



Living Natural Life  
Dr. Raju's Natural Life Style

# **FOOD AND THOUGHT**

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## Present Lifestyle

The people around him influence man. A child's vocation is endless imitation. So children learn the good or bad habits from their elders. Good habits lead to good heart and good health. They are like the bond between a tree and a creeper. Same way bad company leads to bad habits. Ordinary men follow the footsteps of the great. Our thoughts depend on the food we eat and in turn our actions depend on our thoughts. 'As you sow, so you reap'. As the way of your lifestyle, so is your health.

### **Festival of Dawn**

It is good to get up early and enjoy the pleasures of dawn. Your body will be engaged in the excretory action in your sleep and it continues even after you wake up. The energy of the nerves will be centered around the large intestines as soon as you wake up, since all the waste material in your body are stored up there. So your mind will not rest until it sends out waste material that reached there through the night. This waste material and fecal matter is sent from small intestines and stomach to rectum. The nerves holding the fecal matter will be ready to release it once you wake up. If you do not engage yourself mentally and physically with other things, your energy will help you have free motion.

Instead, if you drink bed coffee before clearing the bowels, the energy that was to be used for motion will be diverted to digest the coffee, keeping aside its duty of sending out fecal matter. The excretory action will go on till you eat some breakfast.

This action of sending out waste matter slackens as the sun's rays become warmer and you start feeling hungry. To satisfy hunger you will start eating. If you wake up at 8 a.m. you have no time left for excretory action. You feel it's too late and so you hurry up your activities to get ready for your work! You brush your teeth and have your breakfast immediately after that.

If you get up at 4 or 5 a.m. your stomach will be free for 2, 3 hours. With free motion immediately after getting up, you feel relaxed! After that some physical exercises, yogasanas or pranayama will help in sending out the waste material churned out in the night. The same way if you drink more than a liter of water, the waste that reached the blood, and the waste material that has been formed in the night joins the water and comes out in the form of sweat, urine and motion. Again you should drink one more liter of water to enable the body to clear itself of its waste material. This way if you just supply water and nothing else and do some exercise,

then the body will fulfill its duty (excretory action) completely. Then it is a happy morning for us.

### **Tongue speaks of your health**

The smell in the mouth is the indicator of the purity inside your body. The tongue is the mirror to the body. Your tongue speaks about your health or ill health. It shows your bloodlessness. Those who have constipation, those who have bacteria in intestines or toxins in liver, and those whose waste material is not sent out regularly such people's mouth gives bad odor.

Do the other creatures brush their teeth? Does their mouth give a stinking smell? No. Then why does man alone get this smell? If somebody's saliva spits on us in the course of conversation, we get irritated. We clean ourselves. Whereas a small child spits on us, we don't mind! We brush it aside happily! But when the same small baby grows up into an adult does the same act on us, we don't like it! We get very irritated. You know why? The baby eats pure food and is pure at heart whereas an adult eats cooked food to satisfy his tongue. The latter's mouth has bad smell that irritates us.

### **Fate of man**

Man, who cannot bear the droplets of saliva of a fellow human being, happily allows his pet dog lick his hands or body! He enjoys its affection! The dog eats the food he eats and lives with him. It doesn't brush its teeth, but still its mouth doesn't give a bad odor. On the contrary we brush our teeth once or twice a day! That too with a paste that gives good foam and a good odor! In spite of all that, our mouth smells bad. Man is able to bear a dog's but not another man's saliva. That is the fate of man!

The saliva in the mouth gives a bad smell because there are no movements in the mouth for 6-7 hours in the night sleep. Bacteria in the mouth and lack of air there are other reasons for such bad odor. Also the phlegm from the lungs gets stored at larynx and pharynx in the throat result in bad smell.

You don't have to clean or gargle if you eat the natural food provided by God. You don't need to brush teeth. The spices and the sweets that you eat cause bad odor and decay the teeth. If you are healthy, your teeth will not become weak, not even one tooth gets loosened. We assume that the decay of teeth is a symptom of old age. Because all people eat salt, spices and sweets and the decay is natural result for all! But this is not the symptom of old age for animals. Why? That means the fault lies in our food style and not in our age. People neglect their teeth because they can get dentures.

### **Sweat and its story**

Skin is an excretory organ. It is called a third kidney. Every day the skin lets out two liters of waste material. A part of the waste in our body comes out in the form of sweat through the pores in the skin. If we don't sweat, it will be hidden in the layers of skin. It comes out easily for the people who sweat.

For instance, when we clean the floor in our house with water, doesn't the dirt in the house get dissolved in the water and move out along with it? The same way the dirt in our skin comes out only through the sweat.

Your body has to get heated up if you have to sweat. If your body has to get heated up, you have to work, which means the body gets heated up only in those who work. It results in fast circulation of blood to all the parts and cells. Those who work, inhale more of air. When more air is inhaled, heat is produced. More life energy is required to burn all that is bad in the body and to send it out. If we sit idle we don't get more of life energy! Everything is inter-related. The amount of life energy we get is based on the nature and the speed of the work we do. The sweat we get is in turn based on the life energy we receive. For those who work, the bad goes out in the form of sweat through the skin. You do get sweat though you sit idle when it is sultry at home. But that sweat has only water and no waste material. The fat doesn't get dissolved with that sweat and that doesn't give you good health. So the sweat that comes out of more life energy created through physical work is helpful for good health and for the health of the skin.

#### **Four ways of excretion**

Those who don't sweat through work, just eat and gobble food three times a day, cannot send out the waste material excreted out of the food. The main advantage for those who work hard is the waste material in their body goes out through skin and through other excretory organs.

Secondly, one who sweats more drinks plenty of water, so automatically he urinates more, in which process waste matter goes out easily.

Thirdly, because he slogs, he feels very hungry and relishes the food he eats. If the food he eats contains more of fibrous material, more quantity of motion will be produced. So more of motion moves quickly in the intestines and so comes out easily.

Fourthly, the one who works takes a deep breath of oxygen. When more oxygen is inhaled into the lungs, automatically more carbon dioxide is exhaled out. As a result, the bad that has to go out through the lungs goes out every day for those who do physical work.

So, when the waste material goes out daily through these four sources – lungs, urine, sweat, motion, automatically the liver, the fifth one, is in good condition. As long as the employees do their work normally, the boss is happy. When everybody carries on his work smoothly, no body will suffer. The same way the boss of our body the liver will be happy.

#### **'Is life worth living? It depends on the liver!'**

Yes it depends on how one who lives takes care of his liver. So if the man 'liver' works properly, the organ 'liver' can function properly and send out the waste material through all excretory organs.

Do all these happen to a man who sweats? You see, when the body gets warm, the waste material in the body gets ready to go out of the cells due to the heat. Heat expands, cold contracts. It applies to man too! You examine yourself! During hot

summer you stretch your hands and legs and sleep flat. Whereas in winter you sleep like number three.

Any thing expands in heat. So when the body gets heated through exercise, blood vessels, muscles, limbs and cells expand and blood circulates easily. As a result there is an easy outlet for the dirt to come out of the cells. Instead if we eat and do not have any physical work, the waste material that is produced, remains in the body and produces cells with toxic substance. The bad that has to go out through sweat, remains in the layers of skin. That means a seed is sown for diseases to crop up.

### **Specialty of bathing**

Now, let us analyze this aspect. Everybody has generally the habit of bathing in the morning, that too in a hurry. If you understand the impact of bathing, you can't take it so easily. More number of cells in our body receives coldness and only a little receives heat. Elders referred to cold water as water with life and boiled water as dead water. So if you bathe in cold water, there will be both expansion and contraction for the skin, bones and blood vessels, whereas you bathe in hot water, they only expand.

One should have head bath in cold water in the morning. Mostly people bathe only from below the neck. Don't you think the head is yours? Is it enough if the body is purified? Don't you have to purify the head? Most important factor is to cool the mind! The mind that functions all the 24 hours, works to some extent even in sleep. So such a mind has to be cooled, to make you feel peaceful.

### **Head bath**

Head bath in cold water enables a free blood circulation to the head. If you bathe in cold water only up to the neck and don't pour cold water over the head, all the heat in these lower parts goes into the head. For example, if you pour water over the hot floor in summer doesn't the heat in the floor come out of it? The same way, if you don't wet the head with cold water, the heat that emerges out of coldwater bath, goes at once to the upper region.

Actually we are not supposed to make the mind heated up. But we are doing the contrary, instead of cooling it. As it is, we are heating up the mind during the whole day through heated arguments, tensions, irritation and anger! Should we heat it up even while bathing? Knowingly or unknowingly, we are committing a grave mistake!

Our elders compulsorily took head bath in the morning in cold water. In summer they safeguarded their head by using umbrella and wearing slippers. But now, our habits are different. The intensity of habit is like this. We bathe only once, that too in hot water and only for the body. To top it all, we bathe with soaps and shampoos that give foam at once without any effort on our part to rub the body. There are some ingredients in soaps that clear the dirt and create foam. They are called surface-active agents. Those agents not only drive out the dirt, but also the delicate layer over the skin. That's why we feel the skin dry and pale after we bathe with soap. Because the skin is dry, we apply cold cream or body cream over the body. We wish to have our skin always soft and shining.

### **Bad effects of soaps and creams**

In fact the skin always shines for all of us, but we spoil it with soaps and creams. If we don't use soaps, the skin won't become white and dry or there won't be cracks in the skin in winter. We don't need any kind of cream or oil.

Another drawback with soap is, it gives foam easily and we wrongly assume that dirt is cleared because of the foam. The foam may clear the dirt, dust and sticky substance over the skin. But the easy foam without rubbing the skin much is as harmful as gulping the food at one shot. If we eat the food with more of salt and chili powder, saliva is produced and we gulp it quickly without chewing it properly. Since we don't chew it properly, the food won't be digested properly.

The same way, because the foam is produced quickly with soap, we don't massage the skin properly with the hands. Our elders did not use soaps. They rubbed their body thus to drive out the dirt over the skin. Such a rubbing, heats up the skin. By rubbing, more of blood from inside comes to the skin. So one of the benefits is, there is a free blood flow to the skin at the time of bathing.

### **Rubbing the skin**

The second benefit is – the dirt stored in the pores of the skin comes out by a hard rubbing. Generally the blood circulation to the skin is slow since skin is the last part. 'First come first served'. This applies not only to food but also to blood. The heart pumps blood fast to the parts closer to it and slowly to the parts far apart. That's why skin diseases don't get cured quickly.

So, to get more blood circulation to the skin, we should rub it to warm it up. If we use soaps, we can't rub it much. So it's not advisable to use soaps. If we don't use soap, we can rub hard all the parts with our hands to clear the dirt. When we clean the legs we should clean it from the ankle down to the thighs above. The same way the hand from wrist to the shoulders, because that is the way the blood flows in our body.

We are all accustomed to clean ourselves from upward to downwards. With that, the blood that has to reach up to the heart, we are driving it down, in the reverse direction with our hands.

### **Right method of bathing**

Let me tell you one good method of bathing. You take a soft, white napkin to the bathroom. If you so desire, you can apply oil before bathing. Keep your bathroom free of soaps. First you wet your body totally with a long shower. Then you wet the white napkin, squeeze it and rub your whole body with it. You can even rub your head with it. It may take 10-15 minutes. At the end of 15 minutes, the skin gets heated up and you start sweating. As you observe, the white napkin becomes dirty. Then again have a long shower over the head. By doing thus the blood vessels and the skin pores that have expanded because of the rubbing, again contract due to the cold water. With this the chances of getting skin diseases are less. You can save on soaps. The freshness in the face and skin after such bath remains till the evening bath time. This is called 'complete bath'. You try and see! You yourself will agree. You will notice for yourself that how much harm you are causing to your body in the name of bath and soaps.

### **Breakfast**

Now let's look at our breakfast. It is called so because we are breaking the fast of the night. If we can give rest to our body in the night it is called fasting. The body tries to clear itself of the waste material in its own way during the rest period provided in the night. Fasting means what? Providing more energy for the body. Putting an end to the six to seven hours of fasting in the night with light food is breakfast. How should such a food be? Can we see at once the bright light as soon as we open our eyes after 7 hours' sleep? No! Slowly we open the eyes get them used to the bright light. Same way, our intestines that were resting have to get ready slowly to the breakfast.

The sun's heat is less early in the morning and it reaches to maximum in the noon. Likewise, the appetite in our intestines too slowly starts in the morning and reaches its intensity by noon. Since the acids will be less in the morning, our breakfast should be such which can increase the acids, but not kill them. So it should be that can easily be digested with less quantity of acids.

Our morning breakfast should contain vitamins, minerals and natural enzymes. It can be digested with less quantity of acids produced in the stomach and intestines. After 6-7 hours of their rest the intestines 'relish' it. Honey, limejuice, fruit juice, sprouts, coconut and dates are ideal as breakfast. This kind of food not only gets digested easily in the intestines, but also helps the excretory organs to send out waste material.

### **Food and sun**

It's good for health to have lunch by 12 noon. We will be hungry by that time. It is better to provide solid food when you are hungry. Solid food means food that provides energy for the body. Such a food consists of rice, greens, pulses, curds, tubers etc. It is advisable to take them as much as you can, in lunch. If you delay your lunch (say beyond 1 p.m.) your hunger starts subsiding and you don't feel much hungry by evening. Not only that, towards the fag end of the day, the sun slowly loses his brightness and the gastric juices produced in our intestines slowly get reduced and in result hunger diminishes. You will notice this from the fact that we feel relatively less hungry at night than in the noon.

### **Eating food sitting on the floor**

Let's examine how the modern culture has changed our eating style. Our elders used to wash their feet before eating. Then they sat on the floor with their legs folded. Those two actions have two benefits. First, washing of feet with cold water enables a quick flow of blood upwards. The second, sitting with folded legs prevents the flow of blood downwards. So the extra blood gathers at the intestines. That means the blood that has to reach the feet moves to the stomach. Since more blood is supplied to the stomach, food is digested easily and quickly. There is yet another benefit. When you eat food sitting on the floor you are forced to bend forward. In the process a part of the stomach gets closed. So even if you eat your stomach full, once you finish eating and get up, one third of your stomach is still empty. To eat only up to two thirds of your stomach and leave one third is always good for your health. This is involuntarily done for those who sit down and eat.

It is quite natural to drink more water while eating salted spicy food. Water along with food dilutes the acids in the stomach. Since the acids are not energetic the



digestion process is affected. If you drink water after the food is mixed with acids, soaked and digested, then it will be easier for the digested juice to join water and travel into blood.

Better to have some physical activity after lunch. It enables the food move easily into intestines and lower parts. If you sleep immediately after eating food, the food remains in the stomach and intestines for a long time and that is reason for you to feel heaviness in stomach. Fifteen minutes nap will serve purpose, but not deep sleep.

Most of the people do not have much physical work, with little scope to sweat. Businessmen and executives are under constant stress leading tension and nervousness. Neither they can eat plenty of food nor drink more water. It results in irregular bowel movement.

### **All about Dinner**

People are used to munch something or other all through the wakeful hours from dawn to midnight. Heart, lungs and kidneys can work incessantly without rest. They are built thus! But our stomach is not created like that. After a few hours of rest it works for some time. This applies not only to human beings, but also to all creatures. Some creatures eat in the morning and move about in daylight, whereas nocturnals eat and move at night. It means the animals rest at night and day respectively.

Man is created in such a way that he should work in the day and relax at night. But does he adhere to the natural arrangement? No. He starts eating in the morning and continues till midnight. The stomach that is supposed to work for 12 hours and rest for 12 hours is deprived of it. Since he eats processed food in the place of natural food, that too till midnight, poor stomach is forced to work all the 24 hours, day and night.

How long do you think the poor stomach can slog like that? Don't you think of its wear and tear? Is it not our prime duty to give it rest? Don't you take care of the welfare of your young ones? Is it not your duty to take care of your own stomach that keeps you in good health? If you take care of other's welfare, they will automatically take care of you! The same principle applies here too. You take care of your body the body will take care of your health.

The duty of the body is to digest the food eaten in the morning, to carry the digested food to rest of the parts and to provide the energy required for work. The body has to repair the affected parts during the rest period, has to create new cells, has to drive out waste material. For that necessary rest is to be provided to the body. If not all the activities will come to a stand still and body becomes disease prone.

For the people who eat oily food, non-vegetarian food late in the night it takes 8 to 10 hours to digest their food. It will be dawn by the time the digestion process is completed with no rest for the intestines. If we keep on accumulating garbage in the bin and if we have no time to clear it, it stagnates giving place to germs. The same is the case with our body. If you don't eat anything for one day, nothing will happen. But if the waste material stagnates in the body for one day, it becomes a source for diseases. By sleeping for six hours in the night, you will have energy to work for 18 hours. Proper rest is the best source of energy for man. If you work nonstop two

days and nights you become weak on the third day. The same way our intestines which work round the clock, lose their energy. Having no rest the body will not be able to clear the waste. Great diseases are born from little ailments that rise out of the stagnated waste.

We have one mouth to eat and five excretory organs to drive out the waste material from the body. These entire five have to clear the waste material created out of our digested food. We are accustomed to eat processed food and food with spices, oil and non-vegetarian that produces large quantity of waste. It cannot be cleared during the limited rest period that we allow to the body. On the contrary if we eat natural food with no oil, salt and spices, it produces less waste material and the body will be able to drive it out easily. The health of the body is totally dependent on the type of the food we eat.

### **Let us change ourselves**

Every one of us longs for good health. We also long for happiness. So let us change our lifestyle to safeguard our health in our own humble way.

To begin with, let's try to get up early in the morning.

Let's take up a decision that we should not eat breakfast until and unless we drink as much water as possible, urinate and do exercise till we sweat.

As far as possible let's do pranayama exercises outside, in the open air, if possible.

Let's have head bath everyday with cold water.

Let's drink fresh fruit juice on an empty stomach.

Let's also eat sprouts and raw vegetables compulsorily as food (other items can be had after eating these).

We should also eat lunch before 12 noon or 1 p.m.

Our lunch could be plenty of curry, curds and unpolished rice.

Let's eat it pleasantly.

Let us eat fruits and raw vegetables in the afternoon.

We should again drink plenty of water in the evening to have a free motion again.

Let us have dinner before sunset.

Let's eat light food in the evening that can be digested easily.

Let's spend nighttime in good discussions, reading good books, which would fill our mind with peace.

We can sleep once the food gets digested.

Such a routine as detailed above is good for health.

## **Crime is a crime**

A crime is a crime whether we do it knowingly or unknowingly. The punishment is more for the crime knowingly committed. When we don't care our own body how can an outsider, a doctor, come to our rescue? 'Only the wearer knows where the shoe pinches'. Any number of doctors, medicines, and modern equipments cannot drive out diseases totally. However much we are advanced scientifically we are not able to provide ourselves with perfect health. Why! The fault lies in us, not in technology. Every man is the architect of his own future. He is also the architect of his own health. A responsible man knows no problems or worries. In turn he is rewarded with happiness. Let us be responsible to our health. Let us live naturally for good health.

## 2

### **The Body – Its Tragic State**

We wish to have a beautiful home for this living body with soul to live. We plan meticulously and take every care during construction of the house. We choose nice tiles, expensive carpet, good color combination for interiors, proper ventilation, attractive woodwork to make our home attractive inside and outside. Once we are in the house we clean and mop the floor regularly. At the door of every room we have doormats, dustbins etc. We spend hours to keep bathtubs and toilets clean.

When we provide so much care to provide comforts and facilities to our homebody, should our physical body with its soul inside not deserve better attention? If the soul in our body lives peacefully, the body can live peacefully in the house we constructed with so much care. But the irony is, we ignore the body that houses the soul, while more attention is given to the house that this body lives in.

## Seeds - The Wonderful Food

We all know the great trees spring up from small seeds. That itself is proof positive that such a small seed has hidden within it all the energies required to spread forth a big tree. Mother nature has hidden all the proteins and the energy in such a small seed.

You try out a small experiment! You dig a small hole to a big rock and keep a small seed in it. You cover it with little soil and pour water over it. After a few days the seed sprouts breaking the hard stone and comes out. A very sensitive mushroom makes its way pushing aside the hard rock. How do these happen?

Some seeds behave strangely. They fall down to the ground from mother tree. The outer shells of these break open to the sound of thunder. When they break open the outer layers hit the ground hard and go back to mother tree and get stuck there. The animals rub their back to this tree to clear themselves of dirt over their bodies. In this process the seeds get stuck to their skin and travel far and wide and spread their trees there.

The seeds have in them all the resources required by man to grow and live in accordance with Nature. Once we start depending on seeds, we don't have to go in search of any other food. Seed have all that we need – minerals, vitamins, enzymes, amino acids, proteins, fibrous material etc.

Some seeds have only carbohydrates. They provide us the energy and even the heat we require in the form of starch. They turn into sugar and provide the energy.

A seed is a very strong thing. It can be stored for long and it is more useful for life than anything else. Seeds are wonderful gifts of Nature.

**Inner shell:** Palm, coconut, dates have strong inner shells. They take a few weeks to get sprouted. Coconut is useful to us in many ways, even while it is raw.

We get fresh coconut water, when the coconut is very tender. This water has medicinal value. It contains sucrose, glucose, salt etc. The fresh coconut water increases the water content in the body.

We can eat coconut as a complete food. It has all the nutrients we require. It has carbohydrates, vitamins, proteins, oily food, fibrous material - all that our body needs. It is a perfect food. If we eat a required amount of coconut every day, it helps in our growth, keeps us healthy and provides energy needed for our work.

Palm shells grow into the ground, as they are about to sprout. This is an early stem of the palm tree. It contains fibrous material and carbohydrate. It has all the good qualities of a carbohydrate. It provides energy and heat to the body. The abundance

of fibrous material in it helps in the movements of the intestines. The solid material in the shells is very hard before sprouting. But once it sprouts, it becomes soft and it is ready to eat. It is more useful than the coconut flower.

**Seeds with shields:** Most of the oily seeds have a thin shield. Cashew nuts, almonds, groundnuts etc. have a thin shield over them. This shield protects the important parts of the seed from the natural calamities and other insects.

The cashew nut contains plenty of iron content. It helps in the growth of blood cells in our body. There are plenty of amino acids and proteins in the oil.

The almonds have vitamin E.

Groundnuts have proper proportions of proteins and oily stuff. They provide naturally the proteins to the body.

It is good for health if we eat these seeds as they are sprouting.

**The characteristics of seeds:** Green gram, black gram, red gram, alfa, malt, wheat etc are readily available pulses and cereals. We can eat all these everyday in the form of sprouts. They provide you better health in a natural way. The fiber in the outer layer helps in cleaning our intestines.

Life sprouts up in the seeds when you soak them in water. You will get plenty of 'E' Vitamins from them

#### **'E' vitamin's specialty:**

'E' vitamin keeps you young and prevents wrinkles on the skin. 'E' vitamin prevents infertility. Women with 'E' vitamin deficiency cannot conceive. Even if they conceive there is every danger of abortion.

To sum it up in one short sentence – Just as mother's feed is the best feed for children, Mother nature's seed is the best need for men. The sprouts have in them all the ingredients required to keep us healthy and happy.

## Sprouts – A Mine for Nutrients

Sprouts is the best food offered to man by nature with its most nutritious value. They have all types of vitamins and minerals. In short you can call this food a 'mine' for nutritious value required by the body. It is a natural food full of life energy that enables you to lead a natural life. They have natural enzymes hidden. It is very difficult for man to survive exclusively on fruits and vegetables but if he can eat sprouts plentifully, he doesn't have to eat anything else, but lead a life without any ailment.

### Advantages

1. If you compare the nutritious value of the sprouts with that of dry seeds, the value of the former is surprisingly more.
2. At the time when the seeds start sprouting, the percentage of vitamins, minerals and proteins increase enormously. The same way carbohydrates reduce to a lower percentage.
3. There will be very little water content in dry seeds. Once we soak them in water, there will be 10% water increase in the seeds (for sprouting). It results in their multiplied nutritious value.
4. Why the sprouts are appreciated as the best food? Because they have more of proteins that protect the body. During the period of sprouting, the carbohydrates are separated very minutely, and the seeds absorb the nitrogen prevalent in the atmosphere around. The carbohydrates are now changed into amino acids that can be digested very easily. This is the reason why content of carbohydrate is reduced more in the sprouts than in dry seeds. So the proteins formed thus in the sprouts are more easily digested than the proteins we eat through other food items.

The table given below shows you the increase in the percentage of nutritious value in the sprouts against dry seeds. For example, beans seeds, when sprouted are like this.

	Percentage Increased	Percentage Decreased
Water	8.3	
Energy (calories)		15
Carbohydrate		9
Proteins	30	
Calcium	34	
Potassium	80	
Sodium	690	
Iron	40	
Phosper	56	
Vitamin	285	
Thiamin or (B1) vitamin	208	
Riboflavin (B2) vitamin	515	
Niacin (B3) vitamin	256	
Vitamin (C)	To a great extent	

5. The sodium (salt) helps in quick digestion in stomach and small intestines. It also helps in driving out carbon dioxide in the body. Since this sodium content enormously increases in the sprouts, food can easily be digested.
6. Vitamin C content is very less in dry seeds and dry food. But when soaked in water for sprouting the same seeds absorb the atmospheric values increasing the percentage of C vitamin. C vitamin helps in defusing proteins quickly and hastens the movement of iron into blood from intestines.
7. Sprouts contain more of fibrous material that enables a free motion.
8. Sprouts by nature have more of water content because of which you don't feel thirsty while eating or after eating them.

**Seeds which get sprouts:** Wheat, barley, green gram, malt, green peas, ground nuts and beans.

**How to make sprouts:** Soak **green gram, malt**, in water for 8 hours and then tie them up in a dry cloth and keep them thus for 15 hours in a plate. Then the seed sprout. The sprout will be roughly of one inch. Soak **wheat** for 12 hours in water, remove them from water, pour them into a plate and let them dry in air in a cool place for 8 hours. Afterwards if you tie them up in a cloth and keep them aside for a day, you get big sprouts. You can soak **groundnuts** in water at night and eat in the morning. You don't have to wait till they are sprouted. Of course you should soak these seeds separately for sprouting. You should not mix one with another.

**How to eat them:** Per day you can eat 2 or 3 or all varieties of sprouts. You should eat each variety separately. Should not mix everything together for the simple reason some sprouts are big in size whereas some are small. For example if you eat groundnuts and malt together, the groundnuts that are big in size get grounded first in your mouth. The tongue tries to drive inside its paste. Along with the churned groundnut, the thin malt that gets stuck between teeth while eating is driven inside.

All seeds have an outer skin. It prevents the entry of digestive juices (acids) into the seeds, in result they are not digested. The seeds that are not digested (which are not chewed properly) come out of the body along with motion. In such case, there is no point in eating the sprouts. So, it is better to eat each variety separately.

### **How much?**

There is no prescribed quantity as such. One, two of your fistfuls. You can eat as much as you can. It is better to eat a larger quantity. As a beginner, one can increase the quantity gradually, day by day.

Initially you may experience gas problem. No worry, it subsides in no time.

## 5

### **Honey – Both a Food and a Medicine**

Honey derived from the honeybees is the main ingredient for home medicines. It has a universal appeal. It is used by the people all over the world at any given point of time. All experiments, researches conducted for the past few decades have proved the medicinal value of honey. Honey is a food item with more of calories. One kilo (16 OZ) of Honey contains 3150 to 3350 calories, based on water content in the honey.

Till recently honey was compared to sugar. Everybody knows sugar is nothing but carbohydrates that provides calories to the body.

About 70% of the energy required by the body is provided by sugar that comes from the food one eats. Sugar is the most easily digested foodstuff.

The body digests sugar and glucose (this is more in honey) separately. Glucose reaches as it is into blood from intestines. Sugar undergoes hydrolysis first. Then it splits into glucose and levulose. Glucose is absorbed from intestines into blood in portal vein. From there it reaches liver and from there flows into cells all over the body.



Honey has 80% of different ingredients that are required for the growth and functioning of the body. Many of them are very useful in curing diseases. plenty of enzymes in it. They can hasten the chemical reactions in the body by million times. If you take out the list of items containing more of enzymes

Besides plenty of enzymes honey contains Calcium, Sodium, Potassium, Magnesium, Iron, Chlorine, Phosphorous, Sculpture and Iodine salts. Some types of honey contain even radium. And also salts like Manganese, Aluminum, Boron, Chromium, Copper, Lithium, Nickel, Lead, Elemental tin, Titanium, Zinc and Osmium.

Man needs plenty of mineral salts. The microelements and mineral salts, the minutest items in the body play a vital role in the metabolism. Due to the inter reactions they play with enzymes, vitamins and hormones, our nervous system, cellular respiration, blood circulation etc are accelerated. As we grow old, and as the metabolism changes relatively there is a change in the contents of blood. As per biological science even the percentage of most important microelements (copper, manganese, cobalt, nickel, zinc etc) also changes. So, it is very essential to feed these microelements through food, especially with honey, into the body.

Researches have found that the percentage of acids is proportionate to the formic acid in it. Honeybees, before they close the beehive, fill them with honey and formic acid. Honey contains mainly organic acids, malic, citric, tartaric and oxalic acids. The honey produced by honeybees has B1, B2, B3, B4, B5, B6, E.C.K. and kerotin vitamins. In addition to these, the honey has acitile colin, harmones, antibiotics, phyton sides, and many valuable elements required for our body. Vitamins may be in very minute quantity but they are mixed with very important items for the body (carbohydrates, mineral salts, micro elements, organic acids, enzymes etc). They all get digested very easily.

#### **Vitamins in one 1 kg (16OZ) of honey**

<b>Vitamins</b>	<b>mg</b>
B2 (Riboflavin)	1.5
B1 (Enurin)	0.1
B5 (Nikotic acid)	1.0
B3 (Pantoithinic acid)	2
B6 (Piredoxin)	5
C (Ascorbic acid)	30-54

The vitamins in honey vary based on the combination of pollen grains. Due to the presence of dextrin in honey, honey gets digested easily and it joins the blood quickly from the intestines.

#### **Honey – Its Medicinal Values**

**1.**There is huge number of molts spores of fungus in the air around us. They develop fast over food material in favorable conditions like appropriate temperature and

moisture. It was found that honey has not only destructive capacity of bacteria, but also has anti micotic capacity.

2. Any food is not complete without alkaline mineral salts. They are helpful in nullifying the sour material that arises in the process of digestion (If these sour products are not contained, they become harmful to the body). Another special feature of honey is it is a strong alkaline.

3. Honey is one of the very few items provided by Nature. That's why honey can be compared to milk. Milk has a special place in our food. So if you drink milk with honey drops in it, you can have the double benefit of two good things put together.

4. Children will grow up healthily if you substitute sugar with honey in their food. Experienced doctors and scientists have found out long back that the sugar, left out in the mouth gets split up into acids (especially lactic acid) by the bacterial action. Slowly these acids help in the decalcination of the teeth. Unlike sugar, honey has antibiotic qualities. Also it has Alkaline too. As a result, honey clears the gaps in the teeth free from bacteria.

5. Everybody knows very well that glucose is the best nutritious food for the cells and parts of the body. Not only that glucose is stored as Glycogen in liver. This Glycogen provides the energy required for the body. Glucose improves the utility value of the cells. It also activates the heart and blood vessels if the sugar counts falls down in the blood. Glucose also increases resistance power against contagious diseases. It is greatly used to speed up the activity in the liver.

6. Hypocrites successfully used honey to cure many diseases and injuries. If you apply honey with wheat flour (without water) as a layer over an injury, it will heal very quickly. When honey is kept over the injury, the percentage of Glutathione around the injury increases greatly. It helps in healing the injury quickly.

7. Even diabetes patients can take honey. There is more of Fructose sugar in honey than Glucose. Insulin is required to carry glucose from blood to the cells whereas the Pancreas gland for sugar patients cannot produce sufficient insulin. But since honey has fructose that doesn't require insulin, it reaches the cells without the help of insulin. The food doesn't require insulin, reduces sugar count in the blood. The glucose in the honey reaches blood quickly from the intestines. Temporarily sugar count may appear to shoot up but it comes down to normal (within an hour) once the glucose reaches the cells. The Fructose sugar in honey takes a longer time to reach the blood. So sugar patients don't feel weak suddenly. In fact if they take 4 spoons of honey, it gives them energy for 2-3 hours. Diabetics should remember that honey doesn't increase the sugar count as it has fructose.

9. M.L. Khotkin analyzed in 1953, 302 patients suffering from ordinary health complaints have ulcers in the stomach. His findings were as follows. 76 people had hyper acidity (34.3%), 67 had ordinary acidity (30.2%), 54 had low acidity (24.7%) and 24 had very little acidity (10.8%). When they were given ordinary food and medicines 61% of them became normal but 18% of patients still suffered. When they were treated with honey 79.7 – 84.2% patients became healthy. By the time he completed the treatment only 5.9% were left still suffering. When normal treatment was given 29% patients were cured completely of ulcer. Whereas when honey was given 59.2% were cured completely. The patients did not have to stay for long in hospital after the treatment with honey was given. He proved that the patients' condition improved in every aspect. He proved that honey brings down the hyper acidity and the release of gastric juices to normal levels.

10. Honey works in two ways in ulcer patients. It heals the outer layer of gastric mucus. It keeps the body strong. Especially it strengthens the nervous system. Actually, gastric or duodenal ulcers are caused when the receptors of the nervous system stop functioning. So ulcer patients should take honey one and a half hours to two hours before lunch and three hours after dinner. They should mix honey in water that is boiled and brought down to lukewarm condition. If honey is taken thus it dilutes gastric of mucus and reduces the gastric problem. On the contrary if you take honey with cold water it increases the acid content and reduces the digestive capacity of the stomach. It stimulates the intestines.

11. Honey not only supplies glucose to the cells of the liver but it also increases the storage of glycogen and helps in the formation of new cells. Liver works as a filter-to-filter out all the toxins and harmful bacteria. Glycogen helps in the effective functioning of the liver. Thus the glycogen gives the required resistance power from contagious diseases.

12. The impact of honey is more on nervous system. Researchers have proved that if you provide liquids that have glucose (honey) as hypertonic for some nervous disorders, it gives good results. Those who have nervous weakness or those who feel very weak, if they drink honey mixed in water and limejuice or if they take two tablespoonfuls of honey before going to sleep they will get energy.

13. The elders have proclaimed that a glassful of water mixed with honey provides you sound sleep. The honey water cools down the body and gives it energy.

14. Skin protects us from our surroundings. Honey is very good as a medicine for skin. You can say it is a special cosmetic. Honey can also protect the skin from bacteria.

15. If you apply honey for burns, it prevents the formation of bubbles and cures quickly. It also prevents scars of the burns.

16. Honey works wonderfully in reducing weight. The energy from honey gets exhausted into hours, but it does not convert into fats. Sugar and fats get burnt up in the body with oxygen and release energy. Sugar gets burnt quickly and gives energy quickly whereas fats cannot give energy that fast

16. Honey increases the percentage of hemoglobin in blood, which prevents anemia.

17. If you feel nausea or vomiting sensation and when you don't feel like eating any thing, take 4 spoonfuls of honey slowly drop by drop. You will gain energy in just 10 minutes.

18. Honey reduces arthritis because of the malic acid in it.

### **More about honey**

1. The color, taste and quality of honey depend upon the flowers of the trees.
2. If it is of a pure quality it doesn't get spoiled even for 100 years.
3. Honey should never be heated; it should be kept in the sun.
4. Honey can be stored for a long time. So you don't have to use any preservative.
5. It is better to preserve honey in glass bottle. Otherwise, you can preserve it in steel container.

6. Now and then you should expose it to the sun.
7. Should never keep in fridge.
8. Some types of honey get solidified in cold weather. Of course they melt again, if kept in the sun.
9. If the honey you buy contains unnatural glucose or any medicine or if it is processed, it doesn't give you the energy or required results.
10. Honey has a tendency to absorb the dampness in the air (Hygroscopic). It becomes sore by absorption.

## 6

### Brown Rice - Unimaginable Uses

The rice that is not polished after removing the outer layer is called unpolished rice or brown rice. All the nutrients continue to remain in the unpolished rice whereas you don't find any of them in the polished rice. By polishing all the useful ingredients are lost leaving only the useless Carbohydrate.

Thiamin is an important 'B' Vitamin. If it is not provided through food, the legs become weak. Face and feet get swollen. Only 20% of this Thiamin is left in polished rice. The same way 50% of Riboflavin, 50% of Pantoic acid and 75% of Niacin are lost in polished rice. Thiamin is available in scutellum (outer layer) of rice. Along with thiamin, the most important vitamin E and proteins are also lost. Vitamin 'E' helps to strengthen your nerves to keep glands healthy and to keep you young and energetic.

The brawn that comes out of the polished rice is offered as food to the cows and buffaloes. They eat the brawn and give milk. Leaving the useful nutrients to animals we are eating the useless Carbohydrates while resorting to vitamins prescribed by doctors to cure our ailments that arise out of vitamin deficiency. That's why we are lacking the natural qualities and the natural feeling in us.

#### **Cooking brown rice**

Brown rice takes a longer time to cook and it requires more water. Better you soak the rice for thirty minutes before cooking. Brown rice and water ratio should be 1:4 for cooking. It may take roughly 45 minutes to cook. Since this rice is thicker than the polished one, a little quantity of rice gives more food. You should cook it soft. It should be chewed properly while eating. Improperly cooked rice causes indigestion.

## **Benefits from brown rice**

1. You don't put on weight. This food doesn't change much into carbohydrate due to the fibrous material and the lecithin present in it. Whereas the white rice which is devoid of these makes you fat quickly.

2. The white rice makes sugar patients suffer more! The white rice gets digested quickly, turns into glucose thereby increasing the quantity of sugar. On the contrary you can't eat plenty of unpolished rice! It also gets digested slowly due to the fibrous material in it and so glucose joins slowly into the blood. So sugar doesn't increase quickly. So relatively unpolished rice doesn't increase much the quantity of sugar in the body.

3. This unpolished rice helps in a free motion.

4. You feel energetic the whole day because of the vitamins and minerals available in brown rice. So you don't feel tired at all.

5. You don't have to face heart problem with the "E" vitamin, lecithin and the fibrous material available in brown rice. They act as antidotes to cholesterol keeping under control. Blood vessels are kept in good condition.

6. The nutrients in the food make the body strong preventing obesity.

7. One longs for tastes only when nutrients are not supplied properly to the body. Since the brown rice supplies all the nutrients you will not crave for different tastes. You gain control over senses.

8. Unpolished rice has silicon that keeps the skin healthy.

## Fibrous Material-For a Fine Health

The bones make the man stand erect. The same way the fibrous material acts as bones for the plants and trees. This fibrous material is available in all the food items you get from plants and trees. If you take the food that contains fiber it not only keeps you healthy, but also drives out the diseases. The secret of the good health of animals, birds and other creatures is the fibrous food that they eat.

Man is more accustomed to unnatural food as civilization progressed. But this unnatural food is taking him only towards diseases.

God has taken care of every minute detail in his creation. He has created us! He has then created heavenly food for our earthly body! He has also created the food that can cleanse our body. The fibrous material stands first in such cleansing quality. As we all know after the food is digested it enters into the blood to give us energy. This fibrous material that doesn't get digested absorbs the water in the intestines. Then it drags out along with it the waste material in the intestines to the last part of the large intestines and comes out in the form of motion. The dirt in the intestines and the blood gets stuck to the fibrous material and comes out.

### The food that contains fiber

1. **Food grains** – unpolished rice, brown rice, wheat with the outer layer, brawn, barley, maize etc.
2. **Roots** - Potato, carrot, beetroot, sweet potato etc.
3. **Fruits** – Mango, Papaya, Guava, etc.
4. **Vegetables** – All types of leafy vegetables, cabbage, ring gourd, okra etc.
5. **Seeds** – Coconut, groundnut, peas, soya beans etc.

**Fibreless food:** Meat, fish, egg, milk, cheese, fats, sugar etc.

The fat in the above items gets stagnated in the body for want of fiber. This food can provide energy for the body, but cannot prevent diseases. Those who eat non-vegetarian food have constipation problem because of its non-fibrous nature.

### The uses fibrous food

1. The fiber in the food we eat helps in free motion two, three times a day, in larger quantity.
2. People who suffer from stomachache and irregular bowels can get rid them of with the help of fibrous food.

3. Scientists have proved that cancer germs are formed from the motion stored in the intestines. The energy of the acid found in the large intestines prevents the growth of Cancer germs. The useful bacterial in the intestines splits the fibrous material and makes the motion acidic. Since the motion is made acidic, the fibrous material prevents the carcinogenic growth in the large intestines.
4. Since the fibrous material drives out the motion every day from the large intestines, there is no scope for the formation of the harmful toxins in the body.
5. The fibrous food increases greatly the useful bacteria in the body. The same way it reduces the content of Ammonia in the large intestines and increases the resistance power of the cells there.
6. The fibrous material hinders to some extent the flow of fats and cholesterol from intestines into the blood.
7. Food that contains fibrous material becomes slightly semi liquid after digestion. Since it is in semi liquid form it takes a little more time for glucose or sugar in them to get into blood. The pancreas gland in sugar patients produces insulin slowly and in lesser quantity but still their sugar level will reduce due to the presence of fibrous matter, since the latter helps in a quick movement of food to the cells with a lesser quantity of insulin. So diabetic patients should understand this aspect and should, compulsorily, eat food with fibrous material, if they wish to be cured of diabetes.
8. Fibrous food saves us from chronic diseases.
9. Eating fruits, vegetables, grains etc that contain plenty of fibrous material does not make you fat and reduces cholesterol.
10. The fibrous material acts as a medicine to diseases like - piles, cancer in the intestines, heart troubles, blocks in the blood vessels, clotting of blood and constipation.

### **Different types of fibrous material:**

They are six types.

- |              |                   |
|--------------|-------------------|
| 1. Cellulose | 2. Hemi Cellulose |
| 3. Pectin    | 4. Gums           |
| 5. Musilages | 6. Lenin          |

These six work in different ways in the intestines and in the body to clean them. Let's see how each one of them works.

**1. Cellulose:** This is available mostly in fruits, vegetables, brawn, unpolished rice, beans, seeds and grains. This type of fibrous material helps in the formation of soft motion and hastens its movement to outside. Since it helps in the free motion, there will be no scope for the promotion of cancerous germs in the intestines.

**2. Hemi Cellulose:** Hemi Cellulose is present in all the food stuffs that contain Cellulose. This helps in free motion and reduces the weight. Both these fibrous materials drive out the useless bacteria in the large intestines. So there is not much scope for formation of gas.

**3. Pectin:** This fibrous material doesn't help in free motion or doesn't drive out constipation, but helps in reducing the cholesterol in the blood. This prevents the formation of stones in galbladder. It also prevents cancer to the intestines. This is available mostly in apple, grapes, sour fruits, guava, raw papaya and brawn.

**4. Gums & Mucilages:** This sticky type of fibrous material is available more in dry beans. This helps to reduce diabetes and cholesterol.

**5. Lenin:** This is available in brawn, unpolished rice, wheat flour (in which outer layer is not peeled off), cabbage, spinach and tomatoes. They prevent the formation of stones in galbladder.

## 8

### Lecithin- An Antidote for Cholesterol

Lecithin, a fat content is available in sprouts. Lecithin helps in the construction of every cell in our body. The element Lecithin occupies 30% weight of brain, and 17% weight of nerves. 73% of fat in the liver is provided by Lecithin. Not only that, Lecithin plays an important role in the preparation of glands to promote hormones. It also helps the muscles of heart and kidneys. If the nerves, brain and the glands work more, a greater amount of Lecithin will be consumed. Lack of enough Lecithin leads to weakness and irritation. The food that we eat influences our mind.

**Where to find Lecithin:** It is available in Soya bean seeds, grains along with outer skin, sprouts and especially in the yellow of the egg.

In addition to the supply of Lecithin from outside through our food, the liver in the body produces Lecithin regularly as it produces cholesterol (80%). The liver provides the daily quota of Lecithin. It is possible only when all the required 'B' vitamins are available in the body. White rice, white wheat flour, food stuffs of which the outer layer is peeled off, deep fries, curries from which water is squeezed out - all these lose the 'B' vitamin content in them. Deficiency of B vitamin results in Lecithin deficiency.

Mental tension and old age slacken the production of Lecithin. Consumption of food like soya beans, sprouts, milk, brown rice etc will compensate the deficiency while



enabling the liver to produce more Lecithin. Natural food in its natural form will make you naturally healthy.

**Lecithin's Functions:** 1. Heart is the main beneficiary of Lecithin. When cholesterol content in the body increases more than its required percentage, it stagnates in the veins and arteries, resulting in the blockage of blood vessels. It leads to blood clots. Blood clots obstruct the free flow of blood in the blood vessels. When blocks are formed in the blood vessels of heart, it leads to heart attack. If the same block appears in the brain you call it paralysis. The problem is the same in both of them—stagnation of cholesterol in the blood vessels! Lecithin has the capacity to push its way through cholesterol, which enables a free circulation of the blood.

'A bad thought could be counteracted by a good thought'. Cholesterol could be counteracted through Lecithin. We can bid a good bye to B.P and heart problems without medicine.

2. Cholesterol and Lecithin that are produced every day in the liver join hands with the bile produced in the liver and reach small intestines. They join the food and reach blood after the food is digested. Lecithin helps in carrying the fats we eat into the body. The cholesterol and fat that have joined the blood from the food, are separated from blood by Lecithin and it helps the cells using both of them with no chance for stagnation. Lecithin assures you of a fat free body with no scope for obesity.

3. We have noticed that Lecithin is a fat content. It means whatever the fatty food it contains Lecithin also. Lecithin helps in making the fat in the blood break into smaller pieces. So when the fat in the blood is greater than the Lecithin supply, it leads to the blockage of blood vessels. (Ethiro sclerosis). Since the fat is not cut into small pieces for want of Lecithin, the fat content travels forward signaling danger. The same thing repeats in the cells when there is a Lecithin deficiency.

4. The cells get decayed if Lecithin is not supplied enough. Decay can be stopped when Lecithin is provided.

5. Do you know about the research done by Dr. Edward R. Hivith? He observed that if the old people, between 70 and 90, eat food containing plenty of fats, the fats after they are digested; remain in their blood for 5 to 7 hours. For some people they remain for almost 20 hours. He also observed the fats taking more time to reach the cells. Then he tried an experiment on them. He gave them Lecithin before taking food and provided the same fatty food as in the earlier case. The time taken by the fats to reach the cells was exactly the same as it was taken in young people!

6. Lecithin is a natural medicine for nervous tension.

7. Lecithin increases gama globulin in the blood which in turn increases the resistance power in the body. It also cures chronic skin diseases. Lecithin is more in the sperm of man. It is very much required to enhance his sexual urge.

8. Lecithin is essential for the energy of the nerves, mental strength and for the production of hormones. It is very important for the formation of cells in brain, nerves and glands.

If you fall sick, you should not blame the body! You should ask the question what food did it get? It is you who gave the wrong food!

As long as you get the proper supply of Lecithin, you don't get heart trouble, cholesterol, paralysis or B.P.

## 9

### The Harmful Tastes

Food is the most important fundamental need. 'We eat to live? Every organism created by God – from the microscopic virus to the greatest creation Man – requires food. The living organism and its surroundings have a bond between them! That bond is the continuous flow of chemical elements into the body. That flow is possible only through food!

Man requires food for the growth and development of his body! It is scientifically proved that a proper food, not only gives energy to the body, but also helps in his mental growth. His efficiency and capabilities also increase. 'He who has health has hope, and he who has hope has everything'. He who eats good food has good health that increases his efficiency, his life span and his activeness even in old age.

The relationship between food and the living organism is not cut off at any time by the other 8.4 million living beings. That's why they live a happy go lucky life, compared to man. It is pathetic that a human being, with perfect body mechanism, should be so inconsiderate and negligent in caring his marvelous body. Man should protect himself by taking the food that body needs, not the tongue. Instead if he becomes a slave to tastes, he suffers both physically and mentally.

Every morsel of food you eat, can harm you or can help you depending on the type of food you eat. If that morsel is of natural food, it makes friendship with everything in the body it reaches the cells and provides energy to everything right from the toe nail to each hair particle in you. On the contrary, if that morsel of food you eat consists of unnatural, artificial, lifeless but tasteful, instead of providing energy to the body, makes it lose greater energy in driving out the harmful. It means the food that has to provide energy to the body, is causing harm to it.

#### **Taste is different from food. Food is for protection. Taste is for destruction**

The mix of food and taste kill the vitamins and minerals in the food that results in the decrease of resistance power in the body. In fact the regular intake of food protects your body and keeps it healthy. A healthy body contains all types of nutrients and energy. Once you are powerful (healthy) you can fight against the harmful tastes! When you have perfect health even if you yield to taste it doesn't harm you. Then you can have the cake and eat it too! Only then you can say the

wise creature-man is behaving intelligently with his health, body and taste. You are the maker of your own health. Your body helps you to fulfill your duty (at work and at home) without depending on anyone. Of course it is not that easy unless you strongly make up your mind to lead such a life! 'Good health depends primarily upon right thinking and consequent right habits of life.'

Why should man alone suffer when no other creature does? It is because the strong and intelligent man has a weakness for the unnatural tastes! The food is of many tastes. To add insult to injury, that food is cooked, boiled, fried, completely changing its original nature and ultimately pulling down man physically and mentally!

Yielding to taste is our age-old habit. Habit becomes second nature. If some thing is done continuously it becomes a habit. If it is a good thing, it becomes a good habit but if it is a bad thing, it becomes a bad habit. We are doing what we should not do and we are not doing what we should! We eat all kinds of tasty food, but we don't have much physical activity. Consequently we are exposed to diseases and miseries irrespective of our age. Most of the families spend much more money on tasty food than they spend on essential food. That's why these days majority (75%) of people are sick and are healthy only 25%.

The natural food is made unnatural for the sake of taste. You drink the natural milk with sugar or something else to taste good. You drink canned fruit juice with ice, sugar etc. You can't eat sprouts without making it spicy. You substitute water with synthetic sodas, cold drinks and juices. You kill the natural smell of the vegetables. You fry peas, groundnuts in salt and oil. Consequently your body, your internal parts and your mind become unnatural. Your body has not only got used to such tastes, but it has also lost resistance power against them. The body has come to such a tragic state that it is able to relish only bad things and when good things are given it reacts. It is like the initial rupture in the friendship between good and bad guys. The friendship continues only when one yields to the other. It can be in any way. The good can turn bad or vice versa but both should walk the same path. Likewise, if you send good food into the body which is accustomed to bad food, it shows some reaction. Let's discuss some such reactions now.

As soon as you get up, if you drink two glasses of water, you get headache, or you get a vomiting sensation. You may even vomit, but you don't feel any of these if you drink a cup of coffee or tea. You feel headache or heaviness in the eyes or a burning sensation all over the body if you drink a glass of honey and limejuice at breakfast time. But you have no problem whatsoever, if you eat varieties of unnatural food. Head bath in cold water causes headache and cold. You can't digest raw coconut but you can digest meat and chicken happily.

You don't get phlegm if you eat sweets, but you feel so when you eat fruits. You get sneezing or allergies if you go in fog, but you are happy in A.C. room. You can't bear the natural atmosphere like sunlight, rain, sun's heat but you don't mind living in closed, congested rooms. Many people complain they can't bear this, they can't relish that or allergic to something!

Did you ever think for a minute what's wrong with you why you, being born in nature, being brought up in nature, can't relish the food given by the very same nature?

Do you know why we face some problems initially when we eat natural food? It is simply because when the good goes in, bad is thrown out. For instance, observe your breathing. Your lungs inhale oxygen that contains life energy and exhale carbon dioxide (bad air). The same way, when you drink pure water you send out salty urine. You can drive out darkness only by enkindling light.

Let's analyze. You feel cold if you drink orange juice, but not so when you drink soda or cold drinks! Why? If at all sodas are good for health, they can drive out the cold and phlegm in you! But they do not! They are artificial ones created by man! They do not have that energy! Whereas if you drink orange juice, whatever cold or phlegm accumulated in you due to artificial and unnatural intakes is driven out of the body the next day through mouth or nose. Natural food helps in cleaning your body and unnatural food makes it dirty.

Ill health, of body or of mind, is defeat. Health alone is victory. So concentrate on your health. Man is able to progress in any field, but is a miserable failure in the case of his health. Why we alone, the human beings, are prone to diseases? It is our ignorance and negligence towards health!

Now let's analyze the difference between the health of animals and that of human beings.

<b>Organisms (animals)</b>	<b>Man</b>
1. They know what their food is	1. He doesn't know what his food is
2. The animals that move in the day, rest at night and vice versa.	2. He moves around both day and night.
3. Eat natural food.	3. Eats unnatural food (cooked food)
4. Eat tasty food.	4. Treats taste as food.
5. Eat only when hungry.	5. Eats irrespective of hunger.
6. Eat only the required quantity.	6. Uncontrolled eating
7. Don't drink water while eating.	7. Drinks water only while eating.
8. They shit as many times as they eat.	8. Any number times he may eat- once in a day or once in two days only he gets motion.
9. Some animals eat only vegetarian some eat non-vegetarian food.	9. He eats both vegetarian and non-vegetarian.
10. Get food only when they work for it	10. Eats food without having to work.
11. Eat less food during cloudy days or rainy days.	11. Eats more tasty food during such times, especially

12. Fast when they fall sick.	12. Eats during sickness also
13. Change of water causes no problem.	13. Slight change in water brings cold
14. Can live their life's full	14. Dies untimely.
15. Change of seasons or atmosphere does't affect them.	15. For every seasonal change he faces disturbed health.
16. They have sexual intercourse only for progeny.	16. Have sexual intercourse without any rhyme and reason.
17. Beget progeny naturally.	17. Can't get children without doctor's help.
18. Don't need doctors or hospitals, the five natural elements are their doctors.	18. Can't live without doctors or hospitals.
19. Eat 12 hours and fast 12 hours.	19. Eat till midnight, leaving no time for digestion.
20. Don't loose teeth as long as they are alive.	20. Teeth decay and dentures are a must.
21. Don't lose eyesight in their lifetime.	21. Can't see without glasses.
22. Lead a natural life devoid of diseases.	22. Lead an unnatural life with all kinds of diseases.
23. Lead a normal life till their last breath.	23. Falls sick and becomes bed-ridden before death.
24. Co-operate with Nature and make themselves blessed in the lap of Nature.	24. Destroys Nature and leads a life against Nature bringing misery upon himself.
25. Fulfill their life's purpose.	25. Only a few are blessed thus.

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Better late than never! Let us change our food habits keeping in view of our health. Then you can regain your lost health. Why not we give up our weakness for taste, distancing our selves from medicines and hospitals forever!

The seven tastes that spoil our health are salt, chili, oil, ghee (clarified butter), sweet, sour and spices. They make you a slave to them and take away your calm and composed nature. The poor fish is lured by its prey and suffers. The same way, we are lured by the seven tastes and we are bringing misery upon ourselves.

You can substitute these seven tastes with different natural items that give you a two-fold advantage. You can get taste and still be healthy. You can substitute salt with coconut, leafy vegetables, milk or curds in the curries. The natural salt in them

substitutes the artificial salt you use. Use green chili instead of red chili and chili powder. Use amla, tamarind tender leaves, mangoes and lemon in place of tamarind. Use honey instead of sugar or brown sugar. You can also use dates. Don't ever think of oil, ghee and spices.

Once you get used to such natural food and become perfectly healthy, there will be no harm even if you yield those seven tastes once in a while. But not behave like one chain smoker who misunderstood the doctor's advice. To lessen his habit of smoking, the doctor asked him to smoke one cigarette after a meal. At the end of the week he complained to the doctor he had to eat 18 times a day to smoke!

The natural food without salt and chili powder is good for healthy as well as the sick people. You can eat a pound of vegetable curry. You don't feel heavy after food and you won't gain weight even if you eat more. You become a stranger to B.P and sugar. It is a recommended diet for all chronic diseases. You don't feel thirsty. It gets digested easily. Heart patients get rid of their problems like cholesterol and will have a free blood circulation. You can relish these vegetables more with bread. Since you eat plenty of vegetables, you will have a free motion curing your gastric and constipation problems. In short, natural food style is the one and the only one cure for any and every disease. It is only when you experience it you will enjoy it.

Let me explain to you in detail, in the following chapters, how each one of the seven tastes is harmful and how it causes you diseases.

## 10

### Salt – The King of Tastes and Diseases

The word 'taste' at once takes you to salt. It has become an established fact that you must add salt to every cooked item for good taste. Getting used to a particular 'taste' is indeed a habit since the more you eat something, the more you get used to it. Your body and your cells long for that 'taste' and you reach a stage where you cannot relish a food if that 'taste' is missing or if it is slightly changed. It is slavery to salt. It means the cells in your mouth, the body and mind- all have been addicted to this bad habit of eating salt.

The constant use of medicines makes your body immune to them and so they don't work properly. The same way, if you are used to strong coffee, you can't relish an ordinary coffee elsewhere. This applies to salt too.

You have taste buds in the front part of the tongue. New taste buds are formed for every 10 days. So if you eat a less of salt, the first ten days it may be difficult to appreciate it, but the new taste buds that are formed after ten days get used to the new taste. Hence if you don't eat salt for a few days, the cells will get used to the saltlessness in no time though initially the salt less food is not very tasty.

You have an advantage in fasting. During fasting, you don't use salt and by the time you give up fasting and resort to natural food, new taste buds would have been formed which would easily accept the new taste. The reason is simple. They do not know what you were eating earlier. So the new taste buds get used to the new taste and relish the food you eat.

It is always difficult to give up a bad habit! Whatever food or taste you have to give up, you wonder how you could do it! It is always easy to give up a good habit. For instance you take the example of fruits! You eat those fruits as long as they are available, as many as possible, but once the season is over, you don't miss them! You don't long for them! The same theory applies to any natural food.

Your taste buds and cells in the mouth are used to a particular quantity of salt. If usual quantity is missing, they force the mind to go for it. A man who eats stomach full everyday feels very hungry if he doesn't get his usual quota! Where does the trouble arise- in the stomach or in the mind? If you feel it is in the stomach then how do you account for this? You don't eat your breakfast your stomach full! Then your stomach doesn't grumble! So it goes without saying, the mind and not the stomach that is feeling restless. The mind decides how much is required to fill the stomach. The same way the mind and the tongue are used to the taste of salt. These two long for it, if it is missing. So the trouble is with the mind!

Is taste required for the mind or for the body? Everybody agrees it is required for the mind.

A woman fought with her husband thus, 'Monday, when I prepared eggplant curry you said it was wonderful, Tuesday when I prepared eggplant you said it was very tasty, Wednesday it was good. Thursday you ate silently, Friday you grumbled, Saturday, today you threw it on my face! Why what's wrong with you? Why are you so angry?' Poor man's mind, how long will it bear the same old curry! So we understand clearly that taste is for the mind and automatically the taste 'salt' is for the mind and not for the body.

You don't mind having a little less of salt, but not a little more of salt. Your body is used to a certain amount of salt. Lesser quantity makes it feel light, but a greater quantity makes you spit it at once. Why should you do so? Is it not the same salt you eat everyday? What's wrong if you eat a little more one day? Why should your mind force you to spit it out?

You put a pinch of salt in the mouth of a month old baby whose food is only milk! At once his smiling face becomes irritable and he spits it out! Who taught him not to eat it? We too repeat the same spitting. Why? We do like salt! Why then should we spit it out? It is because it is the duty of the body to protect itself from the enemies, from the entry of harmful things into the body.

Anything bad makes you suffer initially. The first time you smoke a cigarette you cough terribly. Your throat and nose burn due to the smoke. But if you persist for some days the cough disappears. The same way, when you drink brandy for the first time, you may even vomit due to its bitter taste. But once you become alcoholic, you love its taste. Just ten days' friendship turned bad into good for the body. So also salt becomes good to the body. So the first day when the salt is more, the body advises you to spit it out, but if you continue eating the same quantity, the body and the tongue mutely accept it. Anything, even poison is fine, if it is continuously taken!

### **Ways & Means for Avoiding Salt**

Let's see how the body accepts salt directly (without mixing anything with it)

**1. Action in the mouth:** Let's mix a little amount of salt in water and drink a mouthful of it! As we pour it, into the mouth, the cells at the lips and the delicate layers in the mouth suffer severely. Some cells die and some cells weaken. Seeing the death of some cells, the resistance power in the mouth orders the tongue to spit it out as a first precaution before greater damage is done. That is possible only in the case of healthy people, whereas weak people, sickly people, slaves of salt and tastes, can't obey the orders. They don't mind swallowing it into the stomach. And they swallow it.

**2. Action in the stomach:** So the enemy has crossed the first gate and is now at the second gate. The salt water reaches the stomach. The resistance power of healthy people in the stomach, tries to drive out the enemy. It creates a vomiting sensation and churns the stomach so much that the salt water comes out of it in the form of vomit. But this doesn't work with unhealthy people and with those who are accustomed to the use of salt greatly. The salt water doesn't cause much harm or uneasiness in the stomach. A part of it goes into the blood. The remaining part of salt water goes into the small intestines.

**3. Action in the Intestines:** As soon as the salt water reaches the small intestines, the small way between the stomach and the small intestines closes down. So there is no let out for the salt-water that way. The resistance power there in the intestines has to make a final attempt to fight it out so that it won't harm the intestines. It causes heavy movements in the intestines to drive out the harmful salt water through anus. The muscles of the intestines send water into the intestines through mucous layer to dilute the salt water. As a result, the movement in the intestines increases and the salt water comes out through anus in the form of loose motions. But if the body has no resistance power it digests the salt and sends it to blood through small intestines. The salt that is sent into the blood reaches the cells through blood vessels and poisons them.

A healthy person can fight out the salt at one of these three stages. Spit it immediately, vomit it or at least send it out through motions. An unhealthy person makes not only the cells in the stomach and the intestines suffer, but also makes all other cells in the body suffer since enemy travels through blood.

The body is so careful about its safety that it drives out any foreign matter. It takes up the duty of excreting the harmful ones first. The body doesn't suffer even if food is not provided for one day, but it can't bear the nuisance of an alien. That is a healthy sign of the body.



For example, Let's say something falls in your eye! You can't rest in peace till you remove it! Your hands will be after that all the time! It is all the doing of the body. It makes you restless just to protect the eye.

Let's assume a thorn pricks you, but you ignore it. The body forms pus there and makes you suffer. But still you behave like care a not! The poor body does its own first aid! That pus breaks open driving out the thorn with it. All this is done to safeguard your body.

Put your finger into your nose, the poor nose doesn't mind it! But if you want to tease it by putting your handkerchief in it, it will not bear it with a grin! It may be your kerchief from your pocket, but for it, it is a stranger. So it makes you sneeze! You know how powerful a sneeze is! It makes you lift up your head, put a horrible look and sneeze heavily! It is so strong that if anything has gone in, it is forced to come out in one shot. The baby might be born out of the womb of the mother, but the very same mother has no right to keep her finger into her baby's nose! That is the strong possessive nature of the body!

Now let's analyze whether salt is poisonous or useful for the cells. If salt is a useful food, you should feel like chewing it happily, when you put into your mouth. But you know you don't like it! You are eager to spit it out at once! At the very touch of salt, more of saliva is produced to spit out! If the mouth is rejecting it thus, how can you call it a useful food? The salt that is sent in is vomited out with excess of water! Doesn't it convey it is not needed for the body? At the third stage too, i.e. in the intestines it is sent out in the form of loose motions. Is n't it clear that it is not, in any case, required for the body? The main functioning of the body is to retain the useful ingredients and to drive out through excretory parts all that is waste and unnecessary.

Salt is present in the body more than the required quantity. Hence it is sent out in various ways through urine, through sweat, through phlegm and through nasal discharge. No animal ever touches salt! The natural sodium in the food they eat is quite sufficient for the animals! That natural salt itself is more for them, so they send out the excess through urine. That's why cow's urine is salty. If we also take natural food, the excessive sodium therein will also be sent out through urine.

Fig FAT4

The diagram above is the shape of a cell, and its parts. Now it is time for us to learn a little about the cell. Of course if you are in the habit of eating natural food gifted by God as it is, we don't have to learn or study these things. Then things would go on smoothly. Since we are prone to sickness, it is our primary duty to know what's going wrong and where!

It is roughly estimated that our body contains some 125 trillion cells. Just as our internal parts are covered and safeguarded by the skin, our cells are protected by cell membranes. This membrane is the skin for the cell. Just like our skin has little pores to let out sweat, so also do these membranes have little pores. Very minute blood vessels are arranged to the cells for blood circulation. Just as our body has some internal parts, so do the cells have some internal parts (Nucleus, galgibody, protoplasm, mitochondria etc) for different natures of work. If there is water in the

body, there is some sticky substance in wheat color inside the cell. This is called protoplasm. The food we take turns into glucose and reaches the cells through the minute blood vessels as shown in the figure. The food (glucose) thus reached, is burnt up in the mitochondria in the cells and promotes energy. There is an eternal promotion of energy in the mitochondria. Such mitochondria are plenty in the cells. The energy thus produced eternally is transferred to the phosphate atoms to carry it out. Such a continuous activity increases the activeness and health of the cells. When you burn sticks, they give place to ash, the waste material. The same way the glucose that is burnt in the mitochondria produces waste materials like carbon dioxide and water along with the useful energy. This waste material is carried forth to the excretory organs in the return journey of the blood.

The energy is thus produced all the 24 hours, which means the cells are always hot. Anything that is hot cools down within no time – coffee, rice anything! They cool down based on the atmosphere and the dampness in the air! If that is the case, we human beings, who are in the same atmosphere, shouldn't we also cool down? Why isn't our body becoming icy cold? That is the miracle of God's creation! If our body becomes cold, it means we are nearing death! The stove at home burns only twice a day for cooking food. But the stove body burns through out! If that stove comes to a stand still, our life comes to a stand still. So the energy that is created is our life! Our savior! Our activity!

The movement in and out – of the cell (food inside-waste material outside) go on peacefully due to the heat produced in the cell. Your friendship with your friends or relationship with relatives, remains for long if both of you maintain cordiality. This theory applies to your cells also. One-way love doesn't materialize! The cells can't retain their health if there is one-way traffic to them in the sense if the cells receive food but don't send out waste matter, or vice versa, they will not be in good condition. If the waste material doesn't go out of the cells, the protoplasm in the cells becomes poisonous. On the contrary if the food is not received in the cells, they lose energy and die an untimely death. Now let's analyze how the energy is produced from different types of food.

You must have observed during fasting, that your body is hot if you have taken plenty of honey. Since honey doesn't need time to get digested, it reaches blood straight from stomach and from there reaches the cells at once and produces energy. Since honey reaches the cells quickly, the energy is produced quickly. This is the reason why honey is treated as instant energizer. Honey is like petrol whereas sugar is like kerosene. Kerosene of course burns immediately, but it doesn't provide sufficient energy. It releases smoke that causes pollution. If you enkindle fire with dry sticks they can provide the required heat without any smoke by burning brightly. The natural food like raw vegetables, fruits, sprouts etc. are like those dry sticks. They produce more energy for the cells without causing any harm to the body.

You are eating unnatural food, particularly, non-vegetarian! You add salt, oil, and spices to it. To top it, you fry it in oil. Just as the food doesn't get cooked properly on improper sticks, so also this type of food you eat doesn't get digested quickly. The food outside slowly gets cooked. The food inside slowly gets digested. The sticks outside give a smoke now and then, the food inside sends out belching. The fire is put out whenever a wet wood comes in its way. The digestion inside comes to a standstill if you drink water during digestion. The time required for digesting the food is proportionate to the bad food that you eat. The food digested thus spoils the health of the cells.

The heat produced in the fire is based on the quality of the wood used. The energy produced in the cells is based on the food you eat. Natural food like seeds and sprouts can provide greater energy to your cells that will in turn increase your life span and health.

Can you cut down the same branch on which you are sitting? Should you spend away the energy produced by the food to digest the very same food? But if you eat salt, oil, meat, etc the energy produced through that food is again brought back to digest the same food. That's why you are so weak in spite of eating so many varieties of food! Whatever food you eat, irrespective of its quality – good or bad – it goes completely into the 125 trillion cells of your body.

### **What's in and out of a cell?**

Let us know the relationship between the cells and salt. The salt in the natural vegetables and fruits is called 'sodium'. Sodium and Potassium are two main elements. Sodium (salt) and Potassium can retain the 68% water in our body throughout.

Let us analyze the relationship between the cells and sodium (salt) and potassium. You know already that the sticky wheat colored thick liquid in the cell is called protoplasm. Potassium is present in this protoplasm. It means the potassium occupies the internal part of the cell. Sodium (salt) is present outside the cell. In this way between one cell and the other sodium is present outside and potassium inside for all the 125 trillion cells. The ratio is 8:1.8% potassium inside and 1% sodium outside. This ratio decides the health of a cell. The movements of the food in and out of the cell are good, if the ratio is normal. If the ratio is disturbed, the cell's health is disturbed. They in turn disturb the health of the body of its owner.

The ratio of potassium, sodium (8:1) is based on the food we take. The God who created our body, designed the food also which would suit the requirements of the same. As God creates the food, it is second to none. It is a natural food with the natural ratio (8:1 of potassium and sodium) that is required for us.

The vast earth is created similar to a small cell in our body, in the same way, in the same ratio. Outside the earth (land) sodium is present in the form of ocean (salt water). Inside the earth is potassium in the form of trees and plants. Isn't it strange! How wonderful is God's creation! The same ratio of potassium, sodium is maintained in the vast earth, the small cells of a plant and a tiny cell of a human being! The same law, the same rule to everyone and everything! No partiality! That's God's law!

Salt has more of density. So it is heavy and it tends to flow downwards, whereas potassium has a tendency to flow upwards. Since the plants have more of potassium, they are soaring high into the sky. Potassium can increase your intelligence and help you to go towards your goal. On the contrary sodium pulls you down and doesn't allow you to move forward. The salt, because of this tendency, is weakening your mind and thereby spoiling your health. Let's deal with this point at a later stage. Now we will see the ratio of sodium and potassium in the food we eat.

<b>S.No</b>	<b>100g weight</b>	<b>Potassium (in mg)</b>	<b>Sodium (in mg)</b>
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1.	Wheat	284	17
2.	Malt	408	11
3.	Maize Corn	151	52
4.	Wheat flour (prepared in flour mill)	315	20
5.	Raw bengal gram	808	37
6.	Black gram	800	40
7.	'Bobbarlu'	1131	23
8.	Green gram	843	28
9.	Garden leaf	341	230
10.	Coriander	258	58
11.	Methi	31	76
12.	Spinach	206	58
13.	Beetroot	43	761
14.	Carrot	1081	36
15.	One big onion	127	4
16.	Potato	247	11
17.	Sweet Potato	393	9
18.	Bitter gourd	152	18
19.	Bottle gourd	87	2
20.	Brinjal	200	3
21.	French Beans	39	46
22.	Cauliflower	138	53
23.	Cucumber	50	10
24.	Lady's finger	50	7
25.	Lotus stem	3007	438
26.	Raw mango	83	43
27.	Raw Papayya	216	23
28.	Pumpkin	139	6
29.	Raw tomato	114	46
30.	Snake guard	50	26
31.	Rib gourd	50	3
32.	Amla	225	5
33.	Apple	75	28
34.	Banana	88	37
35.	Guava	91	6
36.	Kala jamon	55	26
37.	Mango	205	26
38.	Water melon	160	27
39.	Orange	9	5
40.	Papayya	69	6
41.	Pineapple	37	38
42.	Pomegranate	133	1
43.	Chika	269	6
44.	Buffalo's milk	90	19
45.	Cow's milk	140	73
46.	Curds	130	32

**Ratios reversed:** The table given below shows you how the ratio in and outside the cell changes by cooking food and adding salt to it.

#### **Fresh peas**

#### **Fresh peas in oil**

**(Natural)**

100 g  
316 mg  
2 mg

**(fried)**

100 g (seasoning with salt)  
96 mg (Potassium)  
236 mg (Sodium)

For example in 100g fresh peas potassium content is 316mg and sodium is 2 mg.

The same fresh peas change its potassium and sodium content by cooking – i.e. by frying, seasoning and adding salt. When you heat any food, the potassium content in it gets destroyed. When you add salt for taste it increases the sodium content from 2 to 236 mg. The cooked food becomes harmful because it increases the salt content and decreases the potassium content. In other words the sodium, potassium ratio is getting reversed! The reverse law is not always good! From Christmas to New year it is only one week! But from New year to Christmas it is almost one whole year! So if the ratio is reversed it causes enormous harm. Cooking food is harmful; adding salt to it is more harmful. Adding oil, chili powder or spice to green peas is not causing harm to the cell or to the ratio of the two elements. A mere addition of salt is greatly disturbing the ratio! It lays the foundation for the decay of cells, which in turn spoils your health. If you drive out salt, you can drive out disease, if you eat salt less food it means you are eating harmless food.

As long as the ratio of the sodium and potassium content in the cell is normal the flow of food, air, water (through blood) into the cell and outside the cell, is normal. Once the ratio is reversed, the movement is hindered. Consequently the cells become weak and since they don't get the required energy they face an untimely death. Their death gives birth to minor ailments which in turn foster major diseases. Unable to bear the suffering caused by them, if you control your tastes and turn to natural food, the cells may regain their health within 5-6 months.

All fruits, vegetable, seeds, milk contain more of potassium and less of sodium content. If we eat natural food as it is, the same ratio reaches our body and maintains the same ratio (8:1) life long.

Potassium is lost in the cooked food and so there will be a slight variation in the ratio even if we don't add salt to it! We should compensate the loss by eating fruits.

The animals have the same ratio of potassium inside and sodium outside (8:1) their cells since they eat natural food. If we examine a piece of meat, potassium in it is 270% and sodium is 33%. If we eat raw meat this proportion won't be disturbed and so it doesn't harm the body. That may be the reason why the animals that eat flesh live their full life without falling sick! Then why are we falling sick when we are eating the same flesh they eat? It is because we cook it and eat it! We can't eat it raw. It takes a longer time to cook meat.

<b>S.No.</b>	<b>In 100g meat</b>	<b>Raw meat</b>	<b>Cooked meat</b>
1	Potassium	270 mg	30 mg
2.	Sodium (salt)	33 mg	2033 mg
3.	Potassium Sodium ratio	8 : 1	1 : 67

- |    |                    |        |                                      |
|----|--------------------|--------|--------------------------------------|
| 4. | The ratio required | Normal | opposite completely<br>for the cells |
|----|--------------------|--------|--------------------------------------|

The potassium content reduces from 270 mg to 30 mg due to cooking for long. This is harmful. You are all used to eat meat making it tasteful. You add water, oil, spices, more salt and chili powder to avoid its original bad smell and to make it relish able and tasty to eat.

The meat you cook contains 33 mg sodium (salt) before it is cooked, but while cooking if you add 2 grams of salt to it the salt content rises up to 2033 mg. It means the salt content rose up from 33 to 2033 mg. Prior to cooking the ratio of potassium and sodium is, as needed by the cell (8:1). After cooking it changes to 1:67 ratio. The 8% potassium becomes 1% while the sodium (salt) increases to 67% 1%. The difference is so great that it looks like the difference between the ant and the elephant. After eating meat the natural ratio of potassium and sodium in the cells completely changes.

The chronic patients, heart patients and people suffering from skin diseases are advised by doctors to give up meat. The cells of these patients would have become weak long before. So you can say, the situation is tense but under control. When the disease crops up, the intake of meat will aggravate the already burning problem. That is why such patients are strictly advised against eating meat. The changed ratio of these two elements leads to bigger problems. If we analyze the cause of disease we will be able to contain and cure it. Will visit doctors and spending money, cure you diseases? Never! Can the medicines or the medical treatment bring back the health of the cells once lost? It is possible only by changing food habits along with the intake of medicines. Just think for a minute! Are you relieved of your disease by medicines or by changed food? If it is by medicines you could have just taken medicines, why should you have to change your diet? You could have then continued your normal diet!

People wrongly assume one who doesn't relish tasty food isn't fit to be a man! In fact any creature other than man is fulfilling its life's purpose in a proper way! If you follow food restrictions every day automatically the things that lead to illness are set right and the condition of the cells will improve day by day. You should use medicines only for a dire necessity! Instead if you keep eating everything and anything and take medicines to cure yourself, it may be a time-pass for you, but time is passing away from you! The body is spoiled by tasty food you take and the medicines you eat which cause side effects. The best cure for a disease is your proper food.

### **Where is salt stored?**

You add a pinch of salt to a glass of water. The salt dissolves in the water, turning the pure water into salty water. If you use salt in the food you eat, it changes the water in the body into salty water. So the 68% of water in the body becomes salty. The body requires pure water but you are making it salty. The poor body cannot bear it for long.

Fig FAT5

This salt water is stored in the empty space between one cell and the other among all among all the 125 trillion cells, decaying them (you can observe the space between the cells in the diagram above). You would have noticed your skin becoming sticky and hard after a bath in the seawater. If one or two hours' of bath in the salt water could give you such an experience, imagine the plight of the cells which are forever sailing in the salt water! You will feel uneasy till you have fresh water shower. The poor cells are also longing for such a pure water bath! When the seawater damages such a hard skin of yours how do you think will the delicate tissue retain its health?

You have already seen that in the liquid between one cell and the other there is one per cent of sodium. Instead of leaving alone just one percent of sodium, we are consuming salt changing the entire liquid more salty. Let's once again recollect the fact that a normal cell is expected to have 8% potassium inside and 1% of sodium outside.

Iron gets rusted if it is exposed to salty air. The same way, the salt damages any part in the body where it is stagnated.

The body has to protect the cells from salt. So it sends forth water to the place where the salt is more to weaken its impact. Water can dilute salt. The water from the cell and from the blood vessels goes outside the cell to protect the layer of the cell. For instance when something falls in the eye, water comes out in an effort to drive out the stranger. The dust and dirt that enter the nose are sent out in the form of sneezing. Likewise, the water in the cells and tissues goes out and as a result the cells lose their elasticity and they come closer. For instance if you have many loose motions, through which plenty of water goes out, don't you look weak and pulled down? It leads to dehydration. Just as the required minerals and salts go out of the body, leaving it in trouble, so also the potassium comes out of the cells and goes through urine, leaving them in trouble. Fall in the potassium ratio leads to the fall in the blood sugar count making you feel tired. It aggravates the loss of potassium. The process continues as long as you continue to take salt. There is no end to it.

Once the potassium content increases its outside flow there starts a reverse flow. The salt (sodium) outside the cells comes into the cell crossing the thin layer. This is more harmful to the potassium. When the ratio (8:1) of potassium and sodium gets place for diseases. Our life would go on smoothly as long as potassium and sodium maintain their ratio.

The salt outside the cell rises up to 50%. As per Osmosis, where salt is more, water moves automatically in that direction. This Osmosis is the reason for the outward flow of water. The water brings out with it the potassium content too. When the potassium gets weakened, its enemy becomes stronger and enters the prohibited area. That entry is the entry for diseases too. Our food changes 8:1 ratio into 1:50 ratio. If we don't provide the needed amount of potassium (2500 mg) to the body everyday through food, its opponent becomes strong and spoils the cells. You can compensate that loss by eating fruits or vegetables everyday.

### **How much Sodium (salt) is required?**

On an average, a man needs 200-300 mg sodium for keeping good health. The salt we use is known as Sodium Chloride. The natural salt in vegetables, fruits, milk etc is called Sodium. Outflow of Sodium from the body depends on the atmospheric condition outside. The natural Sodium can be sent out easily without any harm to the body.

Usually, the salt we add for taste is roughly from 4000 mg to 25000 mg (it means 40-25g). We do get the natural Sodium 300-1000 through our food which is more than the needed 300mg. It means our body is getting 4300 to 26000 mg through natural Sodium and Sodium chloride!

### **Disadvantages from salt**

**1. Swelling:** Those who eat more salt generally carry 6-7 liters of water in the body making the cells float in the salty fluid. In some people the water quantity may be more inside. Their bodies look swollen. This excess water hinders free flow of oxygen (life energy) to the cells causing them die. Don't you feel breathless when you dip yourself in water for few seconds? The poor cells face the same breathlessness all the 24 hours!

**2. Increase in body weight:** By eating more salt you are allowing the water to get stored in the body, increasing your weight. Salt holds and stores water thereby the body will be sagging. Overweight makes you prone to disorders in the body.

**3. Arthritis:** The excess of salt in the body affects the joints. Cobwebs gather more in corners, so also salt in joints. If you ask a beggar for his life ambition, he will promptly say, 'one day I should beg in America'. It means even if he is given a chance, he can't come out of his begging instinct. The same way, the salt, which is harmful, can't keep quiet without decaying or spoiling the part of the body in which it is! The salt stagnated between the joints eats away the gummy substance and joints. Don't think that your arthritis is because of your age. It is because of the salt that is in joints. Simple remedy to cure arthritis is - giving up salt.

**4. Harm to certain parts:** You can see that the face, hands, ankle, feet of some people are sometimes swollen. You can test by pressing those parts. The excess salt in the body stays in these parts because the body is sending more water to save the cells and bones from salt. Swelling is a warning signal to let you know the suffering of the cells.

**5. They care the size of the item:** You all wrongly assume that High B.P. is a silent killer. You know that the more you eat salt, the more it is stored in and around 125 trillion cells attracting more water. Because of this excess of water the cells and the empty place outside the cells will always be swollen. As a result the blood vessels there will be exposed to pressure. The normal energy of the heart is not sufficient to circulate blood to the cells when blood vessels are under pressure. In normal condition the heart pumps at 120 pressure (energy), but now unless the heart beats with more pressure than this, it cannot reach blood to the cells. The pressure rising up more than 120 is called B.P.

The theory of relativity works here. More pressure causes harm to heart. The poor heart will not have enough rest, as B.P. increases. The pressure will be 80 when heart takes rest. The days you have hectic work, you can't relax. So also the poor heart doesn't get even that minimum rest (0.4 seconds) once it gets B.P. The salt



hardens the blood vessels carrying blood to the heart. The contraction and expansion of the blood vessels are not normal and so blood doesn't move forward. This is yet another reason for B.P. Shall I suggest you a very simple medicine? It has no side effects; it requires no money, no doctor's suggestions and above all it is available in front of you in your own home! Number one medicine for B.P. in the whole world is giving up salt! Totally give up salt and be a stranger to B.P.

**6. Heart Trouble:** The heart can work more with less energy and can relax for a longer time if you give up salt completely. The heart muscles contract due to excess salt. The calcium in the muscles is lost due to presence of salt. The same way the valves and the blood vessels to the heart become hard and they can't function properly. Slowly when each part is thus affected, it will reach a stage where the heart stops working efficiently. Not only that. The blood becomes thickened due to the excessive salt and so the heart cannot pump blood easily. The movements of the heart muscles are affected due to salt and so the heart has to work more than its normal routine.

**7. Paralysis:** There is a possibility of B.P. shooting up when the blood vessels narrow down or become hard. As a result the head, the brain and the blood vessels are likely to be affected which will lead to paralysis.

**8. Bad Odor:** The water in the whole body becomes salty when salt gets stored in and outside the cell. We don't sweat, we don't urinate much if excess of salt remains in the body. Since the cells have more than the required bad water, they can't receive the air properly and so the waste material in them is not burnt quickly. That's why man's mouth gives bad odor. The air he exhales, his sweat, his urine, his motion stink. For that matter, even his mind! The real culprit for all this is the salt, which attracts towards it all that is bad and retains it in your body.

So, if you don't eat salt, you don't have to brush your teeth, you don't have to bathe, you don't have to pour water over your urine. Your motion won't give a bad smell. To top it all, your mind gets purified! Does it sound like cock and bull story? Of course not! Only if you experience it, you will realize it! How long can you hide the dirt inside by bathing twice or by applying body sprays?

**9. Kidney Problem:** There is no point in crying over spoilt milk! But people realize the impact of anything only after it is too late. Only when the kidneys are totally damaged, do they try to give up salt since it is then that they do realize its harm! What is harmful is harmful forever not only when you are sick, but also when you are hale and healthy. The association of a bad friend turns you to evil. The water, the friend of salt, remains more in the body to give company to salt and both together work upon the kidneys. So the pressure of water is borne not only by heart but also by kidneys. The excessive salt leads to stones in the kidneys.

God has created kidneys to filter efficiently pure water for 100 years, but how long can they work effectively if you supply them salt water? Salt brings with it only a sad story! So salt seems to be knee bent on causing harm to the kidneys! Salt is going to destroy all the internal parts one after the other, systematically!

**10. Chronic Diseases:** Small ailments, if neglected, lead to major diseases or chronic diseases. As has already been explained to you, the storage of salt water weakens the cells. It affects the flow of fresh air, water and food laying foundation for diseases. Unless you give up salt, your cells cannot restore their lost health!

There are patients whose chronic skin diseases are cured by giving up salt totally and by eating natural food. The skin diseases 'Psoriasis' can be cured completely by giving up salt. The medicines can only subside your pain, but cannot cure you. Unless you strike at the root cause, the chronic diseases won't yield to you!

**11. Sugar complaint:** You already know that if you give up salt, your B.P., kidney problem or the stones in the kidneys will be cured. But do you know, that if you don't eat salt, you can be cured of your diabetes too? When there is a scarcity of Potassium in the cells, you have to supplement it with insulin for the free flow of food. The insulin hormone doesn't function properly in sugar patients. So it is treated through medicines, ignoring the damage caused to the cells.

So far, you have been under the impression that you can control sugar complaint only if you take medicines regularly. One day you miss a tablet it will shoot up – is your experience. But now try this way! You give up salt and eat the food that contains potassium. Then cells can get food easily, needing less insulin. If you follow this you will be cured of your sugar complaint without the need for medicines.

You have already seen in detail how the excess of salt drives out the potassium in the cells and changing the 8:1 ratio of the potassium and sodium elements. In such a situation the glucose in the blood takes a longer time to be converted into energy. So if the cells don't use the glucose that you send in, through food, the glucose remains in the blood vessels, leading to blood sugar. Then you feel weak, because the cells are not getting the required glucose.

The sum and substance of it is- glucose is converted into energy quickly with less insulin provided the 8:1 ratio of the two elements remains normal. Many of you must have noticed that your sugar reading comes down if you eat raw vegetables for a few days. You know why? The raw vegetables have the potassium and sodium elements as required by the cells.

**12. Asthma, Allergy, Sinus:** Water remains stored wherever salt remains. So the water you drink, is diverted only for that purpose. In fact the entire water becomes salty. Since there is no pure water in the body it leads to dehydration. A hormone called 'Histamin' is produced in such a situation. As a result the air passages in the lungs have an obstruction. So, sticky substances will be produced in the lungs and in sinus parts. It leads to sneezing, cold, allergy, breathlessness and Asthma. Such problems arise for two simple factors – 1. you consume salt and 2. you don't drink the required quantity of water. There is an unending list of diseases that crop up due to one harmful item - THE SALT.

To cut a long story short, from the biggest part of the body to the minutest item, the cell, which could only be seen through the microscope, all are affected by the mischief-maker. One pinch of salt a day corrupts thoroughly all the busy bees in our body! The king's lust for power makes his people suffer. Here, your lust for the king 'salt' makes you suffer.

More than the treatment of any disease, the diagnosis is the most important factor. Any problem can be sorted out once for all, if you strike at the root cause of evil. Physical wants can be driven out, not by providing material comforts, but by providing spiritual knowledge! So your diseases can be cured or even prevented by analyzing your responsibility to yourself!

You have been eating food along with salt! You have been suffering in some way or other! So you try eating salt less food advocated for just four months! It can't cause you adverse effect! It can, on the contrary, show you personally the golden path in life!

'Lord, where we are wrong,  
Make us willing to change;  
Where we are right, make us  
Easy to live with'

Health is not a condition of matter, but of mind! You decide.

## 11

### Miss Chili – The Tongue-teaser

I am Miss Chili. I can reduce saltlessness to some extent. My specialty is, I provide taste to your food without causing any harm to you. My other friends spoil your body, but not me! You know my other specialty? Only I can tease the tongue, which teases everybody! So people call me a tongue – teaser!

People treat me as a villain carried away by my color and taste. I can't understand why they are so scared of poor me! I look frightening but in fact I am so lovable! I make fun of only Mr. Tongue but I don't hate anybody. People think I cause 'Ulcers' in the stomach and so blame me unnecessarily! I am in a way responsible for that! You do get ulcers due to the tea, coffee you drink, the fats you eat and the anger and tension you undergo, but definitely not because of me. I may cause a little inconvenience to you during ulcer, but I am not the cause of ulcer.

Let me reveal one secret about me! If you use more of me, I make you jump about while eating and even while shitting. So don't take me for granted. No offence, no defense! If you irritate me, I irritate you! But that's all! I am far better than the other tastes you enjoy! I don't remain in your internal parts like salt, oil and sugar and I don't harm you.

I was given due respect in the olden days but nowadays people are passing the buck on me! Come what may they are blaming me and are doing away with me. They are boasting themselves that they are eating without me. They are showing undue respect to salt, oil ghee, sugar and spices thereby causing harm to their internal parts! They in turn they have to be treated in hospitals.

I have a twin sister- Red chili. The more she is dried, the hotter she becomes. Those who eat salt less food can eat me-the green chili to some extent. Red chili has to go with salt and tamarind.

We are born to die! Of course, we shouldn't be scared of death which is inevitable.

We are sent to the world with a life purpose. We should be grateful to God for creating us on this earth, for providing us the natural sources of air, water and sunlight to lead our life. We can reciprocate our love and gratitude to him by providing a fellow being joy and happiness in our limited way! My life purpose is fulfilled since as a chili. I am able to provide you happiness and taste. I have done my duty properly. My last moments in your hands only fill me with pleasure. So I, Miss Chili, am happily going towards my deathbed, the knife! Every drop of my chili blood is spent in serving you people! Good-bye!

## 12

### Sour Taste - The Friend of Salt and Chili Powder

The very mention of the sour taste makes you ooze out saliva in your mouth. There is no need to describe the process! Sour things have vitamin 'C' in them. It's an open secret. It subsides your hidden desires. You cannot eat a sweat after eating a sour fruit. It means the sour taste drives out your desire to eat any other thing after that.

This is one of the seven tastes! It doesn't go alone! It carries with it salt and chili powder.

Tamarind is from dried raw tamarind. It helps in free motion. Tamarind when it becomes dry, works as a medicine. For instance tea leaves don't enervate you when they are fresh. Once they become dry enervating ingredient tean is produced in them. That enervates our nerves when we drink tea. The same way tobacco leaves. So too much tamarind juice harms the intestines.

If you use raw tamarind in place salt, you won't miss the presence of salt in it! The curries will be tastier still if you can use un-ripened mangoes when they are available. Even the tamarind tender leaves don't remind you of the saltlessness.

Lemon is available throughout the year. It can be used as a replacement to salt. It has C vitamin.

There is a vast difference between limejuice and tamarind juice. If you eat a curry – seasoned vegetables – with limejuice squeezed over it, due to its sour taste, you don't want to eat anything till that food is digested. The iron content in the food, and the 'C' vitamin in lemon juice, both of them join together to help in the free and complete flow of digested food from intestines to blood. That means the lemon juice helps in the proper usage of 'iron' in the food, without being wasted. As a result your desire for 'taste' subsides. If you can control your desire for 'taste' you can involuntarily regain self-control over everything. This control is the foundation stone for your good health and for spiritual thinking.

## 13

### Ghee – A Royal way to Diseases

Ghee (clarified butter) is more harmful than it is usefulness. It takes a longer time to digest ghee items. Your hunger reduces if you eat items made of ghee. So if you don't work, what little hunger you have also is affected by eating sweets made of ghee. Pure ghee gives a good taste to the food items and it increases your desire for food, but that desire only leads to diseases.

The vitamin 'E' in ghee is also available in unpolished rice and sprouts. So you will not miss anything by foregoing ghee. In fact you are only giving up fat. You try to eat a salt less curry with ghee. It takes one hour longer to digest it. You also feel very thirsty. The food that doesn't make you feel thirsty is good for health.

It is very rare to find a very hale and healthy person. Everybody has some problem or the other. Prevention is better than cure. So the first step we can do is to give up all those that can cause harm to the body. So let's give up ghee in our daily food.

## Oil – The One that Spoils You

Oil is a fat. Fat is helpful for the body in storing energy. Oil converts itself into energy, when required. The food items that contain fats are – oil, ghee, meat, milk, seeds, fruits, coconut etc. We should provide the fats required for the body through harmless means and not through harmful food.

The food we take daily, if we take it more than the required quantity, turns itself into fats and gets stored in the body. Many creatures just thrive on green vegetation. What fats are making them energetic, healthy and reproductive? Then why should man need oils, ghee, meat to give him energy and fats?

Why are you consuming oil? Is it because you need it for the body, or is it because you are used to the taste of it? Try to drink a spoonful of oil directly! Observe if it is absorbed by the body or sent out through stool. You will understand what discomfort the intestines undergo. The food that isn't harmful for the body moves easily into the intestines, gets digested quickly and joins the blood.

If you are causing harm to your body in so many ways, isn't it natural that you should fall sick? In fact you should wonder if you don't fall sick. You don't have to be surprised if you get some disease!

Now let's analyze the harm caused by oil to the body.

1. Oil increases cholesterol in the body hardening and narrowing the blood vessels wherever it concentrates. Hardened blood vessels affect free blood circulation. As a result air and food do not reach properly and the respective parts of the body start getting a pain. If this problem occurs in the heart, you get heart trouble that may be called heart attack. If it happens in the brain it causes paralytic stroke, affecting your speech, writing and movement. To avoid such a situation better you refrain from oily stuff, dairy food, eggs and meat.

2. It is observed that the usage of unsaturated and polyunsaturated oil is one of the reasons for increase in the number of cancer patients.

3. When oil is boiled the water molecules mixed with the carbon chains in the fat go out and oxygen molecules come back this time with carbon chains. That's why oil changes its smell and taste when boiled. Oxygen mixed thus with carbon chains is called free radical. The change that occurs in the fat cells during the boiling of oil is called polymerization.

When boiled at 375 – 400 degrees, all the fat cells in the oil come closer to each other, thereby forming new cells. These new cells instead of helping the body cause

harm. Oil gets thickened, at the heat of 200°C itself. Thickened oil cannot be easily digested in the intestines.

Unless heated at 400 degrees vegetables or any item cannot be fried properly. Will there be any life left in the vegetable if it is boiled at that temperature. Don't you call a lifeless creature a dead body? Will such a dried, heated, dead item be helpful for anybody's health? No! Nobody eats it for health; he eats it only for taste.

Most of the snacks are deep fried in oil! That is why you feel very thirsty after you eat them! The body requires more of water to digest unnatural food and to send out its waste! Researchers observed that the foodstuffs with less cholesterol, fried in oil at 375 to 400 degrees caused blocks in blood vessels of rats, though that foodstuff had less of cholesterol. When they tried again with unboiled oil the blood vessels remained normal.

4. Oily food causes wrinkles and makes the skin look old at young age. The reason behind this is the free radicals produced at the time of boiling oil.

5. Even after entering the body, the oil pulls out the oxygen from the cells and thereby forms the free radicals. As a result the oxygen supply is reduced weakening the cells.

6. When you eat oily stuff, the intestines have to produce a larger quantity of digestive juice. When the quantity is more than the required measure, the quality of work automatically lessens. The intestines have to work hard. Since they work more, they lose their energy. Consequently the intestines lose their resistance power against diseases.

7. The production of hydrochloric acid in the stomach doesn't stop at once even after the digestion of fats. The acids formed in the stomach in the absence of food lead to ulcers.

8. When we eat oily stuff, we feel thirsty during and after eating that food. By drinking water before food gets digested, the process of digestion slackens and our stomach will be heavy for a longer time.

Oil is more in groundnuts, pulses, coconut and sesame. By extracting oil from them and by using that oil in food we are only causing more harm to the body. If you eat groundnuts, coconut, sesame etc., as they are, it doesn't do any harm. They have Vitamins, minerals, lecithin and fiber in addition to oil. If you eat them as they are, the oil content will not be left stagnated in the body with little chance for conversion into fats.

## White Sugar – Sweet Poison

Sugar is referred to as white poison! We eat many a varieties of sweets made from sugar. The money we spend on sugar and sweets will cost us many times on doctors and medicines.

The only sweet item that doesn't cause you any harm, but is helpful as an eatable as well as medicine is honey. The second place goes to sugar cane. Sugar cane juice doesn't harm your body. Instead it provides you energy.

People have learnt to convert sugarcane into sugar for their needs. Sugarcane juice is boiled thoroughly to drive the water content out of it. In the process, the vitamins that dissolve in water go out in the form of water vapor. Other vitamins, minerals and nutrients too are lost in the making of sugar.

Sugarcane juice you drink doesn't give rise to phlegm because it has 'C' vitamin and other nutrients. On the contrary, consuming sugar made out of sugar cane, leads to certain health problems without our knowledge.

### **Making of Sugar**

Let's analyze what process takes place in the making of white sugar from black sugar cane. It needs heat process at different levels while removing its fiber completely. Any sweet minus fiber is harmful to health. Its process needs binding agents to make it firm, anti-oxidants to prevent it from melting, preservatives to safeguard it from bacteria, some soluble agents to hasten its melting in our mouth or in water, some coloring agents to give it a shining white look. Sugar is made attractive and alluring by adding harmful chemical agents. Medicines are also made of many such different chemicals. That's why if the uses from these medicines are five, their side effects are six or seven. Hence the frequent use of many medicines is not advisable.

### **The problems that arise out of sweet**

Sugar or sweets made from sugar left in the gaps of teeth is formed into acids and split by bacteria that decalcinate the teeth. On the contrary honey has anti-biotic qualities. It also has a strong alkaline quality. As a result the honey clears the bacteria in between the teeth. Also honey has fluorine that helps strengthening teeth. Sugar can decay and spoil the teeth. The raw material for sugar – the sugar cane doesn't cause your teeth any harm! Understand the difference between a natural food and an artificial one! Man's creation is only for destruction of God's creation!

The difference between sugar and sugar cane speaks about the difference in the natures between man and God.



Let's observe an experiment conducted in a chemical lab. The scientist kept sugar cane mixed with saliva in one bowl and sugar mixed with saliva in another bowl. They removed good, healthy teeth and kept them in these two bowls. After a few weeks they observed that the teeth kept in the sugar cane juice were in tact, whereas the teeth in the sugar became decalcified. The scientists have noticed how the white sugar has affected the sugar patients. They have observed yet another point. People living in the same area were affected differently by their different food habits. Those who had used sugar cane juice since childhood had no diabetic problem, whereas those who consume sugar, most of them became diabetics.

You feel hungry when the sugar count comes down in the blood. If you take sugar at that time it provides the energy (calories) required and at once the sugar count shoots up, but your hunger is lost! Food that contains vitamins, minerals, proteins, fats and fibrous material along with energy (carbohydrates) is useful to the body. Sugar doesn't have all these nutrients. If these nutrients are missing in our food, it doesn't reach the cells properly from the blood vessels. Then the nutrients stored in the body have to be used. One problem leads to the other. The intake of sugar consumes the nutrients stored in the body. Then it becomes necessary to store vitamins, minerals etc in the body, which in turn lays a foundation for diseases or infections. For one who eats lots of sugar (sweets) the nutrients in his body will always be on the debit side! Can you live in peace if you have many debts? A rich man is not one who earns more, but one who doesn't depend on borrowed money! The same way a healthy man is one who doesn't have debts or problems inside the body.

By eating sugar or food made of sugar, your body gets only energy devoid of nutrients, which is at once converted into fat. With that body becomes bloated. Daily consumption of sodas, cool drinks, candies, bakery items, sweets etc help you become fat and deficient in nutrients leading to ill health. Fat people look healthy, but in fact they are weak, lacking in energy. Putting on weight by eating food that has nutritious value is a healthy sign. Excess usage of sugar increases the percentage of fat content like 'cholesterol' 'triglycerides' in the blood. It results in heart trouble, B.P. and blockage in the blood vessels.

On the contrary, sugar cane juice has fibrous material, vitamins and minerals have no scope for fat to increase in the body. Fresh fruits, honey or dry fruits have sugar (energy - calories) as glucose and fructose, but also useful ingredients like minerals, vitamins, fiber, proteins and fats that don't cause any harm to the body. But the same fresh fruits, processed with ice and sugar, are not very helpful. Again there is no point in drinking bottled and refrigerated fruit juices. They may be tasty to drink but not good for health. For that matter, any processed food with preservatives is not in the interest of the body.

All roads lead to Rome. You try any path, philosophy based on knowledge, or science based on reason both advocate peace and happy life to man. But to reach such happiness and peace you should have a healthy life which in turn is based on the food you take.

You should not become a slave to circumstances. You must make circumstances your slave. You should not yield to the desires of your senses. If you eat natural food suitable to the body, you become healthy. Instead if you eat food demanded by the tongue, you become a patient. 'As science advances, poetry declines' -Not only

poetry, even natural life declines. Man has learnt to preserve food and to make tasty food there by killing its natural taste, vigor and energy.

It is made crystal clear to you about the crystal sugar! Still, if you long for the taste of sugar, it only harms your body leading to greater risks. 'As you sow, so you reap'. As you eat, so is your health and happiness. Everything is in your hands!

## 16

### The Spicy Spices -The Unnatural Taste

God hasn't created spices as food for man. Spices are intended to serve as medicine. But we have made them as part of our food! Our body needs food not medicines!

Instead of using spices as medicines we are using artificial medicines made out of chemicals. The spices that we enjoy as food are used as medicine in Ayurveda system of medicine.

Mother Nature has given you two gifts for your wellbeing - good food to enjoy and herbs to cure yourself of any disorder. Man has been getting along happily by using the herbs with medicinal value in emergency. But to satisfy our weakness for taste spices with their rich aroma and flavor we are using them in making our daily food. Did you ever see any other creature using spices as food?

Many allopathic medicines are made out of spices. For example consider the tonics for digestion, medicines for gas trouble, medicines for appetite etc! They are created

out of spices by adding a little taste, color, preservatives etc. assuring us of more than the natural medicine!

Try this. Drink for four days early in the morning a juice made out of ginger and coriander seeds, and add honey to it. This natural juice raises your appetite so much that no medicine can be compared to it. That is the difference between natural and artificial.

Can you enlist the spices that we use daily? Coriander seeds, ginger, garlic, cloves, cardamom, and many more! They are all helpful for our health as medicines.

Should we use them as part of our food every day? We have become slaves to the food of their smell and taste. The sight of a dead body automatically makes us close our eyes and nose, but we eat and enjoy non-vegetarian food just because the spices made it tasty. What a paradox!

Spices may be used in cooking non-vegetarian food for two reasons – to get rid of bad odor from meat and to digest it easily. Spices produce digestive juices to digest heavy food. You need a good thought to drive out a bad thought! You need a good thing to drive out a bad thing! So the use of spices is acceptable with regards to meat! But why do we need it for vegetables and every other food item?

People suffer from amoebiasis, diabetes, heart problems, BP because of indiscriminate use of spices in the food.

Is it not good to use spices once in a while and save the body from falling sick? Don't you want to lead a happy, peaceful life? How long will you make your poor body suffer? One who cannot resist temptation will not have a healthy body.

## Mr. Tongue – The Mighty Monarch

I know I have to swim against the current in this chapter. I know you are all addicted to taste. Whenever you eat something Mr. Tongue longs for more and more of it till its desire is satiated.

Mr. Tongue enjoys the taste and pleasure of everything it eats and the body faces the consequences. The teeth get angry at the unruly tongue! They question the tongue how it can be happy and relaxed when they, the teeth, face many problems of becoming weak, losing strength and enamel coating. They tried to convince him to stop eating sweets and many unwanted things. As long as they (teeth) were in good condition they did not mind accepting them. When Mr. Tongue did not care for them and adamant the teeth decided to teach him a lesson, when he comes between them.

The poor teeth and Mr. Tongue had a big fight. The tongue wanted to show his real power to teeth. So he called a gentleman to come in front of him and used all abusive words against him. Would that man receive it calmly? He gave one big slap! It was so strong that two teeth fell down. The poor teeth were forced to yield to the cunning nature of the tongue that was damaging the entire body due to his selfishness.

'One man's meat is another man's poison'. Mr. Tongue is enjoying whereas the body is suffering. Tongue's pleasure is a pain to the body. Unless you realize it, there comes a day when all other parts of your body will become prone to diseases. Our life's purpose will not be fulfilled if we don't curtail the freedom of Mr. Tongue, for the benefit of all other parts.

## Fridge - The Problems from it

Refrigerator has become indispensable in people's lives. It has made our lives more comfortable in many respects. But very little we realize that how it is affecting our body and health.

Since the anti oxidants in the raw vegetables hinder the entry of oxygen (air) into them, they remain fresh. But once they are cooked, the anti oxidants get destroyed and oxygen reaches quickly inside vegetables giving place to oxidization. If you keep the fresh fruits in fridge for a day and then bring them out, they lose their life and become rotten. If that is the case, what is the point in keeping lifeless vegetables (cooked curries) for two days in fridge, then taking them out and eating them after heating them!

Heating refrigerated and consuming it does more harm to our health. Compare it with coming out from the comfort of air conditioned home at once into scorching heat. In the same way, curries from the fridge when warmed lose all their vitamins. Milk, vegetables in the fridge lose a greater percentage of vitamins and minerals by heating them.

The more we eat now, the more we suffer in later. Our health in future is directly proportionate to our craze for taste now.

Besides vegetables, refrigerator has place for non-vegetarian food also. We can understand if the non-vegetarian stuff is preserved in refrigerator to avoid its decay. But there is no point in storing fresh vegetables and fruits in the refrigerator.

Can you preserve the live fish or prawn in the fridge? The poor fish or prawn loses its life in to time. It means refrigeration is needed for preservation of the dead only to avoid decay. Whereas the vegetables and fruits continue to be with life for days and they need no preservation

You might argue the vegetables remain fresh when preserved in fridge! But what for! Any way you are going to kill them by cooking and frying them in oil. So do you think you can as well kill them raw, in the cold storage box!

Vegetables and fruits continue to receive the same nature's air and light even after they are plucked from tree and brought to our home from the store. The fruits and

vegetables that are plucked from the trees undergo some variations in their nutrients. Some of may increase or decrease. It is possible only if we keep them outside!

Lime and oranges give you more of juice from the third day of plucking rather than first day. Half ripened fruits ripen fully when kept outside. You try with a fully ripened banana fruit! Keep it in fridge and observe the fruit. All the fruits undergo many changes everyday when kept outside, but they don't when stored in fridge.

The fresh vegetables have certain ingredients that help them remain fresh in natural air and light. The vegetables, when kept outside for 5, 6 days may look withered due to the lessening of water content in them, but that's all! They don't lose the preservatives in them. They don't need refrigeration. God has provided preservative energy for fruits and vegetables and it works only when they are kept outside.

Loss of Vitamins by keeping them in fridge

1. Whatever you keep in fridge or deep fridge, vitamin 'E' will disappear quickly.
2. 'B' vitamin (panthodhinik) in all vegetables and fruits diminishes day by day in refrigerator.
3. If you keep fruit juice or jams in fridge, 50% of the vitamin 'C' in them is lost within four days.
4. Only a little amount of vitamin 'A' carotin is lost.
5. The other vitamins too are lost to a small extent.
6. By cutting vegetables and keeping them in fridge they lose all vitamins to a large extent.

The harm caused due to eating refrigerated food:

- 1.Cold food cannot be chewed properly. We try to gulp them at once. Saliva is not produced enough as a result food is not digested properly. As the salivary glands get hardened due to coolness, usual saliva is not produced.
- 2.Enamel on the teeth gets spoiled due to the coldness.
- 3.The tonsils in the throat get infected frequently. As a result they can't stop the entry of bacteria and virus into the body along with food. The tonsils lose their energy.
- 4.The phlegm in the throat gets obstructed and doesn't come out easily. It results in an increase in cough.
5. Just as we contract our selves in cold weather, so do the parts in our body. The stomach which is at 99° come down to 20° when we eat cold food. Due to the coldness, the digestive action stops at once. It doesn't start, till the heat comes back to 99° again. The digestive juices don't get secreted at all. For nearly 30 minutes digestive action comes to a standstill. The resistance power also doesn't function properly.
- 6.You can't drink the required quantity of water due to the coldness.

7.The milk taken out of fridge takes a longer time to boil than the milk kept outside. The same theory applies for the digestion too.

If we want all the nutrients provided by God, we should buy, fresh vegetables and fruits once in two or three days. Only natural way of life can save man.

## 19

### Cooked food

Food is the one that nourishes the body. So we should know what is the right type of food to keep our body healthy. Diagnosis of the disease is more important than the treatment. We should understand the fact that the diseases are caused by our wrong food habits! Then it becomes easy to change our food habits. Right medicine is the right food!

The ultimate goal of every one of us is same – A happy and peaceful life. We follow different means to reach this end. If we follow the correct food style that suits our body, our journey towards the goal will be smooth. Instead, if we yield to satisfy the tongue – it becomes a hurdle race. We have to pass through diseases, suffering and hospitals. As every man is the architect of his own future, every man is the architect of his own health. Your happiness, your health is in your own hands. 'As you sow, so you reap'. As you eat, so you enjoy or suffer.

Cooked food itself is bad. And adding tastes to that food is harmful. You have seen in detail how each of the seven tastes is harmful to the body.

Cooked food is easy to eat and we tend to eat it more than needed. That itself becomes harmful to the body. It is a wrong notion that we should eat only cooked food. By cooking the food the minerals and vitamins get destroyed to a large extent. Minerals and vitamins are called nutrients for the simple reason they provide nutrition to the body. We don't call fats, proteins, and carbohydrates as nutrients. Minerals and vitamins are useful for building the body and for providing it energy. If we eat the food devoid of these, the body loses its stability.

Our body remains healthy as long as we provide sufficient quantity of vitamins and minerals. You need horses to pull a cart. You need to whip to control the horses. Horses pull the cart, not the whip. If the whip is missing, the journey will not be smooth. If the horses slow down their pace, just a whip on their back will make them speed up. The same way the minerals and vitamins are like the whip to your body. Fats, proteins, carbohydrates are like the horses.

The nuts and bolts may look small in a huge machine, but the very same machine can be in good condition and can work properly if only its nuts and bolts are in tact. The minerals and vitamins are like nuts and bolts to our body. Resistance power of our body depends on them.

God's creation is really wonderful! The amount of vitamins and minerals present in the food provided by Him are just equivalent to the needs of the body. That is the relationship between our body and the nature around us. If we supply the food provided by Him in exactly the same way, everything will be normal. When we disobey nature's norms diseases set into our body.

While cleaning, purifying and polishing the rice, wheat and pulses lose the nutrients. The loss of nutrients in cooked food depends on the style of cooking, time taken for cooking, intensity of heat used, quantity of water or oil used and the type of cooking – fry or steam.

Loss of nutrients depends upon these five factors in cooking. While cooking vegetables the loss of vitamins will be more if you add more water, cook for a longer time or cut them into small pieces. 30 to 50% of B and C vitamins in the vegetables go out through the water used. Instead if you drink that water, you get of course 30 – 50% of vitamins into your body.

### **Vitamins dissolved in water: 'C' Vitamin**

Vitamin 'C' is lost not only while cooking, but also by preserving the food for a long time and by heating it again.

You cut potato or eggplant and keep them in water for long, 60% of vitamins in these vegetables go out into the water. The other 40% goes off in the process of cooking. The result? You are left with zero vitamin C.

Let's see how different processes of cooking lead to different levels of loss of C vitamin.



% loss due to heat	% of vitamins which melt and join water	% of vitamins retained when water is thrown out of cooked vegetable.	% of Vitamin if water retained
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### Leafy Vegetables

a) Cooking them for a long time in more water	10 - 15	45 - 60	22 - 45	85 - 90
b) Cooking them for a short time with less water	10 - 15	15 - 30	55 - 75	85 - 90
c) Frying	30 - 40	less than 10%	60 - 70	60 - 70
d) Cooked in steam	20 - 40	less than 10%	60 - 80	60 - 80

### Roots

a) Cooking	10 - 20	15 - 25	55 - 75	80 - 90
b) Frying	30 - 50	10	50 - 70	50 - 70
c) Cooking in steam cooker	45 - 55	10	45 - 55	45 - 55

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Heat harms any matter. For example, take an egg. It contains an outer shell. It can be cooked very quickly. The white of the egg (Albumin) becomes hardened as soon as it is heated and can act as a wall to stop the out ward flow of the vitamins. Now let's observe the loss of vitamins in a boiled egg:

	Vitamin B2 Thiamin	Vitamin B2 Riboflavin	Vitamin B6 Pyridoxin	Folic Acid	Vitamin B5 Pantothenic Acid
Boiled egg	10%	5%	10%	10%	10%
Egg fry	20%	10%	20%	30%	20%
Omelet	5%	20%	15%	30%	15%

So if the egg that could be cooked quickly and that can safeguard its vitamins on its own is losing vitamins at this rate, what would be the plight of the vegetables that do take half an hour to an hour for getting cooked?

By cooking food we lose equally both minerals and vitamins. If we wish to provide all the nutrients to the body as they are, we should eat nature's food as it is. Eat the uncooked food! In other words eat raw vegetables, fruits and sprouts. Eat them in their natural form without heating them. All the nutrients that we need are available in vegetables, fruits, and seed sprouts.

You will never face deficiency of nutrients if you eat the fruits that are available in that season. If you are eating cooked vegetables, see that you compensate the loss of vitamins and minerals by taking some raw vegetables and drinking a glass of vegetable juice (without filtering it) slowly. It is good for health. Or eat cooked food in the morning and totally uncooked food in the evening. Sprouts are good for breakfast.

Knowingly or unknowingly man commits mistakes in consuming food that leads to diseases. The only way to get rid of diseases is to eat uncooked food. God gave us this body. The same God provided natural food for us to survive. So let's provide that natural food, naturally to the mortal body. Let's walk on the right path, the path of health. Let's realize that 'Health is Happiness'.

## 20

### Raw Vegetables – Their Uses

We are so used to cooked food in our lives that we refuse the natural food. All the nutrients that body needs are available abundantly in the raw vegetables. Many animals are leading a happy healthy life thriving on natural food. But ever since man learnt to eat cooked food, he has sown the seed of disease.

All the seven tastes are naturally available in raw food. When you boil natural food, it loses its real taste and becomes insipid. So to make it tasty we add other things. 'Man's thoughts depend on the food he eats'. Our thoughts would be natural if we eat natural food. The minutest aspect in our food is our mind. So if the food is a natural one, from the five elements of nature, then it suits our body.

This body of ours is not ours. We do not create it. God has created it! He has created necessary food for our survival even before we came into this world. 'So eat always from the table of God - The fruits of the trees, the grain and grasses of the field, the milk of beasts and the honey of bees. For everything beyond these is Satan, who leads by the way of sins and of diseases unto death.'

Natural food is that which enables all the parts of our body worked healthily for 100 years, is that which provides us energy, is that which supplies us the resisting power against diseases. There is only one type of food that doesn't cause us diseases and that prevents diseases – it is nothing but natural food with its natural taste.

The natural food is nourished by the five elements of nature making it useful for the five senses of the body. Once the food is cooked, it loses all its nutrients. By eating such food the body loses its pranic (life).

**Mouth:** Raw vegetables have natural fibrous material. It keeps the teeth will become sparkingly white! Mouth gets resistance power. Since you have to chew and eat raw vegetables a greater part of digestion is done in the mouth itself. More of saliva is oozed which helps easy digestion. The natural food is so tasty that however much you may eat, you won't become sick of it and you don't feel it insipid.

Raw food veins you away from tastes. If you have diamond jewellery, do you like to wear America diamonds? Once you learn to appreciate this natural taste, you are not lured by the artificial taste. In other words, you develop a control over your sense organs. You don't feel thirsty when you eat natural food and digestion becomes easy.

**Stomach:** You get plenty of enzymes required for the body in raw vegetables that help quick digestion. Intestines need not work hard to digest food. You will eat lesser quantity than cooked food. You get abundant quantity of natural vitamins and minerals through natural food. You don't have to draw the stored minerals and vitamins stored in the body. Lesser quantity of hydrochloric acid and other digestive juices are enough for digestion. With the increase of useful bacteria in the body its resistance power also improves.

The stomach gains free time with easy digestion process and lesser effort. Stomach doesn't bloat. No scope for sour belching or heaviness in the stomach. The mucous layers in the stomach remain healthy.

**Small Intestines:** Raw food gets digested easily in the small intestines also with enough enzymes, vitamins and minerals there. Small quantity of digestive juices produced in liver, pancreas and intestines is enough to digest this food. E vitamin in natural food helps in the free flow of iron into the-blood from the small intestine.

Even after the cooked food is digested the digestive juices continue to be produced in the empty stomach. But it does not happen once the natural food is digested and it goes slowly into the blood. Some vegetables contain natural insulin that helps in curing diabetes. If the diabetes patients eat raw vegetables it reaches the cells fast giving energy quickly. Here the raw vegetables act as medicines to sugar patients.

**Large Intestines:** Large quantity of faeces is produced due to the large amount of fibrous material that pressures the intestines. It enables a free motion. Regular free motion does not allow gas problem, ameobiasis, stomachache, constipation or piles complaint. If the faeces doesn't stagnate in the intestines, more of useful bacteria will be produced in the large intestines that in turn killing the harmful bacteria and purging them out through motion. The animals don't have constipation for the simple reason they eat only natural food! The root cause of any disease is constipation! The body never suffers if you are used to natural food.

**Cells:** Raw vegetables in wholesome are useful to the body. It does not leave much waste when digested. It helps in maintaining the right ratio of potassium and sodium helping the cells to work energetically. With cooked food the ratio is disturbed causing ill health to cells and the body.

**Excretory Organs:** Since the produced waste is in small quantity the excretory organs work efficiently. It makes the body remain healthy, free of any chronic diseases. Body gets required salt naturally through raw vegetables, with no necessity to add salt to your food. Since excess salt is not consumed the kidney can function normally. The more quantity of water in the raw vegetables acts as pure mineral water for the body. Raw vegetables get digested within 2 – 3 hours of eating them. Leaving enough rest time to intestines in the night. It also helps the body to carry on excretory process unhindered. Since the excretory organs function well, the body, the mouth, urine, motion, sweat don't emit bad odor. Cholesterol, blood pressure, heart problems and other ailments can be cured easily.

Cooked food itself is harmful to health. Added salt, chili powder or other tastes only worsen it. The loss caused by cooked food has to be compensated by taking raw vegetables. It is advisable to take raw vegetables in food both morning and evening. Grating and eating as much as fresh raw vegetables is good. If you can't eat raw vegetables, you can for their juice. To relish it you may add any fruit juice and honey to it.

## 21

### Hearty Dishes For a Healthy Life

#### **Tit - bits**

1. Clean the vegetables before hand.
2. Do not peel off the skin.
3. Cut vegetables into small pieces.
4. Once you cut, you should not clean them again.
5. Do not squeeze water out of the pieces.
6. Do not keep pieces of potato or eggplant in water for long.
7. Clay pots are the best for cooking vegetables both for health and taste.
8. Cooking in aluminum vessels is not good for health.
9. Better use steel vessels for cooking.
10. Cook the vegetables pieces in a low flame (sim). Don't add water. Vegetables should be cooked with the water within them.
11. Shouldn't allow the water in the vegetables to evaporate. So cover them with a lid.

12. Should never drain the water out of the cooked vegetables.
13. Coconut should not be added during the process of cooking.
14. Add coconut just before switching off the stove.
15. Curry leaves or coriander also should be added just before switching off the stove.
16. Lemon should be squeezed over the curry after it is cooled and just before eating.
17. Honey is to be added after the curry is cooled.
18. The water that comes out of vegetables can be used as soup by squeezing a lemon over it.
19. Do not use any spices.
20. Use any cream sparingly.
21. Should not eat morning's seasoned vegetables in the evening or overnight.
22. Eat a minimum of half kg curry per meal.
23. Eat daily brown rice with curries.
24. It is advisable to use coconut daily.
25. Do not cook leafy vegetables for a longer time.
26. Any amount of milk or curds could be used in cooking.

## Frequently Asked Questions

- 1. We are advised to drink water mixed with salt and sugar when we have dehydration due to loose motions because the water content in the body and the salt in the intestines is reduced. Is it not harmful?**

Not at all! You can use a medicine for a necessity or in a critical situation. Here sugar and salt are acting as a medicine. They are not good in a normal situation but are helpful in a critical time.

- 2. Does your natural life style, especially that of giving up of salt, oil and spices tell upon marital life?**

Salt, chili powder, oil, spices have nothing to do with your marital life. Do you think the animals take these things to have sex or to beget children? The first criterion for a happy married life is health. Only when man is healthy the blood vessels and nerves towards his private parts can function effectively. In fact sex is not just a physical intercourse, it is a desire of the mind too. For instance, do you feel like making love when you are sick or suffering from headache? When you are physically ill, your mind (life energy) is taking care of that part. So it doesn't entertain any other thought. For that matter, when your mind is disturbed or tensed up, you don't feel like making love though you are physically fit. The sum and substance of it is – your ill health, physical or mental, comes in the way of your desires.

Salt and oil instead of giving energy to the body they diminish it. The body in fighting them loses more energy. All the glands in the body can work efficiently depending on the food it is fed. Sprouts, coconut milk, brown rice, plenty of vegetables can help in better marital pleasure too.

- 3. Your idea of fasting (Upavasa Dharma) is entirely different from other naturopathies, especially in using honey. What is its specialty?**

Fasting (Upavasa Dharma) means giving rest to the body. If you starve your body without giving any food including honey, it doesn't rest, it becomes restless. When you are fasting your body consumes its stored energy, just as you withdraw money from bank when needed. When your stomach is empty for a long time and when stored energy is not sufficient for the brain, you feel weak or dizzy.

The energy that we get from the food stays in our liver for six hours in the form of glucose. After that period the excess energy is converted into fat. Our brain requires 800 calories of energy per day, whether you work or relax.

The brain is the director of our company (body). If such an important person is neglected in the form of strike (fasting) he can't work. If he can't work, you can't

carry on your fasting! If the brain is energetic, so will be the body. That is the reason why we give honey and water to keep the brain in good stand. This food is for the brain, not for the body. If the brain doesn't get glucose, the cells in the brain die, and their death is once for all. Fasting should not harm the body and brain.

If you provide 800 calories energy to the brain through honey, the brain cells don't mind your prolonged fasting. If you have to supply 800 calories of energy through honey, it means you should take 250g (1/4 kg) of honey per day. This ¼ kg of honey should be taken at regular intervals from morning to night. Take four spoonfuls of honey in a big glass of water (lime juice sprinkled in it) for every two hours. So you have to drink like that for roughly eight times. Then your body and mind will be energetic during fasting period.

The same way, by drinking 5 – 6 liters of water during fasting, the body can purge the waste matter easily. During fasting, roughly 8 lemons are used. Their sour taste kills your desire for food and you will not feel hungry.

The honey and the water cleanse entirely the cells of their waste matter, thereby providing them new energy and vigor. Fasting once in a while is good for health and happiness.

**4. You are suggesting the same treatment (same food) for all diseases. How is it possible?**

Deficiency in nutritious food is the cause of all diseases. The only way to cure the deficiency is to provide nutritious food. As simple as that! So the secret of your good health lies in eating good nutritious food everyday. Proteins, fats, carbohydrates, vitamins, minerals, fibrous material – all are required for the body every day to cure or prevent any disease. You take care of the food you eat the body will take care of itself. For certain diseases some particular nutrients are required more. Once you become healthy, you can eat what everybody else eats!

**5. Why do you often quote the instances of animals and compare man with them?**

Man is a higher animal. He is superior to them because of his intelligence and reasoning ability. But the tragedy is animals are leading a healthy and happy life, whereas the intelligent man is bringing upon himself diseases and misery. The way most people abuse the human machine, it looks like as if they are in a hurry to leave this life as soon as possible. Can you find a single man who is really healthy? Can you come across a man who can boast that he is perfectly healthy and can never in future fall sick? Then, how can I give the instance of any man to compare? In whose footsteps can we walk? Not even the doctors who know all about anatomy! If the doctors who have to advocate good health are not healthy, who else can be healthy? Are the parents healthy? Are the workers healthy? No exception. Everybody suffers. Everybody is unhappy. People seem to have come to the conclusion that they are born to suffer before they die! Can you show me one man who eats natural food provided by God? At least one who eats proper food? That's why I advise you to follow the example of animals. If you can be as proud as peacock, as faithful as a dog, as wise as an owl, as mischievous as a monkey, why can't we be as regular as the animals in our food habits to enjoy at least half the health of those animals.

**6. Doctors advise us to reduce any one of these items- salt, chili powder, spices, sour things, coffee, tea, meat, oil, ghee etc. But is not it too much on your part to ask us to give up all the tastes at one stroke?**

The problem is, you consult different specialist for different disease of a different part of the body. So they threat you in part and suggest that you should give up a particular taste, harmful for that part. Since they are specialists for one part, they are unmindful of other parts and so take care of only one part and they ask you to give up only one taste. There the doctors are many, diseases are many, but patient is one.

Here in naturopathy, patients are many, complaints are many but doctor is only one! Disease is only one! So we cater to the needs of all the parts of your body. If we ask you to eat one taste and give up the other, one part will be all right and the other will suffer! Here one part's food is other part's poison. We are impartial! We ask you to give up all tastes in the best interest of your health. Do you feel it is wrong? You can take 60 horses to the well to drink water, but 60 people cannot make one horse drink.

**7. As long as we eat usual breakfast and drink coffee, we don't feel hungry for 4 – 5 hours. But now, ever since we have been following your natural food style and have been eating sprouts, fruits as breakfast, we feel hungry within two hours. What should we do?**

The breakfast made of oil and salt kills hunger, whereas sprouts, fruits create your hunger. You have been accustomed to centre your mind about hunger and tasty food. Some even like to get up and eat in the middle of the night. Sprouts, fruits dates etc get digested quickly, within two hours, without troubling the intestines much. They also give extra energy. Since the food is digested, your stomach becomes empty, giving you the feeling of hunger. On the contrary, your usual breakfast of oil and salt takes 3 – 4 hours to get digested, you don't feel hungry till then. Your intestines will be heavy and they have to slog.

Sprouts can give you more energy than your usual breakfast. There is no problem if your stomach is empty for some time. Realize the fact that hunger is a healthy sign and such a healthy sign is produced by the healthy food. Try to divert your mind from hunger till lunchtime.

**8. Doctors advise us to add more salt for low B.P. whereas you advise us to give up salt totally! Whom do we should follow?**

Low B.P. can be caused due to many reasons. Taking more salt when there is a sudden fall in B.P. can give you temporary relief and save you from danger. But adding more salt is not the cure. First of all you should find out why you got low B.P. We have many cases of low B.P. patients giving up salt happily after following fasting. Cure for it is not eating more salt, but drinking 5 – 6 liters of water is the cure.

**9. Does following natural life style cause us any problem in summer season?**



Since we give plenty of honey during fasting, the body will be hot. So in summer, along with the heat outside, you feel the heat inside. Since it is cold outside in winter, you like the heat inside. So during fasting in summer, you should drink plenty of water, more than what you drink normally. The plenty of honey you take during that period, evaporates the water inside. Added to that more of water goes out in summer in the form of sweat. So if you fast in summer, without taking sufficient water, you do face some problems.

**10. Any treatment lasts only for some time till we are cured of a disease. Why then do you advocate natural lifestyle for lifetime?**

In other medical treatments, you have a course of treatment. Once the course is over, the treatment is over. Such a course can probably cure you of a disease or at least subside your problem. There ends its job! There may be a cure for a disease, but there are no medicines to prevent diseases. Nature cure also cures you of a disease, but can't prevent the disease.

Of course, if you adapt to natural food style not as a medical treatment but as a natural food style, then it can not only cure the diseases but also can prevent the diseases in future. So what you should do is to cultivate this natural life style not as a medicine, but as a part of your life, as your life style! Natural food style is not just a medicine to be used only for a short period!

Natural cure is basically fasting, Upavasa Dharma! Are you taking any medicine after that? Of course not! You are just eating good food in a regular way. You call this food style a treatment? As long as you call it a treatment you feel like following it only a few months (2-4 months). Instead if you wish to follow it life long it becomes your life style. Man desires to lead a healthy life but wonders how long he should eat a natural food? 'Regularity is Nature's motto. We too, need regularity in our living habits'. So as long as you wish to lead a happy, wonderful, peaceful life so long should you follow these natural food style. Is it not better than taking medicines?

**11. The major part of our day goes for health if we have to follow your principles wholeheartedly! What can we achieve by wasting time thus?**

It is simply because, you have wasted all these years without taking care of your body or your health. Since you are doing what you are not used to, you have to concentrate more on that and so you feel it is a time consuming. Sometimes a punishment! Any new work makes you feel so if you don't much like it! Of course if you are interested in it, you don't mind it!

You concentrate only on driving when you are beginner in car driving. But once you master it, your mind wanders over many things. The same way, when you learn typing, you concentrate only on the keyboard, but once you master it, you do it automatically! The same theory applies here also. So, it takes time for the mind and body to get attuned to the new food in the beginning.

You require good health to achieve anything in life. Health is only a part of your life but not your entire life. But still one who loses his health loses everything in life. If giving rest to your body for 6 – 7 hours at night in the form of sleep is your dharma, is it not your dharma to spend some time for the welfare of the same body in the morning? Everyone knows the body requires rest, but nobody bothers to know the

body also requires good food and good exercise! If you can provide the first one, why should the second one be difficult?

**12. The use of spices everyday may cause us harm. But a small intake of them daily helps us. Why then should we give them up totally?**

Yes, spices of course do have natural medicinal value in them. They are used as medicines in Ayurvedic treatment. But you should treat a medicine only as a medicine, but not as food. You are attracted towards the smell of it and so feel like using it daily but you are not taking it as a medicine! You may think the daily use of it may prevent diseases but remember one fact. You don't have medicines to prevent diseases. You have only food to prevent diseases. The daily usage of spices is not helpful greatly. Just as you get immune to medicines, so do you get immune to spices.

**13. You said that garlic prevents heart trouble and paralysis. Then why don't you use garlic in the food you suggest? Don't you think they can prevent these diseases?**

Garlic can melt cholesterol and fat. Fibrous material and lecithin also have the same quality. But see the difference in the two. Garlic is a medicine, whereas the latter comes under natural food. A constant use of medicine makes you get immune to it and it loses its medicinal value. Food doesn't have that problem. Fibrous material and lecithin clear cholesterol and fat. The coconut, milk, unpolished rice, sprouts and many vegetables suggested in our food style have these two items and so acts as medicine in the body. In other words, when the food itself prevents diseases like cholesterol, heart trouble and paralysis, why should you take medicine (garlic) for it? So to cut a long story short, food itself is medicine in our life style.

**14. Is your food style good for children? Do they face any problem in their growth by giving up salt and oil?**

Nutritious food is very much required for the growth of the body. In fact if children are not provided proper nutritious food their growth comes to a stand still. The food we suggest doesn't have oil and salt but it has all the nutrients required for children for their growth. A child requires mainly vitamins, minerals and carbohydrates. These are available in plenty in the sprouts, milk, fruits and vegetables we suggest. The natural salt available in natural food is enough for them. Salt destroys the pranic, life energy. The other tastes don't allow the nervous energy to work in right direction.

## Letters – Gems of Experiences

### 1. My Experience

I found a great change in myself in the first week itself. I was a workaholic. Earlier when I wrote something, I wrote it with such a force that the print of it fell on four pages under it. So within no time my hand ached. Now there is no such problem. I can also walk easily. I used to do Yogasanas and Pranayama. Now my body has become so flexible that I can do any asanas so easily. I feel a master of my own body. Mind and thoughts have come under control.

I have learnt to observe the things around me. I don't have any disease or symptoms of any disease but I am following this life style since it suits my yoga life.

The heart, mind and stomach do get cleansed quickly in a thorough way through this food. If we receive good things in a disciplined way through the five senses we can easily blend the body with the heart, the heart with the mind and the mind with the soul.

This food is suitable to all-from a saint to sick person. But as a doctor I am not advocating to you all to follow it compulsorily in a systematic way. But I do suggest that if you can follow this food style, it will not only help you to drive out your diseases but also will keep your mind and body under your control. So I do hope as many people as possible can follow this food style and be benefited by it physically, mentally and live happily.

The usages and drawbacks of food

1. Plenty of water: Water can filter out the waste material in our body and can also filter our emotions and feelings.
2. Salt: This lessens the glucose retention energy, the elasticity of blood vessels and cells, and increases blood pressure. So it is always better to avoid it in food.
3. Honey : Since honey has all nutrients and since it is produced by solar energy and pollen grains of flowers, it increases etheric vesion and intuition in a man whose pranic energy is blended with solar energy.

The lime juice, raw vegetables, leafy vegetables are blended with sunlight. So they not only increase the resistance power in us, but also help us to tune ourselves with universal life force if we practice yoga. Enema cleanses us of all the poisonous material in us regularly.

Dr.V.DharmaRao  
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## 2. Nature Cure – My experiences

While I was working as Deputy Inspector General of Police in Vizag, Dr. Mantena Satyanarayana Raju approached and introduced himself as a Naturopath and explained all about his Natural Lifestyle and suggested me to follow it to better my health.

What he said was appealing no doubt, but I didn't dare to follow it. So I evaded the topic by saying we would discuss it once again. But after a week the doctor came back to me again. This time he gave me a book written by him and asked me to read it. He once again enlightened me upon the advantages of Natural Lifestyle.

I felt this doctor would not leave me easily. So I expressed my fears to him. As it is I am a diabetic patient. I have been using medicines for the past 10 years. If I follow this lifestyle, it may lead to more complications.

Dr. Raju laughed it away. He said Nature Cure would never cause harm to any one. He explained that many diabetic patients who were on insulin adapted to Natural Life and were cured. Still I was not very keen and some how managed to dispose him off.

A month later he came back to me again and tried to convince me to follow Natural Lifestyle. I expressed my fears again. I said if I fasted taking only honey and lemon juice, my diabetes might shoot up instead of being cured. He very strongly declared, "It does not happen at any cost. I assure you, based on my experience. Have faith in me. If you are not cured of your diabetes I will give up my treatment to anybody".

His self-confidence and assurance made me to yield to his words. As suggested by him I fasted for a month. I gave up non-vegetarian food, coffee, tea and cigarettes. I gave up even medicines from the day I switched over to this Natural Lifestyle. I faced no problem. My weight came down by 15 kilograms (34 pounds) with 30 days of fasting. During this time I could travel many places on duty, but I had no problem.

I started eating light food as per the doctor's advice after one month's fasting. I started doing Yogasanas too. I reduced another 22 kgs (50 pounds) from 112 to 90 in the next six months. Total 37 kgs (84 pounds) were lost within seven months. Meanwhile, my sugar level came under control and I became active and enthusiastic. I feel very peaceful too. So I know the entire credit goes to Natural Lifestyle advocated by Dr. Satyanarayana Raju. I convey my heart-felt thanks to him for making me follow it even by force.

Any body who has a strong desire to do something, dedication and undaunted spirit can follow this Naturopathy and get manifold benefits without spending money. It

may look difficult in the initial stages but I feel this is the best native style of medicine.

K. Anandiah  
I G P & Director  
Hyderabad

### 3 A hearty cure for heart trouble

I am 55 years old. I have been suffering from diabetes for 17 years. I tried all the medical systems. I consulted diabetic specialists too, but never was my sugar reading anywhere near normal. I stopped eating fruits or sweets. In addition to that I had heart attack. Under the supervision of heart specialists, I was in hospital for 15 days and in bed rest for 6 months. Doctors said that there were blocks in my heart and that I should undergo bypass surgery. I was not prepared for surgery but I was taking medicines dutifully. I lost interest in life. I developed yet another complication – sciatic pain from backbone to the end of my left leg. I could not stand up for more than 2, 3 minutes. More medicines are added to swallow. At this time, by God's grace, I was blessed that I got acquainted with Dr. Satyanarayana Raju.

I started following his advices. I fasted for 27 days with honey and limejuice for five days after that with fruit juice. Another week I continued with fruits and boiled vegetables. After that I resumed the following diet:

Morning – Two bitter gourds juice. After an hour – sprouted green gram. Dates and fruit juice or milk.

12 noon – Food (with no salt, oil, spices) seasoned vegetables, two bread pieces (phulkas) and fruits.

6 p.m. – raw vegetables – fruits – milk.

Medicines were discontinued completely.

#### My Health Condition

S.No	Disease	Before Nature Cure	After Nature Cure
1.	Sugar	Fasting – 115 to 210 P.P. 200 to 292 Fasting – 3 to + 4 Urine Sugar P.P + 4	90 to 100 mg/dl 104 to 158 mg/dl Nil Sugar Complaint totally cured
2.	Heart trouble	Tests 1. ECG	I was able to walk faster than before

	2. ECHOGRAPH	in this test
	3. TMT	Heart condition improved
3.	Sciatic pain	Could not stand for more than 2 to 3 minutes
		totally cured
4.	General	Weight 84 kgs
		70 kg

Velidi Radha Venugopala Krishna Rao  
Visakhapatnam

## 4 One cure for many complaints

I was a diabetic patient for many years. Now blood pressure is added to that. Total ten different tablets go into my body every day. I was fed up with so many medicines and the other ailments that crop up now and then, as their side effects.

I heard of Dr. Raju's natural lifestyle and his selfless service to sick people. On hearing his lectures and personal meeting with him, I decided to follow his advice. Though I was taking 8 to 10 tablets a day I did not find any solution for problems. While fasting with honey and limejuice, I gave up medicines completely. Within few days I found that my BP came to normal and blood pressure under control. Within a month my weight is down to 79kgs and from 93kgs.

Along with me my wife and other relatives were cured of constipation, diabetes, BP, heart trouble etc.

Dr Raju cured hundreds of people in Vizag without expecting any thing in return. He visits many places at his expenses

D. S. Raju  
Visakhapatnam.  
Ph: 596188

## 4. Happy treatment for the whole family

Now at the age of 38 my weight is 38kgs. For the past ten years I continued to be of same weight. Right from childhood I drank only ½ liter of water per day. I used to

have bowel movement once in two or three days. I have been suffering from headache and toothache.

Our family members were inspired by Dr. Raju's lectures and started following his natural lifestyle. I fasted for 52 days without feeling any weakness. By 60<sup>th</sup> day the accumulated huge waste in my intestines came out. During this period my weight came down to 32 kgs. Since then I started eating fruits, raw vegetables, sprouts as per the doctor's advice. Within fifteen days my weight increased to 38 kgs. Now I drink plenty of water and have free bowel movement three times a day. My health is perfect now.

My husband Ram, 45, has Blood Pressure, Obesity, and Arthritis. He too fasted for three weeks. His weight came down to 62kgs from 82 by following natural lifestyle while eating raw vegetables, sprouts, milk till now. His B.P. gradually came down to 130/80. Arthritis also reduced and his health is normal now.

My children too were fat like their father. We have a daughter aged 11 years, and a son aged 9 years. They weigh 42 kgs and 41 kgs respectively. They too were inspired by this natural life style and they have been strictly following it. They fasted for 10 days. Dr. Raju visited us everyday to encourage them. The children also reduced 5 kgs weight. They have been strictly adhering to this life style inspired by Dr. Raju's lectures and his concern for them.

N. Samrajyam  
No. 63, Visalakshi Nagar,  
Visakhapatnam.

## 5. Dr. Raju – A special personality

Dr. Raju greatness lies in his truthfulness, selflessness and simplicity. 'Still waters run deep'. He knows everything but looks so humble. He can teach according to the receiving capacity of the others. He is a scientist who probes deep into the things he knows. He practices what he preaches.

I know the gimmicks played by some, in the name of Yoga, Ayurvedic, Homeopathic and Naturotherapeutic treatments. Dr. Raju, the Naturopath is different in the way he makes us understand the things from our own experience. He has also taught us how to avoid health problems and how to cure them.

My wife and I followed his natural lifestyle and benefited from it. I have normal bowel movements, have no cramps during play, feel hungry and feel easy since food is digested quickly. Above all, I am able to do work for a long time with greater concentration. My wife also benefited - she reduced weight, slept happily, rid of her arthritis, got her bleeding problem under control. In a way, our family is able to enjoy new varieties of natural food. We derive pleasure out of this natural lifestyle.

Sri Vijay Kumar  
Vijay Nirman  
Company,  
Vizag.

## 6. Nature's Blessing

I developed a pain at the right side of stomach. After a thorough examination, the doctors treated me for a cyst in Ovaries. But the pain reappeared after 6 months. Finally I had to undergo surgery. I was told I had 'Mekals Diverticulum' in intestines. But the problem is back to square once again after 6 months. This time doctors named it 'Adhesions'. They said that it would recur again even after operation. I was asked to take medicines for 3 months, but in spite of using medicines, the pain persisted.

We happened to hear about Dr. Satyanarayana Raju at that time and consulted him. My husband also fasted with me though he had no health problem. He fasted for 12 days and I fasted for 20 days. The pain persisted in the first week of fasting, but the intensity of it gradually reduced. I did not take medicine during fasting. Total 20 days fasting cleared my stomach. I started Yoga too later and ate food as per the doctor's advice. Now we are healthy. We wonder how just a mere salt less diet can fetch you so many benefits. The doctor's advice that both husband and wife should follow the natural life style is true since you don't have to cook separately. Anyway, life is wonderful with salt less food, natural food of fruits and raw vegetables.

Annapurna Devi  
Visakapatnam.

## 7. The experience of Nature cure patients

When I came to know that nature cure was being offered for diseases at the patients' homes, that too free of charge, I did not believe. But when I met Dr. Raju personally and got clarified all my doubts, I realized that Dr. Raju is not an ordinary naturopath, but an incarnation of God.

In the days when medicine has become a business here comes in altruistic mentor who has converted nature cure into a natural lifestyle with selflessness, dedication and zeal. He is knee bent on spreading among all the humanity without expecting any financial returns. He is a friend, philosopher and guide to the patients. He cures them in their own houses with love and affection. If necessary, allows them to continue their medicines. Really he is a great man who lives only to cure a patient and to relieve him of his suffering.



He pats you on the back, but can admonish you when you go wrong. He is frank. He doesn't compromise during fasting period.

Especially the fasting (Upavasa Dharma) he advocates is unique. Till the body gets cured of all ailments – we don't feel hungry or feel weak! Added to that the mind and the body are made energetic in the process. That is something special, something wonderful! He remains stoic to the praises or abuses of people. His sole purpose is to spread a natural life style. That's what is attracting people towards him.

Coming to my wife's illness: - She has obesity, sciatic pain, Arthritis. She cannot do her own work. Her condition has been so bad for the past 10 years. Within a month, she was relieved of her severe pains and was also cured of her Sciatica. After four months, her condition had improved so much that she was able to do her own work and to fulfill her household duties.

The main feature of Dr. Raju's treatment is, he insists that both the husband and wife should follow natural lifestyle. So I too took part in that. I don't have any problem as such. But with due respect to Dr. Raju's statement, I followed it, to stand by my wife. I could find change in me both physically and mentally.. I am now able to control my sense organs. I can feel a change in my attitude. Now I know how food – health – happiness are three in one. Good food gives you good health that in turn brings happiness. Such food helps in our spiritual thinking too.

Smt & Sri. R.S. Raju  
M.I.G. 13, Pithapuram colony,  
Visakhapatnam – 3.

## 8. An unexpected turning in my life

I am Uma from Amalapuram aged 42. Ever since my childhood have known only illness. I always suffered from cough, cold, asthma, high fever etc. I was forced to depend on medicines for these. After marriage, I had to undergo cesarean operation for delivery. That led to yet another problem – Urinary infection. That was so severe, I had to consult many doctors. The medicines gave me only temporary relief. The moment I stopped them, again the pain and the infection showed up their presence. This continued thus from 1975 to 1982.

For a decade I was suffering. I was operated for Diverticulum of Bladder. It was only a temporary relief. If I give up medicines, my pain shoots up. If I take medicines, my hunger goes down. My body and face were swollen. Because of that my weight doubled to 75kgs. It lead to joint and muscular pains. There was no part left normal. God gave us everything, except good health. Every day we prayed to God to give good health.

I was going around kidney specialists and urologists. Dilation once in six months became necessary. Cough, cold and allergies continue to frequent me. A situation developed that I have to visit or consult doctor every two, three days.

I was depressed with the fact that I have to depend upon medicines, doctors and hospitals for life.

I happened to meet to Dr. Raju who assured me of cure for all my health problems. He advised me to give up tasty food totally. I used to be fond of different kinds of food and tastes. I couldn't resist them! But I realized that if I wanted something I should forego something. I need a peaceful, calm, healthy life. Dr. Raju proved to me that the root cause of my problems was my food habits. So I decided that day itself I should give up tastes to cure my self of ailments like obesity, cough, cold.

Dr. Raju visited us daily and told us many good things and gave moral support during fasting period. Never I had to think of tasty food during fasting. I did not feel hungry too. My husband had no health problem as such, but being inspired by Dr. Raju he also started fasting.

I fasted for 18 days. Day by day, I could feel the difference in me while not taking medicines. I felt my body became light. I had a strong belief that I could regain my lost health through fasting itself. Dr. Raju keeps telling that we ourselves cling to diseases through tastes and once we give up our weakness for taste, they will loose their grip. Yes! He is 100% correct. I realized it during fasting.

I reduced only 5 kgs weight during fasting. Within the 18 days of fasting itself, my urinary problem almost cleared with steam bath. By the time I completed fasting all my other complaints like fever, cough, cold, Asthma, Swelling, Arthritis etc disappeared. Then I started eating the food suggested by Dr. Raju and while doing Asanas and Pranayama.

With my changed food habits and asana exercises my weight came down to 53kgs from 75kgs. The food suggested by doctor not only gives us natural taste, but also good health.

It was a turning point in my life. I never dreamt of the experience that I am enjoying now. There is no point in blaming God, when we spoil our health ourselves. I have understood that ill health doesn't allow you to enjoy material comforts or luxuries. God listened to our prayer and He came to us in the form of Dr. Satyanarayana Raju, to provide us good health. How can we ever repay the kindness of Dr. aju?

Dr. Raju's motto is 'Live Healthy and make others live healthily'.

Let's not waste time and money by running around so many specialists for so many diseases. Here is nature's treatment! Name any disease, name any compliant the cure is one and the same! How nice! How simple! I am sure you can get peace and happiness within a short span of time. Your life is God's gift! So if you eat natural food created by God, have faith in Nature given by God, God will never fail you! You will not have to go round hospitals, spend money for treatment or even depend on others! This is my experience. One who follows the path of dharma is sure of success. The same way one who enjoys the fruits of nature is sure of achieving good health! No pains, no gains! Only if you follow, you will get the results of it! You be a patient of the Dr. Raju for some time, you can be a lifetime doctor for yourself and

for the rest of your family. I pray to Mother Nature to provide good health to everybody like me!

You come across one in thousands who follows what he preaches! Dr. Mantena Satyanarayana Raju is one such celebrity. He is a memorable person in our lives.

Uma  
Amalapuram  
East Godavari Dist.

## 9. An analysis of the harmful tastes

I met Dr. Mantena Satyanarayana Raju out of curiosity to know about his Natural Lifestyle. The sum and substance of the conversation was if we adapt to natural lifestyle, we would never be unhappy in our life. He strongly suggested that we should totally give up salt, oil, ghee, sugar and spices. He advocated that we should not give unnecessary importance to tastes and replace them with fresh vegetables, fruits, wheat, unpolished rice, sprouts and raw coconut. I was convinced of the advantage of such a diet.

My wife and me started following natural lifestyle, though we had no health problem, just because we were convinced of the benefits of it. It gives us not only good health, but also prevents the appearance of any diseases in future.

Dr. Raju suggests to taking to fasting for 20 – 25 days to clean the inner body system. I wondered how far it was justifiable. On referring medical journals I learnt that if we fast for many days without any food (without honey too), the glucose supply to the brain cells would not be sufficient and it might kill them.

Also I found I that the fasting advocated by Dr. Raju would not allow that kind of situation. During fasting when we take 250 grams of honey eight times a day, and 5 liters of water, no such harm will be caused to either the body or the mind. It means if we take proper care, fasting for any length of time will do us no harm.

I did fasting for 18 days quite actively, carrying on my duties as a doctor. The same way my wife also fasted for 29 days with no problems.

I will explain as a doctor the tastes that Dr. Raju asks to desist from:

**Salt:** The medical books (allopathy) I read, said that 5 gms or even less of salt would be sufficient for a normal person and just one gram would do for a B.P. patient. It means, almost a negligible amount! We can just hold between two fingers this 5g of salt. But to satisfy our tongue we consume 10 – 25 grams a day!

We don't require more salt than what already exists in the vegetables, fruits and sprouts as Sodium and that is what the body really needs.

**Oil:** We don't require oil for our body, because the natural fats are sufficient in the food that we take. Natural fats get digested easily. Excess consumption of oil and cheese increase the cholesterol percentage in our body.

Water – In fact, in our daily life we hardly drink a liter of water. If we drink plenty of water, the waste and poisonous material in our body can be driven out quickly. The same way, if we drink plenty of water after the food is digested, the left out waste material can be driven out easily. So we get free motion.

Yours Sincerely,  
Dr. K. Ravi Kumar Varma  
M.B.B.S, M.D. D.M.R.D  
Visakhapatnam.

## 10 From mercy grows great love

Allopathy is a scientific treatment. It has achieved remarkable progress. It has done miracles. It can easily replace the internal organs. But all said and done even such a wonderful science has its own limitations. So far there is no permanent cure for certain disease like some allergies, cancer, blood pressure, diabetes, arthritis, skin diseases, kidney problems etc. The medicines may relieve pain temporarily only to add some side effects. There is no guarantee the patient is cured 100% after kidney transplantation or surgery for the heart.

For the past 32 years I have been treating thousands of patients through Allopathy. Many times I felt sorry for the patients to whom I could not provide a proper or permanent cure through Allopathy. I wanted to do something for them. So 10 years back I learnt also Homeopathy. It cleared most of my unhappiness but still I am not totally happy.

At this stage I happened to hear of Dr. Satyanarayana Raju. He has been treating patients, chronic patients, through his Natural Lifestyle. I was impressed with his approach and

Myself approached him for my personal health problems. I followed his advice and was thrilled at the results.

Ever since then

we adapted natural lifestyle in treatment of our patients with better results.

We are able to cure diseases like menstrual problems, disease by white corpuscles in blood, Kidney trouble, Heart trouble, Liver problem, Stones in Kidneys, Arthritis, Diabetes, B.P. etc. ensuring health and happiness to our patients.

All the credit goes to Dr. Satyanarayana Raju. What's the use if the treasure of knowledge is hidden in books? Dr. Raju has brought it out to the doorstep of every human being.

Allopathy treatment is easy for both doctor and the patient, Homeopathy is strenuous for the doctor but strenuous for the patient, because the patients will be prepared to bear the disease but will not be willing to give up the ruchi. Dr. Raju has to convince such patients into such a life style. He has a great capacity and fund of patience to convince people of this treatment and lead them to a perfectly healthy life. With his dedication he stands by the patients and encourages them to follow it.

The life style he has learnt, he has accepted, he has followed and he has been spreading is the best for the cure of any disease. He is one in million. He has dedicated his life for the welfare of the society. He is enlisted himself in the service of humanity. He is really a reincarnation of God to the sickly.

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