

speaking of **Nature Cure**

A comprehensive guide on how to regain,
retain and improve health with the help of
natural remedies

Rediscover your
bond with nature
and with natural
healing methods

Understand your
body and restore
your health and
vitality with time-
tested drugless
therapies



K. Lakshmana Sarma
S. Swaminathan

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Speaking Of Nature Cure:

Speaking of Nature Cure K. Lakshmana Sarma, S. Swaminathan, 2013-08-01 This book shows how health can be maintained and improved by fulfilling the basic physical and mental needs in proper proportion Internal insanitation is the basic cause of all diseases ranging from the common cold to the dreaded cancer Disease is in reality a diminution in the health level and cure lies in the restoration of health and in the removal of the cause of disease The science of nature cure charts the sane safe and hygienic way of regaining health Speaking of Nature Cure Lakshmana Sarma (K.), S. Swaminathan, 1986

Speaking of Nature Cure K. Lakshmana Sarma, S. Swaminathan, 1987-03 Nature Cure: Healing without Drugs INYS, Nature Your Best Healer Nature cure is a complete health system of mind and body It prevents and treats diseases It works on the assumption that everyone is composed of various combinations of the five elements earth air fire water and ether Maintaining the balance of your body type is the key to successful nature cure And this is done through diet yoga exercise and massage The invaluable guide is a key to understanding and using the powerful system of nature cure Nature cure is vastly more than system of curing aches and pains It is a complete revolution in the art and science of living in practical realization and application of all that is good in natural science philosophy and religion **Speaking of Nature Cure** K. Lakshmana Sarma, S. Swaminathan, 1993 **Nature Cure: Healing Without Drugs** Institute Of Naturopathy, 2002-12-01

Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 *The Healing Powers of Herbs* Ranjit Roy Chaudhury, 2007-06-08 The stress and strain of modern day living takes its toll on our mind and body Lack of time and patience make us resort to methods which provide instant relief and often we forget that the answer to a problem is effective cure Modern medicine has made many discoveries yet the side effects of many of the wonder drugs cannot be ignored This book on medicinal plants and their healing powers is a compilation of articles written for Asian Age by the author The articles are interesting and informative and throw light on the little known facts about various herbs What makes this book stand out amongst countless number of books on alternative medicine is that the healing properties of each medicinal plant has been explained in detail and many of them are taken from ancient traditional books on medicine of the Indian as well as the Chinese culture The readers are also made aware about the importance of the many treasured herbs and also the issue of patent regarding the same A fountain of knowledge on medicinal plants this book is a must for professional as well as personal collection Gandhi's Body Joseph S. Alter, 2011-06-07 No single person is more directly associated with India and India's struggle for independence than Mahatma Gandhi His name has equally become synonymous with the highest principles of global equality human dignity and freedom Joseph Alter argues however that Gandhi has not been completely understood by biographers and political scholars and in *Gandhi's Body* he undertakes a reevaluation of the Mahatma's life and thought In his revisionist and iconoclastic approach Alter moves away from the usual focus on nonviolence peace and social reform and takes seriously what most scholars who have studied Gandhi tend to ignore Gandhi

s preoccupation with sex his obsession with diet reform and his vehement advocacy for naturopathy Alter concludes that a distinction cannot be made between Gandhi s concern with health faith in nonviolence and his sociopolitical agenda In this original and provocative study Joseph Alter demonstrates that these seemingly idiosyncratic aspects of Gandhi s personal life are of central importance to understanding his politics and not only Gandhi s politics but Indian nationalism in general Using the Mahatma s own writings Alter places Gandhi s bodily practices in the context of his philosophy for example he explores the relationship between Gandhi s fasting and his ideas about the metaphysics of emptiness and that between his celibacy and his beliefs about nonviolence Alter also places Gandhi s ideas and practices in their national and transnational contexts He discusses how and why nature cure became extremely popular in India during the early part of the twentieth century tracing the influence of two German naturopaths on Gandhi s thinking and on the practice of yoga in India More important he argues that the reconstruction of yoga in terms of European naturopathy was brought about deliberately by a number of activists in India of whom Gandhi was only the most visible interested in creating a scientific health regimen distinct from Western precedents that would make the Indian people fit for self rule Gandhi s Body counters established arguments that Indian nationalism was either a completely indigenous Hindu based movement or simply a derivative of Western ideals

Allopathy, homœopathy, hydropathy: reasons of their failure: and nature's cures, exemplified by cases E. G. Martin,1861

Nutrition And Health: The Vegetarian Way Institute Of Naturopathy Staff,Institute of Naturopathy and Yogic Sciences (Bangalore).,2002-12-01 **Nature cure** Henry Lindlahr,1914 National Library of Medicine Current Catalog National Library of Medicine (U.S.),1988 *The English-speaking World* ,1929 The Literary World ,1898 **Indian Books in Print** ,2003 *Positive Prevention and Cure of Tuberculosis by the Nature Cure Process* August Fred Reinhold,1901

Nature Cures James C. Whorton,2004 Writing with wit and with fairness to all sides Whorton offers a fascinating look at alternative health systems highlighting their history theories successes and failures His book is an engaging and authoritative history that highlights the course of alternative medicine in the U S providing valuable background to the wide range of therapies available today Indian Book Industry ,1991-04 Current Literature Edward Jewitt Wheeler, Frank Crane,1913

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