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☎: 222151.

Second Edition

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*Be Happy*



Dear Friends!

Please go through this book slowly, carefully, patiently and derive maximum benefit by following it meticulously.

**A BOOK MEANT TO BE PRESERVED AND TREASURED**

Please share this book with your friends and relatives who are suffering from various illnesses and show them the path to a healthier, happier and peaceful life.

This Book will make an ideal gift for occasions such as wedding etc., ushering in happiness and health in the lives of all. Peace and happiness are bound to last long in your own life.

From .....

To .....

Address .....

Now that you are the proud owner of this book, it is certain that all diseases will say GOOD-BYE to you.



## BE HAPPY

CONSUME MORE FRUITS  
GET RID OF DISEASES  
GET ON WITH YOUR WORK!

### NAMASKARAM TO SWAMI PARAMANANDA'S LOTUS FEET!

Greetings and Namaskarams to all.

All the thoughts and ideas expressed in this book are drawn from the experiences in my own life and from persons who have taken treatment under me and also the natural methods of cure followed by Naturotherapists and the Great Siddhas. Defects, if any, in this book may please be ignored and only positive aspects kept in mind.

Ten years ago I was suffering from diseases such as diabetes, piles, Asthma and Jaundice. In spite of following various medical treatments I could not be cured of my Ailments. Then I came to know that at Kollimalai, in Swami Paramanandaji's Sathdharma Ashram, Naturopathy treatment is given to cure all diseases.

According to Swamiji's advice, for 25 days I took only Tender Coconut water in the mornings and fasted for the rest of the day. I also took Sunbath and Mud bath. I lost all the excess weight. Diabetes and Asthma complaints disappeared from my body. I was also completely cured of Piles and Jaundice. I was healthy and I felt immensely happy.

As I thought that others too must benefit from my experience, with the blessings and advice of Swamiji I underwent training in many places. Thus when people with many Ailments come to me, I advise them to take Uncooked food, to do simple exercises and Fasting etc., and show them the path to a healthier and happier life. You too can benefit tremendously by following the simple yet effective methods explained in this book.

Those who come here as patients are  
Transformed into Doctors

## INTRODUCTION

There are several causes for getting diseases but the main reason is the kind of food we eat. Therefore it is very important to know about proper food and good eating habits.

Food is of two kinds:-

1. ACIDIC FOOD - Food which is Acidic in nature tends to spoil the blood and cause disease.
2. ALKELINE FOOD - Food which is Alkeline in nature Produces blood and removes disease from the body.

It is not possible to avoid acidic food completely, it is better to restrict it to 25%

If acidic food is eaten frequently it takes longer time to digest the food. The digestive system has to work continuously without any rest to digest the food. Bio-energy level comes down bringing about lethargy and making the organs inactive. Large quantities of wastes mix with the blood, impeding the smooth flow of blood circulation in the body. Since the various organs of the body do not get sufficient blood, they give out signals in the form of pain. (just as we feel hungry when the body requires food). This is what we call as DISEASE.

When we fall sick we do not find the main cause of sickness but instead resort to palliative medicines. We may get temporary relief by taking these medicines and reduce pain. But the wastes diseases are not eliminated from the body. After some time the same wastes reappear in the same or different places and again cause diseases. Such diseases are called by different names by other schools of medicine.

But Naturopathy is the only treatment which completely eliminates the wastes and impurities and purifies blood. To achieve this we first give food which contains a large amount of Alkelineity. This is what is called **CHANGE OF FOOD HABIT**



According to the intensity and nature of the disease small quantities of alternative food or sometimes no food (fasting) is given to the patients. Bio-energy or parna shakthi is also enhanced by doing some simple exercises.

As a result, the blood in the body is purified and as the impurities are removed, blood flows freely into all the parts of the body which in turn are able to function properly. This process is called **SERVICING OF THE BODY.**

Those who are not suffering from any disease can also follow the methods explained in this book and live a healthier life. By now you must have understood that actually disease is only one and not several. Good health, by following these simple natural food habits, is now entirely in your hands.

With Warm Regards,  
S.S. MANICKAM.

\*\*\*\*\*

### 1. ACID FOOD

Food items that spoil the blood are polished grains, White sugar, root vegetables, fish, egg, meat, excess tamarind, spices, oil, food cooked in oil, ice-cream, tinned foods, biscuits, chocolates etc., and if taken excessively force the digestive system to work harder and make it weak. Wastes in the body accumulate as a result of which we become sick. So if it cannot be avoided just take only 25% of this kind of food, and when you are sick avoid this food completely.

### 2. ALKELINE FOOD

Food items that produce blood are fresh vegetables, fruits, spinach, unpolished grains, fresh coconut, sprouted grains, beaten rice, honey, dry fruits, whole grains, juices of fresh vegetables and fruits and if taken in adequate quantity help in easy digestion of food. Blood increases in the body and the toxins are eliminated. 75% of the daily diet must contain such foods. If the degree of any disease is high then food intake must be reduced or completely stopped.

## DAILY FOOD HABITS

It is very important to know what, how much, when and how to eat.

### BREAK FAST:-

Fruit or Fruit Juices

Tender Coconut or Juices of Herbs

Juices of vegetables.

Any one of the above must be taken. Those who do a lot of physical work can take some solid food.

### LUNCH:-

Salad of Green Vegetables

Boiled Spinach

Boiled Vegetables (3/4 quantity)

Unpolished Cooked Grains (1/4 quantity)

All these can be taken as Lunch.

### EVENING :-

Herbal Coffee with Natural Jaggery (Gud) or

Lime Juice (1/4 lime Juice, water and Honey) or

Two drops of Honey in the water can be taken.

### NIGHT (BEFORE 7 P.M.)::-

Wheat based foods

Sprouted Porridge of beaten rice in small quantity.

Before going to bed drink LIME JUICE mixed with honey and water.

Morning Food will Trouble you  
Noon Food will Activate you  
Light Food at Night will Keep you Happy  
Consuming Half quantity will make you Live Longer.



## DAILY EXERCISES

1. Wake-up between 4&5 in the Morning.
2. cleaning of the body must be done. Drink 1 litre of plain water.
3. Go to Toilet both in Morning and Evening, and in case of difficulty Enema must be taken.
4. Take a breezy walk and do the '8' shaped walking exercise for 15 to 30 minutes. Yoga and Breathing exercises must also be done. Sit Facing North direction and Meditate.

1. Tub bath must taken twice a week.
2. Lemon bath must be taken (apply lime juice throughout the body and head, leave it for 2 hrs and then take head bath).
3. Use Special Bath powder instead of Soap and Shampoo.
4. Follow Juice Fasting atleast once or twice a week.
5. Mud Bath must be taken atleast once a month [apply natural mud for ¼ inch in the body and head and take bath after it dries]
6. Plantain Leaf Bath must be taken once in a year [lie on a wooden base under the noon sun heat and cover the head and body leaving holes for breathing with plantain leaf for 15 to 30 minutes, 2 litres of bad poison water comes out from the body, Do this with the help of any Naturopathy Doctor.]
7. Twice in a year Complete Fasting must be observed.
8. Go to bed before 10 P.M, Do not keep your head in the North direction.

Children to Sleep for 10 Hours  
Youth to Sleep for 8 Hours  
Adults to Sleep for 6 Hours

## EIGHT SHAPED WALKING EXERCISE



A simple way to get Astonishingly good health. This great method is explained by the Great Siddhas and this should be done once or twice for 15 to 30 minutes a day.

### BENEFITS:-

- ❖ Relieves from Headache caused by Cold and Constipation.
- ❖ As fresh air is inhaled, 5 Kg of Oxygen goes inside the Lungs and removes Phlegm.
- ❖ As breathing is through both the nostrils phlegm inside the nose is eliminated giving relief.
- ❖ Improves the eye-sight, eye glasses can be avoided.
- ❖ Hearing ability improves.
- ❖ The additional intake of 5 kg of Oxygen improves the Health.
- ❖ Blood Pressure is brought down due to moderate exercise.
- ❖ Children and Old people will feel happy after doing this exercise and deriving its benefits.
- ❖ If done twice a day for 30 minutes each, one will be free from dry heels, pains, pain in joints, constipation etc.
- ❖ The Old and those unable to walk can do this exercise with the help of others while sitting in a wheel chair and benefit from it.

### METHOD OF DOING EIGHT SHAPED WALKING EXERCISE:-

Whenever time is available either in the morning or other times, one can practice this exercise in the open place or in a room within a space of 10x10 feet.[similar to the method followed by those learning two wheelers].This exercise must be done either from South to North or from North to South direction. By the 15 minute one can feel the fresh air going into the body. Later the exercise must continue for another 15 minutes. During this period the phlegm in the lungs will come out either by spitting or releasing through



stomach. It is ideal to follow this method of exercise before doing any other exercise or walking.

Contact us for more information regarding this method of walking.

### CURE FOR CONSTIPATION - ENEMA

Enema is a simple and good method in nature cure for the treatment of constipation. Children and adults can take this treatment by themselves without seeking help from others.

Clean cold water must be poured inside the Enema cane which must be kept above one's head level. Next the nozzle must be inserted inside the anus. The water reaches the intestines and brings out the wastes deposited inside the body.

Man has two important openings, one that allows food inside the body and the other to remove wastes from the body. Just as it is good to clean the mouth it is also beneficial to clean the intestines. Due to this not only the wastes inside the body get eliminated but the digestive organs are cooled and refreshed as the heat in them is removed. This can be done daily even though there is no constipation. By doing this one is relieved of headache, stomach pain, fever, asthma etc..

### CONSTIPATION CURE

A mixture of Nila Avarai, Terminalia chebula [kadukkai] with ½ tsp of honey must be taken at night to get rid of constipation.

### KIDNEY ACTIVATOR

By taking large quantities of Acidic food, the workload of the kidneys increases to 10 times and many millions of Nephrons are destroyed. If about 15 lakhs Nephrons are destroyed the man will die. So as soon as possible one must avoid eating cooked foods and take Alkeline foods so that kidney problems can be completely cured without requiring operation or treatment. Those having stones in the kidneys can benefit by following methods given below ; Tribulus Terrestriss [nerunjil] and

Phyllanthus Niruri [keezha nelli] has been prepared. A spoon of curd or honey can be mixed with this powder and can be taken in the morning and in the evening.

Due to this, flow of urine can be regulated. Blockage can be cured and the kidneys will be able to function well. It is good to drink a lot of tender coconut water and follow the prescribed diet.

### URINARY STONE CURE

Boil a handful of onion and Achiranthus aspera [nayuruvi] leaf mix both and drink with " panang karkandu" for curing this disease. Rice with hay ash mixed with water can be taken for curing this disease.

### PSORIASIS CURE

A powder mixture of herbs like Phyllanthus Niruri [keezhanelli], Euphorbia Hirta [amman pacharisi], Cynodon Dctylon [arugumpul] must be taken 60 days in the morning mixed in honey. This will eliminate skin problems, swellings, leprosy, Psoriasis etc., and the blood will also get purified. Also it is good to take bath daily using the Psoriasis cure bath powder.

### URINE PROBLEMS

Terminalia chebula [kadukkai], Foenum Geaecum [methin] taken in equal quantity along with tender coconut taken thrice for three days will give relief

### LADIES WHITE CURE

A balanced mixture of herbs like Cynodon dactylon [arugumpul], Phyllanthus niruri[kizhanelli], Tribulus Terrestriss [nerunjil], must be taken daily morning and evening in a table spoon of honey or butter milk for 90 days. Also Naturopathy diet must be followed. Avoid sex. This will yield good cure.



### JAUNDICE CURE

A mixture of Karisalai, Phyllanthus niruri [kizhannelli], Leucas aspara [tumbai], must be taken morning and evening in a table spoon of tender coconut water to cure even severe Jaundice. Tender coconut water must be taken as food. Take treatment as per Doctor's (Naturopathy) advice.

### MENSTRUATION PROBLEMS CURE

A mixture of Centella Asiatica [vallarai], Achiranthus Aspera [nayuruvi], Gymnema Sylvestra [sirukurinjan] must be taken in the morning and evening in a table spoon of honey or buttermilk.

Include more of spinach and fruits in your diet. Laddu and Jeevamirtham must be taken daily. Periods will become regular. There will not be any problem in passing urine. Menstrual flow after delivery will become normal. Kidneys will function efficiently. Follow diet after consulting the Naturopath.

### MEMORY PLUS

Take the mixture of Centella Asiatica [vallari] and other herbal powders in a table spoon of honey both morning and evening for 50 days. Loss of memory, nervous weakness, difficulty in concentration will all be cured. This is a boon to school students. Please do try this powder.

### HEART CURE

Nelumium Speciosum [tamari], hibiscus rosasinensis [sembaruthi], Cassia Auric Ulata [avarampu], Centella Dactylon [vallarai] mixed in Natural Jaggery must be taken as tea. As food, Pomegranate Juice should be taken prepared with honey and taken thrice a day. Pineapple is cut in pieces and mixed with Natural Jaggery and kept aside for four hours will form as juice, two ounces twice a day if taken daily will strengthen the heart. All blocks in the heart will be eliminated. Intestine will be cleaned and will work efficiently. Take as per Doctor's advice.

### ANAEMIC CURE

Herbs such as karisalai, Phyllanthus Niruri [kizhanelli], Azadirachta Indica [neem] must be mixed equally and taken morning and evening with honey for 48 days. As food spinach, Jeevamirtham, cold and cough amirtham, natural energy laddu must be taken. This is effective in curing anaemia, over weight etc.

### ARAIKEERAI

#### [A GREEN LEAF]

It should be taken daily with special Gingley Oil to yield body strength, sagging, body will become straight. All diseases will disappear in course of time. Gas problem will be cured, neck pain, head ache, nervous problems will be cured. Ideal for several problems for both young and the old.

### DIABETES CURE

Cynodon Dactylon [arugampul], Aegle Marmeloscorrea [vilvam], Cassia Auric Ulta [avampoo], Gymnema Sylvestre [sirukurinjan] and 12 such different herbals powders must taken morning and evening in a table spoon of honey daily. Insulin Natural Energy Laddu, honey, tender coconut water, juices of Juicy fruits must be taken. Naturopathy diet must be followed.

### CURE FOR EXCESS BLEEDING

Soak the bark of Naga tree in sour buttermilk grind and after extracting the juice add Chandan paste and this should be taken in the morning for three days. Also Naturopathy diet must be followed.

### CURE FOR PAIN IN SHOULDERS AND JOINTS

Cardiospermum Halic Cabum [mudakathan], Delonix Elata [vadha narayana], Centella Asistica [vallarai], Phyllanthus Niruri [kezhanelli], and some more herbal powders must be equally mixed and taken in the morning and evening in a tbs of honey. Also it is necessary to eat spinach, green vegetables, Jeevamirtham, Natural Laddu daily. Eight shaped walking exercise must also be done.



Cabbage juice must be taken daily. Joint Pain cure oil must be applied. Wet bandage must be tied. If treatment is taken as per doctors advice cure is definitely possible.

### ULCER CURE

A mixture of Aegle Marmalos Correa [vilvam], Cynodon Dactylon [arugampul], Sesbania grandis [agathi], Terminalia chebula [kadukkai], Solanum Nigrum [manthakkali] powders must be taken for 60 days with a tbs of honey. As food, juice of white pumpkin, tender coconut water, water of Foeniculum Graecum [sprouted methin], Solanum Nigrum spinach must be taken more. Reduce intake of rice and instead, take more of green vegetables, fruits etc. No surgery will be necessary if this treatment is followed. Many have benefited from this treatment.

### PILES CURE

Take a spoonful of Foeniculum Graecum [sprouted methin] with buttermilk. Then take Cynodon Dactylon [arugampul], Terminalia Chebula [kadukkai], Moolathuthi, Tribala, poduthalai powder mixture in a tbs of honey in the morning and at night. Take more of pumpkin juice, carrot juice, papaya, grapes. Take coconut water mixed in honey. Lemon juice mixed in honey must also be taken. If Arugampul juice in coconut milk is taken for 60 days piles can be cured without surgery. Many have benefited from this treatment.

### WEIGHT LESS AND REDUCTION OF PAUNCH

Herbal powder containing 12 different herbs such as Erythrina Indica [kalyana murungai], Terminalia Chebula [kadukkai], Karisalai, Aegle Marmelos correa [vilvam], Phyllanthus Emblica [amla] must be mixed in one tsp of honey and taken at night. As food take special beaten rice, porridge and for lunch take spinach, green vegetables and oats. Food made of rice should be taken less. Before going to bed put mudpack. Eight shaped walking exercise and Breathing exercise should also be done. Body weight can definitely be brought down.

### PREGNANT SPECIAL

This is a mixture of different herbal powders. It must be taken morning and evening in a tsp of honey. Natural Energy Laddu, Jeevamitham, Red banana, pomogranate, Moringa pterygos perma spinach must be taken in plenty by pregnant ladies to prevent abortions. Calcium level increases and Delivery would become easier.

### HONEY-MOON SPECIAL

It is a cure for infertility. Terminalia Suffruticosum [orithal thamari], Terminalia Chebula [kadukkai], Jadhikai, Glycyrrhiza Glabra [adhimadhuram] the mixture of these powders must be taken with a tbs of honey and kalkandu [castor sugar]. Take more of natural foods, Jeevamirtham, Natural Energy Laddu continuously. This will increase the blood flow and help in improving fertility.

### FERTILITY

Grind Glycyrrhiza Glabra [adhimathuram] and grapes with coconut milk or water and take for 5 days from the start of periods. This will help in conception.

### EYESIGHT IMPROVEMENT OIL

Solanum Jacquini's leaf, flower, seed, roots equal mixture boiled in special gingili oil and filtered must be applied on the head and head bath to be taken for 3 mandalam. [1 mandalam=48days]. Eyesight will become sharp and excellent.

### EYESIGHT AND CATARACT

Take Seeds of Drumstick [100gms], black pepper [100gms] grind it finely and keep in a brass plate in the sunrays. This will generate oil. This oil should be filtered and a small drop applied into the eye will help to cure eye diseases.

### COLD&ASTHMA CURE AMITHAM

Solanum Trilobatum [thuthuvallai], Adhatoda Vasica [ada thoda], Solanum



Jacquini (Kandag kathiri) Mukia Maderas Patana[musumusukai] and 12 such different herbs mixed with honey and kept in the sun is as excellent medicine for colds. Young and old both can take a spoonful in the morning and evening.

Cold, wheezing, allergy, dry cough, sneezing, lethargy, T.B, asthma and such problems will disappear if the medicine is taken for 60 days. Even those suffering for 25 years or more have been completely cured and are extremely happy by consuming this. For more details contact us. Follow Natural diet.

### ANUS IRRITATION

Cynodon Dactylon[arugampul], and Pomegrante leaf are ground equally in buttermilk or honey take thrice or four times a day for a week this will cure irritation in the anus.

### HEAD ACHE

Over eating, constipation, working late at nights continuously without resting are the reasons for headache.

Headache is a pre-warning of disease. Put a wet band over the head and sit for half-an-hour in the morning sun. Reduce food intake. Drink a mixture of ¼ lemon juice with two spoons of honey in a glass of water. Drink a mixture of Moosambi juice and honey. Enema must be taken twice a day. Headache will be cured.

1. Inhale a pinch of Acalypha Indica [kuppaimeni] for cure.
2. Drink a decoction of Sada Kuppai[1 spoon] in hot water and Natural Jaggery for relief.
3. Roots of Cynodon Dactylon[arugampul] grind well in cow's milk and applied it on the left forehead for men and on the right forehead for women will give great relief.
4. Drink a mixture of juices of Radish and Lemon to cure headache.

1. Indigestion and Constipation are the primary sources for appearance of other diseases.
2. Health is Wealth.

## FEVER

### FEVER IS NATURE'S WAY TO HEAL

When the quantity of waste' in the body increases it gives out heat and increases the body temperature. This is what we call fever. When you get fever, completely stop taking food. Instead take tender coconut water, lemon juice with honey twice a day. Drink Moosambi juice with honey. Enema must be taken twice day.

If the fever is very severe, take a handful of Ocimum Sanctum Leaves[tulsi] and add some pepper powder boil in water and take the decoction twice a day. The fever will gradually come down. Slowly increase intake of food. Medicine must not be taken to break the fever. This will bring sufficient comfort and health.

Keep a mud-pack on the lower abdomen at night for a complete cure.

### THE BENEFITS OF HERBAL JUICES

ARUGAMPUL JUICE	Basis of Health
TENDER COCONUT	Gives youth and Bliss
BANANA STEM JUICE	Removes stone in the stomach
WHITE PUMPKIN JUICE	Removes wounds and ulcer
VALLARAI JUICE	Removes nervous problems
VILVAM JUICE	Cures all diseases
CORIANDERLEAF JUICE	Diseases run away
MINT LEAF JUICE	Cures Hiccups
AMLA JUICE	Gives beauty
TULSI JUICE	Cures cold and lethargy
MUSUMUSUKAI JUICE	Stops running nose
AGATHI JUICE	Cures lower abdomen constipation
KADDUKAI JUICE	Improves your complexion
MUDAKKATHAN JUICE	Cures pains in the joints
KALYANAMURUNGAJUICE	Certainly reduces the weight
THUTHUVALLAI JUICE	Cures cold & sneezing
ADATHODA JUICE	Cures Asthma
KARISALANGANNI JUICE	Improves Eyesight



## METHOD OF PREPARING THE JUICE

The juice can be prepared from the vegetables like white pumpkin, carrot, beetroot, plantain stem, and tomato.

Take any one of the above said vegetables and add a cup of grated coconut and ¼ cup of Natural Jaggery and a pinch of cardamon powder. Grind these along with water, filter it and serve it.

In the same way the green leaves juice can be prepared with leaves like coriander, curry or mint with grated coconut and Natural Jaggery; grind it with water, filter it and serve as fresh juice. Even salt, pepper powder, jeera powder and lime juice can use instead of Natural Jaggery.

[Diabetes to avoid more of beet-root in their diet]

## NATURAL MILK

Cashew, Badam or Cucumber seeds to be soaked in water. Add ½ coconut, grind to extract 1 to 2 litres of Natural Milk. Add honey or Natural Jaggery or Jeevamirtham to taste. It strengthens your body and develops your complexion. It produces blood and extends your youth. Even sprouted wheat, gingili or ragi can be used to extract milk.

## METHOD TO PREPARE SALAD

Take vegetables like carrot, cabbage, white pumpkin, plantain stem, snake-gourd, ribbed gourd and tomato and cut into small pieces and add ¼ cup of grated coconut, 2 spoons of butter-milk, a tsp of pepper powder, a tsp of Jeera powder. Decorate with coriander leaf and curry leaf.

## BEATEN RICE

Sprouted beaten rice soaked in water for 10 to 15 minutes, to be consumed along with the vegetable salad or boiled spinach or mixed with sprouted black-gram, green-gram, horse-gram or curry leaf thuvayal. It can be taken as afternoon meal.

It is better to avoid chilly powder, tamarind and masala items while preparing your food items. If necessary a small quantity can be added.

## PREPARATION OF UNPOLISHED RICE

Take a cup of unpolished rice and add 3 cups of water. Soak the unpolished rice in water for 30 minutes and cook it in pressure cooker without using weight for 30 minutes.

Pongal, Idiyypam, puttu, adai can also be prepared with this unpolished rice. un-broken green-gram can be used to prepare pongal.

## CISSUS QUADRANGULARIS THUVAYAL

### [PIRANDAI THUVAYAL]

pickle for all diseases.

### Ingredients :-

Mint leaf	a handful
Pirandai	50 gms
Tamarind	100 gms
Ginger	1 small piece
Jeera powder	1 spoon
Pepper powder	1 spoon
Garlic	2 small pieces
Black gram	a handful
Coriander leaf	a little
Curry leaf	a little

### Preparation :

Black gram has to be fried very slightly in an earthen cook ware and grind all the above items as a chutney. Take this in the afternoon meal with rice and gingili oil for 40 days. This is an excellent medicine for all illnesses and stomach problems. The chutney can also be mixed with beaten rice and eaten.

## VALLARAI COFFEE

Grind dry ginger, coriander seeds, and vallarai into powder. Take a table spoon of this mixture, boil in water adding Natural Jaggery and drink like coffee[without milk]. This will increase the power to digest. Phlegm will be



removed. It will increase appetite and give good health. [Two spoons of coconut milk can be added for taste]

Coffee or Tea as explained above can be prepared by using dry ginger and coriander seeds to get Sukkumalli Coffee powder. We also have Avarampoo Coffee powder, Tulsi Coffee powder, Tamarai Tea, Vallarai tea. They will reduce blood pressure and also strengthen the heart.

### THINAI FLOUR AND HONEY

THINAI FLOUR is an excellent cure for Anaemia. Anaemic and weak persons can benefit by taking THINAI FLOUR preparations. It cures many diseases and also helps in formation of new blood. Those who are traveling can take THINAI FLOUR with fresh fruits.

THINAI FLOUR can be fried lightly and made into puttu. Dosai can also be prepared by adding finely cut pieces of ginger and green chillies and water to THINAI FLOUR. The body will gain more resistance. In a cup of hot water 2 table spoons of THINAI FLOUR and 1 table spoon of Natural Jaggery can be mixed and taken.

However, the most beneficial method is to take the mixture of THINAI FLOUR in honey. Add some Natural Jaggery, grated coconut to THINAI FLOUR to make a tasty recipe. When THINAI FLOUR is taken directly without cooking our body is able to absorb all the natural nutrients present in it without any wastage. Further if honey is also taken daily, the blood gets purified and the Hemoglobin count in the blood also increases. Nature has given us several natural foods, one of which is THINAI FLOUR. All our diseases can be cured by taking THINAI FLOUR daily.

### FRUIT PAYASAM

Mix finely cut apple, banana, grapes, dates, mango, papaya, wood apple, pomegranate, guava to get Fruit Payasam. For taste add cashew, elaichi. This is a very healthy preparation, easily digestible. Surprise your guests by serving this delicacy.

## FRUITS AND THEIR NUTRITIONAL VALUES

**BANANA:-** Eliminates micro organisms in the intestine. Cures Dysentery. Constipation, skin diseases, cracked feet, skinny structure, anaemia etc. It purifies the blood and makes the kidneys to function well. It also cures all uterus related diseases and impotency in men.

**PAPPAYA:-** Cures ulcers in the intestine, indigestion, skin diseases, worms in the stomach, reduces salt in the blood and cures kidney and liver problems. menstruation problems, dry mouth, elephant foot, lactation problem in mothers etc.

**PINE-APPLE:-** Indigestion, dry mouth, excessive sweating, heart disease, dry cough, dysentery, sore throat, vomiting, hiccup, uterus ulcers, fainting, ring worm and all blood related diseases will be cured.

**CUCUMBER FRUIT:-** Stomach ulcers, gas, ulcer in the intestine, constipation and kidney problems will be cured.

**GRAPES:-** Constipation, kidney problems, ulcers in the intestine, cancer, stomach pain, excess fat, lethargy, heart disease, indigestion, breathing problem, heat related diseases will be cured.

**APPLE:-** Nervous problem, brain disease, stones in the intestine, constipation, acidity, indigestion, Jaundice, cold, fever, impotency, gas will all be cured.

**GUAVA:-** Constipation, indigestion, mal nutrition and for all diseases this is the best tonic.

**ORANGE:-** Increases digestive power and reduces excess weight, ulcer in intestine, indigestion, asthma, lung diseases will all be cured. Acidity, skin ulcers, itchy skin will be eliminated.



**TOMATO:-** Constipation, indigestion, improper blood circulation, diabetes will be cured. It contains A,B,C vitamins.

**LEMON:-** Purifies the blood; acidity, vatham, phlegm, sore throat will be cured. Eye sight improves, paunch is reduced. Good for the heart. Cools the body. Increases I.Q. Pain due to piles problem is reduced. Good medicine for cancer. Those affected must apply lime juice all over the body and head and leave it for 30 minutes and sit under the sun and take bath. Bad odour will be eliminated. Skin disease will be cured.

### **GINGER JAM**

#### **[GAS RELEASE]**

Digestion problem, Gas, Laziness can be cured by taking a tsp of Ginger Jam daily in the early morning after drinking atleast a glass of water.

### **JEEVAMIRTHAM**

It is the proportional combination of Kolli-hills honey, Athi fruit, dates, dry fruits, Badam, pista, cashew kept under sun rays for 42 days. If it is taken for 60 days twice a day, one can gain lost strength and energy . It also increases Red cells in the blood. It beautifies your body. It strengthens your body. It increases your resistance. It gives strength to all age groups. It is a boon to pregnant ladies, as it gives calcium to them which leads to easy delivery.

### **NATURAL INSULIN ENERGY LADDU**

It contains cashew, badam, pista, sprouted grams and pulses and dry fruits. If diabetes take this once a day for 48 days it reduces their sugar content in the blood. It increases strength and gives energy. Pregnant ladies get calcium which leads to easy delivery. The baby grows with great strength. All the age group people can eat and gain energy.

### **TO STOP BLEEDING FROM THE ANUS:-**

It can be cured by consuming Cynodon dactylon juice with white pumpkin juice.

### **PSORIASIS:-**

Grind seeds of radish achiranthus aspera, pumpkin, acorus in equal quantity and apply it on affected places and you can feel better. Take bath using Psoriasis cure bath powder.

### **FRACTURE IN BONES:-**

Grind Cissus Quadrangularis [pirandai] and apply on the affected area and tie a bandage, You will get relief very quickly.

### **TO STOP BLEEDING FROM THE NOSE:**

Take a pinch of Terminalia chebula [kadukkai] keep near the nose and breathe this process helps in curing.

### **TO STOP HICCUP:-**

Take equal quantity of Mint Leaf powder and Arisithipilly powder mixed with honey to stop hiccup.

### **LEUCODERMA:-**

Take Terminalia chebula [kadukkai] powder a spoon daily in the morning and evening. It cures Leucoderma, eczema etc. Avoid eating tamarind and masala items and follow natural food items.

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# NO OVENS!

# NO COOKING!!

Ready-Made Natural Food Items! Rich in Protein - Prepared from Sprouted Pulses!  
**MOST IDEAL FOR LUNCH OR DINNER !**

Ready Items	Method of Preparation	Benefits
1. Beaten rice is sprouted from Paddy and Sambar Mix	soak in water for 10 minutes Mix with cut fresh vegetables ,and grated coconut before taking.	Very tasty, Nutritious and easily digestible.
2. Beaten rice and Black gram Mix	Soak in water for 10 minutes and mix with cut fresh vegetables and grated coconut. before taking.	Cures orthopaedic and Rheumatic complaints, back-ache and neurosis.
3. Natural Idly	Must be soaked in water for 30 minutes. Should be shaped into the form of idly. To be taken with chutney.	Builds up your body, improves digestive power and cures diabetes.
4. Beaten rice and Wheat Mix	Soak in water for 10 minutes and take with cut fresh vegetables and grated coconut. Can also be taken as soup.	Produces Insulin and blood and digestion becomes easy.
5. Beaten rice and Horse gram Mix	To be taken after soaking in water for 10 minutes.	Controls obesity, strengthens nerves and bones. Maintains youth & vitality.

\* Beatenrice is sprouted from paddy

6. Beaten rice and Green gram Mix	To be soaked in water for 10 minutes. Must be taken with cut fresh Vegetables and grated coconut.	Cures infection of urinary tract, diabetes, constipations strengthens digestive system.
7. Protein rich chapatti flour	Knead in water and make chappathies after 30 minutes	More nourishing than normal Wheat flour. Even 1 or 2 chappathies will be filling.
8. Beaten sprouted rice	Soak in water for 30 minutes. Take with grated coconut Add natural jaggery or pepper to taste.	A wholesome rich food, a good vitalizer for all groups Improves digestion and cures constipation
9. Child Malt (Prepared from fruits)	Boil a spoon of powder in a glass of water.	Child grows energetically with increased blood cells, Digestion is made easy
10. Sprouted black gram, / green gram / horse gram / coriander / thuvayal	Taken with chappathy, idly as side dish or mixed with beaten rice or prepared as soup mixed with ginger and vegetables.	It strengthens our body It is a very healthy food to be taken by all once or twice a day.



NATURAL HERBAL POWDERS	METHOD OF USING	DISEASES CURED
1. cynodon dactylon (arugumpul powder)	Daily morning on empty stomach this is to be taken. 5 gm mixed in water. Avoid taking food for one hour.	Purifies the blood, cures menstrual-on problems, cancer, cough, stomach pain etc.
2. Centella Asiatica (vallari powder)	Daily take 5 gms after breakfast and after night dinner along with honey or water	Increases memory power, cures Jaundice, nervous problem, ulcer, leprosy, diabetes, cold, kidney problems.
3. Aegle Marmelos correa (Vilvam)	Daily take 2 gms with honey or as a drink mixed with water after breakfast	Diabetes, ulcer, fever, headache, anaemia, Jaundice, cholera, dysentery, reduction of over weight
4. Ocimum Sanctum (Tulsi)	Daily take 5 gms with honey or as a drink with water after breakfast	Blood pressure, cold, tiredness cough, fever, liver problems, ulcer, ear pain.
5. Phyllanthus Emblica (Amla)	Daily take 5 gms with honey or as a drink with water after breakfast	A tonic to keep the youth, eye, problems, cold, cough, constipation, digestion problem, heartpain, dysentery, diabetes, ulcer.

6. Foenum Graecum (venthayam)	Daily take 5 gms with water	A tonic, to reduce heat diabetes & Ulcer
7. Cassia Auric Ulata (avarpoo)	Prepare decoction with the help of Natural Jaggery and 5 gms of this powder. Take twice after food.	Changes the habit of drinking tea, or coffee; menstrual problems, tiredness diabetes, strengthens heart.
8. Adhtoda Vasica (adathoda) Asthma mixed powder	Daily take 5 gms with water	Dissolves strong and lengthy cold and a good medicine for Asthma
9. Mukia Maderas Patana (musumusukai)	Daily take 5 gms with water. Take twice after food.	Strengthens Lungs, & breathing organs, shops & endless cough
10. Sesbania Grandi Flora (agathi)	Daily take 5 gms with water. Take twice after food.	Contains vitamin A and Calcium, cures constipation and strengthens heart
11. Erythrina Indica (Kalyana Murungai)	Daily take 5 gms with water. Take twice after food.	Irritation in kidney, conception problem in women, reduces weight, fever is removed, avoids greying of hairs
12. Hibiscus Rosasinensis (sembaruthi)	Daily take 5 gms with water. Take twice after food.	Cures menstrual & urine problem, diabetes, softens the skin, strengthens heart.
13. Nelumbium Speciosum (tamarai)	Prepare decoction and drink or take with honey	Smoothens the blood circulation and strengthens the heart.



14. Cardiospermum Halica Cabum [mudakkathan]	Take along with pepper rasam at lunch or with water after food	Joint pain, leg pain, back pain, gastric problems, lurnbago etc
15. Solanum Nigrum [kandag katheri]	Daily take 5 gms with water. Take twice after food.	Asthma, bronchitis, fever, leprosy, B.P, paralysis, diseases of eye, ear, brain etc
16. Solanum Trilobatum [thuthuvalai]	Daily take 5 gms with water. Take twice after food.	Nervous problem, bronchitis, skin diseases; improvement in children's brain, memory power, ear problems and sticky body.
17. Wedalia Calendulaceae [manja karisilanganni]	Daily take 4 gms with water. Take twice a day after food.	Kidney problems, Jaundice, eye problem, liver problem, anaemia Reduces weight & increases memory power
18. Acalpha Indica [kuppaimeni]	Daily take 5 gms with water. Take twice after food.	Joint pains, psoriasis, skin diseases, piles
19. Leucas Aspera [tumbai]	Daily take 5 gms with water. Take twice after food.	Paralysis, cold, cough, head ache, bronchitis, joint pain; for snake bite mix this powder with banana stem juice. & administer

20. Terminalia Chebula [kadukkai]	Daily take 5 gms in water 1 hour after night dinner.	Cures constipation, ulcer, senselessness, throat pain, irritation, hiccough, loss of sperm etc
21. Delonix Elata [vadhanarayana]	Daily take 5 gms in water. Take twice after food.	Gastric problem, pains in hands and legs, body pain and joint pain etc
22. Abultion Indicum [mula thuthi]	Daily take 5 gms in water. Take twice after food.	Piles, over heat, constipation, urinary problems, wound tooth pain, haemate mesis cough, eye pain etc.
23. Tribala	Daily take 5 gms in water. Take twice after food.	Pures piles, constipation, B.P., heart diseases, tooth pain, eye problems etc
24. [vellaru]	Daily take 2.5 gms in water. Take twice after food.	Purifies the blood, pain in lower abdomen, elephant iasis, psoriasis, menstrual problem, heart problem etc
25. Gymnema Sylvestre [sirukurunjan]	Daily take 5 gms in water after evening diet.	Diabetes, poisonous bites, heart problem, menstrual problem.



26. Glycyrrhiza Glabra [adimadhuram]	Daily take 1 gm along with Adatoda Vasica powder and honey after breakfast.	Cough, cold, asthma, throat diseases etc
27. Natural Bath Powder	Use instead of soap, siyakkai, shampoo etc	Pimples, skin diseases, Psoriasis and charms up the face
28. Natural Tooth Powder	Use twice a day, best after taking food	Strengthens teeth; gum swelling and mouth wound will disappear
29. Vallari coffee powder	Daily use instead of coffee powder	An Iron tonic, purifies the blood, gives energy.
30. Moringa Pterygos Perma [murungai]	Cures B.P., eye diseases, cough and cold	
31. Phyllanthus Niruri [kilanellij]	Cures digestive problems, diabetes, Jaundice, anaemia, lungs and liver problems.	
32. Herbal mud	Mix the herbal mud in water and if applied on the joints of hand and leg cures joint pain within 30 days Helps to remove pimples from face.	
33. Nose can	Removes blocks in the nose, irritation, dust and smoothens breathe, asthma, Can use while there is fever, headache, throat pain, tonsils etc. Helps those who have less smelling sense. Asthma & T.B. Patients can also use.	

# ENERGY HOME

## EnH NATURAL FOOD RESTAURANT

This is a Natural Food Restaurant introduced for the first time in the whole world. In our Natural food restaurant we give a **(Nine-In-One Herbal Juice)** in the morning between 7 & 10. The benefits of drinking this juice are it Purifies blood and develops Resistance in the body. This juice has to be taken after drinking atleast a glass of plain water.

As Breakfast, Lunch and dinner we provide varieties of delicious energy packed food items. We prepare these food items in a Natural way i.e. without cooking or without boiling.

### NO COOKING!

### NO OVENS!

The benefits of eating these Natural Non-boiled food items are

- ❖ These are Alkeline Food items which remove wastes called "ACID" from our body & purifies it.
- ❖ It clears the blocks in the flow of blood & smoothens it.
- ❖ It produces Energy and develops Resistance in us.

By taking these natural energy packed food items, diseases like Diabetes, Asthma, Head-ache, Joint-pain, Ulcer, Heart diseases, B.P., Lung diseases, Ladies problems, Skin disease, Stomach pain, Appendicitis, Back-pain, neck-pain, Anaemia etc. can be cured completely. Even diseases which lead to operations can be avoided by taking these Natural food items.

We provide food as medicine to the patients and cure their diseases and help to increase Resistance and Energy in them which enables them to live a long life without any disease and pain through out their life time.



<b>BREAK-FAST</b>	<b>LUNCH</b>	<b>SNACKS</b>
SWEET PONGAL	VEGETABLE PULAV	VADAI VARIETIES
UPPUMA VARIETIES	MILKLESS CURD RICE	BONDA VARIETIES
KICHADI VARIETIES	SAMBAR RICE; BAJI RICE	CUTLET VARIETIES
PONGAL VARIETIES	GINGILI RICE; RASAM RICE	BREAD UPUMA
HERBAL LEAF IDLY VARIETIES	SPROUTED DAL RICE	IDIYAPPAM
VEGETABLE IDLY VARIETIES	NAVARATHNA PULAV	SPROUTED GRAMS PUPPS
SPROUTED GRAMS IDLY	AMLA RICE; MINT LEAF RICE	PUTTU VARIETIES
DISEASE CURE IDLY VARIETIES	MINI-MEALS	BREAD MASALA

<b>SWEET VARIETIES</b>	<b>HERBAL COFFEES</b>	<b>SOUP VARIETIES</b>	<b>SALAD VARIETIES</b>
CARROT HALWA	VALLARI	VEGETABLE SOUP	VEGETABLE SALAD
BEET ROOT PUDDING	COLD CURE	GREEN LEAF SOUP	FRUIT SALAD
SPROUTED MOONG-DAL BURFI	TULSI	GARLIC SOUP	TOMATO TUBS
NATURAL BHADHUSHA	AVARMPU	SPROUTED MALT SOUP	LADIES -FINGER TIPS
KAMBU AMUTHU	SUKKU-MALLI	TOMATO SOUP	SNAKE-GOURD TUBS
MALT CAKE	SPROUTED MALT	CARROT SOUP	3-IN-1 VEGETABLE SALAD
THINAI KULFI	TAMARAI	BEETROOT SOUP	FRUIT CUTLETS

<b>DISEASE CURE JUICE</b>	<b>VEGETABLE JUICE</b>	<b>GREEN LEAF JUICE</b>	<b>FRESH -FRUIT JUICE</b>	<b>SEASONAL / SPECIAL JUICE</b>
EYE POWER SUGAR CURE COLD CURE	CARROT RIBBED-GOURD CABBAGE	MINT LEAF CURRY LEAF CORIANDER LEAF	POMEGRANATE PINE-APPLE GRAPE	WOOD-APPLE GOOSEBERRY AVARMPPOO
JOINT PAIN CURE WEIGHT LESS PILES CURE	TOMATO PLANTAIN STEM BEET ROOT	THUTHUVALLAI MANATHAKKALI PONNANGGANNI	LIME SAPPOTA PAPAYA	MUSK-MELON DATE-FRUIT THIRUMULA KANI RASAM
LUNGS CURE	NULKOL	ARAIKEERAI	GUAVA	PANCHATCHARA RASAM
HEART CURE B.P CURE	BITTER-GOURD WHITE PUMPKIN	KARISILANGANNI MUDAKKATHAN	MELON MANGO	BADAM MILK SPROUTED HEALTH BOOST MALT JUICE



INTRODUCING FOR THE FIRST TIME IN INDIA

# ENERGY HOME

## **ENH** NATURAL FOOD RESTAURANT

127, CANTEEN ST., PONDY - 1

CELL : 98430-71095 (NEEDARAJAPPAR ST. CUTTING)

Open From 6.30 a.m to 9.00 p.m

MORNING SPECIAL : 7 To 10 NINE-IN-ONE HERBAL JUICE  
A COMBINATION OF FRESH NINE HERBS.  
IT INCREASES BLOOD CIRCULATION & PURIFIES IT.

### OTHER JUICES

EYE POWER JUICE  
SUGAR CURE JUICE  
COLD CURE JUICE  
ULCER CURE JUICE  
HEART CURE JUICE  
PILES CURE JUICE  
JOINT PAIN CURE JUICE  
PANCHATCHARA JUICE

3-IN-1 VEGETABLE JUICE  
3-IN-1 LEAF JUICE  
WHITE PUMPKIN JUICE  
CARROT, MINTLEAF JUICE  
CORIANDER LEAF JUICE  
THIRUMULAKKANI RASAM  
VEGETABLE SOUP  
GREENS SOUP

FRUIT JUICES  
VEG.SALAD  
FRUIT SALAD

TOMATO TUPS  
SNAKE GOURD TIPS  
LADIESFINGER TUPS

VALLARAI COFFEE  
TULSI COFFEE  
AVARAMPU COFFEE

### MORNING

PONGAL  
IDLY  
KICHADI  
UPPUMA  
VADAI  
PUTTU

### AFTERNOON

VEGETABLE PULAV  
MILKLESS CURD RICE  
MINT LEAF RICE  
VALLARI LEAF RICE  
SAMBAR RICE  
MINI MEALS

### EVENING

VADAI  
BONDA  
CUTLET  
BREAD UPPUMA  
IDIYAPPAM  
SP. SUNDAL

ALL THESE ITEMS ARE PREPARED WITHOUT BOILING (NO COOKING) THEY ARE PROVIDED WITH NATURAL NUTRIENT AND TASTE.

Consultation : **S.S. MANICKAM**, NATUROPATHY CONSULTANT

*(For all ailments)*

SUNDAY HOLIDAY