



Volume 1  
Issue 1  
|

*Biswas*



Inaugural Issue

**HAM HONGE KAMYAAB**

Online Digital News Letter

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**BISWAS**

Poora hai Viswas

Ham honge kamyab

**EK DIN**



*When there is trust in the heart*

• "When the **TRUST** is total •

**SUCCEED** we will One day"



**Who  
is**

**Dr. Biswaraj  
Roy  
Chowdhury**



A world famous Nutritionist.  
Doctrate in Diabetes.

Author of 25 books, translated in  
to 70 languages.

Developer of Medical content.  
Has centres in India, Vietnam,  
Malaysia and Switzerland

.....

Know about ...

# DR. BISWAROOP ROY CHOWDHURY

Dr. Biswaroop Roy Chowdhury is an internationally acclaimed Indian Medical Nutritionist having a doctorate in Diabetes from the Alliance International University, Zambia. Having successfully developed a 3-Step Protocol called "The DIP Diet" to reverse diabetes in 72 hours.

Dr Chowdhury runs his centers in India, Vietnam, Malaysia and Switzerland, and conducts his highly popular programme called the '72 hours Diabetes Tour' through the app "Diabetes72". He also conducts 'The Code Blue Certification Training' (training for medical emergencies) in collaboration with Lincoln University College, Malaysia.

He is an active member of Editorial Board of reputed international medical journals. He is H.O.D. of Shridhar School of Oriental Science, Shridhar University, Rajasthan, India .

He is among top 100 bestseller author in amazon.in.

Dr. Biswaroop Roy Chowdhury has authored 25 books including:

1. Diabetes Free World – published in 71 languages thereby creating a new world record of 'Book Translated in Most Languages'
2. Last Days of Diabetes
3. Borderless Doctor

4. Heart Mafia: Bold Exposure of the Shameful Truth of India's Celebrated Cardiologists

5. Diabetes Type I & II – Cure in 72 hours

6. Diabetes Educators' Success Stories

7. How to Return from Hospital alive

8. Why Mortality Rate Drops When Doctors Go On Strike

9. Heal without Pill

10. HIV-AIDS -Greatest Lie of 21st Century (& the most profitable business)

11. New Diabetes Guidelines

12. High Cholesterol – A Medical Fraud

13. N.I.C.E way to Cure COVID-19

Dr. Biswaroop Roy Chowdhury is also the Chief Editor of 'India Book of Records' and 'Asia Book of Records' – a platform that brings to the fore all the new inventors, leaders and game changers, thus setting new standards for others.





# MESSAGE

## DR. BISWAROOP ROY CHOWDHURY

24TH October, 2020 is the best day to launch the magazine "Biswas", a brainchild of Prof. Ainapur Purushottam.

After all 24TH October, is World Polio Day and there is a great similarity between mask and polio braces. By understanding the similarity not only you will understand the conspiracy of Covid-19. But also, you will understand that "You are alive not because of modern medicine, you are alive in spite of modern medicine". To know the similarity between mask and polio braces watch the video – "Mask V/S Polio Braces".

- Dr. Biswaroop Roy Chowdhury





## **Genesis of the news letter.**

A great movement is going around the country led by Dr. Biswaroop Roy Chowdhury and his friends.

This is a second freedom movement and this time for freedom from Drugs, Diseases and Doctors.

The movement is led by the understanding that all diseases , including life style, are curable and even reversible by changing our food habits.

The diseases are now a monopoly of a cartel of drug companies and their dictum runs as a rule on all matters of health.

When someone starts a movement against diseases it will be confronted by these vested interests who have a stake in their continuance and these interests are very strong.

But suffering humanity now enslaved by these 3'ds is looking for its liberation. And whenever things reach to their zenith there come saviors on the horizon.

These saviors start a movement by creating their own organization and this Indo Vietnam Medical Board is one such.

As is true of every organization, this Indo Vietnam Medical Board also needed a mouthpiece in the form of a regular newsletter to convey its activities to all the members of the organization.

The newsletter had to be online to avoid the cost of printing and problems of

distribution. This newsletter is going to be fortnightly.

Being a digital newsletter it has no limitation to number of pages. The content can be audio, video and text.

Being an official newsletter of the organization the matter will be vetted by Dr.BRC.

Along with the activities of the organization, the newsletter will also publish the activities of co-organizations , done through their news channels and social networking sites.

The newsletter will also publish research works being conducted by BRC and others.

The newsletter provide guidance to groups which are working with the inspiration drawn from BRC by offering some useful guidelines for their conduct and growth.

Any of the decisions and announcements of the organization will be made public through this Newsletter and also the itinerary of BRC.

All the deleted videos of BRC and of his followers from social channels can be made available here. All the matter that is hidden from public perception will be exposed.

Your cooperation in reporting the activities of your group, increasing the subscription for this newsletter and its wide circulation is kindly solicited.

Filling in into the feedback form provided inside the newsletter will be highly appreciated.

Finally my grateful thanks to Rachna Sharma for all her kind help.

**- Prof. Ainapur Purushottam**

*Life is freedom, freedom for self and for others*

# POLIO VACCINE

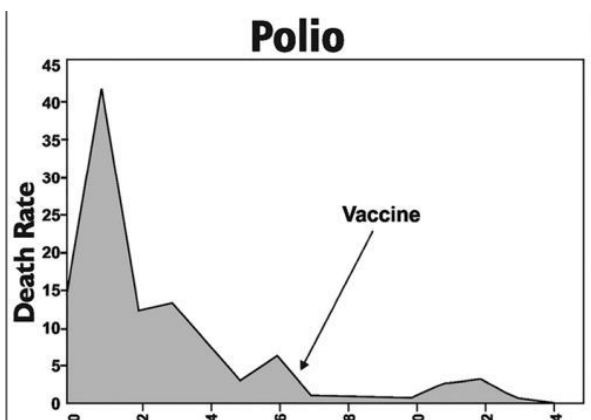
## How Medicines Affect Us?

The human body is not designed for medicines. The path to good health or getting rid of diseases is achieved only after quitting the medicines. You may not come across even a single patient, who has been cured in the true sense after taking medicines. Medicines do not cure us; they can only comfort us. Our body cures us; our immunity cures us.

Natural things cure us. Green leaves are a medicine. Nature has covered one-third part of the earth with green leaves. We can only give our body a conducive environment to build our immune system.

Similarly, vaccines are very dangerous. Whatever is being given to you in an injectable form, is very dangerous. If taken orally, liver will stop it from going further in the body.

Dangerous diseases like measles, polio, whooping cough, scarlet fever etc. all have a vaccine. A particular disease comes and then completes a cycle and vanishes. If you see the history of any vaccine, you will be shocked. Let us take the example of Polio. Polio, when it came in 1950s, the cases increased and around 1958, when the vaccine for Polio was developed, it was on the decline. So the entire credit was given to Polio vaccine.



Similar was the case with Measles, Diphtheria, Whooping Cough, Typhoid, Scarlet Fever.

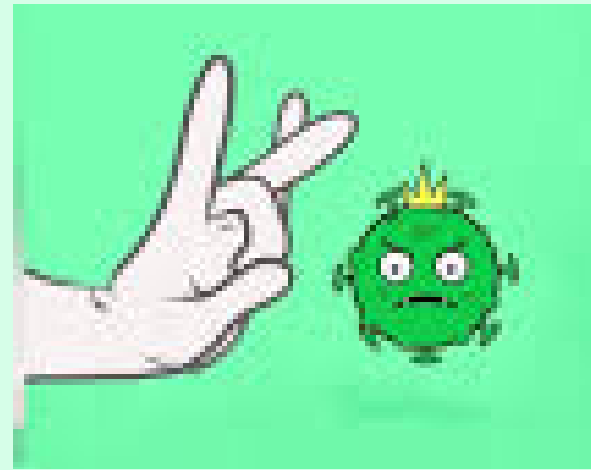
The credit is always given to the vaccine. It is for us to understand that all viruses have a cycle. They complete the cycle and then they die. Vaccines have no role to play in this. Many healthy bodies become disabled due to vaccines.

God has gifted us with a system of immunity to protect us naturally; no artificial chemical is required to protect it. The thought that medicine will cure us is a culture; it is not a science. When you are cured, it is because of your immunity; never ever because of the medicine. Body teaches us how to fight a particular disease



## Vaccine-derived polio viruses (cVDPV).

*Africa is still fighting another form of the paralyzing disease caused by the oral vaccine. Polio vaccine in the injectable version, used in rich countries, contains dead viruses. The oral vaccine, used in poor countries, by contrast, contains weakened live virus. The weakened virus from the vaccine is the cause of a paralyzing disease called 'wild virus'.*



Corona is a business of fear. Business is the right name.  
When doctors go on strike, the mortality rate goes down.  
Fear is because you are made to afraid.

## Fear Not about About Corona

Corona is a Influenza illness, comes every year and every year five to six lakh people die because of this, which is normal.

Exposure is not happening because those who do their accounts get deleted from social media.

**CONSPIRACY | CURE**

( Photo: Youtube/@DrBiswaroopRoyChowdhury)

As deadly novel Coronavirus (2019-nCov) news flutters across news channels with nations undertaking several measures to prevent the outspread, Dr. Biswaroop Roy Choudhary shared some insights on the virus.

He suggested a three-day diet plan to strengthen the body's immunity to help fight away any kind of virus.



Three step diet and most of the people get cured symptomatically and diagnostically also.

Maharashtra government gave us 4 patients with extreme symptoms and they were cured within 3 days.

Our NICE team with Neelesh Patil and Dr.Pallavi Patil took these cases and cured them.

Contact NICE team with helpline number, 8587051969, they will contact you and stay with you until you are cured. All this is free of cost



# It's your chance to reverse Diabetes

Join



Be under the direct supervision of  
internationally renowned medical nutritionist  
**Dr. Biswaroop Roy Chowdhury**  
and his medical team for 3 days

Free yourself from the burden of **3D's**  
**Diabetes, Drugs and Diseases ... Forever**

## Let food be your medicine

to help you free from

# 3D's

## Drugs, Doctors and Diseases

"Let Food be thy Medicine" said Hippocrates. Although many patients are convinced of the importance of food in both causing and relieving their problems, many doctors' knowledge of nutrition is rudimentary feel much more comfortable with drugs than foods, and the "food as medicine" philosophy of Hippocrates has been largely neglected

Owen Dyer tells how the United States government—lobbied by food manufacturers—is trying to undermine a report by the World Health Organization on Diet, Nutrition, and the Prevention of Chronic Disease





I am very lucky ...

that my patients get cured. So far I have never met a doctor who can claim that his parents get cured. If they are on medicine for life it means they have never been cured. Our patients get rid of medicines and that is the most important certificate.

## A PROPHECY COME TRUE

A stroll around empty streets of Mumbai on the onset of Lock down, 22 March 2020



World Health  
Organization



### #Breaking News : From WHO

WHO has taken a complete U turn and said that (asymptomatic) corona virus patients neither need to be isolated nor quarantined, nor social distanced plus it cannot even transmit from one patient to another.





Corona virus is nothing, it's capacity to spread is only for 2.2 persons. In our country 5 lakh people die from T.B. every year. Never we were asked to wear mask. The trains were not stopped, temples were not closed, now why are we doing so much for this alone. Open the economy. First open the local trains. Many are losing jobs.

## The Vaccine Hoax is Over

Documents from UK reveal 30 Years of Cover-up

Andrew Baker (FFN),- Freedom of Information Act in the UK filed by a doctor there has revealed 30 years of secret official documents showing that government experts have

1. Known the vaccines don't work
2. Known they cause the diseases they are supposed to prevent
3. Known they are a hazard to children
4. Colluded to lie to the public
5. Worked to prevent safety studies

Those are the same vaccines that are mandated to children in the US.

Educated parents can either get their children out of harm's way or continue living inside one of the largest most evil lies in history, that vaccines – full of heavy metals, viral diseases, mycoplasma, fecal material, DNA fragments from other species, formaldehyde, polysorbate 80 (a sterilizing agent) – are a miracle of modern medicine.

Freedom of Information Act filed in the US with the CDC by a doctor with an autistic son, seeking information on what the CDC knows about the dangers of vaccines, had by law to be responded to in 20 days. Nearly 7 years later, the doctor went to court and the CDC argued it does not have to turn over documents. A judge ordered the CDC to turn over the documents on September 30th, 2011.

On October 26, 2011, a Denver Post editorial

expressed shock that the Obama administration, after promising to be especially transparent, was proposing changes to the Freedom of Information Act that would allow it to go beyond declaring some documents secret and to actually allow government agencies (such as the CDC) to declare some document "non-existent."

Simultaneous to this on-going massive CDC cover up involving its primary "health" **not recommendation but MANDATE** for American children, the CDC is in deep trouble over its decades of covering up the damaging effects of fluoride and affecting the lives of all Americans, especially children and the immune compromised. Lawsuits are being prepared. Children are ingesting 3-4 times more fluoride by body weight as adults and "[t]he sheer number of potentially harmed citizens - persons with dental fluorosis, kidney patients tipped into needing dialysis, diabetics, thyroid patients, etc — numbers in the millions."

**The CDC is obviously acting against the health of the American people.** But the threat to the lives of the American people posed by the CDC's behavior does not stop there. It participated in designed pandemic laws that are on the books in every state in the US, which arrange for the government **to use military to force unknown, untested vaccines, drugs, chemicals,** and "medical" treatments on the entire country if it declares a pandemic emergency.



The CDC's credibility in declaring such a pandemic emergency is non-existent, again based on Freedom of Information Act. For in 2009, after the CDC had declared the H1N1 "pandemic," the CDC refused to respond to Freedom of Information Act filed by CBS News and the CDC also attempted to block their investigation. What the CDC was hiding was its part in one of the largest medical scandals in history, putting out wildly exaggerated data on what it claimed were H1N1 cases, and by doing so, created the false impression of a "pandemic" in the US.

The CDC was also covering up the financial scandal to rival the bailout since the vaccines for the false pandemic cost the US billions. And

worse, the CDC put pregnant women first in line for an untested vaccine with a sterilizing agent, polysorbate 80, in it. Thanks to the CDC, "the number of vaccine-related "fetal demise" reports increased by 2,440 percent in 2009 compared to previous years, which is even more shocking than the miscarriage statistic [700% increase].

The exposure of the vaccine hoax is running neck and neck with the much older hoax of a deadly 1918-19 flu. It was aspirin that killed people in 1918-19, not a pandemic flu. It was the greatest industrial catastrophe in human history with 20-50 million people dying but it was blamed on a flu.



Five lakh children were paralysed in India because of polio vaccine. The health system of India is wholly captured by a foreigner. Five lakh women were rendered infertile by his vaccine, the media would not tell you. Vaccines contain poisonous heavy metals like aluminium, mercury, formaldehyde, animal DNA God knows what all.

## Doctors in India

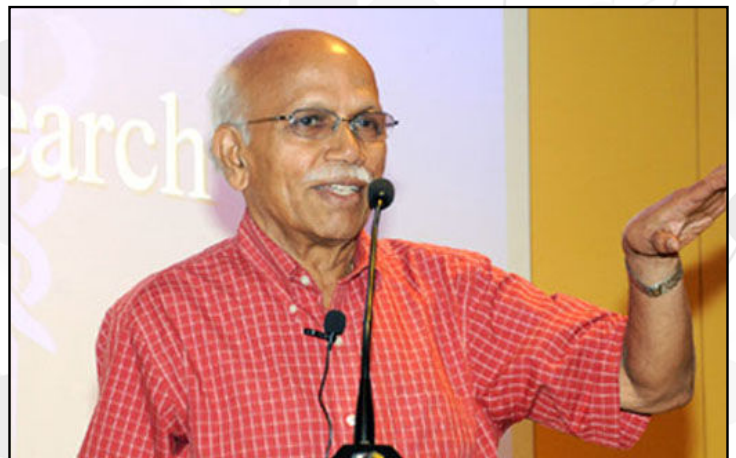
loot patients in many ways says

**Dr. B. M. Hegde** [Click Here](#)

### Mangalore Today News Network

New Delhi : Former Vice Chancellor of Manipal University and renowned physician, Dr B. M. Hegde exposes how a large number of doctors in many hospitals loot patients in order to keep their management happy and enrich their own pockets. Here is what Dr B M Hegde writes.

[continue to read from : Click Here](#)





## Sri Sri speaks ...

Corona is just a common flu virus. It has been so much exaggerated and with this whole world economy is brought to a grinding halt. Surprising there was no lock down in Beijing nor in Shanghai. Everything is going normal there.

## N.I.C.E

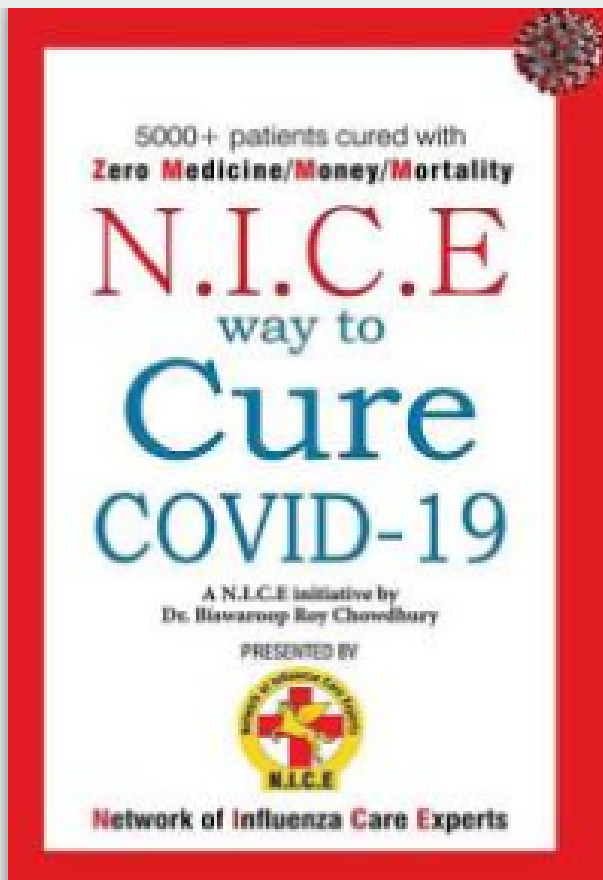
It is a N.I.C.E initiative by Dr. Biswaroop Roy Chowdhury, with a network of more than 200 influenza care experts spread across the nation. with the intention to take care of and cure ILI/ Covid-19 patients.

Anyone with flu symptoms may contact the N.I. C.E. helpline No - +91 8587059169 and the link [www.biswaroop.com/nice](http://www.biswaroop.com/nice)

The expert would connect within 2 hours to provide round the clock support till the patient recovers.

In the last four months, N.I.C.E. has cured more than 50,000 patients with its revolutionary **3 step flu diet with zero medication** and is happy to announce that in doing so, it has achieved **zero mortality**.

**This service is absolutely free of cost.**





No rule for not wearing the mask in this office but why to wear it. Corona is nothing more than a normal cough and cold. Not a pandemic. In fact by wearing mask you fall more sick. You collect Corbin dioxide from your breath.

If you see TV there is a possibility of your getting Corona.

No one is wearing the mask in the whole office.

Dr. Biswaroop के Office का आँखों देखा हाल, देखकर हैरान रह जाओगे ! 9256213157

Watch later

People Need  
No Medication,  
They Need  
Just Education



TEJPAL SINGH

You will be surprised

See Dr. Biswaroop Roy Choudhary's office. No fear of Corona, No Masks, No use of sanitizer Hunza Tea and all.

videos

Contact



13157

Dr. Biswaroop के Office का आँखों देखा हाल, देखकर हैरान रह जाओगे ! 9256213157

Watch later





# VACCINE - THE OTHER SIDE OF THE COIN

## THE GLOBAL PERSPECTIVE

Excerpted from

**\*NATIONAL GEOGRAPHIC\***

How vaccine is being received.

Brazil's president recently announced that vaccination won't be made mandatory in the country.

A similar move was announced by epidemiologist and US Infectious Disease Expert, Dr Anthony Fauci.

A recent survey also pointed out evidence that *\*35 percent of Americans wouldn't get a COVID-19 vaccine even if it were free.\**

*\*Anti-vaccination waves\** are also being experienced in India. There have been reports of messages and anti-vaxxers movement finding pace through social media channels in the country.

Just as there are people who are exceedingly pinning hopes on a vaccine, inevitably, there will be some people who will REFUSE a vaccine. Take for example, how people are refusing to believe the benefits of wearing a mask or maintain six feet distance.

Even though early data from top vaccine candidates have shown that we are inching closer to having a vaccine ready, a growing anti-vaxxers movement could undo the work that has gone in.

Anti-vaxxers are a growing group of community who believe that vaccines aren't natural and instead, designed as a way to deceive them. From artificial intelligence, conspiracy theories- there are a lot of thoughts floating around on what a COVID-19 vaccine will deceptively do.

Estimates suggest that the *\*anti-vaxxers movement is pretty strong in the West, with*

*around 50% holding strong negative opinions about vaccination drives.\** Anti-vaxxers have refused vaccines in the past, and there are high chances, COVID-19 wouldn't stop them either.

Despite being one of the top producers of vaccines and advanced player in medical know-how, India still ranks low on immunization. 1/3rd of Indian children are not immunized by choice, according to an NCBI study. Adult vaccination rates and awareness is also low in the country.

With increased reports of growing anti-vaxxers news making waves in India, in scrupulous ways, fears loom large about the many factors we haven't still taken into consideration about a COVID vaccine yet.

Some experts do believe that vaccination will be mandated for some groups of people, such as "essential workers" at first.

Much like how a lot of places require negative COVID certificates from people, proof of vaccination will deem them fit and healthy. However, vaccination cannot be forced on people.

Past vaccination programs have also worked by delivering incentives for the ones who get themselves vaccinated. In the future, a plan like this could be explored to drive high numbers in the public to get vaccinated.

*\*One of the top fears that drive anti-vaxxers and vaccine hesitancy is doubts over safety rates.\** Some experts do believe that there's another benefit to waiting out for a safe and effective vaccine, and not just taking the first vaccine. A safe vaccine is much more likely to go through expansive testing, rule out side-effects and work for all.

"India's first book on Medical Scam"  
-India Today

## How to return from the **HOSPITAL** **ALIVE**



**Dr. Biswaroop Roy Chowdhury**

**Most guarded secret which will change the way you live, forever**

### TAKE ACTION

[Home](#) / [Take Action](#)



[learntherisk.org](#)



## LEARN THE RISK<sup>ORG</sup>

Knowledge • Action • Health

Mandated vaccine laws are here and will keep coming!

Pharma is pushing profits over public health and taking away our right to decide what goes into our bodies. It will take THOUSANDS of us out on the streets raising awareness to get vaccine reality out to the public, which is the best way to push back.



You are not  
diabetic ....



## Diabetes App

(install from playstore)

The way to control diabetes is to eat fruits and vegetables equal to 2% of your body weight. Half fruits and half vegetables, in raw form. With this within 72 hours, your blood sugar will reduce, you have to leave your Medicines, you will have to leave your insulin. That is how the body is made.

The app is called 'diabetes 72', it is in android, in apple, in playstore. This is a technique through which you can learn how to cure your diabetes, how to taper your insulin, how to taper your medicine and others.

There is only one way to control diabetes, eat as much fruits and vegetables. Stop taking animal food, dairy products and processed products. That's all. Control will happen of its own accord.

Doctors have reduced the levels for commercial purpose. The lower the levels, that many more will be converted into diabetic patients. Actually if your sugar level is below 250, you are not a diabetic patient.

# Comrades in Arms



Manas Samarth

1 day ago (edited)

Great Leaders like Dr. Biswaroop Roy Chowdhury Don't Tell You What To Do....They Show You How It's Done.

More than 50000+ Patients Cured till now with ZERO Money, ZERO Medicine and ZERO Mortality.



## Reality Exposed by Team Lifestyle





# Protests around the world against masks

## *The Indian* **EXPRESS**

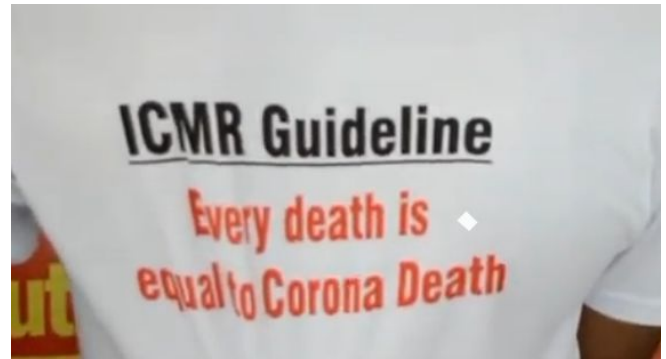
As the Covid-19 pandemic continues to affect the world, government measures to contain the virus are witnessing a pushback globally.

A large number of people have taken to the streets in various countries, protesting the mandatory use of face masks, and other lockdown rules.

Many of these demonstrators have argued that by making these rules compulsory, local authorities are infringing on their personal rights and freedoms. Some have even alleged that wearing a face mask causes more harm than good, by increasing the intake of carbon dioxide and reducing the amount of oxygen in the body

## Many videos ,removed YouTube

Protest all over the world,  
Click around



Protest in Berlin

## Tanzania President Has Banned The Use Of Face Masks

President of The Republic of Tanzania Dr John Pombe Magufuli has today on 24, May 2020 banned the use of face masks by Tanzanians as the usage has caused fear and panic to Tanzanians leading to some closing down their businesses. His excellency The President has also allowed normal resumption of public transport as well as normal resumption of schools. We thank God for the defeat against Corona, let continue to wash hands to observe hygiene, Bye Corona."

Subscription is free for now ...  
Free subscription lasts up to a week ...  
Distribute the issue with the link provided ..  
Encourage others also to subscribe ...

Link to the Newsletter : <https://joom.ag/5ADC>



**Please give your feedback here. Your feedback will be very valuable for us.**

**This is a trial issue mainly for introducing the newsletter and seeking your opinion. A suggestion with regard to contents will be of immense help.**

**You can type your feedback directly here in the form below just by giving your name , email address followed by your suggestion. We will contact you immediately.**

**Select feedbacks will be published in our subsequent issue.**



Feedback through mail : [ainapur.purushotham@gmail.com](mailto:ainapur.purushotham@gmail.com)  
Talk to on phone : +91 99807 20935



## GOL - The Rules of the Game:

The GOL\* is based on the scientifically validated DIP Diet\* treatment protocol (see research paper in <https://biswaroop.com/research-papers/>) proven to reverse more than 60 medical conditions, based on the feedback given by more than 20,000 patients, who adopted the DIP Diet protocol. To recover from a particular medical condition, go through the following 2 stages:

Stage I: Design your personalized DIP diet in accordance to the Orange box.

Stage II: Find your health condition on the GOL-Board. To reverse the illness, adopt the protocol given under your medical condition, along with following the DIP diet for estimated number of

**WEEKS** After the given number of **WEEKS**, continue with the DIP Diet (you may discontinue the other protocol as given on the GOL- Board) for rest of your life for life-long prevention of a life-style illness. To choose the suitable protocol among A to R refer to the GOL – Board.

### STEPS TO DESIGN YOUR PERSONALIZED DIP DIET:

#### STEP-I

Till 12 noon, eat only fruits of 3 to 4 types including mango, banana, grapes, etc.  
Minimum amount to be consumed = Your body weight in kg  $\times$  10 = .....gms  
For example, a 70kg person should consume atleast 700gms of 4 types of fruits before 12 noon.

#### STEP-II

Always eat your lunch/dinner in 2 plates.  
Plate 1 and Plate 2

#### Lunch/Dinner

**Plate -1**  
4 types of raw  
vegetables

Weight in Kg  $\times$  5 = \_\_\_\_gm

**Plate -2**  
Home Cooked  
Vegetarian  
Food

Plate 1 should consist of 4 types of vegetables like carrot, tomato, radish and cucumber etc. which you can eat in raw form.

Minimum amount in Plate 1 = Your body weight in kg  $\times$  5 = .....gms

For example, a 70 kg person should eat at least 350gm of 4 types of raw vegetables.

Plate 2 consists of home cooked vegetarian food with negligible salt and oil.

First finish eating plate 1 in accordance with the above calculation, then take plate 2 as much as you want to eat. The rules for lunch and dinner are same; however, you must remember to try finishing dinner by 7pm.

#### STEP-III

##### To Avoid

1. Packed food
2. Refined food
3. Dairy food/Animal foods
4. Nutritional supplements
5. Avoid drinking tea/coffee specially before lunch
6. Never eat after 8pm
7. NSAID's

##### Snacking

1. Soaked nuts: Your wt(kg) =.....gm  
(For 70kgs person about 70gms of nuts in a day)
2. Fruits: Plenty
3. Coconut water: As you like
4. Hunza Tea: As you like
5. Sprouts: Your Wt(kg)=.....gm
6. Coconut: As you like
7. Sunshine: 45min

\*To know more about GOL, go to youtube - Dr. Biswaroop Roy Chowdhury and watch the video 'Game of Life for a Disease Free World'.

To know the history and origin of DIP Diet, read the book 'Last Days of Diabetes' or watch the video 'Advanced Training on Medical Nutrition Part – 1'.

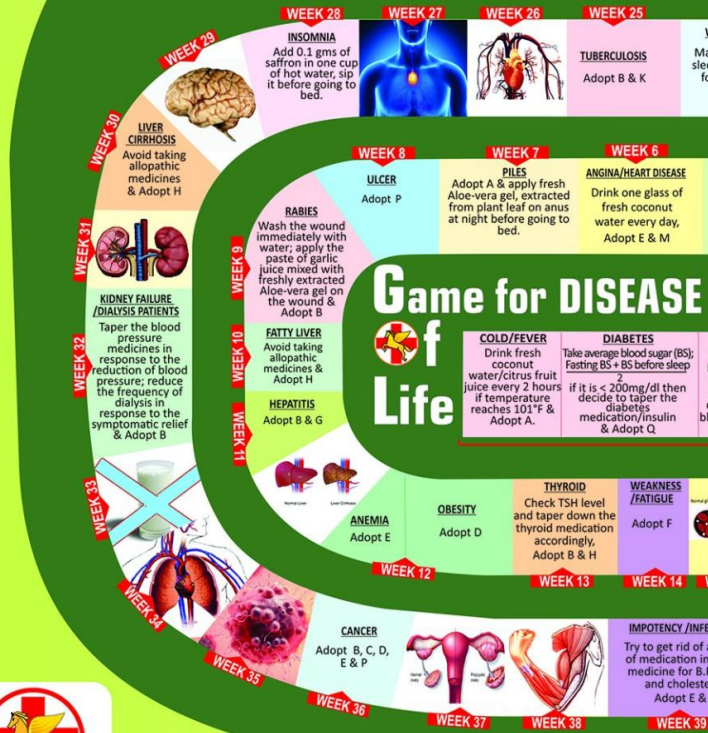


INDO-VIETNAM  
MEDICAL BOARD



Diabetes Clinic

For each of the 60 medical conditions, follow the GOL protocol for specified weeks along with the DIP diet.

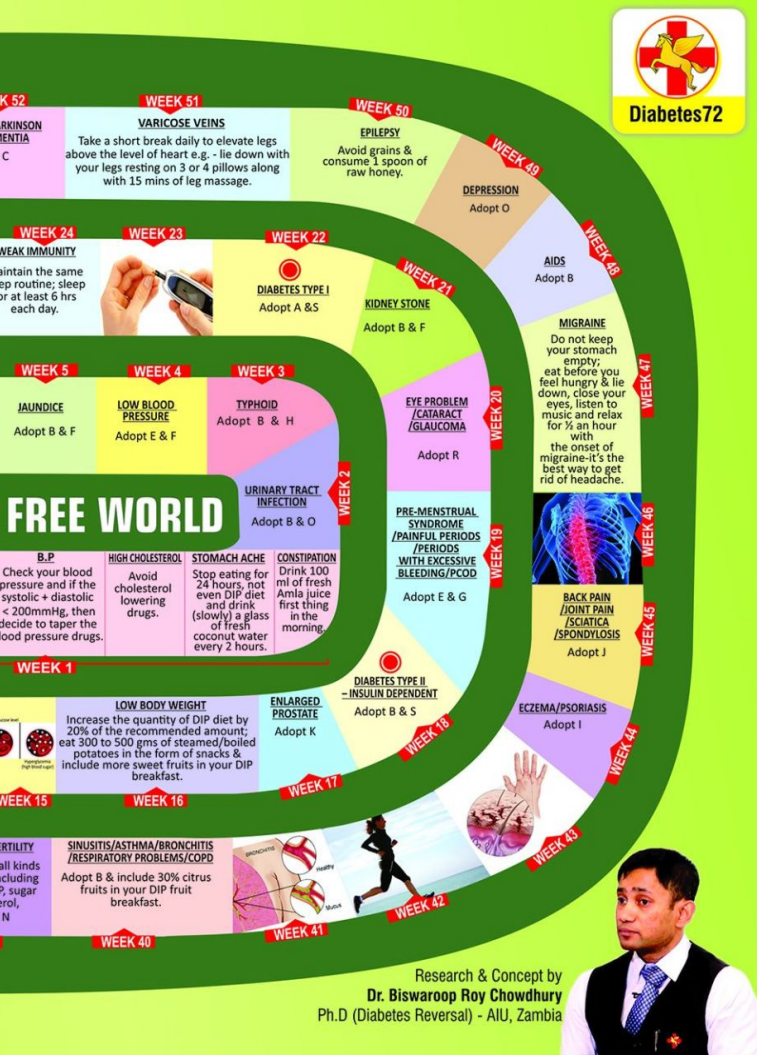


## Prone Ventilation

CARDIAC ARREST: BE YOUR OWN



## GoL – Protocol



A.	Stop Plate 2.
B.	Stop Plate 2 in Lunch.
C.	Sit under sunlight for 45 min.
D.	Deep Breathing (Pranayam) for 40 min.
E.	Include green/red vegetables (such as tomato, beetroot and spinach) juice in your diet.
F.	Consume a mixture of 4 crushed tulsi leaves, 1gm of ginger and 2 spoons of honey with hot water, preferably on empty stomach.
G.	Mix 2 spoons of freshly extracted Aloe-vera juice with 2 spoons of honey and consume it as the first thing in the morning.
H.	Consume 2 spoons of lemon juice mixed with 2 spoons of honey on an empty stomach.
I.	Add ½ kg of crushed neem leaves in 1 liter of water; boil it till the water is reduced to ½ liter. Add the water to one full bucket of water. Use it to take bath.
J.	Add 6 crushed garlic cloves to 50 ml til (sesame) oil and boil it for 15 mins. Apply this oil (while it is warm) on the affected area. Gently massage for 10-15 mins twice daily.
K.	Consume about 5 to 10 gms of raw turmeric along with 2 spoons of honey before going to bed.
L.	Consume 100 ml fresh amla juice mixed with 2 spoons of honey early in the morning.
M.	Boil 1 spoon fenugreek seeds in 2 cups of water, till the water is reduced to half. Strain the water and add 2 spoons of honey. Consume it preferably on an empty stomach.
N.	Consume 4 crushed garlic cloves with 2 spoons of honey before going to bed.
O.	Sip a cup of hot water mixed with a spoon of honey and 0.1gm of saffron as the first thing in the morning.
P.	Eat within the bracket of 10 hours (for e.g. if you start your first meal in the morning at 8 am, then finish your dinner by 6 pm). Fast once a week on just coconut water.
Q.	Take 6-7 leaves of tulsi and 2gms of fresh ginger and chew it together as a first thing in the morning.
R.	Do shoulder, neck and eye rotation exercise every day & watch 'Better eye-sight without glasses' video on You-tube channel - Dr. Biswaroop Roy Chowdhury for proper exercise training and procedure.
S.	Include 3 to 4 types of green leaves in lunch/dinner in accordance to the given calculation: <b>Your weight (kg) = _____ gm</b> (For 70 kg person about 70gm of 3 to 4 types of leaves)



**Surat Professor's daughter**

Prone Ventilation  
at home  
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Helpline:  
+91- 8587059169  
[www.biswaroop.com/nice](http://www.biswaroop.com/nice)



DOCTOR


C

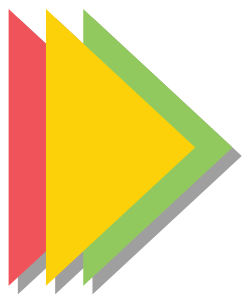
# Books by Dr. Biswaroop Roy Chowdhury

 <p>HIV-AIDS Greatest Lie of 21<sup>st</sup> Century (&amp; the most profitable business)</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>HIV-AIDS</p> <p>₹ 150.00</p>	 <p>1st Time in the History of World Publication Simultaneous launch of a BOOK in 71 Languages!</p> <p>डायबिटीज से मुक्ति</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>The Game of Life &amp; Death</p> <p>Diabetes Free World- Hindi</p> <p>₹ 150.00</p>	 <p>1st Time in the History of World Publication Simultaneous launch of a BOOK in 71 Languages!</p> <p>DIABETES FREE WORLD</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>The Game of Life &amp; Death</p> <p>Diabetes Free World- English</p> <p>₹ 150.00</p>	 <p>SALE!</p> <p>RECIPES To Cure Lifestyle Diseases</p> <p>NEERJA RAY CHOWDHURY Publisher</p> <p>The Recipe Book E-Book(PDF)</p> <p>₹-300.00 200.00</p>	 <p>DIABETES EDUCATORS' SUCCESS STORIES</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>Diabetes Educators' Success Stories -English</p> <p>₹ 250.00</p>
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 <p>भारत के जाने माने हृदयरोग विशेषज्ञों से जुड़े अनसंख्यक रक्त का तिव्रता फैलना</p> <p>हार्ट माफिया</p> <p>डॉ. निरंजन राय चौधरी</p> <p>E-BOOK</p> <p>सर्जरी, राइसोप्लास्टी, ट्रांस कटेरीकरण से दूर रहें गेले इसे अनसंख्य रक्त</p> <p>E-book Heart Mafia - Hindi</p> <p>₹ 100.00</p>	 <p>HIGH CHOLESTEROL A Medical Fraud</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>High Cholesterol- Eng</p> <p>₹ 150.00</p>	 <p>एचआईवी एड्स</p> <p>21वीं शताब्दी का सबसे बड़ा झूठ! (और सबसे लाभदायक व्यवसाय)</p> <p>₹ 175.00</p>	 <p>Hunza Tea</p> <p>₹ 350.00</p>	 <p>New Diabetes Guidelines Your doctor may not tell you</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>New Diabetes Guidelines</p> <p>₹ 100.00</p>
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 <p>जुन्य बसवर्ष/बसवर्ष/बसवर्ष के साथ 50,000 से अधिक लोगों को बचानेवाला</p> <p>कोविड-19 बहुमूल्य से समाधान तक</p> <p>Network of Influenza Care Experts</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>COVID-19 (कोविड - 19) बहुमूल्य से समाधान तक</p> <p>Hindi</p> <p>₹ 250.00</p>	 <p>5000+ patients cured with Zero Medicine/Money/Mortality</p> <p>N.I.C.E way to Cure COVID-19</p> <p>Network of Influenza Care Experts</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>N.I.C.E way to Cure COVID-19</p> <p>₹ 300.00</p>	 <p>HIGH CHOLESTEROL A Medical Fraud</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-Book - High Cholesterol (Eng)</p> <p>₹ 100.00</p>	 <p>DIABETES Type I &amp; II CURE IN 72 HRS</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-Book - Diabetes Type I &amp; II (Hindi)</p> <p>₹ 100.00</p>	 <p>DIABETES Type I &amp; II CURE IN 72 HRS</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-Book - Diabetes Type I &amp; II (English)</p> <p>₹ 100.00</p>
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 <p>HEAL-PILL Incurable - Cure within</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-Book - Heal Without Pill (English)</p> <p>₹ 150.00</p>	 <p>हेल बिथ आउट पिल एक प्राकृतिक औषधि</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-book -Heal Without Pill (Hindi)</p> <p>₹ 150.00</p>	 <p>DIABETES अन्तिम दिन</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-Book -Last Days of Diabetes (Hindi)</p> <p>₹ 100.00</p>	 <p>DIABETES अन्तिम दिन</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-Book -Last Days of Diabetes (English)</p> <p>₹ 100.00</p>	 <p>HEART MAFIA</p> <p>Dr. Biswaroop Roy Chowdhury</p> <p>E-Book Heart Mafia - English</p> <p>₹ 100.00</p>
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## Quotes of **Dr. Biswaroop Roy Chowdhury**

“

Corona is a business of fear.

Mortality rate goes down when doctors go on strike.

Corona a Influenza like illness

Corona is a RNA respiratory influenza virus. It mutates after every few days.

Only truth can save the mankind.

Truth is very simple

Corona is a common flu, just like common cold.

Nobody can die out of Corona unless he takes to medicines.

DIP Disciplined and Intelligent Person's diet.

You may die or not because of Corona virus  
but you will sure die from these experimental drugs.

Corona is a mechanism to control you.

Corona is a ghost. It cannot end, because a ghost like thing does not exist at all.

Remove your fear, that is what we need to do.

Let food be your medicine to help you away from  
3 D's, Drugs, Doctors and Diseases.

Heal without Pill

”



# A Pamphlet for spread

Is COVID-19 really a deadly pandemic?

Are Hunger & Unemployment killing more people than COVID-19?

Should we be obsessed with a vaccine when we have other solutions available?

Why are we quarantining people based on unreliable tests?

Do Masks & Social distancing really protect us from COVID-19?

Why is the Media only interested in fear mongering?

Have people stopped dying from Cancer, Heart Disease, TB etc?

CONFUSED ?  
read on to know more



## HIDDEN FACTS & PERSPECTIVES

Purpose of Lockdown was to **build Hospital Capacity** and not reduce deaths. Some countries like Sweden, Japan, Belarus, etc defeated the virus without a lockdown. There is no data available on Lockdown deaths in India but in USA, lockdown deaths have **crossed COVID deaths**

The tests are not reliable due to a high rate of **false positive** and negatives. The **PCR** test does not test for the virus but a small section of its genetic material

Why are healthy people being quarantined when this has never been done in past pandemics? even the **WHO** admitted at one point that there is **no evidence of asymptomatic transmission**

Out of the **people** that have been hospitalised how many are **dying from** the treatment and ventilators vs COVID-19 (9 out of 10 people that are put on a **ventilator** die)

If COVID-19 is a deadly virus, why are the people who are dying of other causes being **falsely labelled** as COVID deaths? e.g. if someone dies in a car accident but tests positive, he will be declared as a COVID death. According to ICMR guidelines, COVID-19 can be put on the Death certificate even if a person tests **negative**

Many studies show that N-95 and surgical **masks** are **ineffective** to stop the spread of the virus. on the contrary, prolonged mask use has **negative consequences** like reducing oxygen and increasing CO<sub>2</sub> concentration in the body, weakening the immune system, causing headaches, bacterial infections on the mouth, increased acne, etc

People in India and around the world have died of **Heart attacks** due to wearing of masks while running

**Financial incentive** to declare people Covid positive as hospitals in India & abroad get to **extort money** in the name of Covid 19

Only 36,500 out of 138 crore indians have died with COVID i.e. (0.0000265%)

Covid deaths average  
350 a day  
(despite **rigged**  
death certificates)

Cancer deaths 1917 a day  
TB deaths 1369 a day  
(despite vaccine &  
treatment)

If these figures are true, why was the **Draconian Lockdown** needed in the first place?

**More than a million people die from**  
Influenza every year and  
8 lakh people die of Passive Smoking **every year**



# Reading Awareness

## REAL AGENDA BEHIND LOCKDOWNS

Crash the global economic system

So a New Economic Order can be established

Destroying small and medium sized businesses,  
so all production is centralised by the global elite.

They want everyone to be dependent on the state  
for survival, so if anyone goes against the Government  
they will not get food or money

### Totally cashless society

Single digital World currency with no cash around  
All our money will be trapped in the banking system,  
and alternatives like  
Gold, Bitcoin & Barter  
will be banned

### Mandatory Vaccines

Vaccines take 5-10 years to develop.

When scientists tried to develop vaccines for  
coronaviruses in the past those who were vaccinated  
got a twice as deadly form of infection  
than the previous one

Covid vaccine is being rushed within months with  
lack of robust safety studies,  
and manufacturers will have no legal liability,  
so if you have an adverse reaction  
you will not be able to sue them.

Even Oxford & Moderna vaccines have reported  
side-effects in their trials.  
Virus is mutating constantly,  
so we will require multiple doses

If 5 to 10 % of people suffer side-effects because of  
COVID vaccines but less than 1% suffer from the virus,  
why do we need a vaccine?

Bill Gates himself said

700,000 people could die from the COVID vaccine  
These vaccines could contain  
nanotechnology/microchips  
with surveillance and health damaging potential

Roll-out of untested 5G technology which will  
be disastrous for human health

Why do the Poonawallas not want to feed India  
but vaccinate it?

Why do the Ambanis not want to Feed India  
but give us 5G and vaccine?

More people will die of  
suicide, drug overdose, loan defaults,  
unemployment, depression, hunger,  
than COVID-19

COVID-19  
VACCINE

Social distancing is meant to drive us apart  
from each other, so we are not able to communicate  
about what is really going on or protest about it.

It is also meant to make humans  
more dependant on technology,  
which is part of the transhumanism agenda,  
of wanting to merge humans and machines,  
and connecting our minds to artificial intelligence



There is an agenda to bring in  
a second wave

within a year from now (around December),  
where people who are dying  
because of the flu, 5g, flu vaccines, and other reasons  
will be falsely labelled as  
COVID deaths

Governments worldwide will impose a stricter lockdown  
and tell us we can rejoin society  
only after being vaccinated



## GIVE UP THE FEAR

### SOLUTIONS

Understand the information presented here yourself  
then help to awaken others

- Stand against mandatory vaccines
- Refuse to be tracked and traced via technology
- Stand against 5g
- Stand against mandatory masks
- Demand these criteria for a confirmed covid case:  
covid symptoms + positive test + contact  
with a confirmed covid case.
- Refuse to be quarantined just based on a test
- No more lockdowns
- Use cash, refuse a cashless society
- Stand up for freedom of speech and movement
- Demand freedom of choice of medicines
- Learn how to protect yourself from Covid by  
boosting your immunity, taking Vitamin D & C, being  
insulin sensitive, using HCO, Zinc, etc.

WEBSITE



YOUTUBE



TELEGRAM GROUP



(Use QR code scanner on your phone)



To fact check the claims made & to do your own research visit  
<https://anarchyforfreedom.com/covid19>

# Emergency management of COVID-19/Influenza/Flu

Be a **Certified "ILI Educator"** from



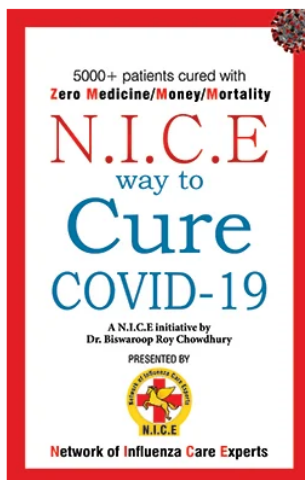
**Overview:** The world has virtually stopped with the announcement of Covid-19 pandemic by WHO; the only thing to save mankind and bring back life to normalcy is by equipping ourselves with an up to date knowledge about the truth of SARS-COV-2 and by curing /managing Covid-19. Shridhar University is the first university to launch a fast-track one month practice-oriented training programme to equip you with the requisite knowledge, which is the sole need of the hour.

**Duration:** 1 month

**Content:**

- > What is Influenza like illness (ILI)?
- > Diagnosis of ILI
- > History and Chemistry of Corona and other Flu Viruses
- > Steps of the Diet, to Cure Covid-19/ILI
- > Strategy to Prevent ILI
- > Caring for ILI (Covid-19) Patients
- > Practice and Hands on Training on Real Patients (under the supervision of Dr. Biswaroop Roy Chowdhury and his medical team)

## N.I.C.E WAY TO CURE COVID-19



The "N.I.C.E. -way to Cure COVID-19" is a research based book by Dr. Biswaroop Roy Chowdhury, based on his experiences of curing more than 5000 patients with COVID-19 /ILI.

This book offers a 3 Step Flu Diet , which has helped 80% of his patients to get cured in 3 days , and 95 % of the patients getting cured in 7 days with less than 5% taking as much as 10 to 14 days to recover. He has achieved 100% cure with zero medicines and zero money. This book also exposes the scam behind the corona pandemic and proves with evidences the following 5 points :

1. There is no evidence to prove that SARS-CoV-2 is a new virus.
2. Covid-19 is just like a normal Flu in terms of Case Fatality Rate (CFR) and rate of transmission (R0) and not a life threatening disease for children or adults or even elderly people.
3. Wearing a mask cannot protect you from an upper respiratory tract infection (URTI); however, it can make you very sick.
4. There is no evidence to prove that social distancing and lockdown can prevent an epidemic; however, there are evidences to prove the opposite.
5. There is no evidence of Pandemic /Epidemic due to SARS-CoV-2 or any other virus.

This book is based on N.I.C.E(Network of Influenza Care Experts) initiated by Dr. Biswaroop Roy Chowdhury, with a network of more than 200 influenza care experts spread across the nation with the intention to take care of and cure ILI/Covid-19 patients.

Anyone with Flu symptoms may contact the N.I.C.E. helpline no-+91 8587059169 and the link [www.biswaroop.com/nice](http://www.biswaroop.com/nice) and the

## PAID CONSULTANCY

Do you want to implement the DIP DIET protocol  
under the direct supervision of  
Dr. Biswaroop Roy Chowdhury



Submit Diet & Medication (DAM) Form

**SUBMIT FORM**





## N.I.C.E

### WAY TO CURE COVID-19

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3. Wearing a mask cannot protect you from an upper respiratory tract infection (URTI); however, it can make you very sick.

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**FACT:**  
**There are currently no  
drugs licensed for the  
treatment or prevention  
of COVID-19**



27 April 2020



# LAUGH IT OFF .....

I don't know d artist.  
But What a creativity...!!!



How can you tell,  
the truth is being Told?

Well, when  
Facebook Blocks it,  
Twitter deletes it,  
Google hides it,  
Youtube bans it,  
The Media censor it,  
& your Government  
forbids it,





## REDUCTION IN DRUGS DOSAGE: AN INSIGHT FROM THREE DAYS APP BASED DIETARY INTERVENTION

**Dr Biswaroop Roy Chowdhury\***  
Dynamic Memory Pvt Ltd, Faridabad, India

\*Corresponding author : Dr Biswaroop Roy Chowdhury, Dynamic Memory Pvt Ltd, Faridabad. Running title: Reduction in drug dosage

### Conclusion

Diabetes is grouped under non communicable diseases. Growing cases of diabetes is majorly attributed to dietary habits and sedentary life-style. Bad eating habits can result in obesity which puts individual at high risk for diabetes<sup>1,2</sup>

Current study provides insight in to achieving consistent glycemic control through diet which can eventually lead to tapering of medicines.

Medicines tapered were mainly diabetic and blood pressure drugs. All patients showed reduction in insulin dosage while 52 percent patients were free from any kind of medication.

Keeping in mind the importance of diet, different stakeholders of diabetes care should actively involve themselves in

## Within 72hrs of adopting the DIP DIET

**52% of the patients could free themselves of all kinds of medicines, including medicines for B.P, cholesterol, acidity etc.**

diet which can help in disease management, and results in better quality of life.



"Evidence-based research means that the information you use to make decisions about patient care is based on sound research, not opinion."





# 3 Months Online Certification on Advance Nutrition Training from Lincoln University College, Malaysia

**Overview:** From common cold to Cancer, from headache to heart attack, you can be your own healer. This training comes with a unique tool kit packed with 28 ingredients, the right combination of it can work as a medicine for more than 60 kinds of common illnesses. This training will empower you with skills to heal and will make you realize that your home is the best place to reclaim your health.

**Duration:** 3 Months

#### Content:

- Diagnosis of Lifestyle Illness
- Diagnosis of Infectious Diseases
- Food –Medicine Interaction
- Mechanism of Medicine in Body
- Mechanism of Food in Body
- When the Food is Medicine
- When Medicine is Poison
- Common Kitchen Herbs and their Medicinal Usages
- Timeline of Recovery of Common Illnesses
- Food Calculation for Overall Nutrition
- Plants V/S Animal Food

#### Take-Home Material :

- Hospital in a Box
- Game of Life Chart
- Snake Ladder Nutrition Game
- Reference Book



**Course Fee:** INR 21,000/- (including GST + Courier)

**Mode of Training:** Online/ viva (oral examination) through a video call

**To register go to [www.biswaroop.com/mn](http://www.biswaroop.com/mn)**

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