

ANATOMIC THERAPY

(TREATMENT THROUGH THE EARS)

BY

HEALER BASKAR

DEDICATION

I thank God Almighty for motivating me to write this book.

I humbly dedicate this book to my dear mother

Thirumathi KUMUDAVALLI AMMAL

and my dear father

Thiru SELVARAJ AIYA.

All the fame belongs to God!

THANKS

I thank all my Gurus who taught me.

**I thank all the kind-hearted people
who helped in bringing out this book.**

All the fame belongs to God!

CONTENTS

Serial Number	Topic	Page Number
1	WHAT IS ANATOMIC THERAPY (TREATMENT THROUGH EARS)? -----	10
2	DISEASES THAT CAN BE CURED BY THIS TREATMENT AND THOSE THAT CANNOT BE CURED -----	13
3	HOW TO GET ANATOMIC THERAPY TREATMENT -----	17
4	HOW TO READ THIS BOOK -----	19
5	HOW TO GET YOUR DOUBTS CLEARED AFTER READING THIS BOOK -----	19
6	IMPORTANT ANNOUNCEMENTS -----	20
7	HOW TO CURE SNEEZING -----	22
8	HOW TO CURE RUNNING NOSE -----	24
9	HOW TO CURE COMMON COLD -----	25
10	CHEST COLD (BRONCHITIS) -----	26
11	COUGH -----	26
12	ASTHMA -----	26
13	WHEEZING/NOSE BLOCKING -----	26
14	TB (PULMONARY TUBERCULOSIS) -----	26
15	WHAT CAUSES CANCER? -----	27
16	HOW TO CURE VOMITING -----	28
17	HOW TO CURE DYSENTERY -----	31
18	HOW TO CURE FEVER -----	33
19	HOW TO CURE SKIN DISEASES -----	39
20	LIFE-THREATENING DISEASES: CANCER AND AIDS -----	40
21	VACCINATION: IS IT GOOD OR BAD? -----	43
22	HOW TO CURE RHEUMATIC ARTHRITIS -----	51
23	OUR BODY IS THE BEST DOCTOR -----	51
24	WHY IS A CHILD BORN WITH DEFICIENCY -----	54
25	HOW TO HAVE A NORMAL DELIVERY -----	57
26	HOW TO FILL A HOLE IN THE HEART -----	58
27	HOW TO CURE THE DISEASES IN THE EYE -----	62

Serial Number	Topic	Page Number
28	HOW TO CURE THE DISEASES IN THE KIDNEY -----	63
29	ALL BODY PARTS RENEW THEMSELVES PERIODICALLY -----	65
30	CELLS AND BLOOD -----	69
31	HOW DO THE CELLS FUNCTION? -----	75
32	HOW TO CURE BP (BLOOD PRESSURE) -----	78
33	HOW TO CURE THE DISEASES IN THE LIVER -----	89
34	HOW TO CURE THE DISEASES IN THE LUNGS -----	90
35	HOW TO CURE KIDNEY FAILURE -----	92
36	NO PART OF THE BODY EVER GETS ANY DISEASE -----	93
37	HOW TO CURE SUGAR DISEASE (DIABETES) -----	94
38	HIGH SUGAR AND LOW SUGAR -----	104
39	STONE IN THE GALL BLADDER -----	111
40	TUMOR IN THE UTERUS (FIBROID) -----	112
41	APPENDICITIS -----	112
42	WHY DO THE DIABETIC PATIENTS GET THEIR LEG CUT OFF? -----	113
43	CAN WE EAT SUGAR-FREE PRODUCTS? -----	117
44	HOW TO CURE THYROID-RELATED DISEASES -----	119
45	THREE DIFFERENCES BETWEEN ANATOMIC THERAPY AND OTHER TREATMENTS -----	123
46	FAT, HDL, LDL AND FATTY TUMOR (LIPOMA) -----	125
47	SESAME OIL -----	130
48	WHY DOES THE QUALITY OF AN ITEM IN THE BLOOD GO BAD? -----	131
49	WHY DOES THE QUANTITY OF AN ITEM IN THE BLOOD REDUCE? -----	135
50	WHY DOES THE QUANTITY OF BLOOD REDUCE? (ANAEMIA, SHORTAGE OF HAEMOGLOBIN) -----	137
51	WHEN THE MIND GETS AFFECTED, THE BODY WILL GET DISEASE -----	139
52	WHAT DO WE MEAN WHEN WE SAY THAT THE CELLS HAVE LOST THEIR INTELLIGENCE? -----	140
53	AIDS -----	141
54	CANCER -----	142
55	THE REASONS FOR ALL DISEASES ARE FIVE -----	147

Serial Number	Topic	Page Number
56	THE REASON FOR ALL THE DISEASES IS JUST ONE -----	155
57	HOW TO PURIFY THE BLOOD -----	158
58	TASTE TREATMENT -----	162
59	SOUR TASTE TREATMENT -----	164
60	SALT TASTE TREATMENT -----	166
61	BP CAN BE CURED JUST BY EATING SALT -----	168
62	SWEET TASTE TREATMENT -----	170
63	DIABETES CAN BE CURED JUST BY EATING SWEETS -----	171
64	HOT, PUNGENT AND SPICY TASTE TREATMENT -----	175
65	BITTER AND ASTRINGENT TASTE TREATMENT -----	177
66	TONGUE IS THE DOCTOR; TASTE IS THE MEDICINE -----	181
67	HOW TO DIGEST THE FOOD WELL -----	184
68	WE SHOULD EAT ONLY WHEN WE ARE HUNGRY -----	184
69	SALIVA SHOULD MIX WITH THE FOOD -----	187
70	WHEN WE EAT, OUR ATTENTION SHOULD BE ON THE FOOD -----	189
71	WE HAVE TO EAT THE FOOD BY GRINDING IT INTO A PASTE USING OUR TEETH -----	191
72	WATER IS THE ENEMY OF DIGESTION IN THE STOMACH -----	195
73	WE SHOULD NOT WATCH TELEVISION WHILE EATING -----	200
74	WE SHOULD NOT READ ANY BOOK WHILE EATING -----	201
75	WE SHOULD NOT TALK WHILE EATING -----	201
76	WE SHOULD NOT TALK ON CELL PHONE WHEN WE EAT -----	203
77	WE SHOULD NOT DO ANYTHING THAT DISTRACTS OUR ATTENTION WHEN WE EAT -----	204
78	WHAT SHOULD WE EAT AND WHAT SHOULD WE AVOID? ----	204
79	FIVE TYPES OF FOOD -----	208
80	FRUITS AND NATURAL FOODS -----	208
81	SPROUTED GRAINS -----	209
82	COOKED FOODS -----	209
83	NON-VEGETARIAN FOODS -----	209
84	INTOXICANTS AND NARCOTICS -----	210
85	HOW MUCH FOOD SHOULD WE EAT? -----	213
86	WE SHOULD NOT KEEP OUR LEGS HANGING DOWN WHEN WE ARE SEATED -----	216

Serial Number	Topic	Page Number
87	WE SHOULD NOT EAT FOR 45 MINUTES AFTER TAKING SHOWER; WE SHOULD NOT BATHE FOR TWO AND HALF HOURS AFTER EATING -----	218
88	WHAT SHOULD WE DO IF WE GET BELCH? -----	221
89	MOTHER SHOULD NOT EAT ALONG WITH HER CHILDREN ----	224
90	THE FOOD WE EAT SHOULD CONTAIN ALL THE SIX TASTES ---	225
91	WE SHOULD ENJOY, RELISH AND EAT ALL THE SIX TASTES ---	229
92	HOW MUCH QUANTITY OF EACH TASTE SHOULD WE EAT? --	230
93	WHEN WE EAT FOOD, WE SHOULD START WITH THE SWEET	231
94	HOW CAN THOSE WHO HAVE LOST THEIR TEETH CHEW THEIR FOOD? -----	232
95	HOW CAN THOSE ADDICTED TO A PARTICULAR TASTE COME OUT OF IT? -----	233
96	FOOD COOKED AT HOME WITH LOVE AND AFFECTION IS GOOD; HOTEL FOOD IS BAD -----	234
97	DRINKING WATER SHOULD NOT BE BOILED -----	235
98	DRINKING WATER SHOULD NOT BE FILTERED -----	238
99	CAN WE DRINK BOTTLED MINERAL WATER? -----	239
100	WHAT IS THE NATURAL WAY TO PURIFY THE DRINKING WATER? -----	239
101	EARTHEN POT IS A VERY GOOD TOOL TO PURIFY THE WATER -----	240
102	WE CAN FILTER THE WATER USING WHITE COTTON CLOTH --	241
103	WE CAN CLEAN THE WATER USING A BANANA SKIN -----	241
104	WE CAN CLEAN THE WATER USING A COPPER COIN OR A COPPER VESSEL -----	241
105	WHY DO WE CATCH COLD WHEN WE CHANGE THE DRINKING WATER? -----	242
106	HOW MANY LITRES OF WATER SHOULD A PERSON DRINK DAILY? -----	244
107	WE SHOULD HOLD THE WATER IN OUR LEFT HAND WHILE WE DRINK -----	247

Serial Number	Topic	Page Number
108	WE SHOULD NOT DRINK WATER. WE SHOULD CONSUME IT BY SLOWLY SIPPING IT -----	248
109	WE SHOULD DRINK WATER IMMEDIATELY AFTER PASSING URINE -----	249
110	HOW TO FIND OUT IF WATER IS GOOD FOR DRINKING -----	249
111	HOW TO DIGEST THE AIR WELL -----	249
112	SLEEP AND REST (SPACE ENERGY) -----	256
113	WE SHOULD NOT USE AN ALARM CLOCK TO WAKE US UP ---	264
114	WE SHOULD NOT CONSUME TEA, COFFEE AND OTHER INTOXICANTS -----	266
115	WE SHOULD NOT LIE DOWN WITH OUR HEAD IN THE NORTH DIRECTION -----	271
116	WE SHOULD NOT LIE DOWN ON BARE FLOOR -----	273
117	WE WILL GET SOUND SLEEP IF WE BRUSH OUR TEETH BEFORE GOING TO BED -----	273
118	WORK (FIRE ENERGY) -----	274
119	IYAMAM -----	276
120	NIYAMAM -----	276
121	ASANAM -----	276
122	PRANAYAMAM -----	276
123	PRATHYAANKAARAM -----	277
124	DHAARANAI -----	277
125	DHYAANAM -----	277
126	SAMAADHI -----	277
127	HOW TO LEARN YOGA EXERCISES -----	281
128	CAN WE USE AIR CONDITIONING DEVICES? -----	282
129	THE MIND AND THE BRAIN -----	283
130	WHAT IS THE DIFFERENCE BETWEEN THE MIND AND THE	
131	BRAIN? -----	286
132	HOW TO KEEP THE MIND HAPPY AT ALL TIMES? -----	293
133	TO KNOW MORE ABOUT THE MIND -----	297
134	MANAVALAKKALAI MANRAM -----	297
135	SRI BHAGAWAT AIYA -----	297

Serial Number	Topic	Page Number
136	BRAHMA KUMARIS -----	298
137	A QUICK RECAP OF WHAT WE HAVE LEARNT SO FAR -----	298
138	HOW TO GET STARTED -----	299
139	ALL THE DOCTORS ARE OUR FRIENDS -----	303
140	SPECIAL SESSIONS FOR DOCTORS -----	304
141	WEBSITE AND FACEBOOK -----	304
142	THREE DAYS FREE NATURE CURE CAMP -----	305
143	ONE DAY NATURE CURE CAMP -----	305
144	FIVE DAYS SPECIAL ANATOMIC THERAPY CAMP -----	306
145	THERE IS NO MEDICINE OR TABLET IN ANATOMIC THERAPY	306
146	THERE ARE THOUSANDS OF REASONS FOR DISEASES -----	307
147	IMPORTANT ANNOUNCEMENTS -----	311
148	THE STORY OF HOW ANATOMIC THERAPY STARTED -----	312
149	INDIVIDUAL TREATMENT -----	319
150	DONATIONS -----	319
151	WHAT IS NAALUMAA YOGA? -----	320
152	WHAT IS AGA OLI DHYANAM? -----	322
153	WHAT IS VARMA? -----	323
154	SIDDHA VIDDHAI DHAVA AALAYAM -----	323
155	GUIDELINES TO BE FOLLOWED AFTER COMPLETION OF THE TREATMENT -----	324
156	RELATION BETWEEN TASTES, CONSTITUENTS OF MATTER, BODY ORGANS AND EMOTIONS -----	328
157	FOODS AND TASTES -----	329
158	HEALER BASKAR'S GURUS -----	333
159	CONTACT US -----	334
160	NOW AVAILABLE! -----	335
161	ANATOMIC THERAPY BOOKS AND DVDs CAN BE OBTAINED FROM THE FOLLOWING SOURCES -----	336
162	OUR SINCERE THANKS -----	338

WHAT IS ANATOMIC THERAPY (TREATMENT THROUGH EARS)?

When we get a disease, we consult a doctor. All the doctors in the world cure us through various ways such as medicine, tablet, injection, etc. and also using various other methods such as Neurotherapy, Siddha, Mudra, Unani, Pranic Healing, Touch Healing, Acupuncture, Acupressure, Magnet Therapy, Yoga, breathing exercise, meditation, Naturotherapy, Herbal therapy and so on.

But, in our treatment, there is no medication at all. There is no need for any blood test. There is no necessity to check the pulse. There is no need to take any scan. There is no diet control either. Still we can cure the diseases. You may wonder how it is possible. In this treatment, we can cure any disease even without enquiring about the name of the disease and its nature.

Generally when we go to a doctor we describe in detail the nature of our disease to the doctor for at least 30 minutes. The doctor asks us to take several lab tests. Finally, a name is given to the disease. After that, the doctor prescribes the medication. In most of the cases, the doctor tells us that the disease cannot be cured but can only be controlled throughout our life.

But in our treatment we can cure the diseases without the patient telling us anything about his or her disease and also without taking any test at all. You may ask, “What on earth will you do?” We will talk non-stop for about six hours. The patient has to just listen. That is all the treatment. This is why this treatment is called “Treatment through Ears”. Again you may ask: “How can a disease get cured just by the patient listening to the speech?”

There is a gland in our body. All the people in the world have this gland. A liquid is secreted by this gland. This liquid cures 95% of all the diseases in the world. What is the name of this gland? Where is it located in our body? What is the name of the liquid secreted by this gland? How does this liquid cure all the diseases? I can tell you all this and more. How to make this gland secrete that liquid? I know this trick.

It takes about six hours to teach this secret trick to a patient. When the patient understands this technique, learns it and starts following it, he cures his diseases by himself. Now you are going to learn the same by reading this book. So we can also call the treatment that you get by reading this book as “Treatment through Eyes”.

Many people who read this may find it highly unbelievable. Some of you may ask, “I have diabetes for the past ten years. Can it be cured just by reading this book?” The answer is “Certainly yes!”

After reading this book from the beginning to the end, you can eat sweets from the next moment and throughout your life! From that moment, there is no diabetes for you. Similarly, those who have blood pressure can add salt in their food from the moment they complete reading this book! You will be alright throughout your life.

Immediately after reading this book, those having gas trouble can eat potato thrice daily and there will not be any gas trouble at all. Those of you having fat-related diseases such as Lipoma can eat oil dishes and coconut without any restriction from the moment you complete the reading of this book. It will not harm you at all. On the contrary it will cure the diseases. Those of you who have skin diseases can start eating Brinjal, chilli, etc. from the moment you finish this book. Nothing will happen to you throughout your life.

Thus, there is no diet control in this treatment. We can cure our diseases by eating the very same items that are prohibited for these diseases. Moreover, depending on the nature and intensity of our diseases, we can stop all the medications step by step within 3 to 6 months.

So far, doctors might have told you that diseases such as diabetes, BP, Asthma, Thyroid, Cancer, AIDS, etc. cannot be cured at all and you can only control them throughout your life. But, if you read this book patiently from the beginning to the end, you can surely cure all such diseases by yourselves from the very moment you finish reading it.

This may sound highly astonishing. Many people may say, “It is impossible!” Please reserve any such opinion about this treatment until you read this book from the beginning to the end. If anyone expresses any comment without reading the book completely, we are not willing to listen to such comments.

There is no need for doctors and medical researchers who say that diseases cannot be cured. Doctors and researchers are there only for curing the diseases.

Do you imagine that the doctor who cures your disease should be more than 60 years old or he should have white beard? Are you determined that you will get your diseases cured only by spending a huge amount of money? Do you think that you will cure your diseases only by consuming medicines and tablets? What do we want? We just want to get our diseases cured!

If you want to learn a trick or two by which you can cure any disease without any medicine, tablet, blood test, scan or any doctor’s help, then this book is for you. Therefore, patients who completely read this book can easily cure themselves, whatever may be their disease.

Those of you who are doctors and other professionals who are in the field of medicine, whatever may be your field of medicine, will never say that a disease cannot be cured, after you finish reading this book.

Therefore, we believe that, if doctors, instead of patients, read this book, this treatment will reach several millions of people through them. So I earnestly plead with the medical professionals to read this book completely with an open mind and then think, sitting alone. Then you will realize the truth.

Thus, patients who read this book can cure their diseases and medical professionals who read this book can refine their practice.

DISEASES THAT CAN BE CURED AND THOSE THAT CANNOT BE CURED BY THIS TREATMENT

Diseases can be classified into two categories. The first category is of those diseases that come from within our body itself. The second is of those diseases that come from outside our body.

If a knife pierces the eye of a person and damages it, then our treatment will not be useful to that person. That person should immediately go to an eye doctor and save his eye.

Similarly, a person who has been shot with a revolver cannot be cured by this treatment. Accidents, snake bites, bites by poisonous insects, hand or leg fracture or anything piercing our body and damaging the body parts and any other such diseases due to unexpected incidents damaging our body parts cannot be cured by this treatment. But diseases such as diabetes, BP, Thyroid, Cancer, AIDS, etc. which come from within our body can surely be cured in this treatment.

Let us learn how to classify the diseases into these two types. Did we get diseases such as diabetes, BP, Asthma, Thyroid, Cancer, etc. due to someone attacking our body with any object? No, it started from within our body. Did you get kidney stone by eating a stone? No, it came on its own in our body. Did you get abscess in uterus by eating any abscess? No, it came on its own. If your disease came from within your body without anything attacking your body from outside, then it can be easily cured through our treatment.

So, let us know that (1) the diseases which are caused from outside (2) the diseases which are caused due to some body parts getting affected from birth and (3) emergency conditions due to accidents cannot be cured by this treatment. With this understanding, please read the book further.

95% of the diseases come from within the body. Diseases which come from outside the body are just 5%. Therefore, 95% of the diseases in the world can be surely cured by our treatment.

There are several thousands of diseases in the world today. It is not possible to list out all those diseases here. Our treatment can cure any disease that comes from within our body. Any disease that comes from outside our body can be cured only with the help of the doctor. However, we have listed below some of the common diseases which can be certainly cured by our treatment:

- Sugar (Diabetes)
- Blood Pressure (BP)
- Thyroid
- Hair falling
- White hair
- Dandruff and sore on head
- Headache

- All diseases related to the eye
- Nearsightedness
- Farsightedness
- Cataract
- Glaucoma
- Sinus
- Sneezing
- Cough
- Running nose
- Cold
- Chest congestion
- Asthma
- Wheezing
- Nose blocking
- All problems related to breathing
- TB (Pulmonary Tuberculosis)
- Pneumonia
- All diseases related to teeth
- Stammering
- Babbling
- Saliva not secreted
- Tonsils
- All diseases related to the heart
- Blocking of valves in the heart
- Heart valve contraction and expansion
- Blockages in the heart
- High Blood Pressure
- Low Blood Pressure
- Hole in the heart (suddenly developed)
- Heart attack
- Paralysis

- Memory loss
- Migraine
- Persistent headache
- Indigestion
- Gas Trouble
- IBS (Irritable Bowel Syndrome)
- Jaundice
- All diseases related to the liver
- Fits
- Hernia
- All diseases related to the pancreas
- Gall bladder stone
- Urinary bladder stone
- Kidney stone
- All diseases related to the kidney
- All diseases related to the uterus
- Abscess in the uterus
- Sterility
- Lack of libido
- All problems related to menstruation
- Leucorrhoea
- Menopause related problems
- Stomach ache
- Chest ache
- Backache/hip pain
- Thigh ache
- Knee joint membrane problems
- Osteoarthritis (Wear-out of knee joint)
- Knee joint depreciation
- Facial paralysis
- Joint and knee problems

- Arthralgia (Joint pain)
- Calf muscle pain
- Ankle related diseases
- All diseases related to the sole
- All diseases related to the skin
- Psoriasis (Skin redness and irritation)
- Eczema (Scaly and itchy rashes)
- Skin whitening
- Varicose veins problems
- Elephantiasis
- Cancer
- AIDS (Acquired Immune Deficiency Syndrome)

You can cure these and many other diseases by yourselves through our treatment.

HOW TO GET ANATOMIC THERAPY TREATMENT

- You can come in person to the places where the treatment is given and get the treatment by meeting Healer Baskar in person. Through the phone numbers given in this book or through our website, you can know in which country, in which town and on which dates you can meet Healer Baskar in person.
- Those who cannot come in person can just read this book from the beginning to the end. Then there is no need to come in person. This book itself will teach you the secret of curing your diseases.
- Those who are illiterate and those who are blind can access all the matter in this book by getting the audio and video DVDs. By listening to them or seeing them at their residence they can cure themselves.

- You can log on to our website www.anatomictherapy.org and download this book free in Tamil, Telugu, Kannada, Hindi, English and many other languages and cure yourselves by reading them.
- You can log on to Internet website www.youtube.com and view the audio, video and books free and also download them and cure yourselves at your residence.
- If you desire that this treatment is to be given to the people in your town, you can make the arrangements and we can come there and give this treatment to all the people in person, provided that at least 500 to 1000 people assemble. A minimum of one day to a maximum of three days will be required for this programme. It will be nice if the organizers can give free lunch and conduct this programme free for all, by getting a sponsor. Even if no sponsor is available, it will be better if this programme is conducted in a non-commercial way at a minimum charge to just cover the expenditure.
- If you desire to give this treatment to a large number of people in your town, you can show the DVD of this treatment through TV or a projector at a public place. You can also telecast the DVD through satellite TV or local TV channel free, after obtaining prior permission from us.
- You can also publish the matter in this book in other books or newspapers in total or in parts after obtaining prior permission from us.

HOW TO READ THIS BOOK

Please read this book patiently, page by page, from the beginning to the end. Some people go directly to the page where it is written about their disease and then start reading it. If they do so, their understanding will be incomplete. You will understand this book only if you read it fully page by page. Initially it will be a little difficult but if you read the first 20 or 30 pages, then you will feel like reading the book completely.

Please do not give your comments after reading just a few pages here and there. If anyone makes a comment on this book, my first question will be whether that person has read the book completely.

HOW TO GET YOUR DOUBTS CLEARED AFTER READING THIS BOOK

Only those who have read this book completely or listened to the DVD completely or listened to the direct talk will be allowed to ask questions. If you have any questions, you can see the DVD named “Questions and Answers” that is available now. By getting this DVD and listening to it, you can get the answers to all your questions. We propose to publish a book named “Questions and Answers” shortly. You can get it and read it to get your doubts cleared. Alternatively,

- You can come to us in person and get all your doubts clarified.
- You can call on the telephone numbers given below and get all your doubts cleared:
Tamil: 0422-2349660, 98424 52508, 99442 21007
Telugu: 73589 84312, 73582 04148
Hindi: 88706 66966, 88700 29779

- You can get your doubts cleared by contacting us at the following email Id: anatomictreatment@gmail.com
- You can contact us through video from your computer using the internet service Skype and get your doubts clarified.

IMPORTANT ANNOUNCEMENTS

This book will be published every year with new updates and latest information. Therefore you can buy the latest edition of this book every year and get benefited.

If you have any other doubts, please get clarification by getting the DVD that contains answers to more than 200 questions. You can also read the book having more than 500 questions and answers, to be published shortly.

Shortly, we are going to publish books and DVDs on topics such as “Bringing up Children”, “Special diseases affecting Women and their Cures” and “Healthy Intercourse”. You can read them and get benefited.

Our objective is to translate the books and DVDs about this treatment in all the languages. This work is in progress. Very shortly, the books and DVDs about this treatment will be available in all languages. We need monetary help for this work. Well intentioned people can help in this regard. Please give your donations only through the website www.anatomictherapy.org. For more details, please contact on 0422-2349660 or 99442 21007.

Those who feel that they should pass on the benefit they got from this treatment to others, and also the owners of cloth showrooms, jewellery shops and other organizations can give this book as a gift to their customers instead of giving diaries and calendars. The names and advertisements of those organizations will be printed in the book in all the copies. The book can also be gifted to friends and relatives during the weddings. For further information, please contact Mr. R. Srinivasan on 80566 44944.

There is no connection between this treatment and any product. Anatomic Therapy consists of only speech and words. We do not have any products to sell. But many outsiders are using the name of this treatment as a means to sell their products. Therefore, please be informed and clarified that, if you come to know about any eatables or medicines or tablets through any website or through CD, then there is no connection at all between any such products and our treatment.

We have only one website, namely www.anatomictherapy.org. But many people in the world have opened many other websites without our permission and are selling six-taste powders, pads to purify water, yoga mats, organic products, acupuncture products, etc. on a commercial basis. We hereby clarify that there is no connection between those websites and Healer Baskar. Please avoid those websites. There is no connection between anatomic therapy and any medicines, tablets or products. We are not responsible for these products.

HOW TO CURE SNEEZING

What is sneezing? When does it occur? Sneeze does not come to anyone at anytime. It comes only at specific times due to specific reasons. Please think carefully. If we shake off an old cloth in the air, when the dust particles from the cloth go inside our nose, we sneeze. When we walk on the road, if someone is sweeping the road, the dust particles make us sneeze. If we eat something very hot or containing too much spice, we sneeze. When some items containing chilli powder, etc. are being cooked in the kitchen, the odour entering our nose causes sneezing.

Why does sneezing happen? When dust particles, hot and spicy items, germs, etc. which can cause harm to the lungs enter our nose, our lung will get afraid. It will immediately go to a doctor inside our body and say, "Forty harmful particles have come inside. I am in danger. Please send them out."

The doctor inside our body will give this job to a sneezing gland called Histamine. Histamine will go to the lung and do research. It will then decide, "There are forty particles here. Therefore, we can send them out using four sneezes." And then, it will get the strength needed for four sneezes and also enough air and water from the body and create the sneezing.

Therefore, sneezing is nothing but a wonderful way by which our body gets rid of the unwanted particles with a lot of force by using the required air and water, even without our knowledge.

Sneezing is not in our control. It comes all of a sudden and we are not even aware of its impending arrival. Therefore, sneezing is not a disease. It is the treatment given by our body. But, when we get

sneezing, we want to suppress it. When we are in our office or in a meeting, we try to avoid sneezing. If we avoid sneezing, this avoidance is the actual disease.

Some people use oils or balms to stop sneezing when it occurs. What happens when we use a balm to stop sneezing? The smell from the balm goes inside our body and orders the sneezing gland to stop working. Thus it prevents our body from protecting itself from unwanted things. Therefore, it is a great treachery that we do to our body if we stop the sneezing gland from working when it tries to throw the unwanted particles outside the body.

As long as the smell of the balm is present in our body, we will not get sneezing. We may think that we have cured the disease called sneezing. We are wrong. We have actually stopped an action of the body to send out the unwanted particles for the next four or five hours. The sneezing gland will not work till the smell of the ointment balm remains. If the sneezing gland does not work when there are forty dust particles, in these five hours, four thousand dust particles will enter our lung.

Therefore, we should not take any treatment to stop sneezing when it occurs. We should understand that the air in that place is polluted and so we should come out of that place immediately or we should use a fan or we should cover our face with a piece of cloth. Thus, we should only try to clean the air we breathe and not attempt to stop the sneezing.

Therefore, sneezing is not a disease at all. The only treatment for sneezing is that we should sneeze well when we get sneezing. The only medicine for sneezing is to sneeze. If we do anything else, it will harm our body.

HOW TO CURE RUNNING NOSE

If we do something to stop sneezing when it comes, we will not get sneezing for several hours. But, during these few hours, many particles from the air would have gone into our lung and increased to four thousand particles.

After the smell of the ointment is exhausted, the sneezing gland will come back and see. It will find that there are now four thousand particles. It will say, "When there were only forty particles, I could have sent them out with four sneezes. Now there are four thousand particles. I am not capable of doing anything now." And it will run away from the job.

Now, the doctor in our body will call another gland called Running Nose, which is more powerful than the sneezing gland, to give the treatment. Sneezing is like sweeping our house with a broom. Running nose is like cleaning our house using water. Now, our nose will send out the particles in our lung by using water to clear them out. But, what do we do when we get running nose? We inhale it back into our nose again and again! Thus we attempt to retain the unwanted particles inside our body.

Therefore, a running nose is not at all a disease. It is a treatment by which our body cures a disease. Whenever we inhale the water coming out of our nose back into the nose, we do treachery to our body. Therefore, whenever we have a running nose, we have to blow out and get the water out of our nose. If we do this, our body will be healthy and we will not get any further disease.

HOW TO CURE COMMON COLD

When our nose is running, if we use some balm or tablet or any other trick to stop it, what does it mean? It means that we are trying to keep the rubbish inside our body. If we continue treatment like this for our running nose, the four thousand dust particles will become four million dust particles after a few days. When this happens, the doctor in our body will call the gland called Cold gland and order it to cure the disease.

Just as we clean our house using soap powder when there are lots of stains on the floor, the cold gland will use soap water to clean the four million dust particles that are sticking to our lung. It will then send them out through our nose in the form of phlegm or mucus. When we get phlegm or mucus from our nose, we again inhale it and try to push it back inside the nose.

Therefore, Common Cold is not at all a disease. It is a treatment given by our body. The only treatment for cold is to blow out the phlegm or mucus from our nose. Instead of this, if you follow a treatment to keep the phlegm inside our body, that is the actual disease.

But, if we or our children get cold, we immediately run to a hospital. If we get feces or urine and need to go to the toilet, do we go to the doctor and tell him, "Doctor, I am getting feces and urine. Please give some medicine to stop it"? Just like feces and urine, phlegm is a wastage that has to go out of our body. Therefore, when you get phlegm or mucus, please blow your nose well and take it out. There is no other treatment for cold in the world.

CHEST COLD (BRONCHITIS)

In this way if we take some medicine or tablet or resort to any other trick to keep the phlegm inside our body, the phlegm remains in the lungs and after a few days it becomes chest cold.

COUGH

When chest cold increases, cough is produced in order to push it out. We find that we suppressed an ordinary sneeze and now it has become an acute problem in the form of chest cold and cough.

ASTHMA

When chest cold increases and is prolonged, it is called asthma.

WHEEZING/NOSE BLOCKING

In this way, if we prevent our body from throwing out the wastages, the wastages gather and our breathing passage becomes narrow and the strength of our lungs reduces, resulting in breathing difficulties. This is called wheezing.

TB (PULMONARY TUBERCULOSIS)

Thus, those who take medicines and tablets continuously for asthma, wheezing, etc. get the disease called TB (Pulmonary Tuberculosis) because they keep the wastages stored inside their body for a long time.

WHAT CAUSES CANCER?

If TB is not treated properly and medicines are consumed for several years, there is a possibility of getting the disease called cancer.

From this we understand that treatment for sneezing leads to running nose, treatment for running nose leads to cold, treatment for cold leads to chest cold, treatment for chest cold leads to cough, treatment for cough leads to wheezing, treatment for wheezing leads to asthma, treatment for asthma leads to TB and finally treatment for TB leads to cancer.

But, once a person gets cancer, doctors say that the reason for cancer is not known and that it cannot be cured. Actually, when the body was trying to throw out the wastages, we called it a disease, gave it a name and gave a treatment for that disease. That so-called treatment is the real reason for all these problems.

Therefore, all that we have discussed above are not diseases at all. Our body will always try to keep itself in a healthy condition and it will never try to create a disease. Therefore, from now onwards, when we get sneezing, running nose or cold, if we send the wastage out, we can save ourselves from more serious conditions that could follow.

So, from today onwards, do not feel shy to blow out any wastage that comes through the nose. You should never do anything to keep the wastages inside our body. Then, all the wastages that have been stored inside our body will come out and our body will be healthy.

HOW TO CURE VOMITING

We feel like vomiting (throwing up) rarely. We do not vomit every day. Please think carefully why we vomit. Vomiting comes only when we eat some bad food or when we eat too much food. Vomiting comes also if we eat when we are not hungry or when we are not feeling well.

So, what is vomiting? If a bad food is heated up in a hotel and given to us, we may eat it unknowingly. But our body has got a sense. It will digest the food only if it is good. Our stomach will not digest bad food. Our stomach will check to see if the food that we ate is good or bad. If it is good food, then only the stomach will make the digestive glands to secrete and digest the food and send it to the small intestine. If the food is not good, then the stomach will stop the digestive glands from secreting and ask the glands meant for vomiting to secrete.

We might have eaten the food without chewing it fully with our teeth and making it as a paste. In order to vomit such a food, the body will cut the food into pieces and make into smaller pieces. It will also increase the water in our stomach. We might have drunk one glass of water after dinner. But you will observe that the vomit contains about five glasses of water.

Where did the remaining four glasses of water come from? Our body will gather water from all the remaining parts and give it to the stomach. Moreover, when the vomit comes fast from the stomach through the food path (alimentary canal) and through the mouth, in order to protect the food path and the mouth, our body will make some glands to secrete some lubricating matter.

Thus, with the good intention that, if the stomach digests bad food, unwanted food or excess food, the wastages should not remain in

our intestine and blood, the doctor in our body makes the glands for vomiting to function and, without our knowledge, says “Ready, 1, 2, 3...” and all our body parts work together and the waste matter inside our stomach is sent out through the mouth by the name of a treatment called vomiting. The bad food that we ate senselessly is being thrown out by our stomach using its sense. The name of this treatment is vomiting. Therefore, vomiting is not a disease. It is the treatment that is given by our body to itself.

But, many people smell a lemon when they get a vomiting sensation. It is not the right thing to do. If we do it, the smell in the lemon goes inside our body through our nose and stops the vomiting. When the waste matter is ready in the stomach for being sent out, if we do something to digest it, is it not a treachery that we do to our body? Some people go to a medical store immediately when they get vomiting sensation and ask, “Please give me a medicine or tablet to stop vomiting.” Some people use some household remedy to stop the vomiting. Please do not do any such thing to stop vomiting.

After vomiting, will anybody eat the vomited matter? It is disgusting even to think about it. Whoever takes a medicine or tablet and stops the vomiting, it means that they eat their own vomit. Once the stomach has decided that a matter is garbage and has decided to throw it out, that matter has to come out of our body. What will happen if you take a medicine or tablet to digest that waste material? It means that you have forced your stomach to digest that vomit. If this waste material is digested, the intestine will get diseases. Moreover, this waste material will mix in the blood and many other parts of the body will get disease.

Therefore, we have to understand that vomiting is not at all a disease. Vomiting is nothing but a treatment given by our own body. If

a doctor says that vomiting is a disease and something is to be done to cure it, then he is not at all a doctor.

Therefore, the best treatment in the world for vomiting is just to vomit well. When the body is throwing out a waste matter, why should we stop it? So, if you feel like vomiting, please sit in a corner and put a finger inside your mouth so that vomit comes out well.

After vomiting, if you drink ordinary water, you will get vomiting again. Thus, vomiting will come only as long as waste matter is inside your body. Only waste matter comes out when you vomit. Your body will become healthier if waste material comes out. Therefore, please do not take any treatment when you get vomiting. Do the vomiting with the understanding that vomiting itself is a treatment given by our body.

After vomiting, when all the waste matter from the stomach has come out, if you drink a glass of water mixed with lemon and crystal salt your stomach will come back to normal in about half an hour to one hour. Then you will feel hungry. If you eat after sending out waste matter like this and cleaning your stomach, your body will be healthy.

Therefore, when you are vomiting or when you have the vomiting sensation, you should not drink lemon juice. Only after you completely finish vomiting and then your stomach becomes empty, you should drink lemon juice to clean your stomach.

HOW TO CURE DYSENTERY

When you get vomiting, if you take a treatment to stop sending the waste matter out and force the stomach to digest it, the vomit will get digested and it will go to the small intestine, large intestine and then to the blood. Thus, after a few days of treatment for vomiting, the waste matter will stay in the body and get hardened and create indigestion.

If waste matter stagnates in intestine area in large quantity, our body will ask a gland to function for cleaning our intestine. It is called Dysentery gland. Some people get dysentery suddenly. Dysentery is not a disease. If stool is not passed for several days and stagnates in our body, then one day the doctor inside our body decides to send out the waste by making some glands function. Therefore, dysentery is nothing but the treatment given by the body for cleaning our intestine.

But many of us are immediately afraid when we get dysentery two or three times. Tell me, what is going out? Is our prestige or respect going out? No, only the stool is going out. What is there to be scared about? We can let it go. We eat as per our time schedule. But do we go to the toilet as per time schedule? Always we are concerned with only the things that we send inside our body. Our body does the job of sending out the waste.

A person who goes to the toilet regularly will never get dysentery. The job of the body to clear out the garbage and to clean the system is called dysentery. Therefore, whenever dysentery happens, we should understand that it is not a disease and we should allow it to happen.

One important point to be kept in mind here is that we will get tired after having dysentery a couple of times. There is a small way to get over this problem. When we get dysentery, three things are needed

for our body: (1) Water (2) Glucose, also called sugar and (3) Salt. If we give these three things to our body, we can have dysentery for a few more times without getting tired. During this time, we should mix one sugar such as Palm sugar (jaggery made from palm wine), Molded jaggery (jaggery made from sugarcane) or country-made sugar and a little crystal salt in ordinary water and drink it in large quantity. If we supply these three things to our body, it will be pleased and it will quickly send out the waste and make us healthy. But please do not use white sugar and powdered salt.

Please observe carefully. When we get dysentery, urine will not come out in large quantity. This is because the water that is supposed to go through the urine will be going through the stools. You can know when dysentery has stopped, by the following way. When you keep drinking the water as mentioned above, you will have dysentery again and again. At a particular point, you will urinate a lot. When the entire water that we drink comes out as urine only, then it means that your dysentery has been fully cured.

At this point of time, we have to understand that our stomach, intestine, etc. have been fully cleaned and we should stop drinking the sugar-salt solution. After a while, we will feel very hungry. Then we should eat rice porridge or any natural food. For the next meal, we can eat light dishes. From the subsequent meal onwards, we can start eating our normal food. If we help our body in this fashion during the time of dysentery, we can be healthy.

But many people try to stop the dysentery using local medicines. If we do so, it means that we are allowing the waste matter to remain in our body. If a person keeps such waste in the body, it is actually a disease. So, when dysentery happens, we should not stop it. If we take any treatment to stop it, that treatment is the actual disease.

HOW TO CURE FEVER

Waste matter goes out of our body in the form of phlegm through nose, in the form of vomit through the mouth and in the form of stools through anus. In the name of treatment if we stop it from going out, this waste matter keeps on accumulating in our body. If we do not allow it to go out, our body takes a decision. It forces us to lie down and then burns all the waste matter by heating them up in a Bonfire inside our body. This is called fever.

Fever is nothing but an excellent way of wastage disposal treatment given by the body by heating up the waste matter to burn them and send them out of our body when we breathe out air through our nose.

Fever is therefore not a disease. Some doctors say that fever is a disease. It is wrong. Fever is the treatment given by the body. Our body temperature will always be 37 degree Centigrade (98.4 degree Fahrenheit). Irrespective of the country or the place we live in, our body temperature will always be 37 degree Centigrade. Similarly every animal and every bird has a specific body temperature.

Even if a person goes to a cold place, his or her body temperature will always be 37 degree. Even if that person goes to a hot country, his or her body temperature will be always 37 degree only. There is a part in our body called temperature controlling organ (Triple Warmer). Its job is to maintain the temperature of all the parts of our body at 37 degree centigrade at all times, which is equivalent to 98.4 degree Fahrenheit.

In this way, when our body functions sensibly, if all of a sudden our body temperature increases to 101, 102 degree, what could be the reason for this? Our body does not increase the temperature suddenly

in a foolish way. It is increasing it sensibly for the specific purpose of sending out the waste matter from our system. It is increasing the temperature only because the higher temperature is needed for the body at that time. Therefore, when we get fever, the increase in temperature is beneficial to our body and we need not be scared about it.

You can check this when you get fever. You will find that more air will be going out through the nose. If you keep a white cloth near the nose, yellow sediments will appear on that white cloth. This is because usually waste particles do not come in the air that we breathe out. When we have fever, this yellow stain comes due to the waste matter that comes out in the air we exhale.

Therefore, please understand that fever is not a disease at all. Fever is the treatment given by the body. So, what should we do when we get fever? First of all, our body tells us that it is tired. So we should not do work and take rest by lying down on the bed.

We should not lie on foam bed or sofa. We should lie down on grass mat or mat made of date-palm tree leaves only. If required, we can use bed made of cotton or silk cotton. We should not use nylon or rubber sheets. We should lie down in a place where there is fresh air. We should avoid watching TV, talking on cell phone, etc. We should keep our eyes closed. We have to retain the heat in our body by covering it with woolen blanket or any other such cover.

Many people say that fever will be cured if we take head bath in cold water. This is a wrong treatment. If we take head bath in cold water when we have fever, it will appear as though fever has been cured. But it will not be cured. When our body has increased the temperature for a specific purpose, we are reducing the temperature by pouring water on the head. Therefore, our body gets afraid and tells

us, “I am going away now. But I will come back and give you the fever again.” So the body stops the fever but it has also stopped the cure.

When the body increases its temperature with a purpose in this way, we should not reduce it. Some people say that fever will come down if we keep a cloth dipped in cold water in our armpits. This is a wrong treatment and we should not do this. When our body is curing the disease by increasing the temperature, we should not try to reduce it.

Usually, we go to a doctor when we get fever. Many doctors give an injection or prescribe a medicine or tablet. Within a couple of hours after the injection, after we come home we will get sudden sweating. After much sweating, our fever will disappear.

You are thinking that the fever has been cured due to the injection, medicine or tablet that you took. It is not true. The injection, medicine or tablet that doctors all over the world prescribe does not contain any medicine for destroying the germs causing disease or for curing the fever. It only contains the medicine for activating the sweat glands in our body. This medicine makes all the sweat glands in our body to work suddenly.

So our body gets afraid. It abuses us saying, “When I am taking all the trouble to increase the temperature, someone has reduced it by activating the sweat glands without my permission.” and it leaves the scene saying, “I am going away now. But please remember. When I come again the next time, I will create a fever bigger than this.”

In this way, if we follow any local treatment or use any wrong medicine and imagine that we are curing the fever, then it is a treachery that we do to our own body. When we get fever, we have a bitter taste in our mouth. Why does our mouth taste bitter only when

you get fever and not at other times? It is because your body talks to you. It says, "Please do not eat anything now."

But what do we do when we get fever? Normally, when we are busy with work, we may eat just a little quantity of food and go for work. But, when we have a fever, we will keep milk, bread, bun, cookies, fruits, etc. around us and eat a lot. When we are normal, we are supposed to eat more but we eat less. When we have fever, we should not eat at all but we eat more during that time.

Please do not eat anything when you feel bitter taste in your mouth. If you eat at that time, then your body will increase the fever and not reduce it. Some people may feel that their fever is reduced after eating. But it is not so. After we eat, in order to digest the food, our body postpones the fever. Once the digestion is completed, the fever will come again.

Please understand that when a person has fever and feels bitterness in his tongue, he does not need food at that time. If the food goes through the mouth during that time, it will increase the disease. Therefore, we should not eat at all during these times.

When we get fever, we should lie down and take rest. If we feel thirsty, we should drink lukewarm water only. The water that we drink should not be boiled. The reason for this has been clearly explained in this book under the heading related to water. Please read it. When we heat up the water, we should drink it immediately when it is heated just up to the drinkable temperature. If we are hungry, we can eat rice gruel, wheat porridge or some natural foods, fruits or tasty vegetables which can be eaten without cooking, etc. Other than these items, if we eat any items such as milk, bread, bun, cookie, etc., it will cause harm to our body.

But, doctors advise us to consume milk and bread when we get fever. Government hospitals also give only these things to the patients. All these items are good only for the countries situated in cold weather areas where temperature varies between minus 10 degree and minus 20 degree. Please understand that it will be harmful to the body if we follow these food habits in countries where the climate is warm or hot.

Therefore, you should feel happy if you get fever. Fever comes only to a person who has the strength in the body to fight diseases.

Imagine that there are four extremists in a forest. If we send two policemen with sticks to catch these four extremists, what will happen? They will go to the forest and see. If they see the four extremists with knives, they will return without fighting.

We may now send the four policemen again with knives. Now, if they see the four extremists with revolvers, they will come back again without fighting. We may send the four policemen again with revolvers. This time, if they see ten extremists with assault rifles, they will return back once again without fighting.

What we can understand from this is that, we will never fight if we find that our enemy is more powerful than us. But, when 15 policemen go with assault rifles, if they see four extremists with knives, they will fight with them and win. If we understand this, we can understand the power of our body for fighting the diseases.

If we get fever, it means that the power of our body to fight the disease is more than the power of the disease. So you should be happy if anybody in your house gets fever and you should celebrate it by distributing sweets to your neighbors. But, we should not give sweets to the person who has fever.

Some people will proudly say that they never got fever for several years. Either they are very healthy or they may not have absolutely any resistance to diseases. If these people get fever, it will be very severe. So, our body will be healthy only if we do not take any medicine or tablets when we have fever. Since fever is not a disease, there is no need of treatment for it. Fever itself is actually a treatment.

When the fever increases and the temperature shoots up there is a danger of children or elders getting seizures (fits). Sometimes, some people may have the fear of losing the life. There is a simple way to prevent this. There is a danger of getting seizures only if the temperature increases in the brain area due to the fever. This danger will not be present if temperature rises in any other part of the body.

Therefore, during times of fever, we should take a white cotton cloth, fold it to the width of the forehead, dip it in ordinary cold water and squeeze it and apply it on the forehead. The cloth will dry up when the temperature is high. At that time, we should again dip it in water and place it on the forehead. If we do this repeatedly, then the temperature in the brain area will not increase even if the temperature of the rest of the body increases. Thus, we can save ourselves from fits or any other serious condition. Those who keep a wet cloth on the forehead will never get fits.

Therefore, whenever you get fever, please follow the guidelines above, have rest for two days by taking leave from office or school and cure your body yourselves. But, many people ask, "Should I lie down in the house for three days? I have a lot of work."

Think carefully. If you get fever and several tests are taken, and when you are told that you have Typhoid and you have to get admitted in the hospital to take treatment, then are you not ready to take 15 days rest? Will you take rest for 15 days only if your disease is given a

name and nicely decorated? Can't you give yourself a rest without knowing the name of the disease?

It is all because of your thinking. When you are in the hospital you think, "I am in the hospital. The doctor is there. He is giving treatment to me." The real fact is that you are treating yourself and no medicine or tablet can cure your fever.

When you read the chapter in this book under the heading related to vaccination, you will come to know about more things with regard to this. Whenever we get fever, if we try to contain it or suppress it by using medicine and tablets, the fever will become more severe when it comes the next time.

HOW TO CURE SKIN DISEASES

When we wrongly understand that whatever waste is going out through our nose, mouth, stool, fever, etc. are diseases and apply wrong procedures in the name of treatment to retain the waste inside our body, at last, do you know what decision our body will take? It will send out these waste matters through the sweat. When waste matter comes through sweat in this way, it stays in the skin, causing itching and rashes and skin diseases are created.

When a person starts getting skin related diseases, it means that he has retained the waste materials in his body without sending them out. Therefore, any skin disease such as Psoriasis, Eczema, etc. can be cured by sending out the waste material out of the body. Without understanding this if we go to the doctor, consume medicines and tablets and use skin lotions, etc. the skin disease will definitely increase.

When there is waste matter coming out of a particular part of the skin, if we think that it is a skin disease and apply an ointment there,

the rashes on that part of the skin will disappear. But what have we done? We have asked the waste matter to go somewhere else. So, after a few days, skin rashes will come at some other part of the body.

With the wrong understanding that the ointment that we used earlier has cured the skin rashes, we will apply the same medicine to the other parts of the body. Thus, when we keep on using the medicine to each and every part of the skin, within a short time, the disease will spread and become a bigger disease.

In essence, if any person follows any treatment to send the waste matter that is coming out of the skin back into the body, then that waste matter stays inside and it becomes bigger. It is seen that people who have skin disease will have indigestion problem also. Therefore, skin diseases can be cured only by sending out the waste matter.

LIFE-THREATENING DISEASES: CANCER AND AIDS

When the waste material is unable to go outside in some way and it gets stored in our body, finally the waste material accumulates and creates life-threatening diseases such as cancer and AIDS. But, when these diseases appear, we say that we do not know the reason for their occurrence. The basic reason for cancer and AIDS is the fact that people take medicine, tablet, etc. for sneezing, running nose, cold, vomiting, dysentery, fever, etc. in the name of treatment.

Fill half of a glass bottle with rice and close the lid tightly so that no air can go inside. If you observe it after a few months, you will see that the rice rots. One fine day you will see that there are a few bugs inside. How did this insect, which is a living creature with eyes, ears, nose, etc., come inside the air-tight glass bottle?

This means that, when the rice rots, God creates life there in a natural way to eat that rotten rice. The rice is in a good condition when the “Pancha Boothas” (the five primary constituents of the matter namely land, water, air, fire and space) needed for it are present in that place. When the rice rots and the pancha boothas in that bottle get transformed, a pancha boothas_suitable for the living of a bug is created. At that time, several living things are created from nowhere.

These bugs eat that rotten rice. The rice has created the bug. But the bugs eat that rice itself as their food. Thus, several bugs are created through regeneration and their number keeps on increasing.

Then the quantity of rice keeps on reducing. At some point of time when the rice is totally exhausted, all the bugs will die due to lack of food. The dead bodies of the bugs will change the pancha boothas in the bottle and after a few days we can see several worms inside it.

Where did these worms come from? These worms are nothing but a life created out of the dead bodies of the bugs. The pancha boothas inside the bottle have gone bad now. But, because these pancha boothas are now suitable for the worms, the worms start living now. But the bugs have died because they could not live in these pancha boothas. The worms will start eating the dead bugs. Once all the dead bugs are exhausted, the worms will also die. Now several other small insects will be created.

If we see the bottle after several years, nothing will be visible to our eyes. Thus, after some time, we see a bottle with nothing inside. This is the principle of pancha boothas in the world. All things are created out of nothing. Again these things become nothing. If we understand this, then we can also understand the reason for the diseases such as cancer and AIDS and also the way to cure them.

You might have heard about the fatty tumors (Lipoma). Our body stores all bad fat in a location. This is called fatty tumor. Whenever our body is not able to send out the waste matter in any way, it will store it at some place. This waste material will rot and some germs will be created to eat this waste. Now, there will be pain at that part of the body. Medical community does research on these germs and say that the body will get disease due to these dangerous germs.

When a germ is created to eat the waste, it will die after eating all the waste. Then some other germs will be created and after some time, there will be nothing there. If cancerous tumor is formed, then by reading this book and following all the guidelines given here, we can get rid of all the waste from our body and cure ourselves from the diseases such as cancer and AIDS.

If you see a dead dog on the road, you can see thousands of worms on it after a few days. Did these worms come from any forest area 2 kilometres away saying, "A dead dog lies there. Let us go there and eat it"? No. When a life called dog dies, it disintegrates into a number of germs called maggots and these germs eat the dead dog. It will be funny if some onlooker says that the germs have killed the dog and are eating it. Just in the same way, when there is a germ in our body, the medical world sees it through a microscope, researches it and says that the disease came only because of this germ.

The germ has been created to eat the waste. Instead of doing anything to the germ, if we just stop sending any more waste inside the body and follow some natural methods to send the waste out of the body, the germs will die. If we understand this we can cure any life-threatening disease without any tablet or medicine.

From what we have seen so far, we have understood one thing. Our body never creates any disease. When the body tries to send out

the waste material that gets stagnated inside, we brand it as a disease and take some treatment to prevent the body from sending the waste material out. This treatment is the actual disease. Let us understand this and help our body keep us healthy.

VACCINATION: IS IT GOOD OR BAD?

All of us know about vaccination. When a child is born, vaccination is given to it on the day of its birth. What is there in a vaccine? We may think that a vaccine for a particular disease contains a medicine to destroy the germs causing that disease. This is not true.

A vaccine for a disease will actually contain the germs that cause that disease. It will not contain any medicine to destroy the germs causing that disease. How many of us know this fact? For example, let us consider polio drops. By administering the polio drops, we actually send the live polio virus inside the body of the child. If you take Measles vaccine, it is nothing but sending the processed measles virus inside the body of the child.

There are many types of vaccines. In some types of vaccination, live viruses will be sent into the body. In some others, dead viruses are sent and in some others half-dead viruses are sent into the body. Therefore, vaccine does not contain any medicine at all. It contains only the virus causing that disease. Many of you will be astonished to know this fact. How can you call it a vaccine for a disease if it contains the virus causing that disease?

A new-born infant will not know even the alphabets. It will not even know that it is a human being! It will not know whether it is a male or female. Then how do we dare to send a virus that can cause a disease into the body of such a child in the name of vaccine? The reason behind this act is the fact that our human body has intelligence.

Whenever any germ comes into the body, our body will check and find out whether it is a good germ or a disease-causing germ. There are thousands of good germs that enter our body. Our body will not do anything to these good germs. It takes action only against those germs which can cause diseases.

Disease-causing germs are also called Pathogens. If our body detects any germs that can cause disease and harm our body, all the body parts such as thymus gland, liver, pancreas, bone marrows, kidneys, etc. and all the glands and organs will research together and find out what type of medicine is required to destroy the disease-causing germs and then find out what types of raw materials are required and in what proportion to prepare this medicine. Thus our body will prepare the formula for this medicine.

What is a formula? If we want to prepare soup in our house, we need the information about what ingredients, in what quantity, are to be used and how these materials are to be mixed and heated up for preparing the dish. A person who does not know this formula cannot prepare soup.

In the same way, our body parts act as researchers and doctors and do their own research, find out a formula, get the raw materials required by the formula from the blood, mix up the raw materials properly, prepare the medicine, apply the medicine on the disease-causing germs and destroy the germs.

Thus, vaccine is being applied throughout the world only based on the belief that all the human beings have the natural ability in their body right from their birth to destroy the disease-causing germs. Disease-causing germs are sent into the body in the name of vaccination. The body learns by destroying those disease-causing germs.

Any doctor will tell you that vaccine contains only the disease-causing germs and that vaccination is done for giving our body the ability to destroy those germs. But how many of us, the common people, know these facts? If we do not know even these facts, how can we know anything else about our body and about the world of medicine?

Vaccination is done only during the childhood. Vaccination is not done for adults. The reason is that a new-born baby has the five things in proper condition. As we grow older, due to our bad habits, some of these five things will become bad. We will explain these five things shortly. Our body will have the ability to destroy the disease-causing germs only when these five things in our body are in proper condition. So, we need to analyze and find out what is there in a new-born baby that is not present in us now.

When a disease-causing germ is sent into the body of a new-born baby in the name of vaccine, the body is able to destroy that germ. But, adults get various diseases such as Chikungunya. We should analyze why it is so.

If our body has the ability to destroy disease-causing germs, then why do we get diseases such as Chikungunya? The reason is that, when we are young the five things are in proper condition and now one or two of these five things are not alright.

Therefore, we should understand that diseases are not caused by the disease-causing germs. Due to some deficiency in our body, complication arises in the preparation of medicine and our body struggles to destroy the disease-causing germs. Therefore, the disease-causing germs should not be blamed for this. We now need to know what are the things needed in our body and correct them. If we analyze

and act in this fashion, we need not have any fear about any disease-causing germ.

Let us imagine that our body is the mother, our blood is the kitchen, the ingredients in the blood are the materials in the kitchen and the medicine to destroy the disease-causing germs is the soup. If any material needed for preparing the soup in the kitchen goes bad, we cannot consume the soup prepared with that material.

In the same way, when a disease-causing germ enters into our body, if the materials needed to prepare the medicine to destroy it have gone bad in our blood, then the medicine will not work properly. Consequently the body will not be able to destroy the disease-causing germs and we get the disease. This is the Reason Number One.

Now answer me, did the disease occur because of the disease-causing germ or did it come because a particular item in our blood has been degraded in quality? In our treatment, we are going to learn about how to improve the quality of the degraded material in our blood. Therefore, from now on, we need not take any medicine or tablet to destroy any disease-causing germs.

Reason Number Two: Let us assume that one item required to prepare soup is not available in the kitchen. If soup is prepared without this particular item, no one can consume it. Similarly, when a particular item needed to destroy disease-causing germs is absent in the blood or it is in less quantity, our body faces difficulty in preparing the needed medicine. Therefore, the germs cannot be destroyed and the disease occurs in the body.

Now tell me, did the disease occur because of the disease-causing germ or because one specific item is not available or is in insufficient quantity in the blood? There are some very easy methods in our

treatment to get the missing items in the blood and to get sufficient quantity of the items which are in less quantity in the blood. We are going to learn these methods. By learning these and regulating our body, we can save our body from disease-causing germs.

Reason Number Three: Depending on our height, weight and age, there is an ideal quantity of blood needed in our body. The quantity of the blood in our body should be this optimum quantity. If the quantity of blood is less, our body will not fight against the disease-causing germs. Therefore, the disease occurs because the quantity of blood is less and not because of the disease-causing germs themselves. Once we understand this principle, we are going to learn to keep the blood in our body in an appropriate quantity. Thus, we can free ourselves from diseases.

Reason Number Four: If our mind is affected, we cannot destroy the disease-causing germs. There is a close relation between our mind and our body. Whatever our mind thinks, our body will obey. When we get fever due to a virus, our mind is overcome with the fear that we got a disease.

If we think that we can cure this by using medicines and tablets alone, then our body will not cure the disease on its own. If we are confident and fearless and think, "My body is intelligent. It will surely cure the disease", then only our body becomes capable of curing the disease. You might have seen several people who do not take any treatment for any disease yet they remain healthy. The reason behind this is only their mental confidence.

Our mind is the one that makes all the parts of our body function. For example, when we are happily sitting after eating the food, if someone says that a lizard had fallen in that food, we start vomiting the very next second. Why did the stomach, which was digesting the food

all along when we did not know the fact that a lizard had fallen in the food, suddenly start vomiting the food?

What we understand from this is that our mind, if it wants, will digest the food or it will stop the stomach from digesting and cause it to vomit the food. Therefore, if we have fear in our mind after we contract a disease, our body will not cure the disease. This is the fourth reason.

Our body has got intelligence. This intelligence is the one which destroys the disease-causing germs. It is possible that this in-built intelligence of the body can get affected. When the intelligence present in the body gets affected, we will get disease from the disease-causing germs. This is Reason Number Five.

What we understand from all these is that the body does not get disease from the disease-causing germs. We get disease only because, either an item in the blood has gone bad, or an item in the blood is absent, or it is in less quantity, or the quantity of blood itself is less, or our mind is affected, or the intelligence of our body is affected.

Therefore, if a person does not get any disease from the disease-causing germs, then it means that all these five things are in good condition in his body. If a person gets a disease due to the disease-causing germs, then it means that one, two or more of these five things are not proper in his body.

We cannot agree that disease comes only due to disease-causing germs. If it were true, then doctors would be the ones to get more diseases because every day they come close to many patients affected by germs. The germs spread through the air coming from the body of the patients and through the things they touch. How is it that the diseases do not affect the doctors?

If it is true that diseases come only due to the disease-causing germs, then the same disease should affect all the people in a house. Now, just think why, out of ten people in a house, the disease which affects eight persons does not affect the remaining two persons. This may be due to all the five things being in good condition for those two people.

Therefore, instead of researching on the various types of disease-causing germs in the world, naming them and making them famous, if we understand the simple secrets of how to maintain the five things in our body and keep them alright, we will not get any disease from any germs.

What is a disease-causing germ? What is its shape and size? Those who do not know this will be scared about the germs. Many germs will not be visible to the naked eye at all. Till now, no one has seen them even through microscope. Several millions of disease-causing germs are always present in the air we breathe. Every second, we take into our body millions of disease-causing germs through the air we breathe.

Therefore, please do not have any fear about the disease-causing germs. If a person has all the five things mentioned above in proper condition, then he will not get any disease from any germ. Even if we get fever, etc. if we understand what we have to do in such situations, as explained in detail in this book, and follow them, we can conquer any germ without consuming any medicine, tablet or seeking any doctor's help.

The vaccine contains only the disease-causing germs. The best vaccine for a new-born baby is its mother's milk. Mother's milk is the world's best vaccine. A mother, through her milk, gives to her child the secret formula about how she and also her ancestors during their life span have cured all the diseases. If a new-born baby is given only the

mother's milk for the first 3 to 6 months and brought up without any vaccine, medicine, etc. that child will be more resistant to disease than any other child in the world.

Thus, if a disease-causing germ is sent into a new-born baby in the name of vaccine, that child's body, instead of gathering the huge knowledge coming through the mother's milk, fears about the germ in the vaccine and prepares to give treatment for the germs in the vaccine. Therefore, the body will be secure against that particular disease for which the vaccine was given but it will be afraid of any other diseases. So, giving vaccination to children will in fact reduce their resistance to diseases instead of increasing it.

Vaccination is a method of sending the disease-causing germs into the body. The moment the body sees a germ, it performs the four functions namely Helper, Killer, Suppressor and Memory. Phlegm (a thick, sticky mucus coming out of the nose) is a Helper. Initially, the body creates phlegm and sends the disease-causing germ out of the body through the phlegm. Phlegm is a vehicle for sending out the germ. This is why we often catch cold when we drink water at a different location. We will see the reason for this in detail in this book in the section on the method to drink water.

If the body is able to send the germ out of the body using the Helper called phlegm, it is satisfied. But, sometimes some germs, instead of going out along with the phlegm, will start pulling back the phlegm into the body. In such a case, the body will create a medicine called Killer and destroy the germ. This Killer is a protein.

After this Killer medicine destroys the germ, our body prepares another medicine called Suppressor for destroying the Killer medicine. This Suppressor medicine makes the Killer medicine powerless.

Our body, after generating the three medicines namely, the Helper medicine called phlegm, the Killer medicine to destroy the germs and the Suppressor medicine to remove the power of the Killer medicine, performs the fourth function called Memory wherein it records the formula by registering the experience as “I saw a disease-causing germ in some of the cells. Its intensity was this much. I sent the following medicines to destroy it. The germ was killed through this action. The mission was successful.” Henceforth, whenever any germ enters the body, the body destroys it by taking quick action as it is ready with the formula.

HOW TO CURE RHEUMATIC ARTHRITIS

Sometimes the body sends only the helper medicine and killer medicine but does not send the suppressor medicine. Then the killer medicine, after destroying the germs, starts attacking the knee joints. This causes the disease called Rheumatic Arthritis. If a person has all the five things in his body in proper condition, then he will not get this disease. Even if it occurs, by correcting the five things and enabling his body to send the suppressor medicine, his disease will be cured.

Therefore, instead of wasting our time analyzing the disease-causing germs, by understanding that a person will not get any disease if all the five things are proper and by learning how to maintain the five things in our body, we can lead a healthy life.

OUR BODY IS THE BEST DOCTOR

We are all children born to our mothers. All the people in the world are born to their mothers. How does a mother beget a child? The mother eats the food through her mouth. The food goes into her body and gets transformed into a full child with all body parts such as eyes, ears, nose and mouth, etc. Did the mother’s intelligence convert the

food into a child? Or was it the intelligence of the mother's body? The answer naturally would be, "It is not the intelligence of the mother but the intelligence of the mother's body."

First of all, we need to see our intelligence as consisting of two parts. Our experiential intelligence is different from the innate intelligence of our body. The intelligence that we get by reading various books and through our experience is our experiential intelligence. The intelligence that is present in our body ever since we are born is the in-built intelligence of our body.

Can any mother claim that it was her intelligence that transformed the food into the child? No. The food gets converted into the child only by her body's intelligence. If a mother says that she produced the child through her intelligence, ask her one question: "Can you draw all the body parts and name them?" She will not be able to do it. How can a mother, who does not even know all the body parts, produce a child by transforming the food into the child using her own intelligence?

What we understand from this is that the mother's duty ends when she eats her food. It is the job of the mother's body to convert the food into the child. The child born to a highly educated mother who has obtained a medical degree and received four PhDs is similar to the child born to an illiterate mother.

What is clear from this is that the intelligence obtained by us through the books, internet, experience, etc. is different from the natural intelligence of our body. Our body has the same wisdom from our birth to death. It is our brain which acts intelligently sometimes and acts foolishly at some other times.

Just imagine what a wizard a body is that is capable of transforming the food eaten by the mother into a child with all parts such as eye, ear, nose, mouth, etc.!

Has anyone in the world ever invented a machine which can take food from one side and give out a male or female baby from the other side? What a big prize such an inventor will get! Have you ever seen such a machine? You will say, no. But I have seen such a machine! All mothers who have borne a child are such machines. Therefore, all mothers who have borne a child can look at the mirror and congratulate themselves.

Just think for a moment. What an extra-ordinary intelligence, knowledge and wisdom this body possesses as it can convert the food into a complete child with eyes, ears, nose, kidneys and all other parts!

Our body's intelligence is much more than that of the greatest scientists, doctors and wise people all put together. Will such a body be unable to cure diseases such as diabetes, blood pressure, Asthma, Thyroid, Arthritis, Cancer and AIDS? We do not agree. Our body's intelligence is capable of curing all the diseases in the world.

If a person gets a disease, the reason is simple. There is some problem with the body's intelligence. By setting right this problem, we can cure by ourselves all the diseases in the world without the help of any medicine, tablet or doctor. The blood of a mother is what gets transformed into the body parts of the child. The body's intelligence that knows how to convert the food into a child also knows how to cure the diseases.

How does a mother bear a child? The child is initially a cell in the uterus. The mother's body parts work together to convert that cell into

several millions of cells and by creating parts such as eyes, ears, nose, kidney, etc. produce a complete child.

Let us say that there are about 50 different types of raw materials in the kitchen. In all the kitchens, the same 50 items will be there. But by using these 50 items, we can prepare 50,000 types of dishes.

Just imagine like this. Our blood is the kitchen. Our body parts working together represent the person who cooks the food. The ingredients in the blood are the items in the kitchen. The body parts of the child that is being created in the uterus of the mother are the food dishes.

If we visualize like this, we can easily understand our body. The body parts which act as the cook go to the kitchen called blood to take various items such as calcium, iron, sodium, etc. from it, make parts such as eyes, ears, nose, etc. and create the child. Just as we go to the kitchen to take rice, pulses, wheat, etc. and make a variety of dishes our body creates the various body parts of the child.

WHY IS A CHILD BORN WITH DEFICIENCY?

If the wheat flour in your kitchen has gone bad, can anyone eat the Roti made from that bad wheat flour? What is the reason for the creation of the bad Roti? Can you blame the Roti itself? Or is it the fault of the cook? Or is there any problem with the kitchen? Or is there any problem with the wheat flour? Instead of analyzing the Roti itself, by replacing the wheat flour in the kitchen or by improving its quality, we can make a better Roti.

Similarly, during the pregnancy period, if for example, calcium has gone bad in the mother's blood, when the child's body parts are created in the uterus by using this bad calcium, wherever calcium is

required for making the child's body parts, this bad calcium will be used and the child will be born with calcium deficiency.

Calcium has been taken here only as an example to illustrate the point. If any one item in the blood goes bad, the child that is created using that bad item will surely be born with deficiency only. The child delivery will not be normal but will be caesarean only.

If the wheat flour goes bad, Roti will go bad. Similarly, if any item in the mother's blood goes bad during pregnancy, the child that is created using that bad item will surely be born with problem only. This is the first reason for a child being born with a problem.

Second reason: There is no salt available in the kitchen. All cooking is over now. Nobody is able to eat any food. What is the reason for this? There is no fault with the cooked dishes. There is no problem with the cook either. There is no problem with the kitchen. The only problem is that there is no salt in the kitchen. Therefore, by storing salt in the kitchen, we can make the cooking alright from that moment.

Similarly, if an item called Zinc is not available or is in insufficient quantity in the mother's blood during pregnancy, the child will be created without Zinc in the body parts wherever it is required. Therefore, the child will be born with deficiency.

Here Zinc is used only as an example. So, do not think of Zinc alone for it could be any other essential element. Please remember that, if any item is absent or is not in sufficient quantity in the blood, the child will definitely be born with problem.

Third reason: Each person will have a definite ideal quantity of blood required in his body according to his age, weight, height, etc. If

the quantity of blood is less than the required quantity in the mother's blood during pregnancy, then the child will be born with deficiency.

The reason is, when the mother herself has less than the required quantity of blood, how can she give sufficient blood to the child? Therefore, the child will be born with deficiency and the delivery will definitely be a caesarean one.

Fourth reason: The mind and body have a very close relation with each other. If the pregnant mother's mind is disturbed, the unborn child will also be affected. If the mother's mind is affected during pregnancy, the child's body parts will be affected. The mother may have had tussle with her husband, a family dispute, financial problem, marital disharmony or fight with the in-laws. If the mother has undergone any such mental agony during the pregnancy, the unborn child will be consequently affected.

Therefore, if the mother's mind is affected during the pregnancy, the child will be born with deficiency and the delivery will be by caesarean section only.

Fifth reason: We have already seen that it is our body's intelligence which converts the food into the child. Sometimes the body's intelligence can also get affected. Some children are born with six fingers, two heads joined together at birth, born with four legs or three eyes, etc. These are some peculiar cases which you might have seen in TV or in the newspapers. The reason for this is that when the body's intelligence gets confused or goes bad, the child will be born with problems and the delivery will be by caesarean section only.

So far we have seen five reasons:

- (1) If any one item in the blood has gone bad
- (2) If any one item is not available in the blood

(3) If the quantity of blood itself is less
(4) If the mind gets disturbed or
(5) If the body's intelligence gets affected
then the child will be born with deficiency or impairment and the delivery will be by caesarean section only.

HOW TO HAVE A NORMAL DELIVERY

All ladies in our families, when they get pregnant, go to the hospital, take scans, consume medicines and tablets and go for walking. In spite of their doing all these, why is the child born with deficiency? Why does a caesarean delivery happen?

Till now, has any one gone to the doctor and asked him, "From the day I became pregnant till the day of delivery, I have been consulting you. I have been sincerely following all your instructions. I have consumed all the medicines and tablets that you have prescribed. Then why did I have a caesarean delivery? Why was my child born with deficiency?"

If a doctor does not know about the five things we have mentioned earlier, he cannot ensure a normal delivery. Not only the doctor but also the mother who delivers the child should know about these five things. Only then that mother can have a normal delivery.

Therefore, if all mothers learn from this book about how to keep these five things in proper condition and follow these guidelines, then they can definitely have a normal delivery in their house itself. A mother can give birth to a healthy and normal baby without taking any scan, without consuming any medicine or tablet and without consulting any doctor. Those who read this book from the beginning to the end will learn this trick. Therefore, you can learn the best way for a normal and healthy delivery by reading this book completely.

HOW TO FILL A HOLE IN THE HEART

Let us take the example of a woman who has given birth to five babies. This means that she has used her body's intelligence and made five new hearts, five livers, ten kidneys, etc. When a mother creates different types of body parts out of the food she consumes she is like a factory producing new body parts.

Let us assume that this woman has a hole in her heart. The doctor says, "A hole has suddenly developed in her heart. If it is not plugged within six months, her life will be in danger." Please think a little. Does this mother's body, which has the intelligence to create five new hearts, not know how to fill a small hole in her own heart? Let us now analyze the problem.

When you hear some facts you will find them hard to believe. But these are all very true. A hole in the heart is not a disease concerned with the heart at all. That is, the body already knows very well how to plug the hole in the heart. But it faces some difficulties in doing it. If we find out what these difficulties are and set them right, then the hole in the heart can be plugged without any medicine, tablet or operation at all.

The first reason for the hole in the heart is as follows. The body knows how to plug the hole in the heart. When an item needed to plug the hole has gone bad in the blood, the body takes this bad item and tries to plug the hole with it. So the hole does not get plugged.

Now please tell me, is this hole in the heart a disease concerned with the heart? Or is it a disease concerned with a bad item in the blood? Should the heart be treated for this disease? Or is it the blood that has to be treated?

In our anatomic therapy, we will teach you a few methods to convert the bad items in the blood into good items. By learning these techniques if we improve the quality of items in the blood, without any expenditure and without any operation, medicine or tablet, we can surely plug the hole in the heart.

The second reason: An item is needed to plug the hole in the heart. That item may be absent in the blood or it may be present in insufficient quantity. The body is waiting for that item so that when that item comes into the blood some day it can plug the hole in the heart.

Now please tell me, is this a disease concerned with the heart or is it a disease concerned with the non-availability of an item in the blood? In our treatment, we are going to learn how to bring to the blood that required item which is not available in the blood at present. Whoever learns this and sets right the deficiency, the hole in their heart will get plugged on its own.

Third reason: When the blood is not available in sufficient quantity, our body will not be able to cure any disease and it will not refurbish any body parts. As we have seen earlier, there is an ideal quantity of blood required for each person's body depending on his or her age, weight, height, etc. When the blood is less than this required quantity, the body will not be able to correct its parts.

In our treatment, we are going to learn about how to keep the blood in our body in proper quantity. Once we learn this and set the blood in proper quantity, we can easily plug the hole in the heart.

Fourth reason: You have heart pain and you go to the hospital. The doctor gets a doubt and asks you to take a scan. As per your scan report there is no hole in your heart. But let us assume that the nurse in

the hospital, by mistake, brings another person's report instead of your report which shows a hole in the heart and gives it to the doctor. What will happen now? The doctor will see the wrong report and tell you, "There is a hole in your heart. An operation needs to be performed within six months."

What will you do now? From the time you return from the hospital, while sleeping, while eating and while working, you will be worrying about the non-existent hole in your heart. After worrying like this for 3 months, if another scan is taken, then, surprisingly, there will actually be a hole in the heart. It is because your mind would have created the hole. In fact, the disease comes first in your mind and then it comes to the body. By imagining a non-existent hole, the mind creates a real hole in the heart.

You may wonder, how can the mind create a hole? An example of how our mind controls our body will explain this point. When we pass urine, which switch in the body do we press to send out the urine? There is no such switch. Once we go to the toilet, the urinary bladder opens up by the control of our mind and the urine comes out. There cannot be a better example than this to show that the mind has control over the body. So, if the mind gets the disease first, then it creates the disease in the body.

It is very difficult to cure the highly educated people. This is because nowadays a lot of medical and disease-related information creates fear in the mind and increases the disease. But it is very easy to cure an uneducated person. If you bring an uneducated person, do sugar test for him and tell him that he has sugar count of 400, what will be his reaction? He will say "Thank you sir" and he will go happily. It is because he never learnt that sugar count of 400 is dangerous.

But the highly educated people will be happy before taking the sugar test and once they see the report and see the sugar count as 400, they will think, "What? 400!" and they will faint. Only when their mind knows the sugar count, they faint. The disease is only in the mind. Once the mind is affected, the body will be affected. Once the body is affected, the mind will be affected. No scan report and no blood test report can tell how much your mind is affected.

So, you cannot cure any disease in the world without knowing about your mind and without treating the mind. Once you believe in your mind that your heart has a disease and it can be cured only through an operation, your body will not make any attempt to plug that hole.

This is a very important psychology in the world. If we believe in someone, they work and help us to prove us right. Similarly, if we believe in our body's capability, when we get any disease we think, "My body has the intelligence. It will definitely cure the disease by itself." and wait patiently, many diseases will be cured automatically by our body.

But, today we get an enormous amount of information about diseases and medicines through internet, books, TV, newspapers, etc. This knowledge affects our mind and our mind creates the disease in our body. What we understand from this is that, when the mind is affected, the hole in the heart will not be plugged.

Fifth reason: Our body has the intelligence to cure diseases. If that intelligence goes bad, then also the hole in the heart will not be plugged. Our body knows how to plug the hole in the heart. It is possible that this knowledge of our body has gone bad. Then the hole in the heart will not be plugged.

In essence, the hole in the heart is not a disease related to the heart at all. It can come if

- (1) An item in the blood needed to plug the hole in the heart has gone bad
- (2) An item in the blood needed to plug the hole in the heart is absent in the blood or is not available in the required quantity
- (3) The quantity of blood in the body is less
- (4) The mind is affected
- (5) The intelligence of our body is affected.

By reading this book fully, we are going to learn about how educated as well as uneducated people, all can keep these five things in proper condition easily. Whoever learns this and sets right these things, they can plug the hole in their heart by themselves without the need of any medicine, tablet, doctor and operation.

HOW TO CURE THE DISEASES IN THE EYE

We have seen about how a hole in the heart happens and how to plug it. Please do not think that we will see each and every part of the body in this way. If you think so then you will be disappointed. The reason is that, if you have understood this matter, the same applies to all the parts of our body. The disease is not in the particular part of the body. The disease is only in the blood. Moreover, the five that we mentioned above are the only diseases. This applies not only to the heart but also to all the parts of the body.

Short sightedness (Myopia) and long sightedness (Hypermetropia) are not diseases related to the eye at all. We wear spectacles. Does the power of our spectacles keep on increasing or decreasing as the days go by? Surely it keeps on increasing. What do we understand from this? If the power of the spectacles keeps increasing, then it means that the power of your eyes keeps on decreasing.

Should we wear spectacles for the eyes which are partially bad so that they become fully bad? What is this absurd treatment? If we get a disease in the eye, do we need a doctor to cure it or to increase it? Our body knows very well how to correct short sight and long sight. Then why is it not able to do it? Some items needed for that have gone bad in the blood. This is the first reason.

Second reason is that some items needed to cure eye-related diseases are not available in the blood. Thirdly, the quantity of blood is less. Fourthly, our mind is thinking that the eye has gone bad and it cannot be cured. Fifthly, the body's intelligence to cure the eye has gone bad.

The reason for several diseases affecting the eye such as Myopia, Hypermetropia, glaucoma, cataract, etc. is not in the eye. The disease is actually in the blood. We can cure all the diseases affecting our eye without any medicine, tablet or operation and without wearing spectacles.

First of all, what we have to understand is that the eye is not responsible for all the diseases coming in the eye. The disease lies in the blood. Specifically, the five things mentioned above are the reasons. By correcting these five things, we can cure our diseases by ourselves.

HOW TO CURE THE DISEASES IN THE KIDNEY

When our kidney gets affected, we go to the doctor. In a kidney which is functioning 50%, if dialysis is done and medicines and tablets are consumed, does the kidney become worse, to 60%, 70% and so on or it becomes better, to 40%, 30%, etc? Surely, the kidney functions less and less as the treatment progresses.

Have you heard of anyone saying, “I went to the doctor when my kidney was functioning 60%. I took treatment. Now my kidney is fully functioning”? Why does this not happen? The non-functioning of kidney is not at all a disease related to the kidney. Our body knows very well how to cure the kidney. It is not able to cure it because of the five reasons.

One reason is that one item needed for the cure has gone bad in the blood. Secondly, one item needed for the cure is not available in the blood or it is not available in sufficient quantity. Thirdly, the quantity of blood in the body is less. Fourthly, the mind has been affected. Fifthly, the body’s intelligence to cure the kidney has been affected. These are the five reasons for the non-functioning of the kidney.

Without correcting these, if we follow any method in any medicine, we will not be able to cure the kidney. But, in our treatment, by learning the tricks of correcting the five things and following them, we can cure the 80% of non-functioning of the kidney progressively to 70%, 60%, etc. and within a specific period we can cure it fully.

If our kidney has become non-functional, we think of replacing it with another kidney. But, as long as we do not analyze the reason as to why our original kidney has been affected, how can we set right the problem by replacing it with another kidney through operation? Again, the new kidney will also be affected. But, in our treatment, by correcting the five reasons mentioned above, we can convert the affected kidney into a new kidney without operation.

What we understand is that there is no disease in the parts of our body. The disease is actually in the blood. The reasons for the disease are five. Analyzing and treating the body parts is like giving treatment to a bad Roti. The deficiency in the wheat flour in the kitchen affects

the Roti. Similarly, the deficiency in the items in the blood affects the body parts. Through our treatment, it is possible to completely cure the affected kidney without any medicine, tablet or operation.

ALL BODY PARTS RENEW THEMSELVES PERIODICALLY

There is no disease in any part of the body. The disease is actually in the blood. Therefore, instead of researching on the body parts and wasting time, if we analyze the five reasons given above, we can cure our diseases by ourselves. We have seen that for diseases such as hole in the heart, eye defect and non-functioning kidneys that the concerned body part is not responsible for the disease.

Please do not expect that other individual body parts also will be discussed in a similar way. It is not required to discuss each and every body part because for all the diseases in any body part the reasons are the same. If you say that any specific part has a disease, the disease is not in that part. The disease is in the blood.

You may ask, “All right, you say that if we correct these five factors, then all diseases can be cured. I will learn this and set them right. I will agree if you say that no new disease will come from now onwards. But, can a disease which has already come to the body be cured by doing this?”

This treatment is not just for protecting against the diseases that may come to the body in future. This treatment can also cure all the diseases that already exist in our body, however big they may be. A doubt may come to our mind. “The kidney has been damaged. How can the disease in the kidney be cured by setting right these five things?”

Is the skin on your palm the very same skin which was there when you were born? Or is it a new skin? We see that the skin on our hands

peels off and new skin is formed regularly. Similarly, is the nail on our fingers the same old nail or new one? Is our hair the same hair that was there few years back or new one? Our skin, nail, hair, etc. renew themselves regularly.

In the same way, all the parts of our body from hair to toe nail replace themselves periodically. Normally, no doctor talks much about this. All our body parts replace themselves just like a snake peels off its skin and gets a new skin.

The intestine in our body becomes totally a new one once in every 36 hours. The intestine that you have now is not the one that you had two days back. The white corpuscles in our blood replace themselves once in every 13 days. The red corpuscles in our blood replace themselves once in every 120 days. Liver replaces itself once in 1 year. Similarly, every part of our body from hair to toe nail replaces itself on an average within a year. So, effectively all the parts in our body are new parts.

You will have a doubt. When did my liver become a new one? I never saw the old liver come out of my body. How did the new one come into my body? Our body does not replace a part just as a person removes a part from a car and throws it out, buys a new part from the shop and fits it in the car.

Let us assume that there are one million people working in a company. If all of them are removed from their job one day and new persons are appointed, the work will be affected. But, if 10 persons are removed everyday and new 10 persons are taken in, after some time on a particular day we will find that all the workers in the company are new people.

Similarly, there are several millions of laborers (cells) working in the body workshop called liver. Every second, our body replaces several millions of cells in the liver. By replacing them like this again and again, on a particular day, all the cells in the liver will be new cells. In the same way, every part in our body from hair to toe nail replaces itself periodically.

Every minute, 300 million cells in our body replace themselves. If we rub our hands together, we will see a black matter like dirt coming out. It is not dirt. Actually, it is the dead cells coming out with the sweat. Our stools are yellow in color because the color of the dead cells is yellow. The dead cells go out of our body through the stools, urine and mucus. Thus, in one minute, 300 million cells go out of our body and new cells are formed.

Therefore, if any disease in our body has not been cured for more than a year, then it is not a disease concerned with a body part at all. We proudly say, "I have had this disease since five years." Actually the disease is not present in the body part for five years. It is your blood that has gone bad for the last five years. Instead of treating the blood, we scan the body parts, do research on them, get operations done, consume medicines, tablets, etc. and magnify the disease but we do not cure the diseases.

We would like to reiterate again that our treatment is not a treatment to safeguard us against diseases that may come in the future. This is the treatment that completely cures even the diseases that are already present in the body.

Therefore, whatever may be the extent to which the body parts might have been affected by a disease, there are ways by which the body parts can replace themselves without any medicine, tablet or

surgery and we can cure all the diseases by following these ways to replace our body parts.

So when we know the technique to replace our body parts themselves with good parts, is it necessary to give names to the diseases that come to the body parts? Doctors throughout the world name the diseases but they do not cure them. In our treatment, we do not name the diseases but we cure all the diseases.

You may ask me, “OK, by setting right the five things if we replace the cells and keep on replacing the body parts, will there be no death for us?” Our treatment will be valid up to 120 years of age. Every living being has a life span. All living beings such as dog, hen, monkey, crow, etc. live for a specific period of time. Nature has given the tortoise the opportunity to live for a longer duration of time. The dog lives only for a short period of time.

That is to say, the cells in the body of each living thing can replace themselves continuously only for a particular period of time. Every cell in a human body can replace itself up to the age of 120 years. Therefore, we can use this treatment up to the age of 120 years and live without any disease.

You may ask, “I am 80 years old. My body parts have been affected very much. Will this treatment benefit me?” Definitely it will benefit you. It will benefit even after 120 years of age but we cannot give any guarantee about the number of years. Therefore, please do not shy away from this treatment by saying that you have become old. Even the elderly people can cure themselves from diseases by replacing their body parts through this treatment.

In essence, all the cells in the body can be cured by setting right the five things. In our treatment there is no separate treatment for

each body part. By setting right the five things, we can cure all the parts in our body. Let us all live a healthy life!

CELLS AND BLOOD

Our body is made up of several millions of cells. When we see thousands of people wearing dresses of different colors and standing together during the Inauguration ceremony of Olympic Games they look like a flower. When they disperse and stand together again, they now look like a peacock. If they disperse and stand together again, we may now see the national flag. But actually there is no flower, peacock or national flag there. When 500 people stand in a group, the shape of an object is visible to our eye. If we understand this, we can understand our body.

Imagine that our hair consists of several millions of cells wearing black color dress and standing together. Similarly, our ear consists of several millions of cells standing in a group and we get the image of an ear. All the parts such as nose, heart, kidney, etc. are all made up of cells. All the parts in our body consist of only cells. If we see any part from hair to toe through a microscope we will see only cells.

Several millions of cells together form a tissue. Several thousand tissues together form a body part. Body parts together form respiratory system, digestive system, nervous system, etc. These systems together form the human body. Therefore, there are only cells in a human body and there are no body parts.

The cells in our body will have different colors such as black, red, white, etc. The cells will also have different shapes. Some of them will be round; some will be long, short or like noodles, amoeba, etc. Different cells will have different functions. The cells in the eyes do the job of seeing. The cells in the ears do the job of hearing. The cells in the

stomach do the job of digesting. So the cells perform different functions but the general structure of the cells is the same.

The people of the world are of different types. Some are fat, some are lean, some are black, some are white, some are computer engineers, some are construction workers, some are Indians and some are Pakistanis. Thus, we can classify the people according to their color, profession, place, community, religion, etc. But the basic body features of all the people in the world such as the body structure, parts, etc. are the same.

If we understand this and apply the same principle to all the cells of our body, we can easily understand that, even though all the cells differ from each other based on their shape, size, color, function, etc. they have the same basic structure.

Imagine the cell as a football. The fiber layer called membrane over the cell is like the cover of the football. All cells in our body, in whichever part of the body that cell may be situated, will have this membrane, for example in the eyes as well as in the heart. All the cells will have Cytoplasm and Protoplasm inside. These will be inside the cells in the eyes, nose as well as in the cells in any other part of the body. Each cell will have a nucleus in its centre. All the cells will have chromosome, DNA, RNA, genes, etc.

What we understand from this is that all the cells in the body have the same structure and architecture. All the cells live, eat, send out waste, get diseases and die. When all the cells in all the parts of our body from head to toe are alike in all respects, how can the treatment be different for different parts of the body? In our treatment, there is no separate treatment for different parts of the body.

When you eat food, do you eat different foods for different parts of the body like, “This food is for the eye”, “This food is for the heart” and so on? When you drink water, do you drink separately for each part like, “This water is for the joint”, “This water is for the hand” and so on? We do not eat and drink separately for each part of the body and we also do not breathe air separately for each part of the body. If we realize this fact, we will also understand that separate treatment is not required for different parts of the body.

The food that we eat is being divided equally among all the cells. The water that we drink is being divided equally among all the cells in all the parts. The air that we breathe in is being given to all the cells equally. The wastage coming out of all the cells comes out together in the form of urine. Can anyone separate urine as “This is the urine from the eye”, “This is the urine from the nose” and so on? All the solid waste from all the cells comes out in the form of stools. After the stool comes out can anyone identify the parts from which it came?

Whatever is given to the body, all the cells divide it among themselves. Whatever comes out of the body, it comes out as one. If we keep our finger on fire, our finger gets hot. When we take it out, the heat in the finger subsides. What has happened? Because all the cells in the body share the heat from the finger among themselves, we do not feel the heat in the finger. Therefore, in the name of separate treatment for separate parts, we are suffering for several years without getting proper treatment for several diseases.

You may wonder. For eye disease we normally go to an eye doctor. For kidney diseases we see a kidney specialist. This is the generally accepted principle in the world. But, the most important principle in our treatment is that there is only one solution for all the diseases.

If someone says that separate treatment is required for separate parts, we will pose him a challenge. If poison is consumed by the mouth, will the mouth alone die or all the parts of the body die? If poison is kept in the mouth, within five minutes all the parts of the body die.

What we can understand from this is that, all the parts of the body divide everything equally among themselves. Even the diseases are divided by the parts equally among themselves. Diseases such as diabetes, Asthma, Thyroid, Cancer, etc. do not exist in one particular part or organ. These will be distributed throughout the body. Therefore, treating a specific body part for any particular disease is not the correct solution at all.

Many people who read this will get big doubts. This will be an unbelievable wonder to them. Is there no separate treatment for separate parts? Is there only one single treatment for all the parts? How can it be? What is this wonder? One might get all these thoughts. This is because of the human psychology. Human mind will never believe a good thing easily. But it will believe a bad thing immediately.

For an example, let us imagine that you are sitting in a park. A stranger comes to you and says, "You fool! Do you have brain?" What will you do? The next moment you will shout back at him, "You idiot! You are the one not having any brain!"

After some time, another stranger comes to you and says, "I love you!" What will you do? You will turn around to see if he said it to you or to someone else behind you. Then you will ask him, "Who are you? I have never seen you before. I do not know you at all. You are saying that you love me. Are you mad?"

This is because if someone loves you it is a good thing. Do you ever tell a stranger who scolds us, “Who are you? I am not a fool. Why do you scold me? Do you really mean it? I do not believe it.”? What we have to understand from this is that a person believes bad things instantly but never believes good things easily.

If someone says that diabetes can never be cured, people will believe it and take medicines and tablets throughout their life. But, if someone says that diabetes can be cured, people will say that he is a fool, a mad man and he is not talking sense. Is our objective to cure diabetes or not?

Just think for a moment. Doctors say that diseases such as diabetes, Asthma, Thyroid, Cancer, AIDS, etc. cannot be cured. If a disease cannot be cured by a treatment, then what is the necessity for undergoing such a treatment? A doctor should be able to cure a disease.

Therefore, please believe in good things. Please analyze bad things, think about them for a few days and believe in them only if it is necessary. Therefore, in our therapy, there is no separate treatment for individual parts of the body and, by following a few procedures we can cure all the diseases occurring in all the cells in the body.

We cannot divide the body into separate parts and treat them separately. Will you show the right and left eyes to two different eye doctors? Can you take treatment for the black part of the eye at a different town and for the white part of the eye from a different doctor at a different town? I will divide the heart into eight parts. Will you take treatment for a heart problem from eight doctors?

There is no necessity to divide the heart into eight parts and take treatment from eight different doctors. Similarly, we understand that

the body need not be separated into different parts. The body is a single unit. Hence, it is enough if we give a single treatment to the body.

Therefore, from now on, we will not see much about the different body parts. Instead, we will see the following things in detail. What is a cell? How does a cell live? What does it eat? How does a cell function? How does a cell get a disease? How to cure the disease in a cell without any medicine, tablet or doctor? A doctor who knows how to cure a cell will know how to cure all the parts of the body.

You may think, “We started reading the book thinking that this is a treatment. But this person keeps on talking about cells as if he is taking a science class.” We are discussing these things because a clear understanding is necessary about our body for getting a belief in this treatment. Till now, no one has given us a clear explanation about our body.

All the doctors in the world name the diseases and force us to keep consuming medicines and tablets forever but nobody ever explained to us all the facts about our body in detail. Therefore, please read the book completely. Even though it may be slightly boring when you read about a cell, as you go on you will understand why it is necessary to know about the cell. This will be easy to understand for all of us. Diseases come when you are not aware of your body. Once you get the knowledge and wisdom about your body, then that is the actual treatment. Wisdom is the medicine.

If a snake suddenly appears in a crowd, then all the people will run helter-skelter and disappear. But one person will be standing without any fear. Who is he? He is the snake charmer. He knows about the snake and its nature and he knows how to handle it. So he will not be scared of the snake.

Similarly, we are afraid of the disease because we do not know anything about it. Once you easily understand all about our body, its parts, the cells, the blood vessels, the diseases and how they occur and how to cure them, then you need not be afraid of any disease. If you read this book completely, you will become a disease-free person and you will not be afraid of any disease.

HOW DO THE CELLS FUNCTION?

A car needs petrol to run. A fan needs electric current for rotating. Once the petrol is exhausted, the car will stop immediately. Once the electricity is cut, immediately the fan will stop running. Why does a new car or a new fan stop functioning? All things in the world work using a fuel. Once the fuel is exhausted, the device stops functioning.

Similarly, each cell in the body functions by using a fuel. Our body is made up of several millions of houses called cells and several millions of kilometres length of road called the blood. Now, imagine that the cells are houses and the blood is a road. If you see a city from a helicopter, you will see several millions of houses and several roads. Similarly, our body consists of several millions of houses called cells and roads called blood vessels.

The house called cell will open its door and it will take sugar from the blood. Sugar is also called as glucose. Inside the tiny cell, there is a stove. It is called Mitochondria. This stove needs a fuel called sugar. Air is also needed for the fuel called sugar to burn in the cell. Therefore, the cell opens its door and brings oxygen from the blood and keeps the sugar in the stove called Mitochondria and burns it.

A candle needs air to burn. If you put a glass over a burning candle, the candle will stop burning. Similarly, sugar alone cannot burn. It needs oxygen to burn. When the fuel namely sugar and the air

namely oxygen burn in the stove called mitochondria inside the cell, a fire is created. This fire creates Pranic Energy. This power is also called life force, cosmic energy, life power, etc. You must have heard a lot about pranic Power in trainings such as yoga, breathing exercise, meditation, etc. This is its scientific explanation.

All the cells in all the body parts from head to toe do only this work. Sugar and oxygen are the essential food for the cells to remain alive. The cells in the eyes eat sugar and oxygen and use the Pranic energy they get through it to do the job of seeing. The cells in the bones eat sugar and oxygen and use the pranic energy derived from them to do the job of the bones. The cells in the heart eat sugar and oxygen and use the pranic energy received from them to do the job of the heart.

What we understand from this is that, all the cells throughout our body eat the same food but they do different jobs. It is similar to all the members in a house eating the same food but doing different jobs.

For lighting our stove, we open the door of our house, go to the road, go to the shop and get firewood. After the firewood is burnt in the stove it becomes cinder. Cinder is not useful to us as it is a waste. So, we open the door of our house and dump the cinders in the dust bin on the road.

We go to the shop, get fruits and vegetables and bring them into our house. After we use their edible parts we take the waste material outside the house and dump it there.

In the same way, the log of wood namely sugar is taken into the house called cells. After the sugar is burnt, it becomes the waste material called urea and it comes back to the blood. Oxygen, after entering the cell becomes carbon-dioxide, comes out of the cell and

gets mixed in the blood. So, good things as well as bad things can be found in the road namely blood in our town called body.

We collect the good things from the place where these are available and transport them through the vehicles to each house. We collect the waste material dumped in front of each house and transport it through garbage collection vans out of the town.

So, we can find on the road the vehicles which transport good material and also the vehicles which transport waste material. Similarly, in the road called blood, there will be vehicles which carry good material and there will also be vehicles which carry waste materials such as sweat, phlegm, urine, stool, etc.

The blood will thus contain good things as well as bad things. A cell depends solely on the blood for being alive, for being healthy and for curing itself from diseases. The blood is the only basic source of supply for all the needs of the cells.

Let us assume that there are ten houses in a street. Will all the ten house owners buy the same types of things from the shopping mall? No. Will all of them dump the same type of waste material? No. How many people live in each house? What are their needs? What are their living styles? Depending on all these factors, the things they buy will be different. The waste materials from the different houses also will be different from each other.

In the same way, when millions of cells assemble together, the items needed by the different cells will be different and the waste materials from the different cells will also be different.

When you go to the provision shop, do you buy the same types of items every day? No. In the same way, each house called cell will take

different types of items from the blood every single second depending on its job, its disease and many other such factors. The cell will also dump different types of wastes into the blood.

The blood is the basic necessity for a cell to be alive, to be healthy and to cure itself from diseases. All the cells in all the parts in our body from the head to the toe live their life depending solely on the nutrients in the blood.

Each cell has got its own individual intelligence. Each cell functions on its own, independently. Each cell has the intelligence to renew itself and also to cure itself from all diseases. Thus, the diseases that come to the cells cannot be cured by treating the cells. The diseases that come to the cells are nothing but the deficiencies in the blood.

So far we have seen in detail about what our body is made up of, what the cells are, what the blood vessels are, etc. Now, we are going to see about the diseases in detail.

HOW TO CURE BP (BLOOD PRESSURE)

Let us consider the blood as a train and the body parts as railway stations. A train goes into every railway station and comes out. At every railway station, some passengers will board the train and some passengers will get down from the train.

Similarly, the train called blood starts from the station called the heart, goes into each and every railway station (body part) and comes out. At each body part, some items will get into the blood and some items will go out of the blood. We will see this in detail now.

When the train called blood goes into the railway station called heart, let us see what gets into the blood and what gets out of the

blood. Many of us might be thinking that the heart purifies the blood. But, actually the heart never purifies the blood. The body parts which are responsible for cleaning the blood are the lungs, the kidneys, the liver and the bone marrows. If any of you think that the heart produces the blood, please know the fact. The blood is produced in the bone marrows.

Then what does the heart actually do? The heart creates the pressure called the Blood Pressure in the blood that comes to it after a long and tiring journey throughout the body. When the train called blood comes to the railway station called the heart, its movement gets speeded up by the heart through the Blood Pressure.

After meditating for one hour silently and without any body movement, check up your blood pressure. The blood pressure will be very low. Therefore, low blood pressure is not at all a disease.

If low pressure is a disease, can you say that meditation is a disease? When we meditate, we get many amazing powers. If low pressure were to be a disease, how could we have got such powers through meditation? After completing your meditation, slowly open your eyes and slightly wave one of your hands up and down. Now, will the blood pressure increase or reduce? It will definitely increase.

What is blood pressure (BP)? Imagine the heart as the mother and the cells as children. When a cell opens its door and eats an item from the blood, that cell will tell its mother called the heart, "Mother, I have eaten an item. Give me some more BP." When cells take an item from the blood, they will send a message through the nerves to the mother called the heart. To whatever extent the cells eat, BP will rise to that extent.

Now wave both the hands up and down fast. Does your BP rise further or does it reduce? It increases, doesn't it? Why? When all the cells in both the hands eat more items from the blood, the heart distributes more food.

Now run fast. Does the BP rise much more than before or does it fall? Whenever we run fast, our BP will definitely be high. High BP is referred to as a disease. Does it mean that nobody in the world should run? It is generally believed that normal BP means good health. When a dog chases you, if you want to keep your BP normal, you must run slowly. Then what will happen? The dog will bite you. When a dog chases you, you cannot keep your BP normal.

So, from now on we should not allow Sachin Tendulkar to play cricket. His BP will rise when he runs, will it not? Let nobody participate in the Olympics. Why because, if any participant wants to keep his BP normal, he or she will not be able to win any medal. If you participate in any game or sport, your BP will definitely be high.

What we can understand from this is that, there is no necessity for BP to be normal. At any time, BP may be high or low or normal. Our body will increase or reduce the BP depending on its requirement from time to time. Therefore, we should not try to control our blood pressure.

After running for some time, if you sit on meditation, your high BP will slowly reduce and come back to normal. Then, it will further reduce and become low BP. Therefore, it is not necessary to check your BP value and keep it normal.

Some of you may say, "OK, I know that high BP arises due to running but I was just watching TV at my residence and my BP became high. What is the reason for this?" Some of you may say, "I was not

doing meditation and I was cooking food at home but I had low BP at that time. What is the reason for this?"

BP is nothing but a measure of how many cells in the body need to be given food. When the cells work and eat food or when cells get disease and they need to cure themselves and also to increase their strength for activities, blood pressure will increase. Whenever there is less need for food for the cells in the body BP will reduce.

When a cell gets a disease, it will need four things:

- (1) Blood Pressure
- (2) Sugar
- (3) Oxygen and
- (4) Minerals and vitamins needed to cure the disease.

When these four things are given to the cell, the cell will cure itself from the disease, whatever may be the disease. When a cell gets any disease, the first thing it will ask for is BP. This is because things can be eaten only if BP increases. Only then the disease can be cured. If a disease comes to a million cells, all the one million cells will first of all ask for BP only. BP will rise and all the one million cells will be cured of their diseases. This may take half an hour or one hour or four hours.

Thus, when some disease comes to the cells of the body, from the second its cure starts to the second the cure ends, the BP will definitely be high. This is because the diseases can be cured only if the BP is higher than normal. Without increasing the BP, no disease in the body can be cured.

Whoever has the five things namely,

- (1) Quality of items in the blood
- (2) Quantity of items in the blood
- (3) Quantity of the blood

(4)Mind

(5)Intelligence of the body

in proper condition in their body, their BP will rise and their disease will be cured. After curing the disease, their BP will return to normal. If one or more of these five factors are not proper, the diseases in the body cannot be cured.

For example, let us say that the quality of one item needed to cure a disease is of inferior quality in the blood of a person. Then the cell will be unable to cure the disease using the inferior quality item. So, the suffering cell will keep on asking the heart to increase the BP and the BP will remain high. If an item in the blood is in insufficient quantity in the blood, the blood will be unable to supply that item when the cells need that item. Therefore, the cells will not be able to cure the disease and they will keep on asking the heart for more BP.

If the quantity of blood itself is less, cells will be unable to cure the diseases and they will keep on asking for more BP. When the mind is not in good condition, BP will be always high. If the intelligence of the body is affected, then the BP will be always high.

Thus, when a cell gets a disease, till that disease gets cured, BP will have to remain high. So, when BP increases, we need to understand that the cells in the body have a disease and the cells are struggling to cure the disease. Instead of this, we should not wrongly think that the blood pressure has increased due to some problem in the heart.

What is high BP? When thousands of cells in the body get disease and there is difficulty in curing the disease due to one of the five factors, blood pressure will continuously remain high. This condition is called high BP.

As long as a cell is alive, for curing its disease it will keep on asking the heart for more BP. Therefore, there is no use of treating a person with high BP by treating his heart or by giving treatment to reduce his BP. Instead, for curing the diseases that occur in the cells, the five factors mentioned above have to be set right. By setting right these five factors, we can cure the diseases in the cells of the body and thereby we can reduce the blood pressure. This is the correct solution.

What is low BP? We have seen that, when the cells in the body get diseases, if the items needed to cure the diseases are not of good quality in the blood or these items are not present in the blood, the heart increases the blood pressure and this is called high BP. The heart is also made up of tissues. These tissues are also made up of cells. If the items that are to be eaten by the cells in the heart are not of good quality in the blood or these items are not present in the blood, the cells in the heart will be affected. This condition is called low BP.

Therefore, high BP and low BP are not diseases concerned with the heart at all. These are actually diseases concerned with the items in the blood and more specifically these are diseases concerned with the five factors mentioned above. So, the treatment can be given only to the blood.

A person is sitting calmly. His BP is normal. If suddenly a snake is tossed up on his lap, what will he do? He will shout with fear, "Oh, snake!" If you check his BP at that time, it will definitely be very high.

Our body is very intelligent. If a person with normal BP gets fear, why should he get high BP immediately? The reason is that, in case the snake bites him and the poison spreads throughout his body, higher blood pressure will be needed to take that poison out from all the cells in the body. Therefore, the body increases the BP well in advance and protects the life of the person.

Once the snake leaves his lap and goes out of his house, the next moment the person says, "Thank God!" and becomes calm again. Then his BP reduces. What we must understand from this is that, our body will increase the BP whenever required and reduce the BP whenever high BP is not required. Therefore, we should not try to control our BP.

If we go to a doctor who does not know that the problem lies only in one of the five factors such as the quality or quantity of some items in the blood, then he just examines our blood pressure alone. After examining our BP, if it is more than a particular value, he says that it is high BP. If it is lower than a particular value, he says that it is low BP. The doctors label them as diseases.

Doctors in the hospitals just measure the BP and they do not analyze the reason as to why it is more or less. Doctors just give some medicine or tablet. What do these medicines and tablets do? These medicines directly control the blood pressure of the heart.

The body, for some reason such as for curing a disease or for digesting more food needed for physical energy, would have increased the BP. Just think whether it is right for us to control this fluctuation in BP. By controlling the BP in this way, the diseases in the body will only increase and there is no possibility of the diseases reducing.

Let us say that a person keeps on consuming medicines and tablets for BP continuously for three months. What will happen if he stops taking the medicine for just one day after three months? His BP will immediately shoot up to a very high level. Now what do we think? We think, "I was taking BP tablet for three months and my BP was in complete control. I was healthy for the last three months. If I do not take BP tablet even for one day, my BP increases. I have got the BP disease again."

With this fear, we keep BP tablets always with us and keep on consuming BP medicine throughout our lives. Initially when 10,000 cells got a disease, BP increased for curing them. We consumed medicines and tablets only for reducing the BP but we did not do anything at all for curing the disease that occurred in the 10,000 cells.

So, we kept consuming medicines and tablets for 3 months just for controlling the BP. Whoever tries to control his or her BP in this way, their body will not do anything at all to cure the diseases that come during this period of time. In this period of 3 months when the BP is being controlled, there may be new diseases coming everyday to some other 10,000 or 20,000 cells. Who will cure all these diseases? In this way, when already a disease was present in 10,000 cells, during these 3 months, there could be another disease for some other 20,000 cells and that disease also will remain uncured.

So, if your BP increases to a high level when you stop the BP medicine for even one day, this means that diseases have increased in the body. When the heart attempts to cure the disease in 10,000 cells our BP rises. Now please tell me, by controlling BP, will the diseases in the body be reduced or increased?

According to our treatment, controlling the BP is absolutely wrong and it is the root cause of the continuance of diseases. No one should try to control their BP. Our BP will increase or reduce as per the requirement of the body. There is no necessity for us to do anything about it.

But our doctors say that BP can only be controlled and there is no cure for it. We need not know much about science to understand this. I will ask you one simple question. When you take BP medicine to regulate your BP, as time passes, does the dosage of your BP medicine reduce or increase? We see that the dosage of the BP medicine will

keep on increasing. When the dosage of BP medicine increases, it means that your disease keeps on getting bigger and bigger.

Now tell me, do you need a doctor for curing your disease or for increasing your disease? Does your disease get cured by your consuming the medicine or does it increase? Just think. When the dosage of your BP medicine keeps on increasing, it means that the disease in your body is successfully becoming bigger and bigger.

A doctor should give a high dosage of medicine initially and then he should reduce the dosage after a few months. After some time, he should assure you, "I have cured your disease through medicines and tablets. From now onwards, you need not take any medicines and tablets." This is good medical treatment. This is the right way of treatment.

Instead, the dosage of medicine being given to the so-called BP disease keeps on increasing. Moreover, the doctors say that you have to consume it throughout your life and that the disease called BP can never be cured.

Do you need a doctor to tell you that a disease cannot be cured? Why should a person study medicine to tell you that a disease cannot be cured? We need doctors to tell us that the diseases can be cured and not for telling that diseases cannot be cured. If doctors say that the disease called BP cannot be cured, it is because BP is not a disease at all. How can you cure something which is not a disease at all?

Therefore, the truth is that controlling BP is the actual disease. Nobody should try to control their BP. If BP is controlled, then the disease will increase and it will never reduce.

When a surgical operation is done in the hospital, the body is cut with a knife. When a body part is cut with a knife, several millions of cells die. We have seen already that, when the cells in our body are affected, they will first of all ask for BP. Will the body think, “Only our family doctor is cutting me. He will stitch the cut within a short time.” and remain calm during the operation? When the body parts are cut, the very next moment our body will increase the BP to replace the millions of cells and save our life. If BP increases in this way during the surgical operation, blood will be wasted away in large quantity.

Because of this reason, in order to keep BP at a particular level during the operation, the measure called normal BP was invented. When a surgeon performs an operation, the operation will be done well only if the BP is kept at a particular value by giving BP medicines and tablets to the patient during the operation.

The measure of normal BP was invented only for this purpose. This measure was taught to the doctors during their study. There is no need to inform this measure to any patient. The patient need not know the measure of normal BP at all. There is no necessity for a person to measure his BP and know the value.

Therefore, it is a fact that BP is to be maintained at the normal level during the surgeries and during the times of emergency for saving lives. But, once we come out of the hospital, we need not be concerned about our BP value at all. There is no need for anyone to test his or her BP. There is also no need for our BP to remain at a normal level.

BP medicines and tablets were invented solely for the purpose of keeping the BP at a normal level during surgical operations and also during emergency situations. The manufacturers of BP medicines and tablets sat in five star hotels and deliberated, “How can we boost our business?”

The pharmaceutical companies have understood one thing very clearly. Public will accept whatever they are told. At our home, husband will not listen to what his wife says. Wife will not believe what her husband says. Friends will not believe each other. Partners will not believe each other. But, the gullible public will believe whatever is told by the doctors and scientists who have been coached by the drug manufacturing companies.

The disease called BP is nothing but a bogus disease that has been invented solely based on this reasoning. There is no disease called BP in this world. There is also no treatment for this disease. There is no necessity for keeping BP at a normal value. If a doctor says that BP is a disease, then he is not at all a doctor.

Therefore, no one should try to control the BP directly through medicine or tablet. In our treatment, by setting right the five factors mentioned earlier, 300 million cells in our body replace themselves every minute. By simply keeping the five things in proper condition in our body, diseases in 300 millions cells can be cured in a minute.

Thus, those who meticulously follow certain things through our treatment can control their BP within four months. Just by maintaining the five things properly and without any other medicine or tablet, the dosage of BP medicine that is already being taken can be gradually reduced every month and after four months you will see that there is no necessity for you to consume any BP medicine or tablet at all. Then there will also be no necessity to measure the BP. Moreover, irrespective of whether BP is high or low, you will always be energetic.

Therefore, the disease called blood pressure is nothing but the testing of blood pressure. All the people who do not test their BP do not have the BP disease. Once you get suspicion and start testing your BP, from that moment onwards BP disease will start for you. So, let us

clearly understand that BP can be controlled only by curing all the cells and not by controlling the blood pressure in the heart using medicines and tablets.

So, consuming medicines and tablets to control the BP is like consuming poison at our own cost as both are one and the same. Let us understand this and easily cure ourselves through our therapy and live life joyfully!

HOW TO CURE THE DISEASES IN THE LIVER

The food that we eat is digested in the mouth, then in the stomach and then it goes into the small intestine. Just like the stomach, small intestine is also a digestive organ. The nutrients that are digested in the small intestine are absorbed by the organ called the food absorbers and sent to the liver.

The food that we eat consists of proteins, carbohydrates, fiber, vitamins, minerals, etc. The names that we give to the food dishes that we eat will be valid only up to the point when the food items enter our mouth. After passing through the mouth, all the food items are converted into nutrients in our small intestine.

When the train called blood comes to the station called liver, the nutrients obtained from the food mix with the blood and then they go to the cells of the different parts of the body through the blood. After the cells take the nutrients and use them, the nutrients get converted into waste matter and come back to the blood again. The liver sends out the waste matter from the blood through the excretory system of the body.

Therefore, the liver is the mother that feeds all the cells in the body. A mother gives food to her child. She also removes the excreta of

the child. The liver's job is similar to that of a mother. Depending on the number of cells asking for food, the liver has to do that much work. When the liver gets a disease, it is not a disease concerned with the liver at all. The diseases occurring in thousands of cells in the body with regard to their food will all be reflected in the liver.

Therefore, by wrongly diagnosing that the liver has a disease and operating and treating the liver is not a proper medical treatment at all. So, all those people suffering from a disease related to the liver have to understand the fact that the disease in the liver can be cured only by giving proper food to all the cells from our head to toe and curing their diseases.

HOW TO CURE THE DISEASES IN THE LUNGS

The air that we breathe contains dust, dirt and all the things such as virus, bacteria, etc. When the air entering into our body through the nose reaches the lung, the lung takes things such as oxygen, hydrogen, nitrogen, etc. from the air and these air-related things board the train called blood when the train comes to the station called lungs. These good air-related items that mix with the blood reach all the cells in the body through the blood. When the good air-related item enters a cell, it is used up by the cell, gets converted into a waste item and sent out by the cell.

For example, when oxygen enters a cell, it gets converted into carbon-dioxide and comes back to the blood. When the used air comes back through the blood to the lung, it gets down at the station called lungs and then goes out of the body through the path called nose. Therefore, the lung is the mother that feeds all the cells in the body with the food called air. The mother lung also does the job of sending out the bad air.

Our lung does less work when we do meditation. When we run, it is required to do more work. But the lungs never do any work on their own. The mother lung will do work only to the extent the cells cry for air-related food. The activity of the lung is controlled by all the cells in the body.

Thus when the diseases related to the lung such as asthma, breathlessness, wheezing, chest congestion, cough, etc. occur, we should not give the treatment to the lung. Whenever the cells in the body get air-related diseases, the lung will get affected. Therefore, the diseases in the lung can be cured only by removing the air-related deficiency in all the cells of the body.

For example, let us say that a person's kidney has been affected. The cells in the kidney will ask the lung for more air in order to cure their disease. It is possible that the lung can get exhausted by keeping on giving air to the cells in the kidney for curing their disease.

Now tell me, for the diseases related to the lung such as asthma, wheezing, etc. should the treatment be given in the lung or in the kidney? Obviously, the problem lies in the cells of the body parts which have the disease and not in the lungs.

Please do not immediately come to the wrong conclusion that the diseases such as asthma, wheezing, etc. occur only due to the problems in the kidney. Kidney is taken here only as an example. When millions of cells in different parts of the body get diseases and they look for air-related food for curing themselves and they keep on asking for more air from the lungs, the lungs get affected.

Therefore, for all diseases related to the lungs, the treatment should not be given in the lungs. The diseases related to the lungs can be cured only by curing the air-related deficiencies in all the cells from

head to toe. The doctors who have not understood this simple fact wrongly think that for diseases such as asthma, wheezing, etc. the problem lies in the lungs and do scan, perform operation, give medicines and tablets and further enlarge the diseases.

Let me ask one question to the people who consume medicine for diseases such as asthma, wheezing, etc. Does the dosage of your medicine keep on increasing or does it reduce progressively? When the dosage of a medicine increases, it means that you have successfully increased the severity of the disease. This shows that you are following a wrong treatment. Therefore, by solving the air-related problems in all the parts of our body, we can cure all the diseases related to the lungs.

HOW TO CURE KIDNEY FAILURE

The water that we drink goes directly to the kidneys. The kidneys separate all the good things from the water and load it in the train called blood when the train comes to the station called kidney. The nutrients in the water reach all the houses called cells in the body through the blood. The cells take good water inside, use it and convert it into waste water which mixes in the blood again. All the cells in our body take water in and send out the wastage. This waste material passed out by all the cells is brought by the blood to the urinary bladder. We then send it out of our body as urine.

Therefore, kidney is the mother that gives water to all the cells in our body and it is also the mother that sends out the waste water from all the cells. When thousands of cells in our body suffer from some disease and struggle to cure it, a lot of water will be required by all of them. At that time, all the cells will keep on asking for more and more water from the kidney. When the kidney gets exhausted by continuously sending water to the cells for curing their diseases, the kidney will be affected.

Therefore, kidney failure is not a disease related to the kidney at all. It cannot be cured by treating the kidney. Kidney can be saved only by setting right the water-related deficiencies in the millions of cells in the body.

Generally, the patients with 50% kidney failure go to the hospital and undergo dialysis or take treatment through medicines and tablets. Is there any one for whom the kidney failure has been reduced from 50% to 40%, 30% and so on and gradually kidney has become fully functional? Usually we see that, as the treatment progresses, the kidney failure increases from 50% to 60%, 70% and so on.

Kidney function can be improved only by solving the water-related problems in all the cells of the body. By following certain guidelines in our treatment, we can remove the water-related deficiency in all the cells in the body and thus renew our kidney.

Therefore, patients with kidney problems can follow our method and slowly reduce their medicines, tablets and dialysis gradually in two to four months and can be completely cured. Surgery or kidney transplant may not be needed at all after two to four months.

NO PART OF THE BODY EVER GETS ANY DISEASE

The liver can be cured by clearing the food-related deficiencies for all the cells in the body. The kidney can be cured only by clearing the water-related deficiencies for all the cells in the body. The lungs can be cured only by clearing the air-related deficiencies in all the cells in the body. Blood pressure can be set right only by curing the diseases occurring in all the cells in the body.

What we can understand from this is that, there is no separate treatment for each body part. If there is a problem in the heart, we

cannot scan the heart alone and give it a separate treatment. This is because, the liver gives food to the heart. If there is a problem with the liver, the heart will not function properly. The kidney gives water needed by the heart. If there is a disease in the kidney, then the heart will also be affected. The lungs give the air needed by the heart. If there is a disease in the lungs, the heart will malfunction.

Thus, all the parts in our body are dependent on each other and are living together. So, if there is a problem in any part, by scanning that part alone, by performing operation on it and by consuming medicines and tablets for that part alone, the disease in that part cannot be cured. All the body parts, big or small can be set right only by curing the diseases in all the cells in the body. Please understand this simple fact and please do not search for treatment for each individual part of the body from now onwards.

HOW TO CURE SUGAR DISEASE (DIABETES)

Many people suffer from sugar disease. Some people may not have sugar disease. Please do not think that those not having sugar problem need not read this section. You may not have sugar problem now. Somewhere, someday, you may come across a free sugar check-up camp. Once you test yourself there, from that day you will be made a sugar patient. Therefore, all those who have sugar problem and also those who do not have sugar problem are requested to read this completely.

Our body is made up of millions of cells. It also has several million kilometres long blood veins. Each cell is similar to a house and the blood is similar to a road. The nutrients in the food we eat get digested in the small intestine and they mix in the blood through the liver. The food that we eat contains nutrients such as carbohydrates, proteins, vitamins, minerals, etc. Sugar and glucose are one and the same.

Whenever the words sugar and glucose appear in this book, please keep in mind that both mean the same. What we call as sugar is called glucose by the doctors.

The house called cell opens its door and takes nutrients needed by it from the blood. A cell can easily take items such as calcium, iron, sodium, magnesium, etc. But, it will not take sugar directly in. Before taking sugar inside, the cell will check to see whether it is a good sugar or a bad sugar.

There are two kinds of sugar. They are good sugars and bad sugars. Good sugar is obtained when the carbohydrate in the food gets digested properly in the mouth, stomach and small intestine. Bad sugar is obtained when the food is not digested properly. Good sugar means good quality sugar and bad sugar means bad quality sugar. We use the words good and bad so that we can understand the concepts easily. We can also consider good sugar as sugar with high potency (power) and bad sugar as sugar with low potency.

The sugar in the blood cannot directly enter into any cell. A cell will open its door, take one sugar from the blood and examine whether it is a properly digested, potent, good sugar or it is an improperly digested, less potent, bad sugar. The cell will ask the sugar, "Are you a good sugar or a bad sugar?" If someone asks us this question, what will be our reply? We will never say that we are bad. So, the sugar will say, "I do not know."

Cells do not have the intelligence to differentiate between good sugar and bad sugar. Therefore, the cell will tell the sugar, "There is an organ called pancreas in our body. Go to him. If you are a good sugar he will give you insulin. If you are a bad sugar, then he will not give you insulin."

Our body has an organ called pancreas. It does several jobs. One important job it does is the job of quality controller that finds out if a sugar in the blood is good sugar or bad sugar. Pancreas will analyze each and every unit of sugar in the blood. If it is good sugar, pancreas will give it a seal called insulin. If it is a bad sugar, pancreas will not issue insulin for it.

In a garment factory, there will be a quality controller. Once a garment is ready, he will come and examine it. If it is of good quality and not having any defect, he will mark it as “Tested OK.” and he will allow it to be exported abroad. If it is having any defect, he will mark it as “Rejected” and he will dump it in the dust bin.

Similarly, pancreas is the organ which functions as the quality control officer and it tests the quality of the sugar. Only the sugar which has been digested properly will be affixed with the seal called insulin. We can also consider the insulin as a key. Only that sugar which has the key called insulin can open the door of the house called cell and go inside. Only that sugar which has been digested properly and is a good sugar can get the key called insulin from the pancreas and enter the cell.

A cell will take a sugar from the blood and check it. Only if that sugar has the seal called insulin, the cell will conclude that that particular sugar is a good sugar and will take it inside. Therefore, a bad sugar can never enter a cell. Thus, the organ called pancreas is very helpful in protecting all the cells from diseases and keeping them healthy.

Some of you may get a doubt. “What is this new confusion? I am a sugar patient for more than 10 years. I have consulted many famous doctors and visited many big hospitals. So far no one told me anything

about good sugar and bad sugar. What are you talking about?" We are not just blabbering around without knowing anything about sugar.

Your sugar disease has not been cured for 10 years only because you have not learnt about good sugar and bad sugar so far. You have been consuming medicines and tablets for several years. Once you understand the difference between good sugar and bad sugar, from that moment your sugar disease will be cured.

The chemical formula for sugar is $C_6H_{12}O_6$. Sugar is an isomer. Those who have studied biochemistry will understand what we are saying. If we say that an item is an isomer, it means that there are different types of that item. No one can deny the fact that sugar is an isomer. By rearranging the positions of carbon, hydrogen and oxygen in the structure of sugar without changing their quantity as per the chemical formula, the type of sugar can be changed.

There are different types of sugar namely single sugars such as glucose, fructose and galactose and complex sugars such as sucrose, lactose and maltose. By changing the base O from right to left position and by changing the base OH from left to right position in the structure of sugar the type of sugar can be changed.

Thus, each type of sugar has a different structure. Only a few types of sugar are suitable for the human body. Some sugar types will not be suitable for the human body. Whatever types of sugar are suitable to the human body, those are all good sugars. Whatever types are not suitable for the human body, those are all bad sugars. Pancreas will issue insulin only to those sugars which are suitable for the human body. It will not issue insulin to all those sugars which can cause disease to the human body, which do not suit the human body and which are not needed by the human body.

We go to the hospital to test our sugar level. They inform us that our sugar level is 100 or 200. But, no one measures and finds out which type of sugar is present in what quantity in our blood. There is no meaning in finding out how much is the total sugar.

There is a separate machine to analyze and find out which type of sugar is in what quantity. This is called IR Study and UV Spectrum Study. The different types of sugar in the blood and their quantity can be seen only with the help of machines having this facility. These machines cannot be found in any hospital. These will be found only in very big laboratories and research institutes. Therefore, there is no use of examining the total sugar in a general way.

In the hospitals, they give report on how much is the blood glucose level. But, no one checks the sugar level in the blood. The measure that is being seen now is called Plasma Glucose level. Plasma Glucose level is different from the sugar level in the blood.

Sugar disease (diabetes) is not at all a disease connected to the pancreas. Sugar disease does not mean that your pancreas is not functioning properly. Please understand clearly that the pancreas refuses to give insulin to the sugar in the food that we eat if it has not been properly digested. If the pancreas does not issue insulin to a bad sugar it is not the mistake of the pancreas. Whenever there is insulin shortage in the body, it only means that we have not digested the food properly and there is nothing wrong with the pancreas.

Therefore, sugar disease is nothing but the improper digestion of sugar and there is no link between this disease and any body part. So, just by learning one simple trick namely how to eat food so that it will mix with blood as good sugar, we can cure the sugar disease in a minute. Our pancreas is always having insulin and waiting to give it to the good sugar. Without giving it to our body, will it give it to someone

else? But, mind you, it will give insulin only to the good sugar and not to the bad sugar. Now let us get some more clarification about good sugar and bad sugar through some examples.

When we are children, the food we eat is digested well. This is because a child will not have tension, anger, fear, etc. Thus, when a small child eats food, it gets digested properly and only the good sugar mixes with the blood.

For example, let us say that when a child eats, 500 units of sugar mix with the blood. Let us assume that the child has digested all the food properly. Now, 500 properly digested sugars mix in the blood. All these 500 sugars will attempt to go into the cells. But, even a good sugar cannot enter the cell without insulin. Therefore, all the 500 sugars will go to the pancreas.

Pancreas will test the 500 sugars. Because all the 500 sugars are good sugars, pancreas will issue 500 units of insulin. Each unit of sugar will get only one unit of insulin. Pancreas will give it to only a good sugar. Since all the 500 sugars are good sugars, all of them have got insulin. Now, 500 good sugars are circulating in the blood of the child with the key called insulin.

Let us assume that the child's body needs only 300 sugars. Cells open their doors and take sugars which have insulin, for their work and for curing the diseases. Now, since the body needs 300 sugars, 300 sugars will enter the cells. The remaining 200 sugars will keep on circulating in the blood.

Our cells will never take any items more than their actual requirement. Just because there are 500 sugars in the blood, the cells will not take all of them and store them for future use. Now, what will

happen to the 200 good quality sugars that are going around in the blood?

Let us assume that we earn Rs.500 and bring it home. But, we need only Rs.300 for our domestic expenses. Do we tear off the remaining Rs.200 and throw it in the dust bin just because we have earned more than our needs? No. If the money is in the form of ten rupee notes, we will convert it into two hundred rupee notes and save it in the cupboard.

Similarly, the child's body has earned 500 sugars, its expenditure is 300 sugars and the balance is 200 sugars. Sugar is also called glucose. The liver will combine the 200 units of glucose and convert it into an item called Glycogen. Glucose is one unit of sugar. Glycogen is an item obtained by combining several units of sugar.

This is like the difference between a one rupee note and a hundred rupee note. Sugar is like a one rupee note. If hundred sugars are added, we will get a glycogen which has the value of 100 sugars. If 500 sugars are added, we will get a glycogen having the value of 500 sugars.

Just as we convert 10 rupee notes into 100 rupee notes and save, individual sugars are added together to form glycogen which is nothing but an enriched form of sugar. Just as we keep the excess money in the safe, the cupboards in our body where the sugar is stored are the liver, the muscles and the brain. Thus, the child's body stores the excess good sugar which has insulin. So, the child has no sugar disease.

The first person who spoils the child's digestion is its mother. To start with, the child that is playing and eating as it wishes is being sent to the school. We wake up the sleeping child and say, "The school van will come at 8 o'clock. Get ready fast!" We then forcibly give bath to

the child and force it to eat the food against its wishes. Some mothers even beat the children when they do not eat the food. They force the child to swallow the food by forcing it to drink water in between.

If the child eats the food when it is not hungry and when it does not wish to eat, that food will not be digested properly. Now, let us assume that 300 sugars got digested properly and 200 sugars did not get digested properly. What will happen now? There are 300 good sugars and 200 bad sugars now present in the blood of the child. The pancreas of the child will issue only 300 units of insulin now. Insulin will not be given to the 200 bad sugars.

Therefore, if the pancreas gives less insulin, we need to understand that it is not the fault of the pancreas but the problem lies in the deficiency in digestion. The good sugars which got the 300 units of insulin will enter the cells. But, the 200 bad sugars which did not get insulin will keep on circulating in the blood. They cannot enter the cells. Also they cannot be converted into glycogen.

The same liver which saved the excess good sugars in the cupboard will now earmark the sugars without insulin as bad sugars and conclude that they are not of any use to the body and it will send the bad sugars to the kidney. The kidney will send the bad sugars to the urinary bladder. The bad sugar mixes with the urine in the urinary bladder and then goes out of the body.

Frequent urination by the sugar patients and the presence of sugar in their urine are not due to any problem in the pancreas, liver, kidney or urinary bladder. Just as the poor quality items manufactured in a company are being thrown out, our body rejects the bad sugar obtained through improper digestion of food and sends it out as waste.

But this urine is tested and analyzed to see how much sugar is present in it and we are being labeled as a sugar patient based on this analysis. This is a totally wrong approach. We need to understand that all the sugar that is going out through the urine is useless sugar.

We have already seen that our body has intelligence. Our kidney and urinary bladder will not foolishly send out a good sugar. All the sugar that gets converted into glycogen is good sugar. All the sugar that goes out through the urine is bad sugar. Our body will never send out good sugar through the urine. Therefore, please do not be afraid when sugar comes out in the urine. It is the sugar that is meant to go to the sewage.

Even now, this child has no sugar disease. Let us assume that this child studies well, grows into an adult and becomes the head of an organization. We often see that company owners normally do not take proper breakfast. During lunch time, they continue to be busy with the work and skip or delay the lunch even when they feel hungry. During night time, they will come home by 11.00 or 12.00 hours and then eat more than the required quantity. When such wrong eating habits are practiced regularly, the food does not get digested properly and the amount of bad sugar increases.

For example, let us assume that 300 units of bad sugars and 200 units of good sugars mix in the blood of a person. The 200 good units of sugar will get insulin and they will go into the cells. The 300 bad sugars will not get insulin and they will go out through the urine. But, today this person's body needs 300 units of sugar. However, 200 good units of sugar only have gone into the cells and there is a shortage of 100 units of sugar. Under these conditions, what will the body do?

Suppose that we earn Rs.500 and bring it home. Out of that, we find that Rs.300 is counterfeit currency and Rs.200 is good currency.

We will tear off the counterfeit currency of Rs.300 and dump it in the dust bin and use the good currency of Rs.200 for our expenses. Similarly, our body will reject the bad sugar as waste and send it out through the urine.

Suppose that we need Rs.300 for our household expenses but we have only Rs.200 as good currency and we have used it. Now, there is a deficit of Rs.100 in the budget. What do we do in such a situation? We will take Rs.100 out of the money earned earlier and saved in the cupboard, and spend it.

Similarly, whenever good sugar needed for the cells is not available in the blood, our body will make the pituitary gland (a pea-sized gland located at the base of the skull between the optic nerves) to secrete a liquid called ACTH (Adrenocorticotrophic Hormone). This liquid activates the adrenal gland that is located above the kidneys. The adrenal gland will convert the glycogen (enriched glucose) stored in the liver, muscles, brain, etc. into glucose and spend it. Thus, right from our childhood, we always store the excess good sugar in our body as glycogen and use it whenever we face a shortage of sugar.

Therefore, one thing is clearly understood. Nobody ever faints due to low sugar. This is because, whenever the amount of sugar in our body goes down, the pituitary and adrenal glands take the stored sugar and spend it. When there is such a mechanism in our body, it is wrong to think that low sugar will make a person faint.

Thus, over the years, we may save excess sugar sometimes and spend it later on. As long as glycogen is present in our body, we will never faint. Let us see what happens when the glycogen stored in our body is exhausted at some point in time.

For example, a person eats and 500 units of sugar mix in the blood. Out of these, 400 are bad sugars and 100 are good sugars. The 400 bad sugars do not get insulin and therefore go out through the urine. The 100 good sugars get insulin and go into the cells. But the body needs 300 sugars. So, there is a shortage of 200 sugars. Now, the body attempts to take out the stored glycogen. But, if the stored sugar is exhausted in the person's body, then there will be nothing in the reserve.

What will happen then? Adrenal gland will inform that there is no stock of glycogen. At that time, just like the car without petrol and the fan without electricity, the cells will not get good sugar and the body will come to a sudden halt.

So, the fainting of sugar patients is not because the sugar in their blood is high or low. If there is no stored glycogen when there is a shortage of sugar in the body, only then a person will faint. Therefore, if sugar patients faint, there is no problem with the pancreas and it is also not due to sugar problem. It only means that the stored sugar in his body has been exhausted.

HIGH SUGAR AND LOW SUGAR

What is high sugar and what is low sugar? Both are the same. There is not much difference between the two. We will see now why it is so.

For example, let us say that there are 500 units of sugar in the food that a person eats. Let us assume that out of these 500, 100 become good sugars and 400 become bad sugars during the digestion. These 500 sugars mix in the blood. Let us assume that there is no stored glycogen available in his body.

What will happen now? The 100 good sugars will get insulin and enter into the cells. The 400 bad sugars will not get insulin and will be excreted through the urine. Adrenal gland will search for glycogen. Since glycogen is not available, it will not be able to supply sufficient glucose to the cells. Since sufficient sugar is not supplied, the cells will starve and the person will faint.

Now, if we test sugar level in this person's blood, the level will be low. Doctors will say that he fainted because of low sugar. But, in reality, he did not faint due to low sugar. He fainted because there was no glycogen available in his body.

Let us now consider another example. 100 good sugars in the blood have gone into the cells. But the 400 bad sugars are still present in the blood and have not yet been excreted through the urine. At this point of time, the person faints due to the reason that there is no glycogen in his body when his cells needed sugar.

If you test his blood for sugar, the sugar level will be high due to the presence of these 400 units of bad sugar. Doctors will now say that he fainted because his sugar level was high. Again, please understand that, he did not faint because his sugar level was high. He fainted only because glycogen was exhausted in his body and only bad sugar was present in his body.

What we understand from these examples is that the reason for fainting is not high sugar or low sugar. Fainting happens only when the enriched sugar called glycogen stored in the body is out of stock when needed.

To state it in simple terms, if a person faints when bad sugar is present in his body, they say that he fainted due to high sugar. If the same person faints after the bad sugar has been excreted through the

urine, they say that he fainted due to low sugar. We need not bother about whether bad sugar has been excreted through the urine or not. What we need to bother about is whether there is stored stock of glycogen available in the body or not.

Therefore, it is a useless exercise to test sugar level in the blood. Some people may have low sugar but they will not faint because glycogen may be supplied whenever needed. Some people may have high sugar but they may not faint because it may be good sugar.

Some people will go to the hospital and test their sugar. Before doing the test they will be very energetic. Once they know from the test report that the sugar level is 300 or 400, immediately they will experience a different feeling in their body. The reason for this is that we have recorded in our brain that sugar level should be normal in our body. If the sugar is above or below this level, our brain informs our mind that something is wrong and our mind in turn affects our body and creates the disease.

There is no necessity for sugar level to be normal for anyone in this world. It will never be and it need not be so. After we eat our food, sugar level will be high. Good sugar will get insulin. Bad sugar will not get insulin. The sugars needed by the cells will go into the cells. Bad sugars will be excreted through the urine. Excess sugars will be converted into glycogen. When all these activities keep on happening in our body all the time, if anyone measures the sugar at any point of time, it will show a random value and it will never be normal.

Sometimes when we get diseases in our body or when the body has some other important works to do, it will do the job of sending out the bad sugar through the urine with a little delay. It is also possible that the job of converting the excess good sugar into glycogen is done with a little delay. At these times, if we perform test and develop fear

that the sugar level is high or low, then this fear is the actual cause of the disease and the glucose level in the blood is not the disease.

Let us assume that there are two persons in a house. Cooking will be done daily for these two persons. Suddenly when guests arrive, cooking will be done for 10 people. Now can the larger quantity of food being cooked in the kitchen be called a problem? If one of the two persons has a fever, cooking done will be done in less quantity. Can the less quantity of food being cooked be called a problem?

Similarly, if the cells need more quantity of sugar, then the sugar level in the blood will increase. When the cells need less sugar, the sugar level in the blood will decrease. So, no one should compare these levels with a particular sugar level and analyze it.

Let us assume that your sugar level is normal. You are calmly sitting. If a snake is tossed on your lap, you panic with fear. Immediately if you check your sugar level, it would have crossed a high level. Does your body not have any sense? Why does it increase your sugar level?

The reason is, in case the snake bites you, in order to throw out the poison from the body, all the cells will need sugar. Therefore, your body sends all the stored sugar into the blood. Once the snake leaves you, you say, "Thank God!" and the fear in your mind gets cleared. If tested after 10 minutes, your sugar level will come back to normal. Now, please tell me, was the rise and fall in sugar level a result of any disease or was it a means of self-protection?

Let us see another example. Make a small wound with a knife on the hand of a person whose sugar level is normal. The next moment, his blood sugar level will shoot up. Why? All the cells in the wounded area will start the work of curing themselves. Sugar level as well as BP level will rise whenever the cells in the body have to work or the cells have

to cure their diseases. Now, if we check the blood sugar level, it will be high. Can we call it a disease?

Maintaining normal sugar level will be valid only during surgeries and during emergency situations. Before any emergency treatment, surgery, etc. it needs to be checked whether pancreas has been damaged. During such situations, medical science has established that life can be saved only if the blood sugar level is kept at a particular level.

The concept of normal sugar level was invented only for this purpose. Normal sugar level is nothing but the sugar level range that the doctors have to maintain when they perform operations and during emergency times for saving lives. This is the purpose for which this principle has been taught to the doctors during their studies. Sugar medicines and tablets were developed only for this purpose.

Therefore, there is no necessity for any person to keep his sugar normal. Only the doctors need to be concerned about it when a person has been admitted in the hospital. After getting discharged from the hospital, nobody should test their sugar level. There is no need for such checks and we should not test it. In case anyone checks it, that checking is the cause for the disease.

Normally, sugar level should increase after eating. Then sugar will go into the cell or get converted into glycogen or be excreted through the urine. Thus, sugar level will keep on reducing and it will become normal. Then, when sugar level becomes low, the glands responsible for causing hunger will secrete. Then we eat food. Then again sugar level will rise. This is a cyclic process. During this cycle, there is no necessity to check if the sugar level is normal. In case you do not eat when you are hungry, the sugar from the cupboard will be used up.

All right, in case someone faints due to high sugar or low sugar and you bring him to me, if I tell in his ears, “Diabetes is not at all a disease. Get up!” then will he get up? No. We have to give him medicines, tablets and insulin. Only then his life can be saved. Therefore, sugar medicines and tablets are, beyond doubt, marvellous inventions to save life. However, we should use them only during emergency situations. It is not necessary to use them throughout our lives.

What does a sugar medicine or tablet do? Let us assume that a person who fainted at high sugar, say 400, consumes sugar tablet. The tablet will go directly to the pancreas and tell, “Give insulin to those 400 bad sugars.” Pancreas will reply, “I will not. I have insulin with me. But, I did not give insulin to those sugars because they were not properly digested. If those bad sugars go into the cells, our body parts will get diseases.”

But the sugar medicine will forcibly take insulin from the pancreas and give it to the 400 bad sugars. Sugar medicines do not convert bad sugars into good sugars. They give a bogus “Good sugar” certificate to the bad sugars.

Therefore, even though the sugar medicines are wonderful life-saving drugs, we have to use them only during emergencies. But, the pharmaceutical companies discussed in five-star hotels about how to increase their business and earn more. Thus, the plan called sugar disease was created. The idea was to tell the people that sugar should be always normal and if it is not, it is a disease. Definitely, if anyone measures his sugar level at any time, it will not be normal.

Therefore, with the idea that, if people consume medicines and tablets throughout their lives then a huge amount of money can be earned in profit, a bogus disease called sugar disease (diabetes) was

invented purely for a business purpose. There is nothing such as sugar disease in this world. There is no necessity that sugar should be normal at any point of time. Therefore, please do not check the sugar level at all at any time.

All doctors say that diabetes cannot be cured. It is because diabetes is not at all a disease. How can you cure something which is not a disease? We need doctors only to cure a disease and not for giving medicines and tablets for something throughout our lives and saying that it can never be cured.

When sugar medicine gives the “Good sugar” certificate to bad sugar and sends it into the cells, all the cells in the body get diseases. This is the reason why, for all sugar patients, the dosage of medicine keeps on increasing progressively as time passes.

We need not need to have much scientific knowledge to understand this. Let us think about just one basic point. Does the dosage of medicine consumed by the sugar patients keep on increasing or reducing? If it increases, then it only means that our disease keeps on becoming bigger and bigger. Do we need a doctor to cure our disease or to increase our disease? Why the dosage keeps on increasing is because all our body parts get affected when bad sugars go into the cells. So, the pancreas also gets affected as it is also a body part made up of cells.

It is said that when sugar disease comes, then all the other diseases will follow. This is totally false. The emphatic truth is that all diseases come only after we start taking medicines and tablets for the so-called “Sugar Disease”.

When sugar patients start consuming tablets, the dosage will keep on increasing. Then, all the body parts will be affected. First the eyes

will be affected. Then, some medicines and surgery will be required for the eye-related diseases. Then kidney stones will form. Then medicines and surgery will be needed for the kidney. Then some more new diseases will appear. But the doctors will say that all these diseases have come only because you did not maintain the sugar level properly. However, the fact is that, all these diseases have come only because you have maintained the sugar level normal.

Whenever there is a disease in the body, it can be cured only by increasing the sugar level. For all the people who keep their sugar level normal, their body will not be curing any disease at all. Then, will the diseases in the body increase or decrease? So, the fundamental reason for all the diseases is the controlling of sugar level.

Thus, the sugar disease is a wonderful business trick by which all the medicine manufacturing companies give us medicines and tablets for controlling the sugar and thus cause all the diseases to come to our body so that more medicines, tablets and operations will be needed for curing those diseases.

STONE IN THE GALL BLADDER

After some time, the sugar patients will be told, "There is a stone in your gall bladder. The gall bladder has to be removed." So you will undergo an operation and your gall bladder will be removed.

What is the function of the gall bladder? 80% of the fat from the blood is converted by the liver into the gall liquid called Bile and it is stored in the gall bladder. Gall bladder secretes this liquid for the purpose of digesting the food we eat.

When even those people who have gall bladder do not get their food digested properly due to various reasons, how can digestion

happen properly for a person who has no gall bladder at all? So, the liver will have to do the job of the gall bladder also. As a result, the liver will be overloaded with work.

TUMOR IN THE UTERUS (FIBROID)

Similarly, the women patients are told that there is a tumor or cyst in the uterus and that the uterus has to be removed by surgery. So, a date is fixed and they undergo surgery to get their uterus removed. The question is, why do you take an appointment to remove your body part? Why do you need a doctor who removes your body part?

APPENDICITIS

If you tell that you have pain in your appendix, your appendix will be removed. Do you know what the function of the appendix is? Appendix in our body stores bacteria that are beneficial to the immune system of the body. Appendix keeps the right and left parts of our body balanced. It also helps the body in digesting hard food. But the world of medicine says that appendix is not at all needed.

If someone says that a particular body part is not needed, then he means that God is a fool. Does the God not know whether a body part is needed or not? If the doctor says that the appendix does not do any work, it only means that he does not know what it does and it does not mean that the body part does not do any work.

Removing the body parts which have diseases cannot be called as treatment. Treatment means curing the diseases. In Anatomic Therapy, we set right a few things, follow some simple guidelines, renew the body parts and avoid cutting off the body parts for any problem such as gall bladder stone, tumor in the uterus, appendicitis, etc.

Therefore, we need to understand that we do not need a doctor to cut off a body part. Doctors are needed only to cure a body part.

WHY DO THE DIABETIC PATIENTS GET THEIR LEG CUT OFF?

Initially, the dosage of medicine consumed by the sugar patients will keep on increasing. Then, all the body parts will get affected. Then there will be new diseases in different body parts. Finally, at a point when the dosage of medicine cannot be increased further, the doctors will order for administering the insulin into the body through injection.

What is the difference between sugar tablet and insulin injection? Sugar tablet will go to the pancreas, take insulin and give it to the bad sugar. In the case of the insulin injection, insulin will be directly supplied to the bad sugars in the blood without involving the pancreas.

The insulin secreted by rats, pigs, etc. is taken and sold in the medical shops. We buy it and send it inside our body through injection. In this way, whoever uses medicines, tablets and insulin for sugar diseases, all of them spoil their body parts by giving good certificate to the bad sugars in their blood and there is no benefit to them by this. As time passes, does the sugar disease keep on increasing or does it keep on getting cured? It keeps on increasing.

Sugar patients will get numbness, tingling, burning sensation, prickling sensation, sharp pain, cramps, etc. in the leg. Why does this happen?

Let us consider a water bottle. Which part of the bottle remains in contact with the water for the maximum period of time? It is the bottom part of the bottle. The top part of the bottle will be in touch with the water only for less period of time.

Our body is also similar to a bottle. The blood is like water. The blood in our body will at first flow only towards the sole of our legs. Due to the gravitational force, the sole of our legs will be the first one to take the ingredients from the blood. Then the ingredients will go to the other parts above such as knee joints, hip, stomach, etc.

Therefore, the sole of the leg is the first body part that feeds on the bad sugars that are obtained through the sugar medicines, tablets, insulin, etc. Because it is the first one to eat the bad sugars, the sole is the first one to get the diseases. This does not happen due to the cells in the sole going bad. It happens due to the cells in the sole dying away. There is a difference between something going bad and dying away.

When we get pain in the sole of the leg, we go for treatments such as Yoga, breathing exercise, meditation, Acupuncture, Neurotherapy, Mudra, Reiki, etc. But we do not stop consuming our medicines and tablets.

After some time, we will criticize these treatments and say, “I went for Yoga classes. I tried Acupuncture. But my leg pain has not reduced.” The question is, did you stop your medicines and tablets? As long as you continue the sugar medicines and tablets, no other medicine can cure your sugar disease. When you keep on spoiling your body continuously through medicines and tablets, how can you find fault with the other medicine that it has not cured your disease?

Diabetic patients who get numbness and burning sensation in the legs will, after some time, get sores in the leg. Sores anywhere else in the body will get cured, but the sores in the soles will not get cured at all. How can the cells, which cannot even save their own lives, cure themselves when they get diseases? Then, we go to the same doctor for operating the wound in the leg.

For some people, their soles would be very badly affected and it would be very ugly to see. After this, the cells in the big toe will rot and the big toe will get disease. When you show it to the doctor, the doctor will say that the big toe has rotten only because of the sugar disease and he will fix a date for cutting off the big toe.

Just think for a minute. Has any one of the diabetic patients gone to the doctor and asked, "I am consulting you from the beginning. You said that I have got diabetes. You gave me a tablet. I consumed it. You taught me about doing sugar test. I have been testing my sugar daily. The dosage of medicines and tablets kept on increasing. I am consuming them regularly till date without fail. Then, you said that there are diseases in different body parts and gave some new medicines and tablets. Then you gave me insulin injection. You asked me to go for walking every day. I walk daily. You asked me not to eat sweets. I have not touched sweets for the last ten years. I have been following all your instructions sincerely. Then, why did my toe rot?"

Let me tell you one secret. Your toe has become rotten only because you did sincerely all the things that your doctor said.

When you get your toe cut off, please start saving some more money from now itself. After some more months, your leg also will be required to be cut off. This is because you have not stopped your sugar medicines, have you? Next, your knee will have to be cut off. Then your thigh will be cut off. Thus, so many people have got their thighs, legs, etc. cut off and they are permanently bed ridden.

Have you not understood yet that Diabetes cannot be cured by any medicine or tablet? Diabetes is not a disease at all. The only solution to this is to digest the carbohydrate in the food that we eat at the three points namely mouth, stomach and small intestine, convert it

into good quality, high potent, good sugar and mix it in the blood. Diabetes can be cured only by this easy and simple technique.

In our treatment, Diabetic patients can eat sweets. But, doctors say that sugar patients should not eat sweets. All right, you have not been eating sweets for the last ten years. Has your Diabetes been cured?

There is no connection between sugar disease and sweet. In our treatment, sugar disease will be cured only if the sugar patient eats sweets.

Sugar disease does not come due to the increase of sugar level in the body. Sugar disease comes only due to the quality of sugar in our body going down. Therefore, whatever food dishes that we may eat, if we learn the technique of how to eat them and then eat accordingly, then good sugar will mix with the blood and insulin will be secreted naturally by the pancreas. Thus, sugar disease can be cured immediately.

Therefore, nobody needs to fear that sugar level is more in the body. Whoever saves more sugar in the body, their lives will be saved.

Let us imagine that a person has been injured in a road accident in a forest area and he is lying on the road at night 10.00 PM. There is no one to save him. Let us say that he is spotted by others only by next day morning at 10.00 AM. If the quantity of the sugar saved in his body in the form of glycogen is high, by distribution of this stored sugar in his blood from night 10.00 PM to morning 10.00 AM his life could be saved. Whoever has more sugar saved in their body, their lives can be saved for several hours in times of emergency.

Whoever keeps their sugar properly in the name of normal sugar level, there will be no sugar saved in their body at all. For people who take medicine for Diabetes for several years, if they get into an accident in front of the hospital, it is possible that they lose their lives even before they go into the hospital. The money that you have in the bank, the jewels that you own, the land and property that you own, etc. are all the property for the outer world. The quantity of sugar that is stored in your body in the form of glycogen is the actual property owned by you for your life.

Therefore, please eat well. Eat more items having sugar. Save a lot of glycogen in your body. Your life will be saved by this and you will not get any disease. People say that if sugar level increases it is a disease. If someone gets admitted in a hospital due to an emergency health problem, while coming out from the hospital, he proudly says, "I was given 16 bottles of glucose in the hospital." Just think. Glucose bottle only saved your life. So, sugar only saves life. Is it then right to say that we should not save the sugar in spite of its being the fundamental need of every cell in our body?

CAN WE EAT SUGAR-FREE PRODUCTS?

We are told to eat sugar-free products. We eat food only because the food contains sugar. The only reason we eat food is that our body needs sugar. Sugar-free product is something which has to be dumped in the dust bin. If a food item does not have carbohydrate, it is not needed for our body. Therefore, please do not eat anything in the name of sugar-free product.

Only those who do not know or understand what sugar is, why is it required, what it does, what are cells, how our body functions, etc. will talk about eating sugar-free products.

All foods contain sugar. Whatever we eat gets converted into sugar only. Only if a dish has sugar, it is a food. A dish which does not contain sugar is not at all a food. People will tell you “Do not eat rice. It contains more sugar. Eat Roti instead.” Rice also contains sugar. Roti also contains sugar. All right, people who live in some areas eat wheat-based food. Why do they get sugar disease? Go to such areas and observe. People there are advised, “Do not eat wheat-based food. Sugar disease comes only because of wheat. Eat more rice.”

There is no connection between sweet taste and sugar at all. Sugar patients who understand this fact can start eating sweet from this minute. All rice-based dishes contain sugar. All wheat-based dishes contain sugar. In fact all the foods that are worth eating contain sugar. But all foods may not taste sweet.

What do we understand from this? Sugar will not taste sweet. Sweet is a taste which will not be visible to the eye. Sweet is something which has to be tasted and digested by the tongue. Sugar is a thing which is visible to the eye. It is something which has to be digested by the stomach. It is not necessary that sugar should taste sweet.

Therefore, please do not be afraid of eating sweets. In our treatment, we teach the technique about how to eat food so that it is converted into good sugar. Once we learn this technique and eat all the food following the methods that we teach and convert all the food into good sugar and send it inside, our pancreas will start secreting insulin in the natural way.

When there is a way to have insulin secreted in the natural way, why should we continue to consume medicines and tablets? What we say may create a fear in some people. They may think, “If we listen to him and stop Diabetic medicines and tablets, will it cause any danger to our lives?”

In case you have any doubt like this, you can do one thing. Those who take sugar tablet or insulin injection can get themselves admitted in a hospital for observation. While in the hospital, please eat according to our technique. Do not take sugar tablet or insulin injection. Be in the hospital for one full day. After you eat your breakfast, without taking any sugar medicine or insulin, you will feel hungry again by noon.

What does this mean? This means that your pancreas has secreted insulin. Within two or three hours after we eat our food, insulin has to be secreted. Otherwise, we will faint. When you eat as per our guidelines and you do not faint for one full day, it will clearly show that your pancreas has not been affected by stopping of the sugar medicines and tablets.

Some people may get sugar problem because of damage due to their pancreas also. But, that happens to only one in thousand people.

So, please eat as per our guidelines. If you do not faint for one full day, your sugar problem is not due to your pancreas being affected. It is due to your digestion being improper. By understanding this, you can gradually reduce your sugar medicines and tablets, stop them totally within three to six months and be happy and healthy.

Therefore, finally what we understand is that sugar disease is not concerned with the pancreas. It is a disease concerned with the digestion. We are going to see how to eat food so that it becomes good sugar. By this, we are going to see a world where there is no Diabetes and there are no Diabetic patients.

HOW TO CURE THYROID-RELATED DISEASES

The food we eat contains calcium. People say that we should drink lot of milk for our body to get calcium. This is a wrong concept. Do

hens drink milk? Eggs contain calcium, don't they? Even the shell of an egg is calcium. So, how did the hen get calcium? Just think. Does the cow drink milk? Cow eats leaves, grass, hay, etc. and then it gives milk. This milk has calcium. So, calcium is present not only in milk but in all foods. Especially, it is present in all green plants.

Therefore, if we want calcium for our body, we can get more calcium by eating a lot of spinach. Calcium is present in all the foods and grains that we eat. If the calcium in the food that we eat gets digested well, then it is called good calcium. If it is not digested properly, then it is called bad calcium.

The calcium in our blood is of two types. One is good calcium and the other is bad calcium. The words good and bad are used here so as to help us understand easily. The correct words are high potency and low potency. One tablet is called 50 mg dosage and another one is called 150 mg dosage. A higher dosage tablet will have more potency (power).

Similarly, we can segregate ingredients as good and bad depending on whether they have high potency or low potency. The calcium obtained by proper digestion of the food that we eat is good calcium. The calcium obtained through incomplete and improper digestion due to problems in digesting the food that we eat is low quality calcium or bad calcium.

Calcium should be present in a desired quantity in our blood. If calcium present is above this level, thyroid gland will take the excess calcium and save it in a storehouse namely bone.

If calcium is improperly digested, then this low quality, bad calcium will be present in the blood. When thyroid stores this calcium in the bones, then the bones get affected.

Bones created with such bad calcium may rot, may become bulgy, lean or may break. Thus, bones may get affected in various ways due to bad calcium. But, doctors say that thyroid gland is responsible for all the bone-related diseases. The fact is that, bone-related diseases occur because the items taken by the thyroid gland have gone bad in the blood. So, the reason for bone-related diseases is not thyroid gland but the quality of calcium in our blood.

When the quantity of calcium in the blood falls below the desired level, a gland called Parathyroid takes the calcium from the bones and puts it in the blood.

When the capacity to extract calcium from the blood reduces, then the quantity of calcium in our blood decreases. Then, when the calcium from the bones is brought to the blood, bones get diseases. Therefore, there is no connection between thyroid gland and all the bone-related diseases.

All the muscles in our body have the capacity to contract and expand. The muscles need some items for contracting and expanding. The contraction and expansion of muscles is dependent upon the function of Thyroid gland. Calcium and some other things are needed for a muscle to expand. Thyroid gland supplies these items. If these items have gone bad in the blood, thyroid gland will not be able to expand the muscles. Under these conditions, muscles will contract but will not expand. So, we will become lean. Muscles will become tense and they will contract.

Sodium and many other things are needed for a muscle to contract. If these items are of poor quality in the blood, thyroid gland will not be able to contract the muscles. Under these conditions, muscles will expand but will not contract. So, we become obese.

This is the reason for some people suddenly becoming obese or lean. Doctors will say that these people have thyroid disease. There is no disease in the thyroid gland. These diseases occur because the quality of the items taken by the thyroid gland from the blood has gone bad.

Therefore, please understand that thyroid disease is not a disease concerned with thyroid gland at all. The basic reason for this is that some items in the blood are of bad quality. Therefore, there is no use of scanning the thyroid gland, testing it, performing operation and consuming medicines and tablets. Even if we do all these, the disease will only keep on increasing.

Thyroid related disease can be cured only by increasing the quality of the ingredients in the blood. By improving the quality of items such as calcium, sodium, etc. in the blood by increasing the digestive power, thyroid disease can be completely cured without using any medicine or tablet, consulting any doctor and performing any operation, etc.

People say that those having thyroid disease should not drink milk. This is wrong. Thyroid patients can drink milk. Milk is a very good food. But, the packaged milk that is sold in shops in packets and pouches is not good milk. The milk obtained directly from the cow is good and it can be consumed in large quantity. Human body will not get any disease by drinking milk. Let us all live a healthy life!

THREE DIFFERENCES BETWEEN ANATOMIC THERAPY AND OTHER TREATMENTS

There are three important differences between Anatomic Therapy and all the other medical treatments being practiced in the world. The following basic principles of Anatomic Therapy explain these differences.

1. There is no disease in any body part. The disease is only in the blood.

All the parts in our body live solely dependent on the blood and its ingredients each and every second. Therefore, the complications in the blood are the fundamental reason for all the diseases occurring in the body part. But, the world medicines are all searching for diseases in the body parts. That is why they keep on giving treatment for the same disease for several years.

2. There are two types of ingredients in the blood namely good ingredients and bad ingredients.

Doctors in the world count the amount of sugar in the blood. But they do not check as to how much good sugar and how much bad sugar is present in the blood. Good and bad depend on the potency (power) of the sugar. All the ingredients in the blood such as sugar, calcium, sodium, iodine, etc. have their potency. Some items will be more potent and some items will be less potent. More potent items are good items. Less potent items are bad items.

When we go to a cloth shop, we see clothes of different quality. A commodity such as rice is available at different prices, the price depending on the quality. All the items in the world have their own quality. Inferior quality items are available at lower prices and better

quality items are available at higher prices. When it is so, then why does nobody see the quality of items in the blood so far?

Even people are said to have good mind and bad mind. We cannot see this with our eyes. All medicines and tablets have dosages. The same tablet is available in different dosage levels. Even carbon-dioxide is of good and bad types. The carbon-dioxide emitted by vehicles is bad. The carbon-dioxide that comes out of trees is good.

Therefore, all the things in the world can be segregated as good and bad, good quality and bad quality, high potency and low potency. Similarly, all items in the blood can be segregated based on their potency. Therefore, the main reason for the medical world not being able to cure the disease is the fact that they do not see the quality of the ingredients in the blood. In anatomic therapy, we see the quality of ingredients in the blood.

3. No body part or gland in our body malfunctions at any time.

Doctors say, “Your pancreas does not function properly” “your thyroid does not function properly” “your kidney does not function properly”, and so on. Please understand one thing clearly. No part in our body ever malfunctions.

You accept that your pancreas malfunctions. Are you separated from your pancreas? Have you kept your pancreas at your home or is it inside your body? It is very much part of yourself. If a part of our body does not function properly, it means that we are not functioning properly.

The kidney, thyroid, heart, etc. in our body do not watch television. They do not go for a picnic. They do not chat with the body parts of our neighbor. All our body parts have the sole intention of

keeping our body in a healthy condition. They do not make any mistake and they also never have any intention to do so. Therefore, when the doctor says that a part in our body does not function properly, then we have to understand that we are the one who is not functioning properly.

So, please never say from now onwards that our body parts are malfunctioning. Our body parts get affected when we do a mistake but they individually do not do any mistake. Our body parts always attempt to save us. We are the ones who do a lot of things to damage our body parts. The mistakes of the patient affect a body part and not the other way. Therefore, let us not say that a body part does a mistake. We do all the mistakes. By correcting our mistakes, we can pacify our body parts and cure the diseases.

By realizing these three differences, we can cure all the diseases without the help of any doctor, medicine or tablet.

FAT, HDL, LDL AND FATTY TUMOR (LIPOMA)

Fat is present in all the food that we eat. Generally, people say that fat is present only in oily items and coconut. But, fat is present not only in these items but also in all the grains and all the foods. If fat-related items get digested well and mix in the blood, then it is good fat. If fat-related items do not get digested properly and then the improperly digested ones mix in the blood, it is called bad fat. Properly digested fats are called good cholesterol and improperly digested fats are called bad cholesterol. Doctors have given them the names HDL (High Density Lipoprotein) and LDL (Low Density Lipoprotein) respectively.

If the fat in the food that we eat is properly digested, then it is called good fat or good cholesterol or HDL. The fat which is not

digested properly is called bad fat or bad cholesterol or LDL. So, please do not be afraid of the words HDL and LDL. Good fat is HDL and bad fat is LDL.

When improperly digested fats i.e. bad fats (LDL) mix in the blood, they get stagnated here and there and form as tumors. These are called fatty tumors, fat globules, or Lipoma. If the bad fats in the blood get deposited to the walls of the blood veins, the way inside the veins for the passage of blood will get blocked and this can cause increase in the blood pressure. Whichever body parts bad fats enter into, all those body parts will get diseases. Liver will take this bad fat, convert it into bile and store it in gall bladder.

In order that the food that we eat gets digested in the stomach, bile should be supplied by the gall bladder. Bile is a fluid that helps in the process of digestion. Bile which is created using bad fat cannot do the job of digestion properly. When bad fat (bad cholesterol) goes to the heart and clogs the passage at various locations, it is called heart blockage. Therefore, the only reason for fat globules, rise in blood pressure, improper digestion, blockage in the heart, etc. is the fact that improperly digested fat items in the food that we eat mix in the blood.

There are doctors who cut and remove the fat globules. But, after removing it through operation, do they teach you the proper way of consuming fat items from then on so that good fats mix in the blood? Do the doctors who prescribe medicines and tablets to control the increasing BP teach you the methods by which bad fat can be removed from the blood veins and good fat from the food we eat goes into the blood?

Doctors remove the four or five blocks in the heart through bypass surgery and angioplasty using balloon, etc. Treatment is given only for taking out bad fats and blocks from the heart. But, nobody

teaches the technique as to how the fat-related items that we eat can be digested and mixed as good fat in the blood. Instead of this, they advise us, “Do not eat any fat-related item from now onwards. Do not add fat to your food at all.” After listening to this advice, many people stop eating fat-related items. All these people will end up getting a bigger disease shortly. This is because fat is an item which is very essential for all the parts of the body.

Wherever two cells touch each other in our body, only if the paste-like fats are present between the two cells as covering material and packing material, the cells can function properly. Thus, fat materials are present between any two cells. There will always be an oily matter on the surface of our skin. This is also a kind of fat only. This oily paste is the wonderful shield which protects us from skin-related diseases. Moreover, 80% of the fat matter from the blood is absorbed by the liver, converted into bile and stored in the gall bladder. When all the food we eat enters the stomach, bile must be secreted for digesting it.

So, is it right to say that we should not eat fat which is such an essentially needed item for all the body parts from head to toe? Only those doctors who do not know the role played by the fat in our body will advise us not to eat fat items.

Therefore, please do not be afraid of consuming fat items. Fat is an important and essential item required by our body. Because we do not know how to properly digest the fat in the food, bad fat goes inside the body and creates disease. But not eating fat at all is not the solution for this. The proper and correct treatment by the doctor should be to teach the technique of how to eat fat-related items so that they get converted into good fat.

Therefore, in our treatment, fat-related diseases can be cured only if those having fat-related diseases eat oily dishes, coconut, etc. We will teach you the secret technique of how to eat fat-related items. By following this, you can cure all fat-related diseases just by eating oily dishes, coconut and other fat-related items.

Doctors advise you not to eat coconut-related items. This is funny. Coconut is one of the best foods in the world. Coconut is given as sacred offering to God and distributed to devotees in temples. Just think whether a bad thing will be given as offering to God. Coconut contains all the minerals and all the other good things needed for the body. Coconut is one of the best natural foods available to mankind. Why should we not eat such a food?

In olden days, our forefathers used to drink a mixture of coconut milk and Palm sugar, and drive away all the diseases. Ask your grandfather or grandmother. They will tell you what a life-saving medicine is this mixture of coconut and Palm sugar.

So, whatever disease anyone gets, he can cure it by drinking the mixture of coconut milk and Palm sugar. This solution is the one medicine which can cure all the diseases. Several years ago, when our forefathers took a person struggling for life to a doctor and when the doctors tried all the medicines and still were not able to cure the person, the coconut milk medicine was given as the last resort to the person given up by the doctor.

The coconut milk that we refer to is not the colorful hot coconut milk which is sold in all the streets nowadays. The coconut milk is prepared in a unique way. In southern districts of Tamil Nadu, for preparing a dish called “Sodhi”, coconut granule is made by grating the coconut. This is made by making the white material of a coconut into small fine pieces by grating. If we press this grated material firmly on

our palm and add a little water, we will get milk-like solution. As per age-old medicine, if we give one glass of this coconut milk to a patient struggling for life and who is given up by the doctor, he will survive.

Thus, our forefathers used to save lives using the coconut milk. But now if our grandfather or grandmother is struggling for life, we give cow's milk to them through the hands of their grandson or granddaughter and snatch their lives! Therefore, hereafter, do not give cow's milk to anyone struggling for life. Save their lives by giving coconut milk.

There will be a small problem in giving coconut milk and saving life. The separation of the assets of grandfather or grandmother by the sons and daughters will be delayed! So if you want the property of your grandfather or grandmother immediately, then take away their lives by giving cow's milk. If you want your grandfather or grandmother to be alive and be with you for a long time, then give coconut milk and save their lives.

Therefore, coconut is not an item to be avoided at all. By learning the technique as to how to eat the coconut so that it gets digested well and is converted into good fat, just by eating coconut all those having fat-related diseases can be cured of their diseases.

Some people are afraid when they see oily dishes. Oil is an absolutely essential item that is needed by our body. So what is there to fear about it? We add oil in our food because our body needs fat. Therefore, please do not be afraid of oily dishes. The problem lies in the fact that we are not able to digest even ordinary oil. There is no problem with the oily dish.

We are now going to learn how to eat oily dishes and oil-related items so that it can be converted into good fat. So, from now onwards,

we can cure all fat-related diseases just by eating oil dishes and oil-related items.

SESAME OIL

The oil available in the shops nowadays in the name of Sesame oil is not genuine. You can buy black sesame (Til) and get it grounded on your own at your local oil extracting mill. If you taste that oil then only you will know about the genuine sesame oil. Many of us will not know how original til oil looks and tastes like. If you ask your grandfather or grandmother, they will tell you about it in detail.

But please do not buy and consume any oil that is sold in the shops. Especially, do not buy any oil which is publicized widely as fat-free and cholesterol-free. The reason is that, the very purpose of our consuming oil is that it has got fat. Oil which does not contain fat is a waste to be thrown in the dust bin.

If you go to the shops in search of original sesame oil, you will only get disappointment. Therefore, you should get original sesame oil prepared by yourself in the following way.

You have to buy 20 kilograms of black til, dry it in the hot sun, remove stones in it, add 1Kg of Palm sugar to it, take it to the nearest oil-grinding shop and get it grounded into til oil in our presence. If we dry it in hot sun for one day, the unwanted matter will settle down as sediment. Now, you have clean and pure oil ready.

If we prepare til oil needed for our house in this way and use it, we can preserve our health. Therefore, use only original til oil from now onwards. Do not buy any oil which is sold as original til oil. It is original only if you get it prepared by yourself.

Our forefathers lived a healthy life full of stamina without any bone-related disease only because they ate sesame oil.

Therefore, in our treatment, fat-related diseases can be cured only by eating all fat-related items, especially coconut, oil dishes, etc. By reading this book completely, we can eat fat-related items, oil items and coconut in such a way that they get converted into good fat and mix in the blood and we can cure all fat-related diseases.

When more of good fat mixes in the blood, bad fat will automatically come out. After eating for one to three months as per our treatment, you can get fat-related tests done for yourself and you can observe that bad fat has reduced. Let us all live a happy and healthy life!

WHY DOES THE QUALITY OF AN ITEM IN THE BLOOD GO BAD?

When the quality of sugar in the blood goes down, it is called sugar disease (Diabetes). When the quality of calcium goes down, we get disease in the bones. Thyroid disease occurs when the quality of calcium, sodium, iodine, etc. in the blood goes down. Fatty tumor (Lipoma), blood pressure, blockage in the heart and all the other fat-related diseases occur when the quality of fat-related items in the blood goes bad. We have discussed all these in detail.

In a similar way, eye diseases occur when the quality of vitamin A in the blood goes down. This is because vitamin A is needed for the eye. When the quality of Vitamin A goes down, the eyes will be the first organs to be affected. We should not wrongly conclude then that the disease is in the eye.

All the body parts will get diseases when the quality of Vitamin A goes bad. It is because Vitamin A is needed for all the body parts. But,

the eyes need more Vitamin A compared to other parts of the body. So, the deficiency in Vitamin A will be first visible only in the eyes.

Bones get diseases when the quality of Vitamin D in the blood goes down. This is because Vitamin D is the food for the bones. The basic reason for all the bone-related diseases such as joint pain, knee pain, arthritis, etc. is the degradation in the quality of Vitamin D in the blood.

Therefore, when there is pain in the bones and joints, there is no use of applying ointment on them and performing bone operation and joint operation. All bone-related diseases can be cured only by improving the quality of Vitamin D in the blood.

We should not immediately conclude that diseases come only in the bones when Vitamin D goes bad. Vitamin D is needed for all the parts of the body. But, because bones need more Vitamin D compared to the other parts, bones get affected first when there is a drop in the quality of Vitamin D.

When the quality of Vitamin B in the blood goes down, all muscle-related diseases will occur. This is because Vitamin B is the food for the muscles. The basic reason for all the muscle-related diseases such as body pain, tiredness, prickling, and burning sensations in the body, etc. is the drop in the quality of Vitamin B in the blood. Therefore, all muscle-related diseases can be cured by improving the quality of Vitamin B in the blood.

If the quality of Vitamin K in the blood goes bad, blood will lose its capacity to clot. Normally, if there is a wound in our body, the blood will clot immediately when it comes out. So, more blood will not flow out and our life will be saved. But, if there is a drop in the quality of Vitamin K in the blood, blood will not clot. Then, more blood will flow

out and there is a danger to the life. Therefore, clotting of the blood can be restored by setting right the quality of Vitamin K in the blood.

Similarly, there are so many items in the blood and whenever any item goes bad in quality, all the parts of the body will be affected. But, some particular part will be affected more. The space in this book will not be sufficient if we want to see which part will be affected for each and every item in the blood.

Therefore, what we have to understand is that when an item goes bad in quality, all the body parts will be affected but one particular part may be affected more than others because each body part consumes more of a particular item and less of other items. Therefore, when a particular body part gets a disease, we need to understand that there is no connection between the disease and that body part and that an item consumed by that part is deficient in the blood.

For example, when there is a disease in the eye, there is no use of analyzing the eye. This is because the reason for the eye-related disease does not lie in the eye. Eyes get the disease only because some items needed by the eyes have gone bad in the blood.

Similarly, joint pain is not at all a disease related to the joints. The basic reason for joint pain is that items needed by the cells in the joints have gone bad in the blood. Therefore, we have understood clearly that the diseases are not in the body parts but the disease is actually the bad quality of items in the blood.

Let us imagine that in a big bungalow all the windows and doors are kept closed. There is a fire inside the house. You are an onlooker from outside. The fire inside the house is not visible to you. All the windows and doors are closed tightly except only one window which is slightly open.

Now, some smoke will come through that window. If someone says that since there is smoke through the window the problem is in the window, can we accept it? The disease is not in the window. The disease is the burning of the entire house. Smoke is not a disease. It is only a symptom. By closing the window tightly, we may be able to stop the smoke from coming out from that window. But, can we say that the problem has been solved? If we understand this example, we can understand the world of medicine.

When the entire body is burning with fire, smoke will come out through one of the body parts. That is, there will be pain in one of the body parts. If there is any pain or uneasiness in any part, we have to understand that smoke (symptom) is coming through that part. When the entire body is burning, the smoke called pain will come through the body part which is weaker than the others.

So, whenever any body part from our head to toe gets disease, there is no use of analyzing that body part. We have to understand that the entire body is burning and smoke is coming through that part and we have to find out ways to douse the fire in the entire body instead of trying to block the smoke in that particular body part.

This is how in today's world of medicine, they say that the disease is in that body part and in order to block the smoke they give medicines and tablets for controlling the smoke throughout our lives. But, they never attempt to douse the fire that is burning throughout the body.

So, if anyone gets a headache, from hereafter please do not say that there is a disease in the head. Say that there is smoke in the window called head, the head is not responsible for this and this is because there is a fire called disease throughout the body. Then, search for ways to douse the fire throughout the body, that is, to cure the disease in the entire body.

When there is pain in the knee joint, please understand that the entire body is burning and there is smoke in the window called the knee joint. Because one item consumed by the knee joint has gone bad in the blood, the entire body has been affected. But because of the fact that knee joint consumes more of that item compared to other parts knee joint got the disease first.

Thus, whenever any body part gets a disease, if we realize that the disease is not in the part and only smoke is coming through that part, we will find it easy to cure all the diseases occurring in our body by ourselves.

A disease comes because one item has gone bad in the blood. An item in the blood will not go bad on its own. The basic reason for this is that due to changes in our habits the items that we eat mix in the blood without getting properly digested. Therefore, the first disease that a man gets is the degradation in the quality of some item in the blood. By reading this book completely, we can understand how we can cure this disease in a simple and natural way without any medicine or tablet.

WHY DOES THE QUANTITY OF AN ITEM IN THE BLOOD REDUCE?

The first disease is the reduction in the quality of items in the blood. Once we get this disease, this has to be cured in the natural way. The doctors who do not know how to cure this disease in a natural way sell medicines and tablets in the name of controlling it throughout our lives. Controlling a disease is different from curing it. Only those doctors who do not know how to cure a disease will control it. There is no need to control any disease. It is very easy to cure any disease.

You are running a company. Suddenly, one day you are required to go abroad. You have gone abroad. There are some problems in the company. Your manager calls you over phone and explains about the

problem in detail. It will take at least four days for you to return. The problem can be solved only if you are physically present in the company. What will you do under these conditions?

You will tell the manager, "It will take four days for me to return. The problem can be sorted out only when I come back. I will tell you how to manage the situation in the meantime." The manager will be managing the issue for the next four days. You will return after four days and sort out the problem.

So, we understand from this example that managing a problem is temporary and solving the problem is permanent.

Managing a disease or controlling it is temporary. Curing the disease is only permanent. It is a universal fact that controlling a disease will make it bigger. So, whoever keeps on taking medicines, tablets and treatment for years together saying that the diseases such as sugar, BP, Asthma, Thyroid, Cancer, AIDS, etc. can only be controlled, your diseases will become bigger and bigger.

The first level disease is the degradation of an item in the blood. By controlling it, we are pushed to the second level of the disease. The second level is that the quantity of an item is less in the blood or the item is absent in the blood.

The quality of sugar going down is the first level disease. If sugar is not there in the blood it is the second level disease. If quality of calcium reduces you will become obese. This is a smaller disease. But, if the quantity of calcium in the blood reduces or calcium is totally absent in the blood, then it is second level disease. Then, the calcium from the bones comes to the blood. Then, the bones will break or rot. This is a very big disease.

Thus, if the quality of an item in the blood is bad, then it is the first level, smaller disease. If the quantity of an item in the blood is less or if the item is totally absent, then it is the second level, bigger disease.

When the quality of an item in the blood goes bad, if we set it right in the natural way, then we need not be pushed to the second level namely the quantity of the item reducing or the item being absent in the blood.

For all those who keep consuming medicines and tablets for years together in the name of controlling the disease when an item in their blood goes bad in quality, their diseases will be enlarged. After some time, they will be pushed to the second level, saying that in their blood there is no calcium, no iron, no sodium, etc. Then they will be required to consume medicines and tablets for this disease also.

So, if the quantity of an item is less in the blood or if an item is absent in the blood, we have to consider it as the second level disease. We are going to learn how to set right this condition by completely reading this book.

WHY DOES THE QUANTITY OF BLOOD REDUCE? (ANAEMIA, SHORTAGE OF HAEMOGLOBIN)

Depending on our age, height and weight, there is a desired quantity of blood in our body. If the quantity of the blood in our body is less than this level, then it is the third level of disease.

An item in the blood going bad is the first level of the disease. If we control this using wrong treatment, then it leads to the item in the blood reducing in quantity or being absent and we are pushed to the second level of disease. If we give a wrong treatment to the second

level of disease also, then the third level disease namely, the quantity of blood reducing occurs.

What is the reason for the quantity of blood in our body reducing? First of all, let us see how blood gets generated in the body. Bone marrow takes some items from the blood and creates new blood. When some items in our blood are of poor quality and some other items are not at all available in the blood, since bone marrow does not get all the items needed for creating the blood, it stops the work of creating new blood. Due to this, the quantity of blood in the body reduces.

A worker in a factory will do his job properly only if all the materials needed for his job are supplied to him in proper quality, quantity and at required times. If he is supplied with bad quality materials or he is not supplied with sufficient materials, he will be simply sitting without doing his job.

Similarly, whatever items are needed by the bone marrow for creating new blood, only as long as these items are available in the blood in proper quality and in right quantity, new blood will continue to be generated. If some items go bad or some items are absent in the blood, then there will be shortage of materials and the worker called bone marrow will stop doing his work. If bone marrow stops its work, the quantity of blood in the body will reduce. This condition is called anaemia or haemoglobin deficiency.

The basic reason for the third stage disease namely quantity of blood reducing is the application of wrong treatment at the first stage of disease namely quality of items in the blood reducing and for the second stage of disease namely quantity of items in the blood reducing and items being absent in the blood.

When the quantity of blood reduces, all the parts of the body will not get sufficient blood and all of them will be affected. We are going to learn in our treatment the easy technique of how to maintain the quality of blood properly and at desired quantity. Through this technique, we can easily cure all the three levels of diseases.

WHEN THE MIND GETS AFFECTED, THE BODY WILL GET DISEASE

There is a close connection between the mind and the body. If the mind is affected, the body will be affected. If the body is affected, the mind will be affected.

If we do not get good sleep for two or three days, then we will be angry with all the people we talk to. When we are known as a calm person, why do we suddenly talk in an angry mood? This is because, when the body gets affected, it affects our mind and it changes our mood.

When we get a severe headache our emotions change. This is because, when there is a disease in the body, the mind also gets affected. The mind will be affected to the extent the body is affected.

Similarly, whenever the mind is affected, its effect will be seen in the body. Sometimes, some incidents may happen which may directly affect our mind. Sometimes our mind will be indirectly affected. We can cure a number of diseases by keeping our mind calm. Similarly, by curing the diseases in our body, we can keep our mind calm.

First the quality of items in the blood reduces, then the quantity of items in the blood reduces or items are not available, then the quantity of blood reduces and only then our mind is affected. Many of us may not know that our mind can be affected even in this way. If we

understand this and set right our mind, we can cure the fourth level disease.

For the present, just understand that the mind will be affected if the body is affected and the body will be affected if the mind is affected. Mind is a very big ocean. We are going to bring out a separate book on the mind very shortly. We can understand easily and clearly about how to keep our mind in control by reading that book.

WHAT DO WE MEAN WHEN WE SAY THAT THE CELLS HAVE LOST THEIR INTELLIGENCE?

Each cell in each and every part of our body has its own intelligence. We are healthy as long as this intelligence is functioning properly. When this intelligence gets affected, it becomes a disease.

The intelligence of the cells will not get affected all of a sudden. First the quality of an item in the blood will reduce. Then an item will be absent. Then the quantity of blood will reduce. Then the mind will be affected. Only a person who does not treat these four diseases will get the killer diseases such as Cancer and AIDS. If the quantity of blood in our body reduces and then the mind gets affected, only then the intelligence of the cells in our body will be affected.

There are ten dogs in our house. If we give ten cookies, one to each dog, then all the ten dogs will eat them without fighting. If we give only two cookies to the ten dogs, all dogs will fight for the two cookies and the dog which is more powerful than the others will eat them. All the other dogs will starve and they will get diseases due to lack of food.

Now consider all the cells in our body as dogs and the blood as the cookies. Only as long as the cookies namely blood is in sufficient quantity, all the dogs namely the cells will get proper food. Once the

quantity of blood reduces, those dogs which have strength will eat the available cookies and will be healthy. Those dogs which have less strength will starve and their health and their intelligence will be affected.

Therefore, the basic reason for the occurrence of Cancer and AIDS in our body is the lack of proper treatment for all the four reasons mentioned above.

AIDS

Our body has two types of intelligence. One is the intelligence to destroy the disease-causing germs whenever they enter the body. The second is the intelligence to renew all the body parts periodically. If the first intelligence gets affected, then it is called AIDS. If the second intelligence gets affected, then it is called Cancer.

Whenever any disease-causing germ enters our body, Thymus gland, liver, pancreas, bone marrows, white corpuscles in the blood, kidney and all the other parts will work together and destroy that germ. When a disease-causing germ enters our body, all the body parts will together analyze and find out what is the nature of that germ, how it can be destroyed, what medicine is needed for that and they will prepare the formula for that medicine, get the raw materials needed for that medicine from the blood, prepare that medicine, apply that medicine on the disease-causing germ and destroy it.

You must have heard about vaccine. Infants are given vaccination immediately after they are born. A vaccine for a disease will not contain any medicine to kill the germs causing the disease. It will actually contain the germs which cause that particular disease.

How do they send the disease-causing germs into the body of a new-born baby? It is based on the following logic. Whenever a disease-causing germ enters our body, our body invents a medicine on its own to destroy that germ and develops a capacity for itself to fight that disease. Vaccination is done in order to develop that capacity in our body. Vaccination has been discussed in detail in this book in a separate chapter.

What we understand from this is that, as long as our body has this intelligence, we will not get any disease due to any disease-causing germ. But, it is possible that this intelligence goes bad. What will happen then? If the body does not have the intelligence to destroy a disease-causing germ that enters inside, the germs will eat well, grow big and damage all the body parts. When the body parts are affected due to the intelligence of the body to fight disease-causing germs getting affected, the disease is called AIDS.

If the body has lost the intelligence to kill only one type of disease-causing germs, that disease is called AID (Acquired Immuno Deficiency). If the body has lost the total ability to destroy any type of disease-causing germs, then that disease is called AIDS (Acquired Immuno Deficiency Syndrome). AIDS disease means that the body has totally lost all its ability to fight all types of diseases that it has acquired over the years.

CANCER

All the cells in our body from head to toe renew themselves with a specific periodicity. The intestines renew themselves once every 36 hours, white corpuscles once in 13 days, red corpuscles once in 120 days, liver once in a year etc. On an average, once in every year all the body parts renew themselves. If this intelligence of the body parts to renew themselves goes bad, then the disease called Cancer occurs.

What is Cancer? Cancer means that the ability of the body parts to renew themselves has been affected.

For example, white corpuscles in the blood have to renew themselves once in every 13 days. If this intelligence of our body has gone bad, and instead of renewing once in 13 days, if they renew themselves once in 300 days, what will happen? White corpuscles in the blood will be renewed after a delay. Then, the quantity of white corpuscles in the blood will decrease. As a result, the count of white corpuscles in the blood, which is expected to be between 4500 and 11000, will go below 4500. This causes a disease called blood cancer.

If the white corpuscles start getting renewed once every 13 minutes instead of once in 13 days, what will happen? New white corpuscles will keep on getting created in the blood more frequently than necessary. Then the count of white corpuscles in the blood will increase needlessly beyond the expected upper level of 11000 and it will reach even up to 1 million or 2 millions. This is also called Blood Cancer.

Therefore blood cancer means that the body has lost its intelligence to renew white corpuscles according to the desired periodicity. Blood cancer can be cured only by giving back to the body the intelligence to renew white corpuscles in the blood as per the normal periodicity. Instead of this, if treatment is given through Chemotherapy to reduce the white corpuscles in the blood if they are more, and to increase them if they are less, the blood cancer disease will not be cured but will only increase.

The cells in the bones have to renew themselves in a specific period of time. If they are renewed after some delay, then the cells will rot. If they are renewed more frequently than required, that bone will swell. This is called Bone cancer.

In this way, each part of our body renews itself after a specific period of time. If this periodicity is not maintained, then it causes a disease called cancer.

If cells are renewed after a delay, then the cells will rot. If they are renewed in advance, the body part will swell. If the cells rot, then it means that the renewal is getting delayed. If the body part swells, then it means that more cells are being created than are necessary.

If lung has lost its intelligence to renew cells it is called lung cancer. If eye has lost its intelligence to renew its cells it is called eye cancer. Thus, whichever part of the body forgets or loses its intelligence to renew itself, that body part is said to have cancer disease in it.

If the intelligence to kill disease-causing germs is lost, then it is AIDS. If the intelligence to renew the cells is lost, then it is cancer. So far, the correct reason for the killer diseases of Cancer and AIDS has not been given in any medicine or on Internet. But, the doctors will call the patients separately and drop the bombshell saying, "Gather courage to receive the news. You have contracted the killer disease of cancer."

If you ask the doctors what is the reason for cancer and AIDS disease, they will say, "The exact reason for these has not been found so far. Research on this is being conducted." If you ask whether it can be cured, they will again say, "It cannot be cured. Research on this is being conducted." If you ask if proper medicines and tablets are available for this, they will say, "It has not been found so far. Research on this is being conducted." If you ask, "Then what will happen to me?" they will say, "You are definitely going to die." And then they will fix a date for our death.

Just think about one thing. They have not yet found out the correct reason for the killer diseases of Cancer and AIDS. There is no

proper medicine for curing it. They say that it cannot be cured. They say that the patient is going to die and fix a date for it. But the doctors of the world call the patient for treatment every day, ask for thousands of rupees and give treatment. Is it fair? Do we need a doctor to say that a disease cannot be cured?

Please understand the reason for the killer diseases of Cancer and AIDS. When an item goes bad in the blood, not knowing how to cure it, consuming medicines and tablets in the name of controlling it is the first step forward to the killer diseases. Again, when the quantity of an item in the blood reduces or an item is absent in the blood, applying wrong treatment is the second step. When the quantity of blood reduces, applying wrong medicine is the third step. When the mind is affected, giving wrong treatment is the fourth step. When we cross these four steps, we are pushed to the fifth step namely the killer diseases of Cancer and AIDS.

Therefore, the reason for all the killer diseases in the world is the wrong treatment being given today. The people in the world of medicine, in order to hide from everybody the fact that they are giving wrong treatment, divert people's attention saying that smoking is the cause or that the hole in the ozone layer is the cause.

Therefore, please do not try to control any disease. If you control a disease, its end result will be cancer and AIDS only.

Doctors say that there is no medicine in the world to cure cancer and AIDS. They need to understand one thing. If they do not have medicine and they cannot cure them, is it then fair for them to say that there is no medicine at all in the world to cure them? If a doctor cannot cure a disease, can he say that there is no medicine in the world to cure that disease?

Therefore, no doctor should say that there is no medicine in the world to cure Cancer and AIDS. They should say, “I do not know how to cure it. I do not have medicines for it. There is no medicine for this in the hospital that I work in. Please go elsewhere, to anyone else, and get yourself cured through some other field of medicine.” and they should send the patients back. Are we the human beings used as guinea pigs for their research? Why should a person study medicine to say that a disease cannot be cured? Then how can that person boldly call himself a doctor? A doctor should feel ashamed to say that he cannot cure a disease. There is no need to study diligently for several years for saying that a disease cannot be cured.

If the doctor tells a person that his son or doctor has got cancer or AIDS, will he immediately ring up to his son or daughter and convey the news? The parent will immediately fall at the feet of the doctor and with tears in the eyes say “Doctor, please do not tell this to my son. He cannot bear it.” If anyone in our family has got Cancer or AIDS, can we convey it to them? We will hide the information from them, but doctors may consider that person as another patient and without hesitation they may immediately convey the news to the patient.

Cancer and AIDs do not kill anyone in this world. The doctor’s word that there is no medicine for it and that the person has to die is what kills the person. Therefore, if anyone gets a killer disease, please do not convey it to them. If he is not aware of it, he will live for several years. If he gets the wrong understanding that it is an incurable disease, and then it affects his mind, his mind in turn affects his body and the disease quickly becomes bigger.

If a doctor or someone in his family gets killer disease, will he get himself killed saying that there is no cure for this disease according to his own field of medicine or will he run searching for a solution to cure it in some other field of medicine?

Therefore, no doctor should say, "This disease cannot be cured." Please say, "I cannot cure this. Save yourself by going elsewhere" and send the patient away. Please do not say that it is not possible in the world just because it is not possible by you.

Doctors who do not know how to cure even a sugar disease can not cure Cancer and AIDS diseases. Therefore, please do not believe their words and spoil your mind, body and increase the disease.

The killer diseases such as Cancer and AIDS can be definitely cured. But they cannot be cured through medicines and tablets. If you want, they can be easily cured without using any medicine or tablet. By reading this book completely, you can surely cure all the diseases by yourself.

Patients of killer diseases can be cured only if they believe that the disease can be cured. Therefore please believe that the diseases can be cured. This belief will add strength to our mind, also strengthen our body and then cure our whole body.

THE REASONS FOR ALL DISEASES ARE FIVE

Now we recollect briefly what we have learnt earlier. Diseases are of two types: (1) The diseases which come from within the body (2) The diseases which are caused by something outside the body.

We have to compulsorily go to a doctor for the diseases belonging to the second category. We have to consume medicines and tablets. We have to undergo operations if needed.

But the diseases of the first category can be cured easily without the help of any doctor. This is because there are five reasons for diseases of this type:

- (1)The quality of an item in the blood reducing
- (2)The quantity of an item in the blood reducing or the absence of an item in the blood
- (3)The quantity of blood reducing
- (4)The mind being affected
- (5)The body parts and cells losing their intelligence

We have understood these things clearly. In case these are not clear to some people, the following example will further clarify.

A person meets with an accident and he is taken to the hospital. What do they do in the hospital? First of all, they will ask us to bring four or five bottles of O Positive group blood. We have seen that reduction in the quantity of blood in the body is a disease. Because this is an important disease, immediately the person is being given four bottles of blood. Thus, they set right one of the five reasons that we stated above.

Do they say anytime, “The quantity of your mind has been reduced. Bring four bottles of mind”? Mind cannot be taken in a bottle. Can they say, “The intelligence of the cells in your body has gone bad. Bring four bottles of intelligence”? No one can directly set right the intelligence of the body. The mind also cannot be set right by injection or operation.

They have now set right the quantity of blood. Now let us think about the remaining two things. These two things are that all items should be available in the blood in right quantity and they should be good things. To set right these things, one white colored bottle will be hung upside down with a tube and the water from that bottle will be sent into the body through an injection on the hand or at any other place in the body.

Generally, laymen may call these bottles as glucose bottles. But, all bottles used are not glucose bottles. These bottles may have different things such as glucose, a salt called sodium chloride, or a solution containing minerals, etc. When this water is sent drop by drop into the body, for passing urine, another bottle will be kept with a tube. When a patient is in an unconscious state, he will be unable to eat food or drink water. Only air will go inside and come out as he breathes. Treatment is given in this way to a patient who is in coma for three months.

How is it possible to save a life for three months just by sending an item drop by drop into the blood? Medicine also will be sent drop by drop into the blood for this patient in coma. If required, four or five injections will be given in a day. Totally, a few litres of liquid will be added to the blood every day. As long as all good items are being sent to the blood, these items will reach all the cells through the blood and all the cells will save themselves and also cure their diseases by consuming these items.

The items that go into the cells get converted into waste, come back to the blood and then they will be going outside the body through the urine. So, treatment is nothing but keeping all the items in the blood in right quantity and right quality. If this is done, all the body parts will cure themselves and there is no separate treatment required to be given to each body part.

When glucose is sent from the bottle or when injection is given in the hospital, are they given separately for each body part? By mixing the liquid in the blood drop by drop at a single point in the body, treatment is being given to all the parts of the body.

What do we understand from this? Intelligence of the body is present. The mind is also there. If required, blood can be given

artificially through any number of bottles. By keeping all the items in the blood in the right quantity and right quality, all the diseases in all the body parts can be cured. Therefore, it is clear that the five things given earlier are the real reasons for all the diseases in the world.

If these facts are openly disclosed to the general public by the great scientists and doctors, then people can live happily without any disease. Then there will be no big business and no big profit in the field of medicine. So, the present medical world has hidden these five reasons from the public so that many new medicines and tablets can be invented and lot of money can be earned by selling it to the gullible public by cheating them. When we, without any deep knowledge of medicine, are able to explain to this extent, why are the Nobel Prize winners and big scientists have not explained these things clearly to the people of the world?

So, once again we reiterate that the five things explained earlier are the basic reasons for all the diseases in the world and by setting right these five things all the diseases can be easily cured without the need of any medicine or tablet.

You go to a doctor when you have pain in the knee joint. The doctor gives an injection in the hand. Have you ever thought about it? When the pain is in the knee joint, why was the treatment given in the hand? What is the connection between the hand and the knee joint? Please be clear that the treatment is not for the hand but it is for the blood in the hand.

Pain in the knee joint is not a disease connected with the knee joint at all. The fact is that some items eaten by the cells in the knee joint have gone bad in the blood. The scientists have found out the item which, when it goes bad in the blood or is absent in the blood, causes pain in the knee joint. Then they send that item into the blood through

medicine, tablet or injection. But, we can do the same thing in a natural way without using medicines and tablets.

When these items are artificially sent into the blood through injection in the hand, these items move through the blood from the hand to the knee joint, and then the cells in the knee joint take these items, eat them and cure their diseases. Therefore, we understand that knee joint pain is not a disease concerned with the knee joint and it is caused when an item has gone bad in the blood or is absent in the blood.

When I was young, I had pain in the eye and I went to a doctor. The doctor made me lie down flat on my stomach and gave an injection in the buttocks. It made me think. Why should the treatment be given in the buttocks when the pain is in the eye? Then I understood that eye pain is not a disease in the eye at all. An item eaten by the eye has gone bad in the blood or is absent in the blood.

So, the disease is in the blood and not in the eye. When an injection is given in the buttocks, some items in the injected medicine mix in the blood and when this blood comes to the eye, the eye takes these items and cures itself. So, any disease in the eye has no connection with the eye and it is actually a disease related to the blood.

When we have a pain in the ear, we go to the doctor and consume a tablet. Why should the tablet go to the stomach when the pain is in the ear? The tablet that we eat through the mouth gets digested in the stomach, mixes with the blood and this blood goes to the ear. The ear takes the item from the blood and cures itself. So, ear pain is not a disease related to the ear. It is actually a disease occurring due to an item in the blood going bad or being absent in the blood.

Therefore, if any pain or suffering happens in any body part, that part is not responsible for it. The blood is responsible for it. Moreover, the disease is in the five reasons mentioned above.

From now on, if anyone talks about any disease, we can give the correct reason for that disease. For example, if someone asks you why hair fall occurs, tell them confidently, “Hair fall is not a disease concerned with hair at all. An item needed by the hair has gone bad in the blood or its quantity has reduced in the blood or the quantity of blood has reduced or the mind has been affected because of the hair fall or the intelligence of the body to renew hair has gone bad.”

Similarly, irrespective of whichever part such as neck, ear, nose, kidney, heart, lungs, etc. may be having the disease, first of all let us be clear that the disease is not localized in that part. Secondly, think of these five reasons and you will find that they are most appropriate.

Therefore, please understand that the reasons for all the diseases such as greying of hair, eye-related diseases such as short-sightedness, long-sightedness, glaucoma, cataract, watering in the eyes, all ear-related diseases, all nose-related diseases, all mouth-related diseases, etc. are these five alone.

The reasons for all heart-related diseases such as BP, heart valve contraction, expansion, hole in the heart, fat globules, etc. are again these five only. The reasons for all lung-related diseases such as asthma, breathlessness, chest congestion, cough, cold, running nose, sneezing, etc. are these five reasons alone. For all the stomach-related diseases such as indigestion, ulcer, IBS (Irritable Bowel Syndrome), gastric trouble, etc. the reason is not in the stomach but these five are the reasons.

Similarly, for all the diseases such as stone in the uterus, kidney stone, gall bladder stone, pediatric diseases, impotence, constipation, knee joint pain, back pain, hip pain, thigh pain, calf muscle pain, ankle pain, numbness, tingling and burning sensation in the sole, prickling sensation, sharp pain, cramps, etc. in the leg, nail chipping, Varicosis, thyroid, cancer, AIDS, all skin-related diseases, eczema, psoriasis, memory loss, etc. these five are the reasons and there is no disease in that body part at all.

Sterility is not a separate disease and there is no separate cure for it. One or more of the five factors mentioned above may not be all right either for the husband or for the wife. Therefore, if the husband and wife come together after setting right these five factors, certainly they will get a child.

Impotence is not a disease. When you have a lot of money, you will spend it for any purpose without hesitation. When you have a shortage of money, you will count the money and spend it only for the most essential needs and avoid unnecessary expenditure.

In the same way, when all the body parts are healthy and there is excess energy, your body will use the excess energy for libido (manliness) in a liberal way. However, when there is a disease in several parts of the body, the body will use the pranic energy (life force energy) only for curing the diseases because it is the most important need of the body. Therefore, it will not use the energy for libido.

Therefore, impotence is not a disease by itself. When the body has several diseases and it is unable to cure them, it bans this activity as unnecessary wastage of energy. Therefore, we have to understand that manliness will be surely obtained once the body cures the diseases and becomes healthy and we have to first of all try to cure the diseases in the body.

So far, we have understood by reading this book that these five factors are the reasons for all the diseases. Therefore, after reading this book completely please do not mention the name of a particular disease and ask whether it is possible to cure that disease. Whatever may be the disease these five are the sole reasons.

In fact, these five reasons are only the most fundamental reasons for the diseases. There are also several other reasons for the occurrence of diseases. These are listed below:

6. If our brain is affected, diseases can occur.
7. Some thoughts recorded in our sub-conscious mind can create diseases.
8. Our soul has an innate power. If this power reduces, it can cause diseases.
9. There is an area of power circulation called “Aura” around our body. If the intensity of this aura reduces, diseases can occur.
10. If the quality of the Pancha boothas (five elements) in the outside world such as land, water, fire, space and air goes down, the diseases will occur in the body.
11. If some body parts are not properly created during the birth, then the body can get diseases.
12. Due to hereditary reasons, DNA, RNA, genes, etc. may not be all right and these also can cause diseases.

In addition to the above, there are thousands of other reasons for a disease. However, we are going to see in this book only the five fundamental reasons. In our next book, which is likely to be released shortly, we are going to see all the twelve reasons causing diseases and also how to set them right.

If you understand the five reasons, you can become half a doctor. If you learn how to keep the five factors properly, then you can become a complete doctor.

THE REASON FOR ALL THE DISEASES IS JUST ONE

So far, we have seen that there are five reasons for all the diseases in the body. Actually, five reasons are not there. There is only one reason. We were explaining the five reasons only to enable us to easily understand. But the truth is that there is only one reason. That one reason for all the diseases in the world is “The blood has gone bad.” The only treatment for all the diseases in the world is to purify the blood.

Therefore, henceforth we should stop naming the diseases and think that the blood has been affected.

All the treatments which give medicines attempt to set right the blood by rectifying the items in the blood using medicines and tablets. These will give only a temporary solution. Therefore, we should resort to the treatments which give medicines, tablets and injections for emergency situations only.

Yoga, breathing exercises, meditation, Acupuncture, Neurotherapy, Mudra, Reiki, pranic healing, Touch Healing, Magneto Therapy and other such medicine-less treatments clean our blood in a natural way. These treatments do not clean the blood directly but do so in an indirect way.

Yoga does not clean the blood directly. But, if we eat food after performing yoga, the food we eat gets converted into good nutrients and it acts as a medicine for the disease. Thus, yoga treats the diseases without any side effects.

Acupuncture does not cure the diseases directly. In Acupuncture treatment, our pulse will be checked. Whichever pulse is not proper, that particular body part will be identified as not functioning properly. Then by touching specific points on our body or by piercing those points with needles, stimulation will be given to make those body parts function. After taking acupuncture treatment when we come home and eat food, the food becomes good food and it cures our diseases.

Thus, all medicine-less treatments clean our blood in a natural way. All medicine-based treatments clean our blood in an artificial way.

So, please go for a medicine-based treatment only if it is absolutely needed and urgently required. It is because medicine-based treatments will create side effects even if they cure the diseases temporarily. You can confidently go for a medicine-less treatment because even if the treatment does not cure the disease, there will never be any side effects.

Therefore, all the medical treatments in the world cure our diseases only by cleaning our blood. Each type of treatment adopts a different way to clean our blood but the objective of all the treatments is the same. Therefore, blood going bad is the only disease and rectifying the blood is the only treatment.

The best treatment in the world is to keep all the ingredients in the blood as good items and in right quantity. This is the only thing that is in our hands. If we do this properly, all the body parts take these items whenever they need and cure themselves of all diseases and also renew themselves.

To understand this, imagine the following. All the items needed for households such as food items, gold coins, garments, television, washing machines, cell phones, etc. are being carried non-stop through

trucks that keep moving on all the streets in our town. Whenever any person living in the town needs any item, he has to just open the door of the house, come out and if he wants any item from any truck, he has to just wave his hand. Then that truck will stop and all the items he needs will be supplied free as much as he wants. If the government implements such a scheme, how nice it will be? If all the things that we think of are given to us free by someone, will we not be healthy, happy and peaceful?

Why do we have a small house? We may not have the money to buy a bigger house. Why do we have a small cell phone? We may not have the money to buy a better one. If we had more money, we would have bought a better cell phone. Why do some people use old, damaged vehicles? If they had liberal availability of funds, they would have got a new, bigger, better vehicle. So, if someone keeps on giving us all the items that we need freely whenever we want, then we will definitely be healthy, peaceful and happy.

We do not like when someone gives us an advice. But, we always like it when someone gifts us something. It is because we always want to live well. We know which items, if available in what quantity, will make us happy. The problem is that those items are not available to us.

Similarly, all the cells in all our body parts know how to keep themselves healthy and how to cure themselves from all diseases. All they need is that whatever items they need should be available in the blood in right quality and in proper quantity whenever they need.

So, if we keep all the items in the blood as good items and in right quantity, all the body parts will cure themselves and will be healthy. There is no separate treatment for each individual body part and also there is no separate treatment for each disease.

We will be happy if all the items are given free to us whenever we need them. Similarly, it is our job to give all the items needed by the cells to them whenever they need. Curing the diseases is the job of the cells.

Out of the five factors discussed, it is not possible to give intelligence to the body directly. It is also not possible to set right the mind directly. The quantity of blood also cannot be directly set right by us. But it is in our hands to keep all the items in the blood as good items and in proper quantity. Therefore, we need to set right only two of these five factors.

If we set right these two things, our body will do the other three, namely new blood formation, setting right the mind and setting right the intelligence of the body, by itself. Thus, we understand clearly that the treatment for all the diseases in the world is the keeping of all ingredients in the blood in proper quality and required quantity.

Now, we will learn the secret of how to keep all the items in the blood in good quality and in required quantity. By learning and following this technique, we can cure all the diseases and live happily.

HOW TO PURIFY THE BLOOD

We have seen that the way to purify the blood is to keep all the items in the blood as good items and in required quantity. What are the ingredients in the blood? There are a large number of ingredients in the blood. These can be segregated into five categories.

Some people may say that the food we eat gets converted into blood. It is not so. When the food we eat gets digested in the mouth, stomach and intestine, the nutrients in the food mix in the blood. Blood is not just the food we eat. Food alone does not directly get converted

into blood. Food mixes some items in the blood. These are items related to the earth. The food that we eat contains sugar (carbohydrate), protein, vitamins, minerals, etc. These are called earth-related items.

Some people say, “Food is the medicine.” It is true that food acts as medicine. But food alone cannot be the medicine. By properly digesting the food, diseases can be cured. But the diseases cannot be completely cured. If it is true that food alone is medicine, is it possible for us to survive by just eating the food alone in the proper way and keeping our nose closed? We eat food only thrice daily. But we breathe air for all 24 hours every day. Therefore, air is also a medicine. The air-related items in the air such as hydrogen, nitrogen, oxygen, etc. reach the lungs through the nostrils and then mix with the blood. Thus, the air-related nutrients from the air mix with the blood.

The ingredients in the water we drink are separated by the kidney and they also mix with the blood. These are called water-related items. Thus, water-related nutrients from the water also mix with the blood. Can we live without drinking water? No. Therefore, water is also a medicine. So, we have to think about it too.

Can we be healthy if we do not sleep for four days? Therefore, sleep is also a medicine. Through sleep, space power mixes with the blood. All the things in the world contain empty space. Even iron contains empty space. But it cannot be seen by naked eyes. This space power is present in the blood also. When this space power in the blood reduces, we will feel sleepy. When we sleep, this space power will increase in our blood and we will get energy. Therefore, sleep is also a medicine. No one can survive in this world without sleeping. Therefore, the body gets the energy called space power through the sleep.

The blood needs heat. Only if the blood is hot it will have potency. When we move our hands and legs, the muscles and limbs move which makes our body work and this kinetic energy becomes heat energy and mixes in the blood. If we keep sitting in the same place without moving our body, we will get boils and sores all over our body. There should always be movements in the body. We have to do physical work. The physical work gives heat to the blood.

When we are small children, why are we always brisk doing something instead of sitting at one place? If the blood is warm, we cannot sit idle. We will always be very brisk. The warmth in the blood is the basis for a person's briskness. Young people's blood will always be warm. That is the reason why young people are always energetic and fast acting. If we learn the trick of how to keep our blood always warm, then we can be as brisk as a child even at the age of 100 years. Therefore, our blood gets fire energy through the physical work.

Our blood gets earth-related items from the food we eat. Water-related items come to our blood from the water we drink. Air-related items mix in our blood from the air we breathe. Through our sleep space-related items mix with the blood. Through our physical work fire-related items mix in our blood. So, in total, there are five types of items in the blood. These are the items concerned to earth, water, air, fire and space.

Therefore, the first secret is to learn how to properly digest the food we eat, convert it into good items and mix it in the blood. The second secret is to learn about how to drink the water so that the items in the water get digested well and mix in the blood as good things. The third secret is to learn how to breathe the air so that the things in the air get converted into good things and mix in the blood.

The fourth secret is to learn how to set right our sleep so that the space-related items obtained from the sleep are converted into good items and mix in the blood. The fifth secret is to learn how to work, how much to work so that the fire-related items obtained from the work get converted into good items and mix in the blood.

Thus, if we learn all the five tricks regarding how to make the items related to food, air, water, fire and space mix in the blood as good items and also in right quantity, and follow them, then all the items in the blood will be in good quality and in right quantity.

When all the things in the blood are of good quality and right quantity, blood will automatically be generated in the body. When the bone marrow gets all the items needed, it will create the first drop of blood within 48 hours. Thus, new blood will be generated drop by drop and within 120 days, all the blood in our body will be new blood. Thus, when the blood in our body is totally converted into highly potent, purified, good blood, then all the body parts will cure themselves and also renew themselves.

At the beginning of this book, we had said that there is a gland in our body and all the diseases in the world can be cured with the liquid secreted by this gland. The name of this gland is bone marrow. The liquid secreted by this gland is the pure blood with all the ingredients in it in good quality and required quantity.

Thus, we can cure ourselves of all the diseases without any medicines, tablet or doctor just by purifying our blood. Now, we are going to learn how we can set right the five things namely eating the food, drinking water, breathing air, work and sleep and convert them into good things in the blood.

TASTE TREATMENT

Sometimes we will feel very tired. If we do not eat food for several hours, our body will be very dull and tired. When we are in a position where we cannot even walk, we may eat some food. Do we get energy in our body immediately after eating the food or two hours later? We will get energy immediately after eating the food.

But, scientifically, the food we eat through our mouth goes to the stomach and remains there for about an hour and gets digested, then goes to the small intestine and gets digested there for one hour and then mixes in the blood. Therefore, we should get energy only after two hours.

Have you noticed that sugar level is tested in the hospitals only when two hours have passed after eating the food? The reason for this is that the food we eat gets converted into sugar and mixes with the blood only after two hours. But we get energy immediately after eating the food. Where does this energy come from?

A certain amount of energy is obtained from the tastes in the food that we eat. The remaining energy comes from the items in the food as pranic energy. When we chew the food in our mouth, the taste buds in the tongue absorb the tastes in the food. The taste buds convert these tastes into pranic energy and send them to spleen through the nerves. The spleen distributes this energy to all the body parts.

When we eat in a hotel, we are energetic immediately after eating the food. But, we feel tired after about an hour and we will feel like eating something again. This is because the hotels give importance to the taste. They focus on keeping the food tasty in order to attract the customers. Therefore, when the taste gets converted into pranic energy

by the tongue and is available to all the body parts, we are energetic for one hour.

But, items such as baking soda, ajinomoto, etc. are mixed in the food prepared in the hotels. So, the quality of food reduces and the things going inside the body will not have much energy in them. Therefore, our body gets tired after one hour.

Our body gets pranic energy in several ways. When we eat, the energy comes through the taste and then the energy comes through the things in the food.

When we eat food at our home, we may feel tired immediately after we eat the food. But, we will feel energetic after an hour or so. The reason for this is that we do not care much about the tastes in our house. But, nutritious items will be more in our home food. Since the pranic energy from tastes is not available, we do not get much energy for the first one hour. But, after one hour, when the nutritious items go into the body, we get pranic energy from them and we become active. We can be active for several hours after eating our home food.

What we understand from this is that the pranic energy obtained from the tastes in the hotel food is useful for the first one hour and we get tired because it does not contain any nutrients. Since our home food does not have much taste, we are tired for the first hour and later we are energized for four to five hours using the nutrients in the home food.

Therefore, hereafter our home food should be as tasty as the hotel food. At the same time, the hotel food should be as nutritious as the home food. If this is ensured, wherever we eat we can be energetic for six to seven hours. Therefore, taste is not something just to be savoured, enjoyed and appreciated. Taste is a wonderful thing which

gives us the pranic energy. Therefore, by taking pranic energy in both the ways, namely through the taste from the food and through the contents of the food, we can learn to live with more energy.

If the electricity supply in our house goes out, television, fan, tube light, etc. will not work. But gas stove will continue to burn. If gas is also exhausted, then gas stove also will stop working. But, the computer will continue to work through the UPS (Uninterrupted Power Supply).

Thus, in our house, some devices will work on current, some will work on battery, some will work on UPS and some will work on gas. Therefore, different appliances operate using different types of fuel. Similarly, different parts in our body work using different types of pranic energy.

There are five different types of pranic energy used in our body. Each type of pranic energy is used by some body parts for their functioning. Now we are going to see clearly which type of pranic energy is connected to which body parts.

SOUR TASTE TREATMENT **(SOUR TASTE, SPACE ENERGY, LIVER, GALL BLADDER, EYES, ANGER)**

When the sour taste is felt in our tongue, the taste buds in our tongue convert the sour taste into a pranic energy called space energy and send it throughout the body. Liver, eyes and the gall bladder depend on the space energy for their functioning. You may observe that the eye and the liver are of the same shape. There is also a close connection between the eyes and the liver. Moreover, the emotion called anger is closely connected to these two organs.

If we keep Tamarind fruit in our tongue, our eyes get dazzled and we close our eyes. Why? When the sour taste in the Tamarind fruit

touches our tongue, it gets converted into space energy and spreads in our body. When our eyes, which function based on the space energy, get too much energy, the eyes get dazzled.

If a person consumes liquor or any other alcoholic beverages in the night and sleeps, next day morning his eyes will be red. Why? When the alcohol in the narcotic beverages mixes in the blood, liver will be doing overwork throughout the night to separate the bad items from the blood. Liver needs space energy for its functioning. The liver would have spent all the space energy available in the body for removing the poisonous items. Therefore, space energy would have been exhausted in the body. Therefore, the eyes which also work on space energy are reddened in the morning. So, it is not a disease related to the eye but it is due to the fact that space energy is less in the body.

If someone gets angry, his eyes will become red. Why should the eyes become red when anger comes? When the emotion called anger is generated in the mind, the emotion will consume all the space energy in the body. When space energy is exhausted, the eyes become red.

If someone drinks too much, then his liver will be damaged. When liver is damaged, that person will get angry often. When anger comes often, liver will be damaged more. Thus, there is a close connection between sour taste, space energy, liver, gall bladder and anger. Only a doctor who knows about these connections can cure the diseases in these organs.

If we have a problem in the eye, we consult an eye doctor. He analyzes the eye, scans it and gives treatment only in the eye. This is not a correct treatment. It is possible that the patient's liver is affected and as a result his eye would have been affected. Or he could have consumed sour taste more. Or he may have a problem with his gall bladder. Or he may be a person who gets angry very often. Or he may

be consuming alcoholic beverages frequently. Only if we analyze all such factors, we can cure the diseases related to the body parts.

Why do ladies eat unripe mango during pregnancy? Why don't they eat unripe mango before the marriage and after the child birth? Why do they eat it particularly when they are pregnant? The liver plays an important part in converting the cell in the womb into a complete baby. When the liver is overworked, space energy in our body will be exhausted. Then, the tongue will ask for the sour taste. If pregnant women do not consume sour taste, the child's growth will be affected.

Therefore, in our body, the tongue is the doctor. The taste is the medicine. So, space energy can be maintained well in our body in sufficient quantity by supplying sour-tasted items whenever our tongue asks for sour taste.

SALT TASTE TREATMENT **(SALT TASTE, WATER ENERGY, KIDNEY, URINARY BLADDER, EAR, FEAR)**

When the salt taste touches our tongue, the taste buds in our tongue convert the salt taste into water energy and send it throughout the body. The organs in our body which function based on water energy are the kidneys, the urinary bladder and the ears. The associated emotion is fear.

"One who eats salt has to drink water." Thus goes a proverb in Tamil. Why should a person who eats salt drink water? When salt gets converted into water energy and spreads in the body our kidney, which functions using water energy, starts working more. The function of the kidney is to separate the good items from all the water in the body and mix them in the blood and take the bad items and send them out through the urinary bladder as urine. So, when the kidney is

overworked, the body needs more water. That is why the proverb says that a person needs water according to the quantity of salt he eats.

There is a close connection between the kidney and the ear. You may observe that the kidney and the ear are identical in shape. There is a close connection between the emotion called fear and the kidney. We say that someone urinated out of fear. Why does urine pass when there is fear? When the emotion called fear comes in the mind, this emotion will eat away all the water energy in our body. When there is no water energy in the body, the urinary bladder, which depends on water energy, will not have energy even to just hold the urine and the urine will pass out.

So, when there is fear in the mind, there is a possibility that the ears, the kidney, the urinary bladder are weakened and get diseases. The kidney will get diseases when the mind gets fear. Also, the mind will get fear when there is a disease in the kidney.

Nobody dies in the world due to life-threatening diseases such as Cancer, AIDS, etc. The doctors threaten the patient saying that there is no medicine and there is no cure for these diseases. This news gets recorded deep in the mind of the patient and it creates a fear in his mind. In this world where people are afraid of seeing even a cockroach, when the doctor says, "Your disease cannot be cured. You are going to die shortly", then definitely the patient will get a fear and there is no possibility of his being courageous.

When a patient gets fear, this fear will exhaust all his water energy. When the water energy in the body gets exhausted, the kidney will be affected. So, the fear in the mind of the patient is what magnifies the disease in the kidney. This disease can grow even to the extent of taking the life away.

We see that generally the patients who die due to killer diseases such as Cancer, AIDS, etc. have bloated stomach when they die. All those who die with bloated stomach do not die because of their diseases. The fear in them that they are going to die weakens their kidney and enlarges their stomach. When the stomach bloats it means that the kidney has been affected and there is fear in the mind. Therefore, whatever may be the disease, please be courageous. If we get fear, the disease will become bigger. If we are courageous, the disease will be cured.

BP CAN BE CURED JUST BY EATING SALT

It is said that those having BP should not add salt in their food. Many people keep eating salt-less food for long without adding even an iota of salt in their food. I will pose one question to them. You are eating salt-less food for so many years. Has your disease been cured yet? If it is not cured, then why are you needlessly following this restriction? All right, can anyone say for how many years salt-free diet is to be followed for BP to be cured? Now, we will see why BP increases when salt is added in the food.

When the salt taste touches the tongue, the taste buds will convert it into water energy and make the kidney function. The kidney will cleanse the blood contaminated with all the waste matter and will send out the waste as urine through the urinary bladder. When the waste matter is removed from the blood, the blood will become watery. Then, the heart will be able to pump the blood faster.

So, let us understand that the blood will be cleansed only when we eat salt. So, if BP increases when the blood is cleansed and diluted, then it is not a disease. It is a sign of the body getting cured. You are avoiding salt because someone told you so and you are keeping your blood dirty. Then who will clean your blood?

The doctors say that BP patients should not eat salt. If you go to any hospital for emergency treatment for BP and kidney-related diseases, one liquid bottle will be hung above the bed. We call all these bottles as glucose bottles. But sometimes these bottles will contain sodium chloride. Sodium chloride means salt. Sodium chloride will be sent into the body directly and mixed with the blood.

The doctors who say that BP will increase if salt is consumed send five to ten bottles of sodium chloride inside us during emergency situations. Will the same salt save the life at that time?

Some people who totally avoid salt in their food may faint due to low BP or high BP and are taken to hospital. There they will be administered ten bottles of sodium chloride and their life will be saved. They will come back and say proudly, "I went to the hospital. Ten bottles were given to me. Now I am better." Please understand that just salt has been added to their blood.

If you add sufficient quantity of salt as demanded by your tongue, there is no need for you to faint. There is no need for you to go to a hospital for treatment. Our ancestors said, "An item which is devoid of salt is worth dumping in the dustbin." Are you a dustbin to keep on eating salt-less food? Therefore, it is totally a wrong opinion that salt should not be consumed.

When a person is undergoing treatment in the hospital, sodium chloride may be going into the person's body from the bottle. At that time, the doctor would have told him, "Already we are adding salt to your blood. So, do not add salt to your food now. If both these salts are added at the same time, BP may rise."

It is wrong to follow this advice even after we have come out of the hospital. Therefore, those having BP should use salt in the right

quantity as demanded by their tongue. Then, their BP, their fear and all their kidney-related diseases will surely be cured.

Therefore, only a doctor who knows the fact that there is a connection between salt, water energy, kidney, urinary bladder, ear and fear can cure the diseases related to these parts. When we go to a doctor who does not know this, the doctor analyzes that particular organ, does operation and gives medicines and tablets. So, we are keeping many diseases uncured in our body for several years.

SWEET TASTE TREATMENT (EARTH ENERGY, STOMACH, SPLEEN, LIPS, WORRY)

When the sweet taste touches the tongue, the taste buds in the tongue convert it into the pranic energy called earth energy and send it throughout the body. The body parts which function using earth energy are stomach, spleen and the lips. The emotion associated with these is worry.

You may observe that the lips and the spleen are similar in shape. If there is a sore in the stomach then there will be a sore in the lips also. For all the sufferings in the stomach, there will be a symptom in the lip. So, a disease in the lips cannot be cured by applying a medicine on the lips. It can be cured only by rectifying the stomach.

There is a connection between worry and earth energy. Some people will not eat when they have a worry in their mind. They will say that they do not feel hungry. But those around them will force them to eat. When we are worried, the emotion called worry absorbs much of the earth energy from the body and since the glands related to the digestion do not secrete, we do not feel hungry.

If we eat food when we are worried, the stomach will struggle to digest it and the worries will increase. Therefore, when there is worry in the mind, please do not feed the body. Eat only when you feel hungry. When we have the feeling of hunger, at that time we will never have the emotion called worry. Hunger and worry are enemies.

All of us are always worried about the family, business, money, name, fame, etc. The reason for this is that we do not maintain our stomach properly. Those who keep their stomach healthy will never worry about any matter. Those who keep their kidney healthy will never get the emotion called fear. Those who keep their liver healthy will never get the emotion called anger. Saints, philosophers and sages never get anger, tension, fear, worry, etc. It is because they keep their body healthy.

DIABETES CAN BE CURED JUST BY EATING SWEETS

For all the mind-related diseases, instead of directly controlling the mind, by making our body healthy, we can pacify our mind easily. But, some doctors under the name of psychologists rekindle old garbage thoughts in our mind and make us more of a mental patient. By just leaving all the bitter happenings in our life so far, by avoiding new worries, anger, fear, etc. we can lead a mentally healthy life.

Doctors say that Diabetic patients should not eat sweets. Many of you are not consuming sweets for several years. Is your Diabetes cured? Ask your doctor for how many years you have to avoid sweets for your sugar disease to be cured. In spite of your not eating sweets for so many years, your sugar disease has not been cured. Then why do you follow this needless restriction?

There is absolutely no connection between sugar disease and sweets. In our treatment, sugar disease can be cured only by eating

sweets. Sweet is a taste and is invisible to the eyes. This is to be digested by the tongue. Sugar is visible to the eye. It is to be digested by the stomach. Sugar and sweet are not the same. There is no necessity for these two to be the same.

All the food items we eat contain sugar. Can anyone name a food item which does not contain sugar? But do all the food items taste sweet? No. Therefore, please understand that sugar does not taste sweet.

Thus, sugar is contained in all the food we eat. But some food items only taste sweet. Some other food items do not taste sweet. Therefore, we understand the secret that sugar is different and sweet taste is different.

When we eat any food item our blood sugar level should rise when the sugar in them mixes in our blood. But, our sugar level does not immediately rise when we eat these items. On the other hand, when we eat a food that tastes sweet our sugar level immediately increases. If we understand the reason for this, from today onwards, we can cure our sugar disease just by eating sweets.

The sugar in the sweet does not mix in the blood. Sweet is a taste. When the sweet taste touches our tongue, the taste buds in the tongue convert it into the pranic energy called earth energy. The earth energy energizes the stomach and makes it function. So, if we eat sweet one hour after eating rice cake, Roti, etc, the sweet taste becomes earth energy, makes the stomach function. The food items already we ate that are in the stomach get digested and the sugar in these food items mixes in the blood.

Therefore, please understand that sweet makes the stomach to work. That is all. Sweet does not get converted into sugar. Only the sugar in the food we eat mixes in the blood.

When sugar patients avoid taking sweets, the sugar in the food items that we eat are not digested properly by the stomach and the stomach sends these sugars along with the stools. Stomach will function only if we eat sweets. Only if the stomach functions, the sugar in the food we eat will mix in the blood. Only if sugar mixes in the blood, all the parts in our body will get food.

Already we have discussed elaborately about the sugar disease and understood that no disease will occur because of a rise in the sugar level in our blood. Because we did not know so far how to eat the food and because the food we eat is not properly digested, when we eat sweets, bad sugars mix in the blood. Because this bad sugar does not get insulin supply, sugar disease comes.

But, in our treatment, we are going to learn how to convert the sugar in the food that we eat into good sugar. So, when we learn this trick and eat, only if we eat sweets also, the digestion will happen properly and good sugar will mix in the blood.

People in some areas eat more rice. The doctors tell them, "Because you eat more rice, sugar level in the blood has increased. So eat more of wheat." In some other areas, people eat more wheat. Why do they get sugar disease? Just think. Doctors in those areas advise the sugar patients "Do not eat more wheat. It contains sugar. Eat more of rice."

The purpose of our eating is only to increase the sugar level in our blood. All food items contain sugar only. Therefore please eat sweets

liberally from now onwards. Eat all items which have sugar to your heart's content. Nothing will happen to your body.

But please do not consume the white sugar (refined sugar). We can consume all the other types of sweets such as Palm sugar (Jaggery made from palm wine), Molded jaggery (jaggery made from sugar cane), country-made sugar, honey, jack fruit, etc. Please do not consume this one item namely white sugar as well as the foods made of white sugar. This is because white sugar contains a deadly poison called sulphur.

Only a doctor who knows that there is a connection between sweet taste, earth energy, stomach, spleen, worry and lips can cure the disease concerned to these organs.

How did this practice of restricting sugar patients from eating sweet start? When a patient is under emergency treatment in the hospital, glucose will be sent directly into the blood of the patient from a glucose bottle. When glucose, which is obtained when the food we eat is digested, is directly being sent into the blood, the patient should not eat. When this patient eats sweets, the stomach will start digesting and the patient will feel hungry. Then he will eat more food, and that food also will be converted into glucose.

Thus, if the patient eats food when the glucose is being sent into the body from the glucose bottle, his glucose level will further increase. Moreover, there is no need for him to eat food at that time. So, the doctors advised that the patient should not eat sweet items at that time. So, we should not eat sweet only when glucose from the glucose bottle is going directly into our body. It is, therefore wrong to follow this advice, which was given to us when we were in the hospital, even after coming out of the hospital.

Therefore, please eat all the sweet that your tongue asks for. First eat a sweet. You liked it. No problem, eat a second sweet. You liked it. No problem, eat a third one. When you eat the third sweet, if you do not find it tasty any more, you should not eat after that. If you eat a sweet even after you feel that it is not tasty any more, it will create a disease in the body.

So, whatever amount of sweet, when consumed by your tongue, gives happiness in your mind, you can eat that much amount of sweet. This is because, our tongue is the doctor. The taste is the medicine. When the doctor called the tongue asks for the medicine called sweet to be supplied, we have to supply it. So, please understand that if we avoid eating sweets, it will cause diseases in our body.

HOT, PUNGENT AND SPICY TASTE TREATMENT (PUNGENT TASTE, AIR ENERGY, LUNGS, LARGE INTESTINE, NOSE, GRIEF)

When the hot, spicy, pungent taste touches our tongue, the tongue converts it into the pranic energy called air energy and sends it throughout our body. The body parts which work using air energy are lungs and large intestine. The external organ connected is the nose. The emotion concerned is grief.

You may observe that the nose and the lungs are similar in shape. There is a close connection between the nose and the lung. Similarly, the large intestine and the lung have a close connection. If a person has constipation, then it means that there is a problem in his lungs. That is, there is a problem in the air that he breathes. Constipation occurs only when the lung is affected.

Similarly, all those who have constipation will get lung-related diseases such as Asthma, wheezing, chest cold etc. Thus, nose, lung

and large intestine are connected to each other. So, Asthma can be cured by curing the constipation. Constipation can be cured by providing the right air to the lungs.

When we hear sad news, we say that we are breathless for a minute in grief. This is because, the emotion called grief eats away much of the air energy in our body. The shortage of air energy in our body is the reason for our remaining in shock, breathlessly for a minute. When some people are in a sad state of mind by continuously thinking about the sad demise of their close relatives, or friends, they will get diseases such as asthma, wheezing, etc. quickly.

So we have to understand that there is connection between hot, pungent and spicy taste, air energy, lung, large intestine and grief. Only a doctor who has understood this can cure the diseases occurring in these body parts. The doctors who do not know this will keep on giving medicines and tablets for several years but no disease will be cured.

Asthma patients sometimes get breathing trouble due to excessive breathing. At that time, if they eat items such as pickle, Piper Nigrum (Black Pepper), etc. which are hot, pungent and spicy in taste, the intensity of asthma will come down. But those having constipation and those having asthma are being advised to avoid eating hot and spicy items. This is a completely wrong advice. Whoever gives more work to the lungs, they will need more air energy through hot and spicy taste.

When orators, professors and teachers keep on talking for long durations, their lungs will be overworked. So, their lungs will exhaust the air energy in the body. So, the doctor called tongue will ask for eating more hot and spicy taste so that more air energy can be taken from the taste.

Therefore, please eat all the foods having hot, pungent and spicy taste that is asked for by your tongue and is liked by your mind.

For constipation and for lung-related diseases such as Asthma, wheezing etc, according to the home remedy of our grandmother, consuming of shallots, black pepper, basil leaves (Tulsi leaves), Karpuravalli leaves (Coleus Amboinicus), ginger juice, etc. is recommended. Please observe that all these are spicy items. However, we have to keep in mind that if those having constipation eat excess of spicy, pungent items, then the disease will become bigger.

So, in order to define a quantity, we have given a guideline. The amount of hot, spicy and pungent taste needed by your tongue is the right amount for you. In the same house, different people will need different amounts of pungent taste. Therefore, please change the thought that those who eat spicy, pungent items will get diseases. When we eat each taste according to the needed quantity, we can live a healthy life.

BITTER AND ASTRINGENT TASTE TREATMENT (FIRE ENERGY, HEART, SMALL INTESTINE, TONGUE AND JOY)

When the bitter and astringent tastes in the food that we eat touch our tongue, the taste buds in our tongue converts them into the pranic energy called Fire Energy and sends it throughout the body. The body parts that function using fire energy are the heart, the outer cover of the heart, small intestine and the temperature controlling organ. The outer organ connected to them is the tongue. The associated emotion is joy.

Many of us get our heart beating fast and get sweating when we suddenly feel joy. Why does this happen? Excessive joy eats away much of the heat energy in our body. When heat energy reduces in our body,

the heart does not get sufficient heat energy and it starts palpitating. If suddenly we are asked to come on stage and speak or when we get appreciation among a large number of people or when someone in school or college is asked suddenly to come on stage, this palpitation will happen.

Bitter and astringent tastes and joy have a close connection. The tongue and the heart are of the same shape. Any problem in the heart will be seen in the tongue. Doctors see the tongue of the patients because the problems in the heart can be identified with the change in the color of the tongue.

Now, many of us do not have enough guts and courage. We all act like cowards and we do not act courageously in many matters. The basic reason for this is that we do not add bitter and astringent tastes in our food at all. You may observe that those who eat bitter food items more are courageous.

The children today are timid and are not courageous. The reason for this is that they do not eat bitter and astringent tastes at all. Therefore, by eating bitter and astringent items as much as our tongue asks for, all heart-related diseases and courage-related ailments can be cured.

If a snake bites us, its poison will spread throughout the body. In order to send the poison out of the body, all the cells in the body will ask the heart for more BP and the heart will increase the BP. Then, the fire energy in the body will reduce. Whenever the fire energy in the body comes down, the tongue doctor will ask for bitter and astringent tastes.

The herbs that are given for snake bite are Siriyanangai and Periyangai. These herbs are extremely bitter in taste. When the taste

in these herbs touches the tongue, the tongue converts it into fire energy, gives it to the heart and makes the heart function well and sends the poison out of the body.

So, when someone has snake bite, give him bitter gourd or Neem leaves. When the snake's poison is present in the body, bitter gourd will not taste bitter. What we understand from this is that, the tongue asks for only the bitter taste and not any medicines and tablets.

Thus the person has to keep on eating a lot of bitter gourd and Neem leaves. When the tongue feels bitter taste, be happy because this means that the poison has gone out. The tongue knows when the poison has gone completely out of the body. When the tongue does not need the bitter taste anymore, the bitter gourd starts tasting bitter.

So, when there is a snake bite, the first thing needed is courage. Secondly we need to eat bitter items. But many people do not die due to the snake's poison. The thought that snake has bitten creates a fear in the mind which affects the kidney. When the kidney does not do any work, the snake poison cannot be sent out. So, not only the snake, in case of any poisonous insect bite, if we have the confidence and belief that our body will save us, we can save ourselves from the poisonous bite.

A person walking in a garden was bitten by a snake and he never noticed it. After three days, one of his friends saw his leg and asked him if he had any snake bite. Only then he saw it and he realized that it must be a snake bite. Immediately he fainted and died. There are many incidents like this. After the snake bit him, its poison did not kill him. But, after three days when he realized that the snake had bitten him, his mind created a fear in him, this fear affected his kidney and when the kidney stopped working, he died.

Therefore, in case of any poisonous insect bite, we have to believe that our body can find out the medicine to beat this poison. What we have to do for this, is to give the bitter taste liberally and immediately.

But, please remember that it is not sufficient in case of snake bite to just eat bitter gourd and Neem leaves and remain in the house. This is only a first-aid medication for self-protection. With strong mental confidence, if we eat bitter taste, it will surely deactivate the poison. However, in addition to all this please go to the hospital. This is because it is possible that some snake poisons might continue to work in spite of the bitter taste.

During temple festivals, we may see some devotees pulling the temple car with some hook fixed to their back, sticking a sharp object in their mouth or tongue, or carrying a pot of fire in their hands etc. Such devotees will eat a full lemon and some may chew Neem leaves in their mouth when they do these acts. Why do they do so?

The reason is that, when the body gets bruised during these acts, the cells in the body parts will ask for more BP in order to cure themselves. At that time, the fire energy in the body will be exhausted. So, when fire energy is again needed by the body, the tongue asks for bitter taste. So, when they chew and eat bitter things, they will not feel the bitter taste at all. If you give Neem leaves to the same persons when they are sitting in their house, it will taste bitter to them.

So, please understand that bitter taste, fire energy, the heart, the heart's outer cover, the body's temperature control organ, the tongue and the emotion called joy, all these are connected to each other. Only a doctor who has understood this can cure your diseases. Those doctors who do not know this will keep on analyzing that particular body part, do operation and keep on giving medicines and tablets.

TONGUE IS THE DOCTOR; TASTE IS THE MEDICINE

When the body gets diseases, it will keep on asking for the medicine called taste through the doctor called tongue. Women, during pregnancy, will be always after a variety of tasty foods. Pregnant women cannot keep quiet. They will keep on eating some food item or other. That too, they will eat different types of food, one after another. What they search for are not different food items but different tastes. Our forefathers used to say, 'We have to act according to the wishes of the pregnant woman. We have to give them all the foods according to their liking.' This advice has a big meaning attached to it.

When the child is being created during the pregnancy, whichever body parts of the woman are engaged in creating an organ for the child, the energy used by those parts will reduce in the body of the woman. Then the tongue of the woman will ask for the taste associated with that energy.

This is why pregnant women suddenly will say that they feel like eating sweet. Sometimes they will eat ashes. Suddenly they will eat spinach. Their tongue will always be longing to eat something. It might be 2 AM; suddenly they will get up and eat something. This is because when the child is being created, the woman's body does not ask for nutrients or medicines, it asks only for different tastes.

Tastes are a very important medicine needed for our health. This is why in some communities a special function is performed for giving tasty foods to pregnant women. During this function, they prepare delicious foods containing all six tastes and gave them to all guests. We all participate in such functions, eat well and come back. But, we do not think of the need for such a function. This function is not just for all the guests to have a feast. This function was organized only to make the

family members understand that the pregnant woman should be given food of all tastes according to her liking.

Thus, when the pregnant women were given all the tastes as per the wishes of their tongues, they had normal delivery and beautiful, healthy children. But, nowadays since scanning rituals, antibiotic rituals and medicine and tablet rituals are happening, deficient children and caesarean deliveries have become the order of the day.

Therefore, whatever is liked by the tongue of pregnant women, please permit them to eat those tastes liberally according to their heart's content. Only then healthy babies can be obtained. But now, some doctors advise pregnant women not to eat sweets saying that they will get Diabetes. Therefore, please understand that if we do not give sweets to a pregnant woman when her tongue asks for sweets, the child can be born with some deficiencies.

So, all those who have got some diseases should treat yourselves as pregnant women and eat liberally all the food that your heart likes and your tongue asks for. Only then your disease will be cured.

We generally do not eat the bitter and astringent tastes. They say that sugar disease will come if you eat sweets; so do not eat sweets. They say that BP will increase if you eat salt; so, do not touch salt here afterwards. They say that skin disease will come if you eat spicy and pungent items; so, do not eat spicy and pungent items. They say that joint pain and knee pain will come if you eat sour taste; so, do not eat sour taste.

In this way, the doctors ask us not to eat all the tastes showing some reason or the other. Then what is there for us to eat? Whatever food we take, it will have one of the six tastes more or less. If we say no to all the tastes then we will have to starve.

Therefore, please understand that there is no connection between any taste and any disease. Your tongue is the doctor and your taste is the medicine. I do not know which taste you should eat and which taste you should not eat. You also do not know. Then who knows? Only your tongue knows.

Keep a sweet in your mouth. If you like the taste, then eat it. Otherwise do not eat it. If you like it more, then eat one more sweet. When you eat the third or fourth sweet, your tongue will find that the item is not tasty any more. Stop at that point. If you eat sweet after your tongue stops enjoying the sweet taste, then you will get sweet-related diseases.

Similarly, can you eat the food if it has more salt? No. But, we eat food if it has less salt. In olden days, salt used to be kept at a corner of the leaf when meal is served. Why? You have to eat a little amount of food and see the taste. If you feel that salt is less in the food, whatever quantity of salt is liked by your tongue, we have to add that much quantity of salt to the food.

But some people add salt in the whole of the dish if they find that there is less salt in it. Each person's tongue will ask for each taste in varying quantities. If a taste is more or less for our tongue, it is not necessary that it has to be the same for other people.

Therefore, please prepare food with all tastes such as sweet, salt, sour, spicy, etc. in moderate quantity. Whoever wants more of salt can add more salt in his plate. If more hot and spicy taste is required for someone, they can add pickle. Thus, each person has to add tastes only in his plate according to his tongue's demand.

Therefore, please do not be afraid of any taste from now onwards. All tastes are good for us. But, do not eat any taste after your

tongue finds that it is enough and any taste which your tongue does not like. Once we understand that our tongue is the doctor and the taste is the medicine, we can eat all the foods liked by our tongue and live without any disease.

Sugar patients can eat sweets. Nothing will happen to you. BP patients can eat salt as needed by your tongue. It will do only good to you. Thus, by not avoiding any taste and eating as per the wishes of our tongue, we will be healthy from now on.

HOW TO DIGEST THE FOOD WELL

Now we are going to see how to eat the food in such a way that all the ingredients in the food can mix in the blood as good quality ingredients.

1. WE SHOULD EAT ONLY WHEN WE ARE HUNGRY

Just by following one small guideline we can get the food digested properly. This guideline is that we have to eat only when we are hungry. What is hunger? Hunger is nothing but the signal to us from our body that all the parts in our body are ready for digesting the food properly and mix it with the blood.

All the food that we eat without feeling hungry become waste or poison. One very important secret in our treatment is that we should eat only when we feel hungry. People say that no disease will come if you take food as per a time schedule. This is wrong. Whoever eats food in a timely manner, they all will get diseases. Eating when you are hungry is totally different from eating timely food.

For example, let us say that you take food at 10.00 AM in the morning. You did not do any work after that. Let us assume that you did

not give any appreciable work to your body. Now we see that the clock shows 2.00 PM. What do we think? We think, "It is 2.00 PM. Let us take lunch."

But did we think whether we feel hungry? No. If you see the time and eat lunch at 2.00 PM when even the breakfast that you ate in the morning is not yet digested and mixed in the blood, you will get diseases. So, the food in the stomach also will not be digested. The food now you take also will not be digested. So, the first reason for all the diseases in the world is eating without feeling hungry.

Let us see another example. You eat your breakfast at 10.00 AM in the morning. Then you work hard. You feel hungry at 12.00 noon. What will happen if you wait without taking food saying, "I will not eat now. I will eat food as per time schedule. I will eat only at 2.00 PM"? The hydrochloric acid in the stomach will be secreted by 12.00 noon when you feel hungry. Since this acid does not get any food till 2.00 PM, it will be diluted.

So, the food which you eat two hours after you get hunger will not be digested properly. So, what we have to understand from this is that, if you eat timely food you will get diseases and if you eat food when you are hungry you will not get diseases and the diseases that have come already will be cured.

Who has invented the law that everyone should eat thrice daily? Some people may do more physical work. They can eat even five times a day. Some people will do less physical work, It may be sufficient if they eat twice a day. So, from now on, please do not see the clock for eating. We have to keep on doing our work. Only when our body creates the feeling of hunger in us, we have to think about taking food and only then we have to eat food.

The great sage Thiruvalluvar says in the immortal Tamil epic Thirukkural, “The body does not need medicine for any disease. After the food that we eat is digested, we need to eat food when we feel hungry again. If we follow this, then our body will not need any medicine at all for any disease.”

Therefore, one important principle in our treatment is that we have to eat only after we feel hungry. If you do not follow this principle and follow all other principles that we are going to explain after this, then you may not get the best results.

When we eat thrice daily, we eat 90 times in a month. It may not be possible for all of us to eat after feeling hungry for all these 90 times. Therefore, to start with, we can practice eating after feeling hungry for at least 10 times in a month. Then we can increase it to 20, 30 and so on.

Some of us may work in a company. We may be required to eat lunch between 1.00 PM and 2.00 PM and return to work at 2.00 PM. What to do if we do not feel hungry during that time? In this way, there may be a necessity to eat food without feeling hungry sometimes.

During such times, we can follow the many techniques that we are going to explain shortly. By doing so, we can save ourselves from having our food being converted into waste and poison. Nevertheless, it is always good to wait for hunger when we are at our home and also wherever we can. So, please eat your food only after you feel hungry.

2. SALIVA SHOULD MIX WITH THE FOOD

When we eat food, we should mix it with saliva and eat. Only the food that mixes with the saliva goes to the blood as good food. The food which does not mix with saliva goes to the blood as bad food. Our saliva contains a lot of enzymes. These enzymes help very much in separating the constituents from the food. Only the food that has been digested by the saliva in the mouth can be digested by the stomach. When the food that has not been digested by the saliva goes into the stomach, it becomes bad food and waste matter.

All of us will say, “We do mix saliva with food when we eat.” But this is not true. Whoever eats food with their lips open when they chew the food, for these people saliva will not mix with the food. When we chew the food, the lips should be closed. Only then the saliva will mix with the food. What is the difference between keeping the lips open and keeping them closed when we chew the food?

Imagine the food as a ball, and saliva as another ball. When we eat with the lips open, the air goes inside the mouth, stands between the saliva and the food and does not allow them to mix. Thus, it prevents proper digestion in the mouth. Therefore, air is the enemy to the digestion in the mouth. Therefore, from now on whenever you eat any food, please open your lips only for sending the food inside the mouth. Once the food is inside the mouth, keep chewing the food without separating the lips till you swallow the food.

In countries such as USA, UK, Italy, etc. the prevalence of Diabetes is very less. This is because the people of these countries have the habit of chewing the food with their lips closed.

When you see foreigners who come to your town, you will observe that they chew their food keeping their lips closed. Because

the people in India, Sri Lanka, Malaysia, Singapore, etc. eat keeping their lips open, the sugar disease is more prevalent in these countries.

Immediately do not wrongly conclude that the people of some countries are intelligent and the people of some other countries are foolish. People in some countries consume more medicines for mental illnesses. Many people in countries having the habit of eating with their lips closed are affected by mental illnesses and consume medicines for these diseases.

So in some countries body is not all right but mind is all right. In some other countries, mind is not all right but body is all right. So, the business is running fine for the drug manufacturing companies in all the countries. Therefore, from now onwards, please chew every mouthful of food keeping your lips closed.

You may think that it will take more time to eat if you chew with your lips closed. In fact it will take less time. You can keep a piece of Roti in your mouth and chew 40 times keeping your lips open. The Roti will not become a paste and it will remain as Roti only. But, if you chew four times keeping your lips closed, the Roti will become totally mashed into a paste. Without any need to swallow it, it will just slide into your throat.

You can eat within a short time by closing the lips instead of opening the lips while chewing. Saliva will be very happy when we chew with our lips closed. Because the enemy called air is not there, saliva quickly separates all the constituents of the food and digests the food properly.

There may be a small complication when we eat like this. The jaw will pain for about a week. This is because we start a new habit which

was not there for several decades. But, after a week, there will be no pain and we can be peaceful throughout our life.

So, the second most important principle in our treatment is that whatever may be the food that we may eat, after putting the food inside the mouth, till we swallow the food we should not separate the lips.

3. WHEN WE EAT, OUR ATTENTION SHOULD BE ON THE FOOD

When we eat, we should concentrate our attention on the food. While eating, if we keep thinking that we are eating and focus on eating, the food will be digested well. While eating if we keep our attention on family, business or any other such matter, the food will not be digested properly.

We may think, 'We are giving work to our brain. Digestion is happening only in the stomach. How can it be affected?' Our brain is connected to all our body parts and glands, through a nerve called Vagus. Whatever we think about, this Vagus nerve will make the gland concerned with that thought to secrete.

For example, what do we do when we want to pass urine? Which button is to be pressed in our body for passing urine? There is no button for this. Once we think in our mind that we want to pass urine, the urine comes out, doesn't it? So, if our mind thinks, it can open the doors of the urinary bladder. Similarly when our mind thinks, it can close those doors.

The secret that we have to understand from this is that our mind, when it thinks, can operate our body parts. A disease first comes only in the mind. Then it is the mind which creates the disease in the body

parts. Similarly, if our mind has the thought that we are healthy, only then the disease in the body parts will be cured.

For example, we may see a dream in our sleep. In the dream we may see that a snake is chasing us. We run fast in our dream. Suddenly, the dream stops and we sit up and see. Then our heart will be palpitating fast. Our body will be sweating a lot. We ran only in our dream. Then why did we sweat? Why does our heart palpitate fast?

This is because, in our dream when our mind thinks that we are running, our body initiates its strength to run. Then, the concerned glands are activated. What we understand from these two examples is that whatever our mind thinks about, the concerned glands in our body secrete.

Therefore, when we eat our food, only if our focus and attention are on the thought that we are eating, all the glands concerned to digestion will secrete well. Instead, if we think about family, business, children, wife etc. while eating food, the digestive glands do not secrete and we get diseases. Therefore, please concentrate your attention on the food while eating the food.

Some people went to a wise man and asked, "What is the reason for all the diseases in the world?" The wise man said, "People do not eat when they eat." They did not understand and asked the same question again. The wise man replied, "All the diseases will be cured if we eat while eating." "What is the meaning of this statement? What is eating while eating? When we eat we have to keep our attention on eating. Those who focus on eating while eating do not get any diseases."

So, while eating if we give respect to the food, thank the God and the nature for giving the food and say a small prayer that we know and

then eat, the diseases will be cured. Instead, if we give respect only to the doctor, the diseases will become bigger.

While eating, take the food in your hand and eat it with the thought that this food is going to go inside our stomach, get digested and converted into blood, become food for all the body parts and function as medicine for all diseases. Then we can have a healthy life.

So, the golden rule is,

**NEVER EAT ANYTHING WITHOUT HUNGER.
WHILE EATING, NEVER THINK OF ANYTHING EXCEPT FOOD.**

4. WE HAVE TO EAT THE FOOD BY GRINDING IT INTO A PASTE USING OUR TEETH

When we eat, we should grind it well using our teeth and then eat. Whoever swallows their food as it is without breaking and grinding the food with their teeth, their stomach will ask them one question, "Do I have any teeth to grind the food? Or do I have any mixer blades or grinder?" There are no teeth or mixer blades or grinder in the stomach. Then how does the stomach digest the food we eat?

The stomach is like a vessel. Inside it, an acid called Hydrochloric acid (HCl) is secreted. This acid is what digests the food. This acid is so powerful that, if we take this acid from our stomach and pour it on an iron, the iron will melt. If we pour it on our palm, the palm will get a hole. This powerful acid which can melt even the iron is what is generated in our stomach whenever we feel hungry.

You may get a doubt. Will this acid which can melt even the iron not harm our stomach? There will be a layer of mucus between the

stomach and this acid. This membrane prevents the acid from touching the stomach and saves the stomach from being damaged. If we do not eat for a long time after feeling hungry, the acid that has been secreted in the stomach, without having anything to eat, will start eating away this mucus layer.

So, for those people who do not eat when they are hungry and starve their stomach regularly, after some time, this acid will keep on eating the membrane and one fine day this iron-melting acid will touch the stomach. Once it touches the stomach, the stomach will be damaged and it will get sore. Then there will be acute pain in the stomach. This is called ulcer.

The doctors world-over say that we have to eat food time to time without fail according to the time schedule, if we want to avoid getting ulcer. But, here is the truth. Whoever eats food according to time schedule by seeing the clock, all of you will get ulcer. If you eat whenever you feel hungry, ulcer will be cured. There is a lot of difference between eating timely food and eating food when we feel hungry.

If a person is feeling hungry he has to eat food immediately. Instead, if he wants to take food only by fixed time and waits for two hours, the acid can damage his stomach in these two hours. All the doctors in the world ask you to eat food according to time schedule. Please do not take food as per time. Eat only when you are hungry.

Therefore, we should chew the food, grind it well using our teeth and then only swallow it. Generally, we do not give much work to our teeth at all. We just swallow the food in big morsels.

Let us assume that we take the food 40 times with our hand when we eat a plate of food. If we eat the food without properly chewing it

during the first four times, the acid that is available in the stomach for digesting the 40 handfuls of food will be exhausted after digesting 4 handfuls of food. This is because the acid in the stomach has to do the job which is supposed to have been done by the teeth. So, the first four mouthfuls of food only become good blood. The next 36 mouthfuls of food become waste and go out as stool because there is no acid in the stomach to digest it. The only reason for pot belly and obesity is that we do not give much work to the teeth.

When there is acid in the stomach, the food we eat gets digested and it does not get converted into pot belly. The food we eat after the acid in the stomach gets exhausted does not get digested and it becomes pot belly. This is the reason for obesity also.

Therefore please give work to your teeth. The more we chew the food with our teeth, make it a paste and send it into our stomach, the less will be the work for the acid in the stomach. Then, the stomach will digest the food with the least amount of acid and keep the balance of the acid for the foods coming in subsequently.

So, if all the foods that we eat are to be digested, then we have to bite and chew each and every mouthful of food, make it a paste and then only swallow it.

Many people go for walking exercise for reducing pot belly and obesity. After going for a walk for 4 KMs, if a person eats four eggs, then how will the body get trim? Some people try to reduce their body weight using new technologies such as vibrator machine, tying it to the stomach or standing on it.

Why should we eat when we are not hungry and then run on a vibrator? If we eat only when we feel hungry, then there will be no pot belly and there will be no obesity. Then we do not need to do these

stunts. So, the easiest way to reduce obesity and pot belly is to give work to our teeth.

Measure your body weight today and note it down. Eat the food as we have suggested above. Within one month, your body weight will come down by several kilograms. You need not go for walking. There is no need to use any vibrator machine. If you are a person who eats five Rotis for every meal, now you can eat seven Rotis per meal and still reduce your weight.

So, it is a wrong notion to think that obesity comes due to eating more food. It is also wrong to think that body weight can be reduced by eating less food. By giving more work to our teeth, we can eat more and still reduce our body weight.

In our treatment, you can eat all the food you like to whatever extent you wish and still reduce your body weight just by giving lot of work to your teeth, chewing the food well, making it a paste and then eating it.

In our treatment, pot belly will reduce first and then body weight will reduce. Only then the disease will be cured. Therefore, please do not be afraid if you find that your weight falls when you use our treatment. To whatever extent your weight falls, it means that that much waste matter was there in your body. If your weight does not fall at all when you follow our treatment, you do not have any waste matter in your body.

When you start our treatment, initially your weight will fall slowly. Then after some particular day, the weight will remain constant for several months. Then you can understand that that is the true, healthy weight for your body. Then, your weight will keep on increasing slowly. This increase is due to the creation of healthy bones, nerves and

muscles to create a healthy body. When the weight increases in this way, it will not fall again.

So, once you take a morsel of food in your hand and put it in your mouth, bite and chew it well for at least ten to fifteen times, make it into a paste, mix it with saliva and then swallow it. By doing this, you are helping your stomach. By chewing the food well you are reducing the work for your stomach and your stomach will be healthy and happy. When our stomach is happy, the diseases will be cured and we will be happy.

5. WATER IS THE ENEMY OF DIGESTION IN THE STOMACH

We should not drink water for half an hour before we start eating our food. We should not drink water in between while eating the food. We should not drink water after we finish eating the food. And, we should not drink water for at least half an hour after we finish eating the food.

Some people drink one glass of water and then start eating their food. These people will not have their food digested properly. It is because of the following reason. We have seen that the hydrochloric acid that is secreted in the stomach is what digests the food. If we drink water just before eating the food, this acid will be diluted. Once this acid is diluted, whatever good food that we may eat and however well we may eat it, it will not be digested properly.

So, after you drink water if someone calls you for eating food, you should say, "I will not come now. Just now I have drunk water and diluted the acid. So, I will come for eating the food after about half an hour." Every time when we sit for eating food, we have to think and check whether we drank water during the last half an hour. So, the food

we eat will be digested in an excellent way if we avoid drinking water for half an hour before we start taking the food.

We should not drink water in between our eating the food. The digestion will be spoiled if we do so. Those who bite and chew the food well, make it a paste, mix it with saliva and then swallow it will not feel like drinking water while eating the food.

We should not drink water after finishing the eating. Many of us drink one or two glasses of water immediately after finishing the eating. This also will spoil the digestion. So, we have to wait for about half an hour after we finish the eating and then only drink water.

So, half an hour before start of food, half an hour during eating, assuming that we take about half an hour for eating, and half an hour after finishing the food means that we should not drink water for one and a half hour in total. How can we totally avoid drinking water for one and a half hour? During this period, we may get hiccups, thirst, throat drying up, tongue drying up, food being hot and spicy, etc.

Why should we drink water when the food is hot, spicy and pungent? Our tongue tells us, "The food is hot and spicy." That is all. Did it ask us to drink water? No. If the food is hot and spicy, then we have to find ways to reduce the hot taste and we should not drink water.

So, when the food is hot and pungent, we have to mix some coconut oil, sesame oil, etc. with the food and reduce the hot and spicy taste. If some oil goes with the food, even then digestion will be done well. But, if water goes with the food, it will spoil the digestion. Therefore, if the food is spicy, find alternative ways to reduce the taste and avoid drinking water.

What to do if we get hiccups while eating? First of all, let us see why we get hiccups while eating. A person who focuses his attention on the food while eating will not get hiccups. The Vagus nerve connects our brain, which is our mind, and the parts of the body.

While eating, if we have only the thought about the food in our mind, then this nerve will keep all the glands concerned with digestion working well. Suddenly, if our mind starts thinking about the family, business or any other person, this nerve will get confused. There will be dilemma whether the gland concerned with digestion should secrete or the gland concerned with the emotions we are having should secrete. Hiccups occur only due to this confusion.

When people get hiccups, they say that someone is thinking about them at that time. In fact, no one is thinking about you when you have hiccups. Contrarily, you are thinking about someone and that is why you are getting the hiccups. So, as long as you keep thinking about the food while eating, you will not get hiccups.

What should we do if the tongue is dried up or if we feel thirsty? During the one and half hours, if our throat dries up or if we feel thirsty or if we get hiccups, we can drink water. But there is a limit for it. We should drink less quantity of water so that the water we drink does not reach our stomach. If our throat has dried up, then the water should just wet the throat and if our tongue is dried up, then the water we drink should just wet the tongue. That is, the water should be so less in quantity that it wets just our lips, mouth, tongue and gullet. The water should not reach the stomach.

So, we need to understand that air is the enemy for the digestion done in the mouth and water is the enemy for the digestion done in the stomach.

Therefore, we can just wet our mouth before eating the food using one fourth glass of water so that it does not reach the stomach. While eating the food, if it is very essential that we have to drink water in the middle, then again we can drink one fourth glass of water so that it does not reach the stomach.

Many of us drink nearly one glass or one vessel of water immediately after eating the food. Please do not drink like this. After finishing the eating, it is sufficient if we drink one fourth to half glass of water just for gargling the mouth. Then please wait for half an hour. After that, we can drink liberally two glasses of water or even more and it will not cause any harm to the digestion.

So, half an hour before starting the food, during the eating and half an hour after finishing the food, avoid drinking water as far as possible. If needed, please drink very limited quantity of water.

Some people follow the custom of drinking a little water before and after eating the food by bringing together the index finger and the thumb of the right hand together, keeping the other three fingers stretched, pouring water in the palm and drinking the water by keeping the mouth on the wrist.

Our ancestors did not explicitly say that hydrochloric acid is secreted in the stomach and we should not drink water during eating food. Instead, they have taught us some good habits in the name of customs to take care of our body. So, in case it is needed to drink water during the food, by drinking water three times in this way, we can save the acid in our stomach.

Just because we have mentioned one custom among some group of people, please do not think that our treatment is related to any religion or community. Religions and diseases have no connections.

Therefore, there is no connection between treatments and religions. Let us accept good habits, irrespective of whichever culture or religion it may be found in.

So, let us understand how water is a hindrance to digestion and improve the digestion by drinking less water.

Generally, when we go to a doctor, he will give a tablet and ask us to consume it after taking the food. While eating the food we have to concentrate on the food. But what do we actually do? While eating the food, we keep on thinking that we have to consume the tablet after eating the food and we eat the food focussing our attention on the tablet only. After eating the food, we run to drop the tablet in our mouth and drink one vessel of water. So, irrespective of whether the tablet cures our disease or not, the water we drink along with the tablet spoils the digestion and increases the diseases.

So, avoid taking tablets as far as possible. But sometimes we may be required to consume tablets. At those times, do not consume the tablet immediately after finishing the food. If you wait for half an hour, and then consume the tablet with water, then that water will not spoil the digestion.

Some people may say, "I have to consume the tablets immediately after eating the food. I cannot wait for half an hour. I may forget to consume the tablet. Is there any other way out?" In that case, you can mix the tablet with any dish and eat it. Then you may not need to drink water.

6. WE SHOULD NOT WATCH TELEVISION WHILE EATING

If we watch TV while eating, the food we eat will not be digested properly. You may ask, “Only the eyes are watching TV. Let the stomach digest the food.” When we see a thing with our eyes, that scene goes to our mind and our mind starts thinking about that matter. Then, only those glands concerned to that matter secrete, and the glands concerned to digestion do not secrete.

If a person eats his food while watching a drama in the TV with tears in his eyes, his digestive gland will not secrete. When tear gland secretes, digestive gland will not secrete. In our body, only some specific gland will secrete at a specific time.

So, please do not eat food while watching TV serial etc. The serials and news in TV show only violence, cheating, corruption, etc. and thus create in us negative emotions such as anger, tension, fear, etc. When we watch such stories while eating, only the glands pertaining to such negative emotions secrete and digestive glands will not secrete.

When we watch a movie in the TV while eating, we become the hero or heroine of the movie ourselves. At that time, whatever emotions are shown in the scenes, only the glands concerned with those emotions will secrete in our body.

Therefore, do not watch TV serial, movie etc. while eating. Some people will keep watching TV news while eating. When we see the news that 50 people were killed in bomb blast, while eating, the food will not be digested if we are watching gory scenes.

So, while eating, TV projector, home theatre, DVD player, etc. should not be watched. When we watch them, the ugly, gory and sad scenes in them, affect our mind and spoil the digestion. We have

already seen earlier that we have to keep our attention only on the food while eating. TV is a device which distracts our attention. So, please do not watch TV while eating.

7. WE SHOULD NOT READ ANY BOOK WHILE EATING

Some people keep reading a book while eating. Digestion will not happen properly for these people. The reason is that, when we read a book, our eyes, mind, thoughts etc. all will be only on the matter that we read in the book. At that time, our mind will not order the digestive glands to secrete.

Some people read so intensely while eating that suddenly they will see the plate and ask, “Where has the food gone?” To that extent they will be unaware of what they ate, how they ate, whether they ate with lips closed or whether they drank water while eating. All the people who read books while eating will get diseases. Therefore, please do not read any book while eating the food.

8. WE SHOULD NOT TALK WHILE EATING

Many of us keep on talking while eating the food. If we talk and eat, the food will not get digested and it will create low quality sugar, low quality fat, etc. What is wrong if we talk while eating? When we open the mouth for speaking, air enters the mouth. When the food and saliva are together doing the digesting work, the digestion is spoiled by the air entering inside. Air is the enemy for proper digestion in the mouth. We have already seen that we should chew the food with our lips closed. If we talk while eating, we cannot follow this guideline.

Moreover, generally what do we talk when we eat? We talk more about our family problems, business problems, anger, sad, tension, fear and such matters.

When we think about such unnecessary matters while eating due to the emotions some chemical changes happen in our body and the digestion is affected. Immediately some people may ask, "Can we talk about good matters while eating?" No. This is because, our lips open when we talk and air enters inside. Therefore, please do not talk about any matter when you eat.

If some guest comes to our house, we give them snacks, tea, coffee, cool drinks etc. to eat and we chat with them. If the guests are present in our house for half an hour, is there a rule that they should keep on munching something and talking to us for the entire half an hour? What pleasure do we derive from making the guests who come to our house to eat snacks and keep on talking to us as they eat and spoiling their health?

Therefore, please do not talk when you eat. Do not eat when you talk. All the people who talk when they eat will already have several diseases. If not, they will get several diseases very shortly.

Nowadays, whenever two persons talk about any matter for some time, some snacks will be kept in between them. They will keep on eating it as they talk. Some businessmen call each other to a hotel for lunch and as they keep eating their lunch, they talk about business worth several millions of rupees. When they talk about business worth several millions of rupees, will their attention be on their food? No. That food will turn into poison.

So, please do not talk when you eat and do not eat when you talk. If we have to necessarily talk when we are eating we can chew the food in our mouth, make it a paste and swallow food inside the mouth. However, it is very good if we do not talk at all from the time we start eating till the time we finish the eating.

All right, can we at least listen to someone speaking when we eat? No. The reason is that, if someone is speaking to us when we eat, our thoughts will be on the words spoken by him and not on our food. So, our food will not be digested properly.

Whenever you go to any house or any hotel, just watch the people. All people talk about every matter on earth only when they eat. So, do not talk when you eat and do not eat when you talk. Only when we eat without talking, our entire attention will be on our food. Only when our attention is on our food, all the glands related to the digestion will secrete. Only then our food will be converted into good items and mixed with the blood.

9. WE SHOULD NOT TALK ON CELL PHONE WHEN WE EAT

Many of us keep talking over cell phone when we eat. This is a bad habit which very much spoils our digestion. The reason is that, whatever may be the matter about which we are talking over the cell phone, our entire thought and attention will be on that matter only. During this time, no gland pertaining to digestion will secrete in our body. So, whatever food we eat at that time will become waste and poison. It will never convert into good ingredient in our blood.

All those who talk over cell phone while eating will definitely have several diseases. They cannot be cured by any medicine or tablets. So, please do not talk on cell phone when you eat. Switch off your cell phone or keep it in silent mode when you eat. If you do so, and avoid talking over cell phone when you eat, the food you eat gets digested well and becomes a medicine for curing several diseases.

10. WE SHOULD NOT DO ANYTHING THAT DISTRACTS OUR ATTENTION WHEN WE EAT

When we eat, our attention, thoughts and mind should be solely on the food. We have to see that it does not get diverted into any other matter. Activities such as watching TV, reading books, talking to others, talking over cell phone, listening to someone talking, thinking about business etc. will divert our attention from the food.

Therefore, we have to not only avoid these activities but we have to see that our attention is not diverted by any other such activities also. We should not indulge in any such activity when we eat our food.

11. WHAT SHOULD WE EAT AND WHAT SHOULD WE AVOID?

All doctors will have a list of good foods and bad foods. Different doctors will give different advices such as “this item should not be eaten for this disease”, “that item should not be eaten for that disease” and so on.

But there is no such thing in our treatment. We can eat all foods that people normally eat. Some people say that we should not eat anything that grows below the ground level. So, many of you may be avoiding such food items. Then after some time, you will be asked not to eat the food items that grow above the ground level, then what will you do?

There are only two kinds of food, namely those that grow below the ground level and those that grow above the ground level. Please do not listen to anyone who asks you not to eat one of these two types. Carrot and potato grow below the ground level. What will happen if you eat them? There is nothing wrong in eating the food items that

grow below the ground level. The question is whether you know how to eat them.

People say that potato, elephant yam etc, should not be eaten. We can eat them liberally and nothing will happen to us. The question is not whether it was grown above or below the ground level. The question is whether we know how to eat it.

When we eat the potato in an improper way, it does not get chewed properly in the mouth, does not get properly digested and goes to the stomach. Again it does not get digested properly in the stomach and goes to the intestine. After crossing several organs, it comes out as stool. If the potato that we eat goes past the mouth as potato, goes to the stomach as potato, goes to the intestine as potato and goes out in the stools as potato, is the potato responsible for this or are we responsible for this?

Just because we do not know how to eat and digest the food items that are grown below the ground level, can we put the blame on those food items? Therefore, if we eat the food items by following the principles that we explained earlier, all the food items will be digested properly.

So, from now on, we can eat all the food items that grow below the ground also without any restriction. Some people's stools will have pulse, mustard, etc. What is the meaning of this? If a grain of pulse or mustard comes in full shape from the mouth to the stools, is it the fault of the grain? Or is it our fault that we have not eaten it properly? So please do not find fault with any of the food items.

They say that you should not eat sweet because you will get Diabetes; so, keep the sweet aside. They say that you should not add salt because your BP will increase; so, keep the salt aside. They say that

if you add Tamarind in your food, knee pain and joint pain will come; so, do not eat Tamarind. They say that you should not eat all food items that grow below the ground; so keep aside those items also. They say that you will get skin disease if you eat Brinjal; so, avoid Brinjal.

They say that you will get kidney stone if you eat tomato; so, avoid tomato. They say that you will get Lipoma if you eat oil dishes, coconut etc; so we avoid eating oil dishes and coconut. They say that you should not eat pickle; so, you avoid pickles. They say that if pungent taste increases, you will get diseases; so, we avoid hot and pungent items. Already we ourselves do not add bitter and astringent tastes in our food. They say that we should not add fruits when we eat cooked foods; so, we do not eat fruits also.

In this way, they ask you to avoid each and every food by giving some reason or the other. Then what is left for us to eat? Thus, if we start avoiding each and every item that the doctors ask us to avoid, finally we cannot eat anything at all and we have to just starve and die. Therefore please understand that we can eat all the food items that are normally eaten by people, without any restriction. There are very few items which are to be avoided.

As per our treatment, only if Diabetics eat sweets their Diabetes will be cured. Only if BP patients eat salt to the extent their tongue wants, their BP will be cured. But, we should avoid eating white sugar. No one who works in a sugar factory will eat white sugar. It is because a deadly poison called sulphur is mixed in white sugar.

Therefore, we have to avoid white sugar and we can eat all other sweets such as Palm sugar, Molded jaggery, Jaggery, honey etc. liberally without any restriction. Similarly, BP patients will have problem only if they take powder salt, But they can eat rock salts such as crystal salt, rock salt, etc. generously. These will cure BP.

They say that those who have gastric troubles should not eat potato. The problem is not in the potato. If the potato is not digested properly, it will create gas problems. But, if we eat potato in the proper way by which it is to be eaten, it will cure the gas problems. So, those who have gastric trouble can definitely cure it by eating potato as per our treatment.

They say that skin disease will come if we eat Brinjal. In fact, skin diseases will be cured only if we eat Brinjal. Brinjal contains all the salts and minerals needed for the skin. If we eat Brinjal without getting it digested in the proper way, when the nutrients in the Brinjal are needed for the skin get improperly digested, mix in the blood, and reach the skin, skin gets diseases. Therefore, by chewing Brinjal well and eating it properly, we can cure skin diseases just by eating Brinjal.

In this way, whatever food they say is to be avoided for whatever disease, the same food acts as medicine for that disease if we eat it in the proper way. Whatever food is not digested properly the nutrients in the food that are supposed to go to some specific body parts in good form reach those body parts in bad form. This causes diseases in those body parts.

So, the doctors in the world immediately advise us to totally avoid that food. If we totally avoid that food, the disease will actually become bigger and will not reduce. This is because if we totally avoid that food the nutrients in that food meant to benefit that body part will not at all be available to that body part. So, whatever food they advise us to avoid for a disease, we can cure that disease by eating that very same food in a proper way.

So, in our treatment there is no big list of items which are to be avoided. We can generously eat all the foods that are normally eaten.

Have you not seen people who eat non-vegetarian food and hotel food three times daily and are still healthy? At the same time have you also not seen people who eat only curd rice thrice daily and still get cancer? Have you not seen those who eat only natural food but still have their kidney damaged? Just think. What we eat is not important. How we eat is very important.

Food items vary from country to country. The restriction that some food is not to be eaten will be valid only in a particular place in a particular country for some period of time. If we see at a global level, we can maintain our health by eating any food, if we eat it properly. So, in our treatment, you can eat any food. But, it is very essential that we adopt the guidelines for digesting it in the proper way.

12. FIVE TYPES OF FOOD

There are several types of food. However, to understand them easily we have classified them into five types.

TYPE-1: FRUITS AND NATURAL FOODS

The first type of food consists of all foods which are natural and tasty. All uncooked foods such as fruits, coconut, cucumber, carrot, etc, which are uncooked but at the same time are tasty belong to this group.

These foods will have 100% taste. So they get 100 marks for taste. These will have 100% pranic energy. So they get another 100 marks for pranic energy. These will have 100% nutrients. So they get another 100 marks for nutrients. So, totally the first type of food gets 300 marks. All the foods which can be eaten uncooked and raw but are also tasty come under this group.

TYPE-2: SPROUTED GRAINS

The second type consists of all uncooked but not-so-tasty foods. For example, all sprouted grains and pulses, all tasteless fruits and vegetables belong to this group.

This type of foods contains 100% pranic energy. So, they get 100 marks for pranic energy. These contain 100 % nutrients. So they get 100 marks for nutrients. But these do not have taste. So, they get 0 marks for taste. So, these foods get total 200 marks. So, they are grouped as second type.

TYPE-3: COOKED FOODS

All cooked vegetables, spinach leaves, grains, etc. belong to this third type.

When we cook a food, the taste in the food reduces by 50%. So, these foods get 50 marks for taste. Also, when a food is cooked, it loses 50% of its nutrients. So these foods get 50 marks for nutrients. Also these foods lose 50% of their pranic energy when cooked. So, these foods get 50 marks for pranic energy. So totally this type of food gets 150 marks. All cooked dishes that we normally eat come under this group.

TYPE-4: NON-VEGETARIAN FOODS

The non-vegetarian foods come under this fourth category. Non-veg. foods contain 100% nutrients. So, they get 100 marks for nutrients. There will be no pranic energy in them. So, they get no marks for pranic energy. There will be no taste in them. So, they get no marks for taste. So, non-veg. foods get a total of 100 marks. Therefore, it is good to avoid or reduce non-veg. foods as far as possible.

But, in some countries, desert areas and hot countries, due to the non-availability of plant foods, there may be a necessity to eat non-veg. foods. Anatomically, nothing wrong will happen to our body if we eat non-veg. food. But, on spiritual grounds, if our mind has developed a thought that it is a sin to kill a living being, when we eat non-veg. food, that thought will create disease in our body.

So, when non-veg. eaters eat the non-veg. food with the thought that eating it is not a sin and eat it without any confusion in their mind, then the food gets digested properly. If they eat it with the dilemma “Is it right or wrong to eat it?” then that thought creates diseases in the body.

This is not only true for non-veg. foods. This is true for all foods. If we eat any food with the clear and strong conviction and belief that it is good for our health, then that food acts as medicine. If we eat it with the doubtful thought that it might create disease in our body, it actually creates diseases. Finally, it is advisable to avoid non-vegetarian foods.

TYPE-5: INTOXICANTS AND NARCOTICS

All the narcotic drugs belong to this group. These are actually not foods. We consume some narcotics and intoxicants as if they are food items. But those items are not foods. All intoxicants such as tea, coffee, Beedi (a kind of Indian cigarette), cigarette, liquor, Paan, ganja, areca nut, etc. are not at all foods.

How to know the difference between intoxicants and food items? All those items by eating which thrice daily we can remain alive are food items. If we cannot remain alive just by eating some items thrice daily, then those items are not food items.

Can a person remain alive just by eating coconut alone? Yes. Then coconut is a food. Can a person remain alive just by smoking cigarettes? No. Then cigarette is an intoxicant. A person can live just by eating non-veg. food alone. So, non-veg. items are food. Can a person live just by smoking Ganja? No. Then, it is an intoxicant.

Food is an item which carries nutrients from outside into our body. Intoxicant is an item which takes away the nutrients already stored in our body. Therefore, when we use a narcotic, our body will get more stamina for some specific period of time. After that, we will be without stamina. This is because the narcotic will spend away the nutrients already stored in our body and thus make us less potent. Moreover, narcotics never supply any nutrients to our body.

Therefore, we should never consume narcotics. Many people say, "I go to the doctor and take treatment for several years. But my disease has not been cured." But, these people never reveal anything about the narcotics they use. Therefore, consuming tea, coffee, etc. is more injurious to our health than eating non-vegetarian food.

Please understand about the food types mentioned above and check which of these types you consume. As far as possible, we should move towards Type 1 foods.

Some nature cure doctors say that we should eat only natural food all three times daily. This is very hard to follow in practice. If you keep eating only natural food thrice daily continuously for one month, saliva will flow in your tongue when you see your favourite dish. You will be tempted to eat it and you will find it very hard to resist.

To solve this problem, we offer you a simple solution in our treatment. Eat only uncooked foods in the mornings. Then the pranic energy and minerals needed by your body will be obtained in a natural

way through the breakfast. Let the lunch be cooked food. Eat whatever dishes you want to your heart's content during lunch. This is for satisfying your desire for taste. Since we should not eat much during the night, take only rice porridge, wheat porridge or any other porridge along with any cooked vegetable dish for dinner.

If you eat in this way, you will be eating natural food and at the same time you will have the satisfaction of eating cooked food as per your desire. Also, you will be eating porridge which is a medicine that can cure many diseases. Then, nutrients will reach our body in all the ways and it will pave the way for our being healthy forever.

There is a proverb: "Breakfast like a king, lunch like a prince and dinner like a pauper!" This is the right way to a healthy life. But, what do we do? In a hurry, we eat very little food for breakfast like a beggar and rush to our office. We eat lunch in a measured way like a Minister. We eat our dinner like a King by gobbling all sorts of food. Our overeating during dinner is the main reason for our getting diseases.

The digestion power of our stomach will be more during morning hours. So, please eat your breakfast to your heart's desire in a calm and contented way. Let the lunch be in a measured way. Reduce the amount of food intake during dinner as much as possible.

This is because we do less physical work during night time and also there will be no sunlight to help us in digesting the food. Heat is needed for our body to digest the food. We are active during the day time as we walk, run and do a lot of other works. So, our body gets heated up through these physical activities. Moreover, when there is sunlight, heat energy comes into our body naturally. So, we should eat more during daytime and eat less during night hours.

13. HOW MUCH FOOD SHOULD WE EAT?

Many of us have big doubts about this. When we are confused about how much to eat, we consult a doctor. Specifically, when we may consult a dietician, he gives us advice. He gives us written instructions such as, “Eat four Rotis and one cup of curd for breakfast. Eat 750 milligrams of rice and 350 milligrams of pulses (Dahl) for lunch. Eat two Rotis for dinner.”

Now tell me, when we eat can we measure what we eat in milligrams and millilitres? Can we keep a weighing machine by our side whenever we eat? Do one thing. From now on, keep a weighing balance by your side when you eat lunch. Measure 750 milligrams of rice in the balance and put it in your plate. Is this practical?

The doctors prescribe that you should eat four Rotis for breakfast. Did he ask you whether you are a lady who does all the works in your house by yourself or you are a lady having several maids for all the works and you sit idle and watch television? Before writing down a diet for you, did the dietician ask you whether you are a physical laborer or a computer engineer?

The quantity of food needed by a person will change based on the quantity of work done by the person, the person's body weight, the person's age, mental stamina, behavioural nature, the climate, the natural circumstances, the country, the locality, the town, etc.

Think of the quantity of food that a construction laborer who does the job of lifting stones throughout the day has to eat. Now, how much food will the same person have to eat if he travels in his friend's air-conditioned car the next day? No one in this world does the same amount of work today compared to what he did yesterday.

When it is so, is it possible to write down in advance how much a person should eat on a given day? However famous a scientist may be, however popular a doctor may be, however big a wise thinker may be, he cannot write down for himself how much he should eat for the next meal. Thus, if we ourselves cannot say how much we have to eat, how can the doctors say how much the patients should eat? Therefore, please understand that no one in this world can say how much you should eat. You yourself do not know that quantity.

Doctors say, “Eat four Rotis for breakfast.” Did they ask you about the size of the Roti that is made in your house? Rotis made in some houses will be very big and thick. It will be enough even if you eat just one. In some other houses, Roti will be like Papad. Even if you eat ten of them, your stomach will not be full. When it is so, how can anyone say, “Eat four Rotis”?

Just think. They say, “Eat one cup of curd.” Do they know the size of the cup in your house? Therefore, please do not eat according to what someone else prescribes. This will only increase your disease and it will not cure the disease.

All right, then how to find out how much we should eat? There is an easy method for this. We should eat only when we feel hungry. When we eat, if we focus all our attention on the food, then we will not like to eat beyond a certain quantity. When the same food which was tasty when we put it in our mouth for the first time is not tasty anymore, it is a signal for us to stop eating.

Let us say that you are a person who usually eats six Rotis for breakfast. Start eating by focussing your attention on the Roti and its taste. After eating four Rotis in this manner, when you see the fifth Roti you will not like to eat it. Once you stop liking to eat it, it means that your quota is over.

When we eat with our attention on the food, we will know the amount of food that we need. But, we are engaged in talking, watching TV or speaking over cell phone, etc. While eating, we do not know how much we need to eat. Therefore, please observe by eating with your attention on the food and its taste. If we eat in this manner, we cannot eat beyond a limit.

So, in our treatment, we do not need measurement units and scales such as milligram, kilogram, balance, etc. to see how much we have to eat. We have to just eat when we feel hungry. We have to eat the food by fully enjoying its taste. When we get the thought in our mind that we have had enough of it, then we have to stop eating.

Therefore, henceforth please eat to your heart's content. There is nothing wrong if you eat a little more. Your next hunger time will be slightly postponed. That is all. There is nothing wrong if you eat a little less. You will feel hungry again a little early. That is all.

Therefore, please do not measure the food when you eat. Whatever amount is desired by you, eat it to your heart's content. But please remember one important point. You should not eat anything till you feel hungry again.

To drive home the point further, I will give you an example. Give a cup of rice to your pet dog. After eating it, the dog will stand there wagging its tail, asking for more food. Give it another cup of food. The dog will eat it and ask for some more. Give it the third cup of food. The dog will eat half of the food in the third cup, leave the balance there and start walking away. If you now call the dog back and cajole it to eat some more and pour another seven cups of food before it, it will not eat anything more. It is because the dog knows how much it needs to eat. We human beings do not know even this. It is because the dog

tastes and enjoys the food that it eats. The man eats without hunger and without enjoying the taste of the food.

So, please be clear that in our treatment we need to eat whenever we feel hungry and we need to eat by liking, tasting and enjoying the food to our heart's content. All the senior citizens in your house who are more than 80 years old and are healthy would not have surely avoided any food and any taste saying that they did not like it.

By eating foods of various tastes based on our liking we can not only be healthy but we will also never get any diseases. Therefore, please do not follow any guidelines given by some doctors who do not know much about foods and their taste values.

14. WE SHOULD NOT KEEP OUR LEGS HANGING DOWN WHEN WE ARE SEATED

Generally, we keep our legs hanging down most of the time when we are seated. If we think of the occasions such as travelling in a two-wheeler, travelling in a bus or train, in cinema theatre, in schools, colleges, offices, houses, sitting in a sofa, cot, chair, etc. we will realize that we keep our legs hanging down most of the time.

Many diseases are created because we sit with our legs hanging down. The reason for this is that when we sit with our legs hanging down our blood circulation will be more below our waist and the upper part of our body will not get sufficient blood circulation. When we sit in a squatting posture with our legs folded, the blood circulation will be more in the upper part of our body and less in the lower part of our body.

More blood circulation to the lower part of our body is required only when we walk. Many of the most important parts of our body such

as heart, kidney, pancreas, lungs, brain, eyes, ears, etc. are all situated above our waist. So, if a person sits in a squatting position he will get more energy and better health. Therefore, from now onwards, please avoid sitting with your legs hanging down as far as possible.

At least when we eat, we should sit only with our legs folded. If we sit with our legs hanging down when we eat, blood circulation will be more in our legs than in our stomach. So, digestion is delayed. If we sit with our legs folded criss-cross in Sukhasana posture when we eat, the food gets digested even as we keep eating. This is because the digestion is done well when the blood circulation and associated energy goes fully to the stomach portion instead of going to the position below the waist.

But nowadays many people are not capable of sitting with their legs folded. This is due to the fact that we sit with our legs folded only at one place, the toilet.

Those who use the “Squat toilet” used traditionally in India and many other countries do not get any joint-related pains. On the other hand, those who use the modern Western type toilet which is used in a sitting position get joint pain, knee pain and all other related diseases. It is because these people never sit with their legs folded even once in their life. Initially this problem was faced only by the elderly people. But nowadays because even children use only Western toilets, they struggle to sit in a squatting posture on the floor in Sukhasana.

If you cannot even sit on the floor with your legs folded, then you can imagine to what extent you have spoiled your body. So please do not use Western toilet. Use squat toilet instead. If you do so, at least twice or thrice daily you will be doing a simple Yogasana.

So, as far as possible, avoid sitting with your legs hanging down. Always sit in a squatting posture whenever you sit on a cot or sofa. If you spread a cloth or a mat on the floor, squat on it and eat food, then the food will be digested well. In case this is not possible in your house, then you can use a dining table and chair. But please sit on the chair with your legs folded and not hanging them down.

Many people nowadays get joint pain, wear-out of joint, etc. and the basic reason for this is their sitting posture with their legs hanging down. So from today, if you start practicing with your legs folded, your digestion will be done well and your body will get more energy. You will not get joint pain and leg pain.

**15. WE SHOULD NOT EAT FOR 45 MINUTES AFTER TAKING SHOWER;
WE SHOULD NOT BATHE FOR TWO AND HALF HOURS AFTER EATING.**

Many of us have the habit of eating food immediately after taking a bath or a shower. If you eat immediately after taking bath, the food will not be digested properly. We have to eat only after 45 minutes from the time of our taking bath. Also, we should take bath only after two and half hours from the time when we finish eating food.

All our body parts and cells are at 98.4 degree Fahrenheit temperature (37 degree Centigrade) throughout the 24 hours of every day. If we go to a cold country where temperature is -10 degrees and measure our temperature with a thermometer even then our body temperature will be 37 degrees only. Similarly, even if we go to a hot country where the temperature is 50 or 60 degrees and measure our temperature with a thermometer even then our body temperature will be 37 degrees only.

What we need to understand from this is that the body temperature for a human being is always 37 degree centigrade which is

same as 98.4 degree Fahrenheit. All the people in all the countries around the world will have this same temperature at all the times. Each and every type of living species such as goat, cow, hen, etc. has such a specific body temperature.

So, the temperature of human body is always 37 degrees centigrade. Even when we are in a cold climate or a hot climate, the organ called Triple Warmer in our body will always try to keep our body temperature uniformly at 37 degrees centigrade at all times.

When we take bath, irrespective of whether it is normal water or hot water, irrespective of whether we take bath only for our body excluding the head or including the head, irrespective of whether we take bath in a river, pond or in our bath room, our body temperature will undergo a change immediately.

When our body temperature changes, the temperature controlling organ in our body will start working immediately and it will attempt to bring the body temperature to 37 degrees again. When the body is engaged in this activity to rectify the body temperature, the digestive organs in the body will not get energy.

On an average, the Triple Warmer in our body works for about 45 minutes after we take bath. During this period, the digestive glands in our body will not function. Therefore, please do not eat immediately after taking bath. Wait for about 45 minutes after finishing the bath and then eat.

Similarly, we should take bath only after a period of two and half hours after eating food. This is because it takes two and half hours for the food we eat to get digested and enter our blood stream. Some people may have their food digested in one hour. It may take up to five

hours for some other people. So, we can safely assume that it takes about two and half hours on an average to digest the food.

Let us assume that we take bath within half an hour after eating the food. Immediately after we take bath, the temperature control organ in our body will start acting to set right the temperature of the body. At that time, all the energies in the body will be spent by the temperature control organ and no energy will be available to the digestive organs for performing their duties.

You can check this yourself. Take bath immediately after eating food just for one day. You will get digestive problem on that day. Your stomach will feel uncomfortable. You will get headache.

Therefore, we should not take bath for a period of two and half hours after eating food. We should wait for a period of 45 minutes after taking bath before we start eating food.

Some people phone up and ask, "I get up from bed only at 8.00 AM in the morning. I have to be present in the office by 9.00 AM. Under this circumstance, how can I wait for 45 minutes after taking bath?"

It is your fault that you sleep lazily up to 8.00 AM. If it is needed, we have to necessarily wake up early. Your body does not know that you have to be in the office by 9.00 AM. However big an officer you may be, however rich you may be your body will not know at what time you have to be present in the office.

Our body expects us to follow some guidelines if it has to take care of itself. Please do not violate these guidelines. Please think how we can follow these guidelines by changing our habits instead of giving any lame excuses.

16. WHAT SHOULD WE DO IF WE GET BELCH?

There are three types of belch:

- (1) Belch due to hunger
- (2) Belch due to good digestion
- (3) Belch due to indigestion.

(1) Belch due to hunger: Belch can come even when we are hungry. This is because when we are hungry hydrochloric acid is secreted in the stomach in order to digest the food. This means that we have to eat something at that time. Otherwise, this acid will wait for some time and then it will get diluted. It will then come out as belching. This is belching due to hunger.

So when we feel hungry, if we belch before eating then it means that our stomach is giving a warning to us. So we have to understand that we need to eat something immediately. Those who cannot eat food immediately can eat some fruits and postpone the hunger for some time. In case it is not possible for us to eat any food for the next two hours, if we drink half litre of water and dilute the acid, then we will not get the disease called Ulcer.

So, belching can occur when there is hunger. We have to understand this belch and eat immediately. Otherwise, we have to drink plenty of water and thus save our stomach from ulcer.

(2) Belch due to good digestion: Belching may come while eating. This type of belching means that we are eating the food properly and the food is getting digested properly.

The stomach has one valve above and one valve below. The food path (alimentary canal) carries the food we eat through the mouth into

the stomach. There is a valve at the point where the food from the food pipe enters into the stomach. This valve allows the food to go through it only in one direction normally. This valve opens to allow food in the food pipe to enter into the stomach and then it closes. It does not allow food to go in the reverse direction. The existence of this valve is the reason behind the fact that even if we stand upside down after taking food the food does not come out of our mouth. This valve opens in the reverse direction only in emergency times such as vomiting.

Similarly there is a valve at the bottom of the stomach for allowing the food from the stomach to the small intestine. This valve allows the food only in the downward direction and it does not allow the food to come back in the opposite direction.

Some people will get belching even while they eat. This is because of the fact that when the food is digested well in the stomach and it is pushed down from the stomach to the small intestine through the valve at the bottom of the stomach, an empty space (vacuum) is created in the stomach. Air will be needed inside the stomach to fill up this empty space. The valve at the top of the stomach will open at that time in order to take the air through the mouth into the stomach. This creates the sound of belching.

When we eat food, if belching comes as we keep eating, it means that we are eating properly and in the correct manner. Some people may keep eating without knowing how much to eat. We want to clarify one point to these people. If belching comes when we are eating, it means that the stomach is informing us that we have eaten enough. So, we should stop eating if we get belching when we are eating.

We have already told in DVDs that we have to stop eating immediately when we get the first belching while eating. But there can be a small complication here. Some people may get their first belching

after eating a small amount of food. But if they stop eating at that time then they may feel hungry again after an hour. But they may not eat again at that time.

In our treatment, there are two rules namely, “Stop eating after first belching” and “Eat when you feel hungry”. So, if you stop eating after first belching, then you should eat when you feel hungry again. But some people stop eating immediately when they get first belching but they do not eat when they feel hungry again.

Therefore, only those people who remain in the house and who can eat whenever they feel hungry should use the guideline that we should stop eating immediately after getting the first belching.

Some people who go for office work may get belch after eating two Rotis at 8.00 AM in the morning. They will feel terribly hungry again at 12.00 noon. But their office lunch time may be only at 2.00 PM. This will cause problems for them.

Therefore, please follow one of the following two guidelines, whichever is feasible for you to follow:

(a) We should stop eating after getting the first belch. But we have to immediately eat again when we feel hungry.

(b) Without bothering about belching and without stopping, we should eat as much as we like to eat. But we have to wait till we feel hungry again and only then eat the next course of food. Those people who have fixed lunch hours should eat sufficient amount of food in the morning so that they feel hungry again only during their lunch hour.

(3) Belch due to indigestion: Some people may get belching one or two hours after eating the food. This is due to indigestion. This means that the food that went inside the stomach has not been digested

properly, remained inside the stomach for several hours and became rotten. The bad air coming from this food is the reason for this belching. So, all those who get belch after eating food should understand that they did not eat the food properly and at least from now on start eating properly.

17. MOTHER SHOULD NOT EAT ALONG WITH HER CHILDREN

Whenever a mother sits along with her children and eats, her food will not get digested properly. Some mothers ask me, “When I sit along with my child and eat, why should my food not get digested properly?”

When a mother eats along with her child, she will be concentrating only on the child and she will not focus her attention on her food. She will keep on guiding her child by saying, “Do not talk while eating”, “Sit properly and eat”, “Do not spill the food”, etc. If a mother looks after the child or keeps feeding the child and also eats her own food at the same time, the child will eat the food well but the mother’s food will not be digested properly due to her maternal concerns.

So, a mother should not sit along with her children and eat. All the mothers should first serve the food to their children and to all the other members of the family, see that all of them eat satisfactorily and then sit alone and eat happily.

Also, she should not eat while serving food to others. If she eats in that way, her attention will only be on whether others are eating properly and not on her own food and so her food will not get digested properly.

Mothers having infants sometimes eat their food while having the baby on their lap and playing with them. This is not proper. Some children keep on coming near the mother and troubling her when she eats her food. At that time, when she keeps on taking care of the child and controlling the child as she eats her food, her food does not get digested properly.

Therefore, all the mothers having small babies should leave them under the care of someone else and eat their food focussing their full attention on the food.

18. THE FOOD WE EAT SHOULD CONTAIN ALL THE SIX TASTES

Observe the food that we normally eat. It will have salt, sour and pungent tastes. But, generally we do not add sweet, bitter and astringent tastes in our food. We have already seen that there is a connection between each taste and an internal organ, an external organ and an emotion. If a person eats food having only salt, sour and pungent tastes, the organs connected with these three tastes only will function well in that person's body. Since he is not eating the sweet, bitter and astringent tastes, the liver and spleen which depend on sweet taste, the heart, the outer cover of the heart, temperature control organ and small intestine which depend on bitter and astringent tastes will not function properly.

The food we eat goes to the stomach first and it remains there for about an hour. Since we do not eat sweet taste, stomach will not get the energy needed and so it will not digest the food properly. The next digestive organ is small intestine. Since it does not get energy from bitter and astringent tastes, it will also not digest the food properly. Thus, because we do not eat sweet, bitter and astringent tastes, the digestive power is less in our body.

Till recently, people used to eat sweet taste liberally. But, as per the wrong advice given by the doctors that sugar disease (diabetes) will come if we eat sweets, we do not add sweet taste to our food nowadays.

We have clearly understood when we discussed about sugar disease that there is no connection between sweet taste and sugar. So, please add sweet taste liberally in your food.

Moreover, people do not like bitter and astringent tastes and so they do not eat them. Bitter and astringent tastes are very much essential for proper digestion of food in our body.

Therefore, from now on, by adding all the six tastes namely sweet, salt, pungent, sour, bitter and astringent tastes in every course of food that we eat, we can increase our digestive power and we can convert our food into medicine.

In some countries, people eat only sweet, bitter and astringent tastes in their food and they do not add salt, sour and pungent tastes. In some other countries, such as India, people eat only salt, sour and hot tastes and they do not add sweet, bitter and astringent tastes. Thus, people in different countries eat some tastes and do not eat some tastes. This is the basic reason for diseases. Therefore, we should try to eat food containing all the six tastes in each and every course of food that you eat.

Already the food that we eat contains salt, sour and hot tastes. For sweet taste, we can take any sweet dish or any sweet-tasting fruit. But we should never use the poison namely white sugar which is also called refined sugar. Also, we should never add any dish made using white sugar in our food. Instead of white sugar, we can eat Jaggery,

Palm sugar, honey and all types of fruits. So, by adding sweet taste in the food, we can help improving the digestion.

Generally we do not add bitter and astringent tastes in our food. Bitter and astringent tastes strengthen our heart and also give us confidence and boldness. Also, they streamline the blood pressure and cure all the diseases in our body. So, let us add bitter and astringent tastes in our food from now on.

An easy way to add bitter taste is to eat bitter gourd curry twice every week. But we should not fry bitter gourd. We should boil it and eat it. Why do all doctors keep saying that we should eat spinach? It is because all varieties of spinach contain bitter and astringent tastes.

You need not search for separate items for bitter and astringent tastes. All items having bitter taste will have astringent taste also. Similarly, bitter taste also will be present in all items having astringent taste. So, we should eat spinach as far as possible.

There are several items having bitter taste such as turkey berry, bitter gourd chips, citron fruit pickle, a piece of lemon, the skin of lemon fruit, Neem leaves, Neem flower, etc. We can add any of these things in our food. If we do not get any of these items, we can add fenugreek or fenugreek powder and it will give a lot of bitter and astringent taste to our tongue. But, add fenugreek only in a small quantity. We should not eat fenugreek in large quantity.

In old movies about kings you would have seen scenes where one person asks the other, "How was the feast?" and the other replies, 'Excellent! I ate food having all the six tastes.' Our forefathers understood that eating "six-taste" food is healthy and they drove away all the diseases by eating six-taste food. But today we are avoiding

many of the tastes and as a result we are welcoming all the diseases into our body.

Therefore, please check up to see whether all the six tastes are present in each and every course of food that you eat and try to add the taste which is not present in the food.

After learning about this, many people have started eating six-taste food. But sometimes we may not be able to get six-taste food. In case we do not get six-taste food, if we eat food feeling bad that we could not get six-taste food or if we eat food thinking that the food will not get digested because we did not eat six-taste food, then that food will not get digested properly.

We eat thrice daily and thus we eat about ninety times in a month. To start with, try to eat six-taste food at least ten times in a month. Even if you cannot eat six-taste food at all times, try to eat it as frequently as possible. Even if you cannot get it on one day, instead of eating with a worry that you could not eat it, if you happily eat whatever is available, you can be healthy.

Our forefathers have said that if we eat one gooseberry in every meal, we will not get any disease. The reason behind this statement is the fact that gooseberry has all the six tastes in it. So, if it is possible, we can add one gooseberry in every meal. But, if we eat gooseberry in every course of food, sometimes our tongue will not find it tasty. So, we can eat gooseberry every alternate day.

Tender coconut water has all the six tastes. We should not drink tender coconut water using a straw. When we put our mouth on the tender coconut, enjoy the taste and drink it, the six tastes go through the tongue into our body and act as medicine.

Some people who have learnt our treatment of eating six-taste food have wrongly understood that six-taste powder should be consumed. If any of you buy any six-taste powder and eat it, it will not give any positive results. Only if the food that we eat daily contains the six tastes it will give good health to our body. Therefore, please understand that the food that we eat should contain six tastes and please do not use any artificially prepared six-taste powders sold in the market.

Thus, by ensuring that all the six tastes are present in our food and by eating six-taste food every time, we can get the food digested well.

19. WE SHOULD ENJOY, RELISH AND EAT ALL THE SIX TASTES

Each and every food that we eat has some tastes in it. Only our tongue can digest these tastes. Our stomach cannot digest the tastes. So, when we keep a food in our mouth, we feel that there is some taste in it. As we chew the food, the taste slowly disappears. At that time, the taste buds in our tongue absorb the taste and convert it into energy.

If we swallow the food without enjoying it and relishing its taste, the stomach will not digest the taste. It is because the stomach is not capable of digesting the tastes. It can digest only something which can be seen. A taste which is not digested by the tongue will go out of the body as a waste.

So, if we want that all the tastes in the food are to be converted into energy then we should enjoy all the tastes in the food by keeping the food in our mouth till it becomes a totally tasteless matter. Absolutely no taste should be present in the food when we swallow it.

If we eat properly in this way, we will get the Pranic energy from the taste of the food and also the Pranic energy from the matter of the food. So, when we eat our food, we have to swallow it only after we have enjoyed all its taste and only when it becomes totally tasteless. Let us all live a healthy life!

20. HOW MUCH QUANTITY OF EACH TASTE SHOULD WE EAT?

Many people get this doubt. They ask, “Which parts in my body have been affected? Which are the tastes needed for my body? How much of each taste should I eat?” Nobody in this world can tell how much of each taste you should eat. You also do not know the answer to this. Then how to find it out? The answer is: ask your tongue.

Your tongue is the doctor in your body. The taste is the medicine. So, your tongue alone knows how much of each taste you should eat. So, please do not ask, “How much sweet taste should I take for each meal?” You can eat as much sweet as asked for by your tongue. Follow this technique for all the tastes.

In a marriage feast, you will see a number of guests being served to the guests. Observe closely how different people eat. Some people would eat some dishes a lot but not touch some other dishes. Some others would eat a lot of different other dishes.

Thus, each person eats in a different way. The reason for this is that the work done by each person, the diseases in each person’s body and the energy needed by each person’s body vary for others. So, different people need different tastes.

So, you need not bother much about how much of each taste you should eat. Start eating different dishes with different tastes. When you keep a dish in your mouth, eat it if your tongue likes it. Do not eat it if

your tongue does not like it. So, if you eat each taste to the extent your tongue asks for it, the diseases in your body will be cured and you will be healthy.

21. WHEN WE EAT FOOD, WE SHOULD START WITH THE SWEET

Our forefathers used to serve one sweet dish first when food was served. We have already seen that sweet taste is the energy needed for liver and spleen to function. The food we eat goes into the stomach first. So, our forefathers have found out that the food will be digested well if we eat sweet which gives energy to the stomach.

Some people eat sweet after eating all the food. Eating sweet first and then eating the other foods is better than eating sweet at the end. So, whenever you eat food, first eat some sweet. This does not mean that you eat two big rounds of sweet porridge and then start eating the other dishes. Start with sweet and after eating all the other tastes we can again eat sweet in the middle. We can also eat some sweet at the end. Eating sweet first is just one way. It is not compulsory that you should eat sweet first.

I would like to remind you once again. You have learnt a number of techniques so far. It is not absolutely compulsory that you must follow all these techniques each and every time. You may not be able to follow some of these techniques some times. So, eat without fear and without worry. If you eat with the feeling that you have not eaten sweet in the beginning of the meal, your food will not be digested well.

So, please try to follow these guidelines to the extent you can. Do not feel guilty if you cannot follow some guideline or other and eat confidently without any worry or fear. Let us all live a healthy life!

22. HOW CAN THOSE WHO HAVE LOST THEIR TEETH CHEW THEIR FOOD?

Those who have lost their teeth should not eat hard food dishes at all. Do we give hard food to new-born babies who do not have teeth? We give only liquid diet such as milk, water, tender coconut water, etc. to new-born babies. Is it fair to treat toothless children and toothless elders differently? When even those having teeth do not chew the food properly and get diseases, how can a person not having teeth at all chew the food? How can that food be digested?

So, those who do not have teeth should eat only liquid foods. One example is fruit juice. All fruit juices can be consumed. Only liquid foods such as tender coconut water, rice porridge, etc. which are not hard should be consumed by those who do not have teeth. Even such liquid foods should be sipped just like tea is sipped and they should not be drunk fast in one go.

In case they want to eat solid food, the food should be minced well using the hands and the chewing work which is supposed to be done by the teeth should be given to the hands. After this grinding of food with hands, the food should not be just put in the mouth and swallowed inside. The food should be kept in the mouth for some time. We have to imagine that we have teeth and we have to chew the food at least fifteen times using our gums. Only then the tongue will enjoy the taste and the saliva will mix with the food.

If it is desired to eat some heavy dishes, those dishes can be eaten after churning them into a paste just as we churn spinach. If you wish to eat very hard items we can put the dish in a mixer grinder and make it into a paste in two minutes and then eat it.

So, those who have no teeth should give the work of teeth to the hand or mixer grinder and once that work is over, they can keep the food in the mouth, enjoy the taste, mix it with saliva and then only swallow it.

23. HOW CAN THOSE ADDICTED TO A PARTICULAR TASTE COME OUT OF IT?

Some people eat a lot of a particular taste saying that they like it very much. That is, we become slave to some tastes. Artificial foods are the reason behind this addiction. In a natural food, there will be no chemical that will make us addicted to its taste. But, in the items that come packaged in boxes and tins, the manufacturers add some chemicals in order to make our tongue addicted to their taste. So, we become slaves to those tastes. In all items such as cookies, cool drinks, mixtures, etc. chemicals that make us addicted to that taste are being added.

So, please avoid eating artificially prepared items as far as possible. If you are a slave to such artificial food products and eat them again and again, then our advice that you should eat whatever your tongue asks for will not be valid in this context. Since artificial food products contain chemicals, we will feel like eating them again and again. So, we can eat all natural foods liberally as much as our tongue desires. But, we have to be a little cautious when we eat artificial foods.

There is a secret trick to avoid becoming addicted to any taste. Once we keep a food in our mouth, if we chew it well, relish the taste and swallow it only when it is totally devoid of all taste, we will not become slave to that taste. If we do not chew the food properly and swallow it even when that taste is present in the tongue and again eat the same food, the tongue which is having that taste in it will keep on asking for that taste.

You can test this yourself. After you have chewed food and swallowed it, if you chew your empty mouth five times, mix saliva, bring the tongue to a tasteless state and then eat the same food, your tongue will quickly stop liking that taste and we will not eat that taste again and again.

So, before we put a morsel of food inside our mouth every time, if we experience and exhaust all the taste in the mouth, chew the empty mouth and then eat, the food will also be tasty and we will not be addicted to any taste.

24. FOOD COOKED AT HOME WITH LOVE AND AFFECTION IS GOOD. HOTEL FOOD IS BAD.

Hotel food is cooked using baking soda, ajinomoto and many other things which affect our body. So, avoid hotel food. Eat good food cooked at home with love, affection and concern. The mindset of the persons who cooked the food can be seen by eating the food. So, when you cook, cook with good intention, concern and love.

All Brahma Kumaris do not eat food cooked by others. They eat only the food cooked by them. That is why they are always more energetic than others.

So, by eating the food as per the guidelines given above, the food we eat gets digested well and the ingredients in the food will mix in the blood with high quality and high potency. Therefore, let us all eat our food by following these methods and lead a healthy life!

DRINKING WATER

1. DRINKING WATER SHOULD NOT BE BOILED.

All the doctors in the world and all the media including television and newspapers are constantly campaigning that we should boil the water and then only drink it. All those who boil the water and drink it are likely to get many diseases. We should not boil the water and drink.

Why should we boil the water? We boil the water only for the sole reason that there are disease-causing germs in the water and they can cause diseases in our body.

All right, how many litres of water do we drink daily? It may be two or three litres. How many disease-causing germs may be there in these three litres of water? But, we inhale 11600 litres of air every day, at the rate of 8 litres per minute, through our nose. Can anyone say that there are no disease-causing germs in the air? All the dust, dirt, garbage, bacteria and viruses go inside our body through the air that we breathe. They say that disease-causing germs are there in the three litres of water that we drink daily and diseases can come due to these germs. We inhale 11600 litres of air every day. Will we not get diseases through this air?

A disease-causing germ in Japan can fly in the air and come to you in 10 days time and enter inside your body through your nose. Does it ask for your permission to do so? We agree that there can be disease-causing germs in the water. But, do you agree that disease-causing germs are there in the air?

It is true that disease-causing germs in the water die if the water is boiled. If it is true that the only way to kill the disease-causing germs is to boil the water, then all those who boil the water and drink, if you

really want to ensure that no disease-causing germs enter your body from now onwards, should boil the air also, cool it down, filter it and only then breathe it in. Can you do this?

So, what we have to understand is that there are disease-causing germs in the water as well as in the air. If disease-causing germs in three litres of water can cause diseases in our body, then definitely the disease-causing germs in the 11600 litres of air can also cause diseases, can't they? What does our body do to those germs which come through the air?

You must have understood one thing when you read the chapter on "Vaccination" in this book. If any disease-causing germ goes inside our body, the disease-resisting capability of our body will destroy that germ. There is no medicine or tablet needed for this. When it is so, whatever our body does to the disease-causing germs that come in through the air that we breathe, it will take the same action on the disease-causing germs that come in through the water that we drink. So, there is no benefit obtained by boiling the water and then drinking it.

The water we drink contains a pranic energy called Water Energy. This cannot be seen by the eyes. Moreover, many minerals and vitamins are present in the drinking water. These are essentially needed for our body. Drinking water contains nutrients, life energy as well as disease-causing germs.

When we boil the water, disease-causing germs will die. But, at the same time, the life energy in the water is also destroyed. In addition to this, the minerals and other nutrients also evaporate or are killed and float in the water. Thus, by boiling the water which has life energy and many nutrients, we convert it into stale, useless water. So, our body does not benefit at all by boiling and drinking water. Therefore,

one main reason for the shortage of many nutrients in our blood is the fact that we boil the water that we drink.

This may be surprising to you. To confirm this, you can do a small experiment. If you have a fish tank in your house, pour boiled, cooled and filtered water in it and leave the fishes in it. The fishes will die the same day. The boiled, cooled and filtered water is so much devoid of life energy and pranic energy that even a fish cannot live in it for a day. So, we should not boil the water that we drink.

During the outbreak of life-threatening epidemics in the country and during Tsunami, floods, etc. all the water resources in the country would have been polluted. At such times, cattle may be lying dead in the water resources and the water may also be muddy. Sometimes, even human bodies may be lying in the water. In those situations, we should boil the water, cool it, filter it and then only drink it.

This procedure is therefore valid only during such emergency periods. Otherwise, during normal periods, there is no necessity to boil the water available in the areas where we live. The advice that we should boil the water, cool it, filter it and drink it was propagated during emergency times because of the fact that diseases could be caused if we drink dirty and polluted water. If we follow this advice daily during normal times thinking that it is always valid, then it will cause diseases in our body.

There are two ways by which minerals and other nutrients can enter our body. One is through the water and the other is through the food. We drive away these by boiling the water. Moreover, by cooking the food, specifically by cooking them using the pressure cooker and also by cooking using the electric stove called Induction Stove, we send out the nutrients from the food also.

The reason for finding that many minerals and other nutrients are absent or are in less quantity when the blood of a person is tested is the fact that water is boiled and drunk, food is boiled and eaten and food cooked in pressure cooker, electric stove and microwave oven is eaten. So, we have to avoid such things. Let us all live a healthy life!

2. DRINKING WATER SHOULD NOT BE FILTERED.

We have the appliance called water filter in our houses for the purpose of purifying the water. If we take out the filter from the water filter after three months of use, we will observe that it contains a lot of yellow or green colored dust particles. If we tap it against any surface, dust particles looking like saw dust will fall from it.

You may think, “Thank God, these dust particles did not go inside our body because of this water filter.” But I will think, “What a pity that these minerals did not go inside the bodies of the people in this house. They all may be having diseases.”

We spend our money and buy some machines and separate some particles from the water and throw them out. These are not dust particles. These are all actually minerals that are essentially needed for our body. When we see the water, these particles will not be visible to our eyes. These particles will be visible to us only when we use the filter.

We are afraid of such small particles in the water which are not visible to our eyes. When we are ready to eat heavy food dishes, why should we take so much pain to filter out such small mineral particles which are not even visible to our eyes?

So, all those who have water filter in your house are starving from shortage of minerals needed for you in your blood and you are going to

medical shops and buying and consuming the same dust particles called minerals in the name of medicine. If we drink the water without filtering out these minerals from it, we can avoid consuming medicines and tablets containing these same dust particles. Therefore, we should not filter the water. If we filter the water and drink, we will get diseases. Let us all live a healthy life!

3. CAN WE DRINK BOTTLED MINERAL WATER?

We should not drink water sold in the so-called mineral water bottles. There is a machine called Anti Scale Dosing Machine in mineral water manufacturing factories. This machine removes all minerals from the water and makes it stale water.

So, good water is converted into stale, useless water by many activities and it is packaged in bottles and sold. We spend money to buy it and drink it. Therefore, please do not use the packaged drinking water called Mineral water which is devoid of any minerals.

4. WHAT IS THE NATURAL WAY TO PURIFY THE DRINKING WATER?

Water should not be boiled. It should not be filtered. We should not use water packed in bottles. Then how else can we clean the water?

We can drink the water that normally comes from the water tap as it is. There is no necessity to clean it. Ordinary tap water is the biggest and the best vaccine in the whole world. All those who drink tap water directly and live, they will never get any disease from any germ. They will have very high immunity in their body to fight diseases. Their body will be healthy. Therefore, please directly drink ordinary tap water as it comes.

Many people may ask, “How can we drink tap water directly? Tap water contains many chemicals and an excessive amount of minerals. It is possible that garbage water may be mixing with tap water.” Many people say that they read in the newspapers and see in the television that the water in their town is highly polluted.

All the companies which sell bottled water campaign not only in your town but in all the towns in the world that tap water has become highly polluted. They propagate this because only if you believe that tap water is polluted you will stop drinking tap water and buy bottled water and drink it.

Moreover, the drug manufacturing companies have understood that the people all over the world get diseases when they boil the water, filter the water and also when they drink bottled water. So, they spend money and campaign for a bad practice as if they campaign for a good practice. Thus, they plan to keep us always with diseases so that they can sell more medicines and tablets. Actually, nothing will happen if we drink tap water.

In case you have a chemical factory near your house and you feel that the tap water coming to your house is contaminated, for your mental satisfaction you can do a few things. You can try to purify the water in a natural way through one of the following methods.

(a) EARTHEN POT IS A VERY GOOD TOOL TO PURIFY THE WATER.

If we pour drinking water in a mud pot and keep it for about two to five hours, the mud pot will absorb all the bad elements from the water and give Earth Energy to that water. So, mud pot is the best water filter in the entire world.

You have spent a good amount of money and installed a water filter in your house. How many mud pots can you get for that money? Even if you break one pot every day, the stock will never be exhausted. But, nowadays nobody uses such a wonderful, natural water filter.

So, please keep water in a mud pot and drink it. All the bad elements in the water will be destroyed. You will get Earth Energy. Your pranic energy also will increase.

(b) WE CAN FILTER THE WATER USING WHITE COTTON CLOTH.

If we filter the water using white-colored clean cotton cloth then this cloth filters all the disease-causing virus, bacteria, etc. from the water. This fact has been scientifically proven. This is the reason why our forefathers did not use any medicine or tablets and did not go to any hospital when children had diseases such as measles. They cured the disease just by bathing the child in water filtered in a white cotton cloth. So, if needed, we can clean the water using this method.

(c) WE CAN CLEAN THE WATER USING A BANANA SKIN.

If we put an ordinary banana skin inside the water in a mud pot and take it out after half an hour, the banana skin absorbs all the germs and bad elements from the water in the mud pot. But if we keep the banana skin inside the water for a longer period, it will become garbage. So, we have to remove the banana skin within half an hour. We can use this simple method to purify the water.

(d) WE CAN CLEAN THE WATER USING A COPPER COIN OR A COPPER VESSEL.

If we keep the water in a vessel made of the metal called copper for two to five hours, the water gets more energy. The bad elements in

the water are destroyed. So, we can use vessels made of copper for storing water. If we put some copper coins inside the water in a mud pot, the copper coins will keep on purifying the water.

The sages and hermits who did penance in the hills in the olden days always used to keep water in a small brass vessel near them. If anyone picked up a quarrel with them or troubled them, they would sprinkle water from that vessel on that person and curse him that he would turn into a dog. Then that person will immediately turn into a dog. We have seen such scenes in the movies. What we understand from this is that the water kept in copper vessels has such miraculous power. So, we can purify the water using the power of the metal called copper.

So, when we have so many tools such as mud pot, white cotton cloth, banana skin, copper, etc. to purify the water in a natural way as explained above, why should we buy a machine to clean the water in an artificial way? Let us all live a healthy life!

WHY DO WE CATCH COLD WHEN WE CHANGE THE DRINKING WATER?

When we are habituated to drink water available in a particular town, we catch cold if we drink water in another town. Some people are habituated to always drink boiled water. Suddenly if they drink raw, non-boiled water, then they catch cold. Thus, when we change our drinking water, we catch cold. What is the reason for this?

When a person drinks boiled water for several years, his body will be sick due to the lack of many minerals in his blood. Then one day when he suddenly drinks non-boiled water, his kidney will take the minerals and nutrients from that water and mix them in his blood. Since some things are absent in his blood for many years, when some of these good things suddenly enter the blood, his body starts the work of

removing some waste from the blood using these good ingredients. This waste may go out of the body through cold, fever or stools. Seeing this, we are afraid that there is some disease.

We have seen earlier that there are only five reasons for all the diseases in the body. There is a simple way to find out whether all these five things are all right in a person's body. If a person drinks water from some other town and he does not catch cold, fever and he has no other such botheration, then it means that all these five factors are in good condition in his body. If a person gets cold, fever, etc. when he changes the water he drinks, then it means that there are many diseases in his body and his body is waiting for a long time to cure them but is not able to do so due to the shortage of some nutrients.

So, there is no need of taking blood test, scan, etc. to check whether your body is healthy or not. Just by changing the water you drink, you can easily detect whether your body has some disease or not.

So, please start drinking normal tap water from today onwards after cleaning it in a natural way. If you suddenly start drinking ordinary water in this way, you may catch cold during the first ten days. You may also get fever. But, please do not be afraid of this. Just get the phlegm out and follow the guidelines to be followed in case of fever as given in this book. Then you will never face any trouble in your life again whichever water you may drink.

I am not writing this after reading some book just for the sake of writing. I have been drinking only tap water from 1992 onwards till today (2012). I never get any cold or fever. All those who drink tap water will not get eye infection even when all the others in your house get eye infection. When all the others in your town get Chikungunya

disease, you will not get Chikungunya. The biggest and the best vaccine in the world is tap water.

Many people ask me, “How can we drink tap water? Our water tank is not clean.” It is your job to get the water tank cleaned. When you can spend a lot of money to buy a water filter, can’t you spend a small amount of money to get your water tank cleaned? So, it is our duty to clean our drinking water tank.

Some people fear that the water pipes have iron particles, dust, etc. and these can cause diseases. First of all, no diseases will come to us due to any dust or germs in the water pipes. In case you have such a fear, you can replace all the water pipes in your house with new ones once in five or ten years. This may cost us about ten thousand rupees. It is worth spending for the cause of our health.

HOW MANY LITRES OF WATER SHOULD A PERSON DRINK DAILY?

There is a lot of confusion for many people in this matter. Some say that we should drink at least two litres of water every day. Some others say that five litres is the right quantity. Some others say that it is three litres. Many doctors prescribe that we should drink some specific quantity of water every day.

All those who measure and drink water in this way should understand that you will get all the diseases concerned with the kidney. There is no compulsion that a person should drink a specific quantity of water every day. If you drink two litres of water in cold countries such as Switzerland, Norway, etc. your kidney will be damaged within a week. On the other hand, two litres of water daily will not at all be sufficient for the people living in deserts.

A person who is engaged in the job of laying roads from morning 10.00 AM to evening 6.00 PM under the hot sun on the hot tar wearing boots on the legs and helmet on the head will definitely need more than five litres of water in a day. However, for a computer engineer who works in the air-conditioned room, one litre per day will be enough. When a person who works on the road on a particular day travels with his friend in an air-conditioned car the next day his water requirement would change.

So, nobody can accurately say how much quantity of water a human being should drink in a day. The quantity will vary depending on his age, height, weight, weather, country, his mental state, his work, the rooms or place where he works, air-conditioning, etc. So, we cannot accept that a person should compulsorily drink a specific quantity of water in a day. If someone drinks under the compulsion that a definite quantity of water should be consumed by him in a day, his kidney works unnecessarily and gets damaged.

All right, then how to find out how much quantity of water a person should drink in a day? I do not know. Neither do you. Then who knows? Only your body knows. So, we should drink water only when we feel thirsty. When you feel thirsty, you should drink as much quantity as you want, as much as you like and as per your heart's desire. Then we should forget about water and keep doing our work. When we feel thirsty again, only then we should drink water again.

Those people in cold areas will get thirsty about four times in a day. Each time, if they drink a quarter of a litre of water, their thirst will be quenched. In hot areas, people will feel thirsty ten times in a day. Each time half a litre of water will be required.

When a person living in a cold area today goes to a hot area tomorrow, his thirst level will change. So, all the people who drink

water under the compulsion that they should drink a specific quantity of water every day are actually drinking water more or less than the actual requirement of their body. This excess or shortage of water causes diseases in their body.

So, please do not measure the water and drink. When you feel thirsty you should drink as much water as required and you should drink water again when you feel thirsty again, to the extent of requirement. If you do so, your body will inform you how much water is needed today and it will receive that much water. This is the right quantity of water that we should drink every day.

Some doctors say that you should drink a lot of water. All those who drink more than the required quantity of water are likely to have their kidney unnecessarily overworked and damaged. Just because of our doctor's advice if we drink water without feeling thirsty, we are abusing our kidneys.

When the kidney is engaged in some work, we will not get the feeling of thirst. If we drink water when we are not feeling thirsty, our kidney will stop doing the other work and start the work of digesting the water that we drank. When it completes digesting the water that we drank unnecessarily and goes back to the other work, if we drink water again, the work of kidney will be disturbed and there is a possibility of kidney stone formation. In the long run, our kidney itself could be damaged.

Similarly, kidney will be damaged even if we do not drink water when we feel thirsty. Thirst is nothing but the language spoken by the kidney to us. Whenever the kidney needs water, it will create the feeling of thirst in us. If we drink water at that time, the kidney will digest it in the proper way.

Some people buy a ticket and sit in a bus for a long journey. Immediately after taking their seat they will feel thirsty. But they will think, “Let us go home and drink water” and they will sit without drinking water. Then they will go home after five hours and drink water. For all these five hours, if we do not supply water to our body when it kept on asking for water, then our kidney starts taking away the water from all the body parts. This can cause diseases in all the body parts.

So, we should drink water immediately when we feel thirsty. If we do not do so, it will cause diseases. Similarly, we should not drink water when we do not feel thirsty. If we drink water without feeling thirsty, this also will cause diseases.

Therefore, please understand that it is not necessary that we should drink a specific quantity of water every day. Moreover, please do not pay heed to the advice that diseases will be cured if we drink a large amount of water.

From now onwards, drink water immediately when you feel thirsty. Drink water as much as you want, as much as you like, as per your heart's content. Your body will decide about the quantity of water it needs today and it will take it from you in the proper way. Let us all live a healthy life!

WE SHOULD HOLD THE WATER IN OUR LEFT HAND WHILE WE DRINK.

One of my Gurus taught me that when we drink water, we should keep our left leg ahead of the right leg, hold the water cup in our left hand and drink. The reason behind this is not known. But many people say that it is good to drink water in this way. So, let us keep our left leg in front, hold the water cup in our left hand and drink. If any of the

readers know the reason for this practice, please write to me so that we can share it with all the people.

**WE SHOULD NOT DRINK WATER.
WE SHOULD CONSUME IT BY SLOWLY SIPPING IT.**

There is a proverb: “We should eat the water and we should drink the food.” The meaning of this is that we should keep the food in our mouth, chew it well, make it a paste, convert it into a liquid and then drink it. Similarly, we should slowly sip the water and eat it as though it is a solid.

Water contains all the six tastes. By slowly sipping the water, we can get all the six tastes that are needed by our body from the water we drink. Moreover, when water is mixed with the saliva and then the water goes inside, our body gets a lot of benefits.

Moreover, a part called tonsil in our body helps to remove the germs from the water and also to bring the water to our body temperature. Those who drink water in one go by directly pouring water into their throat are likely to get diseases in their tonsils. This is because, when water goes very fast past the tonsil, the tonsil is forced to do its job very fast. So, there is a possibility of the tonsil getting diseases.

The more slowly we drink water our body will get better health and more power. Then we will not get problem with tonsil, and also diseases related to breathing such as wheezing, chest cold, sinus, etc. Even if we get any such disease, it will be cured immediately. So, we should drink water by slowly sipping it and enjoying its taste.

WE SHOULD DRINK WATER IMMEDIATELY AFTER PASSING URINE.

Whenever we pass urine, it means that we need water at that time. So, our body will be healthy if we drink at least a small quantity of water after passing urine. So, if possible, let us drink a small quantity of water after we pass urine.

HOW TO FIND OUT IF WATER IS GOOD FOR DRINKING

There is a very simple way to find out whether water from a particular source is good for drinking or not. A live fish is to be put in a fish tank containing that water. If that fish is alive in that water, then that water is good for drinking. If you take bore water, put a fish in it and it struggles for life, then it means that there is no life energy in that bore water.

You can experiment this. Ground water only up to 10 or 15 feet below the ground will have life energy called pranic energy. If you take bore water from a depth of 50 or 100 feet and put a fish in it, that fish will die immediately. So, it is very easy to check if the water you drink is good or bad. If a fish is alive in a bowl of that water for 24 hours, then we can drink the water from that source.

Therefore, if we drink water as per the guidelines given above, your body will digest the water well, mix it in the blood and help in keeping the water energy and water-related nutrients in good quality, good quantity and high potency. Let us all live a healthy life!

HOW TO DIGEST THE AIR WELL

It is said that food is the medicine. But, food alone cannot be medicine. We eat food for about three times in a day. But we breathe air for all the 24 hours in a day. We breathe about 12,000 litres of air in

a day at the rate of 8 litres per minute. We worry so much about the food we eat but we never worry about the air we breathe. We have seen how we can digest the food in a proper way. Now, we will see how we can digest the air in a proper way and mix it in the blood.

Most of us close all the doors and windows in our bedroom and make it air tight when we sleep. This is mainly for three reasons:

- (1) We do not want mosquitoes to enter our bedroom and bite us.
- (2) We do not want thieves to gain access.
- (3) We do not want any outsiders to peep into our bedroom.

All the people who block the passage of air in and out of their bedroom will get many diseases.

A person inhales 8 litres of air in a minute and gives it to his lungs. The lung takes oxygen, nitrogen, hydrogen, pranic energy and many other such ingredients from the air and mixes them in the blood. These good ingredients are given to the cells in all the parts of the body through the blood. Each cell takes the energy from these ingredients, converts them into bad ingredients and this waste matter comes back to the blood.

When the waste matter in the blood comes to the lung, the lung sends it out through the nose in the air we breathe out. So, whenever we breathe, we inhale good air and exhale bad air. If four persons sleep in a room, at the rate of 8 litres per minute per person, these four persons convert all the air in that room into bad air in about half an hour. We sleep for about 8 hours every night. Good air will go into our body only for the first half an hour. Only the bad air sent out by our body will again and again go into our body for the remaining seven and a half hours.

So, when our body does not get the air energy and all the other nutrients from the air, all our body parts get diseases. If we sleep and breathe the bad air for seven and a half hours in this way, how can we get good health? No one seems to think about this at all.

When we ask people about what they do for air, many of them say that they use fan. The appliance called fan will only just circulate the air within the room and it will not convert bad air into good air. Therefore, not only in the bed room, in all places in your office, house, etc. there should be compulsorily a facility for good air to come inside and bad air to go out of every room.

Now we have understood that our body will get diseases if we close all the doors and windows and sleep in a room without any air ventilation. If diseases can come even when we just sleep in a closed room, we will get even bigger diseases if we use mosquito coils, mosquito mats, etc. in a closed room and sleep in that room.

The mosquito dies immediately due to the poison in the mosquito coil since it is a small insect. Man is also a living being and he is just of a little bigger size compared to the mosquito. So, man will also succumb to the same poison in the mosquito coil and die. The only difference is that he will take a few years more to die compared to a mosquito.

So, mosquito coils, mosquito repellent liquids and mosquito mats are a deadly poison which can seriously affect our health. We should never use them. Thus, every day we spend our own money to buy mosquito coil and we give poison to ourselves. No doctor talks about this.

The basic reason for all the diseases related to the lung such as chest congestion, asthma, TB, wheezing, nose block, cold, sneeze, cough, etc. are the facts that we live in rooms without air passage and

we use mosquito coils and mosquito mats. There is a very deadly poison in the smoke coming out of mosquito coil. That is why the mosquitoes which inhale it die. The same poison goes inside our body when we breathe that smoke and it affects our body in a very big way.

Some people say that they sleep well only when they use the mosquito coil. In fact, the smoke coming out of the mosquito coil goes inside our body and makes us drowsy. All those who sleep in the smoke of mosquito coil never have a really healthy sleep. It is just a kind of drowsiness. Sometimes, we may be just in a state of drowsiness.

The mosquito coils sold nowadays do not affect the mosquitoes much. And when we are drowsy, they bite us and suck all our blood. We do not even realize that they are biting us. So, it appears that mosquito coils are good for mosquitoes! Anyhow, mosquito coils and mosquito mats are a poison to human beings.

Many doctors advise that we should not apply the smoke of Benzoin resin to children. Benzoin resin smoke does only good to our body. But why are the same doctors not campaigning against the use of mosquito coils?

All the patients suffering from lung-related diseases such as asthma, wheezing, chest congestion, etc. keep consuming medicine for more than 10 years. Did any of the doctors ask them whether the air in their houses is all right? Unless and until the air in their house is set right, no one in this world will get any of their lung-related diseases cured. Only if the air is set right, all the lung-related diseases will be cured. Therefore, please make arrangement for fresh air to come in and bad air to go out in all the places such as house, office, etc.

If we keep the window open, fresh air will come in and bad air will go out. But mosquitoes also will come in. Thieves also may come in and

onlookers may peep in through the window. We are afraid of keeping the window open only because of these three reasons.

There is a very simple solution to this problem. You can close all the windows and doors in the bed room and sleep. But, make a circular shaped opening on one side of the wall at a distance of half foot or one foot from the ceiling level. Fix an exhaust fan in that hole to push the air out. On the opposite wall, just opposite to the position of the exhaust fan, make a similar hole at an identical position and fix a mosquito net on that hole. Now, whatever amount of bad air goes out through the exhaust fan, the same amount of fresh, good air will come inside the room from the hole on the opposite side.

Good air will always remain in the lower part of the room and bad air will always be in the upper half of the room. This is because the bad air will have less density than the good air and it always tends to move upwards. So, we can breathe good air if we always sleep near the floor. In a room, the higher is the level at which we sleep, the more polluted will be the air we breathe. If we fix a fan in this way, there will be no necessity to keep the windows and doors open. Mosquitoes will not be able to enter and onlookers will not be able to peep inside.

It will cost us only a small amount to make this arrangement. And definitely this amount will be less than the expenditure that we have incurred for medicine and tablets for treating asthma, wheezing, chest cold, etc. for ten years.

For those who say, “We can keep the window open. But how to escape the mosquitoes?” there is an excellent suggestion. If you tie a mosquito net in the room and sleep inside it, though mosquitoes might come inside the room they will not be able to bite us. If we tuck the lower portion of the mosquito net slightly under the bed or mat, no mosquito will be able to enter inside the net throughout the night.

Another excellent arrangement that we can make is to put mosquito nets over the window panels instead of using a mosquito net.

There are just two things that we need to remember as far as air is concerned:

- (1) Mosquito coils, mosquito mats, liquid mosquito repellents, etc. and any other such mosquito repellent chemicals should never be used.
- (2) We have to make arrangement for fresh air entering and bad air exiting for all the 24 hours in our house, office, factory and all other places.

In olden day houses, there used to be a hole called ventilation gap in all the rooms, saving our health. They would fix an air vent of about 2 feet to one and a half feet on all the four walls. There will be no air-related disease to anyone living in the houses having such ventilation holes. This is because bad air will always attempt to go up and mix with the air outside.

Our forefathers implemented such measures in the name of Vaasthu Saastraa. Vaasthu is nothing but checking whether all the Pancha boothas are all right in a house and set them right if needed. Because many people applied it wrongly, we have dumped it in the dust bin thinking that it is based on superstition. But now we are marching towards the hospitals with many diseases.

Shortly we are going to bring out a book on Vaasthu. It will explain all about Vaasthu in a very simple way so that all can understand it. So please understand that if we first set right the air in the place where we live and then do yoga and breathing exercises, then we will get benefit from these exercises.

So, lighting mosquito coil and inhaling its poisonous fumes is the same as eating the mosquito coil. Instead of using liquid mosquito

repellent by connecting it to the electricity plug point, you can as well drink that liquid and then go to sleep. Both are one and the same. The bad chemicals from the mosquito coil, mosquito repellent liquid or mat burn throughout the night, mix in the air that we breathe, enter into our lungs through our nose and mix in our blood. So, please do not use any mosquito repellent in any form.

There are many breathing exercises such as Pranayamam, Basthrika, Kapaalpathi, Nadi Suddhi, etc. for digesting the air as good air. But, there will not be much benefit in doing these exercises if the air in our house is not clean and fresh. So, if we want to get full benefits from these exercises, then we should first of all clean the air in the place where we live.

Whenever we send out air from our nose by breathing out, Pranic energy goes out from our body. So, those who do breathing exercises can do exercises such as Nadi Suddhi, Pranayamam, Kapaalpathi, etc. These exercises increase Pranic energy in our body.

Basthrika exercises should be done only to a limited extent. Some people do Basthrika exercise for half an hour or one hour duration and spoil their health by unnecessarily taking in and taking out air at a fast pace. So, readers can streamline their breathing exercise by reading the book on Yoga that we are going to bring out shortly.

So, as far as air energy is concerned, mosquito mats should be avoided and fresh air should be present for all the 24 hours in the place we live in. If we follow just these two guidelines, the intelligence of our body takes out the Pranic energy and all the other nutrients from the air, mixes them in the blood and cures our diseases.

SLEEP AND REST (SPACE ENERGY)

Generally all doctors say that a man should compulsorily sleep for at least eight hours in a day. But, there is no necessity for us to measure the duration of our sleep in this way.

We normally do three types of jobs. The first is the work related to the body. The second is the work related to the mind. The third is the work related to the brain. Let us see which of these works are related to the sleep.

Some people give more work only for their body. They may not give more work to their mind and their brain. These people belong to the first category. Those who do physical labour are examples of this category. It does not mean that these people do not have brains. They do not give as much work to their mind and brain as they give to their body.

Observe closely the manual workers, those doing peon work in the offices, etc. If they are asked to come they will come and if they are asked to go they will go. They will just do whatever job their boss gives them. They will not analyze the job given to them too much.

The people who belong to the second category give more work to their brain. They do more of brain-related jobs. They give less work to their body and mind. Owner of companies and researchers belong to this category. These people sit in chairs and keep on thinking all the time about how they can run their organization in a better way, how to earn more money, how to do more business, etc.

So, these people will not have much work for their body. Moreover, many business people do not give much work to their mind

and act according to their conscience. Business may not run when conscience is used. So, owners give more work only to their brain and less work to their mind and body.

Similarly, researchers and scientists will keep on giving work to their brain all the time. These people do not give much work to their body and mind. These people also belong to the second category.

Some people give more work only to their mind. These people use less of their brain. Their body also will have less work. All those people who keep on thinking about problems all the time and live under the emotions of worry, tension, anger, fear, etc. will have more work only for their mind. These people will have less work for their body and brains. These people belong to the third category.

Now, let us consider all the three categories of people. Sleep will be needed only if the body is given work. Only those people will need sleep. Only those people will get sleep. Sleep will not be needed if mind and brain are given work. These people cannot sleep and they will not get sleep.

So, sleep is needed to set right the work given to the body. Sleep is not needed to set right the work given to the mind and the brain. Only rest is needed for people who give work to their mind and brain. Rest is different from sleep. We should understand the difference between sleep and rest. Rest calms down the mind. It also calms down the brain. Sleep calms down the body.

Let us assume that the owner who gives work to the brain and the laborer who gives more work to the body go to bed at 10.00 PM in the night. The laborer who gives more work to the body will get sleep immediately after he lies down in the bed and he will start sleeping.

The owner who gives more work to the brain will keep on turning in his bed from 10.00 PM to 1.00 AM and he will not get sleep.

The owner will worry and will think, “The laborer who is working under me is able to sleep peacefully. I have millions of rupees in the bank. But I am not able to sleep.”

Why does this happen? The worker who gave more work to the body does not need rest but he needs sleep. So, he sleeps immediately. The owner who gave more work to his mind and brain needs rest for his mind and brain. So, his mind and brain take rest from 10.00 PM to 1.00 AM. This is why he keeps rolling in his bed.

From the time we get up in the morning, we keep on using our brain and mind. But we do not give them proper rest during the day. Only after we go to the bed in the night, our brain and mind give rest to themselves, pacify themselves and cool themselves down. Till a person's brain and mind set themselves right, a person will not get sleep.

Let us see one example to illustrate this. In a big garment showroom, the business will start by morning 9.00 AM. When the shop is opened, all the clothes will be in a neatly arranged order. Those who come to buy clothes will mix up all the clothes and pick up the ones they want to buy. The clothes will keep on getting mixed up during the entire period of business from 9.00 AM to 9.00 PM. But there will be no time to keep them in order.

When the shop door is closed at 9.00 PM, the shop workers cannot go home immediately. They will have to remain for at least one hour to two hours, arrange all the clothes back in the proper order and then only they can go home. Then only the shop will be ready with all the clothes in order by the next day morning to start the business

again. If we understand this example, we can easily understand about the sleep.

When we get up in the morning, we start using our mind and brain and keep misaligning them throughout the day. But we do not put them in order again. When we go to bed by 10.00 PM, our mind and brain start aligning themselves back to order. It takes a few hours for the mind and brain to calm down in this way. During this period, we keep on fearing and lamenting that we are not getting sleep. During this time, we will keep on rolling in our bed but we will not get sleep.

To understand this, please do one thing. Whoever has the experience over the last several years of not getting sleep every day after going to bed and keep rolling in the bed for hours can try this. Please walk for 10 to 20 kilometres and then go to bed. You will start sleeping immediately when you go to bed. Just think how you go to sleep today when for the last several years you did not get sleep immediately after going to bed.

So, sleep is needed only when you give work to your body. Only then you will get sleep. Sleep is not required when you give work to your mind and brain. So you do not get sleep then. So, if you do not get sleep immediately after going to the bed, please do not get agitated and perturbed about it. We will get sleep only when sleep is needed for us. Why should we expect to sleep when it is not needed? Why should we be worried about it?

So, we should go to the bed whenever we need rest. Our job is to just close our eyes and lie down in the bed in a relaxed way. At that time, our mind and brain will start aligning themselves. Once this job is over, the next moment we will get the sleep needed by our body. Once the body gets the sleep it needed, we will wake up.

Thus, we should sleep on our own when we lie down. We should wake up on our own from our bed. If we sleep and wake up in this way, it will be a proper, healthy, peaceful and satisfactory sleep.

But many of us worry if we do not get sleep when we go to the bed. We think, “The BP may be high. The sugar may be low. Or we may have some other disease.” We thus unnecessarily imagine many things, needlessly fear and further entangle our mind and brain. If we lie down worrying about not getting sleep, this is a very big disease by itself.

Thus, if we have fear, get mentally affected and lie in the bed, our sleep is further delayed. This is because we confuse our mind and brain more and more. So, more time is needed to sort out these worries and concerns also.

Please think for a moment. We might have spoken many wrong things at many places from morning to evening. We might have forgotten about some of these things. We might have taken wrong decisions in some matters. Once we go to the bed in the night, all these things will be recollected by our memory.

For example, only after going to the bed we will remember, “I spoke harsh words to that person today. I have made a mistake.” If we have forgotten some work which we were supposed to do that day, then that will also come to our memory after we go to bed. We will not get sleep unless and until we set right all these matters. We will go to sleep the moment we sort out all such matters.

So, all those who do not get sleep immediately after going to bed need not have any worry at all. Those who sleep after lying down in the bed can feel happy that they have given more work to the body. Those who do not sleep immediately after going to the bed should understand, “We have not given more work to the body. We have given

more work to our mind and brain. So, our mind and brain are setting themselves right. That is why we are not getting sleep.” If we think in this way and remain calm, our mind and brain will quickly set themselves in order and we will get sleep quickly.

So, please understand the difference between sleep and rest. We already know about sleep. Rest indicates the state where mind and body are setting themselves right without our body in sleep. We can get this rest in the following ways.

We can lie down in the bed and keep our eyes closed. There is no need of going to sleep. Even if we keep rolling and turning in the bed, we will get the rest we need.

Alternatively, we can sit in a chair calmly with our eyes closed. We can also take rest by sitting in a chair and resting our head in a place such as on the table in front of us. Or we can take rest by stretching our legs and sitting near a wall with our back on a pillow or a bed sheet kept on the wall and keeping our neck in a resting position.

What we call here as rest is the same thing that is also referred to as Dhyana or meditation. When we use the word Dhyana, many people wrongly think that it is something that is being practised by spiritual people, old people and people who do not have anything else to do. Dhyana is another name for rest.

So, when we do Dhyana, our mind and brain take rest. That is why those who perform meditation get sleep immediately when they go to the bed. If someone says, “I do meditation but I do not get sleep immediately after going to the bed”, it means that he is not doing the meditation properly.

But, some people get fearful if they do not get sleep after going to bed. They think that they have got some disease and they go and consult some doctor. The doctors who do not understand the difference between sleep and rest prescribe some sleeping tablets to them. For all the people who sleep after consuming some sleeping tablets, their mind and brain never do the work of sorting themselves out. A person will not get rest by using sleeping tablet. But he will get sleep.

So, all those people who enjoy sleep using sleeping tablet when they are supposed to take rest will have their mind and brain in a disarrayed condition. If you keep consuming sleeping tablet for several months, it means that you have not sorted out your mind and brain for several months.

So, as far as I am concerned, all those who sleep using sleeping tablets are mental patients. They will not have any courage. They cannot take any clear decision. They will always have some confusion in their mind.

So, please do not use any sleeping tablets. When the body is taking rest and is not in need of sleep, why should we unnecessarily think that sleep is needed? Please understand one thing clearly. What our body needs, it will ask us for that and take it. When our body itself thinks that sleep is not needed if we forcibly give sleep to it that sleep will turn into poison.

If you are worried that you are not getting sleep, I will give you some guidelines. Please think whether you can follow them. You can sleep well if you consume alcoholic drinks every night. Can you do it? If you use narcotic drugs such as opium you can sleep well. Can you use them?

If I give you such an advice, what will you do? You will abuse me. You will hand me over to the police. But, if you go to any doctor for sleeplessness, all the medicines and tablets which they prescribe for sleep contain only alcohol and narcotic drugs such as cannabis (marijuana), opium, etc. Sleeping tablets cannot be made without using narcotic drugs.

All those people who consume sleeping tablets for sleeping should understand that in fact they are consuming narcotic drugs. We need to understand that sleeping tablets are bigger narcotic drugs than cigar, cigarette, brandy, marijuana, opium, etc. As time passes, the dosage of your sleeping tablet will keep on increasing.

This is like the drinkers who start drinking a quarter and then slowly increase it to half and full. Similarly, you are slowly becoming addicted to the drug. As time passes, you are not satisfied with the small quantity of drug and you go in search of bigger dosages. So, please do not consume sleeping tablets. Sleeping tablets never do any good to a person's body. It will only increase our disease and not reduce it.

So, if you do not get sleep one day, there is no need to sleep on that day. If you do not get sleep for one or two days, do not worry about it. You will sleep sufficiently on the third day to cover for the three days. Your body has intelligence. It will definitely ask for whatever it needs and get it from us.

So, if those who consume sleeping tablets can follow all the guidelines in our treatment, they can reduce the dosage of their sleeping tablet month after month and within four months they can totally stop taking the sleeping tablets altogether and live peacefully throughout their life. Let us all live a healthy life!

WE SHOULD NOT USE AN ALARM CLOCK TO WAKE US UP

Many of us may have the habit of waking up to the sound of the alarm clock. When we are in deep sleep in the morning, when our entire body is sleeping peacefully and calmly, suddenly we are forced to wake up when the alarm clock sounds loud. If our sleep is interrupted by the alarm clock in this way, our body gets affected and our body gets a kind of tension. This tension will prevail in us throughout that day. So, please do not use an alarm clock to wake up.

Just think. What would have happened if the alarm did not sound? We would have slept for about two more hours. What does this mean? This means that our body needs two more hours of sleep. When our body needs more sleep, if we cut it short and wake up who will make up for that sleep? If we wake up every day using alarm clock and cut two or three hours of our sleeping time, after some time, we might be forced to go into sleep forever.

So, please do not use alarm clock. Some people may ask, “We have to get up early. How can we get up without using alarm clock?” We get and give lot of advice that we have to get up early in the morning. But nobody advises that we have to go to bed early every night.

We can get up early in the morning only if we go to the bed early in the night. It is our mistake to do unnecessary things such as watching television, movies, etc. up to 1.00 AM or 2.00 AM in the night and then go to bed late. Why do you think that even if a person goes to bed at 2.00 AM in the night he should get up early in the morning? So, if a person goes to bed late he has to get up from the bed late only. So, depending on the time by which we have to get up in the morning, accordingly we have to go to bed about 8 hours in advance.

So, we have to understand that using alarm clock is dangerous and we should use alarm clock only occasionally, that too only for emergency purposes and not on a daily basis.

There is a simple solution for those who have a lot of confusion in their mind and do not get sleep for a long time in the night. Rest will be obtained only in a slow manner if we lie down and rest. But, if we sit and take rest, we will get rest fast.

So, those who do not get sleep immediately after going to bed can try to sleep by sitting instead of lying down fully, by being in a slanting position, giving some support to our back and our head, closing the eyes, calmly stretching the legs or folding the legs in a squatting position. If we sleep in a sitting posture, our mind and brain sort themselves out very quickly and we will immediately get sleep.

Those who worry that they are not getting sleep can sleep well by massaging the top of the head using the top of their index finger. In Acupuncture, this point is called DU-20. In Varma treatment, this point is called Kondai Kolli.

Even today, one customary treatment is performed in villages in India if a child gets any disease. One foot or two feet of white thread that is used for threading flowers is taken and it is rolled into a ball using the saliva. The child is seated and the mother spits the saliva-mixed thread ball from a height of two to four feet on the top of the child's head. It is believed that the child goes into deep sleep and diseases are cured when this ball directly touches the top of the child's head. This practice is being followed even today in many Indian villages.

In some villages, the saliva-mixed thread ball is being struck to the crown of the head of the child. The crown of the head is the point where 72000 nerves join. By applying the power at this point, and by

massaging, touching and thinking about this point, we can pacify 72000 nerves. So, during night times, in case we do not get sleep, we can massage the crown of our head by ourselves and we can get sleep. When children have diseases or they keep crying when they not able to sleep, if we massage the crown of their head, they get calmed down and get sleep.

The glands in the body concerned with sleeping can be made to secrete by slightly massaging the bone below our jaw using the ends of the three fingers other than the little finger and thumb of our hand.

It can be observed that children who are preparing for exams do not feel sleepy when they keep walking or sitting and study. But if they lie down on their stomach, keeping the two wrists as support to their jaws and study, definitely they will get sleep within half an hour and they will stop studying and start sleeping. So, when you do not get sleep, if you lie down on your stomach, close your eyes, keep the two wrists as support to the jaws and keep shaking the legs, you will start sleeping very soon.

WE SHOULD NOT CONSUME TEA, COFFEE AND OTHER INTOXICANTS.

Tea, coffee and all the intoxicants are enemies to sleep. Those who smoke, consume alcoholic drinks and use other narcotic drugs will not get proper sleep. Unless these people stop using these things they will not getting peaceful sleep. They will also not get good health.

Because we already know very well that these alcoholic items and narcotic drugs create damage to the body, we do not want to describe them elaborately here. Now we will see how our sleep will be affected even if we drink tea and coffee.

The chemicals called serotonin and dopamine need to be secreted in the area of our brain for us to get sleep. We will get sleep only if these chemicals are secreted.

Tea contains a poisonous substance called tannin and coffee contains a poisonous substance called caffeine. When these stimulants go inside our body, they directly go to the area of our brain and they control the two glands concerned with our sleeping. Then, the fluids already secreted by these two glands are sent out of our body through the urine.

If we drink tea and coffee in this way and postpone our sleep, our health is affected. If we drink one cup of tea or coffee, then the glands concerned with sleep will not secrete in our body for at least five to ten hours. The exact duration depends on the strength of the tea or coffee that we drink.

We may slightly feel sleepy by 6.00 PM in the evening. But we may not lie down and sleep. What is the meaning of this drowsy feeling? It means that the glands for sleeping have been secreted in the brain. But, keeping in mind the petty works that we have on hand, we drink one cup of tea or coffee, drive away our sleep and then do that work. Then we eat food at 8.00 PM in the evening, go to bed by 9.00 PM and then keep worrying that we are not getting sleep.

If you drink tea or coffee by 6.00 PM in the evening, depending on how strong it is, you will not get sleep for several hours. Without understanding that our sleep has been blocked by the tea or coffee that we drank, we keep worrying that we do not get sleep and in that process we earn many other diseases also.

So, if you have the habit of drinking 5 cups of tea in a day, definitely you will have problem with your sleep. So, those who worry

about their sleep should first come out of their habit of tea, coffee and other intoxicants. Then definitely you will get good sleep.

Tea and coffee should be consumed only by the people who live in the areas where these plants grow. For example, tea plants grow only in cold areas. If we drink tea and coffee in cold areas, we will not get diseases in the body. This is because in cold areas, the body will not have sufficient heat inside and we will feel sluggish and lazy. We may not feel like doing any work. If we drink tea or coffee at that time, the bitter and astringent taste in them and also the ingredients in them instigate our body and make the body work fast.

So, there is nothing wrong if tea and coffee are consumed by the people living in the areas where these plants grow. But if we consume them in places where they do not grow, they create disease in the body.

In China, people take coffee and tea without milk and in less quantity. They consume it for indigestion. We can also drink, if needed, one fourth glass of tea or coffee without adding milk and without adding white sugar. If we take just two sips it is medicine. But if we take one glass it is poison.

Whichever food variety such as vegetables, fruits, etc, grows more in your area, consider them as the food which will improve your health. In some countries rice grows more. In some other countries wheat grows more. What we have to understand is that the people of the countries where rice grows more will be healthy if they eat rice. The people of the countries where wheat grows more will be healthy if they eat wheat.

This is because God always thinks of our well-being. He decides which country's people, which town's residents should eat which food.

So, if you eat more of the food which grows more near your town and is available at low price, your health will be better.

But we pay high price to buy and eat apple, plums, etc. which are grown more in cold areas and are brought to other towns with much effort and cost. The people in cold areas cannot eat hard items that are eaten by people in hot areas. If they eat them it will not be digested properly. That is why food items suitable for them grow more there. These items will suit the people who live there but they are not needed for people of other areas. If the people of other areas want, they can eat them just for satisfying their desire, once in a while. But, there is no need to buy them at a high price and eat them.

It is amusing to see that wheat grown in Australia is taken to other countries and sold as “Oats” and the wheat grown in the other countries is taken to Australia and it is sold in some other name.

God creates food items in each area to suit the people of that area. Watermelon and musk melon fruits grow more only in the hot season. Because people suffer from excessive heat due to the hot sun in the summer, God sends these fruits during summer to cool them down. So, when you go to the vegetable and fruit shop, if you buy and consume those vegetables and fruits which grow more in that season, then your expenses also will be reduced and your body also will be healthy.

If you do not get sleep immediately after going to bed, then it means that you did not live that day properly. If you live life happily as per your heart's wish from the time you get up from bed in the morning to the time you go to the bed in the night, then definitely you will get sleep immediately after going to bed.

To whatever extent we learn new things on a given day, our sleep will be better to that extent. So, by learning some new things daily also we can get good sleep.

If you do not get proper sleep, after completing all the works in the night, just before going to sleep, squat on the floor, keep your back upright, join your thumb and index finger together in Chin Mudra and keep both the hands on the thighs, close your eyes, take deep breathe in and slowly send the air by breathing out through the nose to the vibration and sound of “mmm.....” by making the sound as slowly as possible without trouble. Once all the air has gone out, again breathe the air in and send it out by uttering the sound “mmm...” again. Then this vibration of “mmm...” goes directly to the head area, particularly the brain area and it gives good blood circulation pranic energy to all the cells there, helps in streamlining your brain and mind and helps you in getting deep sleep. So, if you do “mmm...” sound for at least 50 times and meditate before going to bed and then sleep, you will get deep sleep.

Before we go to the bed in the night, if we keep aside the small and petty matters from our memory, read spiritual books for 15 to 30 minutes and then go to bed, we can get peaceful sleep.

If you remember at the time of getting up from the bed the same matters about which you were thinking before going to the bed the previous night, then it means that you did not sleep properly during the night. Only because the matter that you thought about during the night has been going around your mind throughout the night, you are recollecting the same matter after you get up from the bed. Whoever sleeps like this has disease related to sleep. In addition, there is a possibility of hair loss and other mental diseases occurring.

How to know whether we slept in a healthy way the previous night? When we get up every day morning, we should be able to know “Who am I? Where am I? What is the date today? What is the day today?” only after thinking for a few seconds. If we have such a deep sleep, our health will be in the best condition.

We should meditate at least for one or two minutes by closing our eyes once in every two or three hours every day. That is, we should remain idle. If we do so, to whatever extent our mind and brain have been disarrayed during the previous two or three hours, our mind will streamline them in those two or three minutes. This is the reason why people are advised to meditate at specified times every day in many Ashrams.

A Muslim who does Namaz five times a day will definitely get a very good sleep. Similarly, members of Brahma Kumaris meditate by closing their eyes for a minute once after every one hour. All these people get very good sleep. They will not have any confusion in their mind and brains. They will be very clear in their thoughts.

So, if you need to keep your mind and brains clear, you can go to the nearest Brahma Kumaris centre and streamline your mind and brain by learning a few exercises.

WE SHOULD NOT LIE DOWN WITH OUR HEAD IN THE NORTH DIRECTION.

“What is present in the universe is also present in the body” says a proverb. All the powers in the universe are present in our body also. This includes magnetic power also. Our body functions like a magnet with the upper part above the naval as North Pole and the lower part below the naval as South Pole. North poles of two magnets will repel

each other. We cannot bring them together. But opposite poles of two magnets attract each other.

If we lie down with our head in the north direction, the north pole of our body and the north pole of the earth's magnet do not attract each other and they repel each other. So, the magnetic repelling action keeps happening throughout the night. So, we cannot sleep peacefully. Our blood circulation will not be properly streamlined. So, we will get diseases in the body. Therefore, we should not lie down with our head in the north direction.

If we lie down with our head in the south direction, our body's North Pole and the South Pole of the earth will attract each other. So, we will get peaceful sleep. So, it is very good to sleep keeping our head in the south direction.

During pregnancy, when the child is in the womb, the mother's magnetic power will have its North Pole in the north direction above the naval and its South Pole in the south direction below the naval. But, the child will have its upper part above its naval in the north and its lower part below its naval in the south. Only then the child's head can be facing up.

During the tenth month of pregnancy just before the child comes out, a change will happen in this magnetic orientation. That is, the portion of the child's body above its naval will become its North Pole and the child's body below its naval will become its South Pole. Immediately when this change happens, the child's upper part which is the northern part will turn towards the mother's leg side which is her southern part. This is called the "turning of the child's head".

So, please do not lie down with your head in the north direction. It is best to lie down with your head in the southern direction. Let us all live a healthy life!

WE SHOULD NOT LIE DOWN ON BARE FLOOR.

Our body's temperature is 37 degree centigrade. If we lie down on the bare floor, because of the coolness of the ground, our body's temperature will come down. So, our body will be forced to use the saved sugar and oxygen more than the normal in order to increase the body's temperature. As a result, the sugar called glycogen stored in the muscles in the body will be unnecessarily spent away. Moreover, the lungs also will be forced to work more.

Thus, there is a possibility of getting diseases such as wheezing, asthma, etc. So, whenever we lie down, we should never lie down on bare floor. Always spread a bed spread or a blanket and then lie down over it. When we do exercises such as meditation, yoga, etc. we should never do these exercises on bare floor.

WE WILL GET SOUND SLEEP IF WE BRUSH OUR TEETH BEFORE GOING TO BED

Those who worry that they do not get good sleep in the night will get good sleep if they brush their teeth 30 minutes after eating their dinner and then go to bed.

But we should not consume anything such as milk or any other items after brushing our teeth. We can drink water if needed. In case we eat some food, then we must brush our teeth again.

So, as far as sleep is concerned, we should lie down whenever we feel sleepy. But we should not think that sleep should come

immediately when we lie down. Our body will sleep on its own. And it will wake up on its own. In this way, if we give to our body whatever duration of sleep it desires to have, our body gets all the space-related energy in a proper way and it cures all the diseases. Let us all live a healthy life!

WORK (FIRE ENERGY)

Heart is the organ in our body which pumps up the blood circulation. Irrespective of whether we think about it or not, whether we remember or not, the heart keeps on doing its work. Similar to the blood circulation system, there is one more system called Lymphatic system in our body. Nobody talks about this and nobody bothers about this system.

The blood circulation system is the one which takes the food to all the parts in our body. At the same time, the lymphatic system is the one which takes the medicines to cure diseases to all the parts in our body. Just like the blood circulation, this lymph also should be always flowing in our body. But, there is no organ like heart to pump up the lymph circulation in our body. Only those who have physical activity in their body will have this lymph circulation going on in their body. If there is no physical activity, lymph circulation will stop.

There is one device called Automatic Watch. This watch does not have a battery. It does not run on sun light also. But it runs only when we wear it on our wrist. If we remove it from our wrist and keep it on the table, it will stop running. Nowadays this type of watch is not available in the market. But, some time back a lot of people used to wear these watches. This automatic watch keeps running as long as it keeps moving and there is some vibration to it. Once it is kept motionless in a place, it will stop running due to lack of kinetic energy.

If we understand about this watch, we can understand clearly about the lymph circulation. For all the people who have some physical movements, that is, for all those who give work to their body, lymph circulation will be going on. For those who do not give work to their body and are sluggish and lazy, this lymph circulation will not be proper. This is the reason for the occurrence of many diseases. Moreover, diseases which occur do not get cured.

This is why we observe that our diseases get cured when we go for walking, do physical exercises, do yoga asanas, etc. So, every person should always be giving some movement, vibration or work to all the muscles and joints in his body every day. Only then the lymph will run properly and cure all the diseases in the body. This is why those who do physical work do not get many diseases and those who do not do much physical work get more diseases.

Many people come to me and say, "I have a disease for several years. But it is not getting cured even though I have taken many treatments for it." The first question I ask them is, "Do you do any yoga exercise?" many of them reply, "I do not practise Yoga. I do not have time for all that."

I tell them, "I am healthy. I do not have any disease. But I am doing some exercise or other every day. When I am healthy and still I am doing some exercise for one or two hours every day, why can't you do yoga exercises when you have a disease already?"

Yoga is being taught in every town, in every locality nowadays. So, please learn yoga. If we devote at least half an hour every day for our body and do some exercises, lymph circulation will run properly in our body and we can cure the diseases by ourselves.

Many people have a fear about yoga. They think, “We have to fold and stretch our hands and legs. We have to bend and straighten our back. Can we do all this?” This doubt is present in the minds of many people. Please understand that yoga is not just about folding and stretching our hands and legs. Yoga is an art which integrates and unifies our body, mind, breath, brain and our life.

Yoga Asana which consists of folding and stretching our hands and legs is just one part of Yoga. Asanas alone do not constitute Yoga. Yoga consists of totally eight parts. These are: (1) Iyamam (2) Niyamam (3) Asanam (4) Pranayamam (5) Prathyaakaaram (6) Dhaaranai (7) Dhyaanam (8) Samaadhi

1. IYAMAM

Iyamam is the art of understanding about the things which we should not do. Iyamam is nothing but knowing what are the bad habits and practices followed by us that affect our mind, brain and life and refraining ourselves from doing such things.

2. NIYAMAM

Niyamam is the art of understanding about the things that we should do, what are the good habits and practices and what are the benefits of doing these things.

3. ASANAM

Asanam is the exercise by which we give movement to all the muscles, limbs and all the parts of our body and set right the lymph circulation in our body. But many people wrongly understand that yoga asana only is yoga.

4. PRANAYAMAM

Our body consists of a Pranic body in it. Pranayamam is the art of setting right our Pranic body by streamlining the air that we breathe

through several breathing exercises such as Nadi Suddhi, Basthrika, Kapaalapathi, Pranayamam, Agnisar, etc.

5. PRATHYAAKAARAM

Prathyaakaaram is the state by which we control or forget the five senses of our body namely seeing, smelling, hearing, tasting and touching.

6. DHAARANAI

If our mind keeps on thinking about only one thing, it is called Dhaaranai. Our mind will be contained and controlled if it is thinking only about one thing, say, a flower, our Family God or Goddess or a person whom we like and not thinking about anything else. This state is called Dhaaranai.

7. DHYAANAM

What is Dhyaanam? In Dhaaranai, we keep on thinking about only one thing. If we stop thinking even that one thing and we are in a state where we are not thinking about anything and we are simply present without seeing, smelling, listening, tasting, touching and sensing anything at all, this state is called Dhyaanam.

8. SAMAADHI

If we are not thinking about anything for a very short duration such as one or two minutes, this state is called Dhyaanam. If we are in Dhyaanam for a long duration such as one or two hours, then this state is called Samaadhi.

So, yoga consists of these eight parts. Our Anatomic Therapy treatment is nothing but the first two parts of yoga. Please do not see Anatomic Therapy and yoga as two separate things. If you have understood the first two parts of yoga, you have understood Anatomic

Therapy. The first two parts of yoga deal with what we should not do and what we should do.

So, our treatment and yoga are not different from each other. In all yoga centres, straightaway they teach you about yoga asanas or Dhyaanam or breathing exercises. The benefit we may get from such exercises will be less because we skip the first two parts of yoga.

First of all, a person should know about the things that he should not do and he should stop doing these things. Secondly, he should know about the things that he should do and he should start practicing and doing these things. Only as the third step, he should start doing yoga asanas, that is, yogic exercises. This is the proper way to do yoga.

Therefore, those who are already doing yoga exercises can understand the first two parts of yoga through our treatment and then if they do the yoga exercises, they will get better results and it will also be highly beneficial to them.

Initially we had named our treatment as “Aachaaram and Anushtaanam”. Chaaram means habit. Aachaaram means good habit. Anushtaanam means following (implementing). Several years back, we started the exercises in Coimbatore under the name “Aachaaram and Anushtaanam” and distributed thousands of pamphlets and notices to the public. But nobody turned up. People told us, “We know all the good habits. Why should we come and learn from others some good habits that we already know?”

Then we arranged workshops about how to prepare Dasa Marundhu (Medicine made of ten herbal ingredients). We advertised that we can prepare a medicine called Dasa Marundhu by using the things available in our kitchen and we can cure all the diseases in the world using this medicine. We explained to the people who turned up

about this treatment in detail and told them that by converting the food we eat into good quality blood diseases can be cured. Still, not many people responded. Thus, there was only a lukewarm response from the public for several years when we told them that we would teach them good habits and practices.

Finally we renamed this treatment as “Anatomic Therapy”. When the name sounded Greek and Latin to them, people started coming in large numbers. Then only we understood one thing. Only when something is given an unknown and strange name, our interest is aroused and we come forward to learn about it thinking that it has something which we do not know.

In very cold countries such as Switzerland, Norway, etc. the people need to make more body movements. In very hot countries such as Kuwait, Qatar, Saudi Arabia, etc. it is sufficient if the people have a little physical activity. This is because the temperature will be high in these countries.

Have you ever heard of servants being employed for household chores in cold countries such as England, USA, etc.? But in hot countries such as Kuwait, Qatar, Saudi Arabia, etc. people come from other countries to work as household helpers. This shows that in cold countries people streamline their heat energy by doing more physical activity by doing their works by themselves. Our blood should remain hot. Then only it will have its potency. At the same time, if people in hot countries give more work to their body they will get diseases. So, these people should reduce their physical movements.

So, the people in cold countries have a necessity to do physical work for more hours every day. In hot countries, there is no necessity to do physical exercise, yoga asanas, etc. But these people need to do

Savasana, meditation and similar such exercises in order to reduce the heat in their body.

Physical exercise will give heat to the body. Yoga asanas heat up the body. Savasana, also called Santhi Asana, which is an exercise wherein we lie down and relax the body, cools down the body. If we do breathing exercise, the body temperature will rise and the body will heat up. If we understand these facts, know which exercise should be done more and which should be done less and do exercises according to the weather in the country and area where we live, we will always be healthy.

So, in hot countries, yoga exercises and breathing exercises should be reduced and Savasana and Dhyana should be done more. In cold countries, Savasana and Dhyana should be reduced and physical exercises, asanas and breathing exercises should be done more. In countries where the weather is neither hot nor cold, all exercises should be done in equal measure in a balanced manner.

So, we have designed an exercise called Naalumaa Yoga. This exercise is of one hour and 15 minutes duration and it cures all the diseases. You can buy the Naalumaa Yoga DVD and do this exercise even when you are at your home. Naalumaa Yoga has been separately explained in this book. You can read it and get an understanding about it.

We are going to shortly introduce an exercise called “Aga Oli Dhyaanam” which can give in just five minutes all the benefits that can be obtained by doing physical exercise, asanas, Savasana, breathing exercise and Dhyaanam for half an hour each. It is somewhat difficult to teach this exercise directly to a person who does not know anything about yoga. Therefore, this Aga Oli Dhyaanam can be taught to only

those people who have practised Naalumaa Yoga for at least a period of one year.

Those who do not get sufficient time to do physical exercise can use this Aga Oli Dhyaanam to increase, reduce and balance the body heat in just five minutes. You can understand about this exercise in this book by reading the matter under a separate heading.

HOW TO LEARN YOGA EXERCISES

By joining the “Manavalakkalai Manram” classes started by Vethathiri Maharishi and learning the simple exercises designed by him, we can do exercises even at our home and streamline our body heat. So, please approach the centres under the name “Arivuthirukkoil” or “Manavalakkalai Manram” nearest to you and learn the exercises.

We have to maintain our body temperature at 37 degrees centigrade (which is same as 98.4 degree Fahrenheit). Only then our body will remain healthy. Wherever we are, whatever may be our age, our body temperature will always remain as 37 degree centigrade. Yoga exercises are a way to help us maintain our body temperature as 37 degree centigrade. This will be needed for all the people of all countries.

Therefore, please do not think that yoga exercises are connected with any particular religion. Yoga is just a tool to upkeep the health of our body. Therefore, we would like to reiterate once again that Anatomic Therapy and Yoga exercises are not related to any religion at all. So, please do not brand Anatomic Therapy as belonging to any religion.

CAN WE USE AIR CONDITIONING DEVICES?

The body temperature of human beings is 37 degree centigrade. Even when we go to a cool place or a hot place, our body will always maintain its temperature as 37 degree centigrade.

We set the Air Conditioning unit (AC unit) at 18 degree centigrade to 22 degree centigrade. When we are in a room where the temperature is maintained at 20 degree centigrade by an air conditioning unit, the AC unit will bring the temperature of the room and also our body temperature to 20 degree centigrade. But our body will always try to maintain its temperature at 37 degree centigrade.

Therefore, the temperature controlling organ in our body will send sugar and oxygen to all the cells in our body in order to raise the body temperature to 37 degree centigrade again. This is an unnecessary work for the body. If our body works in this way to increase the temperature, we will get diseases such as sugar disease, asthma, wheezing, BP, etc.

AC unit is used in cold countries such as Switzerland, UK, etc. for keeping the room temperature at 22 degree centigrade. This is because temperature in those countries will be mostly at minus 25 degree centigrade. In countries where normal temperature is minus 25 degree centigrade, plus 22 degree centigrade is a very hot temperature. But, since in countries such as India, the normal temperature is about +30 degree centigrade on an average, there is no necessity to use AC unit at all here.

AC unit is not an Air Cooler. It is an Air Conditioner. AC unit is meant to be used for heating the rooms in cold countries and for cooling the rooms in hot countries. Depending on the country in which it is used, the temperature at which the AC unit is to be set varies.

Moreover, there will be no pranic energy in the air obtained through the AC unit. But, natural cool air will have pranic energy. So, when we use AC unit, we will get diseases due to the lack of pranic energy and also due to unnecessarily changing the temperature. Therefore, please do not use AC unit just because it is available free or at a low price.

By following the guidelines to streamline our body heat as described above, we can set right the heat energy in our blood and also in our body, cure all diseases and we can be healthy. Let us all live a healthy life!

THE MIND AND THE BRAIN

We all have a mind as well as a brain. But many of us do not know the difference between the two and what these two things do. Now we will see about these. By knowing this, we can keep our body also healthy. This is because we already know that there is a connection between the mind and the body.

Our mind is like a keyboard or a piano. If we keep our fingers on a piano and press, it makes sound. If we press once, it makes one sound. Once a sound comes from it, what should we do to stop that sound? Nothing! If we do not do anything and just keep quiet, the sound will stop. If we try to stop the sound that has come by pressing the piano again and again, the sound will come again and again.

If we understand this we can easily understand the mind. The sound called thought comes from the piano called mind. If there is a mind, some thoughts will keep coming from it. If we do not do anything to a thought which comes from the mind, that is, if we do not mind it and ignore it, that thought will disappear on its own.

In this way, many bad thoughts such as anger, fear, tension, envy and also many good thoughts also come in our mind. If we do not mind these thoughts, they will go away on their own and we will not be affected by them. But, if we pull some thoughts or observe them and accept them, then such thoughts cause good or bad to us.

Thus, each thought has its own strength and potency. Depending on the power of that thought, good or bad things happen to us. So, we have to consider the thoughts coming to our mind as the sounds coming from a piano. We should take only the sounds (thoughts) that we need and ignore those that are not needed. Then our mind will always be peaceful and calm.

If we sit at the entrance of our house and observe the people who walk across the road we may notice that a lot of people are crossing our house. But, they may not do good or bad to us. In this situation, if we call someone crossing our house and ask them, “Who are you? Where are you going?” then they will come near us, share their joy or sorrow with us and then go. We will feel good or bad after the encounter depending upon the person we call and the words we speak to them.

Similarly, the thoughts that we choose to ignore will not have any positive or negative effect on us. Only those thoughts that we call towards us will come and do good or bad to us and go. So, if we learn to ignore the thoughts which can harm us, our mind will always be peaceful and calm.

We can hear some of you say, “We already know that thoughts come to us and also that if we choose to ignore a thought it will not do any harm to us. You need not tell us all this. Our problem is that we are not able to ignore some of the thoughts.” We can understand this. What can we do if we are not able to ignore a thought that comes to

our mind? Really, this is not a very big trick. This is a small matter which all of us can do. I will explain this through an example.

If we stand on the terrace of a hundred floor building and look down, we will get a thought in our mind. We will think that if we fall from here we will die. Do we really fall from there and die, breaking our head? What do we do with this thought? We just do not do anything about it, ignore it and leave it, don't we?

Similarly, every husband, when he is tortured by his wife over phone, gets a thought that he should go home and slap her. Every wife, when she gets a cold response from her husband gets the thought that she should thrash him. What do we do with this thought? Can we implement these thoughts? You simply do not do anything about it and simply ignore it and leave it, don't we? How are we able to manage this? Every worker may get a thought he should beat up his boss. Does he implement it or does he choose to ignore the thought? We can give several examples like these.

So, we choose to ignore the thoughts coming to our mind in several matters and leave them alone without any choice. By understanding this, if we ignore bad thoughts created by anger, tension, fear, etc. then we can keep our mind calm and peaceful.

Even if this may appear to be a little difficult to start with, if you sit alone and think, you will understand it by yourself. If you start it today and practice it for six months to one year, then you will not be affected by any bad thoughts and you will always be calm and peaceful.

WHAT IS THE DIFFERENCE BETWEEN THE MIND AND THE BRAIN?

Many people do not know the difference between the mind and the brain. Mind is concerned with emotions. It will tell us what it likes and what it does not like about each matter. The brain will tell us what is good and what is bad in each matter.

For example, let us imagine that you go to a car showroom to buy a car. You see that 50 different models are displayed there. As we see all the 50 cars from a distance, our mind will focus on just one or two cars out of the 50 cars. Our mind will instantly inform us which of these cars are liked by it and which of these are not liked by it. Our mind will not bother about the finer technical details such as how many persons can travel in this car, whether we can afford it, does it run on petrol or diesel, etc. It will just convey to us that it likes this car and it does not like that car.

But our brain will gather a lot of information and make a lot of analysis. It will prompt us go to the car showroom's office and ask for details such as which car costs how much, which car can be bought on loan, will this car suit all the persons in our house, will it suit for our office use, whether it can be parked in our garage, etc. The brain will get clarifications to all such questions and it will come to a conclusion after two or three days or one week. Then finally the brain will tell us that a particular car out of the 50 cars is the best one that we can buy.

We may observe here that there will be no connection between the car liked by our mind and the car chosen as the best by our brain. In the same way, in every matter our mind may take a different decision and our brain may take a different decision.

If we go and sit in a hotel, our mind wants to eat some heavy food. But our brain tells us that we will get stomach pain if we eat heavy food and it advises us to eat some other food.

Thus, every second in our life and at every place our mind and brain take different stands and we struggle in between these two. The reason for all the problems faced by all the people in the world is the confusion regarding whether to do what is liked by the mind or to do what is prescribed as good by the brain. This confusion is the biggest enemy to the mental peace. If we understand this we will always have mental peace.

When the brain and the mind operate separately we get confusion. When the brain and the mind function together we get wisdom. Who is a wise man? People whose brain and mind take the same decision are called wise men. Wise men never have such confusions.

In some houses some children will play well. They will be happy by doing things desired by their mind. These children will be called mischievous children. These children will break all the things in the house. They will do a thing only if they want to do it. If they do not like to do it, even if it is a very good thing they will refuse to do it.

A child which lives like this from a very small age only as per its mind's desire will not use much of its intelligence. So, others will be troubled a lot because of this child. At the same time, this child will always be happy to look at. This is because it will always be smiling and enjoying its time. In this way, some children are brought up as they wish. These children will do only what is liked by their mind. But they will never use their brain and think what is good and what is bad.

A child which grows in this way may, at some point in time, get struck up in life, not able to move further, not using its brain and it may get hurt in life when it grows up. At that time, that child, whatever may be its age, will get hurt in life, gets dejected with life and it will decide not to live as wished by the mind anymore and to use its brain from then onwards.

After taking this decision, this child will start living using its brain, with a different perspective of life. But now it will not do what its mind likes. If we see these children, as elders we will observe that they are well off in life, do very good professional work and they would have achieved name, fame, money, etc. But they will not be happy and peaceful because they will not be doing what their mind desires. All the people will praise them as very intelligent but at the same time blame them that they are not capable of enjoying life.

The second type of children will be intelligent right from birth. In some houses, the children will never do any mischief and always obey what the elders say. They will never break anything. They will sincerely go to the school and get good marks. They will listen to all the elders and will act intelligently. The parents will proudly say that their children are smart and obedient.

But these children will never do anything desired by their mind and keep on living for several years with the tag of being intelligent. At some point in their life, they will think that only because they were intelligent they never got to enjoy the life and will decide to stop being intelligent and to start living to their heart's content from then onwards.

So, at some point in time, these children change their nature, leave their intelligence and start living as per their mind's liking. All the people will praise these people saying that they are very nice people,

they are helpful to others and they never create problem to anyone. But at the same time they will blame these people saying that they do not know how to live smartly.

Thus, we can classify the people in this world into two categories. The first category people know how to survive and derive benefit for themselves but do not have self-conscience. The second category people are nice to everybody but do not know how to survive. You can now understand which of these two categories you belong to.

All the people in the world can be divided into three categories:

- (1) Those who live as their mind desires and do not bother about their brain.
- (2) Those who live based on their brain and behave without self-conscience.
- (3) Those that have self-conscience and also use their intelligence.

Just think which of these categories you belong to. The third category people are wise men. So, definitely all of us generally will fall in one of the first two categories. Irrespective of whether you belong to the first or second category, you will not have peace, satisfaction and joy in your life. But, you will always have plenty of worry, anger, fear, tension, etc. The reason for this is the fight between the mind and the brain.

What could be the reason for a person's mental confusion? One is that we may worry, "I have taken wrong action in that matter. I did not act properly. I could have done that way, I could have done this way. Oh, no! I made a mistake!" Otherwise, we will get angry on others and blame them for the wrong decisions that we have taken or we may be afraid of many people. So, we may get fear about the things that are going to happen from now onwards. The reason for this is the wrong decisions that we took.

So, in case all the decisions that we took happen to be correct, then we will be happy, joyful and peaceful, won't we? So, only when we live with the feeling that all the decisions that we have taken are right, we can live calmly, peacefully and happily from this moment onwards without worrying about the past life and without fearing about the future life.

So, from now onwards, whenever we take a decision, instead of taking all the decisions as per our mind's desire, instead of taking all the decisions only as per the brain's desire seeing which is good and profitable, we should come out of these two decisions and think and decide with wisdom whether on this day under these circumstances we should go as per our self-conscience and go as per what our mind says or we should act with intelligence and take one of these two and go as per that alternative.

For example, when we take a particular decision, if we want to take an intelligent decision, we should pacify and convince our mind using our brain and convert it into a decision liked by our mind. In case a decision is to be taken as per the conscience, we have to pacify the brain using the mind and convince it that this is a good decision.

Thus, for every decision that we take in our life, if we reconcile the mind and the brain and we keep them on the same line of thought, then we will never worry about our past life. We will also not fear about our future life. So, we can live a peaceful and satisfied life. This is called wise brain.

Whenever a decision is to be taken, many people will have confusion about how to decide. We can live a peaceful life if all the decisions that we take are liked by our mind, as far as possible. At the same time, all the people in the world cannot live as they like, as liked by their mind. That will lead to a wrong life.

So there is one condition for living as per the mind's desire. That decision should not affect any other person's mind or body. If we keep this in mind and decide, that decision will always be a correct decision. So, whenever we have a confusion about a decision, we should come out of the two namely the decision liked by the mind and the decision liked by the brain, analyze and see which of these two decisions is good, which is liked by us and in addition which will not affect any others and then take a decision. Then, that decision will be the right decision.

But, while taking a decision, many of us just think about which decision will give us more benefit and which will be favourable to us. No one is concerned about whether our decision will affect others' mind and body. If we take such decisions that affect others in a detrimental manner and if they curse us, that curse will be affecting us and our life. Life is nothing but our thoughts. If many people think that we should live well, that thought will make us live well. If many of the people think that we should not live well, then our life will not be good.

Many politicians pursue many wrong means by doing many crimes and spoiling the lives of many people for capturing the power. Still they are living well for so many years. The only reason for this is that there are a lot of people in the country earning money because of them. More than those affected by them adversely, those who are well off due to them are blessing them that they should continue to live well because if something happens to them, these people's lives will be affected.

So, the reason why many people go up fast and then suddenly have a steep fall is the fact that their progress is made by affecting the minds and bodies of many others. Therefore, each and every decision that we take in our business, profession, family and all the other places, should be liked by our mind as far as possible, should be good for us

and also should not adversely affect the minds and bodies of others. If we decide in this way and live our life, our progress may be slow but we will never fall down. As time passes, our progress will be faster and our body, mind, brain, financial status, etc. all will flourish.

Some God men have established Ashrams in 120 countries, give training to several millions of people, manage several millions of rupees and tackle all sorts of threats and problems. But they always peacefully and calmly sit in front of mike in some meeting or other and keep on chatting about some subject. The reason for this is that they make all their decisions based on their wise brain.

Even if we have a small company and employ 10 people, we split our hair when the company's affairs are in problems. When it is so, how is it possible that some Gurus who have Ashrams in several countries, several bank accounts, cases and so many problems can remain blissful, joyful, peaceful and calm? This is because they spend only one second or at the maximum one minute for taking each decision.

Even after learning about how to take correct decisions in big issues we may not be able to take decisions in some issues after thinking over for several years. These people will take decisions in a split second even in such issues and they will remain idle for the remaining time. But many of us struggle for several years breaking our head to manage our affairs, not able to take decisions even for some small issues. Thus, if our mind keeps on thinking about the same issue and is in confusion, we do not get peace and calmness.

So, from now onwards, if we understand how to take decisions using our wise brain (Gnana Buddhi), then we can also remain idle. If we remain idle, we can also become wise men. Initially, this will be slightly difficult. But, if we understand this principle and use it, within

three to six months from now or at least within a year we can become wise men.

To start with, practice by writing down the small decisions that you take on a piece of paper. What is the decision liked by our mind? What is the decision liked by our brain? What are the likely effects of each of these two decisions? Who all will be affected by these decisions? What are the benefits and drawbacks of these decisions? Which is the one that we like? Which is the one that we do not like? Write all these on a paper, keep that paper on hand, think and select the correct decision. If we practice in this way, slowly we will be able to take such decisions just by analyzing it in our mind.

Vethathiri Maharishi has asked all the people to take the following resolution every day: “I will not do any harm to anyone’s mind and body during my life time. I will help all those who suffer in all the ways that I can.” All the followers of Vethathiri Maharishi say this resolution three times daily. So, let us also take this resolution daily three times.

HOW TO KEEP THE MIND HAPPY AT ALL TIMES?

Let us all think for a minute. During the last 24 hours, for how many minutes were we happy? If anyone thinks like this, they will recollect incidents lasting only a few minutes. For some people, no such incident would have happened for the past several years. The time during which our mind is happy is the human power. When our mind is happy, all the body parts will function properly and they will work with full potential. They will also cure all the diseases and we can remain healthy.

If you call a hundred persons and ask them, “If your mind is to be happy, what should happen?” then many people will give replies such as, “I should become the Chief Minister. Only then I will be happy.” “I

should get first rank in the exam. Then only I will be happy.” “We should buy a very big bungalow.” “I should marry my lover.” “My husband should start growing hair on his head” and so on.

If you just think, none of the things that these people say will happen in the immediate future. They may take even several years. Some of these wishes may even go unfulfilled. When it is so, are these people going to remain sad till those wishes are fulfilled? Thus, we are just postponing our happiness in view of some incidents or matters which may happen someday in the future.

Please change your view that happiness will be obtained only if your goals, objectives and wishes are fulfilled. There is no difference between the happiness one gets by assuming charge as Chief Minister after waiting for 50 years and the happiness the same person gets by eating the sweet he likes.

The same happiness that we get when we enter the newly built house that we constructed by working hard and by saving money like a sparrow is obtained when we play with a child. There is no difference between the two. Our mind will not analyze and see from where it gets the happiness. It will be happy if it just gets the happiness by any means. If we understand this we can be happy for all the 24 hours.

Some children will keep on listening to the same song again and again. The parents who see this will get bored. But that child will not get bored. This is because children always do a thing only if their mind likes it. But once we grow up, we are doing only such things which are not liked by our mind. So, children are always cheerful because they do only such things which are liked by their mind. So, they sleep immediately when they go to bed and they are always peaceful.

So, happiness can come when we listen to our favourite song, when we see a movie that we like, when we fondle a child, when lovers see each other, when we see natural scenery, when we eat our favourite food, etc. So, happiness is always near us all times in our life. Without understanding this, we are always searching for happiness elsewhere.

Once the mind gets happiness, it will not analyze how and from where that happiness came. So, it is enough if we get happiness somehow from somewhere. We need not wait for happiness only from the accomplishment of big wishes and objectives. When you are getting happiness easily from somewhere at this moment, please do not come out of that happy feeling.

For example, our mind is happy when we are listening to our favourite song. At that time, our cell phone rings. What do we do then? We immediately stop the happy thing and start speaking over the cell phone. The words coming from the cell phone may or may not give us happiness. But, we come out of our happy state and do some other work. Always we give importance to our work, facilities, money and financial gain. But we do not give importance to happiness. That is why we do not have happiness with us.

So, if you get some other work when you are listening to your favourite song or when you are playing with a child, please try to postpone that work. The amount of time in a day during which we are happy is our wonderful power. So, when you know that you are in a happy state, think twice before coming out of it. Try to increase the duration of your happy state.

If someone calls me on cell phone when I am listening to my favourite song, I will not respond to that call. I will take the cell phone only after that song is over and I quietly enjoy that song for some more

minutes. Thus, we should never attempt to quickly come out of the thing which gives happiness to our mind. Even if some material benefits, some monetary benefits are reduced for this, we should not mind it. This is because no one can measure the value of happiness in terms of money or material value. Health is the property owned by our body. Happiness is the property owned by our mind.

I have seen some films more than 100 times. But still I am ready to see the film again once more. This is because, I feel happy when I see that film. But when I see some films, my mind does not like them. So, I do not see them at all. Similarly, I have listened to some songs in my cell phone hundreds of times. It is because, I like them so much. When I listen to them I feel happy. I will not analyze why I am happy when I listen to those songs. Please do not analyze good things. If you analyze them, then you cannot enjoy them. Then your mind will not be happy.

So, please do the things liked by your mind again and again. But, once we start doing the things liked by our mind, our mind will desire to do all the things. We cannot do all the things liked by our mind. So, when you do the things liked by your mind, please remember only one point. When you do things liked by your mind, it should not cause any harm to any other person's body or mind. If you keep this in mind and are happy, our body will be healthy and our mind will be peaceful.

When you are alone in a closed room, if you think that being nude gives you happiness, then you can definitely be so. There is nothing wrong in this. But, if you think that walking nude in the middle of the road gives you happiness, you should not do it. This is because it will affect other people.

So, please think for a minute. There are many things which you like to do which can be done by you without spending any money and without harming others. But many people do not enjoy such things.

When thousands of such things are available which make us happy and which we can do for free from wherever we are, we keep on searching for happiness everywhere for a long time.

We are shortly going to bring out a book on the connection between mind, brain, deep inner thoughts recorded in the sub-conscious mind, life, soul and aura and how to increase the power of these. By reading it, you can understand many things about this matter.

TO KNOW MORE ABOUT THE MIND

1. MANAVALAKKALAI MANRAM

If you want to know more clearly about the mind, you can go to the nearest Manavalakkalai Manram or Arivuthirukkoil. Many training courses and classes created by Philosopher Vethathiri Maharishi are being conducted in these centres. In these classes, we can learn many exercises on analyzing the thoughts, avoiding anger, destroying fear, streamlining our desire, etc. which help us to keep our mind peaceful.

2. SRI BHAGAWAT AIYA

Many people have obtained wisdom from Sri Bhagawat Aiya. He says, "Instead of worshipping wise people, you should yourself become a wise person." Sri Bhagawat Aiya teaches in a very simple way by which everyone can understand about the mind and explains what wisdom is and how to obtain wisdom. He also makes us understand about the difference between the upper mind, lower mind and inner sub-conscious mind and he guides us through the way to make our mind calm and peaceful. His books and audios can be downloaded free from the website www.pravagam.org. Sri Bhagawat Aiya can be contacted on the mobile numbers 99942 05880 or 97891 65555.

3. BRAHMA KUMARIS

When I was confused about the difference between the mind and brain, Shri. Vediappan, who belongs to Brahma Kumaris organization in Hosur took me to Mount Abu in Rajasthan and helped me understand these by giving many explanations for a number of days. He has also been helpful in clarifying many things in our anatomic treatment.

So, for understanding mind, brain and inner mind, you can go to the nearest Brahma Kumaris centre and learn.

A QUICK RECAP OF WHAT WE HAVE LEARNT SO FAR

What have we understood by reading this book so far? Let us summarize. Diseases are of two types. These are disease which come from inside and diseases which come from outside. For the diseases which come from outside, we have to go to a doctor. All the diseases which come from inside can be definitely cured by Anatomic Therapy.

The causes for all the diseases are five:

- (1) An item in the blood getting bad in quality.
- (2) An item in the blood being absent or being less than the required quantity.
- (3) The quantity of blood being less than the required quantity.
- (4) The mind getting affected.
- (5) The intelligence of the body being affected.

Out of these five reasons, the first two and the mind only can be set right by us. Our body itself will take care of setting right the quantity of the blood and setting right the intelligence of the body. To set right the first two reasons, we have to streamline the following five things:

- (1) Food
- (2) Drinking Water

- (3)Breathing Air
- (4)Sleep
- (5)Physical Work

HOW TO GET STARTED

You have understood how to set right these five things by reading this book completely. If we set right these five things, within 48 hours, wonderful, clean blood containing all the ingredients in good quality and in desired quantity that can cure all the diseases will be created in our body. The first drop of such blood will be created in 48 hours.

If we practice this continuously, in 120 days all the blood in our body will become wonderful medicine which can cure diseases. When the blood is purified in this way, the cells in all the parts of the body will start curing their diseases. 300 million cells will be cured every minute and on an average within one year, all the parts in our body will cure their diseases. This can be practically experienced by yourself.

Many people ask, “I am already consuming medicines and tablets for the last 20 years. Will anything happen if I stop them?” We are asking you back, “You are consuming medicines and tablets for the last 20 years. Did anything happen?” Nobody asks any question about the reason for consuming medicines and tablets for several years. But we ask question only for stopping it.

So, please understand that no medicine and tablet can cure any disease permanently. Those who already consume medicines and tablets can continue to use the same dosage of medicines and tablets. If you use all the guidelines in our treatment for a month, within the first month itself, you will notice a change in your body. If you follow the treatment for one month, your eyes will be sharper than earlier. Your belly will reduce. Your body weight will reduce. Your body will

always have strength and stamina. You will not have heavy breathing when you climb stairs. You will get good sleep. Stools will pass well.

Thus, you will see during the first month a healthy body which so far you would not have seen in your life. Please do not stop the medicines and tablets suddenly. You can reduce the dosage of your medicines by half in the second month. During the third month reduce it to half of what you were taking in the second month.

Thus, reduce the medicines you consume step by step and after 3 to 4 months totally stop it. When you have been told by your doctors that you have to keep consuming medicines throughout your life, just the happiness from the knowledge that you are going to stop all the medicines within 4 months will cure all the diseases in the body.

Those who have got any organ transplant done in their body should not stop their medicines. This is because our body will always recognize only those parts which are made with the cells created using the food that we eat as its own parts. When the body part of someone else is fitted in our body, our body will treat that part as some germ and prepare medicines to destroy that part. So, doctors will give some medicines and tablets to the people who have got an organ transplant in order to prevent our body from destroying that organ.

So, if you are a person with an organ transplanted in your body, you should not stop any medicine or tablet connected with that transplant without consulting your doctor. If you stop those medicines, it might be dangerous to your life.

Medicines and tablets are, in fact, a psychological treatment. When people think, "I have consumed medicine. My disease will be cured." That hope is what cures the diseases and medicines and tablets never cure any diseases by themselves.

During emergency times, accidents, snake bites, stabbing with a knife, shooting with a gun and other such critical situations we have to definitely go to a hospital. We need to get operations done if needed. We have to consume medicines and tablets. We have to measure our sugar and BP. But, once we are discharged from the hospital and come home, we have to adopt our treatment and easily cure all the diseases.

If those who follow Anatomic Therapy, in addition to this, do yoga, breathing exercise, Dhyaanam (meditation), Acupuncture, Neurotherapy, Mudra, Reiki, Pranic Healing, Nature Therapy and any other such medicine less treatment, their diseases will be cured faster. So, there is nothing wrong in following any medicine less therapy along with Anatomic Therapy. But, let us think and use any medicine-based treatment only if essentially needed and only during emergency situations.

You must have seen several rules in our treatment that we should eat like this, we should not eat like that, we should drink water like this, we should not drink water like that and so on. If you think closely about these rules you will understand one thing. The only rule is that there is no rule. We have to be natural. This is the basis of all the rules.

But some of those who follow our treatment get worried when they are not able to follow some rule or other sometimes or when there is no opportunity for them to follow any one rule. If we are worried like this that worry itself is a disease.

Please understand these principles fully and then implement them to the extent possible. If you are not able to follow one or two guidelines, please do not feel bad about it. Please do not worry about it. It is because worry itself is a disease.

So, eat immediately when you feel hungry. Drink water immediately when you feel thirsty. Pass urine immediately when you feel the urge to urinate. Pass the stools immediately when you feel the urge to do so. Go to the bed quickly if you feel sleepy. If you streamline these five things, your body will do its work properly and always keep itself healthy.

When a person starts following our treatment, there will be a slight headache for the first three months. There will be slight ache in many parts of the body. But it will not be an unbearable pain. It is because when the diseases in several parts of the body are getting cured, there is a possibility of some ache in those parts.

At those times, if we do not do any treatment to these aches and if we just close our eyes and focus our attention on those points, the blood circulation and pranic energy will flow to that point and cure those diseases and make that part healthy.

Sometimes there will be watering in our eyes during the first three months. Sometimes our body will feel sluggish and lazy as though there is no energy in it. Thus, during the first three months when all the diseases in our body parts are getting cured, there could be some small effects such as these.

When a person who has been drinking alcohol for ten years suddenly stops drinking it, his hands will shiver. His head will ache. He will find it very difficult to remain normal. He will not be peaceful for the first three months. So, can we conclude that drinking alcohol is good for the health?

In the same way, when we change our body from good habits to bad habits or from bad habits to good habits, it will take at least three months for our body to accept it. So, please do not think that if we

follow good habits, all diseases will suddenly get cured without anything happening.

So, if we do not consume any medicines and tablets for the small discomforts occurring during the first three months and help our body by remaining calm and follow the natural way, our body will cure all the diseases and keep us healthy for all the time to come.

ALL THE DOCTORS ARE OUR FRIENDS

Please do not get angry with the doctors in the world after you read this book. It is because all the doctors are our relatives. They are all our brothers, sisters, uncles, aunts and friends. They are not any outsiders.

No doctor will act with an intention of hurting or torturing others. The drug manufacturing companies, for their business purposes, teach wrong methods of treatment to our relatives, earn millions of rupees through this and also spoil our health.

Many doctors are not aware of the matter given in this book. If a well-intentioned doctor reads this book completely, he will definitely not sleep for several days. He will have tears in his eyes. They will feel bad thinking that they have been working as doctors for many years without knowing such small things. Only those doctors who feel so are well-intentioned doctors. So, we do not agree that doctors are cheating everybody. They are just practicing the treatment that they have been taught.

Therefore, please understand that the mistake lies in the business interests of the drug manufacturing companies. So, our objective is to make the doctors of the world understand this. If a child in our house does something out of ignorance, we will not get angry with that child.

We will just make that child understand. That is why sages and wise men address ordinary people as “Children”.

So, when we see not only the doctors but all the people in this world as our children, we will not get angry with anyone in the world. We will only keep trying throughout our lives to make them understand.

SPECIAL SESSIONS FOR DOCTORS

Very shortly we are going to conduct a special one-week residential camp for those who give medicine-less treatments and those who give medicine-based treatment. Those who are interested can participate in this programme by registering their names. When several medical practitioners come together, they can understand the good and bad features of different types of treatment.

On the way from Coimbatore city in Tamil Nadu to Mannarkadu in Kerala, after crossing Aanaikkatti, near a town called Kottathurai, in a town called Vadakottathurai, there is a well-known location called Kalveedu and Kathadiveedu. At this location, we are going to conduct a special seminar for 7 days and on weekends. This place is 45 KMs away from Coimbatore. Those who are interested can contact 98424 52508, 99442 21007 or 0422 2349660 and register their names.

WEBSITE AND FACEBOOK

In our website www.anatomictherapy.org, books and videos in all languages, all details about this treatment, all schedules about the direct contact classes being conducted in different towns in different countries, all the speeches given so far in all TV channels and all the locations in the world where books and DVDs can be obtained, the

interviews of those who have already been cured and many other things are available.

So, those who have got cured by this treatment, if you wish to help others, can inform all your friends and relatives about this website. All videos and books can be freely downloaded from this website. Our objective is that this good matter should reach all the people in the world in all the languages. You can also exchange important information using our Face Book page.

THREE DAYS FREE NATURE CURE CAMP

One Dr. Aravind from Rajapalayam in Tamil Nadu runs an organization called Aravinda Ashramam. This is situated on the road from Rajapalayam Bus Stand towards Aiyanar Koil. Here Dr. Aravind conducts three-day and seven-day camps for Free Nature Cure Treatment Camp twice every month.

Those who follow our treatment can, if they desire, visit this Rajapalayam Nature Cure Camp once. Those who desire can contact 0456 3291451 or 0456 3291194, get prior permission, get the treatment and get the benefit of better health.

ONE DAY NATURE CURE CAMP

Father Jacob runs a centre called Sangamam Iyarkai Vaazhviyal Matrum Payirchi Maiyam at a town called Perugamani located at a distance of 16 KMs on the road from Trichy to Karur. He conducts class on Nature Cure on Second Saturday every month from 9.00 AM to 4.00 PM. Those who desire can contact 94431 64945, get prior permission and participate in the training.

FIVE DAYS SPECIAL ANATOMIC THERAPY CAMP

We (Healer Baskar) periodically conduct five-day training classes on Anatomic Therapy at the Sangamam Iyarkai Vaazhviyal Matrum Payirchi Maiyam at Perugamani. We provide all the details about Anatomic Therapy and Nature Cure, provide natural food and also answer the questions of the participants in this training, which is conducted once in every month from the first Sunday to Thursday throughout the year.

Those who wish to attend this training can contact 0422 2349660 or 98424 52508 and register their names. Training and treatment will be provided here only to those who get prior registration done.

THERE IS NO MEDICINE OR TABLET IN ANATOMIC THERAPY

This is to once again reiterate that Anatomic Therapy, also called Treatment through the Ears consists of just the knowledge and nothing else. There is absolutely no connection between this treatment and any medicines, tablets or products. This treatment just involves making a person understand how he can cure all his diseases in a natural way without any expenditure and without meeting any doctor.

But, people in many towns in many countries are engaged in selling six-taste powder, water purifying pads, yoga mats, organic products, soap, comb, mirror and more than 300 such products purely with a business motive, without our permission. Therefore, it is our duty to inform that we are not responsible for any consequences that can occur if anyone buys any such medicines or products and use them.

Please teach the Anatomic Therapy treatment guidelines and procedures to all others. If you are a teacher, please teach these to your students. Those who have the noble motto, "Whatever pleasure

we got, let the whole world get it” can telecast the programmes in our DVDs in local cable TV channels with a service motive, without any profit motive. Then, it will benefit several millions of people.

So, those who desire can telecast these DVDs in TV channels after obtaining our permission. In addition, if the details about this therapy are spread through media such as newspapers, websites, etc. a large number of people in the world will get the benefit. You can inform your friends through email about our website. Our DVDs can also be played at your places through TV and projectors and thus many people can see these DVDs.

THERE ARE THOUSANDS OF REASONS FOR DISEASES

We have stated in this book that there are five reasons for all diseases. However, there are in fact thousands of reasons for diseases. Out of all these, we have detailed here only the five most important, common reasons, the five which we have at this point of time.

But, there are actually so many other reasons also. For example, if the mind gets affected, diseases can come due to the impressions in our inner mind. Diseases can come if spiritual power is depleted. If life energy reduces, diseases can come. When the pancha boothas such as land, water, air, space and fire outside our body get polluted, people may get diseases. When the planets change their positions, diseases can come. If the mind gets bad thoughts, diseases can come. Diseases can occur due to problems in DNA, RNA, genes, etc. Thus, we can keep on listing out possible causes for diseases. However, we have described clearly only the first five reasons in this book.

This book is going to be published once in every year with many changes and new understandings. It is because, what we have learnt so far is equal to one handful of sand. What we have learnt so far is equal

to one handful of sand out of the beach of knowledge. What we are yet to learn is equal to the size of this earth.

So, this book has been written based on the knowledge that we have required till today. We keep on meeting many Gurus on a daily basis, do a lot of analysis and always attempt to further fine tune this treatment and also further clarify the concepts.

So, those who have read this book can know many new things by buying the new edition of this book every year. In the year 2013, the next edition of this book is likely to come out with clear explanations on many new topics such as deep inner mind, soul of the inner mind, aura, etc.

The readers of this book are requested to kindly inform us if they observe any mistake, shortcoming in this book. Our sole intention is to take the good matters to the people of the world. So, if anyone has good books, good CDs, DVDs or know any good website names, please send them to us. By reading and understanding them, we can take more good information and knowledge to the people.

All officers concerned with education are requested to include the matters given in this book in the school syllabus so that children can study ways to keep their body healthy.

Today our school educational content has so much of information but there is no knowledge imparted on how to maintain our body properly. When we do not know how to look after our body, why should we bother about when World War II happened? What is the use of our knowing about when Ghazni Mahmud started war on India?

Nowadays, general Knowledge Quiz competitions are conducted in TV shows and in schools. In these events, children are asked

questions such as “What is the Capital of Japan?”, “In which year was Kennedy born?” “When did World War II happen?” etc. We proudly say that those children who answer such unnecessary questions correctly have a very high general knowledge. But, all of us from children to elders blink when we are asked some questions about our body, mind, brain, life, etc.

Therefore, I earnestly plead with the Government and Government officers to include good matters in school text books.

Many people in the world have the knowledge of such good things. But, all the people cannot easily understand these matters. Some people do not tell others about what they have learnt after taking so much trouble and efforts.

First of all, many people cannot understand these matters. Secondly, those who understand do not impart this knowledge to others. If at all some of them start sharing their knowledge, the drug manufacturing companies give trouble to them using their money power, branding them as witch doctors. Some of them are even killed by poisoning. Fearing all this, no one wants to talk about these good things to anybody outside and they just remain silent.

All the matters given in this Anatomic Therapy are not any new inventions or discoveries at all. These are just one percent of the lives our forefathers lived. Thiruvalluvar, Prophet Mohammed, Thirumoolar and all the great scholars, wise men and thinkers from various countries of the world have preached these principles at different points in time. But now we do not understand them.

This is because, at each point in time, we have to see how people are being misled and deceived and we have to think about how we can make the people understand the truth and facts. Since people in

today's world are being deceived on a scientific basis, we need to clarify the facts to them on a scientific basis.

So, this "Treatment through the Ears" also called "Anatomic Therapy" which is understood by people today may not be understandable to the people after another 1000 years because the situation, problems and issues could be different at that time.

At that time, a new person might come. He might understand the issues and problems at that time and he might compile the knowledge relevant to those issues and present it to the people.

So, anatomic therapy is not a big secret or a new discovery. This is only a compilation of many matters given in Vedas of Hindu religion, Thirumanthiram written by Thirumoolar, Thirukkural written by Thiruvalluvar, a book named "Nabigalin Mozhi" written by Prophet Mohammed and many other books and preaching given by many scholars, wise men and messengers of God from many countries.

All are requested to buy this book, read and get the benefits. You can inform your friends and relatives to buy this book and read. You can Xerox this book and distribute it free to others. But, please do not do business by photocopying or printing the contents of this book with a commercial motive. If anyone prints and sells the matter in this book without our permission, suitable legal action will be taken against them. Please serve others with a good intention.

If we work in a small factory, our wages will be cut if we do not go to work for one day. If we work more on another day, we are given overtime wages for that day. When even in a small factory accounts are maintained in this way, the God who has created all of us will watch and account each and every work we do and He will give all our wages, overtime, bonus, etc. liberally. So, all the people in the world should

publish whatever good things that they come to know. If we do so, the world will shine with wisdom.

IMPORTANT ANNOUNCEMENTS

Those who wish to distribute copies of this book to the people in their area can obtain the copies in bulk from us at a reduced price.

This book will be published every year in a new edition with new and improved contents.

There is no connection between our treatment called Treatment through the Ears, also called Anatomic Therapy, and any medicines, tablets or any other products. But many people sell many products without our permission. We are not responsible for these products.

Our only website is www.anatomictherapy.org but many other websites are being run without our permission for selling various products and for receiving donations. Please avoid them.

If you have any doubts regarding Anatomic Therapy treatment, you can get clarifications by getting the DVD wherein answers are given for 200 questions. You can also buy the book with 500 questions and answers which is going to be published shortly.

Very shortly we are going to bring out many books and DVDs on topics “How to bring up children”, “Special health Issues of Women” and many others. You can obtain them and get benefit.

Our objective is to bring out the matter on this treatment in all the languages of the world through text by translation and through audio by dubbing and translation. This work is in progress. Very shortly,

this treatment will be available in all the languages of the world as books and DVDs.

We need financial assistance to carry out this work. The well-intentioned philanthropists can help for this cause. So, please give your donations only on our website www.anatomictherapy.org. Kindly contact 0422 234966 or 98424 52508 or 99442 21007 for more details on donations.

Those who run cloth stores, jewellery shops and private companies can give this book or DVD as gift every year instead of giving New Year diaries and calendars. The name of your organization and your advertisement will be printed in the book. Copies of this book can be given free in marriage functions. For further details, please contact Shri. S. Srinivasan on 80566 44944.

THE STORY OF HOW ANATOMIC THERAPY STARTED

I, Baskar, was born in Selvapuram in the city of Coimbatore, Coimbatore District, Tamil Nadu, India. I was sick since my childhood. I used to have sores on my skin all over my body. I used to apply a rose-colored medicine throughout my body ever since I was a small boy. I also used to get frequent headache. The headache was so severe that sometimes I felt like committing suicide.

In addition, I used to get indigestion and unbearable stomach ache. My eye sight also was not proper. I was also suffering from many other diseases such as lack of sleep, allergy to sound, etc. Whenever I told my mother and father about my headache they would buy an oil or tablet and give me. But, it was not serving any purpose and my headache continued in spite of using them. Sometimes, my pain and agony was very much unbearable.

Since my childhood, I used to go to a doctor in our town at least twice in a month. He used to give me many medicines, tablets and injections. One day I asked the doctor, “Why am I getting so many troubles like these? Others in my house do not face these problems. What is the reason for this?” He replied, “You will understand only if you study M.B.B.S.” Then I understood that he also did not have the answer to my question. I got angry with him and I never met him again.

Then I took homeopathic medicine for a few years. Then I tried nature cure, acupuncture, herbal medicine, Siddha medicine, etc. I tried all the medicines available, went to several places and spent a lot of money. But my diseases were not getting cured.

I am a B.E. graduate. I studied Diploma in Civil Engineering in Meenakshi Ammal Polytechnic in Uthiramerur in Kancheepuram District in Tamil Nadu in the year 1995. Then, I completed B.E. Civil Engineering in 1998 in Coimbatore Institute of Technology. Till that time, I was trying nature cure and local medicine since I was not economically well off.

Then I got a job and worked in L&T Coimbatore, Airport Chennai, Maharashtra, Veeranam Project, ICICI Bank and many organizations at many places. I started with a salary of Rs.2000 per month and at one point of time I was working for a salary of Rs.1 million.

As I started getting more money, I believed that my diseases could be cured by spending more money. As I met bigger doctors, took more tests and consumed more medicines and tablets I found that my disease was growing further. At one stage, when I was working in a private company, I had to go to the doctor everyday and take an injection. Since the doctor was not ready to give the injection every day, I used to go to a different doctor everyday and took the injection.

Thus, I worked for a long time with the help of medicines and injections and one fine day I ran away from that company without informing them because I could not work any further in this condition.

Then I was bedridden in my house for one year. At that time, I came to one conclusion. From now onwards, I am the doctor to my body. There are so many doctors in this world who have studied a lot and have all the letters in the English alphabets behind their names. But they cannot cure any disease. When they do not know how to cure the disease, they are not doctors. So, I decided that, in my life from now on I am my own doctor and I took responsibility for my body.

Ever since I was a small boy, I used to read a lot of books. I used to cut all the articles concerned to medicine and health from newspapers and magazines and paste them in a notebook. There are many such notebooks in my house.

I used to experiment the treatments given in those books on myself for several months. But I did not get any benefit from them. For example, it was mentioned in a book that something should be done for curing headache. I would follow it faithfully and observe. But my headache would not be cured. Then I used to correct the matter in the book using a pencil with remarks such as “This cannot be used for curing headache.”, “This thing will cure some headaches sometimes”, etc.

Thus, ever since my childhood, my focus of attention was only on keeping my body healthy and I never had any ambition that I should go for a job, earn money, get married, get children, buy car and bungalow, get name and fame, etc. It was because my body was a burden for me every second.

Now I am sharing with you all the knowledge I gathered in my life by reading many books, by meeting many doctors and many Gurus and

by visiting many places, staying for several days at several towns for keeping my own body healthy. Even when I kept on learning many things in this way, I was not getting clarity of thought.

As we read more and more medicine-related books, our disease only gets worsened and it does not get cured. This is because whatever we read or see creates only a fear in us. All the explanations about medicine in the books and on the Internet only make a man more afraid about his health and they do not instil any confidence in him at all. Thus, as my medical knowledge increased, my disease also kept on increasing.

One day I met a person named Shri. Rangaraj in Koundampalayam in Coimbatore. He bored me by talking for two hours about just one topic. He spoke about the one point that we should not drink water while eating food and if we do so the food will not digest well. He kept on explaining about this matter from different angles for two hours. After two hours, I somehow ended the talk and came out. Then I was abusing him in my mind saying, “What a boring person! He keeps talking about one point for two hours!”

When I reached home, I thought, “All right, let me try what he said.” I practised it for one week. Only then I understood it. I found a big change in my body. I understood on that day that diseases can be cured by slightly changing our habits.

After that, I remained with Shri. Rangaraj for several years and I learnt many things from him. What I learnt from him forms 40% of the content of this book. That laid the foundation for me. Then he introduced me to several Gurus. I met those Gurus and also many other Gurus in many places. I also read many books. Then I could understand many new concepts. Still, I felt that I was missing some more knowledge.

One day, when I was sitting in my friend's house, I saw a book by Vethathiri Maharishi. I got the opportunity to read the first 20 pages in that book. I came to know that all the cells in the body are of the same structure. I also learnt about cytoplasm, protoplasm, nucleus, DNA, RNA, chromosome, genes and many other things.

This good knowledge opened my eyes. When I read about these, there was a fire in my mind. I understood that when all the cells in the body are of the same structure, separate treatment cannot be there for individual body parts and each and every disease.

Thus, in addition to my own experience of facing many diseases in my own life, I learnt a lot from Shri. Rangaraj and also from the book by Vethathiri Maharishi. When I started learning many other facts related to medicines, I understood one thing. That is, the mistakes being committed by the patient are the cause of all the diseases in the world. I understood that unless and until the patient corrects his mistakes, his diseases cannot be cured by any medicine or any doctor in this world.

Then I started doing research on what are the various mistakes committed by the people around the world and how these mistakes can be corrected. In fact, I was not doing this research for teaching others. I was actually doing it, without any other alternative, for curing my own body and for saving my own life.

At one stage, when I understood many things and started implementing them, all the diseases left my body. I became very healthy. From a person who was a patient for 24 hours, I was transformed into a person who was healthy throughout the year with enormous energy and I started living with peace, clarity of mind and confidence.

Then I started informing my friends and relatives about these procedures and guidelines. Then I pondered one day about what I want to do in life. Many people in this world have studied what I have studied in college and they are working in that field. But there is no one in this world to teach people about how to be healthy. Then I immediately resigned the job from the company where I was working and started thinking how I can make a beginning.

Initially, I printed pamphlets and notices saying, “All those who have diseases are invited to come and listen to my talk for 4 hours. If you follow this your disease will be cured”. I distributed 10000 notices in Coimbatore and hired a hall for the meeting. I gave the notices to the public by standing alone in front of parks and temples and also going door to door. But, finally no one turned up to listen to my talk.

Those who saw the notice asked me so many questions such as, “Who are you? What have you studied? Do you have Government permission? Doctors say that sugar disease cannot be cured. How can you claim that it can be cured? What is your father’s name? What is your address? What is your age? In case we do your treatment and it is not successful, will you give us compensation? How can we believe what you say?”

People asked these and many more such questions. Some people even asked, “If you talk for four hours and we get bleeding in our ears, will you supply cotton to wipe it out?” Finally, no one attended the session. Even those very few persons who turned up at the venue did not sit to listen to my talk.

Thus, even after hiring halls for rent in Coimbatore, Tiruppur, Pollachi and other towns, hiring mike sets and distributing several thousands of pamphlets, nobody came to listen to me. In some places I used to be sitting alone without any audience. Then slowly people

started coming. When some of them started implementing this and started getting cured, they sent some more people to my sessions.

Thus, this treatment, which was going on without much progress and with meagre public response for about two and a half years, finally began to take off. Today, people in several countries are following this and getting benefits. Several millions of people keep on informing us through our website www.anatomictherapy.org and also through Face book and email about the benefits they have received by following this treatment.

So, the basic feature of our treatment is that the mistakes being done by the patient are the cause of all diseases. Once the mistake is set right, the disease will get cured on its own. There is no medicine or tablet in this treatment.

Today, several millions of people all over the world have been benefited by this treatment. Everyday about 500 people call us on phone to get their doubts cleared. We have employed several people in our office to answer these calls. Moreover, we have arranged for free download of all DVDs, videos, audios and books from our website. We have also made the videos available on www.youtube.com so that the people all over the world can get access to the treatment.

In addition to these, we are propagating these matters by conducting direct contact sessions in different towns in various countries of the world to about 500 to 1000 people per session free of charge or taking a nominal amount only for the food supplied. We have also undertaken the translation of this treatment in all the languages.

We are doing all these with the sole objective that all the people in the world should be healthy. Therefore, those who desire to give financial help for this noble cause can send their donations as per the

details given below. But it is sad that some people are taking donations under the name of this treatment in person and also through some other websites without our permission.

INDIVIDUAL TREATMENT

In case any persons wish to take individual consultation directly, then they can meet my Guru Shri. Rangaraj at Koundampalayam in Coimbatore, after contacting 9894106291 and obtaining prior appointment.

DONATIONS

Our objective is that this free Anatomic Therapy treatment should reach all the people in the world. So, this book and the DVDs are being translated into all the languages of the world. Financial assistance is needed to carry out this work.

1. The address for sending money orders:

S.S.Baskar, No.69, NSK Street, Selvapuram, Perur main Road, Coimbatore – 26, Tamil Nadu, India.

Phone: 0422 2349660 Cell: 98424 52508, 99442 21007

2. Demand Drafts and cheques may kindly be sent in the name of S.S.Baskar, payable at Coimbatore to the address given above.

3. S.S.Baskar,

HDFC Bank Account No. 02691000077188

R.S.Puram Branch, Coimbatore, IFSC Code: HDFC0000269

4. R.Srinivasan

ICICI bank Account No.034201516203

R.S.Puram Branch, Coimbatore, IFSC Code: ICIC0000342

WHAT IS NAALUMAA YOGA?

We write “half” as “one by two”. We write “three fourth” as “three by four”. Similarly, Naalumaa is one by five which means doing five exercises one after another.

This exercise is called Naalumaa Yoga because it involves doing five exercises namely physical exercise, asanas, Sava asana (also called Santhi asana), breathing exercise and Dhyana (meditation) sequentially one after another. Just as Anatomic Therapy is the only treatment for all the diseases in the world, we can cure our diseases easily using this Naalumaa Yoga that we have designed.

This Naalumaa Yoga gives exercise to all the body parts and joints in the body during the first 15 minutes. Ankle, knee joint, hip, back, elbow, wrist, fingers, neck, eye, etc. will get exercise during this period.

During the second 15 minutes period, five types of Asanas will be performed.

All the Asanas in the world can be categorized into five types:

- (1)Samanilai Asana (Samacheer Asana): in this Asana, no part of the body bends front, back or sideways and the body does not turn or twist.
- (2)Asanas which involve bending the body backward
- (3)Asanas which involve bending the body forward
- (4)Asanas which involve bending the body sideward
- (5)Asanas which involve twisting the body

Thus, all the Asanas will come into one of these five categories. So, whenever we practice yoga asanas, we should do asanas belonging to these five categories. So, in Naalumaa Yoga, we have selected five of

the most important Asanas. Through these Asanas, all the parts of the body get worked out.

During the third 15 minutes period, we do Sava Asana. Sava Asana is a Santhi Asana. Santhi Asana means we lie down on the floor in a relaxed manner and allow each and every part of the body to take rest. We normally do not think specifically about each body part. Whichever body part we focus our attention on, that body part will get more energy and it will cure its diseases by itself. Thus, by thinking specifically about each of our body parts for 15 minutes daily, we can keep our body healthy. So, we have included Sava Asana in Naalumaa Yoga.

The fourth 15 minutes period consists of breathing exercise. Breath is an essential activity for each and every human being. We can live even without eating food and without drinking water. But we cannot live without breathing air into our body. Whatever pranic energy that we get through food and water can be obtained through the air also. Breathing exercise is an exercise to streamline our breathing of the air.

The fifth 15 minutes period consists of Dhyaanam (meditation). Dhyaanam is an exercise which calms down our mind.

Thus, Naalumaa Yoga consists of a total period of one hour and 15 minutes during which we do physical exercise for 15 minutes, Asanas for 15 minutes, Sava Asana for 15 minutes, breathing exercise for 15 minutes and meditation for 15 minutes.

Physical exercise will heat up the body. Asanas will heat up the body. Savasana will cool down the body. Breathing exercise will heat up the body. Dhyaanam will cool down the body. Thus, when we give coolness and heat alternatively, our body become healthy.

In this Naalumaa Yoga, at a point near the end, we will be told, “You are very close to your deep inner mind (sub-conscious mind). Think of your wish or your life’s objective three times with conviction and confidence.” So, those who have mind-related problems can register at this point in their inner mind, “I am peaceful and calm. I am happy and joyful.” By doing this, they can come out of their mind-related problems. By doing physical exercises for 15 minutes, those who have knee pain, joint pain, etc. can get themselves cured and can be healthy.

You can get the DVD on Naalumaa Yoga and by watching the video on DVD at your home you can do this exercise by yourself. Those who need the DVD can contact the address or phone number given in this book and get it.

WHAT IS AGA OLI DHYANAM?

All of us know that doing yoga exercises for one or two hours every day is good for our health. But many people do not get that much time. In today’s fast world, many people learn many exercises but they do not practise them regularly. So, for such busy people there is an exercise. This is called Aga Oli Dhyaanam.

Aga Oli Dhyaanam is a wonderful exercise which can give us through a five minute exercise, what the five activities namely physical exercise, asanas, Savasana, breathing exercise and Dhyaanam can give through an activity lasting for one hour and 15 minutes.

Once we learn this, it is sufficient if we practice it for five to ten minutes every day. We learnt this exercise from a Guru. Very shortly, we are going to teach this Aga Oli Dhyaanam exercise to all the people of the world. So, please wait for the announcement about the starting

of classes for this exercise which can give us immense power within a short time.

WHAT IS VARMA?

There are 21 important Varma points in our body. If we activate these points by ourselves every day, all our body parts and glands will function well and our body will remain healthy. This will also cure all the diseases. This needs just 10 minutes.

Where are these 21 points? How to activate them? Those who do not know yoga exercises and those who do not get time to do them can activate these 21 points and can be healthy. If we know these 21 points, when someone is in an emergency condition, or is seriously sick, even if we do not know which point is to be activated for curing his disease, by activating all the 21 points we can give them a first aid irrespective of whatever their disease may be.

Those who desire to know about the 21 points can contact the numbers 0422 2349660 or 98424 52508, obtain the DVD and get the benefits.

SIDDHA VIDDHAI DHAVA AALAYAM

You can learn a Siddha Viddhai called Vaasi Yoga for digesting the air in the best way. I would say that Vaasi Yoga is the best of all the breathing exercises that I have learnt so far.

This exercise is not easily available for all the people to learn. But, it is very good to learn if you get an opportunity to learn it. Those who desire to learn this can search on the internet using the word Sivananda Paramahansa, Vadakarai, Kerala, and Siddha Viddhai Dhava Aalayam, find out the Ashram nearest to your place where it is taught and go there to learn it. Let us all live a healthy life!

GUIDELINES TO BE FOLLOWED AFTER COMPLETION OF THE TREATMENT

1. FOOD (EARTH)

- ✓ We should do a prayer before we start eating the food.
- ✓ We should not eat when we are not hungry. We should eat only when we are hungry.
- ✓ Our food should contain all the six tastes. We should start by eating the sweet taste.
- ✓ We should swallow the food only after fully enjoying its taste using our tongue.
- ✓ We should chew the food till the tongue stops enjoying all the six tastes.
- ✓ When we eat the food, we should close our eyes, chew the food without opening our lips till the food becomes a paste and then swallow it.
- ✓ We should not drink water for half an hour before we start eating our food.
- ✓ We should not drink water while eating food.
- ✓ We should not drink water for half an hour after we finish eating our food.
- ✓ Just before we start eating our food and just after we finish eating our food, we should drink a little water by sucking it from our palm.
- ✓ We should eat our food only after a gap of 45 minutes after we finish taking bath or shower.
- ✓ We should not take bath or shower for a period of two and half hours after we finish eating the food.
- ✓ Before we start eating food, we should clean our hands, legs and face.
- ✓ We should not watch television while we eat our food.
- ✓ We should not keep talking while we eat our food.
- ✓ We should not keep our legs hanging while we eat our food.
- ✓ Mother should not sit and eat her food along with her children.

- ✓ We should not keep reading any book while we eat our food.
- ✓ We should stop eating after we get the first belching. But we should eat again when we feel hungry.
- ✓ As far as possible, we should eat food prepared by those who have concern for us.
- ✓ All patients including sugar (diabetes) patients can eat all sweets, fruits and all the food liked by them liberally the moment they complete the treatment. (White sugar should to be avoided).
- ✓ While eating we should focus our attention only on the food. We should not think about our business, family, etc. while eating the food.
- ✓ Those not having teeth should make the food into a paste using grinder, mixer, etc. and then eat it.
- ✓ Home-cooked food is better than hotel-cooked food. Food cooked with love and affection is the best.

2. DRINKING WATER

- ✓ We should not boil the water and then drink it.
- ✓ When we feel thirst, we should immediately drink sufficient quantity of water to quench our thirst.
- ✓ We should not use mineral water sold in bottles.
- ✓ We should not filter the water using water filter or water purifier.
- ✓ We can keep water in an earthen pot for two hours and then use it.
- ✓ We should not drink water when we are not feeling thirsty.
- ✓ We should drink water immediately after we pass urine.
- ✓ We should not drink water pouring it into our mouth from above. We should drink water by slowly sipping it little by little.
- ✓ We can filter the water using a cotton cloth and then drink it.
- ✓ We can put a banana skin, copper coin or copper plate inside the water for half an hour and then drink the water.
- ✓ We should clean our drinking water tank frequently.
- ✓ There is no prescribed quantity of water that we have to compulsorily drink every day.

3. AIR

- ✓ We should not use mosquito coil, mosquito repellent liquid, mosquito mat, etc.
- ✓ There should be good air ventilation at all places such as our home, office, factory, bed room, etc, at all times.
- ✓ We should not keep all the windows closed in our bed room when we sleep.
- ✓ We can use mosquito net to avoid mosquitoes biting us.
- ✓ Air ventilation in the places where we live should be such that good air can come in and bad air can go out for all the 24 hours of the day.

4. REST – SLEEP

- ✓ We should not lie down to sleep with our head in the north direction.
- ✓ We should not drink tea and coffee.
- ✓ We should not lie down on barren floor.
- ✓ Those who do physical work should sleep for at least 6 hours every day.
- ✓ Those who give work to their mind and brain should take rest for at least 6 hours every day.
- ✓ We should know the difference between sleep and rest.
- ✓ If we brush our teeth before going to bed, we will get good sleep.
- ✓ If we massage the area below our jaw, we will get good sleep.
- ✓ If we massage between the crown of our head and the top of the head, we will get good sleep.

5. WORK

- ✓ We should eat only when we feel hungry.
- ✓ We should keep the temperature level of the air conditioning unit as 37 degree centigrade which is the temperature of our body.
- ✓ We should eat according to the quantity of work we do or we should do work according to the amount of food we eat.
- ✓ We should give work to all the joints in our body every day.
- ✓ Our heart helps in making our blood flow. But, only our physical work will make our lymph flow. Lymph flow will not be all right for those who do not do sufficient physical work. This is the cause of many diseases.

RELATION BETWEEN TASTES, CONSTITUENTS OF MATTER, BODY ORGANS AND EMOTIONS

TASTE	PANCHA BOOTHA	INTERNAL ORGAN	SUPPLEMENTARY INTERNAL ORGAN	EXTERNAL ORGAN	EMOTION
Sweet Taste	↔ Earth ↔	Spleen ↔	Gall Bladder ↔	Lips ↔	Worry
Sour Taste	↔ Space ↔	Liver ↔	Large Intestine ↔	Eyes ↔	Anger
Hot Taste (Pungent Taste)	↔ Air ↔	Lungs ↔	Urinary Bladder ↔	Nose ↔	Sorrow
Salt Taste	↔ Water ↔	Kidney ↔	Small Intestine ↔	Ears ↔	Fear
Bitter Taste and Astringent Taste	↔ Fire ↔	Heart, Outer layer of heart ↔	Temperature Control Organ ↔	Tongue ↔	Joy

FOODS AND TASTES

SALT TASTE	ASTRINGENT TASTE
<ul style="list-style-type: none">▪ Amaranth Leaves▪ Plantain Spadix (Banana Stem)▪ Stalk of Greens▪ Radish▪ Squash Gourd▪ Snake Gourd▪ Bottle Gourd▪ Ridge Gourd▪ Radish leaves▪ Cabbage▪ Indian Gooseberry▪ Garuga Pinnata (Crystal Salt)▪ Coriander Seeds▪ Cooking Soda▪ Bael Leaves▪ Rock Salt and many others	<ul style="list-style-type: none">▪ Banana Flower▪ Tender Banana▪ Fig Fruit▪ Christ's thorn (unripe)▪ Tender Mango▪ Wood-apple▪ Tamarind Seed▪ Tender Gall-nut▪ Gall-nut▪ Beet Root▪ Areca Nut▪ Fenugreek▪ Pomegranate Fruit▪ Pulses▪ Citrus Lemon and many others

SWEET TASTE	HOT TASTE (PUNGENT TASTE)
<ul style="list-style-type: none">▪ Banana (Plantain) fruit▪ Peyan Banana fruit▪ Orange fruit▪ Sweet Orange (Sweet Lime) fruit▪ Pine-apple fruit▪ Dates▪ Persimmon fruit▪ Christ's thorn fruit▪ Blackberry fruit▪ Jujube fruit▪ Custard Apple fruit▪ Pomegranate fruit▪ Sugarcane▪ Country-made sugar▪ Jaggery▪ Rock candy (Rock sugar)▪ Palm sugar (Palm Jaggery)▪ Honey▪ Coconut▪ Carrot▪ Sweet potato▪ Tender coconut water and many others	<ul style="list-style-type: none">▪ Spleen amaranth leaves▪ Tropical amaranth leaves▪ Mixture of edible greens▪ Chilli (Hot pepper)▪ Elephant yam▪ Pepper▪ Ginger▪ Dry ginger▪ Roasted grams▪ Wheat and many others

SOUR TASTE	
<ul style="list-style-type: none">▪ Lemon juice▪ Raw rice▪ Boiled rice▪ Sago▪ Black gram (Black legume)▪ Green gram▪ Peas▪ Red gram▪ Bengal Gram Dal▪ Peanuts▪ Green Peas▪ Indian almonds▪ Ground nut▪ Lime beans (Field beans)▪ Curd (Yogurt)▪ Butter milk▪ Butter▪ Ghee▪ Buffalo milk	<ul style="list-style-type: none">▪ Yam▪ Potato▪ Tender Jack fruit▪ Unripe banana▪ Broad beans▪ Double beans▪ Lady's finger▪ Cluster beans▪ Raw tamarind fruit▪ Unripe mango▪ Carambola apple▪ Indian spinach▪ Lemon fruit▪ Banana fruit▪ Mango fruit▪ Black berry fruit▪ Citron fruit▪ Ragi (Finger millet)▪ Corn▪ Tamarindand many others

BITTER TASTE	
<ul style="list-style-type: none">▪ Honey▪ Brinjal▪ Turkey berry▪ Bitter gourd▪ Drumstick▪ Drumstick leaves▪ Hummingbird leaves (august tree leaves)▪ Vulg leaves▪ Dwarf copper leaves▪ Asiatic pennywort leaves▪ Thoodhuvalai leaves▪ Raw Thoodhuvalai fruit▪ Green amaranthus leaves▪ Fenugreek leaves▪ Coriander leaves▪ Avaram senna flower▪ Curry leaves▪ Drumstick flower	<ul style="list-style-type: none">▪ Garlic▪ Fenugreek▪ Cumin seeds▪ Aniseed▪ Asafoetida▪ Black mustard seeds▪ Basil (Tulsi)▪ Neem flower▪ Ivy gourd▪ Neem leaves▪ Sesame oil▪ Ground nut▪ Mustard oil▪ Sesame seeds (Gingily)▪ Poppy seeds (Khuskhus)▪ Carom seeds▪ Rye (Pearl millet)▪ Bishop's weed▪ Spinach varieties▪ Foxtail milletand many others

HEALER BASKAR'S GURUS

- ❖ **Manaseega Guru:** Thathuvagnani Shri Vethathiri Maharishi Ayya
- ❖ S.N.Goenka ji
Vipaasanaa meditation, www.dhamma.org
- ❖ Shri Shri Ravishankar ji (Jai Guru Dev)
The Art of Living, Bangalore
- ❖ Iyarkai Kumar ji
Coimbatore 92458 53039
- ❖ B.K.Vediappan brother
Hosur, Brahmakumaris
- ❖ Ponnusamy Iyya
Tiruppur, SRCM (Sri Ramachandra Mission) 94434 49855
- ❖ Ganesh Babu ji
AUM Yoga Therapy, Coimbatore, 98944 01836
- ❖ Rengaraj ji
Coimbatore
- ❖ Shri Bagavath Iyya
Tiruchendur, 97891 65555
- ❖ Nehru Iyya
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- ❖ BK.Hema Sister
Bangalore, Brahma Kumaris
- ❖ T.K.Sadanandam Iyya
Reiki Healing, 98947 26162
- ❖ Faslur Rahman Iyya
Chennai
- ❖ Swami Sivananda Paramahamsar
Vadakarai, Kerala

CONTACT US

CONTACT ADDRESS IN INDIA

ANATOMIC THERAPY FOUNDATION
No. X-172, North Housing Unit, Perur Main Road, Selvapuram,
Coimbatore – 641026, INDIA

CONTACT NUMBERS IN INDIA

Telephone: 0422-2349660
Cell: +91-9842452508, +91-9944221007, +91-8526734307, +91-8526734306 (Tamil)
Cell: +91-8012027916, +91-8012027917 (Malayalam)
Cell: +91-8870029779, +91-8870666966 (Hindi)
Cell: +91-7358984312, +91-7358204148 (Telugu)

CONTACT Email

anatomictreatment@gmail.com
anatomictreatmenthindi@gmail.com
anatomictreatmenttelugu@gmail.com
healerbaskar@gmail.com

CONTACT IN MALAYSIA

Mrs. Vennila Kanagasubburathinam
48, Lorong Batu Unjur 6, Taman Baya
Perdana 41200, Klang, Selangor.
Malaysia. Phone: +60126646107

CONTACT IN SRILANKA

Mr.Vamadevan
Phone: (+94) 075 5979432,
(+94) 0711250365,
(+94) 0773023492

CONTACT IN DUBAI

Mr. Selvaraj
Cell: 0097165591371,
00971506961962
Mrs. Gomathi
Cell: 00971503528257

CONTACT IN GERMANY

Mrs. Vasumathy Wickneswaran
(Wickna)
Bergstr. 7, 71522 Backnang Stuttgart
Germany. Phone: +0719171898

CONTACT IN SINGAPORE

Mrs. S. Aathviha
Email: aathviha@yahoo.com.sg
Singapore. Phone: +6581189802
Mr. Purushothaman Ezhil (Raja)
Singapore. Phone: +6596525770

NOW AVAILABLE!

The latest knowledge on Anatomic Therapy is now available in a set of six DVDs:

- | | | |
|----------------------------------|-----|----------------|
| ○ Anatomic Therapy (Tamil) | DVD | - Part 1 and 2 |
| ○ Mind and Aga Oli Dhyaanam | DVD | - Part 3 |
| ○ Naalumaa Yoga, Varma and Mudra | DVD | - Part 4 |
| ○ Questions and Answers 1 | DVD | - Part 5 |
| ○ Questions and Answers 2 | DVD | - Part 6 |

Also available:

- Super DVD Pack containing all these six DVDs
 - Anatomic Therapy Calendar
 - Achaaram-Aarokyam DVD
- by Healer Baskar's Guru Healer Rangaraj

To get the DVDs and books by courier, please contact the following numbers in India: +91 422 2349660, +91 99442 21007

DVDs & Books Through Courier - Deposit In Bank
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R. Srinivasan ICICI Bank A/C No: 034201516203 R.S.Puram Branch, Coimbatore. IFSC Code: ICIC0000342
Money Order: No x-172 North Housing Unit, Perur Main Road, Selvapuram, Coimbatore 641026.

ANATOMIC THERAPY BOOKS AND DVDs CAN BE OBTAINED FROM THE FOLLOWING SOURCES

Coimbatore	Anatomic Therapy Foundation No. X-172, North Housing Unit, Perur Main Road Selvapuram, Coimbatore 641026 Telephone: 0422-2349660 Cell: +91-9842452508, +91-9944221007, +91-8526734307, +91-8526734306 (Tamil) Cell: +91-8012027916, +91-8012027917 (Malayalam) Cell: +91-8870029779, +91-8870666966 (Hindi) Cell: +91-7358984312, +91-7358204148 (Telugu)
Coimbatore (Door Delivery)	Cell : 9944221007, 9842452508
Coimbatore	Mr. Johny Kannan, No 69. NSK Street, Perur Main Road Selvapuram, Coimbatore 641026. Cell: 9842452508, 8883332707.
Malaysia	Mrs. Vennila Kanagasubburathinam 48, Lorong Batu unjur 6, Taman Baya Perdana 41200, Klang, Selangor. Ph: +60126646107
Sri Lanka	Mr. Vamadevan, Ph: (+94)075 5979432, (+94) 0711250365, +94773023492
Dubai	Mr. Selvaraj 0097165591371, 00971506961962 Mrs.Gomathi Cell: 0097150352825
Singapore	Mrs. S. Aathviha aathviha@yahoo.com.sg Ph: +6581189802 Mr. Purushothaman Ezhil (Raja) Ph: +6596525770
Germany	Mrs.Vasumathy Wickneswaran (Wickna) Bergstr. 7, 71522 Backnang Stuttgart Germany. Ph: +0719171898
New Delhi	Writer Mrs. Veera (Big Short Printers) Cell: 098997 73866 Mr. Rajendhran (Ulaga Samudhaya Seva Sangam) Cell: 097119 13595
Bangalore	Mr. Sukumar Cell:9900583525
Hosur	Mr. Senthil, The Family Readymade No.29, Nethaji Road, Hosur Cell: 9443211667
Chennai	Mr. Ravi, No.25-A, Barathi Street, Tirupathi Nagar, Kolathur ,Chennai. Cell:9444264170. Mr. Sasikumar, Koyampedu , Chennai. Cell:9710626683, 9176972779. Mr. Thanigaivel, Velan Fancy Store, No:2/1, Periya Palayathamman Kovil Street, Babuji Asiramam Main Road, Manapakkam , Chennai-125. Cell: 9677167083. K.S.Mani Xerox, 91/46, Kutchery Road, Near Mylapore Post Office, Mylapore , Chennai. Cell:9444022369, 9790960369. Mr. Senthil Kumar, 115, E.H.Road, Sharma Nagar, Opp. Vysarpadi Industrial Estate Vysarpadi , Chennai. Cell: 9941317722, 9840043409. Mr. A.Senthilkumar, 638-C, Flat No 3, Thiruvetriyur High Road, Near Apollo Hospital

	Above Syndicate Bank, Tondiyarpet , Chennai. Cell: 9841464388. Mr. Sivakumar, Thiruvannamiyur , Chennai – 41. Cell: 9841270210
Tiruppur	Mr. Muthukrishnan 29/19, Ramasamy Kounder lay Out 3rd, Street, Karumaram Palayam , Mannari Post, Tiruppur. Cell: 95666 50872, 9566603222
Avinashi	Eeram Samuga Nala Iyakam (Talent Cell Com), 6/285 - A, Post Office Street , Avinashi. Cell: 9787287777, 9894172776
Pondicherry	Mr. John Kumar, AJK TV Channel, No: 28, Savari Padaiyachi Street, Nellithoppu , Pondicherry. Mr. Rajendran, Pondicherry. Cell: 9994398249
Trichy	Mr. Sivaneshan, No: 43 Mudhaliar Street, Woraiyur , Trichy. Cell: 9842473497 Mr. Jayabal, Lovely Fancy Store, TTC Bus Stand, Trichy Junction , Trichy. Cell: 7358359009, 9952344444, 9443120093. Mr. Kulanthai Yesu, 3/57, Kamala Nehru Nagar, South Katoor , Trichy-19. Cell: 7871242647, 9952467245. Mr. P. Balasubramaniam (DoorDelivery) D.No: 7, Ground Floor, Sona Meena Apt. Branch Office Trichy. Cell: 8508755066
Madurai	Mr. Ramnath, Sowrastra Sabai, 13, South Krishnan Koil Street Madurai. Cell: 9344122422. Tamilnadu Iyarkai Maruthuva Sangam, Gandhi Ilakiya Sangam, Gandhi Museum Valagam , Madurai - 625020. Ph: 9944088633, 2533957
Udumalpet	Mr. P. Dhayanithi, 17, Duraisamy lay out, Gandhinagar Udumalpet- 642154. Cell: 9363030619
Pollachi	Mr. Kumar, No: 20 Avk Complex, Marappan Street, Near Selvi Kalyanamandabam, Pollachi. Cell: 9865287123, 7598668912
Karur	Kadar Bhavan, 153, Jawahar Bazaar , Opp KVB Bank, Opp New Bus Depot, Karur.
Kodaikanal	Mr. Sethuraman, No: 5//238, Anandagiri , 5th Street, Kodaikanal. Cell: 9976908690, 9363044675
Thiruvannamalai	Mr. S. Prasanna, 23/1C, Avalurpet Road, MJV Complex, Near Durga Samil, Tamil Min Nagar , Thiruvannamalai. Cell: 9884381766
Thirupachethi	Mr. Nehru, Arul jothi Angadi, No 426, Mukiya Street, Thirupachetti. Sivagangai District. Cell: 9786391444
Bhavani	Mr. Dhanasekar, 91, L East Kaveri Nagar, Silver Stone Street, Kumarapalayam -638183, Bhavani. Cell: 9842576640
Rajapalayam	Aravind Ashram, Way to Ayyanaar Koil, 4th Km, Rajapalayam. Ph: 0456-3291451, 3291194
Dindigul	Mr. Pichai Ayya, Lakshman Patti, Veda Sandur (PO) Dindigul – 624710. Cell: 9150311142
Tuticorin	Mr. Sivakumar, Cell: 9380947585.
Salem	Mr. Jeevamani. Cell: 9789165555 Mr. Kannan, 11C, New Trichy Branch, South Street, Line Medu Salem-6. Cell: 9150006596.
Erode	Mr. Selvaraj, Sukana Enclave, 1 st Floor, 76/77, Akilmedu, 4 th Street, Sait Colony, Erode. Cell: 9442239996.

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Many kind-hearted ladies and gentlemen in many cities and in many countries have been helping in taking this treatment to a large number of people with the noble thought that everyone in this world should get the benefit that they have got. I sincerely thank all of them. The list of such persons is so long that this book cannot accommodate it.

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We pray God to bless that all the people who have read this book completely may live a healthy, joyful and peaceful life with love, affection, happiness, health and wealth.

Let us all live a healthy life!

- HEALER BASKAR

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