

# Naturopathy Books In Hindi Free

***On tips for  
healthy life  
thorough  
naturopathy.  
Category-wise  
with complete  
addresses upto***

*Page 1/112*

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**December 1996  
registered by the  
National Agency  
for ISBN in India.  
Alisa Vitti found  
herself suffering  
through the  
symptoms of  
polycystic  
ovarian syndrome  
(PCOS), and was  
able to heal  
herself through**

*Page 2/112*

**food and lifestyle changes.**

**Relieved and reborn, she made it her mission to empower other women to be able to do the same.**

**As she says, 'Hormones affect everything. Have you ever struggled with**

*Page 3/112*

**acne, oily hair,  
dandruff, dry  
skin, cramps,  
headaches,  
irritability,  
exhaustion,  
constipation,  
irregular cycles,  
heavy bleeding,  
clotting,  
shedding hair,  
weight gain,  
anxiety,**

*Page 4/112*

***insomnia,  
infertility,  
lowered sex  
drive, or bizarre  
food cravings and  
felt like your  
body was just  
irrational?' With  
this breadth of  
symptoms,  
improving  
hormonal health  
is a goal for***

*Page 5/112*

**women at every  
stage of their  
lives Alisa Vitti  
says that  
medication and  
anti-depressants  
aren't the only  
solutions. The  
thousands of  
women she has  
treated in her  
Manhattan clinic  
know the power**

*Page 6/112*

***of her process  
that focuses on  
uncovering your  
unique biological  
make up.***

***Groundbreaking  
and informative,  
WomanCode  
educates women  
about hormone  
health in a way  
that's relevant  
and easy to***

*Page 7/112*

***understand.  
Bestselling  
author and  
women's health  
expert Christiane  
Northrup, who  
has called  
WomanCode the  
'Our Bodies,  
Ourselves of this  
generation',  
provides an  
insightful***

*Page 8/112*



**foreword.**  
**Nature Cure for**  
**Common**  
**Diseases**  
**An Evidence-**  
**based Guide to**  
**Practice**  
**Lok Sabha**  
**Debates**  
**The Most**  
**Comprehensive**  
**Study of Nutrition**  
**Ever Conducted**

*Page 9/112*

***and the Startling  
Implications for  
Diet, Weight Loss  
and Long-term  
Health***

-

***UGC-Net***

With the  
combination of  
Coach Melvin's  
Dynamic Application  
of Internal  
Awareness(tm)

*Page 10/112*

(DAIA) Method, Dr.  
Totton's 100-day  
method to condition  
your body's neural  
pathways to  
establish a new  
habit which then  
becomes automatic,  
and with Dr.  
Painter's method of  
committed practice  
of Li Family  
Yixingong (Standing  
Meditation) to

*Page 11/112*

produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-

*Page 12/112*

physical  
rejuvenation.  
Naturopathy heals,  
yoga maintains!  
These are like the  
two wheels of a cart.  
The traditional India  
system of  
naturopathy and  
yoga have been  
scientifically proven  
to be most efficient  
and therapeutic,  
preventing various

*Page 13/112*

diseases and also imparting absolute cure to even many incurable ones.

Naturopathy and yoga are based on the belief that all healing powers are within us. These systems advocate aiding the human body to remove the causes of diseases by expelling

*Page 14/112*

unwanted matter or toxins from it. This book combines the hidden, unearthed, drugless systems for optimal health and a long life. This book helps you explore the exhaustively-researched material on naturopathy methods and various yogic

*Page 15/112*

asanas to overcome problems like diabetes, heart troubles, osteoporosis, piles and pimples. Almost all the ailments- whether affecting children, men or women-have been dealt with in great detail and their cure has been discussed through natural

*Page 16/112*



treatment. Various methods applied for cure in naturopathy, like mud therapy, acupressure, chromotherapy, hydrotherapy, air therapy and food therapy, have been discussed in detail in the book.

Nar Nari ke pyar me  
pavitrata madakta  
aur khushiyo ka

*Page 17/112*

sangam chippa hota  
hai. Duniya ke  
samast sukho aur  
rango ke mool me  
sex sukh aur  
jananshakti ki  
mahatvpurna  
bhumika hoti hai.  
Dukh ka vishya ye  
hai ki hamare samaj  
me sex ko apavitra  
roop se prastut kiya  
jata jai tatha paap  
samjha jata hai ek

*Page 18/112*

aur ise agyanta ki chadar se dhak diya jata hai aur dusri aur lajjarahit sex pradarshan kiya jata hai. Agyanta ki vajah se nar nari Praay apne jeevan ki khushiyo ko nasth kar lete hai. Vahi kishor evam yuva vikrut manovritiyo ke shikar ho jate hai. Prastut pustak me

*Page 19/112*

kaam kala ko  
ashleelta se pare  
rakh kar vagyanik  
evam manovagyanik  
drishtikono se pesh  
kiya gaya hai is  
pustak me sex ko  
samajhne ke liye  
uchit udaharan  
evam chitra diye  
gaye hai. Jinse sex  
vishya ko samajhne  
me tatha sex se judi  
bhrantiyo se mukt

*Page 20/112*

hone me sahayta  
milti hai. Sex ka sahi  
gyan manav jeevan  
me khushiyo ki  
apaar vridhi lata hai.  
Pustak me sex  
sambandhi gyan ko  
sahaj evam saral  
tarike se prastut  
kiya gaya hai jisse  
aapka jeevan  
khushiyo se bhar  
sake.

Sau Saal Swastha

*Page 21/112*

Kaise Rahin (Hindi)  
Grandma's Home  
Tips  
Get Powerful Health  
and Nutritional  
Secrets  
DK Eyewitness  
Books: Gandhi  
Clinical Naturopathy  
Nature Cure:  
Healing Without  
Drugs  
**Based on the**

*Page 22/112*

*naturopathy-books-in-hindi-download-free*

**ancient healing  
tradition from  
India that dates  
back thousands of  
years, The  
Complete Book of  
Ayurvedic Home  
Remedies offers  
natural alternatives  
to conventional  
medicines and  
treatments with**

*Page 23/112*

**practical advice  
and easy-to-follow  
instructions. Dr.  
Vasant Lad, a  
leading authority in  
this field, has  
created an  
invaluable guide to  
treating common  
ailments and  
chronic problems  
with strategies**

*Page 24/112*



**tailored to your  
personal needs  
based on your  
dosha. Dr. Lad first  
explains the  
principles behind  
the science of  
Ayurveda,  
exploring the  
physical and  
psychological  
characteristics of**

*Page 25/112*

**each of the three  
doshas, or mind-  
body types--vata,  
pitta, and kapha.  
Once you have  
determined which  
type or  
combination of  
types you are, Dr.  
Lad helps you to  
begin your journey  
to the ultimate**

*Page 26/112*

**"state of balance"  
and well-being. Dr.  
Lad explains why  
certain imbalances  
often result in  
illness and shows  
you how to restore  
your body to  
natural order.  
You'll learn which  
traditional  
Ayurvedic**

*Page 27/112*

**remedies--herbal  
teas and formulas,  
essential oils,  
meditation,  
yoga--offer relief  
from a variety of  
conditions, such as  
cold and flu  
symptoms,  
headaches,  
toothaches, sore  
throats, high**

*Page 28/112*

**cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The**

*Page 29/112*

**Complete Book of  
Ayurvedic Home  
Remedies enables  
us all to experience  
the benefits of  
Ayurveda's healing  
properties that  
have been refined  
over thousands of  
years. All of the  
herbs, foods, and  
oils Dr. Lad**

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**recommends can be  
found in local  
health food stores  
or through mail-  
order catalogs.  
Complete with an  
extensive glossary  
and resource list,  
this is the definitive  
guide to natural,  
safe, and effective  
remedies, everyday**

*Page 31/112*

**keys to a lifetime of  
vitality and well-  
being.**

**This book is a  
collection of  
formulas based on  
home remedies like  
fruits, vegetables,  
spices and  
surrounding plants.  
We all know the  
names of these**

*Page 32/112*



**herbs, but we do not know their medicinal properties. By this book, everybody will be able to know and understand the properties and curative effects of such herbs.**

**On various diseases and their treatment**

*Page 33/112*

**through  
naturopathy.  
Ayur Veda  
Alternative  
Medicine on Trial  
INDIA 2022  
Diet Management  
Guide  
A Reference Work  
The Way to a Long,  
Happy and Healthy  
Life**

*Page 34/112*

This is a book covering teeth, ear-nose and throat disorders. All these organs are equally important as other vital organs. In developed countries teeth care is a well known science and vital industry. In India, people from the childhood should be taught of proper

*Page 35/112*

dental care and hygiene. Likewise ear-nose and throat should also be taken care of, as these are sensory organs.

Welcome to the world of alternative medicine. Prince Charles is a staunch defender and millions of people swear by it; most UK doctors consider it to be little

*Page 36/112*

more than superstition  
and a waste of  
money. But how do  
you know which  
treatments really heal  
and which are  
potentially harmful?  
Now at last you can  
find out, thanks to the  
formidable  
partnership of  
Professor Edzard  
Ernst and Simon  
Singh. Edzard Ernst is

*Page 37/112*

the world's first professor of complementary medicine, based at Exeter University, where he has spent over a decade analysing meticulously the evidence for and against alternative therapies. He is supported in his findings by Simon

*Page 38/112*

Singh, the well-known and highly respected science writer of several international bestsellers. Together they have written the definitive book on the subject. It is honest, impartial but hard-hitting, and provides a thorough examination and judgement of more than thirty of the most popular

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treatments, such as  
acupuncture,  
homeopathy,  
aromatherapy,  
reflexology,  
chiropractic and  
herbal medicine. In  
Trick or Treatment?  
the ultimate verdict on  
alternative medicine is  
delivered for the first  
time with clarity,  
scientific rigour and  
absolute authority.

*Page 40/112*



Book Excerpt:

...onishing spread and popularity of these therapeutic

innovations? Their

success undoubtedly

is based on the fact

that they concentrate

their best efforts on

preventive instead of

combative methods of

treating disease.

People are beginning

to realize that it is

*Page 41/112*

cheaper and more advantageous to prevent disease than to cure it. To create and maintain continuous, buoyant good health means greater efficiency for mental and physical work; greater capacity for the true enjoyment of life, and the best insurance against failure and poverty.

*Page 42/112*

Therefore, he who builds health is of greater value to humanity than he who allows people to drift into disease through ignorance of Nature's laws, and then attempts to cure them by doubtful and uncertain combative methods. It is said that in China the physician is hired and paid by

*Page 43/112*

the year; that he receives a certain stipend as long as the members of the family are in good health, but that the salary is suspended as long as one of his charges is ill. If some similar method o..

Be a Part of Gandhi's  
Extraordinary Life  
Story and Relive a  
Momentous Chapter

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in History  
Yoga (Paper II) Exam  
Guide  
Sex Ke Rang Raaz  
Evam Rehesya

Natural Therapeutics  
Nature Cure: A Way  
Of Life  
"Clinical  
Naturopathy: An  
evidence-based  
guide to practice

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articulates evidence-based clinical practice. It details the principles, treatment protocols and interventions at the forefront of naturopathic practice in the 21st century. Clinical Naturopathy equips you to critically evaluate your

*Page 46/112*

patients, analyse treatment protocols, and provide evidence-based prescriptions"--Publisher's description.

Did you know that about 25 percent of the drugs prescribed worldwide are derived from plants? Of the 252 drugs in the World Health

*Page 47/112*

Organization's essential medicine list, 11 percent are exclusively of plant origin. Today, herbal plants are used to treat a number of health conditions, including allergies, arthritis, migraines, fatigue, skin infections, wounds, burns,

*Page 48/112*



gastrointestinal issues and even cancer. These herbs are less expensive and they're a safer means of treatment than conventional medications, which is why so many people are choosing to go back to this traditional idea of medicine. Herbal

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medicine has its roots in every culture around the world. Herbal medicine uses the plant's seeds, berries, roots, leaves, bark or flowers for medicinal purposes. Benefits of Herbal Medicine They have a holistic approach and aid in

*Page 50/112*

proper absorption  
and digestion They  
are not disease  
specific but act as a  
preventive medicine  
that positively  
affects the overall  
health and well-  
being by boosting  
the immune system  
They are at par with  
allopathic medicines  
and are at times

*Page 51/112*

known to be effective in treating diseases like cancer and autoimmune diseases They are self-contained and nutritive in nature, therefore, are non-toxic and harmless This book contains details of more than 150 herbal plants, their family,

*Page 52/112*

property, benefits and uses. Read the book and start deriving holistic benefits the herbal plants offer for the whole family.

Massage is the oldest of all the techniques for relieving pain, shaping the organs, regenerating the

*Page 53/112*

tissues and  
correcting all  
internal functions. It  
is the eighth and the  
last principle of  
yoga. The book  
presents a holistic  
approach to healing  
and beautification of  
the body through  
massage in a  
scientific way.

Massage is good for

*Page 54/112*

health for all.  
Massage or the operation of healing hands had great importance in the ancient history of the world; perhaps there may not be much science and technology. But ancient Indian surgeons studied the art of massage

*Page 55/112*

from the famous  
medical books of  
Charak, Ashtanga  
Hridaya and Susruta  
Samhita. Most of  
the orthopaedic  
injuries and pains  
were cured by  
massage.

Nowadays,  
massage centres in  
Kerala are famous  
for treating and

*Page 56/112*



curing many diseases by different kinds of oils prepared by a combination of ayurvedic medicines. Such centres are attracting the foreigners in large number. Tourism has developed in Kerala fastly due to

*Page 57/112*

this.

Mouth-Teeth and  
Ear-Nose-Throat  
Disorders

Walk Through This  
Naturopathy

Trick or Treatment?  
Based on the

Timeless Wisdom of  
India's 5,000-Year-  
Old Medical System

Naturopathy (The  
Nature's way of

*Page 58/112*

healing life  
DK's formidable  
Eyewitness  
series receives  
a fabulous  
makeover for  
2014, with an  
exciting new  
look and full  
updates. Written  
in an engaging  
style and  
featuring a  
wealth of

*Page 59/112*

spectacular  
images, this  
book brings  
alive the story  
of one of the  
most respected  
and revered men  
in modern  
history. Tracing  
his life from  
his childhood  
through to his  
involvement in  
the Indian

*Page 60/112*

struggle for  
Indian  
independence and  
the Partition of  
India, it  
recounts the  
Dandi March, the  
Non-cooperation  
Movement, and  
the Quit India  
Movement in  
vivid detail. It  
also explains  
his legacy in a

*Page 61/112*

simple,  
accessible way,  
and offers  
useful insights  
into his  
philosophies,  
ideas, and  
teachings.

Translated from  
original Marathi  
by Indira Kher,  
this work is a  
verse  
composition

*Page 62/112*

containing the known facts about Shri Sai Baba's life at Shirdi, and also his teachings seeks to meet a long-felt need. This is the Bible of Sai devotes in every sense of the term, In it's veracity,

*Page 63/112*

sanctity, faith  
and devotion  
that it inspires  
and the deep  
satisfaction, a  
sense of  
fulfilment that  
it brings to the  
devotee, it has  
no equal. Its  
sanctity derives  
from the fact  
that its idea  
was conceived

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during Baba's  
lifetime and  
with his  
blessings and  
express  
permission. For  
those unaware of  
Shri Sai  
Satcharita it is  
necessary to add  
that in the  
original it runs  
into 53 chapters  
and contains

*Page 65/112*

over 9,000  
verses. Every  
chapter has a  
judicious  
mixture of  
philosophy,  
stories and  
anecdotes along  
with the Baba's  
teachings.  
The present  
mentoring book  
has been  
specially

*Page 66/112*

published for  
the aspirants of  
UGC-NET Yoga  
(Paper-II) for  
Eligibility to  
JRF and  
Assistant  
Professor  
positions. The  
book covers all  
important and  
relevant  
Chapters &  
Topics at

*Page 67/112*

appropriate  
length along  
with exhaustive  
exercises Solved  
by Experts. To  
enable you to be  
well-conversant  
with the exam-  
pattern, the  
book is well-  
equipped with  
Solved Previous  
Years' Papers.  
Intensive

*Page 68/112*

Practice of  
Actual Exam-  
style Questions  
& numerous  
Practice  
Questions,  
modelled on  
Previous Years'  
Papers, will  
immensely help  
you Sharpen your  
Problem Solving  
Skills and face  
the National

*Page 69/112*

Eligibility Test  
Confidently.  
While the  
specialised  
study material  
of this book is  
aimed to prepare  
you for the NET,  
your due  
diligence and  
practice with  
this, will  
definitely  
ensure you

*Page 70/112*

success in your  
pursuit.

Health Books

Health In Your  
Hands

The Book on  
Internal STRESS  
Release

A Way of Life

Diet Cure For

Common Ailments

The Complete  
Book of

Ayurvedic Home

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Remedies  
Herbal Home  
Remedies

**Diet Cure for  
Common  
Ailments covers  
the whole gamut  
of ailments  
which can be  
cured merely by  
proper food  
habits and  
regulation of one  
s life, without**

*Page 72/112*



**recourse to medicinal treatment. The book is based on the theories and fundamentals of nature cure that go to preserve health and vitality. The complete treatment charts and illustrations given in this**

*Page 73/112*

**book will serve  
as a useful guide  
to those who  
wish to treat  
themselves  
through this  
system at home.  
Naturopathy  
believes that the  
human body  
owes its  
existence to  
nature's five  
elements --**

*Page 74/112*

**Earth, Water,  
Air, Fire and  
Ether -- a  
composite  
representation of  
all forces of  
nature.**

**Nature Cure  
Gandhiji had a  
passion to tend  
the sick and  
serve the poor.  
He valued life  
close to nature**

*Page 75/112*

**for its simplicity  
and evolved and  
practice simple  
rules of health.  
He had almost a  
religious faith in  
vegetarianism  
which led him to  
carry out dietetic  
reform based on  
pragmatic  
results obtained  
from personal  
experiments. He**

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**was  
tremendously  
influenced by the  
writings of Dr.  
Kuhne on Nature  
Cure. He  
believed that  
human body,  
mind and spirit  
could be  
maintained in a  
state of perfect  
health by  
observance of**

*Page 77/112*

**simple rules. He attempted to discover causes of ordinary ill health and improvised simple remedies of Nature Cure. He established a Nature Cure Centre at Uruli in pursuance of his belief that the poor could**

*Page 78/112*

**not afford costly  
medicines and  
remedies and  
that he owed it to  
them to let them  
have the benefit  
of his lifelong  
experiments in  
Health and  
Hygiene.**

**The China Study  
Womancode  
Massage For  
Good Health**

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**Pranayama for  
Better Life  
Diamond Hindi  
English  
Dictionary (Mini)  
Secrets of  
Naturopathy and  
Yoga**

*A guide that  
cuts through the  
haze of  
misinformation  
and delivers an*

*Page 80/112*



*insightful  
message to  
anyone living  
with or at risk  
from the  
following:  
cancer,  
diabetes, heart  
disease, obesity,  
Alzheimer's  
disease and /or  
osteoporosis. Dr*

*Page 81/112*

*Campbell  
illuminates the  
connection  
between  
nutrition and  
these often fatal  
diseases and  
reveals the  
natural human  
diet. He also  
examines the  
source of*

*Page 82/112*

*nutritional  
confusion  
produced by  
powerful  
lobbies,  
government  
entities and  
opportunist  
scientists. Part  
medical thriller,  
part  
governmental*

*Page 83/112*

*exposé.*

*By committing  
himself to  
relieve pain and  
mental agony,  
the graduated  
pain therapist of  
the German  
Society for  
Naturopathy and  
Energetic Pain  
Therapy,*

*Page 84/112*

*ayurvedic life  
coach and  
author, Hans  
Georg van  
Herste travelled  
through half  
Europe, South  
Africa and East  
Asia. In South  
Korea, he asked  
to be instructed  
in the Korean*

*Page 85/112*

*massage, which  
may release  
even the most  
severe muscle  
agglutinations.  
In South Africa,  
he ran the  
opportunity to  
look over a  
midwife's  
shoulder, who  
taught him how*

*Page 86/112*

*to conduct the  
birth  
preparation of  
the two trees.  
Over the course  
of many years,  
he traveled to  
India in order to  
experience and  
learn the  
original Ayur  
Veda. Lakshmi*

*Page 87/112*

*and Shakti, two old-established healers, chose him as their student, drove him through his own, frequently turning out to be painful self-awareness, allowed him to have a look*

*Page 88/112*



*behind the  
curtains,  
explained to him  
the world by  
means of the  
ayurvedic point  
of view, taught  
him amazing  
and amazingly  
simple healing  
methods and  
finally rewarded*

*Page 89/112*

*him with a many  
century-old  
palm leaf. This  
honor is only  
reserved to very  
few people and  
made him to  
one of the  
happiest people  
on Earth. With  
this book, Hans  
Georg van*

*Page 90/112*

*Herste reveals his knowledge and invites the reader to take part in his adventures and experiences. The curious reader will find out much more, than the price of a pack of coffee.*

*Page 91/112*

*Whether as  
instructive inner  
examination or  
just as  
interesting  
reading - this  
book opens  
gates and  
conjures up the  
spirit of ancient  
knowledge and  
makes it appear*

*Page 92/112*

*in a new life.  
If you've  
suffered from  
setbacks or  
trauma in life,  
discover a path  
forward by  
learning to  
embrace the  
power of nature  
and the beauty  
in your*

*Page 93/112*

*experiences and  
pains. As a  
young,  
single?mother,  
Sara Schulting  
Kranz  
discovered her  
path to  
forgiveness and  
healing from the  
scars of sexual  
abuse and the*

*Page 94/112*

*trauma of an unexpected divorce started with a daily practice of actively embracing the power and beauty of nature. Along the way, Sara learned a key*

*Page 95/112*

*lesson that to  
heal from  
anything you  
must walk  
through it on  
your own terms.  
In?this book, life  
coach and  
certified  
wilderness guide  
Sara shares a  
step-by-step*

*Page 96/112*



*handbook that shows you how to reconnect with nature--wherever you may be--and begin your healing journey. In Walk Through This, you'll be equipped with tools to use*

*Page 97/112*

*along the way,  
such as:  
Foundational  
information  
about nature  
deficit disorder  
and the  
negative impact  
it has on our  
minds and  
bodies Exercise  
prompts to help*

*Page 98/112*

*you evaluate  
where you are  
on the path and  
check your  
progress along  
the way  
Meditations to  
guide you  
deeper into the  
process Practical  
steps to guide  
you to*

*Page 99/112*

*forgiveness To  
heal from  
anything, you  
have to feel  
everything. You  
must walk  
through your  
experiences and  
your pains, and  
you have to  
embrace  
everything*

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*around you that  
got you to  
where you are  
at this moment.  
Everyone has  
the capacity to  
forgive and to  
heal. All you  
need to do is  
take that first  
step.*

*Common*

*Page 101/112*

*Diseases and  
Cure  
Exercise  
Management  
Guide  
Harness the  
Healing Power of  
Nature and  
Travel the Road  
to Forgiveness  
Annual Report  
The Life and*

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*Teachings of  
Shirdi Sai Baba  
Shri Sai  
Satcharita*

This book explains what Nature Cure is all about. The author H.K. Bakhru explains in simple language 95 common disorders, including 13 concerning women, ranging from acne to

*Page 103/112*

veneral diseases and  
prescribes time tested  
treatment and means  
of maintaining go  
This is a Reference  
Annual, a yearbook  
carrying all the  
information of central  
government schemes,  
programmes and  
policies. Information of  
States and UTs is also  
included in the  
Reference Book.

*Page 104/112*



World renowned  
Acupressurist  
Dr.Devendra Vora has  
analysed that the  
pressure applied on  
certain points located  
in the palms and soles  
helps to stimulate all  
organs of the body,  
prevents diseases and  
assists in maintaining  
good health.  
Acupressure also  
enables one to

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diagnose and cure  
disease like Common  
Cold, Diabetes, High  
Blood Pressure,  
Migraine, Paralysis  
and even Cancer. Dr.  
Devendra Vora has  
proved that all  
dreaded diseases like  
Allergy, Cancer,  
Thalassaemia and  
HIV/AIDS are only  
Paper Dragons which  
can be easily

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defeated. The learned author has shown how all these dreaded diseases can be prevented and cured. And all that without any cost or side effects.

Prākṛtika ilāja  
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*Page 107/112*

ISBN System  
Nature Cure  
The Complete  
Handbook of Nature  
Cure (5th Edition)  
***‘Nature is the best  
physician.’ —  
Hippocrates  
Nature can cure  
many diseases  
including some  
that other systems  
of medicine***

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***cannot. In this age  
of pill-swallowing  
and its resultant  
complications  
many people have  
started returning  
to nature in an  
effort to regain the  
balance they have  
lost in their  
physical living.  
Naturopathy, is not  
only inexpensive***

*Page 109/112*

***and simple but  
also totally free of  
harmful side  
effects. This book  
has been  
organized for  
quick and handy  
reference for every  
family and  
provides  
naturopathic cures  
for nearly all  
common, acute***

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***and chronic diseases such as Constipation, Piles, Diabetes, Hernia, Asthma, Eczema, Blood Pressure, Anaemia, Jaundice, Epilepsy, Venereal Diseases, Goitre, etc. It also gives an introduction to***

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***the basis of  
naturopathic  
system.***