

Devendra Vora 1

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Based on acupressure and other natural therapies, simple practical way to perfect health Devendra Vora 2005-10-01 World renowned Acupressurist Dr.Devendra Vora has analysed that the pressure applied on certain points located in the palms and soles helps to stimulate all organs of the body, prevents diseases and assists in maintaining good health. Acupressure also enables one to diagnose and cure disease like Common Cold, Diabetes, High Blood Pressure, Migraine, Paralysis and even Cancer. Dr. Devendra Vora has proved that all dreaded diseases like Allergy, Cancer, Thalassaemia and HIV/AIDS are only Paper Dragons which can be easily defeated. The learned author has shown how all these dreaded diseases can be prevented and cured. And all that without any cost or side effects.

OF COURSE I LOVE YOU Durjoy Datta 2013-11-15 Let love be your guide... All Debashish cares about is getting laid. His relationships are mostly shortlived and his break-ups messy until he falls in love with the beautiful and mysterious Avantika. When she returns his feelings, he is thrilled. However, his joy is short-lived as Avantika walks out of the relationship. A brokenhearted Debashish plunges into depression and his life takes a dizzying downward spiral. He finds himself without a job, friends, or a lover. Loneliness strikes him hard. That is when his friend Amit comes to his rescue and they start putting the pieces of his life back together. Things begin to look up, but Debashish is still pining for Avantika. Will she come back and make his life whole again, or will he continue to pay for his mistakes?

Acupressure Vikas Khatri 2019-10-25 Acupressure is the branch of traditional Chinese medicine that is used to prevent and treat disease by exerting pressure at certain key points in the patient's body. Within the context of acupressure, it is accepted that these points are part of a system and are connected by meridians. Preliminary examination of the patient reveals which points and meridians need to be stimulated in order to treat a particular illness or health problem. This book discusses the concept of Qi, or energy, as a basis for acupressure in particular. This discussion includes consideration of the forces referred to as yin and yang, the five organ networks, and the relationships of the phases and networks in diagnosing and treating health problems, and concludes with the introduction of diagnostic procedures and treatment of disorders. Starting with origin of acupressure, techniques & methods, reflexology, emotional healing, points & meridians, warnings to cure, the

book explains points where pressure has to be exerted to provide relief from 53 ailments, such as Skin problems, Allergies, Breathing problems, Fatigue, Backache, Cold, Constipation, Depression, earache, Eyestrain, Frustration, Hair loss, Hangovers, Headache, Migraine, Heartburn, Indigestion, Blood pressure, Immune system, Sexual problems, Insomnia, Knee pain, memory improvement, Body pain, Toothache, Weight management etc.

Money and Tough Love Liaquat Ahamed 2014-07-24 For the world's bankers, it is not April that is the cruellest month, but September. It is when most financial crises hit and the world's stock markets have their biggest tumbles. During the 19th and 20th century it was thought that the pattern was caused by the crop seasons. But even as agriculture has declined dramatically in significance, the seasonal spike continues. Perhaps it has to do with the end of the vacation season: all those well-heeled bankers, returning to work after the long hazy days of summer, are jolted back into reality.

Improving Food Safety Through a One Health Approach Institute of Medicine 2012-10-10 Globalization of the food supply has created conditions favorable for the emergence, reemergence, and spread of food-borne pathogens-compounding the challenge of anticipating, detecting, and effectively responding to food-borne threats to health. In the United States, food-borne agents affect 1 out of 6 individuals and cause approximately 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths each year. This figure likely represents just the tip of the iceberg, because it fails to account for the broad array of food-borne illnesses or for their wide-ranging repercussions for consumers, government, and the food industry-both domestically and internationally. A One Health approach to food safety may hold the promise of harnessing and integrating the expertise and resources from across the spectrum of multiple health domains including the human and veterinary medical and plant pathology communities with those of the wildlife and aquatic health and ecology communities. The IOM's Forum on Microbial Threats hosted a public workshop on December 13 and 14, 2011 that examined issues critical to the protection of the nation's food supply. The workshop explored existing knowledge and unanswered questions on the nature and extent of food-borne threats to health. Participants discussed the globalization of the U.S. food supply and the burden of illness associated with foodborne threats to health; considered the spectrum of food-borne threats as well as illustrative case studies; reviewed existing research, policies, and practices to prevent and mitigate foodborne threats; and, identified opportunities to reduce future threats to the nation's food supply through the use of a "One Health" approach to food safety. Improving Food Safety Through a One Health Approach: Workshop Summary covers the events of the workshop and explains the recommendations for future related workshops.

Yoga for Beginners: 2 in 1 yoga book bundle/ 5 "s" s of yoga book for adults and Children Newbee Publication 2022-06-14 Two in One Yoga Book Bundle(yoga book for adults and yoga book for children) In The present time, our brain is super wired-up with social media and digital media influences. It seems like a never-ending process. In the age of information overload, it is overloading our brains with junk files, and we are filling our brain's hard drives with unwanted, unrealistic, and unsettled thoughts. Are you forgetting things, and it is affecting your performance? If you start to forget things and feel that reducing your ability to manage your professional and personal life. This book is for you. For example, we never notice how we breathe; we can

only see our breath when it runs fast or very slow. We can survive without food and water for a few days, but we can not survive more than 3 minutes without breathing. Therefore, everyone understands that we are dead if we are not living, and we all know its importance. Are we doing anything for it? This book is about the power of pranayama yoga, breathing correctly, and using scientific knowledge of Chakras and pranayama yoga to achieve the five most crucial S s of our life. Self-Discipline Self- Control Self-Motivation Self-Healing Self-Realization This book will empower you with your "inner self" and asanas that help to achieve. It will also explain some handy and powerful Pranayama yoga techniques you can incorporate into your daily life. This book will enlighten you with: The power of Pranayama Yoga Yoga Poses to enhance your inner self Regulator of Body – align with Chakras A set of pranayama yoga that can perform as daily rituals It is a set of two books - yoga books for adults and a yoga book for Children (a guide for parents to learn how to incorporate yoga into their children's lives. This book contains: Coloured images of Asanas make them easy to understand and perform. Simple and easily understandable language A step-by-step explanation of poses

Clinical Acupuncture Anton Jayasuriya 2002

Health Books Health In Your Hands Devendra Vora 1997* World renowned Acupressurist Dr.Devendra Vora has analysed that the pressure applied on certain points located in the palms and soles helps to stimulate all organs of the body, prevents diseases and assists in maintaining good health. Acupressure also enables one to diagnose and cure disease like Common Cold, Diabetes, High Blood Pressure, Migraine, Paralysis and even Cancer. Dr. Devendra Vora has proved that all dreaded diseases like Allergy, Cancer, Thalassaemia and HIV/AIDS are only Paper Dragons which can be easily defeated. The learned author has shown how all these dreaded diseases can be prevented and cured. And all that without any cost or side effects.

Hand Reflexology Workbook Barbara Kunz 2001

Urine Therapy Flora Peschek-Böhmer 1999-05 An introduction to urine therapy's amazing effectiveness in treating a wide array of physical complaints. • Contains effective treatments for acne, asthma, hair loss, indigestion, infections, migraines, warts, wrinkles, and many other common ailments. • Examines the historical use of urine therapy in the United States, Europe, and Asia. • Includes a program for overcoming initial aversion to urine therapy. If you are like most people, trained from their earliest years to regard urine as a mere waste product, the thought of using it for its healing powers may seem shocking. Yet urine has long played an important role in the holistic medical traditions of societies all over the world, and is even mentioned in the Ebers Medical Papyri of ancient Egypt. For centuries people have been availing themselves of urine's incredible curative powers for ailments ranging from anemia to warts. Urine is free, sterile, and acts homeopathically to "prepare" the immune system. Urine Therapy includes many case histories of people who have successfully treated their ailments with urine, along with cogent explanations of why urine does what it does, how to ensure that the wastes flushed out with your urine aren't taken back in, and why urine may be the best tonic available for your immune system. In addition to protocols for using urine to treat a wide array of diseases, the book offers a program that teaches you step-by-step to overcome any initial aversion to urine therapy. Still playing an important role in the medical systems of countries as diverse as Germany, Japan, and

India, this surprising health treatment has been gaining popularity in the United States.

Coloured Atlas of Acupressure Health, Harmony 2008-10-01 Includes sections such as: Acupressure / Reflexology; Shiatsu; Su Jok; Spinal Cord & Nerves; Spinal Segments; Dhyana Mudras; and, Acupuncture.

Health Books Acupressure Dr. Dhiren Gala 2004 Acupressure therapy has been gaining rapid popularity in recent times throughout the world because of its superb efficacy. This therapy, which has no cost and no side effects, has been discussed in this book in a very simple language.

Physics Galaxy 2021 Ashish Arora 2020-12-16 For a science student preparing for JEE Main, Physics is the most important subject. If you wish to make the concepts of Physics strong, you should try to understand core concepts of Physics practically rather than focusing too much on theory or only on practice. With this aim, it becomes pertinent for students to become familiar with Past years' Questions asked in before undertaking JEE Main. Not only do you get familiar with the exam pattern, but you also understand the question paper trend. This book 'Physics galaxy JEE Main solutions' has answers to all questions previously asked in JEE Main online and offline papers from 2002 to 2020 I.E. 19 years. All questions are categorized into 30 topics in sequence based on NCERT chapters to support the teaching methodology by all JEE Physics mentors and guides across country. Cumulative weightage of all the 30 topics is given in the beginning to plan final strategy of JEE Main exam by which any student can achieve well deserving score in finals based on preparation. Features 19 years' completely solved online and offline papers from 2002 to 2020 questions divided into 30 topics as per weightage, preparation strategy given inside detailed, in-depth solutions to each question.

Health In Your Hands

Handbook of Acupressure Dr. A.K. Saxena & Dr. Preeti Pai 2017-01-01 The Life of Gargantua and of Pantagruel is a pentology of novels written in the 16th century by François Rabelais, which tells of the adventures of two giants, Gargantua and his son Pantagruel.

CHINU'S NOTES ON KNOW ALTERNATE THERAPIES Sankaran Srinivasan 2021-06-09 We are a part of the vast sea of humanity that is searching the ultimate utopia, misled by the thought that successful careers and wads of currency will buy us a place here. so in a bid to accumulate those wads and reach the pinnacle of successful careers, we have surrendered our peace of mind, unblemished souls and physical health the 24x7x365 culture has invaded this planet companies proudly flaunt the nonstop work culture, slave driving their employees with promises of more greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles, the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self. So man today is sick because he thinks he is sick. sickness and disease have no place in the life of person who does not accept and tolerate the self-limiting thoughts which are real seeds of our myriad ailments, we stand hypnotized by the belief that disease and illness are our fate and destiny, rather than health and bliss, which are truly our birth right and heritage. in order to emerge from our mass hypnosis and collective hysteria and to experience health, joy and creative fulfilment, we must make a systematic

application of holistic living through alternate therapies in our daily life. The success of efficacy of alternate therapies he experienced provided the impetus, inspiration to him to come with compendium of his documented collection over a decade in this book . In effect, this book makes a humble effort in finding a genuine and truly helpful lifeline for many people, giving important popular alternate therapies in SINGLE WINDOW for ready reference, self-study and self-treatment as its primary objective .it is to help you live life to the hilt that his book has been written .Life is not about toil and ambition alone; it is about enjoying each moment .it is learning to relax and take things in stride .It is about the blissful enjoyment of the years granted to us on this planet. Believe me , you will be more successful, happier and contented if you pursue your career, relationships and ambitions in a relaxed manner outlined in this book .

Chronic Total Occlusions Ron Waksman 2011-08-31 Chronic total occlusions (CTO) are common, and found in approximately one third of patients with significant coronary artery disease who undergo angiography. Over the past 20 years, CTO lesions have represented the most difficult anatomy for treatment — with lower success rates and higher complication rates. Chronic Total Occlusions provides interventionalists insight into the world of CTOs with introductory chapters that describe the pathology and indications of CTOs along with a review of clinical trials. Imaging modalities including CT angiography, magnetic navigation wire, and IVUS guided recanalization of CTO are also introduced, together with information on new wires technology and devices for CTOs. With numerous illustrations of these devices, technologies, and strategies to improve the CTO success rate, this clinical guide, headed up by Ron Waksman, will prove to be the ideal companion for interventional cardiologists and cardiac surgeons who are required to perform angioplasty and coronary stenting.

Cure Yourself Dr Piyush Saxena 2008-09-01 The book is a treatise on organ-wise cleansing of the body to get rid of accumulated toxins caused by pollution, parasites and unhealthy lifestyle. 'Cure Yourself'

Role of Alternatively Spliced Fibronectin in the Initiation and Progression of Atherogenesis Peggy Teng Shih 1999

Basic Principles of Ayurveda Vasant Balaji Athavale 2004

Health Books Aapka Arogya Aapke Hathame Devendra Vorha 2005 World renowned Acupressurist Dr. Devendra Vora has analysed that the pressure applied on certain points located in the palms and soles helps to stimulate all organs of the body, prevents diseases and assists in maintaining good health. Acupressure also enables one to diagnose and cure diseases like Common Cold, Diabetes, High Blood Pressure, Migraine, Paralysis and even Cancer. Dr. Devendra Vora has proved that all dreaded diseases like Allergy, Cancer, Thalassaemia and HIV/AIDS are only Paper Dragons which can be easily defeated.

Health Books Health In Your Hands Devendra Vora World renowned Acupressurist Dr. Devendra Vora has analysed that the pressure applied on certain points located in the palms and soles helps to stimulate all organs of the body, prevents diseases and assists in maintaining good health. Acupressure also enables one to diagnose and cure diseases like Common Cold, Diabetes, High Blood Pressure, Migraine, Paralysis and even Cancer. Dr.

Devendra Vora has proved that all dreaded diseases like Allergy, Cancer, Thalassaemia and HIV/AIDS are only Paper Dragons which can be easily defeated.

Ayurvedic Massage S. V. Govindan 2000 The book on "Massage for Health and Healing: The Ayurvedic and Spiritual Energy Approach" is a commendable guide to a very important medical aid which reigned with dignity in the past. Though it was neglected for many years, the art of massage has recaptured its central place amongst the forms of healing, prevention of disease, and promoting health. Massage is the oldest of all techniques for relieving pain, shaping the organs, regenerating tissues, and correcting almost all internal malfunctions. Massage has its origin in the natural instincts of animals, handed over to the conscious man with a mandate to improve it as far as possible with his old wisdom. Despite advancements in knowledge and complex techniques, massage retains its usefulness and significance even as a method to save a person from immediate death, as in heart failure, breathlessness, and several other fatal ailments. In all kinds of therapeutic approaches, massage alone can maintain certain links. Any method of treatment with a holistic approach cannot leave out massage. Ayurveda upholds its psychosomatic benefits. Sushruta and other texts explain it, classifying various types of massages and instructions on their manipulations and effects. In Ayurveda, the human body constitutes three functional entities, the balance of which maintains health; an upset in this balance increases diseases. The book serves not only as a guide to novice practitioners but also as a manual and refresher guide for those who are experienced ayurvedic masseurs. The contents (techniques) of this book will bring relief and better health to those faithfully apply them in their daily lives.

A Guide To Su Jok Therapy Jae Woo Park 2003-06-30 Hands and Feet by anatomical structure possess the most manifest likeness to the human body . This mysterious similarity plays an important role making it possible to realize that other body parts and internal organs also boast their own correspondence systems . they are incorporated by the homosystem of the human body . which is the inalienable part of the hierarchic homo- system of the universe . the homo system provides interrelation of all its constituent similar elements and maintains the harmony and stability of existence . standard correspondence systems of hands and feet prove to be the most effective and simple ones among all treatment correspondence systems that is why they are widely used.

Katha Chanakya Radhakrishnan Pillai 2016-10-27

The Acupressure Atlas Bernard C. Kolster 2007-10-29 A fully illustrated and comprehensive reference guide to acupressure • Provides acupressure treatments tailored for a wide variety of health disorders, including back pain, heart and circulatory problems, and even the common cold • Contains step-by-step instructions illustrated in full color for self-treatment or treatment of a partner • A simultaneous hardcover and paperback release
Trouble sleeping, sensitive stomach, headaches, joint problems, allergies: Sensory ailments such as these have been steadily increasing in Western countries for decades. Acupressure--massage along the body's meridians in accordance with traditional Chinese medicine--can effectively prevent and treat all of these disorders, and more. The Acupressure Atlas is a fully illustrated and comprehensive reference guide that demonstrates how acupressure techniques activate and accelerate the body's self-healing powers to alleviate many health

problems, including even the common cold. Acupressure confers a holistic health benefit that prevents disorder from arising by harmonizing and balancing the body's energies. It is particularly suited to self-treatment, the treatment of a partner, and especially the treatment of children. Along with an introduction to the origins and principles of traditional Chinese medicine, The Acupressure Atlas provides the most important basic techniques as well as step-by-step instructions, illustrated in full color, of the practical and specific information needed to put the healing techniques of acupressure at your fingertips.

The Psychology Of The Esoteric Osho 2004

Acupressure's Potent Points Michael Reed Gach, PhD 2011-11-09 With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In *Acupressure's Potent Points*, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

Karan Ghelo Nandshankar Mehta 2016-04-18 In the grip of lust, Raja Karan Vaghela abducts the beautiful Roopsundari, his prime minister Madhav's wife. Fuelled by a desire for revenge, Madhav escapes to Delhi and persuades Sultan Alauddin Khilji to invade Gujarat and destroy Patan fort. This unleashes a dramatic chain of events that forever ends Rajput rule in Gujarat, heralding the dawn of a new age. Rich in psychological insight and imbued with a poetic vision, Karan Ghelo tells the spellbinding tale of a man who tragically failed his land and its people.

World Without Cancer G. Edward Griffin 2018 Mr. Griffin marshals the evidence that cancer is a deficiency disease - like scurvy or pellagra - aggravated by the lack of an essential food compound in our modern diet. That substance is vitamin B17. In its purified form developed for cancer therapy, it is known as Laetrile. This story is not approved by orthodox medicine. The FDA, the AMA, and The American Cancer Society have labeled it fraud and quackery. Yet the evidence is clear that here, at last, is the final answer to the cancer riddle. Why has orthodox medicine waged war against this non drug approach? The author contends that the answer is to be found, not in science, but in politics - and is based upon the hidden economic and power agenda of those who dominate the medical establishment. This is the most complete and authoritative treatise available on this topic.

Manavini Bhavai Pannalal Nanalal Patel 1995 *Endurance: A Droll Saga* Originally Published In Gujarati In 1947 As *Manavini Bhavai* Is A Modern Classic. Set Against The Rural Backdrop Of Gujarat, It's A Fictionalized

Account Of The Great Famine Of 1990, Which Had Ravaged This Part Of The World. Written In A Simple, Direct Style, Free Of Conventional Artifice And Sophistication It Is Not 'Crude' Or 'Raw'. It Is The Story Of Love Between Kalu And Raju As Well As The Story Of Hard And Tragic Life Of The Farmers In Indian Villages. The Translation Seeks To Retain The Essential Simplicity, The Rustic Flavour And Spirit Of The Original As Closely As Possible.

Sardar : The Sovereign Saint Dr Dinkar Joshi 2014-01-01 Without wasting time on any further questions, Shankar dialled the telephone number of the Prime Minister's residence. Unfortunately, the Prime Minister had left for the radio station. Shankar rushed back to give the message to Sardar. Sardar impatiently said : "Shankar, leave immediately for the Radio Station. Go quickly. Try to hold back the Prime Minister's speech. By no means should the matter related to plebiscite and UNO be relayed. If this happens, the whole country will be put into a great trouble. If need be, cancel this programme. Please leave immediately." Having waded through the traffic on the way, Shankar reached finally to the radio station but he was late. The Prime Minister was reading his speech on the microphone. Shankar heard him referring to the plebiscite and UNO. The whole world was listening to it. Shankar banged his head. —Extract from this novel A biographical novel on the Iron Man of India Sardar Patel which brings to light various known-unknown facets of his inspiring life. His contribution and efforts for the unification of princely states laid the foundation for a sovereign Bharat. A must read book for every true Indian.

Revealing India's Past Ajay Mitra Shastri 2005 Contributed articles.

Federated Learning Qiang Yang 2020-11-25 This book provides a comprehensive and self-contained introduction to federated learning, ranging from the basic knowledge and theories to various key applications. Privacy and incentive issues are the focus of this book. It is timely as federated learning is becoming popular after the release of the General Data Protection Regulation (GDPR). Since federated learning aims to enable a machine model to be collaboratively trained without each party exposing private data to others. This setting adheres to regulatory requirements of data privacy protection such as GDPR. This book contains three main parts. Firstly, it introduces different privacy-preserving methods for protecting a federated learning model against different types of attacks such as data leakage and/or data poisoning. Secondly, the book presents incentive mechanisms which aim to encourage individuals to participate in the federated learning ecosystems. Last but not least, this book also describes how federated learning can be applied in industry and business to address data silo and privacy-preserving problems. The book is intended for readers from both the academia and the industry, who would like to learn about federated learning, practice its implementation, and apply it in their own business. Readers are expected to have some basic understanding of linear algebra, calculus, and neural network. Additionally, domain knowledge in FinTech and marketing would be helpful."

Adhesion Molecules Involved in Monocyte Recruitment in Early Atherogenesis Devendra K. Vora 1998

Warren Buffett's Management Secrets Mary Buffett 2009-12-08 Even in today's economic climate, when so many investors and major companies are failing, Warren Buffett continues to be successful in all aspects of his

life. Mary Buffett and David Clark have written the first book ever to take an in-depth look at Warren Buffett's philosophies for personal and professional management -- what they are, how they work, and how you can use them. Through close examination of Warren Buffett's life and career from his earliest days to now, Buffett and Clark shed light on his decision-making processes and reveal his strategies for keeping on track and maintaining focus. They examine Buffett's inimitable leadership qualities and explain how Warren integrated what he learned over time into a winning management formula and became not only the manager whom other managers want to emulate but also the second richest man in the world. A true companion volume to Buffett and Clark's successful Buffettology series, Warren Buffett's Management Secrets is filled with anecdotes and quotes that show how Buffett's life philosophies are reflected in his business decisions and in the way he manages people and businesses. This insider's view into Warren Buffett's management techniques offers simple solutions for success to newcomers and seasoned Buffettologists alike and illustrates how and why success in business and life usually go hand in hand.

Thrombolysis in Pulmonary Embolism Carlos Jerjes-Sánchez 2015-08-26 This book provides an up-to-date review of the use of thrombolytic therapy in the treatment of acute pulmonary embolism. It discusses the mechanisms of thrombosis; pharmacokinetics and pharmacodynamics of the most commonly used fibrinolytics; evidence-based results from multicenter control trials in which thrombolytic treatment was administered; criteria by which pulmonary embolism patients requiring thrombolysis are identified; and the use of thrombolytic therapy in special situations such as in in-transit thrombus and pregnancy. Focusing on peripheral intravenous thrombolysis, which can be performed safely and effectively in emergency departments, hospital wards, and intensive critical care units in tertiary and community hospitals, *Thrombolysis in Pulmonary Embolism* is a valuable resource for cardiologists, pulmonologists, and internists.

Official Gazette of the United States Patent and Trademark Office 1997

Your Own Perfect Medicine Martha Christy 2019-12-18 It's the most astounding proven natural cure that medical science has ever discovered - yet none of the incredible research findings on this incomparable natural medicine I've ever been revealed to the public! Now, for the first time ever, learn to use this simple method and read about the startling and amazing medical cures that prestigious researchers and doctors themselves have witnessed in clinical use of this inexpensive, incredibly effective, yet virtually unknown natural medicine.

360° Postural Medicine Dr. Biswaroop Roy Chowdhury 2021-11-25 This is probably the world's first book on the science of the Postural Medicine based on using the greatest force on earth, the Gravity as Medicine! After reading this book you will surely be convinced that in comparison to existing major system of treatment including Allopathy (Modern Medicine), homeopathy, Ayurveda or Naturopathy, postural medicine is the fastest, safest and more evidence based than others, beside being almost zero cost and zero dependency on chemicals/drugs & high tech equipment. Following are the key results that can be achieved through this; out of which many are unthinkable to achieve with any other system of medicine

