ANNOUNCEMENT

This is the first part of the English version of the E-book on Anatomic Therapy by Healer Baskar. The second part and third part are under preparation and will be available online shortly. The complete printed edition of the English version of the book containing about 350 pages is also going to be launched shortly.
WHAT IS ANATOMIC THERAPY (TREATMENT THROUGH EARS)?

When we get a disease, we go to a doctor. All the doctors in the world cure us through various ways such as medicine, tablet, injection, acupuncture, neuro therapy, siddha, mudhra, herbs, unani, pranic healing, touch healing, acupressure, magnet therapy, yoga, breathing exercise, meditation, naturotherapy, herbal therapy, etc.

But, in our treatment, there is no medicine or tablet 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 necessity to go for a walk. There is no diet either. But we can cure the diseases. You may wonder how it is possible. In this treatment, we can cure any disease without even enquiring about its name or its nature.

Generally we go to a doctor when we get a disease and we describe in detail the nature of our disease to the doctor for at least half an hour. The doctor asks us to take several tests. Finally, a name is given to the disease. After that, the doctor gives us medicines and tablets. He 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 feel like asking, “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. Again you may ask: “How can a disease be cured just by the patient listening to the talk?”

There is a gland in our body. This gland is present for all people in the world. 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 in
our body? What is the name of the liquid secreted by this gland? How does this liquid cure all the diseases? 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 learns this technique, understands it and acts accordingly, he cures his disease by himself. Now you are going to learn the same matter by reading this book. So we can also call the treatment that you get by reading this book as “Treatment through the Eyes”.

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

After you read this book from the beginning to the end, you can eat sweets from the next second throughout your life! From that second onwards, 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 Aloo Bonda thrice daily and there will not be any gas trouble at all. Those of you having fat-related diseases such as Lipoma, HDL, LDL, etc. can eat oil dishes and coconut without any restriction from the moment you complete reading this book. It will not harm you at all. On the contrary it will cure the diseases. Those of you having skin diseases can start eating brinjal, chilli, etc. from the second you finish this book. Nothing will happen to you throughout your life.

Thus, there is no diet in this treatment. We can cure our diseases by eating the very same items that were banned for our diseases. Moreover, depending on the nature and intensity of our diseases, we
can stop all the medicines and tablets 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 second you finish reading it.

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

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

Are you imagining that the doctor who cures your disease should be more than 60 years old or he should be having white beard? Are you determined that you will get your diseases cured only after spending thousands of rupees? Do you think that you will cure your diseases only by consuming medicines and tablets? What do we want? We want to just get our diseases cured. That is all.

By reading this book, if you can know a trick by which you can cure any disease without any medicine, tablet, blood test, scan or any doctor’s help, then you should read this book. Therefore, patients who completely read this book can easily cure themselves, whatever may be their disease.
Those of you who are doctors and those 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 lakhs of people through them. So I earnestly plead with the doctors to read this book with an open mind and then think, sitting alone, after completely reading the book. Then you will realize the truth.

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

WHICH DISEASES CAN BE CURED BY THIS TREATMENT AND WHICH CANNOT BE CURED

Diseases can be divided into two categories. The first category is of those diseases which come from within our body. The second is of those diseases which 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 and see an eye doctor and save his eye. A person who has been shot at by 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 such diseases due to unexpected incidents damaging our body parts cannot be cured by this treatment. But diseases such as sugar, BP, thyroid, cancer, AIDS, etc. which come from within our body can surely be cured in this treatment.

Let us learn how to divide the diseases into these two types. Did we get diseases such as sugar, BP, asthma, thyroid, cancer, etc. because
of 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 remember 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.

Today there are nearly 2000 to 3000 diseases in the world. We cannot list out all those diseases here. We 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 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
• 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 valves 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 menstrual periods for ladies
- Leucorrhoea
- Menopause related problems
- Stomach ache
- Chest ache
- Backache/hip pain
- Thigh ache
- Knee joint membrane problems
- Osteoarthritis (Wearing out of knee joint)
- Knee joint depreciation
- Facial paralysis
- Saravaangi (Joint and knee problem)
- 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 more such 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, 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 and by listening 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 listening from your residence.

• 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 own residence.

• If you desire that this treatment is to be given to the people in your town, you can make the arrangement and we can come there and give this treatment to all the people in person, provided that at least 500 to 1000 people assemble. Minimum one day will be required for this programme. Maximum three days will be required.

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 this programme through a 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 and thus share this information with the general public.
HOW TO READ THIS BOOK

Please read this book patiently, page by page from the beginning to the end. Many people go directly to the page where it is written about their disease and then read it. In that case, their understanding will not be complete. You will understand this book only if you read it fully page by page.

Please do not give your comments after reading only some pages here and there. If anyone gives a comment on this book, my first question will be whether that person has read the book completely. Initially it will be a little difficult but if you read about 20 or 30 pages, then you will feel like reading 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” which is available now. By getting that 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 the telephone numbers given in this book and get all your doubts cleared. The numbers are as below:
  Tamil: 0422-2349660, 98424 52508, 99442 21007
  Telugu: 73589 84312, 73582 04148
Hindi: 88706 66966, 88700 29779

- You can get your doubts clarified by contacting through email to the following email Id:
  anatomic.treatment@gmail.com

- You can contact through video conference 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 benefitted.

If you have any other doubts, please get clarification by getting the DVD where more than 200 questions have been answered. You can also read the book having more than 500 questions and answers which is going 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 benefitted.

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. Good intentioned people can help in this regard. Please give your donations only through the website [www.anatomictherapy.org](http://www.anatomictherapy.org). For more details, please contact the numbers 0422-2349660, 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 instead of 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 given to all friends and relatives during weddings. For further information, please contact R. Srinivasan on 80566 44944.

There is no connection between this treatment and any product. Only speech and words are available in Anatomic Therapy. We do not have any products to sell. But many people are using this treatment as a means to sell their products. Therefore, please be informed and get 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-tastes powders, pads to purify water, yoga mats, organic products, acupuncture products, Legiyam, etc. on a commercial basis. We hereby clarify that there is no connection between these websites and Healer Baskar. Please avoid these websites. There is no connection between anatomic therapy and any medicines, tablets or products. We are not responsible for these products.
SNEEZING

What is sneezing? When does it come? Sneezing does not come to anyone at anytime. It comes only at a particular time. 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.

How 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 be 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 work to a sneezing gland called Histamine. Histamine will go to the lung and do research. It will 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 sneezes.

Therefore, sneezing is nothing but the 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 aware of it. 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. Thus, if we avoid sneezing, this is the actual disease.

Some people use oils or ointments to stop sneezing when it comes. What will happen if we use an ointment to stop sneezing? The smell from the ointment goes inside our body and orders the sneezing gland to stop working. It is a great treachery that we do to our body by stopping the sneezing gland from working when it tries to throw the unwanted particles outside the body.

As long as the smell of the ointment is in our body, we will not get sneezing. We may think that we have cured the disease called sneezing. We are wrong. You 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 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.

**RUNNING NOSE**

Therefore, 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 by now. 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 needed 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!

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.

**COLD**

When our nose is running, if we use some ointment 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 lakhs 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.
Similar to our cleaning the house using soap powder if there are lots of stains on the floor, the cold gland will use soap water to clean the four lakh 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.

Cold is not at all a disease. Cold 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 faeces or urine and need to go to the toilet, do we go to the doctor and tell him, “Doctor, I am getting faeces and urine. Please give some medicine to stop it”? Just like faeces 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, when the body tries to throw out the wastages and we stop it, 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.

CANCER

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

What we understand from this is that if we give treatment for sneezing, then we will get running nose. If we give treatment for running nose, then we will get cold. If we take treatment for cold, then we will get chest cold. If we treat chest cold, then we will get cough. If we take treatment for cough, then we will get wheezing. If we take treatment for wheezing, then we will get asthma. If we do treatment for asthma, then we will get TB. If TB is given treatment, then we will get cancer.
But, after the 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 and cold, if we send the wastage out, we can save ourselves from more serious conditions that 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.

**VOMIT**

We feel like vomiting only once in a while. We do not vomit daily. Please think carefully why we vomit. Vomiting comes only when we eat some bad food or when we eat too much food. Or it comes 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 a good food. 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 it is bad food, 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 biting it fully with our teeth and making it as a paste. For vomiting, 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 take water from all the remaining body parts and pour it into the stomach. Moreover, when the vomit comes fast from the stomach through the food pipe and through the mouth, in order to protect the food pipe and the mouth, our body will make some more glands to secrete some lubricating oils.

Thus, with the good intention that, if the stomach digests bad food, unwanted food or excess food 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.

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 shop immediately when they get vomiting sensation and ask, “Please give a medicine or tablet to stop
my vomiting.” Please do not do such a thing. Some people use some household remedy to stop the 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 and sent inside our body, the intestine will get diseases. Moreover, this waste material mixes in the blood and many other body parts will get diseases. 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, 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 your 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 rock 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 the vomiting and after your stomach becomes empty, you should drink lemon juice to clean your stomach.

**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 stools are not passed for several days and stagnate in our body, then one day the doctor inside our body decides to send out the waste matter 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. Now, what is going out? Is our prestige or respect going out? No, only the stools are going out. What is there to fear about it? 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 keep watching the things we send inside our body. Our body does the job of sending out the waste matter.
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 two or three 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 panankaruppatti (jaggery made from palm wine), achuvellam (jaggery made from sugarcane) or nattu sakkarai (country-made sugar) and a little rock salt in ordinary water and drink it in large quantity. But please do not use white sugar and powdered salt. If we supply these three things to our body, it will be pleased and it will quickly send out the waste material and make us healthy.

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 that 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. In a short while, we will feel very hungry. Then we should eat Kanji (rice porridge) or other natural food. For the next
meal, we can eat light dishes such as *Idli, Pongal,* etc. 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.

**FEVER**

*When* 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, if we stop it in the name of treatment, 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 just as in *Bhogi* festival during which old materials are burnt in fire.

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. Those doctors who say that fever is a disease, are not doctors at all. The reason is that fever is the treatment given by the body. The temperature of every person’s body will be always 37 degree Centigrade. This is 98.4 degree Fahrenheit. Whatever may be the country you belong to and whichever may be the country you live in, your body temperature will be always 37 degree
Centigrade. Similarly every animal and every bird has a specific body temperature.

Even if a person goes to a cold place like Himalayas, his body temperature will be always 37 degree. Even if he goes to a hot country, his body temperature will be always 37 degree only. There is a part in our body called temperature controlling organ. 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.

When our body is functioning sensibly in this way, if suddenly 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 have any fear 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 Korai Pai (grass mat) or Echampai (mat made of date-palm tree leaves) only. If required, we can use bed made of cotton or Ilavam Panju (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 woollen 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 your body has increased the temperature for a specific purpose, you are reducing the temperature by pouring water on the head. Therefore, your body gets afraid and tells you, “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 give a medicine or tablet. Within one to three hours time after giving 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. This is wrong. The injection,
medicine or tablet that doctors all over the world give 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, somebody 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 two Dosas and go for work. But, when we have fever, we will keep milk, bread, bun, biscuit, 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 bitterness 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 have 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 up to the drinkable temperature. If we are hungry, we can eat rice gruel (kanji), wheat kanji and natural food, 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, biscuit, etc., it will cause harm to our body.

But, doctors ask us to eat milk and bread when we get fever. Government hospitals also give only these things to the patients. All these items are suited only for the countries situated in cold climate 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 Lathi (stick) 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 rifles, they will come back again
without fighting. We may send the four policemen again with rifles. This time, if they see ten extremists with AK-47, 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 AK-47, 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 in 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 all your neighbours. But, we should not give sweets to the person who has fever.

Some people will proudly say that they have 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. As fever is not a disease, there is no treatment needed for it. Fever itself is actually a treatment.

When the fever increases and the temperature rises there is a danger of children or elders getting 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 fits 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 danger. Those who keep a wet cloth on the forehead will never get fits.

Therefore, whenever you get fever, please follow the guidelines we have given 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.
SKIN DISEASES

When we wrongly understand that whatever waste matter is going out through our nose, mouth, stools, 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 manifestations of nature namely land, water, air, fire and sky) needed for it are present in that place. When the rice rots and the pancha boothas in that bottle get transformed, a pancha bootha 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 *Kozhuppu Katti* (tumour due to fat) in our body. Our body stores all bad fat in a location. This is called *Kozhuppu Katti*. 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 tumour 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, “It seems there is a dead dog nearby. Let us go there and eat it”? No. When a life called dog dies, it disintegrates into a number of germs called faggots 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 in keeping us healthy. Then we can lead a healthy life.

**VACCINATION**

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 inside 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. Disease-causing germs are also called Pathogens. There are thousands of good germs. Our body will not do anything to these good germs.

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 will together research 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 Rasam in our house, we need the information about what raw materials, and 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 Rasam.

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 analyse 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. Because of some deficiency in our body, complications arise 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 analyse 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 Rasam. If any material needed for preparing Rasam in the kitchen goes bad, we cannot consume the Rasam 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 onwards, we need not consume any medicine or tablet to destroy any disease-causing germs.

Reason Number Two: Let us assume that one item required to prepare Rasam is not available in the kitchen. If Rasam 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 ways 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 ways. By learning them 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. After we understand this principle, we are going to learn to keep the blood in
our body in 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 have got 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 go bad. When the intelligence present in
the body goes bad, we will get disease from the disease-causing germs. This is Reason Number Five.

What we understand from all this 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 they come close to many patients affected by germs everyday in the hospital. 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 about 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 afraid of 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 crores of disease-causing germs are always present in the air that we breathe. Every second, we take in and send out from our body crores of disease-causing germs through the air that 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 so far in her lifetime 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.

What is a vaccine? How did the vaccination start? In how many
countries and for how many centuries has vaccination been used? How
many people in how many countries have lost their lives to vaccines?
When was the movement called Royal Commission of India started for
banning the vaccination? What is the status of vaccination now? Please
read all this in the book in Tamil by Tamilvaanan entitled “Iyarkai
Vaidhiyam” (Nature Cure) which explains lucidly why vaccination is
totally unnecessary. He has clearly explained about vaccination in detail
in his book.

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 such and such. 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.

RHEUMATIC ARTHRITIS

Some times 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 R.A. 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 analysing 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 return to 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 studied M.B.B.S. 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 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 like this? Has any machine been invented in the world 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 themselves in a 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 small diseases such as diabetes, blood pressure, asthma, thyroid, arthritis, headache, tumour in the uterus, cancer and AIDS? We cannot 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 crores 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 only 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 Idli, Dosa, Pongal, etc. our body creates the various body parts of the child.

**HOW IS THE CHILD CREATED IN THE UTERUS?**

If the wheat flour in your kitchen has gone bad, can anyone eat the Chapati made from that bad wheat flour? What is the reason for the creation of the bad Chapati? Can you blame the Chapati 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 analysing the Chapati itself, by replacing the wheat flour in the kitchen or by improving its quality, we can make the Chapati better.

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, Chapati 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 now onwards.

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: 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 affected by this. The mind and body have a very close relation with each other. 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 go bad. 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 goes bad
then the child will be born with deficiency or impairment and the delivery will be by caesarean section only.

**HOW TO GET 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 following whatever you have asked me to do. 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. They can get a beautiful child without any deficiency 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 very best way for a normal and healthy delivery by reading this book completely.
HOW TO FILL A HOLE IN THE HEART

A mother delivers five babies. This means that the mother uses her body’s intelligence and makes 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 the mother has developed 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’s knowledge about medicine affects us when we go through internet, books, TV, newspaper, etc. It 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) Any item in the blood needed to plug the hole in the heart has gone bad
(2) Any 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 body part. The disease is only in the blood. Moreover, the five reasons mentioned above are the only diseases. This applies not only to the heart but also to all the parts in the body.

Short-sightedness and long-sightedness are not diseases related to the eye at all. We wear glasses. Does the power of the glasses 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 glasses keeps increasing, then it means that the power of your eyes keeps on decreasing.
Should we wear glasses 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 nearsightedness, farsightedness, glaucoma, purai (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 glasses.

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 goes bad, we go to the doctor. In a kidney which is 50% bad, 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.
Has anybody said, “I went to the doctor when my kidney was 60% non-functioning and took treatment. Now my kidney is fully functioning”? Why is it not possible? 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 gone bad. 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 analyse 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 go bad. 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 body parts. The disease is actually in the blood. The reasons for the disease are five. Analysing and treating the body parts is like the treatment for a bad Chapati. The deficiency in the wheat flour in the kitchen affects the Chapati. 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**

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 have already come, 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. change 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.

Immediately you will get 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 lakh 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 crores of labourers (cells) working in the body workshop called liver. Every second, our body replaces several
lakhs 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 crore 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 colour because the colour 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 crore 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, operation or doctor 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 give names to the diseases but they do not cure them. In our treatment, we do not give names to 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 long time. The dog dies within a short period.

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 give 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 simultaneously. Let us all live a healthy life!
CELLS AND BLOOD

Our body is made up of several crores of cells. When we see hundreds of people wearing dresses of different colours and standing together during functions such as Olympic Games, Independence Day, Republic Day, etc. from a distance they will look like a flower. When they disperse and stand together again, they will 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 about our body.

Imagine that our hair consists of several lakhs of cells wearing black colour dress and standing together. Similarly, our ear consists of several crores 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 crores 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 colours 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 colour, 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, colour, job, etc. they have the same basic structure.

Imagine a cell as a football. The fibre 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 be wondering. 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 the human psychology is like that. Human mind will never believe a good thing easily. But it will believe a bad thing immediately.

For 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 sugar, 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 analyse 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 onwards, 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 body parts.

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 gave names to diseases and forced us to keep consuming medicines and tablets forever but nobody correctly 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 what a snake is, what its nature is and he knows how to handle it. So he will not be afraid 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.

FUNCTIONING OF CELLS

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 crores of houses called cells and several lakhs 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 lakhs of houses and several roads. Similarly, our body consists of several crores of houses called cells and roads called blood.

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 crores 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.

**BLOOD PRESSURE (BP)**

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 and goes into the railway stations called body parts 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 who all get into the blood and who all get 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 change your opinion. The blood is produced in the bone marrows.

Okay, 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, the passenger called blood pressure gets in. After meditating for one hour silently and without any body movements, 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 10,000 cells, all the 10,000 cells will first of all ask for BP only. BP will rise and all the 10,000 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, there is a 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 crores 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, “It is only our family doctor who 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 crores 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 companies manufacturing BP medicines and tablets sat in five star hotels and deliberated, “How can we increase 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 crore cells in our body replace themselves every minute. By simply keeping the five things in proper condition in our body, diseases in 300 crores 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!

**WHAT IS THE REASON FOR 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, fibre, vitamins, minerals, etc. The names such as Idli, Dosa, Chapati, etc. 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.

**WHAT IS THE REASON FOR 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 lakhs 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.

**WHAT IS THE REASON FOR THE DISEASES IN THE KIDNEY?**

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 lakhs 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 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.

**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 crores of cells. It also has several lakh 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 banian factory, there will be a quality controller. Once a banian is ready, he will come and examine it. If it is of good quality and not having any defect, he will mark it as “OK, Tested and Selected” 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 big 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 take 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 cupboard, 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 labelled 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.

(Continued in Part 2)