

QUALITY

(Defⁿ.)

QUALITY IS NEVER AN ACCIDENT. IT IS ALWAYS THE RESULT OF HIGH INTENTION, SINCERE EFFORTS, INTELLIGENT DIRECTION AND SKILLFUL EXECUTION. IT REPRESENTS THE WISE CHOICE OF MANY ALTERNATIVES !!

- **NOW, SUBSTITUTE THE WORD QUALITY BY HEALTH AND THE DEFINITION STANDS TRUE TO ITS EVERY WORD AND ITS MEANING. BECAUSE, HEALTH IS THE QUALITY OF OUR BODY !!**
- **AGAIN, SUBSTITUTE THE WORD QUALITY BY PROSPERITY AND THE DEFINITION STANDS TRUE TO ITS EVERY WORD AND ITS MEANING. BECAUSE, PROSPERITY IS THE QUALITY OF OUR LIFE ! AND PROSPERITY ALSO IMPROVES THE QUALITY OF OUR LIFE !!**

HEALTH AND DISEASE

**(As explained by Late. Acharya K. Lakshman Sarma)
SUPPOSE THERE IS DARKNESS IN A ROOM AND YOU WANT TO REMOVE IT, CAN YOU REMOVE IT ? NO ! WHAT DO YOU DO ? YOU BRING IN THE LIGHT AND THERE IS NO DARKNESS ! SO, THE DARKNESS HAS NO SEPARATE EXISTANCE, DEMINUTION OF LIGHT IS DARKNESS ! LIGHT IS REAL AND DARKNESS IS ILLUSION !**

SIMILARLY,

HEALTH IS REAL AND DISEASE IS ILLUSION! DISEASE IS NOTHING BUT THE LOWERED LEVEL OF HEALTH. SO, WHAT IS THE SOLUTION ? INCREASE THE HEALTH LEVEL AND THERE IS NO DISEASE ! BUT, HOW TO INCREASE THE HEALTH LEVEL ? JUST ADOPT HEALTHY HABITS AND LEAVE EVERYTHING TO THE SUPREME POWER OF MOTHER NATURE AND SHE WILL TAKE OF EVERYTHING.

REMEMBER

**(As explained by Late Dr. L. Ramachandra Sarma)
IN NATURE CURE THERE ARE NO DOCTORS AND PATIENTS IN THE POPULAR SENSE OF TERMS. THERE ARE ONLY TEACHERS AND PUPILS, GUIDES AND FOLLOWERS. THE NATURE CURE PHYSICIAN POINTS OUT THE MISTAKES IN YOUR DAY TO DAY LIFE AND TEACHES YOU TO RECTIFY THEM WITH THE HELP OF FIVE ELEMENTS i.e. AAKASH (SPACE OR ETHER), VAYU (AIR), TEJ (SUN), AAP (WATER) AND PRUTHVI (EARTH). EVEN IF YOU ARE UNDER THE TREATMENT OF A NATUROPATH, THE ULTIMET RESPONSIBILITY LIES ON THE SHOULDERS OF THE PATIENT HIMSELF. BECAUSE, NATURE CURE HAS GOT TO BE 'LIVED' !**

BUT

(My Addition)

INITIALLY IT IS TO BE BELIEVED.

MOTHER NATURE

**MOTHER NATURE IS A FORGIVING LADY,
LEFT TO HER OWN DEVICES, SHE WILL IN DUE
TIME CLEAN UP THE ENVIRONMENTAL MESS
WE HAVE MADE.**

**MOTHER NATURE IS A FORGIVING LADY,
LEFT TO HER OWN DEVICES, SHE DOES IN DUE
TIME CLEANS UP THE HYGIENIC SINS WE
HAVE COMMITTED.**

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