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How to return from the

HOSPITAL

ALIVE

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and should be distributed."**

*-Dr. T. Colin Campbell
(Bill Clinton's Doctor)
Chief Scientist - The China Study*



Dr. Biswaroop Roy Chowdhury

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- दैनिक ट्रीब्यून, 12 जनवरी, 2013

“भारत के सेहत के साथ हो रही धोखाधड़ी का किया खुलासा”

- City Connect, 13 January, 2013

“चिकित्सा का कृष्ण पक्ष”

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“इंजीनियर का डॉक्टर्स को मिला खुला चैलेंज”

- दैनिक भास्कर, 12 जनवरी, 2013

“अनूठा और सराहनीय प्रयास”

- द संडे इंडिया, फरवरी 2013

“Nobody has to die of diseases. This excellent book bravely and boldly spits in the eye of tradition. Instead of supposition, Dr Biswaroop provides facts - political facts, medical facts, and nutritional facts and he is right on target. Education is power. It will also give you back the life that fear threatens to steal from you.”

-www.indiansinkuwait.com, Nov. 2012

“Revealing book on modern medical scam.”

-Phalpluat, 27 Oct., 2012

(Leading Newspaper of Vietnam)

“It is about the politics, science and commerce of diseases.”

-Times of India, 7 Oct. 2012

“बीमारी के नाम पर व्यापार”

-हिन्दुस्तान, 7 अक्टूबर, 2012

“यह पुस्तक इस विषय पर विचार करते हुए प्रतिपादित हुई है कि आखिर अधिकतर व्यक्तियों के जीवन के अंतिम दिन कष्ट और रोग से भरे हुए क्यों रहने लगे हैं।”

- नेशनल दुनिया, 28 अक्टूबर, 2012

“I congratulate Dr Biswaroop for bringing out the true picture of pharmaceutical industry. We recommend health education as a part of regular school curriculum so that children understand that Good Health is their Birth Right. They should also understand that only nature and natural products can ensure good health life long.”

-Dr. Bharti Gandhi,

*Director- Founder City Montessori School, Lucknow
(World's Largest School - Guinness World Records - 2013)*

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HOSPITAL
ALIVE

Dr. Biswaroop Roy Chowdhury

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Dedication

Dedicated to my parents who have
been the source of inspiration
for my investigative journalism

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“

**I find medicine as the best of all
trades, because whether you do
any good or not, you still get
your money.**

- Moliere (1664)

”

CHAPTER - 1

Illness – a Trade

The title of the book is not only illusive but also stunning. We can never even imagine such a thing! On the slightest illness or health problem, in the first instance, we go and knock the door of a doctor or a hospital. The moment we reach there, we feel as though we have found a saviour or a messiah who would pull us out of our problems and we would soon be free of any worry or anxiety. Alas...This book is a slap to our long held beliefs and ideologies about the medical practitioners and the medical profession. It is going to tell us as to how we return safe and sound from the hospital; as though, hospital was a death knell for us and not a place for treatment of our ailments!

The facts so far, reveal that the chances of mortality rather increase instead of receding, after going to the hospital. Even if there is no chance of your dying, the hospital environment, the negligence on the part of the hospital authorities, the blunders of doctors, the employees, staff etc bring us close to the death door. Let's have a look at such blunders in general:-

First Case: 17 yr old Sunaina died within two weeks of heart transplant. You will say what is there to wonder. This could happen to anybody. May be the operation didn't suit her (she couldn't withstand it), or perhaps her life was this much! Wish this would have been the reason. Then, even we would probably pacify ourselves thinking along these lines.

But unfortunately, the reason of her death was that the surgeon didn't even bother to check that the blood group of Sunaina didn't match with that of the heart transplanted. Such big negligence/ blunder on the part of the surgeon sent a seventeen year old damsel to eternal sleep of death. What a shame!

Second Case: 47 yr old Ramlal was admitted in a hospital due to pain and constriction in his left testicle. The surgeon suspected cancer. As a result of which he decided to remove his left testicle. But, unfortunately, by mistake, removed his right testicle. Now what do you call this?

A sheer negligence!

Third Case: When 49 yr old Kamalkant was admitted, he was suspected of a tumour in his stomach. The tumor was removed from the abdomen but, the surgeon left a pair of scissors inside the stomach by mistake. You might not believe this, but it is the truth. After one year, when scissors were removed through another surgery, it had already caused so many wounds in the stomach that within two months of the surgery he died.

Fourth Case: 67 yr old Maria was taken to hospital for angioplasty. After angioplasty, instead of being sent to her ward or bed, she was sent to some other floor of the hospital, where patients of O.T were admitted. She was therefore, taken to operation theatre by the nurses and other staff members where her chest was cut open for heart surgery. In the meantime, another doctor rang up to inform that the patient needed to be discharged, since she had no heart problem. Then, Maria's chest was stitched back and immediately she was discharged from the hospital. Ridiculous! Isn't it?

Fifth Case: For a while, do listen to the sad tale of Satyashyam. Surgeon amputated his right leg in lieu of left one. Before the surgeon could realize his mistake, it was too late.

Sixth Case: 35 yr old Pratha, was diagnosed with tumour in her right kidney. The doctors suspected that this could be cancer. Therefore, decided to remove her right kidney. But, during surgery, by mistake,

removed left kidney which was healthy. The next day, when the pathologist did not discover any malignant cell in the removed kidney, the surgeons shamefully realized their folly.

Seventh Case: A 73 yr old man was admitted to the hospital after he complained of stomach ache. After many tests, nothing concrete could be diagnosed by the doctors in four days; it was decided to perform a surgery. Before surgery, anesthesia was administered to the patient. Unfortunately, the anesthesia was not that effective and the patient reached a stage of semi consciousness where he could feel the excruciating pain but, could not shake his legs or arms or tell the doctors either. It is believed that such pain is even more painful than death.

The result was that the patient committed suicide, a week after the surgery; as he could not withstand the pain of the surgery. He embraced death and chose an easy path.

Eighth Case: 34 yr old Nancy chose In Vitro Fertility (Test-tube) for pregnancy. However, when the baby was born, all were stunned to see a dark baby born of fair parents. After DNA test, doctors discovered their folly; they realized that they had, by mistake, injected another man's sperm in Nancy's womb.

Even you will be flabbergasted and feel outraged at such revealing facts, baring the follies of the doctors. It is a trend of today, not only in India but all across the global hospitals. They don't realize that the patients regard them as their saviours and count on them. They ought to be committed to the patients and understand their duties and responsibilities towards them.

The following statistics published in Journal of Health Awareness reveals the percentage of the negligence committed in the hospitals

of various countries:

Countries	Percentage of Medical Negligence
Great Britain	18%
Australia	23%
Newzealand	23%
Canada	25%
U.S.A	28%

In India, probably there is 40 % of such negligence, if we believe on information obtained through reliable sources. Sadly enough, our government has never tried to investigate or take into account the medical blunders.

If one is to believe the U.S sources death of the patients is more owing to negligence on the part of doctors, which in technical language ,we call , 'death due to iatrogenic causes' or 'Iatrogenic Deaths'.

According to Journal of American Medical Association, volume 284-July 2000's article, ' Death from Iatrogenic causes'; The death figures in U.S Hospitals, every year, are as under :

Number of Deaths	Causes
12,unno	Due to unwanted surgeries
7000	Wrong medicines
20,000	Other discrepancies/follies in hospital
80,000	Due to contagious diseases in the hospital
1, 06,000	Repercussions/side effects of medicines

If we talk of India, two out of three cases of deaths in hospitals are due to negligence of the hospital staff and the adverse effects of

medicines. If you don't believe these facts, let's take a look at the other important scenario of the hospitals of India. We are going to introduce you to an eminent institution of medical profession, Indian Medical Association, which is supposed to be the most reputed organization, has about more than three lakhs doctors as members. This association is also called the backbone of Modern Medicine. In 2008, through an advertisement on T.V., I.M.A. recommended drinking of Tropicana juice and said that it is very beneficial for health. Whereas; the fact is that it contains so many harmful chemicals as preservatives, that the juice becomes toxic for health.

The matter does not end here. Let's move forward and go for a round into the kitchens of the renowned hospitals, where you will find packed juices containing harmful chemicals being served to patients, in the name of fruit juice, which are detrimental to the delicate immune system of the patients. Although freshly extracted fruit juices are very good for health, packed juices prove to be more harmful. Similarly, food prepared in a microwave, quite often becomes the cause of high cholesterol, diabetes, heart disease and fatal diseases like cancer. Microwave vibrates the water molecules lakh of times in a second which heats up the food and cooks it in no time. But the chemical structure of the water molecules contained in the food changes in an unnatural way, thus making the food toxic, when it finally goes into the stomach.

Now the matter of concern is that when patients, who are admitted to hospitals, are served the food cooked in microwave it aggravates their problems. Possibly, our doctors too overlook such crucial facts/reasons and like any other layman, become a victim of such diseases. They themselves end up becoming patients.

Recently, my team did a survey of the head of department of the Obesity Department of the ten most reputed hospitals of India, wherein 9 out of 10 head of the department(HOD) were obese themselves.

Just think how can a doctor who is himself obese, claim to make his patients slim?

If a doctor himself is diabetic, how could he promise to cure his diabetic patients?

You go to any big private hospital, you are sure to find fast food restaurants in the same. Although it has been proved that the present set of diseases related to our prevailing life style could be attributed to fast food. There is no doubt that all private hospitals are minting money in the name of diseases. It has turned out to be a booming business.

Just pay heed to the following popular saying:

“Today man spends his entire earning of 50 years earnings in saving his life, in the last 50 days of his life.”

It goes without saying that the hospital has become a thriving business today.

Remember that your falling ill and thereby your prolonged illness is going to benefit hospitals and a few companies. Perhaps this is the reason why a company like BRITANNIA writes in a certain ad for its biscuit, 'Let's be friends with diabetes.' Just imagine who would like to be friendly with such a dangerous disease?

To keep you alive with diseases is going to benefit these hospitals and companies manufacturing medicines. They are together hatching this conspiracy and you are feigning ignorance. It is a strange

misfortune of human species that only human beings die of diseases. Have you ever heard a cat dying of a heart attack or a dog suffering from high blood pressure?

Not a day passes by where we don't come across the headlines in the news highlighting health fraud or a medical scam by pharmaceutical companies of the world including Merck, Glaxosmithkline, Pfizer etc. It is evident that we are in for some impending danger and there seems no escape from it.

“

**A conventional doctor talks of a
disease, a nature doctor talks of
health.**

- Mahatma Gandhi

”

CHAPTER - 2

The Mathematics of Diseases

We take you to the period of 1975, where we would talk of the second largest pharmaceutical company, of the world, Merck. The company's C.E.O Henry Gadsden had only one regret that only ill people were able to avail his company's products. He wished that healthy people could also use the same. He had this dream, a vision of seeing healthy people too consuming his company's products. He wanted that the whole world should fall sick, so as to sell his company's products, just like a chewing gum. Every one likes chewing it whether sick or healthy, young or old. Likewise all the pharmaceutical companies want that every one should consume their products, no matter ill or healthy. To prove this, consider a few examples:

Say, you are not feeling sleepy. To induce sleep, you start consuming sleeping pills. Gradually, you become so addicted to such medicines that you are unable to sleep without consuming them. Likewise, if you suffer from depression, you take antidepressants and a day comes when you cannot dispense with them. The day you do not take tranquilizers, you start feeling restless, uneasy thus, get addicted to such medicines. Such psychiatric medicines have their own psychosomatic reactions. Same is the case with diabetes. In order to regulate it, if you start taking medicines you get so accustomed to them that the day you don't take these medicines, you start feeling ill and uneasy. And at last you start becoming dependent on them.

These are not mere hearsay, Glaxosmithline, a well known reputed company bribed the doctors for twenty years so that they prescribe their products to healthy people. They knew that if these medicines were administered to healthy people, they would soon get dependent on them and would not be able to dispense with them. After a period

of 20 yrs, their malicious plan came to the fore. On 20th July 2010, when people came to know about the truth, the company had to pay a penalty of more than Rs16000 crores. Now the question that arises is, would they get rid of this moral crime towards humanity, by simply paying the penalty? Such companies only have their own vested interests to fulfill; thus, overlooking other health issues or the well being of the patients. They only want the diseases to be on the rise so that their company could thrive. Their business would prosper if more and more people become victims of some or the other diseases and remain invalid lifelong.

I will give evidence of certain diseases:

Diabetes: Till 1997, it was believed that if your “fasting blood sugar” exceeds 140mg/dl, then you are declared a diabetic but, in 1997, W.H.O formed a committee called 'Expert Committee on Diagnosis and Classification of Diabetes.' The committee recommended that the level be reduced to 126mg/dl. That would mean that, those who were not diabetic (a declared diabetic), after reading morning news papers, overnight, would become diabetic. In all, 14% people of the world who were not diabetic came within the ambit of diabetes.

The point to be noted is that W.H.O convened a committee of 17 members, out of which 16 were from the affiliated companies, manufacturing diabetic medicines. They were dealers, consultants, speakers and scientists, who were awarded salaries by these companies. The names of the companies are as under:

Aventis Pharmaceuticals, Bristol Myers Squibb, Eli Lilly, Glaxosmithkline, Novartis, Merck and Pfizer.

That was about the diabetes. Now what about those falling in the ambit of less than 126mg/dl? Then a new term called 'Prediabetic

was launched.' So, it is understood that those who were not at all diabetic, now would fall into the category of 'Prediabetic.'

Hypertension: A similar thing happened with hypertension also. In 1997, W.H.O formed a panel, headed by Dr. Alberto Zanchetti. With his help a committee of 11 members was set up to reduce the systolic hypertension limit from 160mmHg to 140mmHg.

And diastolic hypertension limit which was 100mmHg was reduced to 90mmHg. That, would again imply that those 35 % people of the world who were not the victims of hypertension would become the patients of hypertension. Later on, from reliable sources, it was revealed that 9 out of the 11 members of the committee were affiliated somehow or the other to the companies manufacturing medicines for hypertension. The report was issued by "The Journal of American Association".

Similarly, those whose blood pressure was below 140 mmHg were brought within the ambit of 'Prehypertension'. Thus, a new term was coined. Therefore, it was fixed that those whose systolic blood pressure was more than 120 mmHg and diastolic more than 80mmHg, they would come in the category of 'pre hypertension'. That way, according to 'Seattle Times'(newspaper), half of the population of the world would be either suffering from Prediabetes or come within the ambit of Prehypertension.

Cholesterol: On the similar lines, if we talk of cholesterol level in 1998, if the cholesterol level exceeded 240mg/dl, it would be regarded as high Cholesterol. However, in 1998, W.H.O set up a panel named, '**Texas Coronary Atherosclerosis Study.**' The motive of the panel was to present the level of cholesterol through new yardsticks of measurement. The same year in 1998, it was declared that whose's cholesterol level would exceed 200mg/dl, would be regarded as high cholesterol patients. Just imagine 56% people who were healthy, overnight became a victim of high cholesterol.

Osteoporosis: Same is the case of osteoporosis. In 2003, W.H.O established a new panel, '**National Osteoporosis Foundation.**' This panel was further asked to work out new parameters of osteoporosis. Before 2003, one with a T-score of less than -2.5 was declared a patient of osteoporosis. But, the panel reduced the T-score level to -2. Thus, other 85 % people who were not suffering from osteoporosis, now came within the ambit of osteoporosis.

Likewise, the parameters of other diseases were also reduced so that more and more people could be declared patients. Thus, needless to say that only hospitals, medical practitioners and pharmaceutical companies stand to gain from such patients.

Now let's understand how the guidelines of these diseases are formed? In 1948, U.N.O. established W.H.O, whose aim was to set up norms and standards of health in various medical institutions and thus improve our health standard. W.H.O conducts research on the diseases responsible for maximum number of death. Thereafter, it collects data and feedback from a few selected universities like Oxford, Harvard University, Toronto University, and Cambridge University as to which disease proved to be most fatal? On the basis of this feedback, a panel is selected. The members of this panel are from pharmaceutical companies. That goes on to say that the

guidelines prepared by this panel are prepared by such pharmaceutical companies, no matter whether they are for hypertension, diabetes or levels of cholesterol. It is in the hands of pharmaceutical companies to set the level and parameters of various diseases. Later on, the companies' agents become instrumental in delivering these guidelines and medicines to the concerned doctors. Many medical conferences for doctors are arranged in order to make them popular and then made to reach common man through doctors. The medical agents of pharmaceutical companies act like postmen.

In between the doctors and W.H.O are the pharmaceutical companies. And pharmaceutical companies have only one aim, 'to earn profit'. If you want to know the reality of pharmaceutical companies, then you will have to get in direct touch with the well established and reliable medical universities ignoring doctors and pharma industries.

Now let's get to know how these games of illness or diseases start?

How a certain disease is magnified in proportions?

The Connection of Pharmaceutical Companies with Doctors:

- The pharmaceutical companies invite doctors as consultants, advisers/speakers.
- These companies help the doctors in arranging and publishing their research work.

Advice by the doctors to the pharmaceutical Companies:

- The doctors explain them other uses of new medicines.
- Give counsel/advice on marketing of these medicines.
- Other specialists also help them in launching the medicines and help such companies in seeking permission from F.D.As, for the use of new medicines.

- A few doctors' money is invested with such companies, so they keep giving advice to these companies from time to time.

To Define a Disease:

- The pharmaceutical companies arrange for meetings; wherein, medical specialists are most than ready to give new definition to such diseases.
- The diseases that are predefined and established are redefined by the doctors and they write guidelines for the same. The doctors through this, cognize and apprise other doctors too, about these changes.

Advertising the Medicines

- The company experts, besides writing the guidelines, apprise the doctors about the information related to new definitions of the medicines- their uses, the brand names etc.

I hope that you will have understood this mathematics of different diseases by now and how we fall in the trap of this process of geometrical progression of 2 into 2 equals 8.

“

**The carpenter desires timber,
the physician disease.**

- Rigveda

”

CHAPTER - 3

Disease Mongering

In the present scenario, man is already trapped in the maze of so many health problems that he further does not need to aggravate them. Although in our society, there are many powerful industries contributing to the rise in such diseases and presenting them as a gift to the patients. The person is made to believe that he has one or the other disease or health problem which needs to be treated first and foremost.

This activity is known as 'Disease Mongering.' Disease mongering fills the healthy person with a fear that he is suffering from some or the other ailment for sure, even if he/she is known to have slight cold or headache. He is made to believe that he is suffering from some major disease which undoubtedly needs treatment.

This tactic has been coined the term, 'Corporate Construction of Disease', in British Medical Journal, by **Ray Moynihan, Iona Heath, and David Henry**. According to them, belying, illusionary facts about the diseases are spread so that a few multinational companies make money in the name of diseases and extract the money from healthy people as well. That is the reason these pharmaceuticals have been engaged relentlessly in sponsoring the definition of diseases and promoting them to both prescribers and consumers.

The product Listerine which comes as a mouth wash now, was discovered in 1879, as a surgical antiseptic. It was then, that the term, disease mongering began to be used. The word Listerine was derived from the name of an English surgeon, Joseph Lawrence Lister, who had first demonstrated the use of Listerine as a surgical antiseptic. Soon Joseph Lawrence and Jordan.W.Lambert were

selling Listerine as a floor cleaner. In 1895, suddenly it began to be used for teeth, as a mouth cleaner, to dispel bad smell from the mouth, thus was being sold to the dental surgeons. By 1914, in America, it began to be used as an 'over the counter' mouth wash and thus became popular by the same. By 1920, Lambert Pharmacal company, Listerine maker got convinced that he had got cure, now there arose the need for a disease. Finally, 'Halitosis' disease was made up. This referred to the foul smell of the mouth, about which a very few people knew. Through advertisements, Listerine was demonstrated as the treatment for halitosis. The advertisers described halitosis as such a disease which could be the one of the causes of lack of success in the career, romance and married life of a person. Soon, America's 90% people were known to be affected by halitosis.

The medical Industry is aware that by co-relating daily experiences or fluctuation in our daily moods with a particular medical terminology i.e. some or the other form of illness; could derive maximum benefit from patients. So it would have to declare the slightest health problem as a health disorder. Even a minor health condition would be magnified and exaggerated to such an extent that it looks like a monstrous disease. It has been medical industry's plan to prove that such diseases, if not treated in time, would severely affect one's success and personal happiness. It is a strange but true fact that if a common man is shown sympathy and his problem is magnified and thereafter the remedy is suggested by the doctor, he gets all the sympathy and feels consoled and relaxed. It then becomes natural for the doctor to win his goodwill and confidence. The poor patient thus feels, "I have such and such ailment and Thank God, this medicine is made only for me!"

If someone, in our close circle dies, it is but natural for a person who lost his loved one to take at least two weeks to come back to his/her normal routine. Grief or sorrow is a personal feeling which could linger on for six months or even more, depending on person to person. But, thanks to our psychiatrists. They call it depression, if your grief or mourning lasts for more than two weeks. **“American Psychiatric Association”** calls it mental ill health or depression, so that all doctors (psychiatrists) call it a mental problem or depression. To assign this sorrow or mental suffering a mental sickness/disorder or depression, would allow us to dispense with our money on the treatment and thus profit would accrue to the insurance companies and would be seen as a stigma, in our health record. According to American Psychiatric Association’s classification, any grief or mental suffering, if extends more than two weeks would be included in the Diagnostic and Statistical Manual (D.S.M -5) as a mental disorder.

According to Diagnostic and Statistical Manual (D.S.M-4), to remain in low spirits or cry or insomnia are mild symptoms of depression.

The guidelines mentioned in the D.S.M-4, clearly distinguishes between normal grief and major depression. Richard Friedman (M.D) says, as he writes for the **'New England Journal of Medicine'**, that the parameters of D.S.M-5 make even the healthy people or little worried or anxious people a candidate for antidepressants and any psychiatric medicine could be prescribed to such patients. According to Richard, D.S.M -5 would prove to be a boon for the pharmaceutical companies producing psychiatric medicines, as it would bring almost a normal person under the psychiatric treatment and would encourage the use of antidepressants and antipsychotics which are otherwise used for major depression and anxiousness. Richard perhaps, wants to divert

our minds to the fact, that in America, every year 2.9 million death occur. That would mean, as many people mourning their dear ones' deaths and thus, the thriving of psychiatrist profession. For this, the doctors need to thank **American Psychiatric Association (A.P.A)** and the parameters /guidelines, set up by them.

Diseases- from a mole hill to a mountain:

American Psychiatric Association (A.P.A) should rather be called American Psychopharmacological Association since they regard medicines as the 'be all and end all', of all the mental treatment and encourage the use of medicines. Sad news is that A.P.A is together working along the lines of pharmaceutical industry in order to discover new mental diseases that would soon be included in the medical literature, from time to time.

For example:

- If you do lots of shopping, you are said to be a victim of '**Compulsive Shopping Disorder**'.
- If you have difficulty in calculations or multiplication, then you could be suffering from '**Dyscalculia**'.
- If you are engrossed most of the time in Web-surfing, then you are said to be inflicted with '**Internet Addiction Disorder**'.
- If you are used to working out too much in the gym, you are said to be a victim of '**Biogorexia**' or '**Muscle Dysmorphia**'.
- If you are scared of no 13, you are possibly suffering from '**Triskaideka phobia**'.

And so on...

If such diseases or health disorders continue to be found in a large

number of people by World Health Organization, then these would soon be included in the next editions of Diagnostic and Statistical Manual. If these medicines affect the human behavior; or any mental disorder is cured by the psychiatric medicines then, sure enough, these will be included in the D.S.M. Out of the 297 mental diseases, none of them could be measured accurately on substantial grounds. In other words, the so called psychiatric disorders or mental ailments are completely subjective.

The symptoms of these mental disorders, as mentioned in the D.S.M are given the form of diseases, arbitrarily, by the psychiatric panel. There is no concrete parameter of measurement. Their motive is clear. They are discovering new diseases on the basis of new medicines made and not the other way round.

Today, if you go to a psychiatrist, it is presumed that you are a mental patient. Even your normal behavior would be seen as a mental disorder or disease. There is a hundred percent possibility that you are awarded the medal of a psychiatric patient and you come out with a long list of psychiatric medicines. Instead of counseling on how to make your behaviour normal or change your life style, it is their endeavour to choose an easy path and that is how the drugs should be consumed by you! It is not only easy for them but also alluring and beneficial, which would mean more money accruing to the pharmaceutical companies as well as the psychiatrists.

To assign some or the other mental disorder/problem to any human behaviour, has been like cash cows for big pharma. '**Marketing Professional Vince Parry**' has given a name to this art, '**The Art of Branding a Condition.**'

Every decade, seeing the increasing size of D.S.M, one could say that the world has become all the more unstable. There is no wonder that

all the money of these pharmaceutical companies is going into the discovery and advertising of these newly discovered diseases and henceforth, experimenting with the medicines, required for their treatment.

The most despicable part is that the ex chief/head of the American Psychiatric Association, himself agrees that the blunder and negligence committed by the A.P.A in the D.M.A, could have a very adverse effect and consequences. “Due to negligence on their part, so many children and adults have been labeled as 'a mental patient' and thus, an epidemic of mental diseases has spread to such an extent, which virtually did not have any existence”.

Target the children-The outrageous act of the pharma companies

The invention of diseases arbitrarily, not only has an adverse effect on the adults, but also targets the children. There is a new book, 'Born with a Junk Food Deficiency'. How Flacks Quacks and Hacks Pimp the Public Health', that reveals many secrets about the big pharmaceutical companies' as to how our children become the soft targets of such biggies. According to Alernet, 'child psychology', which was regarded as a modest speciality of psychology, has become today very active and hot market for Pharmaceutical industry .

Ranging from schizophrenia to peevishness, to ill temper/snappishness, the pharmaceutical industry has every remedy in the form of medicine /tablet for every child. All this, is the result of a good marketing.

Medical representatives, Gen Olson says, “it is very easy.”

“There are medical rooms in school, where small children are sent for minor problems and are compelled to take medicines. At home, they are pressurised by their parents, guardians and relatives.

Likewise, when they go to hospitals, doctors mentally coax them to take the medicines. Thus, the children become ideal patients and indirectly the clients of the big pharmaceutical companies, life long.”

According to Gen, children, who in their early childhood, take medicines for **ADHD, Bipolar** or for any other problem and become fine still lead their life very cautiously and systematically. They are gripped by a great psychological fear of the so called mental diseases and disorders, for life long, which is a menace to their mental, emotional and social development. The psychiatric medicines taken in the childhood have their adverse effects, repercussions in the long run on every aspect of their life.

According to the latest research, the medicines administered for asthma and allergy endanger the possibility of mental disorders.

The children, who start out with small psychiatric problems, become psychiatric patients for life long, as well as expensive patients. The monthly expenses incurred, could be more than Rs10,000 on their treatment. This pharmaceutical industry is undoubtedly, getting the support of the government and other organizations in their Polio vaccination campaign, other vaccinations and other necessary clinical tests; which make their task easy.

It is so embarrassing that mostly the psychiatrists are so busy in writing the medicines/prescription that they do not bother to update even their own knowledge.

Recently, in a research published in B.M.C Psychiatry, it has been found that teenagers of today who are known to be suffering from a serious mental problems, have shown deficiency of vitamin-D. It is not at all surprising since vitamin-D is indispensable for mental development.

According to the research, lack of vitamin-D in young boys and girls, increases the possibility of their being mental patients by four times.

According to the research, the quantity of vitamin-D in the children living in mental health clinic was found to be dangerously low. In young girls, it was found to be only 20 ng/ml and boys, 10 ng/ml, whereas the normal range is between 30-74 ng/ml. Any child who is showing unusual mental and behavioral patterns/symptoms ought to get his vitamin-D level checked.

There should be a regular test, a standard check up of the vitamin-D level of the children. However, this has been overlooked by the doctors and the psychiatrists. Many research studies have shown that by offsetting the deficiency of vitamin-D amongst the mental patients, their health had shown significant improvement.

When Mourning Becomes a Cause of Worry?

The intensity of mourning gets diminished with time. It dies its natural death; since time is the greatest healer. Although 10-20% people afflicted with depression may take a few months or more than a year to get back to normal. According to research, a depression lasting for a long time, works like an obsession and the afflicted person unknowingly starts rejoicing in the same, his mind takes refuge in the same.

If you wish to come out of your prolonged depression then follow the following remedies. This would prove very beneficial.

Firstly, you must understand that it's not so easy to come out of the murky darkness of depression, but, every man is capable of coming out of this black cave of darkness or gloom. Within six months only,

you will be able to see a ray of hope towards the other end and with your positive willpower, you will be able to overcome your depression. During this phase of depression, exercise proves to be quite effective and helpful. Meditation too helps a lot in making the patient stress free. Always remember that your mind and body depend a lot on the food that you intake. Purer (Saattvik) the food, the more pure would be your mind and a healthy mind would reside in a healthy body. You would then, never be afflicted with any mental ill health/disorder. Besides healthy food, sound sleep is also a must.

Lack of sleep may lead to mental imbalance; although, you may have been taking good diet and doing regular exercises.

The gist is that, through regular exercise, sound sleep and positive thinking, one could come out of any state of depression easily, which could otherwise aggravate and become a cause of mental imbalance in the long run.

Some examples of Disease Mongering

Condition	Disease
1. Hair falling or baldness	Disorders of the hair follicle
2. Stomach ache or change in bowel movements	Irritable bowel syndrome
3. Hesitation or shyness	Social phobia
4. Bones becoming weak (This is a risk factor but it was given the form of disease)	Osteoporosis
5. Difficulty in getting and maintaining an erection	Erectile Dysfunction
6. Those females who have not much interest in sex	Female sexual dysfunction

Condition	Disease
7. Growing Children's fluctuating moods	Bipolar in children
8. The tension in females before the arrival of Menses	Premenstrual Dysphoric Disorder
9. Unnecessary movement of legs	Restless Leg Syndrome
10. Risk of mental illness after 60 yrs	Psychosis Risk Syndrome
11. Tendency to forget	Mild Cognitive Impairment
12. Blood/glucose level raising slightly above normal	Pre diabetes
13. Infection in the upper toe	Toenail Fungus
14. Occasional , sensation in the chest	G.E.R.D (Gastro Esophageal Reflux Disease)
15. Lack of interest in work/ apathy, forgetfulness and lack of concentration	Adult Attention Deficit Hyperactivity Disorder
16. Unexplained pain and fatigue in the body	Fibromyalgia
17. Foul breath	Halitosis
18. End of Menstrual Cycle after 45 yrs of age medicalised as a disorder when really a normal paint of life	Menopause
19. Driving vehicle rashly	Road Rage
20. Frequent tendency/ urge to Urinate	Over Active Bladder
21. Due to rigorous exercise, lack of fat under the flesh of an athlete's face	Runner's Face

Condition	Disease
22. Tendency of frequent shopping	Compulsive Shopping Disorder
23. Low level of testosterone in males	Low T
24. Excessive internet browsing/surfing	Internet Addiction Disorder
25. Difficulty while doing mathematical calculations	Dyscalculia
26. To be a stickler for Hygiene, to go into perfection of every work/perfectionism	Obsessive compulsive Personality Disorder
27. To spend much time in Gym	Muscle Dysmorphia
28. The fear of number 13	Triskaidekaphobia

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**Every drug increases and
complicates the patient's
condition.**

- *Robert Henderson, M.D.*

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CHAPTER - 4

Overdiagnosis

Just imagine, if, in the middle of the way, your car breaks down (ceases to operate). And then automatically starts again or in case there is a puncture in one of the tyres and the puncture gets repaired all by itself! Not possible isn't it!

Can a car or a machine repair itself! This could happen only in our fantasies or imagination. But this has been happening with the human machine. When any one part of your body gets wounded, the blood starts oozing out. In due course of time, the blood starts clotting and gradually the wound gets automatically healed up! And you recover completely within a few days.

Similarly, if a virus enters our body, the body immunity system raises the body temperature as a result of which that harmful virus loses its effectiveness and becomes dormant. Thus, gradually the temperature of our body subsides. This is the only difference between machine and human body.

Our body is not a product manufactured by a factory. Every individual is unique in this world. Before the product enters the market, the quality of the product is tested. If in case, it is found to be defective, a ban is imposed on its manufacturing. The product cannot rectify itself but man has a potential to change himself, correct himself. Human beings have the capability of reforming themselves, if there is any drawback in them. Human body has infinite capacity to set itself right, to repair the body tissues. The product manufactured by machine doesn't have this quality and capacity. But sadly enough, when you go to a hospital, your body is

seen and treated in such a way as though you were not a body but a machine.

To understand this, let's throw some light on the following examples:

1. According to a report published in Investigative Radiology Journal, in 1991, in a research a few people were collected, who had no symptom of gall bladder stone. Later on to confirm the same, when an ultra sound was conducted, it was discovered that there was a gallstone amongst 10% of them.
2. According to the report of 'New England Journal of Medicine, 1994', a few people were grouped together who had no complain of back pain or any such history of back pain. However, through M.R.I, when the back was scanned, it was discovered that about 50% of them had the problem of bulging lumber disc.
3. According to 'New England Journal of Medicine, 2008', in one such experiment, some people were selected who had no knee pain or ever any history of knee pain. But when M.R.I was done, almost 40% of the people were found to have miniscus damage.

The conclusion is that in our body's damage and repair system is at work. This is a mystery of our body. But we don't believe in this self-healing mechanism of our body and immediately consult the doctors and surgeons out of nervousness and fear. Thereafter, if any M.R.I or ultra sound reports show problems, doctors start treating the same. Consequently, the subtle balance of your body gets disturbed. Then from first, second, third...a series of ailments thus begin, which never come to an end.

According to a report of "Time Magazine", an autopsy test conducted after the death of the people showed that in 98 % of the people, cancerous cells/tissues remain present in the body in dormant form.

However, they don't cause any harm to our body. However, due to certain factors, these inactive cancer cells become active and turn malignant.

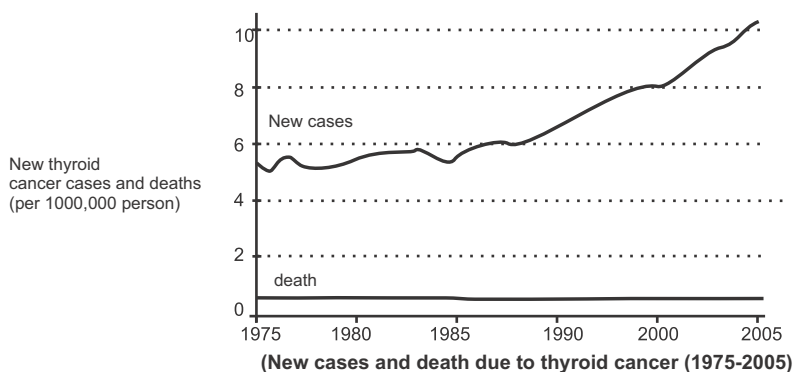
Following are the factors that activate a dormant cancerous cell:

1. Long term consumption of medicines like those taken by the patients of diabetes, cholesterol and B.P. Consuming birth control pills for a long time could also activate the cancer cells in the body.
2. Any type of diagnostic X-ray like mammography, ultrasound etc can act as a call for cancer.
3. According to "Finland's Pathologist Report's Record, it was discovered in throat's autopsy report that almost in every person's thyroid, very small amount of dormant cancer cells exist. Therefore, presence of dormant cancer cells in the thyroid of a person should be considered normal but today, hospitals are spreading the campaign that every year, you must get your body scanned to see the possibility of presence of malignant cells in the body.

In Guide to Clinical Preventive Services, 1996, it has been advised that every year, the screening for thyroid cancer is a must. The graph given in the next page will show you that since 1998 thyroid cancer cases have shown an increasing trend. It is strange that the doctors try to remove the thyroid glands through surgery, which is not at all necessary.

If thyroid gland is removed, the biochemistry of our body gets disturbed and the patient becomes a living corpse. If you carefully look at the graph, you will find that till 1995 there were not many cases of thyroid cancer but, after 1995, the cases of thyroid cancer increased abruptly due to frequent tests conducted for thyroid cancer. Statistical facts reveal that the cases of thyroid cancer death

were the same in 2005 as they were in 1975. Cancer screening did not bring down the death rate and it is evident that the hospitals endeavour is to declare you patients and provide you with such a cure which initially you didn't require at all.



Now let's throw some light on mammography breast cancer screening. Through hospitals, this awareness is spread that after 40 yrs of age, women should get the screening of breasts for the possibility of the symptoms of breast cancer. Let's try to find out the authenticity of this test.

According to “National Centre of Health Statistics”, if 2000 women get their mammography done, continuously for 10yrs, there are chances that out of 2000, only one woman would see a chance of recovery at an early stage of cancer detected. Rest others will be prone to cancer. Now let's focus on the point that what would be the percentage of women suffering from cancer, after getting the mammography done frequently. According to survey conducted between 1992 to 1997, it has been substantiated by the Norway government that there are chances of cancer cells getting activated in the body, owing to the rays of the X-ray machine, which increases the

possibility of cancer in the women. If any woman gets her mammography done constantly for six years, then her possibility of being afflicted with breast cancer increases by 22 percent.

Likewise, frequent tests conducted through X-Ray or M.R.I could prove to be detrimental for health...

For examples :

1. A woman complaining of epilepsy attacks, reached for brain scan. During the scan, a cyst was discovered in her sinus although this cyst has nothing to do with epilepsy.
2. Once a man reached hospital for X-ray of his backbone, due to an injury in the same. Surprisingly, radiologists discovered a patch in the lungs which had no connection with his backbone problem.
3. In yet another case, a woman went for C.T scan, owing to her breathing problem. Unknowingly a lump was discovered in her liver.

To conclude with, when the body is scanned, the radiologist's main focus is on the look out for an unidentified growth in the body. Doctors call such type of observations as 'incidentals'. Such benign growths are formed in our body or disappear from our body every now and then automatically. However, the doctors unnecessarily name them as growth of unwanted cancer cells in the body. Thus, a good healthy person is treated for cancer, who in the first instance did not need the treatment.

According to the reports of **Archives of Internal Medicine (1994)**, If CT scan is conducted on 100 healthy people, almost 35% will show such lumps which may appear to be cancerous , whereas in 99.9%

cases, there will be no affiliation with the cancer disease.

Accordingly, in the kidney scan of 100 healthy people, about 23% were discovered to have cyst in their kidney, which at first sight appeared to be like cancer lumps. However, the possibility of having cancer was only 0.05%.

Along similar lines, if a CT scan is done for liver, only 15% persons would be found to have 'incidentals', which doctors would call cancer at first sight. Although, these 'incidentals' would /could remain in the liver of the diagnosed person, without any change in form and without causing any harm inside the body.

In other words, if any part of the body is scanned or X-rayed, using modern machines, you are sure to find something suspicious in the body which would need to be examined by the doctors for further treatment. But, the truth is that too much of scanning of the body would prove to be very harmful as these x rays are too dangerous for the body and likely to cause cancer.

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**More people die of medicines
than lack of medicines.**

- *Swami Ramdev*

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CHAPTER - 5

The Bitter Truth of Side Effects

The term 'side effects' or 'adverse effects' of medicines, is being commonly used with modern medicines. Generally it is seen that the side effects of the medicines taken to cure or prevent a disease, are found to be more harmful and deadlier than the disease itself. If you have been taking medicine for more than 4 yrs to reduce cholesterol, then you are sure to develop diabetes. And if you continue to take treatment for diabetes for more than 3- 4 yrs, the possibilities of cancer increase manifold.

According to the 'Journal of American Medical Association' (1998), 51% of the approved medicines show their harmful side effects only after they are consumed by the patients. To prove the point, look at the reports taken from different journals:

1. **Lancet (December 1999)**, after 40 yrs of experience, the medicine Erythromycin has now been linked, to serious abdominal obstruction in infants.
2. **According to British Medical Journal** ,October 1999, it has been said that due to certain medicines like Prozac, Paxil, Zoloft, Trazodone etc. there is excessive bleeding which could be detrimental for the body. In this, gastrointestinal, genitourinary or intrarenal flow of blood is also included. Pain killers or anti-inflammatory medicines given for swelling and pain, like Aspirin also increase the possibility of this danger.
3. After a study conducted by **American Journal of Epidemiology**, May 2000, for five decades, another fact has been revealed that tricyclic antidepressant Imipramine, Amitriptyline increases the risk of breast cancer.

- 4. Journal of Clinical Psychopharmacology, June 2000**-Many cases have come up wherein, Clozapine, a medicine easily available in the market, has caused sudden death in patients.
- 5. Primary Psychiatry, September 2000**, almost after five decades of use of this medicine, Mellaril, it has been associated with Cardiac Arrhythmia. This problem was identified 30 yrs back but only recently rediscovered by accident. Consequently, Novartis Pharmaceutical Company is issuing a warning that this medicine should be used only when other safer drugs are ineffective.
- 6. J.A.M.A, 22 November 2004**, in the early period of 1998, Cerivastatin was introduced in the market to reduce the cholesterol level. Initially, it was advised by the doctors to take smaller dose of this medicine as compared to the contemporary medicines available in the market. Later on, when this medicine failed to produce the desired result, the dose of the same was increased. This had immediate effect and the cases of rhabdomyolysis came to fore. It was discovered that those taking this medicine were being afflicted by many physical abnormalities and other problems. The manufacturing company tried to change the trade name and labels to make sale of this medicine more attractive. Many researches and experiments were conducted; many letters were written to the health department but all their efforts proved futile and eventually after 7 yrs of launch of this medicine, they were withdrawn from the market.
- 7. The Lancet, 1st January 2005** - Vioxx was a class of pain relievers called non steroidal anti-inflammatory drugs. Extrapolating the results on a nationwide scale, it was estimated that Vioxx a product of Merck and Co. was responsible for 88,000 to 140,000 cases of heart disease and was withdrawn on

September 30, 2004, from the worldwide market. This prescription painkiller had generated sales in excess of \$2 billion annually and had been prescribed to more than 20 million Americans. After five years on the market it was banned after the drug was found to increase the risk of myocardial infarction (MI) and stroke.

8. Annals of Thoracic Surgery-2005, after 40 yrs of use of Aprotinin, it was discovered in a review, that it quickly initiates anaphylaxis, a fatal allergic reaction. Sudden pain in the stomach, unusual voices while breathing, high fever were its possible symptoms. The use of Aprotinin and its awareness spread rapidly all across the world. Many new forms of the same came into the market. But, eventually, this too was banned.

9. The Lancet Oncology, August 2009, progressive multifocal leucoencephalopathy is a dangerous and fatal central nervous system disorder. Through Research on Adverse Drugs Events and Reports (RADAR) it came to be known that patients who were treated with medicines like Rituximab, Natalizumab, and Efalizumab, were specifically seen to suffer from this disorder. After 5 and a half years they were withdrawn from the market.

10. BMJ (Archives of Disease In Childhood) in 1997, FDA gave approval to Sibutramine for regulating weight and to control obesity. However, in January 2010, European Medicines Agency withdrew its approval. And further, its license was also cancelled since many cases of cardio-vascular diseases cropped up. This tablet too was banned after 12.9 yrs.

All these evidences make it clear that whenever you go to the hospital to get rid of one problem/ailment, you always return with another disease as a return gift. A cancer patient goes to the hospital and in the name of treatment, has to endure the atrocity of chemotherapy.

Chemotherapy reduces white blood corpuscles of the body, which help in building body resistance or immunity. Hence, the cancer patient returns home, with the side effects of chemotherapy. In the absence of immunity or lack of body resistance, he has to encounter many health problems, pain and adverse effects of the same. The symptoms of chemotherapy could be compared with the symptoms of AIDS. An AIDS patient is found to possess the same symptoms as a cancer patient going through chemotherapy. Please pay heed to the following visible symptoms common to both:

Chemotherapy	AIDS
1. It is done with poisonous chemicals	Infection due to Human Immuno Virus
2. Through blood, tissues, muscles, chemicals are injected in our body	The virus is spread through infected blood, used syringes and unsafe sex
3. The first symptom reaches the lowest level of immunity after 2-3 weeks of chemo	The first symptom of Immune virus reaches minimum immunity level after 2-3 weeks
4. Symptoms: Flu, fever, pain in the joints, feeling cold, uneasiness and vomiting along with fatigue.	Symptoms: Flu, fever, fatigue, headache and increase in the lymph node
5. The harmful chemicals are detrimental for the red blood corpuscles, white blood corpuscles, blood count and platelets that affect the body resistance power	The virus destroys the T-cells, which affect the body resistance power.

Chemotherapy	AIDS
6. The patient becomes too vulnerable to pneumonia and other infections like hepatitis	AIDS too, the patient becomes vulnerable to pneumonia and other infections like hepatitis
7. It aggravates leukemia and digestion related secondary cancers	It increases the risks of tumour, Kaposi Sarcoma, Non Hodgkins Lymphoma, a lung cancer, liver cancer and cervical cancer too
8. Due to Chemotherapy, the size of brain may shrink or enlarge	Due to HIV Virus, the size of brain may shrink or enlarge
9. The chances of neuropathy or brain disorder increase	Illusion, forgetfulness, changes in behavior pattern, lack of sensitivity in hands and legs and other neurological disorders.
10. Lifespan of few months to 10 yrs	Lifespan of few months to 10 yrs.
11. Due to chemo, cancer gets suppressed but the risks of its occurring again increases. Cancer is incurable, through chemotherapy effort is made to cure this disease.	There is no treatment for AIDS the virus cannot be removed from the body.
12. The patient has to follow the instructions of the consulting doctor for life long, after chemotherapy.	The person has to follow the instructions of the doctor throughout life .

Looking at the table above, you could easily reckon that the patient of cancer goes to the hospital for treatment but brings back the symptoms of AIDS as a return gift from the hospital.

Note:

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**Medicine is a collection of
uncertain prescriptions, the
result of which taken collectively
are more fatal than useful to
mankind.**

- *Napoleon*

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CHAPTER - 6

From Womb to Tomb (PART-I)

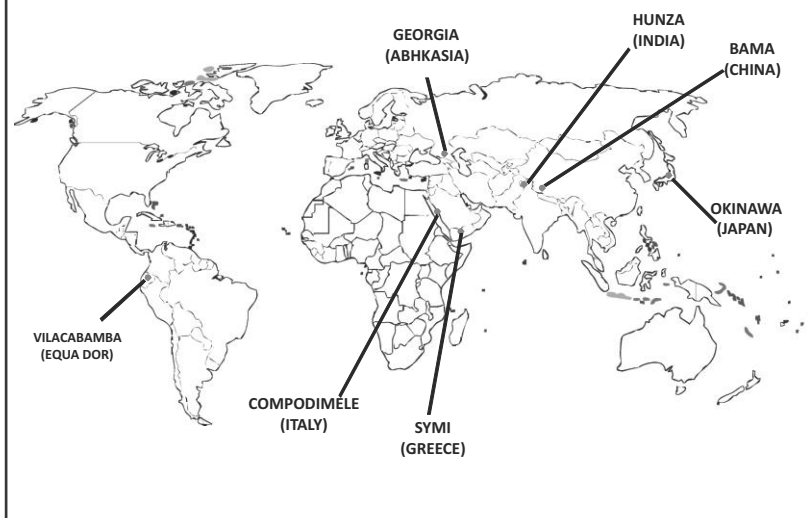
History is a proof that richest of the riches lose their lives after falling into the clutches of one or the other disease. The wherewithal they possess, is not able to save their lives. Disease affects all equally, there is no one rich or poor. No big or small. It can strike anyone. An illness or ailment does not discriminate between religions, race, caste, creed or colour. Even huge expensive machines kept in the hospitals cannot increase the life span of a patient. According to the W.H.O report, in developed countries, 10% cause of deaths is 'iatrogenic' meaning negligence on the part of the hospitals, doctors and the side effects of medicines.

Science says that when a person is on the threshold of death, a few minutes before death, out of 50 trillion cells in his body, only one percent cells are revolted and pull the man towards death, whereas, ninety nine percent cells/tissues want to live till the last moment.

This means that the battle for your life against death could be won! And only you can work towards it as you have a direct relation with all these 50 trillion cells. Not only this, their control is also in your hands. Even if a person is in his last stage of cancer or advanced stage of diabetes, the lost health could be recouped. This is such a scientific secret knowledge, with the help of which any ailment could be alleviated and cured within 3 to 6 months. This is called 'Universal Law of Rebalancing'.

There are seven civilizations in the world where people celebrate their 100th B'day, that too, without any illness.

Seven Civilizations where people celebrate their 100th birthday!



In these places, you will hardly come across diseases like cancer, migraine, cardiovascular disease etc. Therefore, you will barely find any hospital, doctor, and chemist. In all these seven civilizations, one thing is common and that is knowingly or unknowingly they follow 'Universal Law of Rebalancing'.

Further, the story gets very interesting. After learning about it, your medical bill is going to tantamount to zero. That would imply getting rid of the expenses incurred on doctors and medicines.

Now, the following tips would not only enable you to keep yourself healthy but, also teach others to be fit as a fiddle life long. And you would be free of any illness or disease and be healthy for ever.

Date: 28th October 2011, Place-Ho- Chi-Minh city, a beautiful city of Vietnam.



It was 8 'o'clock in the morning and I was getting ready for International Conference of Record Books. I was participating as Chief Editor of Asia Book of Records. For the briefing of the final program my hosts rang me up. There, they told me that the centre of attraction of today's program was a lady named Tran-Thi-Viet. I felt I heard this name before. Perhaps, it is the name of a Film star. Now my attention was centered on meeting this lady. This was a very peculiar feeling. The conference began at its scheduled time. At the end of the conference, there was an announcement. Everyone stood up. There was Lady Tran on the stage. My name was announced. I too reached the stage. Lady Tran presented me a gift and blessed me, by placing her hand on my head. As soon as my gaze met hers, I realized that, this was the most beautiful moment of my life as I was meeting a 119 yr old woman, the oldest lady of the world! The gift was a portrait of hers, made by her, on which a certificate of birth issued by the Vietnamese Government as proof was printed.



Suddenly a question arose in my mind, what could be the reason behind her long age and fine health? Was it hereditary or something else? Then, I got to meet her family.

I came to know that her other members of the family, had an average life span of 65-75 yrs. That would go on to say that, for her long age, her genes were not responsible! After meeting her family members, I came to know about her few special habits and simple diet plan. When I compared Lady Tran's diet plan with the seven civilizations diet plan on the basis of the pattern collected by reporters of Asia Book of Records. I observed that their healing mechanism was the same. And that was 'Universal Law of Rebalancing'.

This was a big discovery for me as in it laid the secret of curing and reversing any disease without taking medicines. To examine the authenticity of this discovery, I travelled many countries and provinces and met more than 100 specialists, doctors, scientists,

health gurus and researchers who were associated with health. Besides that I also referred to the reports published in more than 200 health related international journals and magazines by International Medical Universities.

LIST OF SOME MEDICAL JOURNALS AND UNIVERSITIES

- *BMJ: BRITISH MEDICAL JOURNAL*
- *THE LANCET*
- *ANNALS OF MEDICINE*
- *NEW ENGLAND JOURNAL OF MEDICINE*
- *JAMA: JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
- *CLINICAL AND INVESTIGATIVE MEDICINE*
- *ANNALS OF INTERNAL MEDICINE*
- *ANNALS OF GENERAL PSYCHIATRY*
- *BMC PUBLIC HEALTH*
- *INTERNATIONAL JOURNAL OF MEDICINE AND MEDICAL SCIENCES*
- *ARCHIVES OF MEDICAL RESEARCH*
- *PREVENTIVE MEDICINE*
- *HARVARD MEDICAL SCHOOL*
- *HOWARD UNIVERSITY COLLEGE OF MEDICINE*
- *OXFORD UNIVERSITY*
- *CORNELL UNIVERSITY*
- *UNIVERSITY OF MARYLAND*
- *STANFORD UNIVERSITY SCHOOL OF MEDICINE*
- *UNIVERSITY OF CALIFORNIA*
- *YALE UNIVERSITY SCHOOL OF MEDICINE*

The team of Asia Book of Records met 100 sportsmen from different countries who had made a world record in physical endurance and thereby got their names registered in World Record Books.

We learned about their life style and food habits and recorded them. Eventually, we met all those people from various subcontinents who had crossed the age of 100yrs. We studied their mental health, food habits, cultures and personality traits.

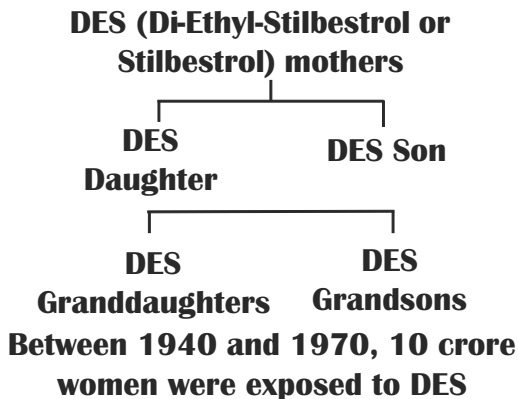
And came to the fore such a mystery which could not be overlooked!

To understand this raw truth in detail, we will have to go back to the tragic Hiroshima –Nagasaki nuclear disaster and the adverse consequences of the nuclear attack.

Today, in Hiroshima-Nagasaki, with the birth of a child, the question that pops up is, what sort of physical disorders and abnormalities the child is born with! Today too, the children born there suffer from various physical and mental disorders or physical disabilities. This is the tragic consequence of 6th August 1945. It was a black day in the history of Japan, when America dropped atom bomb on Hiroshima-Nagasaki during II World War. In this tragic incident about 2.5 lakh people were killed instantly and the remaining were crippled with some or the other deformity. They couldn't help their genes from inheriting these deformities and abnormalities. It was an explosive attack on their genes so much so that even today their progeny is feared to be born with one or the other disorder. It is very unfortunate that the physical and mental deformities do not die with the death of the victims but are carried forward through the genes to the future generations.

W.H.O has coined the term, for this transfer of deformities to the future generation as 'Inherited Metabolic Syndrome' or I.M.S.

Likewise, a few harmful medicines and the food that we consume knowingly a unknowingly, not only make us sick but also, with a change in the programming of our genes transfer these diseases to our future progeny. For instance:



DES (diethylstilbestrol) was administered to the pregnant women between 1940-1970 to regulate or bring under control the complications of pregnancy. After 1970 it was found that the children who were born of DES pregnant women were afflicted with mental or physical deformities. Not only this, their great grand children were also born with such deformities. In the world of science, such children came to be known as DES children and subsequently DES were banned in the whole world.

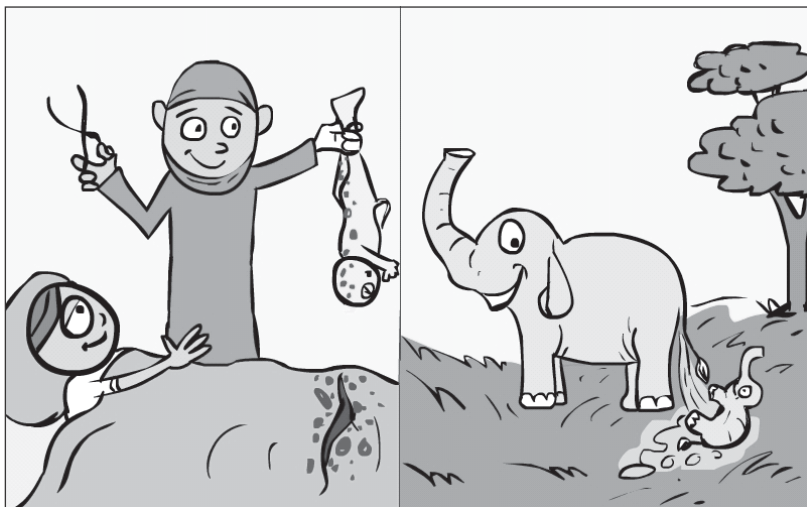
In India, due to corruption in the medical fraternity and the conspiring pharmaceuticals companies, it took 19 yrs to ban this medicine. According to the case study of the University of Stanford, owing to the tireless efforts of Dr. Mira Shiva, eventually this medicine was banned in 1989. However, till then about 10 crores mothers had become victim of these medicines. In spite of this, the chapter doesn't close here. Today, deliberately, more than 90% of such medicines and preservatives are used in packed foods and fruits

that not only those who consume, become a victim of such toxins, in the form of a prolonged illness, but their coming generation is also accordingly affected.

I still remember the day when I was in class –II. My best friend used to sit next to me. For one month, my friend did not come to school. Later on I came to know that he was ill and had been admitted into a hospital since one month. I got a message that he wanted to meet me. I reached the hospital with my father. He asked me about school homework and test. In the end said, “take care, my friend”. I didn't know that I was meeting him for the last time.

Now, when I think about him, I realize, if then had I known this secret, he would have perhaps, been alive. Shortly, I will tell you the secret / mystery, an understanding of which would enable not only you to set yourself free of any disease but also get rid of thousand others of the same!

It would not only be the end of diseases but also the beginning of the end of the so called medicines, pharma industry and multi-specialty hospitals. To understand this cycle of mystery, let's heed the following stories, which you would get to read in the next chapters.



This is the story of 'Appu and Pappu'. Appu is an elephant's child, whereas, Pappu, a human being's. 500 yrs ago, the average age of an elephant was 70 yrs. which even now is the same. Whereas a human life span which was 110 yrs. 500 yrs ago, has shrunk down to 75 yrs. Let's go through the life journey of Appu and Pappu and analyze the reason for shortening of human life span?

Date-12 Jan'1901, Appu was born in a jungle and Pappu in a hospital through caesarian section. Now, what could have been the reason behind caesarian delivery of Pappu?

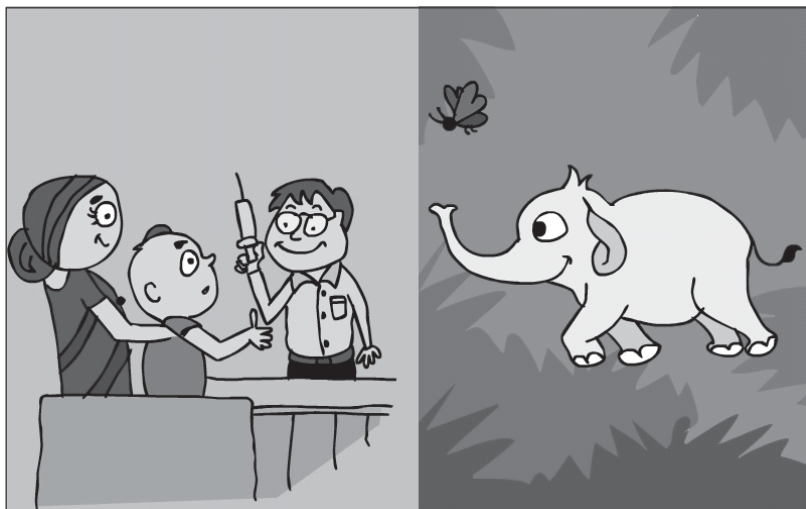
According to India centric report of W.H.O, In India 27 % of the infants born are caesarian section. Primarily, in private hospitals the percentage of caesarian section surgery was found to be more. The reason was to earn more profit.

WHO Report :
2007-2008 India Centric report
27% of delivered children were
Cesarian .
Mostly delivered in Private Hospitals
For Profit

WHO report also says that in some cases, caesarian is not at all required but the women are compelled to go for it and most of the time reach death bed situation or are admitted to I.C.U. or are confronted with many sort of problems in the long run. Not only this, the kids who are born of caesarian have to grapple with respiratory disorders/breathing problem, for life long.

It is very sad that the birth of the child has become a trade for few people even if it means risk to the life of either the mother or the child.

Now, let's move forward to Appu - Pappu's story.



Age, one and a half years. Appu-Pappu were toddling on their feet, playing.

Another problem for Pappu besides being a C-section delivered child, was that he had to bear painful vaccinations like other children. It's true that these vaccines claim to prevent the child from Polio, Hepatitis-B, Hepatitis-A, Measles, Mumps, and Diphtheria etc.

However, one fact is evident that due to these vaccines, many kids are becoming a victim of autism, a mental disorder. 20 yrs ago, one in 500 children was a victim of autism. Today, one in 37 is a victim of autism. Besides autism, diabetes type 1 and many other auto immune diseases are caused due to these vaccines.

Mercury which is mostly found in the vaccines as preservative is said to be the second most dangerous element after radio- active elements. That is perhaps the reason why, after the advice of

European Agency of Evaluation of Medical Products (E.M.E.A) Denmark, U.K, France, Sweden along with many other countries have banned the use of vaccines for the past few years. However, in India the cruelty of vaccines on the children is rampant even today. Perhaps Indian government is more concerned about the vaccine manufacturing companies than the health of the children. To understand the depth of this problem, let's reflect upon the debate held in developed countries of the world, on this issue.

This extract has been taken from a debate held between Congressman Dan Burton, chairman Government Reform Committee and Dr. Karen Midthun, FDA office of vaccine research and review:

Dan Burton- Now a days, doctors are giving thimerosal injection (comprising of mercury) to the kids.

Dr. Karen Midthun- I don't agree. All injections are a part of immunization series given in early childhood as advised by the doctors. After 2001, there has been negligible use of mercury. In other words thimerosal free injections are being made.

Dan Burton -Can you tell me now? Can you tell me without hesitation and doubt that the mercury found in the injection does not cause any neurological problems.

Dr. Karen Midthun - I don't think that any indirect relation between mercury and neurological problems can be accepted or rejected.

Dan Burton- When you don't know either way, then why are you using it? If there is any epidemic of autism, then its use is immaterial. It is clearly evident that you too are illusive about it.

Dr. Karen Midthun -I think considering the benefits of these vaccines one can overlook its adverse effects.

From this conversation, you must have known by now that mercury causes harm to the neurons of the brain as a result of which many mental disorders set in.

According to the report of W.H.O, almost 10% of the people of the world are victims of mental disorder. Now try to delve into the truth of psychiatric medicines.

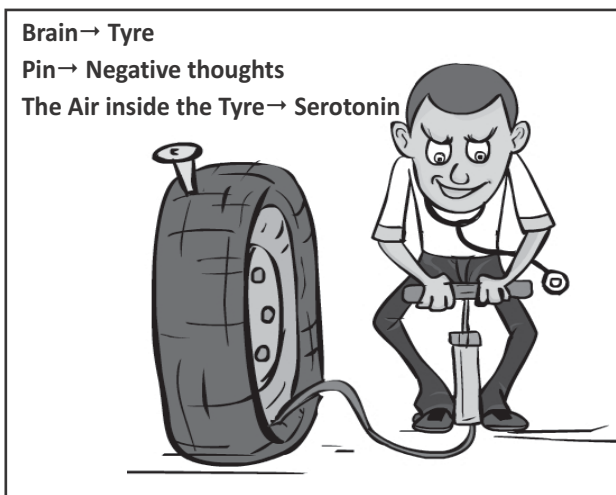
Unlike other medicines these psychiatric medicines can't be tested on animals because animals do not seem to suffer from any mental disorder. The second fact about psychiatric medicines is that the manufacturing companies themselves do not know the exact mechanism how do these medicines work?

If more than 100 psychiatric magazines are to be considered then one could draw the conclusion that not even one person has been able to derive the benefits of these psychiatric medicines.

In the syllabus prescribed by Medical Council of India, a P.G course in M.D. or psychiatry, neither have any chapter on mind or thought nor there is any explanation of how do they affect the human body? To go into the depth of the aspects, let's take this example:

Just presume that a tyre alludes to the brain and the air inside to serotonin hormone, which is needed to maintain the mental balance. The pin is pointing to the negative thoughts coming again and again in our mind.

Now try to understand this. The negative thoughts denoted by the pin that are going into our mind are detrimental to the neurons in our brain, thus reducing the content of serotonin. When you take any psychiatric medicine, it tries to balance the quantity of serotonin in the brain again. But, the point to understand is that, if you keep increasing the amount of serotonin in the brain, without taking out the negative thoughts as denoted by the pin then the increased level



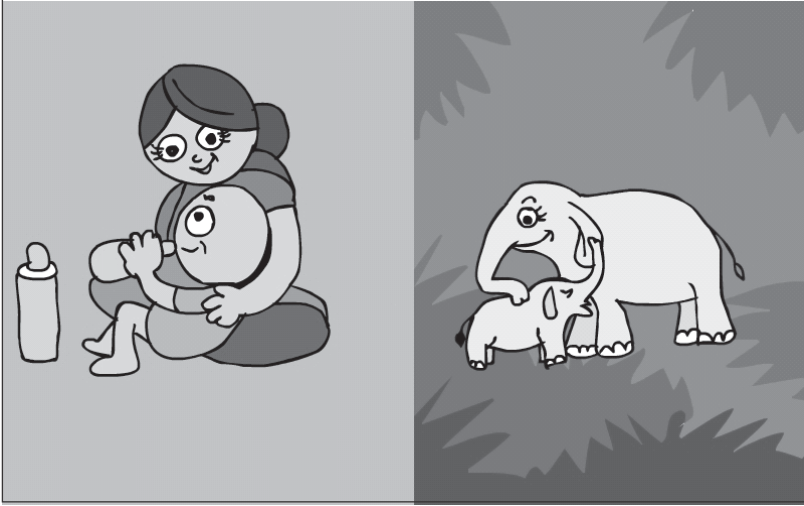
of serotonin is likely to increase the risk of brain damage or other mental disorders. That is why, according to Princeton University Report, those who take antidepressants are more prone to suicides. And their children are also sure to show the signs of depression or mental disorders, related to their births (which are hereditary).

Now, let's proceed to the next lap of Appu-Pappu's story:

Both are almost two and a half yr or three yr old. Appu still suckles its mother's milk but Pappu is being given milk prepared out of milk-powder available in the market as advised by the doctors. But, little do the parents know that the milk powder that they are administering to their children and spending their hard earned money on the same, is going to make their children a victim of autoimmune disease life long.

According to The China Study conducted between 1970 – 2006, those children who are fed cow milk, their body resistance towards diseases diminish.

**Pappu drinks powdered milk and takes
Cerelac recommended by doctors and Appu
suckles his mothers milk**



The result is that they are not able to distinguish between the protein content in cow milk and the pancreatic cells. This gives rise to many types of auto immune diseases and the child becomes a victim of diabetes type 1.

Remember, the baby eats cerelac and health drink powders available in the market like Boost, Bournvita, Maltova and Horlicks prove to be harmful for the kids in the long run.

Almost after three years one could see changes in Appu-Pappu's life.

Appu has given up milk whereas Pappu is still drinking delicious milk made from milk powder and other health drinks. In the history of living beings, man is the only living being who is dependent on other living beings (cow, buffalo) for milk life long. Nature has designed

human body in such a way that the child when born is dependent on mother's milk for a few years as its main diet.

In the next chapters, we would read that Appu has given up nutritious food and has developed a habit of drinking milk and eating fast food. What could be the adverse effects of the same!

“

**If all the medicines in the world
were thrown into the sea, it would
be bad for the fish and good for
humanity.**

**-O.W. Holmes,
*Prof. of Med. Harvard University***

”

CHAPTER - 7

From Womb to Tomb (Part-II)

Date- 12th Jan 2000, 10th Birthday of Appu - Pappu.

But what we see is Appu leading a normal life having no clue about his B'day whereas Pappu is preparing for a big B'day bash. His menu comprised of pizza, burgers, cold drinks, French-fries, chips, cakes and pastries. Now, before carrying this story forward, let's peep and delve into the bitter truth of fast food and junk food.

Lets go through three unheard, true stories related to fast food. The title of the first story is, 'Deadlier than Death'.

Got stunned hearing the title! Wondering what could be more 'Deadlier than Death! It has to be something, the fear of whose deadly consequences lingers on even after the death of the man and posing threat for the future generations to come. There are many factors present in our life today that fall into this category of deadlier than death. Death is considered to be the end of ones life but these deadly factors present in our lives affect our future generations and harm them immensely. This harm is deadlier than death as the next generation will be born with such mental and physical abnormalities that their own life becomes a burden to themselves.

Today, I'm going to put before you such burning questions, that might remain unanswered. But one thing is certain that after going through my questions and this chapter, you would be compelled to pause and ponder over the issue.

I would like to ask the parents of children that, did they ever try to ponder as to why their children are unhealthy, delicate and easily prone to diseases. Why is their immune system so weak? They take all sorts of vitamin tablets, drink packed juices, live in air conditioned rooms, avail of all the medical facilities since birth, are fostered in a

very healthy, hygienic environment, eat all sorts of delicious expensive food. They have all the comforts of the world which any common man seeks. But, if we compare them with children born 10-12 yrs back, they are weaker and fall ill frequently. Their bodies might appear to be plump and robust but from inside such children are hollow. Even their minute problems of health take a long time to recover. Their mental and intellectual development is also very slow. Indeed, you would like to know the answers to these questions. Isn't it!

If you really want to know the truth, you will have to listen to another story titled, 'Brain Mein Ghotala'. This is a story of the year 1908. It's actors are Suzuki brothers. These two brothers were the owner of a Chinese restaurant. Usually, after serving food items to the customers, they used to read the thoughts, expressions and behavioral patterns of the customers. They used to sit in a corner so that no one realized their presence. Now let's listen to their conversation with rapt attention:

First Brother- “Brother, did you notice, today also very few customers came and ordered little food.”

Second Brother- “Yes their appetite is just like an ant who doesn't eat much!”

First brother- “If it continues like this then, soon we would have to close down the restaurant”.

Second brother- “No, we would soon find out a way wherein, more people will pour in and consume our food items in greater quantity. The more they eat, the more the profits will accrue”.

That day, both brothers pacified themselves by speaking their mind out. But this had an impact on the second brother. The same evening

he went out to meet his scientist friend to find a solution to their problem. Later, he came back home with the scientist to introduce him to his brother.

The first brother told the scientist their problem and asked for a miraculous solution so that those visiting their restaurant feel so famished that the entire food/meals finishes in the restaurant. The scientist assured them and asked them to meet him after a few days.

After some days the scientist turned up at the restaurant. He placed a small bottle filled with tiny transparent crystals before the brothers. On asking he told them that it was Mono Sodium Glutamate or MSG. The scientist further added, “what ever you cook, put small amount of MSG into it. By the time the night falls the miraculous results would be before you.”

They followed the suit. The day proved to be very auspicious for these brothers. By the time it was afternoon, the entire food finished.

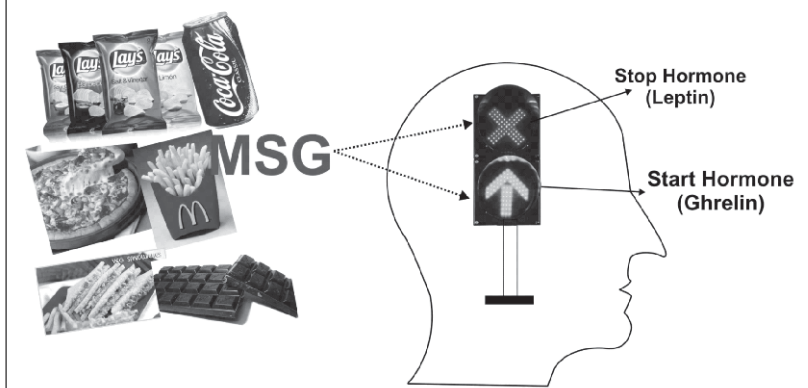
The visitors were relishing the same food in greater quantities. Thereafter they never had any such problem of people eating less in their restaurant. But in the long run these brothers created such circumstances before the world that even if you try to come out of the situation, you cannot! Now I will tell how this M.S.G worked wonderfully for them.

Let's understand the theory behind feeling of hunger. Empty stomach sends signal to the brain and brain initiates the sensation of hunger. Then, we feel like consuming the food.

When we have had our fill, brain relays the message, “stop eating, the belly is full.” To understand this theory more clearly, let's take the example of a traffic signal. The traffic signals are of two types, red and green. Now suppose, when there is lack of energy in our body, we feel

Chinese Restaurant Syndrome

1908 – Suzuki Brothers



hungry and the green signal start operating and grehlin hormone (hunger hormone) is released. This beckons the stomach to eat. We start eating food.

As soon as we have had our fill, the brain again gives a red signal in the form of leptin hormone which tells the stomach, “stop eating.” “You have had sufficient amount.”

Whenever we consume a product containing MSG, it triggers the green signal grehlin hormone of the brain and we feel tempted to eat. Not only that, MSG stops the release of leptin hormone that acts as a red signal. And as red signal remains switched 'off', it implies that we never get the feeling of satiety. Even after eating to the full, the desire to eat more arises.

If we continue consuming MSG, then the red signal almost fails for good. That is why children keep on eating and their appetite is never satiated. In other words, they don't feel content.

Today, you find fast food and junk food gaining popularity in the market. The reason behind it is MSG. Children are crazy about burger, french-fries, pizza, cold drinks, noodles, chocolate etc and in these products is found MSG! If you are a homemaker, you must have tried to make pizza at home. Yet, the children do not get the same satisfaction as they get it from Domino's pizza or outside junk corners. The children do not find the home made pizza that palatable. The reason is only that you have not added MSG into it. Even if you add MSG into soil and eat it, that too would taste yummy. You would feel like eating it again and again. This is called 'false taste'.

Whenever we happen to cross Mc Donald, Pizza hut or Domino's, you can smell a peculiar aroma and no sooner the aroma enters our nostrils we feel like having it. In fact, Ghrelin' hormone starts forming in the brain and sends signals," you are hungry, better have something."No wonder that due to MSG, obesity, diabetes, heart ailments and mental problems related to our life style are cropping up.

Multinational companies are spreading this network of false taste and smell with full force. Hardly any household is left that has not come in the grip of these companies directly or indirectly. Children instead of having healthy nutritious food and fruits, go for cold drinks, burgers, pizzas, noodles chips and they are tempted to have this junk food again and again because of MSG. Thus, this vicious cycle never ends.

This is the reason why the children today, don't have resistance power or strong immune system. That is perhaps the reason why they fall ill and do not recover fast, once they fall ill. The multinational companies through alluring, colorful advertisements have gripped the delicate minds of children into their clutches. Glued

to the fast food and packed food items, these children refuse to take fresh fruits and green vegetables. They drink cold drinks when they are thirsty and eat chips when hungry. Do you want your children to get rid of this vicious cycle! Now, this is entirely up to you.

The title of our second story is 'Cannibalism'.

But first you need to tell me, what could be the greatest of crime against mankind? Telling lies, stealing, killing, strangulating, rape etc. etc.! But, in my opinion the most ghastly and outrageous act is, when man starts eating man! Indeed, the most preposterous crime of the world! Cannibalism means killing your own species. When a man enjoys eating another man or when a species eats its own species, it is called Cannibalism.

Fortunately, this tendency is found only among animals. But, they don't do it out of taste or greed. It is very rarely found amongst animals like, those guarding their own territories, who would kill other animals for self defense. In exceptional case, where female species kills and eats its male counterpart after intercourse like a scorpion and red back spider.

Undoubtedly, this is still acceptable in animal's world since animals do not have a higher ability to think. However cannibalism is never acceptable in a civilized society, since it is a severe crime against humanity. In none of the developed civilized societies, is this inhuman behaviour acceptable.

If we look at the history of human civilizations, we would come across the fact that the first case of human killing was registered 7,80,000 yrs back, when six people were killed in Gran Dolina in Spain, for the same purpose (consuming their flesh). Then almost 1,00,00 yr back, one case was registered, of killing of a human being for eating purpose, in Moula-Guercy, France. Charles Taylor, the

president of Libya has also been accused of human killing. And now the trial is going on, against him. The ruler of Central African Republic (CAR) Jean-Bedel Bokassa could be brought in this category. He used to throw his enemies before ferocious animals so that they could fall a prey to those wild animals.

If you are asked to punish such ruthless, treacherous people what punishment would you give them? Would you give them life imprisonment, hang them to death or electrocute them to death on an electric chair?

According to me, for such people, even this punishment is not severe enough. They should be punished in such a way that the coming generations feel scared of committing such heinous crimes. They should be given such a severe punishment which is more dangerous than death and painful too so that they do not repeat such inhuman acts.

But, if I say, there are such people in our neighborhood too, who are knowingly or unknowingly eating their own species or some or the other part of human body.

Flabbergasted! You must be inquisitive to know who these people are? Before I bring out the reality of such peoples before you I would like to tell you the truth of Senomyx company. The company which laid the foundation of human killing for consumption in our society.

Senomyx was established by famous, Biochemist, Lubert Stryer in 1999. In 2001, he resigned from the post and took the post of a professor in Stanford University. Although he remained the chairman of scientist consultant board. Senomyx is an American technology company which makes artificial flavours, to increase taste and flavour to the food. This flavouring agent is called HEK-293. It is made out of the kidney cells of aborted babies. After the

baby is developed in the womb of the mother, so much so that its kidney is developed, thereafter, if abortion is done and the cells are extracted out of the kidney. Then these cells could be used for many tasks. Perhaps you may be knowing that every year more than 5 crore abortions take place in the world.

This flavouring agent adds savoury taste to the processed food so that the company people are able to boast that they haven't added MSG in the food items. All this may appear to be a hearsay or untrue but; virtually speaking, it is hundred percent true! The companies which use this as a flavoring agent are-PepsiCo, Nestle, Kraft foods, Ajinomoto.

Do I need to give you more information regarding this or when you will get to open any packed food or drink cold drink you will yourself become alert about what is mixed in the bottle held in your hand!

Or do you also have the tendency to consume human flesh? The decision is in your hands!

The third story's title is, 'The Food Politics'.

In the previous two stories, we had discussed the facts which were more dangerous than death as their dangerous effects last even after death.

Just because these facts are constantly being ignored, undoubtedly, the coming generation will have to bear its consequences.

Today also, I'm going to introduce you to a dangerous fact which has knowingly or unknowingly created the biggest loophole in our day to day life so much so that you have begun to regard it as a part and parcel of your life.

To go into the depth of those facts, you will have to go back with me to those human blunders where the greedy people for wealth and

position, for their vested interests, hatched a despicable plot against human race. I have named it, 'The Food Politics'.

In the year 1972, US president, Richard Nixon was worried about the fact that due to economic instability, his government may be dethroned.

The intoxication of position is such that you can't see anything other than your motive, in this world. At that time, this was the state of mind of Nixon. To find a solution to his problem, he took the help of a Japanese scientist, Yoshiyuki Takasaki and bought the formula of preparing HFCS from him. We can call it a Bio bomb. In other words, HFCS means "High Fructose Corn Syrup". If this chemical is put into the food items, the addiction for the same increases. Its effect is even more widespread than MSG.

Multinational companies add this compound in our food items (eatables and beverages), so that we become addicted to their products. More so, when people have become alert and aware of the use of MSG chemical, these companies have started mentioning in their labels, 'contains no MSG'. Although they add HFCS in their food items.

The effect of HFCS is like alcohol. Just as the one who consumes alcohol is intoxicated with it, wants to drink and consume more of it! Similarly, The one consuming HFCS prepared eatables and beverages become so much addicted to the same that he cannot dispense with them.

Whatever effect the alcohol has on your body and mind, the similar effect this chemical has.

Bio Bomb invented by Takasaki INDUSTRIAL PREPARATION

ETHANOL (ALCOHOL)

1. Corn Grain
- ↓
2. Milling
- ↓
3. Ground Flour
- ↓
4. Water Added
- ↓
5. Thick Paste Called MASH
- ↓
6. Enzymes Added
- ↓
7. Heated
- ↓
8. Sugars
- ↓
9. Yeast Fermentation
- ↓
10. Crude Ethanol
- ↓
11. Refined
- ↓
12. Ethanol

HFCS (BIO-BOMB)

1. Corn Grain
- ↓
2. Milling
- ↓
3. Ground Flour
- ↓
4. Water Added
- ↓
5. Thick Paste Called MASH
- ↓
6. Enzymes Added
- ↓
7. Heated
- ↓
8. Sugars
- ↓
9. Enzymes Xylose Isoemerase +
Glucoamylase + alpha amylase
- ↓
10. Fructose 42-43%
- ↓
11. liquid chromatography
- ↓
12. HFCS (Bio-Bomb)

Just as alcohol has adverse effects on liver, pancreas, causes obesity, hypertension, and indigestion and heart problems; likewise, the ones using HFCS also come into the clutches of these health problems.

Now I will tell you, in what sort of eatables HFCS is added?

This awareness might surprise you since these food items are not new to you. These are the same daily used food items and beverages, which you yourself use and also feed your children. The following is

the list of the food items:

Jelly

Pastry

Candy

Biscuit

Fruity

Bread

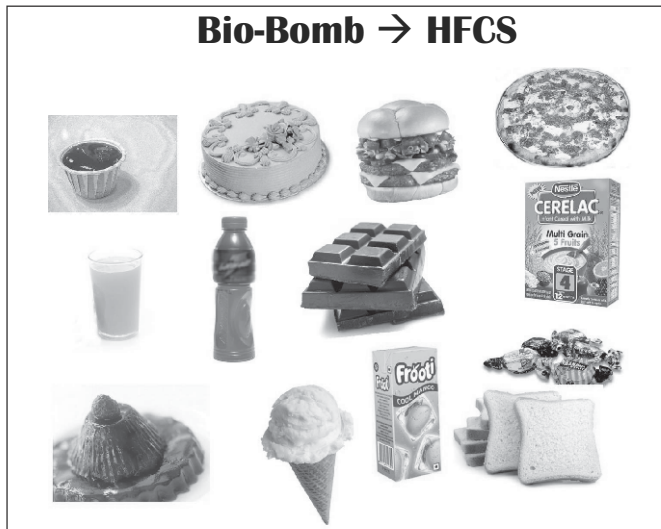
Chocolate

Juice

Cerelac

Jam

Burger



Multinational companies have made you so much accustomed to these products that even after wanting to give up their use; you are not able to give them up in your day today life. We have started using them in abundance. By discarding the natural products that are easily available from nature. Unfortunately, you have attached to them the tag of status symbol goods. If you don't use such products, you are looked down upon as backward by our own society.

Whatever may have been the reason; these products/items are greatly relished in our homes. Now, you must also understand the harmful effects of eatables containing this chemical (HFCS). If you continue eating these food items and also serve your children then there will be dearth of minerals and vitamins in your body. The victim of such a chemical remains fatigued, dull, and sick. It also results in

Insomnia. Such a person lacks interest in life. Concentration power also dwindles. The children in the grip of the fast food have to incur the adverse effects of consuming such food items. They rather need nutrients for the proper growth of the body in their growing period; whereas, they embrace consumption of such junk food. The result is obesity from outside but hollowness from inside. To top it, lack of immune power in the body, the body resistance!

Such children are not even able to concentrate on their studies.

You may yourself be realizing the adverse effects of these packed food items; but now, the effects that I am referring to, will have their impact even after death, on the coming generations. Such will be the symptoms of illness that even if we would spend lakhs on their treatment, there would be no cure.

The children afflicted with such symptoms will be born with physical and mental handicaps just like in Hiroshima and Nagasaki where the progeny was and is still being affected by the impact of Atom Bomb, dropped during the II World war period. Like Atom Bomb, this Bio bomb(HFCS) is ready to swallow as many victims, as it could, in the years to come. Now, you yourself decide would you like to embrace this colourful death, by bringing home these colourful attractive packets? You will have to start some where at least, to shun the use of these products. For this we will have to go beyond these junk items and rather come closer to the nature.

Now, would you like to do it or not, we leave to you!

“

**The person who takes medicine
must recover twice, once from the
disease and once from the
medicine.**

- *William Osler, M.D.*

”

CHAPTER - 8

From Womb to Tomb (Part-III)

In the previous chapter, you learnt about many facts which are more deadlier than death and have harmful adverse effects on our coming generations in the long run. Our children could be gripped with such deadly diseases, since their birth (i.e. born diseases), whose treatment would not be in human' control. This can happen in the coming time; but the results could be seen as of now.

Generally, we come to know from people around us, that how so and so child has been born with mental disorders or physical deformities. At that time, we only end up wondering, why this has been happening to the child? We don't try to go into the depth of the problem. Since it is not happening with us or our family members, it's human nature that he overlooks the problem around him until and unless he confronts the problems himself. Even if other's problems become a cause of concern for him, he doesn't work towards the solution with the same intensity. Before the death knocks at your door, you will have to become alert and careful.

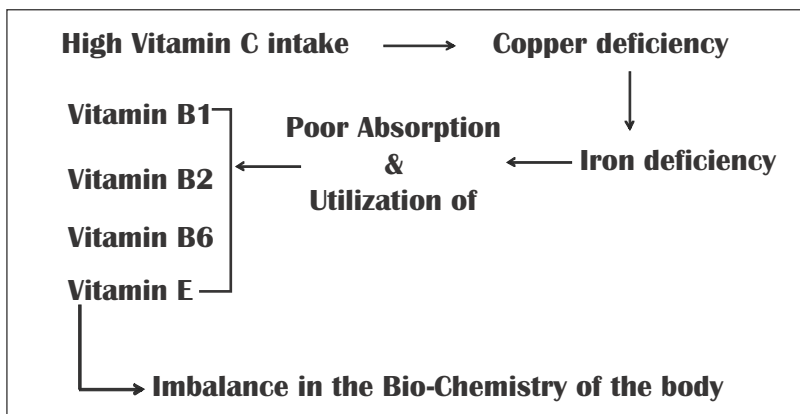
Now let us learn the vitamin reality of tablets that you are consuming, regarding them as good supplements for health:

How are the medicines playing mockery with your health and the health of your future generation, in life?

Whenever we feel that there is lack of any vitamin or mineral in our body, we consult the doctor and immediately follow his advice. Or to maintain our health add health supplement powder in our food .

But God has made such an optimum balance of vitamins, proteins and minerals in our body that the moment we take any vitamin tablet to compensate for the loss of the same in the body, then the balance is destroyed in a moment.

I shall try to explain this theory with an example:



If a person starts taking vitamin c tablets to offset for the lack of vitamin-c in the body. The increase in the quantity of vitamin-c, more than required, leads to deficiency of copper, which further leads to lack of iron in the body. Now this has impact on vitamins like vitamin B1, B2, B6 and other minerals.

So you see how the intake of vitamin-c has totally shaken the balance of other vitamins and minerals. Interesting part is that we keep taking vitamin-c to compensate for the lack of vitamin-c in the body, without being aware of the changes taking place in our body. However, by the time you realize this, it is too late.

Nature has already the solution to all our problems. It has provided such a mixture of vitamins and mineral salts in our fruits and vegetables that it is completely balanced. Therefore, by consuming vegetable or fruit, we get vitamins and mineral salts in a balanced way. Thus, the question of any adverse effect or ill effect doesn't arise. Now, take another example if we are consuming oil, wheat flour or refined sugar more than required, then what happens?

During the process of refining the sugar, there occurs deficiency of minerals or elements like chromium, manganese, cobalt, zinc or

magnesium. Then the body has to compensate for these minerals through its own resources which is called **Universal Law of Rebalancing**.

Now, I would like to give you an excerpt from **Journal of Medical Association (2000)**, it said that the chances of death or mortality increase by more than 50%, by taking regularly health supplements. Scientists keep warning us on the basis of their research and experiments. However we listen to them but never pay heed. Similarly U.K government in 2003, announced through B.B.C News, that the products providing health food, vitamin and mineral supplements and other nutrients are useless and harmful for our health. These facts have been scientifically proven and tested but we overlook them.

I would like to show through the following index, that to compensate the loss of vitamins, what is the difference between adopting any natural resource and taking supplements for the same.

Vitamin	Natural Resources	Supplement
1. Beta Cerotene resistance	Lung cancer power, beneficial for eyes	I n c r e a s e i n
2. Vitamin -E	Prevention from fatigue and skin allergy	Hemorrhagic Stroke, lung cancer
3. Vitamin-C	Increase in Immunity beneficial for lungs, prevention from cough and cold	Stone in the Kidney osteoarthritis and damage to the kidney

Now, you must also understand the truth hidden behind nutralite. These companies make tall claims that you don't need to eat

anything. If morning and evening, we consume these health supplements then deficiency of all nutrients would be compensated for. But consuming Nutralite could prove to be twice harmful for our health.

Food and Drugs Administration has especially issued the statement:

“Nutralite should not make any sort of unsubstantiated claims”

Now, you yourself ponder over the fact that, is it possible to keep our body healthy by not taking any natural nutrients?

Can we overlook or neglect the harm caused by consuming these artificial nutrients? Are these issues so insignificant that they, once read, should be brushed aside? This decision ought to be taken entirely by you!

Now let's move forward to Appu-Pappu's story and know what happened in the next lap of their life?



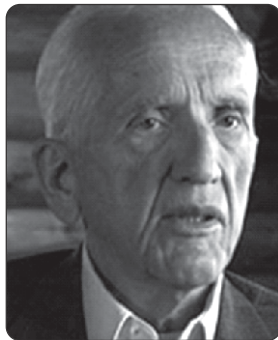
Too much intake of fast food had made Pappu a victim of cardiovascular diseases.

Now, we will learn the truth about the cure of cardiovascular problem. According to a study of British Medical Journal, Observational-2010, for two million people taking **Statin** as treatment there are increased possibilities of liver dysfunction, failure of kidney and cataract. Likewise, the 20 yrs study of W.H.O reveals that the medicines used to reduce the cholesterol level increase the chances of mortality by 47%.

Statin using patients were found to have loss of memory and diabetes warns the FDA. To take medicines for cardiovascular diseases or cholesterol or blood pressure is like inviting never ending list of diseases. Diabetes drug Actos, increases the risk of bladder cancer by 40%. This medicine has been banned in France and Germany. However in India it is available in the market as **Pioglar Pioglit** and Pioz which are being consumed. The motive is clear that the cure for a disease is an invitation for other diseases in the body. If you are taking cholesterol treatment in the long run it could cause diabetes. Further taking the treatment for diabetes for a long time could cause cancer. Cancer's modern system of treatment is very embarrassing. Just pay heed to this report:

A senior scientist adviser, of “**American Institute of Cancer Research**”, Dr Colin was once asked, if ever you have cancer or any of your family members become a victim of cancer, what would you do? The reply he gave is follows:

“If I or any of my family members suffer from cancer, I would not adopt any conventional cancer cure but, would use good nutritional fruits along with plants based diet. Along side do exercise, drink plenty of water and avail of sunrays as a



Dr. T. Colin Campbell
(American Institute of Cancer Research)

better means of treatment. I shall allow nature to take its course.”

Dr Colin's statement conveys that he already knows how chemotherapy was initiated? During Second World War, with the intention to kill more than 60 lakh people, Hitler had used mustard gas. Thereafter, pharmaceutical companies, along with Nazi scientists, American scientists and many intellectuals came to know the adverse effects of mustard gas on human body. The fact that it destroys the white blood corpuscles in our body laid the foundation of today's chemotherapy empire. Now, let's look at other revealing truths of cancer:

WHO report says that 3% of cancer occurs in the world due to diagnostic X-Ray. That goes on to say that getting an X-Ray done is dangerous for you. Possibly, the causes of cancer could be X-Ray. Similarly, mammography or breast cancer screening increases the risk of Breast cancer. According to **Harvard Medical School**, if you get your biopsy done thrice, it increases the risk of cancer by 62%. Cancer doesn't occur by itself. But, use of modern diagnostic machines in the hospital, availability of fast food and packed food, the chemicals inside them are to some extent responsible for cancer. A plot is hatched to let these cancer causing chemicals enter the body of the patient visiting the hospitals, through these chemicals in packed food. Since the hospitals and doctors stand to gain through this plot and meet their vested interests. This profession has become a money minting business.

The case of heart surgery is also similar.

The biggest study on nutrition in the world 'The China Study'. According to it, within three years of getting the bypass surgery done, there are $1/3^{\text{rd}}$ chances of the heart patient, developing chest pain again. In comparison to those who have never got their heart surgery

done, the chances of a patient getting heart stroke again, even after surgery, cannot be ruled out. Bypass surgery or angioplasty is therefore, not the permanent remedy for the heart problems. You cannot be rest assured even after the surgery; since the percentage of the possibility of heart stroke remains as much as it had been before the surgery.

The China Study

- **Within three years of the by-pass surgery, one third of the patients suffer from chest pain again.**
- **The patients who undergo operation do not have fewer heart attacks then those who do not have surgery**
- **Bypass surgery and angioplasty do not address the cause of heart disease, prevents heart attacks or extend the life of any but the sickest heart disease patients.**

Now, you must be wondering what happened to our dear Pappu..? Heart problem had gripped him.

Unnecessarily, through medicines and surgery, he got caught up in the trap of the so called doctors claiming to cure him in such a way, that even if he had wanted to come out of it, couldn't find an escape route. On the other hand, Appu as ever hand in hand with the nature, rejoiced making merry in the jungle.

“

**It is easy to get a thousand
prescriptions but hard to get
one single remedy.**

-A Chinese Proverb

”

CHAPTER - 9

Economics of Diseases

In the previous chapter we read how we are sitting amidst the possibilities of dangerous diseases like cancer or heart problems. No body knows in what way he is inviting what type of ailment or disease? The one who comes in the clutches of these diseases has to arrange finances from some or the other sources to get the proper treatment from the doctor. But, little does he know that even after spending his entire wherewithal, he is inviting death for himself. The patient goes to the hospital for the treatment of one disease and brings another disease as if 'buy one' and 'get one free'.

Although a common man may not be having sufficient money himself to fend for his family or to run his home. But he is willing to spend as much as on the treatment to cure himself, on doctor's fee and other costly medicines. If WHO's report is to be believed, in another 10 yrs, in wake of the diseases associated with the current life style of man, India would have to incur the loss of 120 lakh crores.

According to World Bank, in India, about eight lakh people fall below the poverty line every year, due to the spending on life style associated diseases. This low income group's 1/3rd income goes in the treatment.

Whereas, the National Health Account says, one in four families sell their valuable assets for the treatment or are compelled to take loans for their family health and care. Now the question that arises is, where does the entire money go?

According to '**Fortune Magazine**', 'Health Care' is the number one rapidly thriving industry of the world. They are among first four rapidly growing companies, out of the ten best companies of the world. Virtually speaking, it is not business of health but, business of

disease. Take a look at the example given below . The biggest chemo medicines making company is **Bristol Myers Squibb**.



And the largest tobacco selling company is **Philip Morris**

Now, what is the connection between these two companies? One company deals with medicines curing cancer, whereas, other one is responsible for causing cancer. Besides, one name is common with these two companies-i.e. Richard .L. Gelb. He



is the chairman of the first company and in the second company (tobacco selling co),he has invested in shares.

There is another revealing fact. In 1965 two doctors of California Medical Association **Dr. Mc Donald and Dr.Garland** proved that if one smokes 24 cigarettes in a day, one could prevent oneself from lung cancer. So, it was permissible and advisable to smoke minimum 24 cigarettes in a day.

They themselves vindicated the fact that they were taking it daily and frequently. In spite of that, they were healthy.

Sadly, strange is the play of nature. It intervenes to settle everyone's account. You will be surprised to learn that Dr Mc Donald died of a fire caught in his house due to a cigarette butt. He succumbed to the burns. On the other hand, a few years after this tragic incident, Dr Garland died of a lung cancer. Alas, after their death, the slogan, '**24 Cigarettes a day keeps lung cancer away**', also died. Let's observe the Advertisements of 1940, approved by FDA .



It is evident from this that smoking is good for digestion. In yet another ad, a good doctor has been associated with smoking. In yet another, an ideal mother is associated with smoking. What does all this mean? It shows how an advertisement could make place for the products in our life, by winning our confidence-show it to people as very useful and beneficial. Then, when adverse consequences set in, show the same products as a warning, that these are injurious to our health. How does it matter? After all, by the time bad results start showing up, people will have become addicted and intoxicated with the same. What a business tactic!

Thanks to the companies' sale manoeuvres'!

By the way, the medicines are the result of conspiracy hatched by the cigarette tobacco selling companies and the fast food companies. The result is that in developing and developed countries, 8 out of 10 diseases are due to wrong life styles of the people like cancer, diabetes etc. are self created by man and are not a gift of nature. According to W.H.O, by 2018, one out of four males will be suffering from prostate cancer and one out of five females from breast cancer.

According to **National Commission of Micro Economics and Health**; by 2015, more than 6 crores of Indians will suffer from cardiovascular diseases and 4.60 crore are likely to suffer from diabetes, by 2015.

Point to be noted is that according to U.N.'s Human Development Index Figure, depicting mental and physical health of a human being, India ranks 126th out of 177 countries of the world, implying that the matter is quite serious.

Seeing the nature of seriousness, I cite an example;

On 7 August 2011, for constable promotion in Uttar Pradesh, 10 km race was conducted, which needed to be completed in 90 minutes. It was not a big deal since a person's average speed is 7.5 km/hr. Even if he walks, he would be able to finish 10 km in 90 minutes.

However, the competitive race results were astonishing. More than



thousand participated in the race; out of them, more than 100 fainted. During the race, five constables succumbed to death.

Only 40 constables could finish their race. Here, I would like to give another example, of constable, Abhijeet Barua, hailing from Assam. On 31st January 2012, he covered

156.2 km distance, barefoot, in 24 hrs and got his name registered in Guinness World Records. When he came to meet me, I asked him the secret behind his feat. I was not surprised hearing his reply as he too gave the same answer which I had got from the people, who had lived more than 100 years.



Abhijeet Baruah being felicitated by Dr. Biswaroop Roy Chowdhury

“

**Greatest mistake physicians make
is that they attempt to cure the
body without attempting to cure
the mind; yet the mind and body
are one and should not be treated
separately.**

-Plato

”

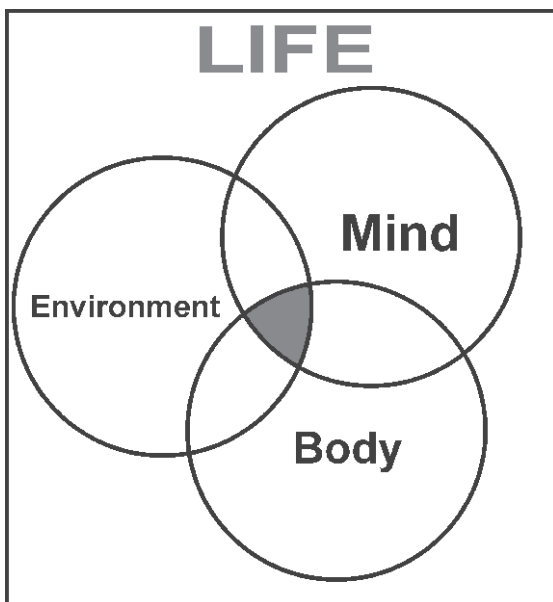
CHAPTER - 10

Towards the Remedy

On the basis of the information given in the previous chapter, you would have come to know that returning alive from the hospital is not a child's play. Even if your luck favours you, then also you will have caught some or the other infection by then.

Anyway, there is no need to worry. We are going to suggest you certain measures/remedies. After adopting them, you will not feel the need to go to the hospitals. Now you will get to know, if somebody is suffering from cancer, diabetes or obesity, how can he cure himself through the power of nature, without taking any medicine!

Just ponder over the fact as to what is life is? It is the balance of mind,



b o d y a n d
environment. If
either of them goes
out of balance, the
rest two also go out
o f b a l a n c e .
Remember when
we fall ill, our mind,
b o d y a n d
interaction with
our environment,
around us go helter
skelter.

Whereas, a modern doctor tries to treat only our body and our mind. He never bothers to understand our relation with our mind, body and environment.

On the other hand, Bruce Leptin has tried to explain the relation between the three entities very beautifully.

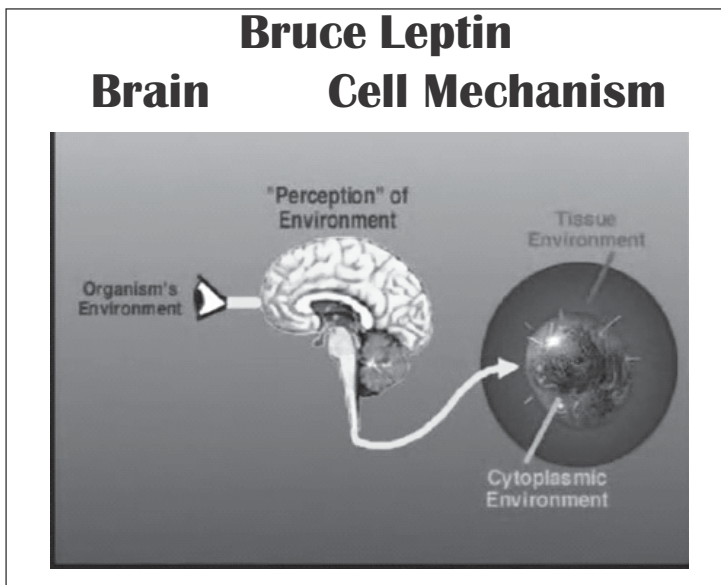
According to molecular biologist, Bruce Leptin, just as every person has a brain memory, in which he assimilates his experiences likewise, each cell of a body has limited memory and according to the information in the memory, it works. But the most important fact is that each cell depends on the memory stored in the brain, for interaction with the outside world since the cells are not in direct contact with the outside environment. What ever you perceive or experience in reality, you believe in it in your imagination and it gets assimilated in your mind. Consequently, the body imbibes the stored information in the brain. Accordingly, the cells work.

This goes on to say that changing the memory of the cell could change the functioning of the same. On this basis, it would not be wrong to say that positive thinking can go on to play an important role in rectifying and correcting any disease or body disorder.

We can thus, conclude that in order to eradicate a particular ailment from its roots, you first need to convince yourself that you are healthy. This would further have a positive impact on every cell of your body. Subsequently, this positive thinking would get stored in every cell of your body. Every moment, thousands of chemical changes take place in a cell. This in turn depends on the basic thinking of your mind, which is finally controlled by your surroundings and environment.

Just imagine, a patient of blood pressure when frequently takes B.P medicines, he constantly reinforces the memory of the cells about the

type of blood circulation in his body. Consequently, for entire life, he remains a patient of B.P.



On the basis of his basic thought pattern, every moment, he himself becomes a reason for his healthy and unhealthy life accordingly.

In our body, there is an accumulated memory, of more than 50 trillion cells, which regulate thousands of biochemical processes. Thus, we can imagine the complexity of our body. In that sense that out of 50 trillion cells there are 90% microbes whereas 10% are body's own cells. Microbes, in their own capacity, are complete living beings that live in your body, as you live on earth. If you try to peep into your body through electronic microscope, you would see them floating.

For the past three billion years, the microbes have established a good control over the principle of 'Evolution of Life". The microbes are found on earth everywhere.

These microbes are responsible not only for the havoc they cause to the ocean but are also found in the digestive system of a pest. Thus having their presence in every nook and corner of the ecosystem. In spite of this, science has understood only one percent of this fact, so far. Without microbes life will become extinct or one could say, can not begin at all.

Due to constant negative thoughts, consumption of fast food and medicines, destruction at cellular level takes place. As a result of which diseases like cancer take birth. Curing the infected cells of our body with medicines would be like killing the mosquitoes in our house with a missile or a rocket launcher.

Can modern medicines kill harmful cancerous cells? It would be like asking can missiles kill mosquitoes? Undoubtedly, they can. But, would destroy your home as well. Science admits even today also that it has been able to acquire only 1% of the information related to our body. In such a case, if we leave it to nature, the task of correcting our cellular disorder would be justified.

Nature has created us and our surroundings, then why don't we leave it to her to rectify any disorder. We ought to be dependent on her for our natural cure.

Embracing natural course could safeguard human race from these diseases.

Let's take a look at a surprising report from 'The China Study':

Two civilizations, one is Hunza, living near Kashmir, second is Pima Indians, those who had got settled in Arizona. Both were known to be the healthiest civilizations of the world. Both had common culture as regards clothes they wore and food habits. Their 90% staple food came from plant source. It was plant based raw food. Mainly, it constituted of raw vegetables, fruits and half boiled vegetables.

There was negligible salt and a very little sugar included in their diet. The people of both the civilizations lived more than 100 years. Their life span was more than 100 yrs. They never suffered from lifestyle related diseases like diabetes, cancer or heart problems. Today also, Hunza Indians live for more than 100 years. You will find no ailments or ill health or health disorders. You will be surprised to learn that there are no chemists or hospitals. On the other hand Pima Indians, settled in Arizona have been given the tag of the most diseased. The reason is that a few years back U.S government had confiscated their Arizona land, assuring them of free food supply in return, for lifelong. Thereafter America started supplying packed junk food to them. Consequently, in the past 20 years, each member of Pima Indians started falling sick dangerously. All Pima Indians fell a prey to diabetes or obesity or high blood pressure or migraine or arthritis, high cholesterol or cancer.

According to research carried out in China study 90% of raw vegetables, fruits, boiled vegetables were included in the diet of a few sick patients. Besides, wheat flour, refined oil, sugar, salt, milk powder were totally excluded. The result was that within one and a half to two years, they recovered completely.

To conclude with, no matter how seriously ill you are, you will have to include 90% of raw fruits, vegetables and boiled food in your staple diet and cut down on sugar, salt and oil to reverse it. Even if you are healthy and not suffering from any prolonged disease and want to remain healthy for life long, you ought to include 60% of raw fruits and vegetables in your diet.

If your body is given chlorophyll through plants and other natural nutrients in abundance, then there is a possibility that one could cure any disease from its root.

In plain language, one could say that if you are suffering from a prolonged disease then within one to two years of taking plant based natural diet one could recover from his ailment easily and regain his lost health. Fortunately, besides Hunza there are six more civilizations, where there is no trace of any disease and one could nicely live a life span of more than 100 years. In all these 7 civilizations, there are few similarities:

1. There is 90-95 % consumption of raw vegetables and fruits.
2. The consumption of sugar is negligible.
3. The salt intake is negligible.
4. Non-vegetarian food consumption is 1-5 %
5. Milk consumption is quite less.
6. Consumption of processed food is negligible.

It is evident from the above facts that those civilizations or societies who relied on nature for their staple food remained automatically healthy or those who reverted to plant based raw vegetables and fruits regained their lost health and thereafter, neither suffered from any diseases nor felt the need for any medicine.

Journal of the Medical Association, 2003 also advocates 'The China Study' and states that through raw diet, one could easily reduce the level of cholesterol as much as one could reduce, with the use of Statin.

There is one advantage here that there are no adverse effects or side effects of this type of natural cure or treatment.

Likewise, the **New England Journal of Medicine**, 2001 says that the patients suffering from osteoporosis could reduce the chances of their hip fracture by 36% if they include raw food in their diet. Their pain can also be alleviated.

American Heart Association Science Advisory has come to the conclusion that by eating raw fruits and vegetables, one could see significant improvement in one's health. In the same bulletin was published that as compared to the patients who are being administered Statin for cholesterol, the patients who had taken raw fruits, vegetables were two and a half times healthier.

Now the question that arises is, if by taking raw food or uncooked food, one could get cured or safeguard oneself from many diseases, then why is this fact hidden from the general public. In reply to this question, chairman of **Cholesterol Guidelines Panel**, Dr Scot Grundy says, "Pharmaceutical companies are very powerful. There is no such industry which could campaign for healthy food."

First time in the history of medicines, **Journal of American Association**, **New England Journal of Medicine** and **The Lancet** and the **Annals of International Medicine** has collectively issued a medical bulletin which is not only a harsh truth but an eye opener.

"The relation between medical research scholars and corporate producers is very callous and crude, which makes it evident that Pharmaceutical companies want that people remain sick for a longer time and yet survive with these diseases (i.e. remain alive)"

Now a days, marketing by pharmaceuticals industry has gained such momentum that the people associated with medical line have forgotten that their primary goal is to keep the patients free from diseases and healthy and not to proceed research in medicines and new diseases for their own vested interests.

According to the article, 'Hospital War' published by **"Time Magazine"**, merely for minting money and earning profits, often doctors advise the patients to go for expensive diagnostic tests. Go out on a round of your near by clinics, you will not find a single clinic

where you would not find a pen, diary, notepad, calendars or a wall clock as a gift from the pharmaceuticals company, for the doctors. Many medical representatives visit the doctors to sell their company's medicine and give gift to the doctors, as incentives. This is a part of business tactics and advertisement of the pharmaceutical companies for their company's sales (of new medicines).

These things certainly make an impact on the subconscious minds of the doctors. So the doctor is under psychological pressure to write the medicines advertised by the pharmaceutical companies. To substantiate this fact, it has been published in **American Journal of Bioethics** that when someone accepts a gift from others, he is under obligation and psychologically feels under debt. No wonder he thinks of repaying the debt by writing the medicines of the so called company presenting them gifts. This way the pharmaceutical companies are sure to be benefitted. That is why the doctors are bound to write unnecessary medicines (bearing the company's trade name), no matter whether they are useful for the patient or not.

I am sure, at least by now, you will have understood the fact (after so many examples) that thinking of any illness or disease makes you scared and you surrender yourself to doctor, regarding him as your savior. Thus, become his life long patient. He in turn becomes your family consultant; so that he is able to extract money from you, through some or the other check ups and tests through your regular visits to him. Thus, you become his life long patients. If this is not so, then why has any patient of diabetes, high blood pressure, heart problems etc. not been able to overcome his health problems for good. On the other hand, the remedies which I have suggested, i.e. through natural remedies; you shall be able to recover from all your ailments in 3 to 6 months time.

If you have been wondering how people/patients could be cured by nature, we will have to travel 4000 million yrs back to the ancient times when the life had hardly begun, when earth was in its early phase of existence. Do you know how the surface was? How was the environment? We shall tell you about the same.

Due to erupting Volcano, ammonia gas had spread in the surroundings. There was no life on earth. Hence, no plants. In that case, how could we get free oxygen, in the atmosphere. Since we get oxygen from plants! When there was no life on earth, meaning no plants or human life. Then, how could we have got oxygen 4000 million years back?

At that time, all the gases were in inactive state and mixed up and dissolved in the ocean. Earth was like erupting volcano, with hot lava and gaseous substances. Due to lightening and thundering of clouds along with the ultra violet rays of the sun, there took chemical reactions in these gases. After these chemical reactions and the merging and dissolving of gases in the ocean, a new compound was formed which was named amino acid. Amino acid is the vital ingredient of life, with which proteins are formed. These proteins create human body. This fact has been substantiated/proved even by an American scientist, **Stanley Millar**.

In 1950, **Stanley Millar** put all the gases of the atmosphere like methane, hydrogen cyanide, ammonia, carbon-dioxide, in an artificial manner, in a flask, which was boiled for many days. When water vapours started forming, then electric discharge was passed. The violet rays of lightening were made to pass through so that the water turned thick. Then we could reach a stage which determined the presence of amino acids in the water. These amino acids are also called the 'Building Block of Life'. This ingredient makes protein and is the very foundation of life.

We already know that amino acid is the basic building block of our life. Amino acids make protein which is the main basis of life. The day to day practical example is:

You are able to move your hands—this is because of oxygen present in the muscles that are made up to proteins. Now let's go into its depth.

In 1999, **Dr Gunter Blobel** was honoured with a nobel prize, for his discovery of coding signal found in protein. He believed that there were already present coding signal in proteins, which determines what part of body is the protein going to be, i.e. of which cell and organ of our body?

In other words, what part of the body, in which cell would the protein reside! Nutrients never think where to go in the body, which cell to occupy; rather there is an address code in each cell for every nutrient, which decides the place or refuge of that particular nutrient going into our body.

They simply don't wander helter-skelter in our body. This is nature made postal system of our body. A natural postal system which automatically works by virtue of nature ('Prakriti'). Just as a postman delivers letters on the basis of the address mentioned in the letters.

Supposing, the letter gets blurred due to rain or the address gets wiped out, would the letter reach its destination? Same is the case with our body. Human body and the food taken by the body are also correspondingly related.

Now, the point to be noted is, when a particular food is overcooked or burnt in the micro wave or deeply frozen, the coding signals get destroyed. And they occupy any place in the body, which is generally not meant for them. Thus, unknowingly we build the foundation of diseases by this junk food intake and thereby, foster diseases in our

body. In 1999 this discovery of Dr. **Gunter Blobel**, nullifies the entire previous progress taken place, in science.

Hippocrates, the father of modern medicine had rightly pointed out, "Not the Doctor, but nature heals", implying that not the doctor, but nature cures our ailments. We too have discovered such a remedy.

Nature has created wheat grass for us, as a 'Rambaan' for our body.

An elixir of life! All we need to do is to make right use of it!

“

The doctor of the future will give no medicine; but, will interest his patients in the care of the human body, in diet, and in the cause and prevention of disease.

- *Thomas Alva Edison*

”

CHAPTER - 11

Super Fast Healing

We will have to understand this strange equation between man and nature, on which our life's very foundation is based. We have already discussed that when any of part of our body gets wounded, the blood comes out, it automatically clots there and gradually the healing takes place. And after a few days new skin layer appears there and everything looks as normal as before. The body this way provides superfast healing to itself.

Likewise, if the body consumes any poisonous substance, then through diarrhea and vomiting, the poison instinctively comes out. This is called Universal Law of Rebalancing. This means that even the body doesn't like that we dump any rubbish into it.

The moment you do this (consume any rubbish), the body does not like it and throws it out. In the light of the above fact, it is must that we understand that the nature alone possesses the capacity to keep all our health problems and ailments at bay and cure our diseases naturally. Go close to it. Become nature friendly. It will most certainly take care of you.

Your body is dedicated to life, not to death. However, to recover completely, if you take one to one and a half yrs, or two years, thus, find it too long a time to recover. But, if you wish to recover in a short time, you will have to go 10,000 yrs back, down the memory lane, when we human beings were getting evolved from their animal like tendencies. In other words, evolution of mankind was taking place.

BBC report says that man's gradual progress from a nomadic life to a systematic, stable agrarian (agricultural) life, was a great achievement for him. This is the biggest mystery of nature.

At the end of ice age, a hybrid of wheat occurred at many places, in

central east region, which later on proved to be of genetic pool (origin).

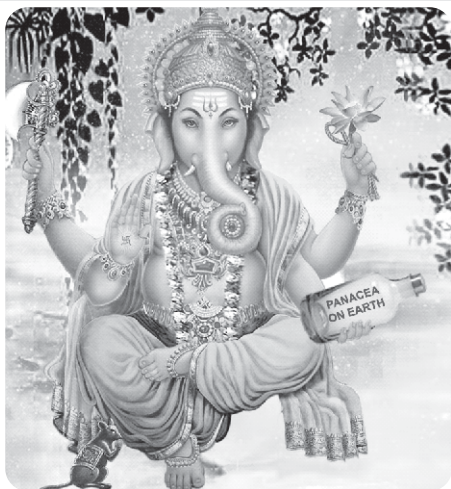
Point to note is that two different hybrids of wheat laid the foundation for agriculture. In 4000 B.C, wheat was not a rich crop. To further develop into a fertile crop, it had to go through various processes. Then, it got converted into wild rice which grew taller than 6 feet. With the passage of time, there was sudden unprecedented change in this cereal (crop) and from a weed plant it got converted into a fertile crop.

Gradually, many changes began to occur with time. A wild wheat variety with 14 chromosomes, another 14 chromosomes type of grass variety of wheat (which is called goat grass), both together formed a new hybrid wheat quality. It was named Emmer wheat-it had 28 chromosomes. After some time, Emmer wheat of 28 chromosomes and goat grass of 14 chromosomes together formed a new hybrid, which we are using today. You could call it, 'wheat of today.'

In between 8,000 BC and 10,000 BC, man evolved from its animal like tendencies and made his own identity. Then, man befriended wheat grass; for the first time and laid the foundation of civilized societies. It is no coincidence that wheat grass proved as nectar for human being. This is the only crop which contains maximum amount of vitamins, minerals, fibre nutrients and anti oxidants in the same ratio which provide optimum diet for mankind.

The myth has it that Ganeshji had swallowed Anlasur to save the earth from his havoc. Suddenly, there was burning sensation in his stomach. However, all the deities could not extinguish the burning sensation in his stomach with their collective force.

It was then that 8800 saints and ascetics together decided to feed deity Ganesh with wheat grass, which could finally relieve his pain.



Wheat grass is also described in Bible, along with other scriptures. It is shown as a final remedy (elixir) for any sort of disease or ailment. Almost in more than 100 research works, it has been proved that wheat grass juice works in the body, in three ways.

Firstly, as a cleansing agent. It throws out toxins, accumulated in the body

over many years. It purifies the internal organs of our body too. To understand this, let's take the example of a colon of a child gorging on fast food (junk food).



Normal Colon



Enlarged Colon

The poisonous toxins clinging to the colon as adhesive, not only harm the child's colon (the lower part of the large intestine up to the rectum); but, also mix in the blood, to give rise to many diseases. About 90% diseases take birth owing to the accumulation of toxins in the colon of a person.

If we take enema of 100 mili liter wheat grass and keep for 15 minutes in colon and then take this enema on regular basis in the morning, then many diseases could disappear automatically.

The second important function of wheat grass juice is to maintain hormonal balance in the body. In order to do this, wheat grass juice, first compensates for the lack of vitamins and minerals in the body.

The third function of wheat grass juice is to make active (activate), the destroyed and decayed cells of our body and to arrest the growth of cancerous cells by making them inactive and finally destroying them.



Enema Kit

If every day, you take 90% plant rich food along with 50 to 100 ml wheat grass juice and once in a week, take wheat grass enema. Then for sure, in 3-6 months time, you would be getting rid of diabetes, arthritis, migraine, cardiovascular disease, cancer, obesity, digestive disorders, breathing disorders, lack of body resistance and life style related problems. Studies and research have revealed that all the carnivorous animals of the world also consume grass when they fall ill-eg. dog, cat, tiger and lion. It is known that lion does not consume grass; but the truth is that even lion consumes grass, when fallen ill.

After knowing the stark and bitter realities associated with hospitals, doctors and the health industries, you must have learnt and cognized yourself of the fact by now that, nature has the cure to all your health problems. In it, lies the secret of healthy living. The things which are man made, could be renovated or improved by man; but, the herbs, shrubs and plants that are easily available in nature are bounties of nature, wherein no science or human being can make any change. Modern science too does not have the power to make any

improvement in the naturally available ingredients. However; nature alone has the capacity to bring about a change in itself. You yourself are a creation of God and nature. Therefore, nature alone can work for your consistent health, longevity and has a permanent remedy to your diseases and ailments.

Second point is that you will have to bring some improvement in your thinking, your thought process. You must befriend nature, cooperate with it and make it your companion so that you are able to work in coordination with the same, following its natural norms and laws rather than violating the laws of nature. After birth, the child is subjected to doctor's treatment, medicines and vaccines; thus, leaving the infant at the disposal of doctors. Undoubtedly, it will take time for the grown up adult now to change itself and mould oneself to the nature's requirements. Needless to say that 'where there is a will there is a way!' If your interest is keen and you have the intense desire to bring about a change in your thought process, you would most certainly do so, holding conviction that every task has its natural process and a definite time. If you experience any physical problem, then have patience, as the nature will take its own time to heal the body through its rebalancing law of self healing. Hope the day is not far when you yourself, would become successful in this battle (crusade).

If you are desirous to know more along these lines and would like to seek our counsel or advice on this topic (of self healing), please feel free to contact us on the following address:

India Book of Records

Add: B-121, Second Floor, Green fields, Faridabad, Haryana-121010

E-mail: healwithoutpill@gmail.com

Mobile: 9313378451

Website: www.biswaroop.com

If you are interested in inviting Dr. Biswaroop Roy Chowdhury to hold a "Mind-Body Workshop" in your organization, please refer to the above address.

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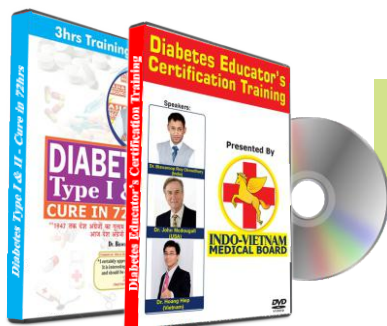
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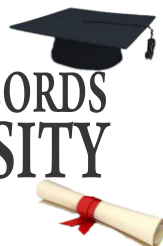
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World Records University Invites applications for Honorary Doctorate from health practitioners practicing in the following fields:

- Allopathy
- Ayurveda
- Naturopathy
- Homeopathy
- Acupressure
- Acupuncture
- Physiotherapy
- Yoga
- Psychoneurobics
- Unani
- Chromotherapy
- Aromatherapy
- Magnet Therapy
- Reiki
- Neuro Linguistic Planning
- Osteopathy
- Pranic Healing
- Reflexology
- Siddha Medicine
- Qi

Steps to claim your Honorary Doctorate in Nature Science and Medicine:

Step 1: The applicant has to pass an online screening test (in Hindi, English, Vietnamese, Nepali) conducted by World Records University.

Step 2: You will be given an online study material.

Step 3: Submit doctorate application form (DAF) on the basis of your understanding of the study material (provided by World Records University).

Step 4: Write thesis on the basis of the format provided by World Records University.

Step 5: Submit your thesis.

Step 6: World Records University will authenticate the originality of your thesis and on acceptance by the panel of experts World Records University will confer you the Honorary Doctorate.

Step 7: Your thesis will be published in World Records University's annual publication.

For details contact us at www.worldrecordsuniversity.co.uk

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How to prepare Hunza Tea (serves four):

Ingredients:

- 12 Mint leaves(Pudina)
- 8 Basil Leaves(Tulsi)
- 4 Green cardamom (Elaichi)
- 2 gm Cinnamon (Dalchini)
- 20 gm Ginger (Adrak)
- 20 gm Jaggery (Gur)

Instructions:

- Take 4 cups of water in a tea pan
- Add all ingredients, simmer it for 10mins
- Add a dash of lemon juice and serve hot or cold

For those who are too lazy to collect the above ingredients (to make their own hunza tea) may order



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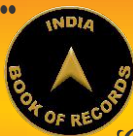
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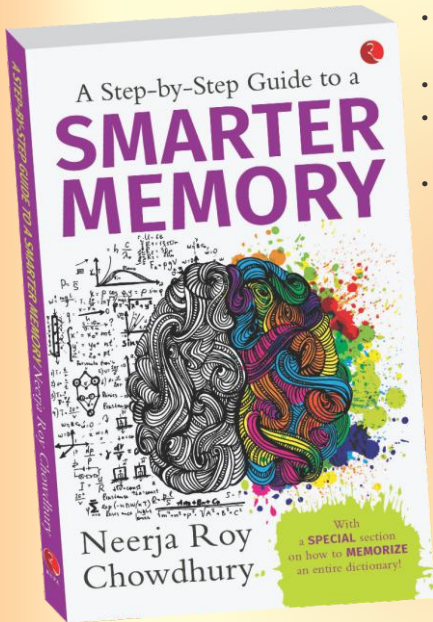
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About the author:

Neerja Roy Chowdhury, the name can be found in prestigious record books including Guinness Book of World Records and Indo-China Book of Records for diverse reasons. The most interesting of all is her ability to memorize the complete Oxford English-Hindi Dictionary. She has also developed software for memorizing a dictionary. She has travelled more than 100 cities internationally in last one decade training people on 'Memory Techniques'. Her latest book 'Smarter Memory' is published by Rupa Publication. Presently she is involved in developing curriculum in memory techniques for international universities.



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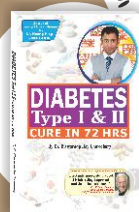
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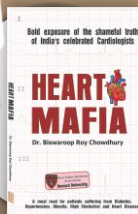
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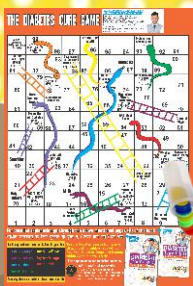
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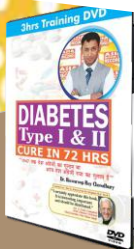
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