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â,¬ NATURE CURE â,¬ Preface â,¬ Nature cures, not the physician - Hippocrates What, you may ask, is a public relations man doing writing a book on nature cure ? The answer is simple : good health ought to be everybodyâ€™s concern, not solely the medical professionâ€™s business.

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Nature Cure and its Principles Nature Cure or Naturopathy is a way of life of which we find a number of references in the Vedas and other ancient texts. Nature cure or Naturopathy is based on the morbid matter theory, concept of vital force and other concepts which were available in ancient Indian texts which indicate that these methods were widely practised in ancient India.

### **Nature Cure and its Principles - Yogic Way Of Life**

Nature Cure www.mkgandhi.org Page 3 EDITOR'S NOTE Gandhiji had very early in life lost faith in modern medicine. He was convinced that for good health all that was necessary was to live according to the laws of Nature in regard to diet, fresh air, exercise, clean surroundings and a pure heart.

### **NATURE CURE - M. K. Gandhi**

nature for our healing. It is my prayer that this encyclopedia will help ... It Is Possible To Treat And Cure Yourself Effectively Without The Use Of Harmful Drugs" Learn The Secrets To Using All Natural And ... Encyclopedia of Home remedies for better life And More!

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Mudra therapy is a non-medical and natural way of controlling diabetes.Healing Mudra works according to the Ayurvedic principles. According to Ayurveda, every disease is caused due to an imbalance in

Dosha™s(Vata, Pitta, and Kapha).Mudras are used to manipulate these doshas.

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