

## **USE FOOD AS MEDICINE NOT MEDICINE AS FOOD**

Some members of our health team are an exceptional name in Delhi, rather India and neighboring countries. As a modern medicine practitioner for last 25 years the summery of the experience what has been gained is only boosting the year old ancient Indian Mythological concept.

The most important feature of that is prevention is the best policy and one stich in time saves nine. In general if a person goes with proper diet and life style which enhance the internal immune system and boost up the disease defense mechanism, which in turn not only save one from many unwanted sufferings, but also help body reverse for diseases influenced by environment.

Whether it's the CORONA or other flu like swine, sars, influenza A virus subtype H1N1, Spanish flu, Russian flu or whatever name, only the internal immunity fight and make one's body safe.

Post-Graduation in Modern medicine & other fraternity, including Alternative therapy made the team more confident on the age old belief; on top of that knowledge in nutrition and attending lots of national & international seminars & workshops – a continuous process of updating with new research & invention, he found that even taking of tablets for supplements like vitamins or minerals is only profitable when those are essentially required for some acute outburst of chronic sufferings and body already in a state of huge deficiency for more than one vitamins or minerals and a mark able gap of electrolyte imbalance.

What one eats directly affects the structure and function of one's brain and body, ultimately, one's mood. ... Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as depression.

In the short term, poor & un-adequate nutrition can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as: being overweight or obese. Tooth decay. High blood pressure, up to stroke & sudden organ failure.

Behavioral and social issues that impact on health include smoking, alcohol, poor diet leading to obesity or malnutrition, lack of physical exercise, sexual behavior and problems resulting from drug taking. ... Lifestyle diseases linked with the way people live their life. This is commonly caused by alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy

eating. Diseases that impact on our lifestyle are heart disease, stroke, obesity, type II diabetes and so on.

**Use medicine as mechanical way is not the solution.**

Not only Physical but also Psychological, Social & Spiritual ~ a holistic healing support required to nourish immunity & enhance will power to fight disease.

People should go with nature law and that heals body in a unique way. Depending on acceptance of situation and knowing that many a things not control by ours one can reduce both mind & body pain up to an extent. Working with Palliative team of cancer care institutions and pain clinic of AIIMS during the practice it was practically confirmed and reconfirmed once & again.

The other feature was found during the long practice tenure in India & abroad that “following guideline is typical but precision & customized treatment attract succeed” as everyone is customized though the common phenomena exists to all. Treatment along with taking medicine for acute status, Diet, Herbs, Yoga, Meditation, Reflexology, Laugh, Life style & Spirituality are also equally require for proper healing, as body only be healed when mind supports that. Optimum soothing mechanism only works and healthy healing progress when body-mind works in harmony- the hormones secrets proportionately.

Our members including Physician, Dietician, Healer, Counselor work as a team in the vicinity classifies as **one of the “to go” as we are always in demand due to this incorporated integrated holistic approach towards the person in suffer, not to the mere disease symptom.**

**Anyone, especially if one needs to get rid of some still persisting Chronic, old & complicated cases, Life-Style diseases (Diabetes, HTN etc.), Stress, Anxiety, Insomnia, Teen & Old age behavior, De-addiction, LGBT & Sexual Health.**

**We work on the theory of body power to revive lots of imbalance, which are the primary cause of diseases and unorganized, non or partially functioning of body organs/systems.**

**Moreover if anyone under stressed for taking a numbers of medicine for long time. Always welcome for a 2<sup>nd</sup> opinion.**

We strongly believe that any decision should not only base of medical condition but also depending on one’s age, physical status, overall economic-social-familiar status including mental maturity level & spiritual belief.

Some members of the team already visited some foreign countries for delivering lectures on lifestyle – **“USE FOOD AS MEDICINE NOT MEDICINE AS FOOD”**

Contrast of normal trend of physician he requires minimum time of 1-2 hours for a person during first visit to answering his/her all queries and fill up the person with positive vibration before starting the disease specific treatment.

He along with his team even visit home of patients on prior appointment basis, which helps him to analyze the total environment and mental status of the person specific including his belief & concept of life.

Most of our members having the Membership of lots of national & international professional bodies:

Team members possess an impressive amount of knowledge and constantly keeps updated with advancements made in the field.

We strongly believe that physician, as a health advisor, only can guide and direct the person rest the implementation is with the person specific, as that **is “Your body, Your dignity, Your eagerness, Your priority, Your active role ~ You to decide.....”**

**The aim is to “assist & guide you to BRING BACK YOUR CONFIDENCE..... HONOR...PEACE...SMILES...& FAMILY HARMONY.....by relieving PAIN & SUFFERINGS.....”**

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