

Advanced

Medical Nutrition

Therapy

*“Your Personal
Guide to
Reverse Any
Disease
Naturally”*



Dr. Padmakar Kumar
(PhD, Nature Science & Medicine)

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Nutrition
Therapy

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Dedication

This book is dedicated to my beloved son, Raam Kashyap. You are the light of my life and though you don't need to read this book, as your father, I will personally pass on this legacy of health and wisdom to you. May you grow strong, healthy, and always be guided by the principles of natural healing and well-being that are deeply embedded in the core of this genuine work.

How to Get the Best from This Book

This book is written in a way that makes it feel like a one-on-one conversation between you and me. As you read, I want you to imagine that I'm speaking directly to you, and you're listening with care and patience. It is structured in a narrative style, with each section flowing naturally, guiding you through ideas and concepts that I believe will make a real impact on your life. Consistency in reading is key to truly absorbing the content. The book contains over one lakh eight thousand words and is divided into 21 chapters. I recommend reading one chapter a day. This way, you can complete the first reading in 21 days, giving yourself the time to reflect on each chapter before moving to the next.

In the back of the book, I've left six blank pages for your personal notes. These pages are there for you to record anything that resonates with you—whether it is a topic, a page number or a key takeaway you want to revisit. Using this space will allow you to make the book truly yours, customized to your experience. Jotting down your thoughts as you read can also help with retaining important points and aid you in reflecting on what you've learned. You may

also underline or tick mark important information or topics using a pencil so that it would be easier to revisit those points or topics.

Beyond simply reading, implementation is crucial. It is one thing to read and understand, but applying the ideas to your daily life is where the true transformation lies. I encourage you to take the concepts you find valuable and start using them immediately. Discuss what you've learned with those around you—it will help you clarify your thoughts, and it can even inspire others in the process.

I also want to offer on-going support as you go through the book. If you have any questions or need clarifications, feel free to post your queries on any of my YouTube videos as I personally reply to each comment. This way, you'll receive direct, tailored advice and suggestions based on the content of the book. "Dr. Padmakar Kumar" is the name of my YouTube Channel. I'm here to help guide you through this journey. Please take care not to ask lazy questions. Lazy questions are those the answers to which you may find later in the book. So, I request you to first go through the full content of the book, and then, you may ask questions you cannot find answers to, through comments on my YouTube videos.

Lastly, this book is not only a guide for personal transformation but also a thoughtful gift. The premium quality of the printing makes it an excellent gift for someone who values their health and well-being. Sharing this book with others could be the perfect way to introduce them to the path of natural healing and a better life.

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buoyancy using everyday objects. We filled a container with water and dropped in various items—a magnet, a potato, a peanut and a walnut. The student was fascinated to see how the magnet sank quickly, the potato sank slowly, the peanut sank very slowly while the walnut floated. This led to a lively discussion about density and how different materials behave in water. His excitement was contagious and that was when I knew I was making a real impact.

Teaching has taught me patience, empathy and the art of storytelling. I believe that education should be a journey, not just a destination. Each student is unique and it is my responsibility to adapt my teaching methods to fit their needs. For instance, I have one student who struggles with concentration. Instead of chastising him, I incorporate movement into his learning experience. We take short breaks where he can stretch or walk around. This approach has not only improved his focus but has also made our classes more dynamic and engaging.

Online Consultation: Expanding My Reach

In recent years, I've expanded my efforts to reach a wider audience through online consultations. The internet has given me the opportunity to connect with clients from 29 different countries, each seeking guidance on their health challenges. I specialize in using food as medicine to treat conditions like diabetes, hypothyroidism, cancer, asthma, arthritis, obesity etc. My approach is rooted in the belief that our bodies have the innate ability to heal and I guide my clients through personalized nutrition and lifestyle changes that empower them to take control of their health. If you would like to explore the possibility of working with me one-on-one to restore your health, check out my website www.padmakar.com.

The success stories of my clients are what keep me motivated. Each testimony is a reminder of the difference that proper nutrition can make in someone's life. I've seen clients reverse their chronic illnesses, lose significant weight and regain their vitality—all through the power of diet and lifestyle changes.

My YouTube channel, "Dr. Padmakar Kumar," serves as an extension of my consultations. I share practical, research-backed information on nutrition and wellness, making it accessible to anyone who seeks to improve their health. My goal is to demystify the complexities of nutrition and empower people to make informed choices about their well-being. Each video is a labour of love, grounded in my desire to make a positive impact in the world.

A Commitment to Natural Healing

I am deeply committed to the philosophy of natural healing. My experiences, both personal and professional, have shown me that the solutions for many health issues lie not in pharmaceuticals or invasive procedures but in the choices we make daily. The foods we consume, the lifestyles we lead and the mind-set we cultivate, all play crucial roles in our overall health.

I advocate for a holistic approach to health, emphasizing that mental balance, emotional well-being and physical health are interconnected. This belief is reflected in my approach to consultations and teaching. I strive to create a safe and supportive environment for my clients and students, encouraging them to share their concerns and experiences. It is through this openness that true healing can begin.

I often tell my clients, "Your health is like a puzzle; each piece matters." We discuss how stress, sleep, nutrition and exercise all

fit together. For instance, during one session, a client shared that she often felt exhausted, despite getting enough sleep. Through our discussion, we realized that her high-stress job and irregular meal timings were draining her energy. We focused on stress management techniques and introduced routine to her diet, which completely transformed the quality of her life.

As I continue this journey, my vision remains clear: to empower as many people as possible to embrace natural healing. Whether through one-on-one consultations, teaching or online content, my mission is to help others discover the power of food as medicine. I want to inspire a movement toward healthier living—a movement where individuals take responsibility for their health and make conscious choices that benefit not just themselves, but also the world around them.

Simplifying Medical Nutrition Therapy for Everyone

This book strives to make the principles of "Medical Nutrition Therapy" accessible to everyone. Medical Nutrition Therapy (MNT) is a strategic, therapeutic approach that involves more than just eating right—it is about carefully planned diets and lifestyle adjustments that address specific health conditions. MNT emphasizes using balanced, nutrient-dense foods to aid the body's natural healing processes. By delivering the right combination of nutrients in precise quantities, MNT helps promote recovery, manage chronic illnesses and enhance overall well-being. Think of it as fine-tuning your body's engine to ensure every system runs smoothly, allowing imbalances to be corrected through proper nutrition, hydration and natural supplements.

The essence of MNT lies in providing personalized care tailored to individual health needs, whether it is managing diabetes,

controlling hypertension or reducing cholesterol. Throughout this book, you will find various protocols and dietary strategies that can be adapted to restore health and minimize dependence on medication. However, while the book offers practical guidance, personalized advice through professional consultation ensures that your specific needs are addressed with precision and care. For more information on personalised plans, visit my website www.padmakar.com

Looking Ahead

As I look to the future, I am filled with hope and determination. I want to expand my reach, helping more individuals and families understand the incredible benefits of Satwik living and natural healing. I plan to develop more educational resources, workshops, online courses and community initiatives that promote health and wellness through nutrition.

In addition, I envision writing this comprehensive book that consolidates my teachings on nutrition, lifestyle and natural healing. It would serve as a guide for those looking to transform their health through holistic means. I want to include real-life stories, practical advice and easy-to-follow recipes that can help anyone—regardless of their background—make positive changes in their lives.

My son is the embodiment of my dreams and aspirations. I want him to grow up in an environment that values health, wellness and natural living. I hope to pass on my knowledge and passion for nutrition, teaching him to appreciate the importance of what we put into our bodies and the impact it has on our health. I envision us cooking together in the kitchen, sharing stories and discovering new recipes that not only nourish our bodies but also bring us closer as a family.

The Journey Continues

This is not just my story; it is a collective narrative of everyone I've encountered along the way. From my brother's recovery to my sister's miraculous healing, from my journey with bipolar disorder to the joy of becoming a father—each experience is a testament to the power of resilience, hope and the human spirit.

As I close this chapter, I want to remind everyone that healing is possible. No matter how dire the circumstances may seem, there is always a path toward wellness. It starts with understanding the innate power we all possess to heal ourselves through mindful choices, love and support.

This is who I am—a healer, a teacher a husband and a father. My life's work is a reflection of my belief that we can all reclaim our health and vitality. Together, let's embark on this journey of natural healing, empowered by the transformative power of food and a commitment to living our best lives.

The Ripple Effect of Healing

As I continue my journey, I'm increasingly aware of the ripple effect of healing. Each person I help can potentially influence others in their lives, creating a chain reaction of wellness and awareness. The impact of my work extends far beyond the individual; it touches families, friends and communities.

I recall an instance where a client, after successfully reversing her diabetes, became a health advocate in her community. She began hosting workshops to share her story and the dietary changes that had transformed her health. The enthusiasm with which she spoke was infectious and soon her workshops grew into a movement. This wasn't just about one person healing; it

was about empowering others to take control of their health journeys.

Each time I receive a message from a former client thanking me for changing their life, I'm reminded that our health is interconnected. When we invest in our own well-being, we are, in essence, investing in the well-being of those around us. The choices we make today not only shape our lives but also the lives of future generations.

As I look forward, my mission is to cultivate a culture of health consciousness that inspires individuals to embrace the philosophy of “food as medicine.” I envision a world where people prioritize nutrition and holistic health, resulting in reduced chronic diseases and enhanced quality of life.

My story is a living testament to the possibilities that lie ahead when we take charge of our health. With every client I serve, every student I teach and every video I create, I am reminded that we are all capable of extraordinary change.

So, I invite you, dear reader, to join me on this journey. Let's explore the incredible power of nutrition together, share our stories and inspire one another to live our healthiest, happiest lives. The road ahead may be long, but together, we can create a healthier world—one bite, one lesson and one life at a time. May you *heal yourself* to *heal the world*.

With Positive Vibes :)

Dr. Padmakar Kumar

— Saving Lives —

Chapter 01

Discover the True Power of Self-Healing

Introduction

The human body is nothing short of a masterpiece, designed with the innate intelligence to heal itself. This incredible mechanism has been at work since the dawn of humanity, allowing our ancestors to survive in harsh environments without the need for modern medical interventions. Think about it: we cut our skin and within days, the wound closes. We catch a cold and soon our immune system eliminates the virus, restoring our health. These are just simple examples of how our bodies are wired for healing.

But in today's fast-paced world, where stress, processed foods, pollution and an abundance of chemicals invade our lives, we have distanced ourselves from the natural healing abilities of the body. This has led to a rise in chronic diseases such as diabetes, heart disease, cancer and autoimmune conditions, which we are led to believe can only be managed by pharmaceuticals. The truth, however, is that many of these conditions can be reversed by harnessing the body's self-healing potential.

The body is always working towards balance, towards what is known as homeostasis. When we fall ill, it is often because we have created an environment in our bodies that is hostile to healing—through poor diet, stress, negative thoughts and lack of physical activity. The good news is that by changing our lifestyle, we can reset the body and give it the tools it needs to heal itself.

In this chapter, I will share the wisdom I've gathered through years of practice as a "Medical Nutritionist", working with patients across the globe. I will show you how food, the mind, fasting and conscious breathing are the cornerstones of self-healing. Healing is possible for everyone, no matter the illness or the severity of the condition.

The Mystical Healing Powers of the Human Body

The human body's ability to heal itself is nothing short of miraculous. Within each of us lies a life force—an innate healing power capable of both fighting off infections and reversing chronic diseases. 70% of all diseases are lifestyle-related, like diabetes, thyroid disorders, asthma, cancer and heart disease. Yet, our bodies also face infectious diseases, like Dengue or COVID-19. In both cases, our natural healing systems are constantly at work, warding off sickness and restoring balance.

To truly appreciate this healing power, let us consider how the body grows and maintains itself. For example, when I was born, I weighed just 3.5 kg. Today, I weigh 72 kg. How did this transformation happen? Through the food I consumed. Yet, do we truly understand how our bodies turn food into muscle, tissue, bone and blood? We don't—but there is an inner force, perhaps what some call God, which takes over and ensures that the body grows, repairs and sustains itself. Science refers to this

force as the immune system, driven by white blood cells—the silent healers of our body.

Take a broken bone, for example. When a fracture occurs, doctors may set the bone and apply a plaster, but it is the body's healing power that deposits calcium at the fracture site and knits the bone back together. Similarly, when we accidentally cut ourselves, the wound heals even without external intervention. The body's healing process works on its own, reinforcing this miraculous ability.

This innate healing power extends to complex conditions like arthritis, infections and even deeper ailments. However, there is a key condition: healing happens best when the digestive system is not engaged. When digestion is active, it takes up most of the body's energy, leaving little room for healing processes. But when digestion slows or pauses—such as during periods of fasting—the body shifts its focus to repairing and restoring damaged tissues.

This is where the practice of intermittent fasting becomes a powerful healing tool. By creating a window in which digestion is inactive, we allow the body to dedicate time and energy to healing. If we eat lighter meals, such as salads, earlier in the evening, we create a window for healing to begin during the night. After several hours of fasting, the body enters a healing phase, where it can tackle issues such as excess weight, inflammation or even chronic illnesses like kidney stones or asthma. Over time, with consistent intermittent fasting, the body accrues hundreds of hours dedicated to healing, leading to profound health transformations.

Intermittent fasting is not a new practice. It has been studied extensively, even winning a Nobel Prize for research on

angiogenesis—the creation of new blood vessels—which shows how fasting helps repair and rejuvenate the body. People have reversed conditions such as diabetes, lost significant weight and seen improvements in energy levels simply by incorporating fasting into their lives. It is a time-honoured practice seen across many cultures and religions and has been shown to yield remarkable health benefits.

The Body's Innate Healing Mechanism

The body's ability to heal is not something new or mystical. It is an evolutionary gift. Imagine our ancestors who lived in forests, caves and deserts, without any of the comforts of modern medicine. They did not have access to hospitals, doctors or pharmacies, yet they survived—and even thrived—by relying on nature. When they fell ill, they turned to natural remedies, herbs and fasting, which allowed the body to rest and recover.

From a biological standpoint, the body has developed systems over millions of years to deal with injuries, infections and diseases. The immune system, for instance, is a highly complex network of cells, tissues and organs that work together to defend the body against harmful invaders such as bacteria, viruses and fungi. It does this by recognizing these foreign entities and launching an attack to eliminate them.

Moreover, the body has its own internal repair system. Every second, millions of cells in our body die and they are replaced by new ones. This process, known as cell regeneration, is the cornerstone of healing. The liver, for example, has an extraordinary ability to regenerate itself, even when a large portion of it has been damaged or removed. This is just one example of the body's remarkable capacity for self-repair.

But what happens when this natural healing process is disrupted? The answer lies in the choices we make. Poor diet, lack of physical activity, stress and environmental toxins weaken the body's healing ability. Over time, these factors can overwhelm the body's defence mechanisms, leading to chronic disease.

The good news is that by making simple yet powerful changes, we can restore the body's ability to heal and one of the most important factors in this process is the food we eat.

Food as Medicine: The Foundation of Self-Healing

One of the most profound lessons I've learned in my career is that food has the power to heal. When I first started exploring nutrition and its impact on health, I was amazed by how quickly people's health transformed when they changed their diets. This wasn't just about losing weight or lowering cholesterol—these were people reversing diseases that they had been told were incurable.

Food is not just fuel for the body; it is information. Every bite we take sends signals to our cells, telling them how to behave. When we eat highly processed foods that are loaded with sugar, unhealthy fats and chemicals, we are giving our cells poor instructions. Over time, this leads to dysfunction, inflammation and disease.

On the other hand, when we eat whole, natural foods—foods that are rich in vitamins, minerals, antioxidants and phytonutrients—we are providing our cells with the tools they need to repair and heal. It is like giving a craftsman the best quality materials to work with. The body, when given the right nutrients, can rebuild itself, reverse disease and restore health.

The Healing Power of Alkaline Foods

One of the most important concepts in self-healing is the balance between acidity and alkalinity in the body. Our blood is slightly alkaline, with a pH level of around 7.4. However, the modern diet, which is high in processed foods, sugar, dairy and meat, tends to be highly acidic. An acidic environment in the body is the perfect breeding ground for disease, particularly chronic conditions like cancer, heart disease and autoimmune disorders.

To promote healing, we need to shift the body towards an alkaline state. This can be done by eating alkaline foods—primarily ripe fruits, raw vegetables, green leaves, nuts, seeds and certain whole grains. These foods help neutralize acidity in the body, reducing inflammation and promoting cellular repair.

One of the most potent alkaline foods I recommend is ash gourd juice. This humble vegetable, also known as winter melon, is a powerhouse of nutrients and life energy. In my years of practice, I have seen remarkable healing results in clients who start their day with a glass of ash gourd juice. It alkalizes the body, detoxifies the digestive system and provides a burst of oxygen to the cells, all of which are essential for healing.

One simple yet powerful tool to support your body's healing journey is alkaline water. By balancing the body's pH levels, alkaline water can reduce acidity, which is often linked to inflammation and disease. It acts as a natural detoxifier, helping to flush out toxins and promote cellular repair. Staying hydrated with alkaline water also aids digestion, enhances nutrient absorption and boosts energy levels. You can make alkaline water naturally by adding pieces of carrot, beetroot, cucumber, and mint leaves to water and letting it sit for 24 hours. Commercial alkaline water has also emerged as a popular

alternative and growing business in the wellness industry. When combined with a wholesome diet and lifestyle, this small but impactful change can significantly improve your body's ability to heal and regenerate, bringing you closer to the vibrant health you deserve.

The Healing Miracle of Raw Foods

Another key principle in self-healing is the consumption of raw, living foods. Ripe fruits and raw vegetables are rich in live enzymes, which are crucial for digestion and cellular function. When food is cooked, many of these enzymes are destroyed, making it harder for the body to digest and absorb nutrients. By eating more raw foods, we are providing our body with the tools it needs to heal.

For example, if you look at cucumber juice under a powerful microscope, you'll see movements—these are live enzymes. These enzymes play a major role in the healing process. However, when food is processed or overcooked, these essential enzymes are destroyed. If you look at packaged juice under the same microscope, you won't see any movement—all the live enzymes are dead due to processing and packaging. This lack of live enzymes is why I always recommend my patients to drink fresh tender coconut water, and not the "dead" version in packed form. Cooking and packaging strip away the natural healing power, leading to the rise of chronic diseases. By embracing raw foods, we can restore the body's healing ability and support overall health.

The Power of the Mind in Healing

While food is a critical component of self-healing, it is not the only factor. The mind plays an equally important role in the

healing process. In fact, our thoughts, beliefs and emotions can either accelerate or hinder the body's ability to heal.

You've probably heard of the placebo effect, where patients experience real improvements in their condition simply because they believe they are receiving treatment. This phenomenon demonstrates the incredible power of the mind over the body. When we believe that we are healing, our body responds by activating its natural healing mechanisms.

On the flip side, when we are consumed by fear, anxiety and negativity, we weaken our immune system and create stress in the body. This stress response triggers the release of cortisol, a hormone that, when elevated for long periods of time, can lead to inflammation, weakened immunity and disease. Chronic stress has been linked to a wide range of health issues, including heart disease, cancer, digestive disorders and autoimmune diseases.

One of the most powerful tools for harnessing the mind's healing potential is meditation. Meditation has been shown to reduce stress, lower blood pressure, improve immune function and even promote the growth of new brain cells. By quieting the mind and focusing on the present moment, we can shift the body out of the stress response and into a state of healing.

I often recommend a simple meditation practice to my clients, where they sit in silence for 10-15 minutes a day, focusing on their breath and visualizing themselves in perfect health, with their spines erect, eyes closed and hands resting gently on their laps. This practice helps to calm the mind, reduce stress, enhance focus and create a positive mental environment conducive to healing and overall well-being.

The Role of Affirmations in Healing

Another powerful tool for harnessing the mind's healing power is the use of affirmations. Affirmations are positive statements that we repeat to ourselves to reprogram our subconscious mind. Our subconscious mind is responsible for many of the automatic processes in our body, such as digestion, immune function and cell regeneration. By feeding our subconscious mind positive thoughts, we can influence these processes and accelerate healing.

Affirmations work by creating new neural pathways in the brain, reinforcing positive beliefs and reducing stress, which can have a profound impact on our physical health. When we constantly repeat affirmations, we are essentially retraining the mind to focus on healing and well-being instead of fear or illness. This shift in mental focus promotes a state of calm and reduces the body's stress response, which can otherwise weaken the immune system and slow down recovery. Moreover, affirmations help instill a sense of empowerment, which allows individuals to take an active role in their healing journey, enhancing both mental and physical resilience. By aligning the mind with the body's natural healing abilities, affirmations become a powerful tool in supporting recovery and fostering long-term health.

To craft your own affirmations, here's a simple method that I, along with my clients, use. Begin by writing down your affirmation sentences. Examples include: "I am a peaceful and powerful soul," "I am healthy and happy," "I am ready to face the challenges life will throw at me today," "I am getting better day by day," "My health is improving every day," and "I am strong and powerful." Record an audio of these affirmations (4-5 minutes in length) and listen to the audio once within 20 minutes of waking up and once just before going to sleep. Practice this

for twenty-one consecutive days and witness the transformative power of this simple habit. It takes only ten minutes a day. The repetition helps to solidify positive thought patterns and opens the mind to healing, fostering a deeper sense of well-being by feeding positive thoughts to the sub-conscious mind.

Fasting: The Ancient Healing Tradition

Fasting is one of the oldest and most powerful healing practices known to humanity. Throughout history, fasting has been used for both spiritual and physical purification. Ancient civilizations, from the Egyptians to the Greeks, understood that abstaining from food for a period of time allowed the body to heal itself.

In today's world, fasting has gained renewed attention for its health benefits. Studies have shown that fasting can help to reduce inflammation, improve insulin sensitivity, promote cell regeneration and even extend lifespan. When we fast, the body switches from using glucose for energy to using stored fat. This process, known as ketosis, not only helps to burn fat but also stimulates the production of stem cells, which are essential for repairing and regenerating tissues.

One of the most powerful benefits of fasting is autophagy. Autophagy is the body's natural process of cleaning out damaged cells and replacing them with new, healthy ones. This process is essential for preventing disease and promoting longevity. When we fast, autophagy is activated, allowing the body to repair itself at the cellular level.

I often recommend intermittent fasting to my clients, which involves eating within a specific time window and fasting for the rest of the day. For example, one might eat between 10 AM and 6 PM and fast for the remaining 16 hours. This simple practice

gives the digestive system a break, allowing the body to focus on healing.

I also recommend longer water fasts for those who are dealing with chronic illness. Water fast, or a coconut water fast, where one consumes only water or only coconut water for a period of 24 to 72 hours, can be incredibly beneficial for rebooting the immune system and accelerating healing. However, it is important to undertake longer fasts under the guidance of a healthcare professional to ensure safety.

The Healing Power of Conscious Breathing

Breathing is something we do every day, without even thinking about it. But did you know that the way we breathe can have a profound impact on our health? Conscious breathing or the practice of mindful, intentional breathing is one of the most powerful tools for activating the body's self-healing mechanisms.

Recall the last time you got furious on someone. How were you breathing? When we are stressed, our breathing becomes shallow and rapid, which triggers the fight-or-flight response. This response floods the body with stress hormones like cortisol and adrenaline, which, over time, can lead to inflammation, immune suppression and disease. Conversely, when we breathe deeply and slowly, we activate the parasympathetic nervous system, which is responsible for relaxation and healing.

One of the most effective breathing techniques for healing is pranayama, an ancient yogic practice that involves controlling the breath to increase the flow of *prana*, or life energy, throughout the body. Pranayama has been shown to reduce

stress, lower blood pressure, improve lung function and even boost the immune system.

A simple pranayama technique that I recommend to my clients is *naadi shodhana*, or alternate nostril breathing. This practice involves inhaling through one nostril while closing the other, then exhaling through the opposite nostril. By alternating the breath in this way, we balance the flow of energy in the body and calm the mind. Many of my clients who adopt this practice, combined with a plant-based diet, report not only physical healing but also mental clarity, reduced anxiety and a greater sense of peace.

Conclusion

As we conclude this chapter, remember one simple truth: your body is a miracle. It possesses the innate power to heal, renew and thrive, no matter what challenges you face. Every cell, tissue and organ in your body works with the singular purpose of keeping you alive and healthy. The human body's natural inclination is towards health, not disease and when you align with it, astonishing transformations are possible.

Throughout history, ancient healers and modern Science have revealed one key lesson—the body knows how to heal itself when given the right conditions. Healing is not just a physical process but an emotional and spiritual journey. When you shift your mind-set from fear to trust, you unleash the body's natural healing energy.

Healing begins in the mind. Every thought, word and action sends signals to your body about whether to fight or thrive. Positive affirmations, fasting and mindful breathing help support your body's ability to repair itself.

You are a powerful being and your body is designed to heal. With every conscious choice you make, you bring yourself closer to health and balance. Embrace this power, trust in your body's wisdom and watch as healing unfolds in extraordinary ways. Your journey to well-being starts now.

Chapter 02

Build Faith as the Cornerstone of Healing

Introduction

Faith is often described as an abstract belief, a conviction in something greater than ourselves. It could be in God, the universe or simply in the body's capacity to heal itself. But faith, in the context of healing, takes on a dynamic role that transcends simple belief. It becomes a guiding force that allows individuals to overcome physical ailments, emotional distress and mental blockages. When integrated with mindful living and plant-based nutrition, faith becomes a holistic tool for transformation and recovery, helping the mind, body and spirit align in a way that supports true healing.

In the context of plant-based nutrition and healing, faith emerges not just as belief in something beyond the physical but also as a trust in nature's ability to provide what is needed for the body to thrive. It becomes the foundation for the choices we make about our diet, lifestyle and even our approach to medicine. Throughout this chapter, we will delve into the relationship between faith and healing, explore real-life examples of miraculous recoveries where faith played a pivotal role and compare these cases with the scientific concept of the placebo

effect. We will also explore how faith can be applied practically in everyday life, alongside mindfulness and plant-based nutrition, to support holistic healing.

Faith is not a passive belief; it is an active engagement with life. It is the willingness to face challenges head-on while trusting that the universe will provide the tools needed for recovery. This chapter will show how faith, when combined with mindfulness and a nutritious, plant-based diet, can unlock the body's natural ability to heal and create profound changes in one's physical and emotional health.

The Power of Faith in Healing

Faith has long been recognized as a powerful tool in the healing process. Throughout history, stories of miraculous recoveries have often centred on the role that faith played in the outcome. Faith is more than just a spiritual concept—it is a fundamental aspect of the healing journey that touches on the psychological, emotional and physiological levels.

Consider the story of Shirdi Sai Baba, a revered Indian saint known for his miraculous healing powers. Sai Baba's healing abilities were said to transcend traditional medicine and his devotees would travel from far and wide to seek his blessings. One of the most famous stories associated with Sai Baba is that of a blind man who regained his vision after drinking water touched by the saint. According to the story, the man's faith in Sai Baba was so strong that his body responded to his belief and his sight was restored.

Sceptics may argue that such miracles are the result of coincidence or other factors, but the power of faith should not be underestimated. The blind man's recovery can be understood in

the context of the placebo effect—a well-documented phenomenon in which a patient experiences real improvements in their health after receiving a treatment with no therapeutic value. The key to the placebo effect lies in the patient's belief that the treatment will work. In this case, the blind man's unwavering faith in Sai Baba may have activated his body's natural healing mechanisms, resulting in what appeared to be a miraculous recovery.

The placebo effect demonstrates that belief and faith can have a tangible impact on the body's ability to heal. In clinical trials, patients who receive placebos—treatments that have no active ingredients—often experience significant improvements in their symptoms, simply because they believe they are receiving effective treatment. This phenomenon is not limited to subjective experiences such as pain relief. In some cases, patients have experienced improvements in measurable outcomes such as blood pressure, heart rate and immune function.

The Intersection of Faith and Medical Treatment

The placebo effect provides a scientific explanation for how faith can influence health outcomes. In essence, the placebo effect is a manifestation of the mind-body connection. When you believe that you are receiving effective treatment, your brain releases chemicals such as endorphins and dopamine that can reduce pain and improve mood. In some cases, the belief in a treatment can even trigger the body's immune system to respond more effectively to illness.

One striking example of the placebo effect in action is a study conducted on patients with Parkinson's disease. In this study, patients were given a placebo and told that it was a new, effective treatment for their condition. Remarkably, many of the

patients showed significant improvements in their symptoms, including reduced tremors and improved motor function. The placebo activated the release of dopamine, a neurotransmitter that is deficient in Parkinson's patients, leading to real, measurable changes in their condition. This study highlights the extraordinary power of faith and belief in influencing health outcomes.

In modern medicine, faith is often overlooked as a critical component of healing. The focus tends to be on the physical aspects of treatment—medications, surgeries and other interventions—while the psychological and emotional aspects of healing are sometimes neglected. However, research on the placebo effect demonstrates that the mind plays a crucial role in the healing process. When patients have faith in their treatments, they are more likely to experience positive outcomes, even if the treatment itself is inert.

Consider paracetamol, a commonly used medication for reducing fever and pain. Clinical trials have shown mixed results: about half the patients experienced a reduction in fever, while the other half saw no change and even reported side effects. Yet, paracetamol remains widely trusted by millions. In real-life use, most people find relief when taking it. This discrepancy between trials and actual experiences can be explained by patients' belief in the drug and the medical system, which enhances its effectiveness and leads to better outcomes.

Real-Life Examples of Miraculous Recoveries

Faith-based healing is not limited to religious or spiritual figures like Sai Baba. Throughout history, there have been numerous documented cases of individuals experiencing miraculous recoveries, often attributed to their unwavering faith. One of the

most well-known examples is that of Anita Moorjani, whose story gained worldwide attention after she was diagnosed with terminal cancer. Moorjani was given only hours to live when she fell into a coma. During this time, she reported experiencing a near-death experience, during which she reached a state of deep understanding and awareness. She realized that her body had the ability to heal itself if she could let go of her fears and embrace her life fully. 'Faith' is the antidote to 'fear'.

When she awoke from the coma, doctors were stunned to find that her cancer had begun to disappear. Within weeks, her tumours had shrunk dramatically and she eventually made a full recovery. Moorjani attributes her healing to the deep sense of peace and faith she experienced during her near-death experience. Her story is a powerful example of how faith can play a critical role in the healing process, even when the odds seem insurmountable.

Another famous case of miraculous recovery is that of Dr. Joe Dispenza, a neuroscientist who was severely injured in a cycling accident. Dispenza was told by doctors that he would never walk again unless he underwent risky surgery. Instead of opting for surgery, Dispenza chose to use the power of his mind to heal his body. Through intense visualization and meditation, he focused on reconstructing his spine and restoring his mobility. Remarkably, Dispenza made a full recovery, defying all medical expectations. His story highlights the potential of the mind to influence physical healing, particularly when faith and belief are involved.

These real-life examples of miraculous recoveries demonstrate that faith is not just a theoretical concept—it is a powerful force that can influence the body's ability to heal. Whether through spiritual practices, meditation or a deep connection to the present

moment, faith can unlock the body's natural healing potential and lead to outcomes that defy conventional medical explanations.

The Synergy of Faith, Mindfulness and Nutrition

Faith is not just about belief in a higher power or in the body's ability to heal; it is also about trusting the natural world to provide the nourishment needed for health and well-being. Plant-based nutrition is a perfect example of how faith in nature can support healing. When we choose to nourish our bodies with whole, plant-based foods, we are placing our faith in the healing power of nature. We trust that the vitamins, minerals and other nutrients found in plants will support our health, reduce inflammation and protect us from disease.

The synergy between faith, mindfulness and plant-based nutrition is profound. Mindfulness allows us to be present with our food, to eat with awareness and gratitude. Faith gives us the trust that the food we eat will nourish and heal us. And plant-based nutrition provides the physical foundation for healing, offering the body the nutrients it needs to function optimally. Not to forget, the brain is also a part of the body and it gets its nutrition from the stomach. Together, these three elements create a holistic approach to healing that supports not just the body, but the mind and spirit as well.

One of the key aspects of plant-based nutrition is its ability to reduce inflammation, which is at the root of many chronic diseases. When we eat a diet rich in fruits, vegetables, whole grains and legumes, we are providing our bodies with the antioxidants, fibre and phytonutrients needed to fight inflammation and promote healing. But the benefits of plant-based nutrition go beyond the physical. When we eat mindfully

and with faith, we are also nourishing our spirits. We are engaging in a practice of self-care that honours our bodies and the natural world.

Consider the case of Dr. Dean Ornish, a pioneering researcher in the field of lifestyle medicine. Ornish's studies have shown that a plant-based diet, combined with stress reduction techniques such as mindfulness and meditation, can not only speed up but also more effectively reverse heart disease. His research demonstrates the powerful connection between faith, mindfulness and nutrition in supporting healing. Patients who adopt a plant-based diet and engage in mindfulness practices often report not only quicker recovery but also a greater sense of well-being and peace.

The synergy between faith, mindfulness and plant-based nutrition is also evident in the work of Blue Zones, regions around the world where people live the longest and healthiest lives. In these regions, such as Okinawa, Japan and Sardinia, Italy, residents often follow plant-based diets rich in whole foods. They also engage in mindfulness practices, such as prayer or meditation and have a deep sense of faith—whether religious or spiritual—that supports their overall well-being. The combination of these factors creates a powerful foundation for longevity and health.

It is also in my personal experience that most of my clients, who follow my advice religiously and with unwavering faith, get the desired results sooner and a few who ask too many intellectual questions and lack faith in the process, struggle in so many different ways. It is rightly said – ‘If you think you can, or if you think you cannot, you're right both the ways’. Faith, belief and commitment play a crucial role in the healing journey, often determining the speed and effectiveness of the results.

Faith and the Present Moment: The Path to Healing

At the heart of faith is the ability to live fully in the present moment. Osho teaches that the present moment is the only reality we have. The past is gone, the future is uncertain, but the present moment is where healing takes place. To heal, we must bring our full awareness to the present moment and trust in its power.

When we practice faith in the present moment, we let go of the need to control the outcome of our healing journey. We stop worrying about whether or not we will recover and instead, we focus on what we can do right now to support our health. This might mean practicing mindfulness during a meal, choosing nourishing, plant-based foods, or simply sitting in stillness and breathing deeply. Whatever the action, the key is to bring our full awareness to it and trust that, by doing so, we are contributing to our healing.

This practice of staying present is not always easy. The mind loves to wander—to dwell on the past or worry about the future—but each time we bring ourselves back to the present moment, we strengthen our faith. We learn to trust in the process of life, even when it is difficult and we begin to experience the profound healing that comes from being fully present.

One powerful example of the importance of staying present in the healing process comes from the work of Dr. Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction (MBSR). Kabat-Zinn's research has shown that mindfulness practices can significantly reduce symptoms of stress, anxiety and depression, and even improve physical health outcomes such as immune function and chronic pain. His work demonstrates that by staying

present with our thoughts, emotions and sensations, we can support our body's natural ability to heal.

The connection between faith, mindfulness and the present moment is essential for healing. When we practice faith in the present moment, we create the conditions for our bodies and minds to heal. We let go of the need to control the outcome and instead focus on what we can do right now to support our health and well-being.

Breaking Free from Cycles

Many of us find ourselves trapped in repetitive cycles—whether they are emotional, mental or physical. These cycles can feel like prisons, keeping us stuck in patterns of behaviour that no longer serve us. But faith and awareness provide a way out of these cycles. When we cultivate faith, we trust that change is possible. When we practice awareness, we become conscious of the cycles and can begin to break free from them.

Faith is the key to breaking free from cycles because it gives us the strength to face the unknown. When we are trapped in a cycle, it can be tempting to cling to what is familiar, even if it is causing us pain. But faith allows us to let go of the old patterns and trust that something better is waiting for us on the other side. Awareness, meanwhile, gives us the tools to recognize the patterns and take action to change them.

One powerful example of this comes from the story of one of my three closest friends, Prashant, who was struggling with addiction. For years, he had been trapped in a cycle of smoking, unable to break free despite numerous attempts at rehabilitation. It wasn't until he began practicing mindfulness and cultivating faith in his ability to change that he was able to break the cycle.

By becoming aware of his triggers and learning to stay present with his cravings, he was able to create new, healthier patterns of behaviour. Faith played a crucial role in his recovery as I reminded him periodically, that 'faith' is the antidote to 'fear'. This gave him the strength to trust that he could heal, even when the process was difficult.

Conclusion

Faith is a powerful force in the healing process, whether it manifests as belief in a higher power, trust in the body's ability to heal, or confidence in the natural world's ability to provide nourishment. When combined with mindfulness and plant-based nutrition, faith becomes a dynamic tool for transformation, supporting healing on every level—physical, mental, emotional and spiritual.

The stories of miraculous recoveries, the placebo effect and the power of mindfulness all point to the profound connection between the mind and body. Healing is not just about treating symptoms; it is about nurturing the whole person. By cultivating faith, practicing mindfulness and nourishing ourselves with plant-based foods, we create the conditions for true healing to occur.

If you've come this far in this book with focus, I'm quite certain that you already have an intrinsic faith in nature. You trust that plant-based eating discipline shall help you heal naturally and you would love to be the best version of yourself in terms of you as a body-mind system soon. You now have an in-depth understanding of the power of self-healing. The rest of the book will give you the needed understanding and the tools to take charge of your health completely.

Let's embrace faith, not as something distant or abstract, but as a living practice that guides us on our journey to health and wholeness. Let's trust in the body's ability to heal, in the wisdom of the present moment, and in the power of nature to nourish and support us. In doing so, we unlock the body's natural healing potential and create the conditions for profound transformation. Let's get ready to be our own doctors.

Chapter 03

Beware of Fallacious Medical Guidelines

Introduction

In the modern era, the field of medicine is assumed to be driven by evidence and the rigorous application of scientific research. People trust the medical system to protect their health and guide them toward the best outcomes. However, beneath the surface lies a troubling reality: many of the medical guidelines that shape diagnosis and treatment are not rooted in genuine concern for patient well-being but are instead influenced by powerful pharmaceutical interests. These guidelines have continually shifted over time, not because of advancements in our understanding of diseases, but often because of economic motivations, leading to the over-medicalization of society.

In this chapter, we will explore how mainstream medical guidelines often overlook the potential of natural healing, steering people toward lifelong medication regimens that fail to address the root cause of diseases. We will delve into how modern medicine's obsession with numbers and thresholds has created an epidemic of over-diagnosis, driving more people to

rely on medications. The story of how diseases such as diabetes, high blood pressure, cholesterol and others have been redefined over time will provide insight into how medical guidelines have shrunk, resulting in the over-prescription of pharmaceuticals. Let's challenge these current practices and offer a more holistic, natural approach to health.

The Shrinking Guidelines of Diabetes

One of the best examples of how modern medical guidelines have fallen into fallacy is the ever-changing diagnosis of diabetes. For many years, the diagnosis of diabetes was fairly straightforward—high blood sugar was considered a marker of the disease. Yet, what was considered "high" blood sugar has changed dramatically over the years, resulting in millions of people being diagnosed with diabetes and prescribed medication unnecessarily.

Let me take you through a journey of how diabetes, a disease that once had a clear-cut definition, has become over-diagnosed due to shifting goalposts.

Our body is made up of millions and billions of cells and in order to stay alive, these cells must receive a constant supply of energy. The energy comes from sugar in the blood, which the cells burn to stay alive and this is why we remain alive as long as there is sugar in our blood. It means that the very fact that you are reading this book and understanding it right now is because there is sugar in your blood, which is feeding your brain cells.

So, it is evident that having sugar in your blood is a good thing. But what happens when the sugar level in the blood becomes too high? This is where things can go wrong. In our body, everything has a range—temperature, blood pressure,

cholesterol, calcium, magnesium and so on. If anything goes beyond this range—whether too low or too high—it leads to problems. In medical language, this balance is called homeostasis.

For example, the air pressure in a car tire has a range—too much pressure can be dangerous and too little can also be dangerous. Similarly, blood sugar must stay within a certain range. If it falls below a certain level, it leads to hypoglycaemia and if it rises above a certain level, it results in hyperglycaemia (diabetes).

If I were to explain why diabetes is dangerous, I would compare our circulatory system to the transportation system of a city. Just as cars flow through streets, blood flows through our veins. Now, imagine if there were traffic jams everywhere in the city—vehicles would be stuck, and important goods wouldn't be able to reach their destinations. Similarly, when there is too much sugar in the blood, organs stop receiving energy and begin to die. Over time, high blood sugar can lead to kidney failure, heart disease, blindness and even limb amputations.

Now, the important question arises—how much sugar in the blood is considered high? What range of blood sugar levels classifies someone as diabetic?

Before 1979, there was no definitive answer to this question. All we knew was that normal blood sugar meant fewer diseases and high blood sugar meant more diseases. However, in 1979, the National Diabetes Data Group (NDDG) provided the first guideline: if blood sugar exceeded 200 mg/dL, it would be classified as high or diabetes. This meant that if there were more than 2 grams of sugar per litre of your blood, you were considered diabetic.

In 1997, the American Diabetes Association (ADA) revised this guideline, stating that if your blood sugar was above 126 mg/dL, you would be classified as diabetic. The World Health Organization (WHO) echoed this in 1999. In 2003, the ADA further reduced the threshold to 100 mg/dL. So, after 2003, if your blood sugar was above 100 mg/dL, you were considered diabetic.

Fast forward to 2010, and new guidelines were introduced. Fasting blood sugar was set at 100 mg/dL, postprandial (2 hours after eating) blood sugar was capped at 140 mg/dL and hbA1c (glycated hemoglobin) was set at 5.6%. Hence, a new class of diabetic patients was invented—pre-diabetic patients. Now, in today's world, no one is considered healthy anymore. If you go to a doctor, you're either diabetic or pre-diabetic. The definition of diabetes has expanded so much that, technically, everyone falls into one of these categories.

As these numbers continue to drop—from 200 mg/dL to 126 mg/dL to 100 mg/dL—it is like playing a football game where the goalpost keeps getting smaller and smaller. Eventually, the goalpost becomes smaller than the ball, making it impossible to score. Similarly, with diabetes, the thresholds have been lowered to the point where almost everyone is considered at risk and patients are prescribed medication even if they don't truly need it.

One particularly interesting study published in *Endocrine Practice* in 2005 found that 55% of people worldwide have fasting blood sugar levels higher than their postprandial levels. This is due to the phenomenon known as the Dawn Phenomenon, in which the brain signals the liver to release glucose into the bloodstream in the early morning hours to provide energy before breakfast. As a result, fasting blood sugar

may appear higher than postprandial levels, even though this is not necessarily a cause for concern. This phenomenon is called the Dawn Phenomenon and it is a sign that your brain is coordinating well with your body.

Interestingly, before 2005, fasting blood sugar levels weren't even checked. Yet today, fasting sugar has become a critical component of diabetes diagnosis, often leading to unnecessary prescriptions of diabetes medication.

Here's the kicker—when the American Diabetes Association was asked how it determined these ever-decreasing numbers, they replied in their own journal, stating: "We thought that this number would be right for mankind." Essentially, a group of eight people decided, without any solid evidence, that a lower threshold would be beneficial for everyone. And if these numbers turn out to be incorrect, they said, they would change them again.

In reality, the same pharmaceutical companies that produce diabetes medication fund the American Diabetes Association. The entire process of reducing the diagnostic threshold for diabetes appears to be driven more by financial interests than scientific evidence. Sadly, the result is that 70% of diabetic patients are on medication purely because of these arbitrary numbers. These patients never truly had diabetes, but their doctors follow protocols set by organizations with conflicts of interest.

What's worse is that once someone is on diabetes medication, they often become a true diabetes patient due to the medication itself. In fact, the side effect of diabetes medication is diabetes.

In 1974, the National Diabetes Data Group (NDDG) conducted a study in which they monitored the blood sugar levels of 1,213 people daily for four years. After four years, 77 of these participants developed retinopathy (an eye disease associated with diabetes). When researchers analysed the data, they found that none of the participants with blood sugar levels below 200 mg/dL developed retinopathy. This is where the 200 mg/dL threshold (suggested by NDDG as the first ever diabetes guideline in 1979) came from.

Similarly, the WHO conducted a similar survey and set the threshold at 250 mg/dL. Other trials around the world produced varying numbers, ranging from 242 mg/dL to 298 mg/dL. However, one of the most popular studies was conducted by the National Institute of Diabetes in 1982, which set the diabetes threshold at 227 mg/dL. Importantly, these studies measured blood sugar using blood drawn from veins, whereas modern glucometers measure blood from capillary blood in the fingertips, which tends to have 10% higher sugar levels.

So, if you add 10% to the 227 mg/dL threshold, you get 249.7 mg/dL—almost exactly 250 mg/dL. In other words, a blood sugar level of more than 250 mg/dL may indicate the need for diabetes medication, but anything below this threshold is likely normal. This is the truth in reality. However, by continually lowering the threshold, more and more people are labelled as diabetic and placed on medication, even though their bodies are functioning normally.

By now, you should have understood that only if your blood sugar exceeds 250 mg/dL can you be truly classified as diabetic. If your levels are below this, your body is managing your sugar just fine, based on your lifestyle. Still, if one wants to be on a safer side, keeping blood sugar less than 200 mg/dL should be

the target which is in coherence with the first ever diabetes guideline issued by National Diabetes Data Group (NDDG) in 1979.

When I, along with a few other doctors, began questioning and exposing the fallacies in the diabetes guidelines set by the American Diabetes Association (ADA) around 7-8 years ago, a significant shift occurred. We highlighted how arbitrary these thresholds were and how they created millions of unnecessary diabetes diagnoses. In 2022, perhaps in response to this growing discourse, the ADA issued a new guideline stating that a person should only be considered diabetic if their postprandial blood sugar (2 hours after eating) exceeds 200 mg/dL on at least two separate occasions.

While some diagnostic centres have begun to adopt this new guideline, the majority of medical institutions, hospitals and doctors are still reluctant to implement it in 2024. The reason behind this resistance is simple: they stand to lose a significant source of revenue. If this new guideline were fully adopted, millions of people who are currently labelled as diabetic or pre-diabetic would no longer qualify for these diagnoses. This would lead to a substantial reduction in the number of people being prescribed diabetes medications, requiring regular monitoring or needing frequent medical consultations.

For many healthcare providers, pharmaceutical companies and diagnostic centres, this would mean a considerable decrease in profits. Consequently, despite the new ADA guideline, most of the healthcare industry continues to cling to the out-dated thresholds, prioritizing monetary gain over patient welfare. If this new guideline were followed properly, it would result in the reclassification of millions of patients worldwide, restoring their health status and liberating them from unnecessary treatments.

The Fallacy of Blood Pressure Guidelines

Blood pressure is another area where medical guidelines have changed drastically over the years, leading to the unnecessary medicalization of millions of people. Just as with diabetes, the threshold for what is considered "high" blood pressure has steadily dropped, expanding the number of people labelled as hypertensive.

Let me explain how the medical industry has misled us about blood pressure and how we can rid ourselves of these artificially imposed burdens.

Blood pressure is nothing more than the force exerted by blood against the walls of blood vessels as it circulates through the body. Without this pressure, the body would not function—blood would not reach the organs and tissues that need it. So, the idea that blood pressure is inherently bad is misguided. What we should be concerned about is excessively high or low blood pressure.

One of the common explanations you hear about high blood pressure is that it is caused by blockages in the blood vessels. If a blockage occurs in one's blood vessels, the pressure increases, just as the pressure of water increases when a hose is blocked. However, this explanation misses the fact that there are other reasons why blood pressure might rise.

One of the most prevalent phenomena related to blood pressure is called "white coat syndrome." This occurs when a person's blood pressure spikes simply because they are in a medical setting, usually because of anxiety. Many people have experienced this—when they go to the doctor for a check-up, their heart starts racing and their blood pressure rises. If they are

in a high-end hospital with an experienced doctor, their blood pressure may spike even more. As a result, the doctor diagnoses them with high blood pressure and prescribes medication.

What is often not acknowledged is that as soon as the patient leaves the hospital, their blood pressure returns to normal. In fact, a significant portion of people who are diagnosed with high blood pressure—around 77%—are not actually suffering from hypertension. They are simply experiencing white coat syndrome, which means their high blood pressure is caused by the stress of being in a medical setting.

To give you an idea of how arbitrary the guidelines for blood pressure can be, let me ask you a question: What is the safe speed for riding a motorcycle? You might say 40 km/h, or 30 km/h, or even 20 km/h. But the truth is—there is no single safe speed. The safe speed depends on the road conditions, the driver's experience and the environment. Just as there is no single safe speed for driving, there is no single ideal blood pressure number.

However, doctors today will tell you that your blood pressure should always be 120/80 mmHg. They will say that this is the ideal blood pressure for everyone and any deviation from this is dangerous. But this is as ridiculous as saying that you should always drive at 30 km/h, no matter the road conditions.

Blood pressure fluctuates throughout the day, depending on your activities, emotions and environment. For example, if you encounter a snake, your blood pressure will rise immediately. This is a natural response designed to prepare your body to either fight or flee. High blood pressure in this context is a survival mechanism, not a disease.

The problem arises when people are put on blood pressure medication to keep their levels artificially at 120/80 mmHg all the time. What would happen if you encountered a snake while on such a medication that always keeps your blood pressure at 120/80? Your body won't be able to react appropriately and you'll be left vulnerable to danger. The fact is—our bodies are designed to handle temporary fluctuations in blood pressure. Trying to keep blood pressure constantly low can have harmful consequences.

The ideal blood pressure for a person depends on many factors, including their age and lifestyle. For example, before 1997, a blood pressure reading of 160/100 mmHg was considered normal. But after 1997, the threshold was lowered to 140/90 mmHg and today, it is considered to be 120/80 mmHg. This constant lowering of the threshold has led to millions of people being diagnosed with hypertension and placed on medication unnecessarily.

The truth is that a blood pressure reading of 160/90 mmHg (or systolic + diastolic pressure < 250 mmHg) is still within the safe range for many people, especially older adults. Yet doctors continue to scare patients into believing that they are at risk of heart disease or stroke unless they take medication to lower their blood pressure.

I have seen many patients who have been diagnosed with high blood pressure simply because their doctor followed these ever-changing guidelines. The first thing I do is stop their medication. I take full responsibility for this and I make sure that the nutrients (as medicine) they need are provided through their diet. In most cases, their blood pressure returns to normal within a month, regardless of whether they have had high blood pressure for three years or thirty years.

Again, if you go by the new guidelines for blood pressure, 140/90 mmHg should be considered normal but, the healthcare professionals and hospital systems are reluctant to follow this new guideline as they see huge monetary loss in it.

Blood pressure medication does not cure high blood pressure. In fact, I have never heard of anyone whose blood pressure was permanently fixed by taking medication. On the other hand, I have seen countless cases where patients were able to normalize their blood pressure simply by changing their diet and lifestyle. The key is to focus on natural healing, not medication.

The Truth about Cholesterol and Statins

One of the greatest fallacies in modern medicine is the idea that high cholesterol causes heart disease. This belief has been perpetuated for decades, leading to the widespread prescription of statins—cholesterol-lowering drugs. However, the reality is that cholesterol is not the villain it has been made out to be.

Cholesterol is an essential molecule in the body. It is used to produce hormones, build cell membranes and support brain function. Consider the example of an egg. The energy inside an egg is derived primarily from cholesterol—62% of it, to be exact. Without this high cholesterol content, the egg could not develop into a chicken. The same is true for human life—high cholesterol is essential for the growth and development of a foetus. Women who want to become mothers must have high cholesterol levels and they should avoid taking any medication that lowers their cholesterol, as this can lead to infertility or birth defects.

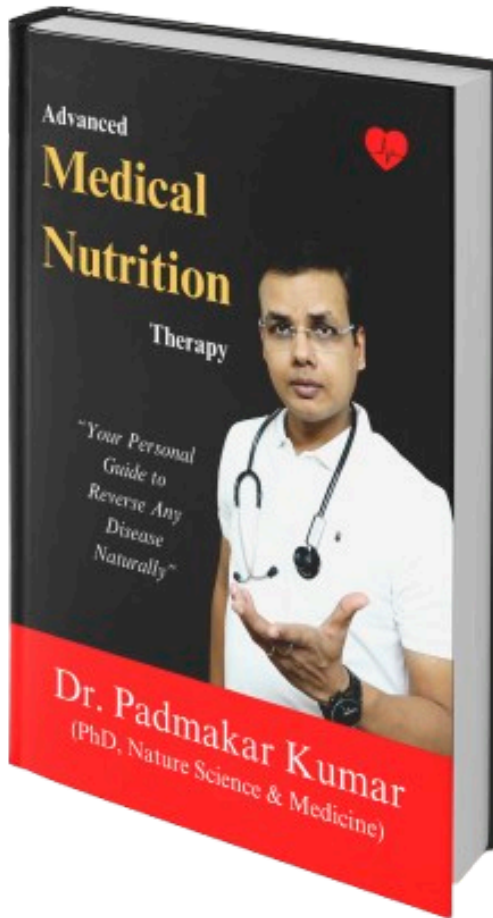
Cholesterol is equally important for men who want to become fathers. Studies have shown that statins, the most commonly

prescribed cholesterol-lowering drugs, can reduce sperm count by 11% and increase the risk of erectile dysfunction by 51%. This means that men who take statins may find themselves struggling with infertility as well as erectile dysfunction.

But the dangers of statins don't stop there. A study published in the *New England Journal of Medicine* found that women who take statins have an 11-fold increased risk of developing breast cancer. That's not an 11% increase—it is an 11-fold increase, meaning their risk of breast cancer is 11 times higher than that of women who do not take statins. Additionally, the FDA has issued warnings that statins can cause diabetes, muscle damage, and memory loss.

The connection between statins and memory loss is particularly troubling. The brain is made up of a large amount of cholesterol, and it produces its own cholesterol, independent of the rest of the body. The brain is protected by a barrier known as the blood-brain barrier (BBB), which prevents cholesterol from entering or leaving the brain. However, when people take statins, the cholesterol in their brain is also reduced, leading to memory problems, anxiety and restlessness.

Given the overwhelming evidence of the dangers of statins, one might wonder why doctors continue to prescribe them. The answer lies in the fact that the medical system is not based on Science—it is based on culture. In India, for example, a doctor might check a patient's blood sugar if they complain of fatigue. In the United States, a doctor would check the patient's blood pressure if the patient is fatigued. In Germany, the doctor might diagnose the patient with heart failure, while in Finland they might be referred to an oncologist. Despite these different approaches, each doctor believes they are treating the patient



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