exercises should also be done.
 - Shavasan.
 - Palms & Soles should be given exercise with Accupressure Roller.
- 6) At sunrise - set for morning walk for 20/25 minutes. Walk in the open spaces covered with greenery such as fields, gardens is highly beneficial when accompanied by deep breathing to ventilate the lungs.
Morning walk gives 3 benefits namely Sunbath, Air bath and fast exercise.
- 7) If morning walk can be taken for certain reasons, then take sunbathe for 5/10 minutes. It is desirable that the head should be covered and eyes should be closed. Do not cover the face and never look directly at the sun.

- 8) To take Bath. Cold water bath is stimulating. Initially bath can be taken with Luke-warm water & slowly switched over to cold bath. Massage the body while taking bath or drying the body. Soap should be used rarely. Soap washes away the beneficial oils of the skin. Direction of the massage should be towards the heart. Not to sprinkle powder of any kind on the body.
- 9) At Home atleast, wear cotton loose clothes.
- 10) To consume Ideal Naturopath diet during the day. Consume $\frac{3}{4}$ leaves of Tulsi everyday morning. Consume atleast small quantity of garlic & small onion every day.
- 11) The following points should be borne in mind regarding diet.
 - 11.1 The Diet should be balanced. It should contain all 5 ingredients of foods essential for the nutrition of the body. I .e. Proteins, Carbohydrates, Fats, Vitamins, & Minerals.
 - 11.2 The diet should be centered on carbohydrate. 80% of the calorie requirement should be derived from carbohydrate. Not more than 10 gr. of protein and 10 gr. of fat should be consumed. Saturated fats should not be consumed. Unsaturated fats can be taken in minimum quantity. Fruits, Vegetables & Green leafy vegetables should occupy prominent place in our diet.
 - 11.3 Bran should not be separated from wheat flour.
 - 11.4 Manually de-husked rice only should be uses. Polished rice should not be used.
 - 11.5 No sour ingredients like Tomatoes, Tamarind or Kokum should be added to vegetables or dal.
 - 11.6 Minimum amount of salt should be added to vegetables or dal. Salt should never be added to buttermilk or sprinkled on salads or fruits.
 - 11.7 Our food should maintain acid alkali balance in the blood.

- 11.8 Our diet mainly consisting of cereals, pulses, legumes, food of Animal origin, cheese & butter etc is acid-genic. In order to prevent or counteract the accumulation of acids in the body, we must also take specially food that is mainly alkali- genic such as fruits, vegetables, Tubers & Roots.
- 11.9 Milk consumption should be kept at the minimum.
- 11.10 Fried food & meat of any kind be avoided.

12) Few more practical suggestions regarding diet.

- 12.1 Following rules for the selection of food combination should invariably adhered to
- a) Carbohydrates should never be mixed with sour foods.
 - b) Large amounts of proteins and large amounts of carbohydrates should not be taken in the same meal.
 - c) Large amounts of proteins should not be taken simultaneously with large amounts of fat.
 - d) Protein foods should not be taken with sour fruits.
- 12.2 Do not eat if you are not hungry.
- 12.3 Do not eat when you are under physical or mental tension.
- 12.4 Do not eat or drink anything that is too hot or too cold.
- 12.5 Chew your food well.
- 12.6 Do not drink water with meals. Water needs only 10 minutes to be absorbed from the stomach and in the process it carries the enzymes away. It is a good practice to drink water 15 minutes before meal and 2 hours after a full meal.
- 12.7 Do not stuff the belly with food. To keep healthy, it necessary at all times to remain slightly hungry.
- 12.8 Rest for a while after meals. Do not engage in work requiring physical or mental exertion. Sit in Vajrasan for 5 minutes after meal.
- 12.9 Do not take any food while suffering from fever or any other ailment.
- 12.10 Eat only one meal or take only fruits, one day every week.

12.11 Occasionally take fresh fruit juices.

12.12 You should drink 5/6 glasses of water in a day. Magnetized water would be still better.

12.13 Tea & coffee should be avoided or greatly reduced. Instead Herbal tea made of Tulsi, Ginger, Green leafy tea, Mint can be taken.

13) Take Hipbath, Hotfoot bath and spinal bath at least once a month.

14) Practice Jalaneti every day.

15) Do hot water gargling every night after brushing the teeth. Also drink ½ of lukewarm water before bed.

16) Evening after returning from office, relax for at least 10 minutes. Keep South Pole of weak/ curved magnet on forehead. Magnet specs can be put for 10/15 minutes for relaxation.

17) Try and reduce number of breaths taken per minute.

18) Always breathe through the nose. Take few deep breaths during the day.

19) Do not cover the face with blanket while sleeping.

20) Before retiring to bed (time should not vary from day to day) do some Meditation & try to make your mind thought free at least for few minutes.

While doing meditation, few Hasta Mudras can be practiced.

----- Dhyanamudra: Thumb & index finger should touch each other.

Benefits: concentration, memory, insomnia etc.

----- Wayumudra: Bend the index finger & hold it by Thumb.

Benefits: OA, circulation of blood.

----- Pruthwimudra: Thumb & third finger (ring) should touch each other.

Benefits: equilibrium is set between body & mind, mental peace.

----- Suryamudra: Bend the third finger & hold with Thumb.

Benefits: To create body heat, improve digestion/ reduce fat.

----- Lingamudra: Fingers both palms should lock each other barring left thumb which should be left perpendicular. Benefits: To improve immunity, create heat, burn body fat etc.

21) Following food i.e. vegetables & fruits should find place by rotation in your diet. These items have good effect on your body anatomy and considering the contents of these items; our body immunity will increase.

- a) Fruits : Pineapple, Sweet lemon, Lemon, Grapes, Apple, Orange
- b) Vegetables: Cabbage, Cauliflower, Gajar, Tondla, White Guard, French beans, Potatoes.
- c) Salad items: cucumber, Onions, Carrot, tomatoes, Beet, Germinated Pulses.
- d) Other misc. items: Ginger, Garlic, Turmeric, Amla, and Coconut water.
- e) Green leafy veg: Corridor, Spinach, and Radish.
- f) Spices: Mustard, Hing, Methi seeds, and haldi.

Note: The above food items can be consumed by healthy person. However selection of food items for disease which is being treated will vary. E.g. Person suffering/ having tendency of kidney stone should not consume Tomatoes, Cauliflower, and Spinach etc.

22) Plan your retired life well in advance, say around 50 years. Create some hobbies, which can be pursued after retirement.

23) How to maintain your youthfulness? Death is inevitable/ unavoidable but every one wishes to maintain the health till the last breath. Life power point lies right between wrist & elbow on half way. This point should be pressed & released for about 2 minutes. This should be done by every adult over 40 years.

24) Try to gain control over mind and achieve peace of mind.

25) Ideal Diet (Naturopathy Diet)

25.1 Early morning say $\frac{1}{2}$ hour before sunrise: Lemon juice of one or half lemon in a glass of water/ or magnetized water. People suffering from cold should take the juice in warm water. Sugar, Salt or honey should not be added.

25.2 8.30 am to 9.30 am: Fruits or Fruit juice, bananas, dates, raisins, dry fruit and similar foods may also be taken.

25.3 Lunch say 12 noon to 1 P M :

----- $\frac{1}{2}$ cup of uncooked juice of leafy vegetables or cup of soup of such Vegetables. Jeera powder can be added for taste.

----- Some germinated pulses, raw vegetables and some sweet- sour fruits- All should be masticated well.

----- Wheat chapatis and boiled vegetables. Rice can be substituted for the chapatis.

----- Occasionally, the meal may be topped off with buttermilk.

----- In indifferent health, avoid the pulses.

25.4 3 p m to 4 p m : Fruits or fruit juice

25.5 Dinner (7.30 p m to 8.30 p m) :

---- As for lunch, except that the uncooked juice of vegetables should be omitted.

----- The chapatis may be made from other cereals.

----- Occasionally Khichadi or a small bowl of rice with dal can be taken.

Notes:

- 1) Bran should not be separated from the wheat flour.
- 2) Manually de- husked rice only should be used. Polished rice should be used. Polished rice should not be used.
- 3) No sour ingredients like Tomatoes, Tamarind or kokum should be added to vegetables or dal.
- 4) Minimum amount of salt should be added for vegetables or dal. Salt should never be added for buttermilk or sprinkled on salads or fruits.

----- Forwarded message -----

From: **Shailendra Naravane** <shailendragh@hotmail.com>

Date: Nov 19, 2007 2:56 PM

Subject: FW: A 2 Z of Fruits

To: Sudhir Vaidya <smv2004@gmail.com>,

Subject: A 2 Z of Fruits

Apple

Key benefits of apples

Apples, known as a cleansing food, contain fibre, antioxidants and fruit flavonoids. The most important of the flavonoids contained in apples is quercetin, which has anti-inflammatory as well as anti-cancer actions. Apples contain vitamin C as well – more so in green apples than in red ones. Apples can reduce blood cholesterol levels, counter constipation and diarrhoea, help joint problems and help prevent diseases in general.

How much apples should you eat?

Apples can be eaten freely, but more than two or three a day does not increase the health benefits. Large quantities of apple juice can encourage tooth decay and diarrhoea.

Maximising the benefits of apples

Apples are best eaten raw, as cooking can reduce the flavonoids by as much as 70 percent into the cooking water. It is also a good idea to eat the apple unpeeled as flavonoids are contained in or near the skin.

Nutritional values of apple

Calories	57
Fibre	1,8 g
Potassium	120 mg
Vitamin C	10 mg
Vitamin E	0,6 mg

Quantities per 100 g

Appricot

Key benefits of apricots

Apricots are rich in the antioxidant beta-carotene and rich in iron and potassium. It can help regulate blood pressure and is also high in soluble fibre, which helps maintain regular bowel function.

How many apricots should you eat?

Dried or fresh apricots can be eaten freely. A handful of dried apricots supplies one fifth of an adult's daily potassium needs and between 10 and 20 percent of an adult's iron needs.

Maximising the benefits of apricots

Dried apricots should be eaten with foods that are rich in Vitamin C so that iron absorption can be increased.

Nutritional values of apricots

Calories	188
Carotenes	323 mcg
Fat	1 g
Fibre	8 g
Iron	4 mg
Potassium	1880 mg
Carbohydrates	37 g
Starch	0
Sugars	37 g
Protein	4 g
Glycaemic index high	
100 g Dried apricots	

Avocado

Key benefits of avocado

Avocados reduce cholesterol and so reduce the risk of atherosclerosis. They also have antioxidant ability and contain vitamins E, C and B6, as well as potassium.

How much avocado should you eat?

Intake of avocados should be moderate, as they are high in calories. A whole avocado weighs about 130g and has about 240 calories.

Maximising the benefits of avocado

Avocado is a natural source of monounsaturated fat, which makes it a heart-healthy food package. Alpha-carotene is best absorbed with some fat, as is vitamin E.

Nutritional values of avocado

Calories	190
Potassium	450 mg
Fibre	3,4g
Vitamin E	3,2mg
Per 100 g raw	

Banana

Key benefits of bananas

Bananas are a good source of both potassium and vitamin B6. They not only help to maintain bowel health, but are also good energy-boosting snacks. As bananas ripen, their starch is converted into sugar. Bananas help to maintain blood sugar levels and it is also a fruit which is easily digested.

How much banana should you eat?

Bananas can be eaten freely, within limits. A banana weighing 100 g contains about 62 calories. It must be remembered that dried bananas are a more concentrated source of nutrients than plain bananas.

Maximizing the benefits of banana

Fresh, ripe bananas are a very good source of fruit sugars and can give a quick energy boost.

Nutritional values of banana

Calories	62
Potassium	270 mg
Vitamin B6	0.19 mg
Vitamin C	7 mg
Niacin	0.5 g
Per 100g ready-to-eat, weighed with the skin	

BlackBerry**Key benefits of blackberries**

Blackberries are a good low fat source of vitamin E and it helps to fight infection. It also contains salicylate, which is thought to lower the chance of heart risk. It also contains vitamin C, phenolic acids and folate.

How much blackberries should you eat?

Blackberries can be eaten in many forms, from juice to desert or just fresh.

Maximizing the benefits of blackberries

Blackberries are best eaten fresh, but the cooked variety still contains high quantities of vitamin E.

Nutritional values of blackberries

Calories	25
Fibre	3,1 g
Folate	34 g
Vitamin E	2,4 mg
Per 100g serving	

Blackcurrants**Key benefits of blackcurrants**

Blackcurrants have high vitamin C content – four times as much as oranges of an equivalent weight. They are rich in antioxidants and flavonoids and help to relieve inflammation as well as urinary tract infections. It is also a good source of potassium.

How much blackcurrants should you eat?

Blackcurrants can be eaten freely, either raw, or cooked. Blackcurrant juice often contains very little fruit.

Maximizing the benefits of blackcurrants

Blackcurrants in all forms work as antioxidants, as anti-inflammatory and theanthocyanin flavonoids counter the bacteria that cause food poisoning and urinary tract infections.

Nutritional values of blackcurrants

Calories	28
Carotenes	100 mcg
Fiber	3,6 g
Iron	1,3 mg
Potassium	370 mg
Vitamin C	200 mg
Vitamin E	1 mg
Per 100g uncooked serving	

Blueberry

Key benefits of blueberries

Blueberries have many health benefits, including the highest antioxidant ability of all fresh fruit. They also have effective anti-inflammatory, anti-blood clotting and antibacterial effects. In the past they were often used to combat diarrhea and food poisoning. They are also thought to have anti-ageing properties.

How much blueberries should you eat

About thirty berries per day (65 g) are considered beneficial.

Maximizing the benefits of blueberries

Blueberries are not sour and can be eaten raw, so preserving their vitamin C content. Lightly cooked fruit retain their therapeutic properties.

Nutritional values of blueberries

Calories	30
B vitamins	Good range
Fiber	1,8 g
Vitamin C	17 mg
Per 100g uncooked serving	

Cherry

Key benefits of cherries

Cherries contain the powerful antioxidant anthocyanin. Cherries are believed to relieve gout if at least 225 g are eaten daily. They are also thought to have a mild laxative action.

Maximizing the benefits of cherries

Although fresh cherries have a very short season, cherries that have been bottled, canned or cooked seem to retain their beneficial qualities.

Nutritional values of cherries

Calories	39
Potassium	170 mg
Vitamin C	9 mg
Carbohydrates	12 g
Starch	0
Sugars	12 g
Protein	1 g
Fat	< 1 g
Glycaemic index low	
Per 100g fresh	

Cranberry**Key benefits of cranberries**

Cranberries may reduce bladder infections. They also help to maintain a healthy heart and also may have anti-inflammatory benefits, as they have anti-fungal and antiviral properties. It is also thought that small amounts of cranberries may benefit kidney stone sufferers. The condensed tannins in cranberries have strong antioxidant properties.

How much cranberries should you eat?

To combat urinary tract infections, 300 ml of cranberry juice can be drunk daily.

Maximizing the benefits of cranberries

Condensed tannins which are found in cranberries are not destroyed in cooking. These tannins are powerful antioxidants.

Nutritional values of cranberries

Calories	15
Fiber	3
Iron	0,7 mg
Vitamin C	13 g
Per 100g raw	

Figs**Key benefits of figs**

Dried or semi-dried figs are a good snack with which to increase energy and raise blood sugar levels quickly. They are also known for their laxative properties. It is thought that they also have cancer-discouraging action.

How much figs should you eat?

As figs are very high in sugar content, not too many of them should be eaten.

Maximizing the benefits of figs

Figs can be eaten fresh, dried or semi-dried. Figs are a source of potassium, calcium, iron and magnesium.

Nutritional values of figs

Carbohydrate	53 g
Starch	0
Sugars	53 g
Protein	4 g
Fat	2 g
Glycaemic index high	
Per 100g raw	

Grapefruit

Key benefits of grapefruit

All citrus fruit are excellent sources of Vitamin C, which helps to maintain the body's defenses. The flavonoid narigenin is found in grapefruit. It is thought to reduce the risk of some cancers. Grapefruit can improve blood circulation and lower blood cholesterol levels.

How much grapefruit should you eat?

Citrus fruit can be eaten freely. Two or three citrus fruits can provide the body with 20 percent of its potassium requirements.

Maximizing the benefits of grapefruit

Grapefruit is best eaten peeled and raw. This is more beneficial than grapefruit juice. It is important also to eat the skin around the segments. Grapefruit is best eaten when fresh and chilled as this maximizes its vitamin C content.

Nutritional values of grapefruit

Calories	20
Vitamin C	24 mg
Fiber	0,9 mg
Folate	18 mcg
Carbohydrate	9 g
Starch	0
Sugars	9 g
Glycaemic Index high	
Per 100g	

Grapes

Key benefits of grapes

Both red and black grapes contain powerful antioxidants and resveratrol, which helps to prevent both the narrowing and hardening of the arteries. Ellagic acid, which has anti-cancer properties, is also contained in grapes. They do, however, have very high sugar content.

How much grapes should you eat?

Grapes have many health benefits, but have high sugar content and should therefore be eaten in moderation.

Maximizing the benefits of grapes

Grapes are a good source of potassium.

Nutritional values of grapes

Calories	60
Carbohydrate	15 g
Starch	0
Sugars	15 g
Protein	<1g
Fat	<1 g
Glycaemic Index medium	
Per 100g	

Kiwifruit

Key benefits of kiwifruit

Kiwifruit is one of the world's most nutritious fruit and it contains very high levels of vitamin C, potassium and chlorophyll. It contains a wealth of nutrients and antioxidants. It has anti-cancer effects.

How much kiwifruit should you eat?

An average kiwifruit weighs 75 g. It is a very healthy fruit and can be eaten in many different ways.

Maximizing the benefits of kiwifruit

Kiwifruit should be eaten as soon as they are ripe, and sliced just before being eaten, as leaving them standing could decrease their vitamin C levels.

Nutritional values of kiwifruit

Calories	42
Fiber	1,6 g
Potassium	250 mg
Vitamin C	51 mg
Glycaemic Index	medium
Per 100g	

Lemons**Key benefits of lemons**

Lemons have very high vitamin C content. Lemons help to lower cholesterol levels and also have anti-cancer effects, because of lemons' limonoid phytochemicals.

How many lemons should you eat?

Lemons are low in calories, but because they are generally quite sour, they tend to be eaten in dressings, sauces or drinks, rather than on their own. A daily portion of citrus fruit is recommended.

Maximizing the benefits of lemons

Limonoids and limonene are found in the whole lemon – pith and peel included. It is therefore best to make use of the whole lemon.

Nutritional values of lemons

Calories	7
Fiber	0,1 g
Potassium	130 mg
Vitamin C	36 mg
Per 100g juice	

Mango**Key benefits of mango**

Mango is thought to bring about a reduced risk of colon and cervical cancer. It is a rich source of beta-carotene, which the body can convert to vitamin A. It also contains beta-cryptoxanthin.

How much mango should you eat?

An average mango weighs about 150 g. They can be eaten just as is, or mixed into fruit salads.

Maximizing the benefits of mango

As beta- cryptoxanthin is best absorbed by the body when eaten with fat, it is a good idea to eat mangoes as part of a meal, rather than on their own.

Nutritional values of mango

Calories	57
Fibre	2,6 g
Vitamin C	37 mg
Vitamin E	1 mg
Glycaemic Index medium	
Per 100g	

Melons

Key benefits of melons

Melons are good sources of beta-carotene and vitamin C. They may have an anti-clotting action on the blood. Melons are also thought to lower cancer and heart disease risk.

How much melon should you eat?

Melons are reasonably low in calories and can be eaten freely. They also have very high water content.

Maximizing the benefits of melons

Melons with a lighter yellow or green colour as well as watermelons contain less vitamin C and beta-carotene than orange melons do.

Nutritional values of melons

Calories	35
Per 100g	

----- Forwarded message -----

From: **Shailendra Naravane** <shailendragn@hotmail.com>

Date: Tue, Apr 8, 2008 at 2:53 PM

Subject: FW: Dietary tips

To: Sudhir Vaidya <smv2004@gmail.com>

Share this Chart

apples	Protects your heart	prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
avocados	Battles diabetes	Lowers cholesterol	Helps stops strokes	Controls blood pressure	Smooths skin
bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
cabbage	Combats cancer	Prevents constipation	Promotes weight loss	Protects your heart	Helps hemorrhoids
cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system

carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease
cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
figs	Promotes weight loss	Helps stops strokes	Lowers cholesterol	Combats Cancer	Controls blood pressure
fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
flax	Aids digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	kills bacteria	Fights fungus
grapefruit	Protects against heart attacks	Promotes Weight loss	Helps stops strokes	Combats Prostate Cancer	Lowers cholesterol
grapes	saves eyesight	Conquers kidney stones	Combats cancer	Enhances blood flow	Protects your heart
green tea	Combats cancer	Protects your heart	Helps stops strokes	Promotes Weight loss	Kills bacteria
honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
lemons	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
limes	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy
mangoes	Combats cancer	Boosts	Regulates	aids	Shields against

		memory	thyroid	digestion	Alzheimer's
mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	
pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
prunes	Slows aging process	prevents constipation	boosts memory	Lowers cholesterol	Protects against heart disease
rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
strawberries	Combats cancer	Protects your heart	boosts memory	Calms stress	
sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	
tomatoes	Protects prostate	Combats cancer	Lowers cholesterol	Protects your heart	
walnuts	Lowers cholesterol	Combats cancer	boosts memory	Lifts mood	Protects against heart disease
water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin	
watermelon	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes	Controls blood pressure
wheat germ	Combats Colon	prevents	Lowers	Helps stops	improves

	Cancer	constipation	cholesterol	strokes	digestion
wheat bran	Combats Colon Cancer	prevents constipation	Lowers cholesterol	Helps stops strokes	improves digestion
yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune systems	Aids digestion

Biochemic Compound				
1.0	Introduction :			
1.1	Have you read Preface to Medical section?			
1.2	<p>Man's prime duty is to maintain his health, which is his 'true asset'. It is always better to prevent the onset of a disease than to try to eradicate it after it has occurred. One thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy the retired life. There is a general tendency to run to a doctor for even a small physical problem. One should cultivate the habit of keeping track of his health, read medical literature and try easy across the counter medicines before visiting doctor.</p>			
1.3	<p>One can try Tissue remedy, also known as Biochemical treatment. This treatment is in the nature of Food supplement. The underlying principle of this pathy is that disease is caused by deficiency of tissue salts. The treatment aims at replenishing the relevant tissue salts.</p>			
	There are 12 tissue salts, details of which are listed below.			
	Calcarea Fluorica	Ferrom Phos	Kali Sulph	Natrum Phos
	Calcarea Phos	Kali Mur	Magnesia Phos	Natrum Sulph
	Calcarea Sulph	Kali Phos	Natrum Mur	Silicea
1.4	<p>The various diseases can also be treated by consuming various tissue salts listed above according to its individual characteristics. However for a common man it may not be possible. Hence 28 Bio compound tablets have been prepared from the combinations of above tissue salts. Depending on the disease, one can easily purchase these BC tablets from the Chemist dealing in Homeopathic medicines.</p>			
1.5	One can try this Biochemical treatment at his own risk or after consulting his family doctor.			
1.6	Your attention is drawn to Preface. Kindly read the same before you read this section.			

BC No.	To be taken for treatment of	BC No.	To be taken for treatment of
1	Anaemia	15	Menstruation Problems
2	Asthma	16	Nervous Exhaustion
3	Colic	17	Piles
4	Constipation	18	Pyorrhoea
5	Cold	19	Rheumatism
6	Cough	20	Skin diseases
7	Diabetes	21	Teething Troubles
8	Diarrhoea	22	Scrofula
9	Dysentery	23	Toothache
10	Enlarged Tonsils	24	Tonic
11	Fever	25	Indigestion
12	Headache	26	Easy Birth
13	Leucorrhoea	27	Vitality
14	Measles	28	General Tonic

Hasta Mudras

- ❖ Hasta Mudras are based on the principle that our body is made up of 5 elements namely fire, air, space, earth and water and which are represented by our fingers in the order starting from thumb.
- ❖ Hasta Mudras should be done for at least 10/15 minutes at a time, to be repeated for 3/4 times during a day for good results.

You can practice by sitting, standing or lying on bed whenever and wherever you have time.

1. Gyan Mudra (Mudra of Knowledge):



Method:

Thumb & index finger should touch each other with the other three fingers stretched out.

Benefits:

Improves concentration, helps to increase memory and prevents insomnia.

Anger can be controlled and reduces depression.

2. Prithvi Mudra (Mudra of Earth):



Method:

Thumb & the ring finger should touch each other with the other three fingers stretched out.

Benefits:

Equilibrium is set between body & mind.

3. Varuna Mudra (Mudra of Water):



Method:

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Benefits:

It retains clarity in blood by balancing water content in the body

4. Vayu Mudra (Mudra of Air):



Method:

Bend the index finger on the base of the thumb & hold it by thumb keeping the other three fingers straight.

Benefits:

It provides relief in Rheumatism, Arthritis, Gout, Parkinson's disease, Facial Paralysis, Paralysis.

5. Shunya Mudra (Mudra of Emptiness):



Method:

Bend the middle finger and press it with thumb.

Benefits:

It relieves an earache and useful for the deaf and mentally challenged, but not for inborn ones.

6. Surya Mudra (Mudra of Sun):



Method:

Bend the ring finger & hold with thumb.

Benefits:

To create body heat, improve digestion, reduce fats.

7. Prana Mudra (Mudra of Life):

Method:

Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining two fingers stretched.

Benefits:

It improves immunity, improves the power of eyes and reduces eye related diseases and removes fatigue.

8. Apana Mudra (Mudra of Digestion):

Method:

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

Benefits:

It regulates diabetes, cures constipation and piles and helps in excreting the normal waste regularly

9. Apana Vayu Mudra (Mudra of Heart):

Method:

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

Specialty:

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

Benefits:

It strengthens the heart and regularizes palpitation, regulates excretory system and redeems gastric trouble.

10. Linga Mudra (Mudra of Heat):

Method:

Fingers of both palms should lock each other barring left thumb which should be left perpendicular.

Benefits:

Improves immunity, creates heat, burns body fat, provides relief in cold.

Juice Therapy

Your attention is drawn to Preface. Kindly read the same before you read this section.

- | |
|--|
| <ul style="list-style-type: none"> ❖ Juice diet supplies sufficient vitamins and enzymes that enhance the resistive & healing powers of the body. ❖ Fresh juice should be consumed. ❖ The juice must not be gulped down but sipped slow. ❖ Fruit & vegetable juices should not be mixed. ❖ Juice should not be taken after 7 p.m. |
|--|

1	Carrot + Ginger + Apple
	➤ Boost and cleanse our system.
2	Apple + Cucumber + Celery
	➤ Prevents cancer, reduce cholesterol and eliminate stomach upset and headache.
3	Tomato + Carrot + Apple
	➤ Improves skin complexion and eliminate bad breath.
4	Orange + Ginger + Cucumber
	➤ Improves Skin texture and moisture and reduce body heat.
5	Pineapple + Apple + Watermelon
	➤ To dispel excess salts, nourishes the bladder and kidney.
6	Apple + Cucumber + Kiwi
	➤ To improve skin complexion.
7	Pear & Banana
	➤ Regulates sugar content.
8	Carrot + Apple + Pear + Mango
	➤ Clears body heat, counteracts toxicity, decreased blood pressure and fight oxidization.
9	Honeydew + Grape + Watermelon + Milk
	➤ Rich in vitamin C + Vitamin B2 that increase cell activity and strengthen body immunity.
10	Papaya + Pineapple + Milk
	➤ Rich in vitamin C, E, Iron. Improves skin complexion and metabolism.
11	Banana + Pineapple + Milk
	➤ Rich in vitamin with nutritious and prevents constipation.

Magnet Therapy

Your attention is drawn to Preface. Kindly read the same before you read this section.

- ❖ **Principle of Magnet Therapy:** The person remains healthy so long as equilibrium is maintained in the electromagnetic forces flowing in the body. Illness results from a disturbance of this equilibrium.

- ❖ **Advantages:**
 - (i) Practically any disease can be treated.
 - (ii) No side effects unless blunder is made in selection of pole.
 - (iii) Cost-effective.
 - (iv) The treatment can be taken as per patient's convenience.
 - (v) Preventive aspect.

- ❖ **Limitations:**
 - (i) It can not be the sole form of treatment.
 - (ii) It has no role to play in purely surgical problems.

- ❖ **Methods:**
 - (i) Unipolar-Either north or south
 - (ii) Bipolar- both poles are used.

- ❖ **South Pole:** It has a cooling & tranquilizing effect. It reduces swelling and brings infection under control. It slows down the circulation of blood in the capillaries. If kept in contact with water for some time, alkalinity of water is increased.

- ❖ **North Pole:** it gives warmth & energy and stimulates the physiological reactions. If North Pole is kept in contact with water, acidity of the water is increased. It accelerates the circulation of blood. It increases swelling.
- ❖ **Strength** of the magnets depends on (i) disease (ii) organ (iii) age of the patient.
- ❖ **Duration of treatment:** Magnets should be applied for the diseased part for minimum 15 minutes.

Magnetized Water

- ❖ Magnetized water has beneficial effect on (i) digestive system(ii) blood and blood vessels (iii) Urino-genital system(iv) through blood, it affects each & every cell of the body.
- ❖ Plastic bottle containing water should be kept on / between north & South Pole for 12/24 hours for making magnetized water.
- ❖ Magnet brings about physical & chemical changes in water.
Physical: An evolution of gases like Nitrogen is dissolved in water.
Chemical: A dissociation of water molecules into hydrogen and hydroxylions.
 $H_2O \leftrightarrow H^+ + OH^-$
- ❖ Healthy person should consume at least 4 cups of magnetized water for preventing disease. The patient should consume about 750 ml magnetized water.

09-Alternate Therapies

Your attention is drawn to Preface. Kindly read the same before you read this section.

Air-Bath

- **Air is of prime importance for life. It is impossible to survive even for a minute or two without air.**
- Oxygen is essential for the process of combustion taking place in all the various cells of the body. When we inhale, oxygen of the air dissolves in the blood and is carried to every cell in the body.
- Carbon dioxide formed in the cells as end products of combustion, dissolves in the blood. When this impure blood carrying carbon dioxide reaches the lungs, carbon dioxide is released in to the air present in the lungs and is exhaled with it. In other words, this process purifies blood.
- The main source of oxygen on the earth is trees, shrubs and other green plants.
- Walk in the open spaces covered with greenery such as fields, gardens is highly beneficial when accompanied by deep breathing to ventilate the lungs.
- Some recommendations for Air-bath.
 - i) Always breathe through the nose.
 - ii) Always take deep breaths.
 - iii) Do not cover the face while sleeping.
 - iv) In winter, protect yourself from cold with blanket as necessary but keep the windows open.
- Morning walk gives 3 benefits namely Sunbath, Air-bath and fast exercise.

Clay / Mud Therapy

❖ **The benefits of clay therapy are:**

- i) Accelerating the process of healing.
- ii) Providing relief to the patient from the painful symptoms of the disorder.

❖ **The following benefits are desired from mudpacks.**

- i) Cooling the affected part (use - fever)
- ii) Absorption of toxins (use - boils)
- iii) Reduction of swelling. (Use - swollen feet etc.)
- iv) Relaxation of tension.
- v) Relief from pain.

- ❖ **Clay pack can be local or whole body.**
- ❖ **Clay:** It should not contain harmful materials or chemicals. The clay should be sieved to remove pebbles, stones & other coarse materials. It should be then dried in the sun. When preparing the clay for application as a paste or pack, just add enough water to it to give the consistency of butter. It should be spread over the affected part, to a thickness of about an inch. Preferably it should be spread on the fine cloth.
- ❖ Clay pack if left uncovered has a cooling effect on the affected part. Clay pack covered with thick cotton or woolen cloth develops warming effect.
- ❖ Normally clay should be taken off after 30 minutes. If necessary fresh clay can be applied. After clay is removed, the affected part should be wiped clean and brought to normal temperature by rubbing with palms. If it has been used for warming the part, then the said part should be wiped clean with cloth wrung in cold water.
- ❖ The clay once used should be thrown out. The same clay can be reused after drying in bright sunlight for at least 7 days, followed by grinding. Alternatively, the said clay can be submerged in water for few days before it is dried. However water should be changed every day.
- ❖ **The clay therapy can be successfully in following diseases.**
Fever, constipation, diarrhea, piles, stomachache, boils wounds, skin diseases, swelling etc.

Color Therapy

- ◆ **Sunlight (white light) is made up of 7 colors.**
 - i) Violet, Indigo, Blue colors give coolness to our body.
 - ii) Green color is neutral.
 - iii) Yellow, Orange, Red colors give heat to our body.
- ◆ **Each color has a remedial use in case of specific diseases.**
 - i) Violet: Bones, Tumors, Baldness, Cataract, and Blindness.
 - ii) Indigo: ENT, Facial paralysis, lungs disorder, asthma, TB, Indigestion, nervous system, fits insanity.
 - iii) Blue: Throat problems of any kind, fever, typhoid, chicken pox, Small pox, mouth ulcers, cholera, sleeplessness, spinal cord.
 - iv) Green: Heart problems, low & high BP, skin diseases, cancer, Influenza, pain in the eyes.

- v) Yellow: Digestion problems, liver trouble, Diabetes, spleen.
 - vi) Orange: Chronic asthma, bronchitis, RA, swelling, kidney problem.
 - vii) Red: Anemia, cold, paralysis, white patches, OA, TB.
- ◆ These color rays can be obtained from sunrays by putting a required color glass before sunrays, so that the colored rays can fall on the desired part of the body.
 - ◆ These color rays can also be obtained by putting color gelatin paper before lamp shed.
 - ◆ Water can be filled in color glass bottle and kept under the Sun for 4 hours (between 10 a.m. to 3 p.m.) The said water can be drunk in the evening.

Hydrotherapy

- ❖ Hydrotherapy occupies important role in Nature-cure. Water is an integral factor of our life process. Actually water makes up 70 % of the human body.
- ❖ Hydrotherapy is the remedial procedure external to the body and the same has been designed to achieve **two aims**.
 - i) Accelerating the process of healing and
 - ii) Providing relief to the patient from the painful symptoms of the disorder.
- ❖ **There are two common uses of water: drinking and bathing**
- ❖ **Drinking:** Everyone should drink at least 5/6 glasses of water in a day. Best results are obtained if water is taken on an empty stomach just after getting up and cleaning the teeth, half an hour before each meal & 2 hours after each meal. In addition water should be taken as & when required. The temperature of the water should preferably be neither too high nor too low. A glass of water with a little lemon juice, taken early in the morning on an empty stomach, is highly beneficial. Magnetized water would be even better. Drinking water in quantities smaller than those indicated above leads to constipation and has adverse effect on the functioning of the kidneys.
- ❖ **Bathing:** Bathing has a special importance in our daily life. A bath washes away the dirt from the body. The skin is rendered clean & glowing and its pores are opened up which facilitates the elimination of toxins through perspiration. The friction on the body caused by bathing and drying the body stimulates circulation and imparts a blissful feeling of freshness. A good scrubbing relieves fatigue. Cold water bath is stimulating. Soap should be used rarely. Soap washes away the beneficial oils of the skin, rendering the skin dry and reducing its glow. Multani clay, cream, turmeric powder, herbo powder occasionally.

❖ **The widely accepted methods of water-therapy are:**

Enema: It is a short-term measure. Benefits- relief from constipation.

Hipbath: It is effective in stimulating the stomach, liver, spleen, intestines, kidneys and other digestive organs and in maintaining their efficiency.

Full sheet wet pack: It is very effective means of eliminating the toxins from the body through active perspiration. BP is not affected greatly. Local wet packs can also be taken.

Steam bath: It is taken to eliminate poisons from the body by inducing profuse perspiration. Abnormally High BP or Low BP patients should not take steam bath.

Hot footbath: It is an effective means of reducing congestion of blood or water in the upper parts of the body. BP should be checked before and after hot footbath. It should not be taken in case of varicose veins, swelling, wound, fever etc.

Spinal bath: It strengthens, stimulates and nourishes the spine, thus indirectly benefiting the whole nervous system and the entire body.

Wet or dry fomentation: If done with hot water, is useful for relief of localized pain or for improving the circulation in an affected part.

Jalaneti: It is useful and beneficial for cleaning of the upper parts of the respiratory systems. i.e. the nose and the throat.

Irrigation of the stomach (Vomiting): It relieves acidity, asthma, poison food intake etc.

Inhalation of salt water vapor (Steam): It is useful in colds & all types of disorders of the respiratory system. Toothache is also relieved. The fomentation caused by the steam is useful in curing pimples on the face. It also provides relief in cough & asthma.

- ❖ Salt can be added to the water before boiling. Salt increases the boiling point of water & hence water cannot become cold easily.

Massage Therapy

- ❖ Massage as a remedial procedure occupies important role in Naturopathy.

❖ **Massage has a good effect on the organs & systems of the body.**

- i) **Skin:** The pores of the skin are opened up and thus it helps the elimination of toxins from the body through perspiration.
- ii) **Muscles:** Massage reduces the tension in the muscles and relieves muscular pain.
- iii) **Circulation of blood:** The circulation of blood to affected part is speeded up after massage and helps in reducing swelling.

- iv) **Nerves:** Slow and gentle massage with light pressure relieves tension of the nerves and soothes them. Vigorous massage increases the efficiency of nerves.
- v) **The digestive system:** It can be stimulated by massaging the abdomen. The restive powers of the body are strengthened due to the increase in the efficiency of the liver.
- vi) **The Urinary system:** It is activated by massage.
- vii) **The Heart:** The systematic massage will reduce the burden of the heart and thus increase its efficiency.

- ❖ Normally dry palms are used but if skin is too dry or body is excessively weak, then wet cloth or soothing oil (Mahanarayan oil) may be used. Talcum powder should not be used because the pores of the skin get clogged up.
- ❖ Process of massage should be done in following order -- arms, legs, chest, abdomen, back, buttocks, face and head.
- ❖ Direction of the massage should be towards the heart. However stomach should be massaged from down to up on right side, then horizontally to left side and then to down on left side. (In the direction of large intestine)
- ❖ In case of BP patients, the process of massage should be from head to foot.
- ❖ **Massage in case of following situations should be avoided.**
 - i) Fever
 - ii) Pregnancy
 - iii) Diarrhea, gastric ulcers, tumors in the abdomen, appendicitis.
 - iv) Skin diseases.

❖ **For doing massage following seven processes are used.**

1 Touch: To start with, the masseur gives this treatment. The touch can be soft in the beginning due to which the temperature balance occurs and patient feels comfortable and he gets ready for the treatment. The soft touch also gives soothing effect.

Pressure: It also comes under the touch process but here it is not the soft touch but pressure is given with fingers, thumb or palm. This is used for soothing, relieving pain. Pressure on nerves near the vertebral column is used for many chronic diseases like asthma, back pain, sciatica, spondylitis etc.

2 Stroking: It is the combination of touch and speed. This treatment is given in the direction opposite to heart. The speed of stroking should not be more than 2 inches / sec. Depending on the intensity of stroking required there are different types like digital stroking, palmer stroking, knuckle stroking and reflex stroking.

3 Friction: It improves blood circulation. Friction treatment is given either in the direction of heart or away from heart depending on the required effect.

4 Kneading: The two types are superficial kneading and deep kneading. This process of massage helps to improve the internal combustion in the cell and the efficiency of excretion. Also it gives massage to internal organs.

5 Vibration: It gives the excitation to internal organs, muscles and nerves. Due to this gentle shock the working of these organs become efficient.

6 Percussion: It is stroking with more intensity. It gives excitation to internal organs and nerve points.

7 Joint Movement: This is the treatment in which various bone joints are moved. This treatment is useful in diseases like arthritis, gout, sprain etc.

➤ **Caution: Massaging should be got done from experienced masseur only.**

Sun-bath (Solar Therapy)

◆ Sun light is of prime importance for perfect health. The Sun showers 3 types of rays upon us.

i) **Rays of visible (white) light:**

The white light is made up of 7 different colors as seen in rainbow. Each color has its specific effect on the body.

ii) **Infra- red rays impart heat.** These rays relax and soothe the muscles, Reduce swelling and relieve pain.

iii) **Ultra- violet rays are instrumental for producing vitamin D.** These rays are essential for healthy condition of skin.

◆ **Benefits of Sun-bath:**

- i) Exposure to sunlight improves health and increases the resistance power of the body.
- ii) Sunlight helps nourish the muscles.
- iii) Sunlight promotes the proper formation of teeth, speedy growth of hair and quick and & breathing.
- iv) Blood pressure is brought down.
- v) Kidneys become more efficient.
- vi) Skin diseases are cured, blisters are burst and wounds are healed more speedily.
- vii) Sunlight maintains and even increases the amount of alkali in the blood.

- viii) Even pregnant lady gets relief from the usual discomforts of pregnancy such as fatigue, backache, nausea etc.

◆ **Precautions to be followed regarding Sunbath.**

- i) Minimum possible cloths should be worn.
- ii) It is desirable that the head should be covered and the eyes closed While taking a sin-bath. Do not cover the face and never look at the Sun.
- iii) The mild sunlight of the morning or the evening is beneficial. (Sunrise till 8.30 AM or 1 hour before sun-set.)
- iv) Sunbath should be taken for 5 to 10 minutes for both the parts of the body. i.e. front and back. The time can be gradually increased.
- v) A feeling of giddiness, fatigue or discomfort experienced during the sunbath or burning sensation, is an indication of excessive exposure to sunlight.
- vi) After sunbath, a cold water bath should be taken or the body wiped with a piece of cloth wrung out in cold water.
-

10. FOOD REMEDIES.

Your attention is drawn to Preface. Kindly read the same before you read this section.

HEADACHE? EAT FISH!

Eat plenty of fish -- fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

TO PREVENT STROKE DRINK TEA!

Prevent build up of fatty deposits on artery walls with regular doses of tea. (Actually, tea suppresses your appetite and keeps the pounds from invading.... Green tea is great for our immune system)!

INSOMNIA (CAN'T SLEEP?) HONEY!

Use honey as a tranquilizer and sedative.

HAY FEVER? EAT YOGURT!

Eat lots of yogurt before pollen season.
Also-eat honey from your area (local region) daily.

ASTHMA? EAT ONIONS!!!!

Eating onions helps ease constriction of bronchial tubes. (Remember when you were young, your mother would make onion packs to place on our chest, helped the respiratory ailments and actually made us breathe better).

UPSET STOMACH? BANANAS - GINGER!!!!!!

Bananas will settle an upset stomach.
Ginger will cure morning sickness and nausea.

ARTHRITIS? EAT FISH, TOO!!

Salmon, tuna, mackerel and sardines actually prevent arthritis.
(Fish has omega oils, good for our immune system)

BONE PROBLEMS? EAT PINEAPPLE!!!

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

BLADDER INFECTION? DRINK CRANBERRY JUICE!!!!

High-acid cranberry juice controls harmful bacteria.

PREMENSTRUAL SYNDROME? EAT CORNFLAKES!! !!

Women can ward off the effects of PMS with cornflakes, which help reduce depression, anxiety and fatigue.

MEMORY PROBLEMS? EAT OYSTERS!

Oysters help improve your mental functioning by supplying much-needed zinc.

COLDS? EAT GARLIC!

Clear up that stuffy head with garlic. (Remember, garlic lowers cholesterol, too.)

COUGHING? USE RED PEPPERS!!

A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

BREAST CANCER? Eat Wheat, bran and cabbage.

Helps to maintain estrogen at healthy levels.

LUNG CANCER? EAT DARK GREEN AND ORANGE AND VEGGIES!!!

A good antidote is beta carotene, a form of Vitamin A found in dark green and orange vegetables.

DIARRHEA? EAT APPLES!

Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are also good for this ailment)

ULCERS? EAT CABBAGE ALSO!!!

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

CLOGGED ARTERIES? EAT AVOCADO!

Mono unsaturated fat in avocados lowers cholesterol.

HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL!!!

Olive oil has been shown to lower blood pressure.
Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS!!!

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

Kiwi:

Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. Its Vitamin C content is twice that of an orange.

Apple:

An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

Strawberry:

Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you. They're high in anti-oxidants and they actually keep us young.....blueberries are the best and very versatile in the health field.....they get rid of all the free-radicals that invade our bodies)

Orange:

Sweetest medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

Watermelon:

Coollest Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium. (Watermelon also has natural substances [natural SPF sources] that keep our skin healthy, protecting our skin from those darn sun rays)

Guava & Papaya:

Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes. (Also good for gas and indigestion)

Tomatoes:

Tomatoes are very good as a preventative measure for men, keeps those prostate problems from invading their bodies.

11 / HEALTH IMPORTANT NOTICE

Reduce the amount of tea you consume.

Drink more water in the morning, less at night.

Do not drink coffee twice a day.

Reduce the amount of oily food you consume.

Best sleeping time is from 10pm at night to 6am in the morning.

Do not have HUGE meals after 5pm.

Do not take alcohol more than one glass/cup/serving a day.

Do not take pills with cool water.

Do not lie down immediately after taking medicine before sleeping.

Getting less than 8 hours of sleep affects your health.

People used to napping will not get old easily.

If you can't get to do early morning runs, 5pm-8pm in the afternoon is a great time for jogging.

Keep your distance from hand phone chargers.

When battery is down to the last grid/bar, do not answer the phone because radiation is 1000 times

Answer the phone by left ear otherwise It'll spoil your brain directly by using right ear.

Do not use headphones/earphone for extended periods of time.

Rest your ear awhile after 1 hour.

Forward this to friends whom you care.

----- Forwarded message -----

From: **akbar kazi** <akbar_kazi@yahoo.co.in>

Date: Sat, Jul 11, 2009 at 10:30 PM

Subject: Fw: "Eating Fruits"

To: "MR. S. M. Vaidya" <smv2004@gmail.com>

12-EATING FRUITSIt's long but very informative

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?

IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining - every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet etc - actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will not happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE: Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can you believe this? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup, warm water or warm beer after a meal.

A serious note about heart attacks **HEART ATTACK PROCEDURE'**: (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms... Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive...

A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life. Read this...It could save your life!!

Note: Authenticity not confirmed of the contents.

----- Forwarded message -----

From: Shailendra Naravane <shailendraghn@hotmail.com>

Date: Thu, Aug 20, 2009 at 12:40 PM

Subject: FW: Mixture of Cinnamon and Honey seems to be panacea for all health problems----

Courtesy Suresh Mehta

To: Sudhir Vaidya <smv2004@gmail.com>,

13-Cinnamon and Honey ~ bet the drug companies won't like this one getting around.

Facts on Honey and Cinnamon: It is found that a mixture of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases.

Honey can be used without any side effects for any kind of diseases.

Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat.

Arthritis patients:

may take daily, morning, and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured.

In a recent research conducted at Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon of Honey and half teaspoon of cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the

patients who could not walk or move around because of arthritis started walking without pain.

BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL:

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce The level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

COLDS:

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This Process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH:

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS:

According to the studies done in India and Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM:

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

INDIGESTION:

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

INFLUENZA:

A scientist in Spain has proved that honey contains a natural 'Ingredient' Which kills the influenza germs and saves the patient from flu.

LONGEVITY:

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

PIMPLES:

Three tablespoons of honey and one teaspoon of cinnamon powder paste apply this paste on the pimples before sleeping and wash it next morning with Warm water. If done daily for two weeks, it removes pimples from the root.

SKIN INFECTIONS:

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS:

Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month three times a day.

FATIGUE:

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens, who take honey and cinnamon powder in equal parts, are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, taken daily after brushing and in the afternoon at about 3:00 P.M. When the vitality of the body starts to decrease, increases the vitality of the body within a week.

BAD BREATH:

People of South America, first thing in the morning, gargle with one teaspoon of honey and cinnamon powder mixed in hot water, so their breath stays fresh throughout the day.

HEARING LOSS:

Daily morning and night honey and cinnamon powder, taken in equal parts restore hearing... Remember when we were kids? We had toast with real butter and cinnamon sprinkled on it!

ARTHRITIS:

In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

You might want to share this information with a friend, kinfolks and love ones.

~ **Everyone needs healthy help information**

~ **what they do with it is up to them**

share with your email buddies.

Note: Authenticity not confirmed of the contents.

----- Forwarded message -----

From: **Retail Cell (RHRC)** <retailcell@greaterbank.com>

Date: Fri, Oct 30, 2009 at 3:09 PM

Subject: The 7 Dangerous Act after a meal!

To:

The 7 Dangerous Acts after meal

-

THE SEVEN DANGEROUS

DON'T ACT THE 7 ACTIONS BELOW AFTER YOU HAVE A MEAL



* **Don't eat fruits immediately -**

Immediately eating fruits after meals will cause stomach to be bloated with air. Therefore take fruit 1-2 hr after meal or 1hr before meal.



* **Don't drink tea -**

Because tea leaves contain a high content of acid. This substance will cause the Protein content in the food we consume to be hardened thus difficult to digest.



* **Don't smoke -**

Experiment from experts proves that smoking a cigarette after meal is comparable to smoking 10 cigarettes (chances of cancer is higher).



* **Don't loosen your belt**

- Loosening the belt after a meal will easily cause the intestine to be twisted & blocked.



* **Don't bathe -**

Bathing after meal will cause the increase of blood flow to the hands, legs & body thus the amount of blood around the stomach will therefore decrease. This will weaken the digestive system in our stomach.



*** Don't walk about -**

People always say that after a meal walk a hundred steps and you will live till 99. In actual fact this is not true. Walking will cause the digestive system to be unable to absorb the nutrition from the food we intake.



*** Don't sleep immediately -**

The food we intake will not be able to digest properly. Thus will lead to gastric & infection in our intestine.



**FINALLY DONT JUST KEEP THIS EMAIL
PLEASE FORWARD IT TO YOUR FRIENDS JUST THE WAY I DID. Let's MAKE THEM
AWARE OF IT!!!**

From: Sandeep Amdekar sandeepamdekar@gmail.com

Date: Saturday, November 14, 2009 9:38 AM

www.spandane.com

To:

What killed Ranjan Das and Lessons for Corporate India

A month ago, many of us heard about the sad demise of Ranjan Das from Bandra, Mumbai. Ranjan, just 42 years of age, was the CEO of SAP-Indian Subcontinent, the youngest CEO of an MNC in India. He was very active in sports, was a fitness freak and a marathon runner. It was common to see him run on Bandra's Carter Road. Just after Diwali, on 21st Oct, he returned home from his gym after a workout, collapsed with a massive heart attack and died. He is survived by his wife and two very young kids.

It was certainly a wake-up call for corporate India. However, it was even more disastrous for runners amongst us. Since Ranjan was an avid marathoner (in Feb 09, he ran Chennai Marathon at the same time some of us were running Pondicherry Marathon 180 km away), the question came as to why an exceptionally active, athletic person succumb to heart attack at 42 years of age.

Was it the stress?

A couple of you called me asking about the reasons. While Ranjan had mentioned that he faced a lot of stress, that is a common element in most of our lives. We used to think that by being fit, one can conquer the bad effects of stress. So I doubted if the cause was stress.

The Real Reason:

However, everyone missed out a small line in the reports that Ranjan used to make do with 4-5 hours of sleep. This is an earlier interview of Ranjan on NDTV in the program 'Boss' Day Out': <http://connect.in.com/ranjan-das/play-video-boss-day-out-ranjan-das-of-sap-india-229111-807ecfcf1ad966036c289b3ba6c376f2530d7484.html>

Here he himself admits that he would love to get more sleep (and that he was not proud of his ability to manage without sleep, contrary to what others extolled).

The Evidence:

Last week, I was working with a well-known cardiologist on the subject of 'Heart Disease caused by Lack of Sleep'. While I cannot share the video or the slides because of

confidentiality reasons, I have distilled the key points below in the hope it will save some of our lives.

Some Excerpts:

- Short sleep duration (<5 or 5-6 hours) increased risk for high BP by 350% to 500% compared to those who slept longer than 6 hours per night. Paper published in 2009. As you know, high BP kills.
- Young people (25-49 years of age) are twice as likely to get high BP if they sleep less. Paper published in 2006.
- Individuals who slept less than 5 hours a night had a 3-fold increased risk of heart attacks. Paper published in 1999.
- Complete and partial lack of sleep increased the blood concentrations of High sensitivity C-Reactive Protein (hs-cRP), the strongest predictor of heart attacks. Even after getting adequate sleep later, the levels stayed high!!
- Just one night of sleep loss increases very toxic substances in body such as Interleukin-6 (IL-6), Tumour Necrosis Factor-Alpha (TNF-alpha) and C-reactive protein (cRP). They increase risks of many medical conditions, including cancer, arthritis and heart disease. Paper published in 2004.
- Sleeping for <=5 hours per night leads to 39% increase in heart disease. Sleeping for <=6 hours per night leads to 18% increase in heart disease. Paper published in 2006.

Ideal Sleep:

For lack of space, I cannot explain here the ideal sleep architecture. But in brief, sleep is composed of two stages: REM (Rapid Eye Movement) and non-REM. The former helps in

mental consolidation while the latter helps in physical repair and rebuilding. During the night, you alternate between REM and non-REM stages 4-5 times.

The earlier part of sleep is mostly non-REM. During that period, your pituitary gland releases growth hormones that repair your body. The latter part of sleep is more and more REM type.

For you to be mentally alert during the day, the latter part of sleep is more important. No wonder when you wake up with an alarm clock after 5-6 hours of sleep, you are mentally irritable throughout the day (lack of REM sleep). And if you have slept for less than 5 hours, your body is in a complete physical mess (lack of non-REM sleep), you are tired throughout the day, moving like a zombie and your immunity is way down (I've been there, done that ☺)

Finally, as long-distance runners, you need an hour of extra sleep to repair the running related damage.

If you want to know if you are getting adequate sleep, take Epworth Sleepiness Test below.

[cid:00b401ca6215\$8daf1f60\$6401a8c0@madhur]

Interpretation: Score of 0-9 is considered normal while 10 and above abnormal. Many a times, I have clocked 21 out the maximum possible 24, the only saving grace being the last situation, since I don't like to drive (maybe, I should ask my driver to answer that line ☺)

In conclusion:

Barring stress control, Ranjan Das did everything right: eating proper food, exercising (Marathoning!), maintaining proper weight. But he missed getting proper and adequate sleep, minimum 7 hours. In my opinion, that killed him.

If you are not getting enough sleep (7 hours), you are playing with fire, even if you have low stress.

I always took pride in my ability to work 50 hours at a stretch whenever the situation

warranted. But I was so spooked after seeing the scientific evidence last week that since Saturday night, I ensure I do not even set the alarm clock under 7 hours. Now, that is a nice excuse to get some more sleep. ☺

Unfortunately, Ranjan Das is not alone when it comes to missing sleep. Many of us are doing exactly the same, perhaps out of ignorance. Please forward this mail to as many of your colleagues as possible, especially those who might be short-changing their sleep. If we can save even one young life because of this email, I would be the happiest person on earth.

Epworth Sleepiness Scale

Use the following scale to choose the most appropriate number for each situation:

- 0 = would *never* doze or sleep.
- 1 = *slight* chance of dozing or sleeping
- 2 = *moderate* chance of dozing or sleeping
- 3 = *high* chance of dozing or sleeping

Print out this test, fill in your answers and see where you stand.

Situation	Chance of Dozing or Sleeping
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a motor vehicle for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
Total score (add the scores up) (This is your Epworth score)	_____

