

An epitome of Revolutionary researches & revelation in Health & Nutrition

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- There must have been some definite diet that God designed for humans. The food should be such that we may eat as much as we want and still never fall sick. The real human diet is fruits and nuts; it does not depend on spices, salt and fire. Natural & uncooked food is regenerative, whereas cooked food is degenerative for the human body.
- All spices are medicines and not human food. Regular use of these spices surely causes physiological damage. These must be used only for relief during sickness.
- All types of milk are suitable for its own species. Use of milk by other species is sure to create a severe imbalance. We are entitled to only our own mother's milk. All animals stop giving milk after their weaning period is over, but humans continue to drink milk for their whole life. It is a great paradox that we are born of humans and nourished by animals. This also leads to difference in hormonal maturity and inner chemistry.
- Cereals are earthy & elemental in nature. Such food develops stiffening and hardening, gradually leading to all sorts of diseases, degeneration and early ageing. Man has unnecessarily added damaging salts, sugars, fat, spices in the process of cooking and processing. We must eliminate cereals and cooked food from our diet. All spices, salts and fats are of no use; instead, they are damaging to the body.
- Law of eating food is more important than the food itself. The best of the food can turn poisonous if eaten without real hunger and without following principles of proper food combination.
- All digestive disorders can be permanently eliminated from human history merely by following simple law of proper food combination and real hunger.
- There is no specific law of eating. Just follow your body language. Your body is the perfect guide and doctor. Eat only when you are hungry, drink when your body demands it; never eat as per time schedule or borrowed concepts.
- The more we invent vaccines to suppress acute & infective diseases, without understanding the root cause of these diseases, the more chronic, degenerative and dreadful diseases we are likely to create for the future.
- We must understand clearly that body is God's wisest creation and it is the most intelligently designed machine. It works perfect, if not disturbed. Enjoy this God's greatest creation with ultimate health and longevity. Why suffer?... Why fall sick?
- Human civilization, since time immemorial and even in the present, suffers from several infectious and metabolic disorders, incurable diseases, defects, deformation, degeneration, early ageing and untimely demise. However, consuming non-vegetarian and vegetarian food, cereals and milk and considering these products, as healthy form of diet has not given us a disease-free life or perfect health.

- We have accepted all kinds of diseases as natural phenomena. We treat them inevitable in our lifetime. Unfortunately, it is the greatest myth we have carried since beginning. It is time to realize that diseases are caused by our own ignorant choice, while health is an inherent natural gift.
- We have got marvelous body, mind & soul power to prevent ourselves from all sorts of bacteria, diseases, accidents, early ageing, planetary influences, black magic, radiations and all other kinds of negative forces. We must try to tap these powers and use them for health and prosperity.
- We are here to flower and flourish, not to suffer and perish. If we do not struggle to fall sick, then why do we have to struggle so hard to attain health? Diseases have to be acquired, health is not to be earned; it comes naturally to us. Check the cause of diseases and only health will remain!
- Every action of body is a remedial action to support & allow our body to fight against diseases. Instead of suppressing the disease by medication, the body always strives and struggles to heal, balance, normalize, regenerate and survive economically even in odd conditions. Our responsibility is only to provide health-restoring factors and eliminate disease-causing factors.
- In a healthy body, cancer cells cannot survive. Therefore, instead of fighting with cancer, I make the person healthy. Health creates immunity and immunity kills cancer!
- I have never seen a cancer patient running towards fresh air, sunshine, prayers, meditation, laughter, jokes, dance and music.
- Creation, love, service, caring, donation, natural life-giving food and lifestyle definitely ensure health. Instead, we run to search medicines, which only suppress damage and alter the action of diseases, but do not cure the disease.
- Body is always right; we are wrong. Body never lies.
- Never eat and drink by time or schedule or by psychological demands or advised by saints, doctors or ancestors. Your body is your best guide.
- Nobody in this universe, except you and your ignorance, is interested in giving you disease.
- A tiny amount of ignorance has created such huge number of diseases, degeneration defects, deformities, hospitals, researches and doctors. Rectify this ignorance and prevent the humanity from unnecessary, unfruitful struggle and expenditure.
- To become sick is very-very difficult; a prolonged abuse is required. To remain healthy, you have to do nothing because health is a natural state of the body. Body is not designed to function abnormally, but it is compelled to do so.
- Despite all the abuse, self-healing power of the body is striving and struggling all the time to remain balanced, normal, and to regenerate and survive in all types of situations. Therefore, we do not fall sick easily.