

YOUR BODY YOUR BEST + DOCTOR +

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The word **HEALTH** refers to a state of complete emotional, mental & physical well being. A healthy lifestyle is important for everyone. When we look after our physical health, we feel better too – fitter, more relaxed and better able to cope with things.



Old age is inevitable - let it not become a burden on you & your family. If you do not want to lead a crippled & a diseased life & die a miserable death in a hospital/nursing home, take care of your body, invest in it now for lifelong gains in terms of health, happiness, increased productivity & savings on your medical bills.

It is the only body you live in, you can enjoy things in life only if you are healthy & unless you take care of it now it will not be able to take care of you. Remember, the toxin bomb is ticking 24x7 in your body. Detox now before it is too late. Do not wait for the hair on the camel's back that broke it's back. Tomorrow may be too late - **START NOW!**

What you can do to keep healthy : naturally

While as individuals, we have no control on the environment, we can surely modify our lifestyle to minimise the damage to our bodies. Life style correction is a must which includes our food intake which plays a vital role in keeping us disease free. Aim at creating an atmosphere in the body where germs, pathogens or malignant cells cannot survive - by restoring the balance & enhancing the immune system of the body to naturally cure itself.



WATER : Water is the most important component in your body percentage being 60% to 75% . Without it you would die. Water brings nutrients to your cells, lubricates your tissues also helps to transport wastes out of your body. Second to air, water is the most needed molecule for life. Many processes make water lose its natural, healthy structure, i.e. pollution, extreme methods of filtration, and bottling processes. Take spring water or mineral water only (Normal RO or bottled water has no minerals & is acidic strips minerals from your body, contains plastic carcinogen nano particles, creates numerous diseases). Use Corporation water (contains Chlorine is **CANCEROUS**) after boiling then filter.



Use Living / Alkaline Water : **Living Water** is naturally filtered through rock which removes impurities while leaving behind beneficial minerals like magnesium, calcium and bicarbonate. Living Water features **Oxidation Reduction Potential (ORP)**. This water has immense benefits. Take 3 earthen matkas (pots), make small holes at the bottom of 2 & 3rd to be fitted with a tap. Take large, medium, small stones/pebbles - wash them thoroughly 5 to 6 times, fill half of the matkas with holes laying the larger stones at the bottom, medium stones over it, small stones

on top, topping up with coarse sand after washing thoroughly and place the wood charcoal piece on top. Place Moringa seed powder & a large copper plate in the matka with a tap. Place the 2 matkas on top of the matka with tap - fill the top matka with tap water - let the water drip onto the 2nd & finally into - will take 7 to 8 hours. Drink water from the bottom matka. the bottom matka. Or Make alkaline water- in matka insert 1 copper plate 1 silver coin - store for 12 to 18 hours - shift to a glass jar add for 1 jug 2 to 3 pieces cucumber with skin, pudina leaves 4/5 leaves, 5 to 7 leaves dhania, 1 green chilli cut longitudinally in to 2 halves, 1 /2 piece carrot or lemon piece, ginger piece - leave for 12 hours - can remove cysts, tumour.



Water Storage : Store water best in earthen pots. 2nd best is in Copper Vessel – has antibacterial effect – purifies water, is helpful in Obesity, Arthritis, Constipation, Stomach problems, Heart Problems, Age Reversal, detoxes Liver & Kidney, Thyroid etc.

Water Intake :

1. Drink water by sips only - mixes alkaline saliva preventing acidity, reduces weight.
2. Never take cold water less than 27 degree.
3. Drink only while sitting but only in SUKHASANA or UNKDUDU (squatting) - quick drinking especially when standing creates Arthritis, Appendicitis, Hernia & Prostrate problem, if at all not possible, bend from waist 90 degrees.
4. Take tepid or body temperature water 1st thing morning without brushing - (overnight saliva is good for health - must be ingested)
5. Drink sufficient water to keep you well hydrated at all times.
6. Water intake only 1 hour after meals & 40 minutes before meals. Drinking water after meal is like poison - reduces stomach fire - food rots. If thirsty after meals - take chhachh (butter milk) or milk (pasteurized milk is useless - creates disease & feeds cancer cells), not water.



FOOD :

Food choice : For good health eat only plant based food. Eat only what you love & satisfies you mentally. Locally produced cereals & food is best. Avoid wheat & rice. Wheat contains gluten which is unsuitable for autoimmune reactions. Besides, wheat & rice require huge amount of water inviting insects, germs & pests necessitating use of pesticides which not only are sprayed on to the plants but are absorbed by the soil & simultaneously by the plants. Replace with Millets i.e. Sridhanya (Foxtail, Kodo, Browntop, Barnyard & little Millet) is best, in addition to being gluten free they are very nutritious & need very little water & no pesticides. **Naturally manage diabetes as they convert to sugar much slower.**



Fruits & Vegetables : Organic & seasonal, the darker & smaller, the better. Shiny vegetables have chemicals. Remove chemicals, bacteria & fungus etc. by putting them in rock salt or baking soda and warm water or better use ozone disinfectant (100% safe & effective).

Gur (Jaggery) : Consume Gur (Jaggery) instead of refined sugar, contains many vitamins, minerals & calcium etc., has numerous health benefits - makes our blood alkaline & helps in digestion (while refined sugar makes it acidic, has zero food value, has only calories & takes out calcium & minerals from the body). Use **Stevia** (natural sweetener - has numerous benefits) or **Honey**.



Food Beverage : Morning coffee & tea not suitable for Indians. If necessary take green tea with Jaggery & lemon but without milk as Milk & Tea are inimical, but must take morning water first before tea. **Aerated drinks are very harmful - avoid them.**

Food Oils : Use pure unrefined cold pressed oil only : The stickier the better - increases HDL (Good Cholesterol) and lowers LDL (Bad Cholesterol) - checks heart problems, controls Rheumatism. Til Oil best from ghani, Cow Ghee is excellent. Then Mustard Oil, Coconut Oil then Peanut oil. All unrefined oils are good.



Food Inimical : Inimical food combinations : Onion & Milk, Jackfruit & Milk, Garlic & Dahi; Urad & Dahi, eat Urad alone - no Dahi Vada of Urad; all fruits with Dahi not with Milk; (Milk shake of Mango only) - all other fruits with Dahi shakes; Dal not with Dahi otherwise mix Ajwain, Jeera & Sendha Namak or Sonth with Dahi. Milk & Citrus or Sour Fruit, Milk only with Amla, Honey & Ghee. Dont mix Gur in Milk. Dont swirl Milk in mouth, take it straight.

Food Restricted : STOP M.R.P. - M for milk & milk products (except curd & ghee) or any animal protein. Milk is not suitable for adults as the body stops making enzymes for digesting it around age 7. Animal protein is unsuitable for humans. It Creates diseases that feeds cancer cells. **R** for refined including refined Oils & Sugar - cause many diseases, **P** for processed or packaged which our bodies cannot assimilate leaving a toxin residue.

Food Supplements : **Wheat Grass Juice – The Green Cancer Killer Blood** (same as human blood except it has chlorophyll as nucleus, whereas human blood has iron nucleus) or concentrated **“Sun Power.”** A nutritionally complete food - (1 ounce of juice equals 1 kilo of fresh vegetables) contains all minerals known to man and Vitamin A, B-complex, C, E, I and K, rich in protein is assimilated in 20 minutes or less and uses very little of the body's energy to extract the nutrients.



Food Storing : Refrigerated food becomes poisonous because of Chlorine, Fluorine & Carbon Dioxide CFC Gas - all poisonous. If using refrigerator, take out food - keep outside for 48 minutes before using, if once heated & kept in fridge, don't reheat. Do not pack food in aluminium foil but in thin cloth.

Food Cooking : While cooking Wind & Sun must touch food otherwise becomes poison. Cooked food must be consumed within 48 minutes of making otherwise it keeps deteriorating. Microwave oven - food is not cooked properly, is very harmful. Solar cooker is best but not made of Aluminium. Pressure cooker very bad as temperature reaches 121 degrees (above 100 degrees food loses all nutrition) - never use Aluminium in cooking. Brass better, Kansa still better, Earthen best.

Food Spices : Turmeric reduces chemical poison and is excellent Cancer killer. Ginger, Garlic, Cinnamon, Cayenne Pepper & most spices have beneficial effects. Try to incorporate as much as possible.



EATING :

Proper diet can reverse most diseases including cancer - eat from 8 AM fruits (4 kinds) x10 times grams your body kiloweight (if you are 70 kilos eat $70 \times 10 = 700$ grams till 12 noon), Lunch - eat x5 times in grams of salad (4 kinds of vegetables) at 12 noon and follow with home cooked food - avoid fried, animal protein including milk especially refined sugar & processed or packaged food. Snack all day on dry fruits, nuts germinated moong, chana & badam etc. Dinner by 6 PM - same as lunch. Sleep at least 2 hours later - not after 9 PM. Eating within a 10 hour window starts AUTOPHAGY - where 14 hour fasting induces the body to use excess & unwanted material including cholesterol, fat, tumour - cleaning up your body of unwanted items disease creating materials. Food should be taken only during daylight - Sun imparts Vit D. Food taken after sundown is not assimilated - creates hosts of diseases.



Eat sitting on floor or sit on chair in Sukhasana : Place thali a little above floor. This activates stomach fire and reduces belly. Never eat or drink while standing, if at all not possible bend from waist 90 degrees.



Concentrate on your meal : No TV, Newspaper or other distraction - this gives rise to high cholesterol & other diseases. Eat chewing maximum times so maximum saliva goes down with food helping maximum digestion in the mouth before reaching the stomach. Before meals mind & chitta should be calm otherwise fast (dont take solids).

Eat at a fixed time & only when hungry : Must be happy with what we eat, Calmness before meals. Dont eat when stressed. If in hurry & cannot chew sufficiently, take liquids including Dahi. You can reverse your age by reducing calories, eating less - always eat 75% of your stomach capacity, raw & organic food.

DIGESTING :

Digesting is more important than eating : Prevention is better than cure - undigested food increases cholesterol & is the source of many problems. Eat max 75% of your stomach's capacity to allow the stomach to do the churning process to digest food. It is similar to a mixie, if you fill it to the brim it cannot do it's work, if stomach is full - the food cannot be digested which sits & putrefies - creating a host of problems & diseases. You can & should eat more by eating 75% capacity several times a day & remain slim, trim & fit. If you eat only two times a day the body saves the fat as it is not sure when



the next food is coming, making you obese, whereas if you ate 3 or more times a day, the body does not go for an overdrive to save the fat. Do not eat till the food eaten earlier is fully digested (eat only when hungry) or the earlier eaten food will stop being digested & will putrify as the stomach will start digesting the fresh intake only.

EATING AFTER : Paan (Betel Leaf) is good after eating against many diseases but without kattha & betel nut. Urinate after eating food for hypertension. After the noon meal sleep 20 minutes : on left side for 10 to 12 minutes, then on right 8 minutes. With head pointing towards sun - helps in digestion. Do not sleep until after 2 hours after evening last meal otherwise sit for 10 minutes in Vajrasana after meals.

FOOD FASTING : One day weekly fasting gives rest to the body so it can cleanse the body & mind. It develops immunity. It is good but water intake is must, take seasonal fruits & raw vegetables or their juice, no cereals, no cooked food. Not Fasting increases risk of disease.

REGIMENS :

- ☞ **Do not suppress :** Natural urges e.g. Hunger, thirst, laughter, sneezing, sex, stool, urine, weeping, yawning is dangerous to suppress.
- ☞ **Maintain ideal weight & BMI :** Obesity especially around the waist is linked to heart & many major diseases. Wears away heart, knees especially. Must maintain ideal weight.
- ☞ **Give the chair a rest :** While watching TV take a stroll for 2 minutes after each break; while working also take a walk every hour.
- ☞ **Exercise :** Beneficial for even very old. Sudden burst activities like racket sports best. Swimming, cycling, brisk walking also good. Weight & resistance training is good - builds muscle at any age, fights obesity, boosts metabolism & reverses age. Slow dance is beneficial for Indians, fast for westerners.
- ☞ **Yoga & Pranayam :** Chronic diseases originate & can only survive in an oxygen poor body. Yoga & especially Pranayam which involves deep breathing oxygenates the body & helps you remain disease free.
- ☞ **Golden rule :** 8 hours work, 8 hours recreation & relaxation & 8 hours sleep.
- ☞ **Beat stress - relax for 8 hours :** Stress pumps adrenalin in your body making the heart pump faster but shallower resulting in deprivation of oxygen to the body. Soothing music is a stress buster. Cultivate a hobby like stamp collecting etc., it beats stress, relaxes & energises you.
- ☞ **Laughter the best medicine :** Natural stress buster, boosts human growth hormone.
- ☞ **Have regular loving sex :** Suppressing sex urge is dangerous. As per my friend renowned Sexologist Dr. Prakash Kothari regular loving sex even for an 80 year old is good. Not using sexual organs regularly diminishes their function & capability.

☞ **Sex Benefits :** It is the best exercise and has numerous benefits such as Age Reversal, Acne & Pimples reduced, Blood Pressure lowered, Brain Power booster, Cancer Safety, Tooth Cavity Fighter, Hair becomes shiny, Good Heart Health, Human Growth Hormone booster - making one younger, Immunity booster, Libido booster, Love booster, Mense regulator, Nail strengthening, Natural Pain Killer, Prostrate help, Self Esteem booster, Semen Volume & Sperm Count increased, Skin Glow, Skin Hydration, Sleep Enhancer, Stress Fighter, Weight Loss, Women's Bladder Control, Younger look etc.

☞ **Meditation, positive thinking & imaging :** Shed all negative thoughts. Negative thinking & emotions create a toxic overload on the body. Meditation helps you shed negativity - have a positive outlook enjoy (be happy) every moment in life - enjoy the journey not the result/destination as the result is temporary as soon as one goal is achieved, another goal is made.

☞ **Age Reversal :** Calorie restriction, Deep Breathing, Pranayam, Weight Training, Laughter & Relaxation, use Far Infra Red Sauna, 30 minutes exposure to morning Sun - produces Vitamin D, which is low in almost all urbanites causing many diseases. If not possible take Vitamin D supplements.

☞ **Walking :** Best exercise for any age. Standing worst position, max walking, sitting or sleeping for longevity. Equal weight on both feet while walking. Heel first then sole then toes. Earthing very important to avoid many diseases. Walk barefoot on earth especially on grass as much as possible – has numerous benefits.

Our calf muscles are the 2nd heart, try to exercise or move/shake them while sitting - automatic heart exercise - improves overall health cutting down risk of heart ailments.

BEST TREATMENT NATURALLY :

HBOT : Most of our health problems today are caused by oxygen starvation at cellular level. The air we breathe contains only 20.9% oxygen. In HBOT we breathe nearly 100% pure oxygen inside a chamber with increased (up to 3 times) atmospheric pressure i.e. upto 15 times the normal oxygen – is known to help reverse aging, rejuvenate body's self-healing properties, boost the immune system, stimulate new cell growth and regeneration, accelerate recovery times and help our natural immune system and improve overall wellness, energy and fitness.



Safety : Reduce exposure to environmental toxins like pesticides, household chemical cleaners, synthetic air fresheners and air pollution & implement as many safety strategies as possible, if you cannot avoid their use.

Mr. Prem Chand Jaiswal : A Renaissance Man Committed to Well-being, Passions, and Serving Others.

Born in 1942, Mr. Prem Chand Jaiswal is a cut above the rest; he is a living, breathing example of passion, commitment, and an unstoppable need to help others. He is a shining example of the power of lifelong learning and what one man can do for so many.



Mr. Jaiswal is especially renowned for his work as an alternative health practitioner, offering consultations and guidance to those suffering from lifestyle diseases. Inspired by deep empathy and extensive research, he established **YUTHnHLTH** (<https://yuthnchlth.com>), a clinic to offer a unique and holistic path to wellness.

YUTHnHLTH : Reversing Age and Disease with Holistic Care. The Holistic Age & Disease Reversal Centre is the focal point of **YUTHnHLTH**. This centre is a departure from mainstream medical practice in that it focuses on the causes of chronic disease and aging. His practice is centered on lifestyle modification, natural medicine, **HBOT (HYPERBARIC OXYGEN THERAPY)** and a deep understanding of the mind-body connection, so it is a true holistic experience.

A Philatelic Whiz with More than 170,000 Hours Spent on Stamps. Besides his dedication to health, Mr. Jaiswal is also a world-famous philatelist. At the young age of 12, he dived into the complex world of stamps and paper items, spending an amazing 170,000+ hours on this fascinating hobby. His tireless passion has made him one of the most seasoned philatelists in the world. Presently, he puts his extensive knowledge to good use as a partner at PHILATELIC CENTRE in Kolkata, where he is an auctioneer, dealer, and valuer.

Beyond Stamps : A Man of Many Gifts. Mr. Jaiswal's talents extend far beyond the realms of health and stamps. He is, in fact, a talented **Singer**, with a penchant for the soulful songs of Mukeshji, the deep emotions of Ghazals, and the inspirational nature of Bhajans.

Apart from further enriching his already wide range of skills, Mr. Jaiswal is also specifically interested in **Graphology**, that fascinating science of handwriting.

A life of passion, service and growth is led in the motivational tale of Mr. Prem Chand Jaiswal. Whether he is guiding individuals to achieve health through holistic methods, imparting his vast experience of philately or enthralling listeners with his voice, Mr. Jaiswal is the very essence of lifelong learning and the rich dividends of living life on one's own terms.