

Vitamins That Heal By Bakhru Dr H K Author Mar 2005 Paperback

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Headquarters Office and Telephone Directory *Yudhvir Singh Rajendar Menen Dr. Kotresh B Ada P Kahn St. John Ambulance Association M.V.KAMATH H K Bakhru Indian Council of Medical Research St. John Ambulance Association (India) Institution of Engineers (India) Institution of Engineers (India). Metallurgy & Material Science Division Maharashtra (India) Ihsn State University of New York. Research Foundation*

homoeopathy is fast gaining recognition and popularity as a safe convenient and inexpensive system for curing a large number of diseases this book organised for quick and handy reference provides homoeopathic cures and prevention for nearly all common diseases as also many chronic ones it includes a list of 100 most commonly required medicines for your family and a homoeopathic first aid guide this book is based on the vast experience over 50 years of the author of curing thousands of patients through this system the present book is already a bestseller in its hindi edition having been published in hardcover as well as paperback

covering all you need to know about performing mudras this insightful book will enable you to gain an understanding of a form of yoga that has already helped thousands clear illustrations explain exactly how to use mudras and chapters explore everything from the use of mudras in dance and martial arts to diet and the practice of visualisation

education commission started its report with the statement that the destiny of india is now being shaped in her class room it is true that students of a country are its soul its spirit and its life the greatness of any nation at any given time depends upon its students because students are the cream of the nation life is a period of building good habits values and attitudes etc

diabetes is not a disease of blood sugar alone like no other disease it involves the entire body and all its systems therefore controlling not only the blood sugar but also the factors controlling blood sugar is important this book not only provides up to date information on diabetes but also explains how it can be controlled with greater attention to an individual s diet changes in smoking and drinking habits weight control more exercise and a healthier lifestyle it explains how to monitor the condition at

home and gives practical guidelines and helpful advices for everyday problems of living with diabetes and leading a normal healthy and active life

this book speaks about 200 year old mutual relations between india and america starting from george washington it is a representative book about the international relations between these two countries in the truest sense of the term

several hundreds of years back hippocrates the father of medicine said your food shall be your medicine this maxim holds true even today there are several disorders that can be prevented and treated by selecting natural foods rich in minerals vitamins trace elements vital nutrients and other substances that have positive medicinal and curative values this is a no nonsense a z guide to the care and feeding of your body going to the bottom of everything you need to know about diet health and food the listings in this clearly written book span general categories of illnesses food groups and each entry recommends helpful foods followed by those that should be avoided the format allows easy access to information with entries offering straightforward advice explanations and answers in short the book is an invaluable guide for better understanding of health food and natural remedies

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