



HEALING THE WORLD  
NEW DELHI LONDON

# HEALTH STRATEGY

A Positive Attitude, Perfect Mental Health Cardiovascular fitness and all such medical parameters balanced is the key to keep your Mind and Life under control

Do not waste a Calorie of energy, a Minute of Time and a Paisa of Rupee.

Always remain focused to Inner Peace and Calmness, Vision & Wisdom. Lots of energy and stamina. Correct principles of each and every affairs. Be Active, Happy and Cheerful. Do not cross limitations because of Pleasure, Greed and Anger. Refrain from all act of foolishness at any place or situation.

Routine Blood Test. Normal Medical Parameters A Cool diet for an overheated body, warm diet for a cold body. Alkaline detox diet is always preferable. Never ignore exercises and a deep tissue massage. 8 hours of good sleep.

Correct knowledge & Principles of Health. Doctor's & Health Instructor's Advice. Clearly understand the difference between a high priority and low Priority.

Take enough precautions during the changing weather and climate. Immunity is subjected to weaken during this change. Enough vision to understand whether your Body needs Rest or Exercises.

Complimentary Medicine can help at early stages but If It is chronic do not depend on them completely go ahead with Western medications side by side Bear some side effects of Western Medication to avoid dire sufferings from all Major ailments.

Closely monitor your Behaviour, Stress, Blood, Posture, Eyes, Tongue, Gum Swelling or toothache, Nails, Digestive system, Thyroid, Blood pressure, Blood Sugar, Cholesterol, Insomnia. Sleep, Hunger, Temperature (hot or cold, Yang or Yin), Chi, Energy, Weaknesses, Swelling, Pain in the joints and the Feeling of Wellness and Well being ; all major ailments do reflect some kind of symptoms in these places of your Body before they become chronic and severe. If you are suspecting any kind of ailment (it may be heredity); instead of being afraid, be bold, get the right tests, X-Ray done, consult the right physician for that particular ailment. There are excellent tests available in the clinic and hospital which can detect everything ranging from- cancer, heart diseases, stroke, liver, kidney ailments etc, all these major problems can be cured, if detected in its early stage. Remember: those afraid of diagnosis and treatments will be left untreated. Therefore, it is advisable to listen to a specialist for proper assessment and treatments. However don't just blindly base your judgment on one doctor's opinion, consider a second one. It is very important for peace, happiness comforts and optimum health. Don't keep too much burden for anything and at the same time never remain careless for any sufferings. Make sure that heart and mind are not active all the time (24 hrs) try to Pause them for a while. Be careful about below mentioned negative forces of devil. Do not waste Capacity & Capabilities in a wrong place.

DIGESTIVE DISORDERS.

PSYCHOLOGICAL DISORDER

HIGH BLOOD PRESSURE

HIGH CHOLESTEROL

DIABETES

HEART ATTACK

STROKE

CANCER

THYROID & KIDNEY DISEASES

ENVIRONMENT & FOOLISHNESS

LAZINESS & GHAFLAT

FORGETFULNESS & IGNORANCE

JUNK ADDICTION & GREED

EXCESS PLEASURES & IGNORING PROFESSIONAL GUIDANCE

ARROGANCE & MENTAL DISORDER