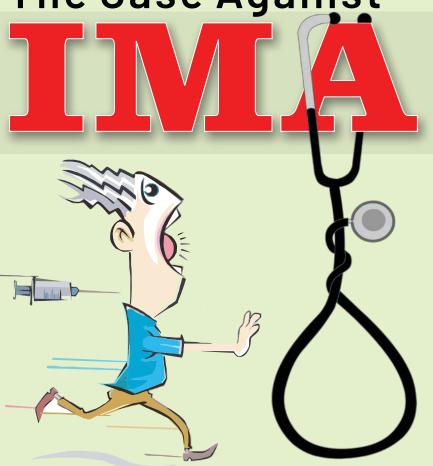


The Case Against



Dr. Biswaroop Roy Chowdhury



DEDICATION

Dedicated to my angel daughter lvy, loving wife Neerja

&

caring parents
Shri Bikash Roy Chowdhury
Shrimati Lila Roy Chowdhury

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India Office:

C/o India Book of Records

B-121, 2nd Floor, Greenfields, Faridabad -12003 (Haryana),

India

Ph.:+91-9312286540

Vietnam Office:

C/o Vietnam Book of Records

148 H<mark>ong H</mark>a Street 9 Aw<mark>ard,</mark> Phu Nhuan Dist<mark>rict,</mark> Ho <mark>Chi</mark> Minh City, Vietnam

- Hotline: (+84) 903710505

Malaysia Office:

C/o Bishwaroop International Heal-

ing & Research

PT 573, Lot 15077 Jalan Tuanku

Munawir,

70000 Negeri Sembilan, Malaysia

Tel:+6012-2116089

Switzerland Office:

C/o Nigel Kingsley

Kraftwerkstr. 95, ch-5465, Mel-

likon, Switzerland

Tel: 0041 79 222 2323

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Telegram: https://t.me/drbiswarooproychowdhury

Email: biswaroop@biswaroop.com
Website: www.biswaroop.com

Dynamic Memory Pvt. Ltd.

B-121, 2nd Floor, Greenfields, Faridabad (Haryana), India Ph.: +91-9312286540 Email:biswaroop@biswaroop.com

The Case Against IMA

- Dr. Biswaroop Roy Chowdhury

Content

Section I	
Evidences Vs Expectations	1
Section II	
Part 1. Chemotherapy causes cancer	26
Part 2. Surgery causes fatal complications	30
Part 3. Open Letter to PM: No evidence to prove deaths occurring due to Novel Coronavirus.	33
Section III	
References	43

Section 1

Following are the evidences of the evaluation of the effectiveness of major medical interventions in question & answer format.



Is there any evidence to prove the relevance or benefits of "oxygen cylinder" for any kind of patient?

Ans: Various trials were conducted on all kinds of patients e.g. heart, lungs, pneumonia or other infectious diseases. All the trials failed to prove any benefit of providing external oxygen to patients. Rather it was found that this oxygen led to causing pneumonia and pneumonia in turn led to death of the patients. 1, 2, 3, 4, 5, 6, 7, 8

Is there is any evidence that newly launched COVID-19 drug '2DG' by health ministry developed by DRDO, can cure COVID-19?

Ans: There is no evidences in public domain to prove that "2DG" can cure COVID-19. Contrary to it there are various evidences that prove that "2DG" can have teratogenic effects (teratogens are substances that produce physical or functional defects in the human embryo or foetus). Furthermore, 2DG is not a new invention of DRDO. It was developed 20 years ago and failed many clinical trials conducted for rats for cancer, tumour and seizure and therefore not approved for any kind of treatment. It is quite interesting to know that "2DG" stands for $C_6H_{12}O_5$ and if you add one more oxygen it becomes sugar/glucose i.e., $C_6H_{12}O_6$.

Is there any evidence to prove that COVID-19 vaccines are effective in safe-guarding against COVID-19?

Ans: As claimed by health ministry, vaccines have an efficacy of 95%, but the truth is, this vaccine provides only 1% efficacy. That means you have only 1% lesser chance of not getting infected by COVID-19. On the other hand, the vaccine has a long list of side effects due to which lakhs of people suffered adverse reaction and thousands are already dead.

Is there any evidence to prove that wearing face-masks can protect from COVID-19?

Ans: There is no evidence to prove that wearing face masks can protect from COVID-19. However, there are many evidences that prove that wearing face masks increases the chances of infection 20 times¹² more as compared to wearing "no masks" at all. Latest report by CDC released on 5th May 2020¹³ says, that till date there is no evidence to prove effectiveness of face masks in preventing or protecting from COVID-19.

Is there any evidence that 'favipiravir' medicine which was released in June 2020 (last year), is effective in curing COVID-19 or any other disease?

Ans: There is no evidence to prove the effectiveness of "Favipiravir" for curing COVID-19 or any other disease. But there are evidences that after taking the medicine, next generations many suffer deformities and congenital defects. 14, 15 For this reason, this medicine was not released anywhere in the world, it was only launched in India. Read 'N.I.C.E way to cure COVID-19 book 16 for evidences.

Last Year (2020), lockdown was imposed by various countries where as a few countries did not impose any lockdown. Is there any comparative study to prove that lockdown is effective in preventing or protecting from diseases and minimizing deaths?

Ans: No, till date there is no such evidence to prove that lockdown was beneficial in any way. However, it was found that the countries who imposed lockdown, transmission of diseases increased manifold. 17, 18, 19, 20 The countries who did not impose any lockdown e.g. Sweden²¹ death rate was comparable to that of the previous years.

Ventilators were used quite extensively during last one year, is there any evidence to prove that ventilators were life-saving tool against COVID-19

Ans: There is no such evidences to prove that ventilators were "lifesaver" against COVID-19 Rather there are evidences to prove the deaths due to ventilators. Infact patients eligible for putting on ventilators can easily recover though prone ventilation (prone position is a body position in which the person lies flat with the chest down and back up). For evidences please read the book "N.I.C.E way to cure COVID-19".16

08

Is there any evidence that by undergoing the diagnosis for Cancer (biopsy/mammography etc.) so as to decide the treatment protocol, will my lifespan increase or my quality of life improve in comparison to not undergoing the diagnosis at all?

Ans: There is no evidence that the diagnosis for Cancer, will in anyway, help you to live a longer life or improve the quality of life; however it is well established that the biopsies suppress the immune system and promote Cancer metastasis. 22, 23, 24, 25, 26

Similarly, in the case of mammography, the breast is tightly and often painfully²⁷ compressed between two imaging plates. If Cancer is present in the breast, the compression can result in metastasis.²⁸

On the contrary, avoiding repeated mammography may lead to at least 22% chances of spontaneous regression.

In other words, by simply avoiding the repeated dose of ionizing radiation administered during mammography, the body is given a chance to heal on its own and often it does.²⁹

Is there any evidence that reducing the fever by taking antipyretic drugs (Paracetamol etc.) helps in curing the illness faster or increasing the lifespan or improving the quality of life in comparison to not taking any medicine for fever control?

Ans: There is no evidence in medical literature to prove that taking antipyretic medicines to reduce fever helps in any way other than providing temporary symptomatic comfort. However, there are evidences suggesting that antipyretics may lead to reduced survival and increased duration of suffering.³⁰

Is there any evidence that by controlling blood sugar with medication can help in improving the quality of life and increasing the lifespan in comparison to not taking any medicine?

Ans: There is no large-scale evidence to support consumption of medicines for Diabetes. However, there is a clear-cut evidence that by consuming medicines to control the blood sugar may increase the rate of mortality by 22%.³¹

Is there any evidence that controlling blood pressure with medication can help in improving the quality of life and increasing the lifespan in comparison to not taking any medicine?

Ans: There is no evidence to support that consuming blood pressure medicines can improve the quality of a person's life or increase his lifespan. However, there is clear cut evidence to show that by consuming medicines to control blood pressure may increase the rate of mortality.³²

Is there any evidence that by taking the recommended vaccine will help in increasing the lifespan or improving the quality of life of a person in comparison to not taking any vaccine?

Ans: There is no evidence in medical literature to prove that getting vaccinated will help one live a longer life or improve the quality of life. However, there are evidences to prove the opposite. 33, 34, 35

Is there any evidence to prove that by taking the treatment in accordance with the current WHO protocol (Remdesivir, hydroxychloroquine, antibiotics, antipyretics etc.) will help in faster recovery of COVID-19 patients or increase their chances of survival?

Ans: There is no evidence to prove that the WHO protocol will be of any help to the COVID-19 patients. However the SOLIDARITY trial³⁶ of WHO concludes: about 12% death rate and over 80% of the patients with long term side effects.

On the other hand, more than 50,000 COVID-19 /ILI patients were treated with the 3-Step Flu Diet with zero death and zero side effects with 95% of them having recovered in 3 days and 100% of them in 14 days.¹⁶

Is there any evidence to show that using normal saline intravenously can help a patient in recovering faster or improving his chances of recovery?

Ans: There is no evidence to support that the widespread use of normal saline intravenously will enable a patient to recover faster or improve his chances of recovery whereas there is evidence to show that it causes kidney damage / failure.³⁷

Is there any evidence to show that bypass surgery & angioplasty can help a patient with blocked arteries live a longer life or improve his quality of life in comparison to not undergoing any such procedures?

Ans: There is no evidence to prove that bypass surgery / angioplasty can help a person to improve his quality of life or increase his lifespan. However there are evidences to prove the other way round. 38, 39, 40

Besides, we must remember that bypass surgeries come with potential complications like impotency,⁴¹ brain damage and organ dysfunction.⁴²

Is there any evidence to prove that Chemotherapy can help a Cancer patient to live longer or improve his quality of life in comparison to not undergoing Chemotherapy?

Ans: There are no evidences to prove that Chemotherapy helps a Cancer patient to improve his quality of life or increase his life span. On the contrary, there are sufficient evidences to prove otherwise. 43, 44, 45, 46

Here the point to understand is the shrinking of the initial tumor mass, chemotherapy deceives the doctors into thinking that the patients are benefitting from the treatment, when in reality, the growth and spread of Cancer gets accelerated by it.

Is there any evidence to prove that Radiotherapy can help a Cancer patient to live longer or improve his quality of life in comparison to not taking it?

Ans: There are no evidences to prove that Radiotherapy can help a Cancer patient improve his quality of life or to increase his life span. On the contrary, there are sufficient evidences to prove otherwise. 47, 48, 49, 50

Is there any evidence to show that by eliminating the tumour with surgery can help a patient live a longer life or improve his quality of life in comparison to not undergoing surgery for eliminating tumour?

Ans: Recent evidences show that cutting out a tumour either provides no benefit to the patients^{51, 52} or increases the mortality.^{53, 54, 55}

The more the body is cut, the worse is the outcome.

Cancer metastasis is the primary cause of most Cancer deaths^{56, 57, 58} and yes, the public remains unaware that surgical removal of tumour causes Cancer metastasis.^{59, 60, 61, 62, 63, 64, 65, 66}

Why are Chemotherapy, radiation and surgery the most popular and widespread treatment protocols all over the world, even though there is no evidence of benefit?

Ans: Chemotherapy, radiation and surgery cause damage to all the organs of the body. If a patient undergoes chemotherapy and later suffers a heart attack and dies within a week/month/year, in such a case, the cause of death is deemed to be the heart attack rather than a cancer death as a result of the side effects of the anti-cancer treatments.

Evidence of this can be seen in studies reporting decreased rate of cancer deaths, while simultaneously increasing number of non-cancer deaths following Radiotherapy treatment.^{67, 68, 69}

Similarly, by examining non-cancer deaths of 470,000 cancer patients, as published in the journal of the National Cancer Institute, the study found out that 27% of the patients who were reported dead for reasons, other than cancer, had died within a year after diagnosis suggesting that they were probably killed by the treatment procedures.⁷⁰

Is there any evidence that the knee Arthroscopy (for Arthritis) can help in improving the quality of life?

Ans: In a placebo controlled (sham surgery) study over two years, no difference has been found between the groups in terms of knee pain or function.⁷¹

Is there any evidence that hysterectomy can improve the quality of life or increase the lifespan in comparison to not undergoing it?

Ans: The unintended consequences of removing women's ovaries leads to complications like heart disease, stroke, Parkinson's disease, dementia and osteoporosis.

There is also evidence to show that by removing the ovaries (while decreases your chances of dying from ovarian cancer) increases your overall chances of dying.⁷²

Is there any evidence to prove that antibiotics can help a patient of respiratory illness recover faster in comparison to not consuming them at all?

Ans: There is no evidence to support that antibiotics treat flu or respiratory diseases; however, there are evidences against it.73

Is it recommended to go for general preventive health check-ups?

Ans: According to Cochrane Collaboration, who included 17 randomized controlled trials, 74 came to the conclusion that systematic offers of health check-ups are unlikely to benefit and may lead to unnecessary tests and treatment.

Then, what should we do? Should we simply sit down without doing anything? No! You just have to find out the evidence-based treatment? Remember, whether it is a lifestyle disease or infectious disease or even a genetic disorder, nature has umpteen ways to cure you of your illness; which in turn can increase your life span and improve the quality of your life.

Is it true that the mortality rate goes down when doctors go on strike?

Ans: Yes all the evidence collected till now, come to the conclusion that whenever doctors (allopathic doctors) go on strike, the mortality rate of the city or country goes down. For references please read the book "Why mortality rate drops when doctors go on strike".75

Section II

Chemo Therapy Causes Cancer

Blood Health:

- Chemotherapy decreases red blood cells (anemia)⁷⁶
- Chemotherapy decreases white blood cells (leukopenia)⁷⁷
- Chemotherapy decreases blood platelets⁷⁸

Bone Health:

- Chemotherapy causes bone death (osteonecrosis)⁷⁹
- Chemotherapy causes loss of bone mineral density (osteoporosis)^{80, 81}

Brain Health:

- Chemotherapy is toxic to the brain (neurotoxic)⁸²
- Chemotherapy causes long-lasting impairment of concentration, forgetfulness and slower thinking; termed "chemobrain" 83, 84
- Chemotherapy causes altered consciousness⁸⁵
- Chemotherapy causes degeneration of white matter in the brain (leukoencephalopathy)⁸⁵
- Chemotherapy causes damage(neuropathy)⁸⁵
- Chemotherapy causes seizures⁸⁵
- Chemotherapy causes paralysis⁸⁵
- Chemotherapy causes stroke (cerebral infarction)⁸⁵

Digestive Health:

Chemotherapy causes diarrhea⁸⁶

- Chemotherapy causes painful inflammation and ulceration in the digestive tract (intestinal mucositis)⁸⁷
- Chemotherapy causes "significant intestinal damage in both jejunum and colon"⁸⁸

Exercise:

- Chemotherapy reduces grip strength⁸⁹
- Chemotherapy causes muscle dysfunction and a loss of overall strength⁹⁰

Eye Health:

- Chemotherapy causes severe vision loss and altered color vision⁹
- Chemotherapy causes complete blindness⁹²

Hair Health:

Chemotherapy causes hair-loss⁹³

Healing:

Chemotherapy impairs wound healing⁹⁴

Hearing:

- Chemotherapy causes "severe to profound hearing loss"95
- Chemotherapy causes chronic ringing of the ears (tinnitus)⁹⁶

Heart Health:

- Chemotherapy damages the heart⁹⁷
- Chemotherapy causes heart disease98

- Chemotherapy causes heart failure99
- Chemotherapy causes heart attacks (myocardial infarction)¹⁰⁰

Immune System:

- Chemotherapy causes long-term immune system damage^{101, 102}
- Chemotherapy exacerbates existing hepatitis C infections¹⁰³
- Chemotherapy reactivates hepatitis B virus¹⁰⁴
- Chemotherapy impairs anti-tumor immune response 105

Kidney Health:

Chemotherapy causes kidney failure 106

Liver Health:

Chemotherapy causes liver injury¹⁰⁷

Lung Health:

Chemotherapy causes lung disease¹⁰⁸

Mental Health:

- Chemotherapy "decreased emotional and social function and increased distress"
- Chemotherapy causes depression¹¹⁰
- Chemotherapy causes anxiety^m

Oral Health:

- Chemotherapy causes severe dental caries¹¹²
- Chemotherapy causes dry mouth (xerostomia), ulcers and mouth sores^{11,3}

- Chemotherapy causes oral candida (fungal) infection¹¹⁴
- Chemotherapy causes painful inflammation and ulceration in the mouth (oral mucositis)¹¹⁵
- Chemotherapy causes "a diverse spectrum of oral changes that generally are attributed to immuno suppression and bleeding tendencies"¹¹⁶

Pain:

- Chemotherapy causes neuropathic pain; burning or coldness, "pins and needles" sensations, numbness and itching¹¹⁷
- Chemotherapy pain remains one-year after treatment¹¹⁸

Quality of Life:

- Chemotherapy causes difficulty swallowing (dysphagia)¹¹⁹
- Chemotherapy causes nausea and vomiting (emesis)120,121
- Chemotherapy causes altered taste sensation¹²²
- Chemotherapy causes migraine headaches.¹²³

Sexual Health:

- Chemotherapy causes infertility and premature ovarian failure^{124, 125} in up to 66% of women¹²⁶
- Chemotherapy causes absence of menstrual period (amenorrhea)¹²⁷
- Chemotherapy causes menopausal symptoms¹²⁸
- Chemotherapy damages sperm and testicular tissue^{129, 130}
- Chemotherapy reduces reproductive organ weight; sperm count and sperm motility¹³¹

Surgery Causes Fatal Complications

Blood Health:

Surgical stress causes a loss of blood albumin¹³²

Bone Health:

• Surgical stress causes bone loss (osteoporosis)133, 134

Brain Health:

- Surgical stress causes delirium¹³⁵
- Surgical stress causes cognitive dysfunction¹³⁶
- Surgical stress causes memory impairment^{137, 138}
- Surgical stress causes nerve damage¹³⁹
- Surgical stress causes stroke¹⁴⁰
- Surgical stress causes seizures¹⁴¹
- Surgical stress causes paralysis¹⁴²

Dental Health:

• Surgical stress causes dental caries (cavities)143

Depression:

Surgical stress causes anxiety and depression^{144, 145}

Diabetes:

• Surgical stress causes insulin-resistance¹⁴⁶

Digestive Health:

- Surgical stress increases intestinal permeability¹⁴⁷
- Surgical stress reduces blood supply (ischemia) to the colon¹⁴⁸
- Surgical stress causes gastric ulcers¹⁴⁹
- Surgical stress causes gastric bleeding¹⁵⁰

Exercise:

Surgical stress causes loss of musclemass and strength¹⁵¹

Eye Health:

Surgical stress causes vision loss¹⁵²

Hair Health:

Surgical stress causes hair loss (alopecia)¹⁵³

Healing:

Surgical stress impairs wound healing¹⁵⁴

Hearing:

Surgical stress causes hearing loss¹⁵⁵

Heart Health:

- Surgical stress causes heart attack^{156, 157}
- Surgical stress causes heart failure^{158, 159}

Immune System:

- Surgical stress impairs the immune system¹⁶⁰
- Surgical stress suppresses anti tumor immunity¹⁶¹
- Surgical stress increases risk of infection¹⁶²

Kidney Health:

Surgical stress causes kidney dysfunction¹⁶³

Liver Health:

- Surgical stress causes liver dysfunction¹⁶⁴
- Surgical stress causes multiple organ failure 165

Lung Health:

Surgical stress causes collapsed lung (atelectasis)¹⁶⁶

Sexual Health:

- Surgical stress causes erectile dysfunction^{166, 167}
- Surgical stress significantly decreases blood testosterone levels¹⁶⁸

Sleep:

Surgical stress reduces sleep quality¹⁶⁹



B-121, 2nd Floor, Green Fields, Faridabad-121003, Haryana, India Ph.:+91-8587059169, E-mail:nice@biswaroop.com

Open letter to Hon'ble Prime Minister Narendra Modi with consent of 161 doctors from PAN India

Sub: No evidence to prove deaths occurring due to the Novel Coronavirus

Date: 24 May 2021

To,

The Hon'ble Prime Minister, Shri Narendra Modi,

South Block Raisina Hill,

New Delhi -110011, India

SUB: No evidence to prove deaths occurring due to the Novel Coronavirus

Respected Sir,

We are writing to bring to your notice that to date there is no proof of deaths due to the Novel Coronavirus. For the past one year, life has come to a standstill with people losing

Cc to:

- 1. Hon'ble Health Minister
- 2. Hon'ble AYUSH Minister
- 3. MoHFW
- 4. All State Chief Ministers
- 5. All M.Ps
- 6. All MLAs
- 7. All District Magistrates

jobs and lives all in the name of Covid-19. The atmosphere of fear is too prevalent and unavoidable. The constant portrayal of the grim situation coupled with misinformation by the Indian media is farther from the truth.

To prove our point, we would like to base our claims purely on facts and evidence. Here, we would like to highlight documents published by FDA (U.S Food and Drug Administration) regarding the efficacy of RT- PCR test released on 04th February, 2020[†] (Please refer to page 40) and latest

document released on 16th April 2021^{II} (refer page 1). Both the documents clearly state that the RT-PCR test is only capable of checking the presence of genetic material of coronavirus in one's body. As cited in the document CDC 2019-Novel Coronavirus (2019-nCoV) Real-Time RT-PCR Diagnostic Panel, "Detection of viral RNA may not indicate the presence of infectious virus or that 2019-nCoV is the causative agent for clinical symptoms."

The document further points out that, "This test cannot rule out diseases caused by other bacterial or viral pathogens". It is often seen that when a person is sick, upon diagnosis various other co-infections (viral, bacterial, fungal) are also seen. This means simultaneously various other viruses and bacteria have the potential to infect the person. So, it will be incorrect to label it as an infection solely due to Coronavirus.

We would also like to bring to your notice a guideline published by ICMR (Indian Council of Medical Research) in the month of May 2020. According to the guideline, whenever death happens it is mandatory to conduct an RT-PCR test of the deceased. If the test results are positive, (even if the patient expired due to suicide/accident/any other ailments), the cause of the death will be mentioned as 'Death due to Novel Coronavirus'.

The document further states that even if the test is negative before death; the doctor has complete discretion to attribute the death due to suspected Covid-19.

It is our humble appeal to stop the spread of misinformation and fear amongst the citizens. In the absence of any evidence to prove deaths due to the Novel Coronavirus, the need of the hour is to halt the ongoing vaccination drive, uplift the lockdown, bring back the normalcy and promote natural immunization. To support all our above claims, all the necessary documents have been provided for your reference below.

Ref: i: CDC 2019-Novel Coronavirus (2019-nCoV) Real-Time RT-PCR
Diagnostic Panel: (*Please refer Page 40*). Link to Download Ref 1: https://www.fda.gov/media/134922/download

- Ref: ii: Emergency Use Authorization (EUA) of The Amazon Real-Time RT-PCR Test For Detecting SARS- CoV-2 (*Please refer page 1*). Link to Download Ref 2: https://fda.gov/media/147053/download
- **Ref: iii:** SARS-CoV-2 and influenza virus co-infection. Link to download Ref 3: https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2931052-7
- Ref: iv: Concurrent Chikungunya and Dengue Virus Infections during Simultaneous Outbreaks, Gabon, 2007. Link to download Ref 4: https://wwwnc.cdc.gov/eid/article/15/4/08-0664_article
- Ref: v: Guidance for appropriate recording of Covid-19 related deaths in India (Please refer Page 4). Link to download Ref 5: https://nidm.gov.in/covid19/PDF/covid19/state/Himachal%20Pradesh/257.pdf

Yours sincerely,

Convener

Dr. Amar Singh Azad MD (Pediatrics), MD (Community Medicine),
 Patiala, Punjab

Co-Convener

- Dr. Biswaroop Roy Chowdhury (Ph. D Diabetes), Faridabad, Haryana
- Dr. K. B. Tumane (Chest Specialist-MBBS), Nagpur, Maharashtra
- Ex-IAS Dr. Praveen Kumar (Senior Homeopath), Faridabad, Haryana
- Dr. Khadar Vali (Independent forest agricultural scientist and food expert),
 Mysore, Karnataka

Signatories

- Dr. Nilesh Chantamani Patil, (MBBS, MD. Ortho), Jalgaon, Maharashtra
- Dr. Pallavi Nilesh Patil, (MBBS, DMRE), Jalgaon, Maharashtra
- Dr. Sandeep Sharma, (MBBS), Bhopal, Madhya Pradesh

- Dr. Satish Malhotra, (M.S. (General Surgery)), Amritsar, Punjab
- Dr. Seema Arora, (MBBS), Una, Himachal Pradesh
- Dr. Nisha Chidrwar, (MBBS), Nanded, Maharashtra
- Dr. Dharmesh Thakkar, (BDS), Ahmedabad, Gujarat
- Dr. Sanju Khari, (BDS), Faridabad, Haryana
- Dr. Pankaj Chaudhary, (BHMS), Barra, Uttar Pradesh
- Dr. Mehershhobha P Vyas, (D.H.M.S.), Surat Gujarat
- Dr. Mathew Anthony Puthuparampil, (MD), Nasik, Maharashtra
- Dr. Atul Kumar, (BAMS), Ghaziabad, Uttar Pradesh
- Dr. Amit Shimpi, (BAMS), Nasik, Maharashtra
- Dr. B N Pandey, (MBBS, MD), Jamshedpur, Jharkhand
- Dr. Madhav Nayak, (MBBS, MD), Bhubaneswar, Odisha
- Dr. Arvind Bhardwaj, (MBBS PGDMCH), New Delhi
- Dr. Vijay Vaidya, MD, (MD Radiology & Professor), Vadodara, Gujarat
- Dr. Satish, (BDS), Hyderabad, Telangana
- Dr. Rajratna Ingle, (MBBS, MD), Nasik, Maharashtra
- Dr. S Sunitha, (MBBS DMRD Radiologist), Visakhapatnam, Andhra Pradesh
- Dr. Rajani Engu, (MBBS, D.G.O), Hyderabad, Telangana
- Dr. Shubham Shukla, (MBBS), Sultanpur, Uttar Pradesh
- Dr. Harish Sharma, (BAMS MD), Faridabad, Haryana
- Dr. B B Goel, (NDDY, PGDHHC, Ph.D), New Delhi
- Dr. Manohar Lal Soni, (BAMS), Sajapur, Madhya Pradesh
- Dr. Brajendra Yadav, (BHMS), Gwalior, Madhya Pradesh
- Dr. Nidhi Jain, (BAMS), Mandleshwar, Madhya Pradesh
- Dr. Shaikh Iqra Ayaz, (BAMS), Madanpura, Maharashtra
- Dr. Warisha Nasim, (BUMS), Mumbai, Maharashtra
- Dr. Goutam Paul, (DBMS), Kolkata, West Bengal
- Dr. Harish Kumar Yadav, (BNYS, MD(EH)), Faridabad, Haryana

- Dr. Yuditya Godara, (BAMS), Sri Ganganagar, Rajasthan
- Dr. Akhlish Sahu, (MPT (MS) MD, PhD (Nature Medicine, London), Raipur, Chhattisgarh
- Dr. Swaroopini. L, (BAMS, MD), Bengaluru, Karnataka
- Dr. Anushreeya Das, (BAMS), Khordha, Odisha
- Dr. Ajay Tiwari, (DHMS (London) HMD (USA)), Raipur, Chhattisgarh
- Dr. Ajaz Ahmad Khan, (BAMS, MD), Maharajganj, Mumbai
- Dr. N K Sharma, (Reiki Healer, Senior Naturopath), New Delhi
- Dr. Indupreet, (BDS), Kurukshetra, Haryana
- Dr. Pankaj Sital, (BAMS), Punjab
- Dr. Nikhil H. Khairnar, (BAMS), Palghar, Maharashtra
- Dr. Prashant Sharma, (BAMS, MD), Gwalior, Madhya Pradesh
- Dr. Rashmi M Patil (BAMS), (BAMS), Dharwad, Karnataka
- Dr. Azheruddin Ahmed, (BUMS), Gulbarga, Karnataka
- Dr. Ramya Anil, (BHMS), Palakkad, Kerala
- Dr. Manoj Kumar, (BAMS), Bangalore, Karnataka
- Dr. Lakshminarayan Reddy, (BAMS), Bellari-Karnataka
- Dr. J Preet Anand, (BAMS), Patiala, Punjab
- Dr. Ritu Jain, (BNYS), Hisar, Haryana
- Dr. Madan Gulati (Rtd. Deputy Director Ayush), (BAMS), Chandigarh, Haryana
- Dr. Amit Bhatt, (BAMS), Dehradun, Uttarakhand
- Dr. Saifur Rehman, (BUMS), Badayu, UP
- Dr. Mehul Rajgor, (BAMS), Radhanpur, Gujrat
- Dr. Vijata Arya, (NDDY, Master in Yoga), Gurugram, Haryana
- Dr. Chaitanya S Badami, (BAMS, MD)
- Dr. Prakash Singh, (BAMS), Udham Singh Nagar, Uttarakhand
- · Roopchand Gupta, (DNYS), Dehradun, Uttarakhand
- Dr. Bijendra Arya, (Senior Naturopath 50 Yrs), Palwal, Haryana

- Dr. Rahul Kumar Vaidhya, (BAMS), Srinagar, Uttarakhand
- Dr. Amarjeet Singh Mann, (BHMS), Punjab
- Dr. Gitika Chaudhary, (BAMS), Zirakpur, Punjab
- Dr. Divyadeep, (BAMS), Zirakpur, Punjab
- Dr. Mohit Gautam, (BAMS), Jalandhar, Punjab
- Dr. Alok Tiwari, (BAMS), Pune, Maharashtra
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- Dr. Vaidya Rajeev Verma, (BAMS), Saharanpur, Uttar Pradesh
- Dr. Arachana, (BAMS), Zirakpur, Punjab
- Dr. Arvind Kumar Shakya, (BAMS), Kanpur, Uttar Pradesh
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- Dr. Vikas Mishra, (BAMS), Agra, Uttar Pradesh
- Dr. Pankaj Kumar, (BAMS), Gopalganj, Bihar
- Dr. Deepak Sharma, (BAMS), Panipat, Haryana
- Dr. Pritam Pyare, (BAMS), Bhagalpur, Bihar
- Dr. Sultan Kabirul Islam, (BAMS), Siliguri, West Bengal
- Dr. Sikandar, (BAMS), Jaipur, Rajasthan
- Dr. Mohan Mishra, (BAMS), Patna, Bihar
- Dr. Hariom, (BAMS), Haldwani, Uttarakhand
- Dr. Priyank Sharma, (BAMS), Zirakpur, Punjab
- Dr. Gulshan Kumar, (BAMS), Ludhiana, Punjab
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- Dr. Arun Sharma, (MIINT, ND), Pollachi, Tamilnadu
- Dr. Yashika Arora, (BHMS, MD), New Delhi
- Dr. Neelam Thakur, (BAMS), Saharanpur, Uttar Pradesh
- Dr. Veena P Kumbar BAMS, (BAMS), Kushalnagar, Karnataka
- Dr. Sikha Gupta, (B.N.Y), Lucknow, Uttar Pradesh

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58

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- · History and Chemistry of Flu Viruses
- · Three Step Diet to cure ILI
- · Caring for ILI Patients
- Practice and hands on training on real patients (under the supervision of Dr Biswaroop Roy Chowdhury and his medical team)



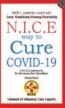


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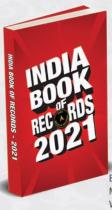
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Let every morning be the Hunza Morning

If you have decided to pick only one of my suggestions for the sake of your health, then take this suggestion:

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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
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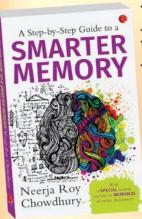
About the author:

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

word Records and Indo-China a 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

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- 4) Cardiac compression technique
- 5) Comparison of popular CPR Vs Cardiac Compression
- Principle and practice of automated external defibrillator
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Training material: 1) Code Blue Train

- 1) Code Blue Trainer's Reference Book.
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Dr. Biswaroop Roy Chowdhury, Ph.D in diabetes, is know for the revolutionary DIP diet. He has authored 25 books and runs centres in Switzerland, Malaysia, Vietnam and India. Currently serving as an honorary board member of Shridhar University, India. Dr. Biswaroop also runs training programs on medical nutrition and emergency life support for Lincoln University College Malaysia.