

A B C OF NATURE CURE THROUGH A B C

W. H. O. [WORLD HEALTH ORGANISATION] had decided their aim as “ **HEALTH FOR ALL TILL 2000 A. D.!**” All the branches of Therapeutics world over have already started working in that direction, but in vain. Because, “**Health**” is not a consumer item which one can purchase over the counter. It is our inner feeling which one can acquire and enjoy by his own efforts only.

“**PREVENTION IS BETTER THAN CURE!**” goes the saying. There are a number of therapies world over, known and unknown. “**NATURE CURE**” is one of such, which teaches us to take care of our own “**HEALTH**” through “**HEALTH CULTURE!**”

- All the functions in the body are governed by the “**LAWS OF MOTHER NATURE!**”
- By trying to understand these “**LAWS**” and endeavoring to put them in practice one can enjoy the “**REAL HEALTH!**”
- Centuries have passed in search of “**HEALTH**” with the help of Medicines and Drugs, but in vain.
- **DRUGLESSNESS** is the fundamental principle of “**NATURE CURE!**”
- Ether [sky, space], Air, Sun, Water and Earth of which the body is composed are the Five Fundamental Elements which are directly used as Food as well as Medicines. So, Nature Cure can be summed up in four words as “ **FIVE FOLD FOOD MEDICINE.** “
- “**FASTING IS THE SUPREME MEDICINE!**” goes the saying, and it stands true in “**HEALTH CULTURE!**”
- Go out for a walk in the pure, cold and fresh air in the morning.
- Have a good exercise and breathe deeply in the cold weather of dawn and morning.
- In morning-sun, basking helps produce Vitamin-D, improves skin health, promotes blood circulation and removes toxic impurities through sweating.
- Just keep the head in shadow, so that it remains cool and keep the body naked while taking the **Sun-Bath.**
- Keep on massaging, dry or wet [water or oil] during the sun-bath.
- Let every hot treatment [sun, water or steam] be followed by a cold one.
- “**MAN IS MORTAL!**”, no therapy can assure immortality, but “**WATER IS LIFE!**” and water plays a major role in treatment [preventive or curative] of Nature Cure.
- **Newton’s Third Law** – For every action there is equal and opposite reaction – works fantastically in the treatment of **Hydrotherapy [Water Treatment]**.
- Of the two temperatures, hot and cold, cold has more medicinal value than hot, though hot [water, steam etc.] are used as and when necessary.
- Packs [water and mud], compresses, bandages, fomentations, jets, showers, sprays, douches, enemas, imbibition, irrigation, gargling, splashes, achamanas and various types of partial or full baths are some of the important Hydro- Thermo- Therapeutic procedures which prove effective when used properly.
- Quick - instant results should not be expected every time, as every disease is the result “**Wrong Living And Wrong Eating Habit**” for years together.

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- **Remain "Patient"** in the real sense and you will find that even "**Nature Cure**" can give Fast Relief and Cure.
- **Simple, Natural, Unprocessed and Raw-Diet** as given by Nature, including Space, Air, Sun-Shine and Water is the only Medicinal Diet for human-beings to keep health and remain healthy. Grains, if necessary, should be taken by Mono-Grain principle only.
- Treatment and maintenance of body is mainly dependent on proper "**Five Fold Food Medicine**" and "**Non- Violent**" Naturopathic procedures only.
- "**UNITY OF DISEASE AND UNITY OF REMEDY**" is the key-note of Nature Cure. Obviously, "**Germ is not the cause of disease**, but the effect of disease, i. e. as per the Philosophy and Science of Nature Cure – Accumulation of toxins in the body, due to Wrong Living Habits And Faulty Elimination is the only disease and hence, their elimination is the only way of cure. "**SIMPLICITY THY NAME IS NATURE CURE!**"
- "**VITAL ECONOMY**" [**ECONOMY OF VITAL ENERGY**] must be observed in every aspect of our day to day life. Vital Economy is nothing but the intentional application of "**LAW OF CONSERVATION OF ENERGY**" to our day to day life.
- When we try to help ourselves, **GOD OR MOTHER NATURE** helps us to remain healthy and maintain health.
- X-Rays, Laboratory tests, B. P. apparatus, Stethoscope etc. can be used as and when necessary to note the condition and progress or otherwise of the patient. **These are not allopathic but Physics and Chemistry.**
- "**YOU Are Your Own Doctor!**" and non-else. **Philosophy and Science of Nature Cure** teaches to "**BE YOUR OWN DOCTOR!**"
- Zero Error is not at all possible. "**To Err Is Human!**" Nature Cure is after all not a therapy, but a "**WAY OF LIFE!**" in its true sense, both "**In Health and In Disease**" [III – Health].

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