

Chronic

Acute



360° Postural Medicine

Dr. Biswaroop Roy Chowdhury

हिन्दी में पढ़ने के लिए, लॉग ऑन करें:
www.biswaroop.com/360degree

No more Dialysis No more Transplant



- ▶ Pain Management
- ▶ Cancer Therapy
- ▶ Self Dialysis
- ▶ Heart Attack prevention
- ▶ Curing Insomnia & Depression



To design your
own personal
GRAD-Dialysis Tub

go to www.biswaroop.com/Dialysistub

The bath tub that cleanses your body from inside

Introduction

No more dialysis? No more transplant? Really?

Why should I believe you?

If you have the above reaction after reading the cover of the book, then, let me convince you as to why you should believe me!

1. In the year 2015, I introduced the idea of the DIP Diet, which has a potential to reverse all kinds of chronic diseases including heart disease and cancer.

While millions of people benefitted from the diet, All India Institute of Ayurveda (AIIA), Ministry of AYUSH, Government of India, expressed an interest in conducting a clinical trial on the DIP Diet. The trial was conducted in the year 2018 and the final report was submitted in favour of the DIP Diet by the Institute. The clinical trial can be accessed at the given web link:

www.biswaroop.com/aiiadipdiet

2. For the first time in the history of modern medicine, a patient suffering from Type 1 Diabetes and dependent on insulin intake for the past seven years was able to reverse her diabetes and dependency on insulin with the help of the customized DIP Diet.

The case study is published in '***The Journal of the Science of Healing Outcomes***' and can be accessed at the given web link:

www.biswaroop.com/type1casestudy

3. In the year 2020, at the beginning of the much-hyped campaign of COVID-19, we proposed that COVID-19 is just a flu and can be cured with a N.I.C.E Protocol.

Till date we have helped more than 60,000 COVID-19 patients recover using our N.I.C.E Protocol with zero mortality and zero dependency on medicine.

National Institute of Naturopathy (NIN), Ministry of AYUSH conducted an observational study on N.I.C.E Protocol at our Ahmednagar COVID-19 Centre. On July 21, 2021 the Institute acknowledged the efficacy of N.I.C.E Protocol and reported the following observations:

1. Patients recovered within 3 to 7 days
2. Zero Mortality
3. No dependency on medicines
4. No side-effects
5. Can be prescribed for mild, moderate and severe COVID-19 patients
6. Can be used for prevention of COVID-19 symptoms

The report generated by the Institute can be accessed at the following web link:

www.biswaroop.com/ayush

The purpose of my introducing the '**DIP Diet**' and the '**N.I.C.E Protocol**' is to help reduce the pain and suffering among human beings.

Reiterating the same commitment towards humankind, I now present the '**Science of Postural Medicine**'. As compared to the widely accepted Allopathy system of medication, Postural Medicine is more evidence based, reliable, and faster in emergency treatment and promises a cure for chronic diseases.

All evidences of this Science of Postural Medicine is enclosed in the book!

National Unity Day Sardar Vallabhbhai Patel Jayanti

Launch of

360° Postural Medicine



HiMS
Hospital & Institute of
Integrated
Medical Sciences

World's Most Down to Earth Medicine

Press Conference

on
31st October (National Unity Day)

360° Postural Medicine

Faster than Allopathy

than Ayurveda

er than Homeopathy

er than Naturopathy





360° Postural Medicine

OVERNIGHT 3°
 GERD
 Left lateral position

5°
 HEAT STROKE
 1. Severe Esophageal Reflux Disorder
 2. Acute Respiratory Distress Syndrome
 3. Severe Urinary Tract Infection

30°
 Avoid Injury to Blending Stapes

0° RECOVERY POSITION
 Unconscious

AVOID 0°
 To prevent sleep apnea and orthostasis

-5°
 Flattening a disc

-6°
 Increase in Height
 Relief in back pain

-10°
 Kidney Failure (1 hr)
 Dialysis Patient (2 hr)
 Cirrhosis (1 hr)
 Diabetes (30 minutes)
 High B.P. (30 minutes)
 Ascites (1 hr)
 Swelling in leg (30 minutes)
 Heart disease (45 minutes)

AVOID 180° (infant <1 yrs)
 To avoid SIDS

180° (1 to 16 Hrs)
 ARDS
 Breathlessness

Emergency and Pain Management

CONSTITUTION CLUB OF INDIA

Chronic Acute

GRAD System

60° Postural Medicine

Aravind Roy Chowdhury

Book at <http://www.gradsystem.com>

National Unity Day Sardar Vallabhbhai Patel Jayanti

Launch of

360° Postural Medicine

Postural Medicine Pathology Osteopathy Ayurveda





© Copyright Dr. Biswaroop Roy Chowdhury

India Office:

C/o India Book of Records

B-121, 2nd Floor, Greenfields,
Faridabad -120003 (Haryana),
India

Ph.: +91-9312286540

Malaysia Office:

**C/o Bishwaroop International Healing
& Research**

PT 573, Lot 15077 Jalan Tuanku
Munawir,

70000 Negeri Sembilan, Malaysia

Tel: +6012-2116089

Vietnam Office:

C/o Vietnam Book of Records

148 Hong Ha Street
9 Award, Phu Nhuan District,
Ho Chi Minh City, Vietnam

- Hotline: (+84) 903710505

Switzerland Office:

C/o Nigel Kingsley

Kraftwerkstr. 95, ch-5465, Mellikon,
Switzerland

Tel: 0041 79 222 2323

FOLLOW ME

Facebook: <https://www.facebook.com/drbrc.official/>

Twitter: <https://twitter.com/drbrccofficial>

Bitchute: <https://www.bitchute.com/channel/drabiswarooproychowdhury/>

Instagram: <https://www.instagram.com/dr.biswarooproychowdhury/>

Telegram: <https://t.me/drabiswarooproychowdhury>

Email: biswaroop@biswaroop.com

Website: www.biswaroop.com

Video Channel: www.coronakaal.tv

Research: Rachna Sharma

GRAD Team: Kalpana Bourai, Dr. Indupreet Kaur

Copy Editor: Divya Tiwari

Graphic Design: Swapan Banik

Diamond Pocket Books

X-30, Okhla Industrial Area, New Delhi-110020

Ph: 011-40712100 email: sales@dpb.in website: www.diamondbook.in

Dedication

Dedicated to my angel daughter Ivy,
loving wife Neerja
&
caring parents
Shri Bikash Roy Chowdhury
Shrimati Lila Roy Chowdhury

Contents

Foreword xiii

Part-1

Emergency and Pain Management3

Part-2

360° Postural Medicine51

Foreword

Gravity As Medicine

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, besides being almost zero cost and zero dependency on chemicals/drugs & high tech equipment. Following are the key results that can achieved through this; out of which many are unthinkable to achieve with any other system of medicine:

GRAD System (Evidence based)

1. 70% of the Dialysis patients can stop dialysis with immediate effect.
2. 100% of BP patients can control BP without medication almost immediately.
3. Can have the best chance of halting an ongoing heart attack.
4. Can halt Liver Cirrhosis.
5. Can halt & reverse Fibromyalgia.
6. Can cure Insomnia.
7. Effective treatment for Pain management of Bites / Stings / Envenomation.
8. Can avoid kidney / liver transplant.
9. Most effective treatment for all neurodegenerative disease including Parkinson / Alzhiemer.
10. Light anaesthesia / sedation effect to calm the patient.

This book also introduces the postural medicine based GRAD system which can empower and equip a layman to effectively handle and manage as many as 27 major emergency and life threatening health conditions.

360° Postural Medicine

At the time of the launch of this book (launch on 31 Oct 2021), (National Unity Day / Birth Anniversary of Sardar Vallabh Bhai Patel) the treatment based on Postural Medicine is accessible to every Indian through:

1. The network of more than 1000 Shridhar University Certified postural medicine paramedic. To be a Postural Medicine paramedic expert, go to:

www.biswaroop.com/epm

2. More than 100 clinics. To reach to nearest clinic, go to:

www.biswaroop.com/hiimsclinic

3. India's first hospital (HIIMS – Hospital and Institute of Integrated Medical Sciences) equipped with trained staff on Postural Medicine. For hospital admission, go to:

www.biswaroop.com/chdhospital



4. You can get treated with GRAD system, at the convenience of your home, by getting connected with us through virtual-OPD. For Virtual OPD, go to:

www.biswaroop.com/vopd

This book aims at reducing the pain and suffering amongst humans, so as to make the world a better place to live.

Happy Exploring the Gravity as the most down to earth medicine!

Dr. Biswaroop Roy Chowdhury

Part - 1

Emergency and Pain Management

based on

1

2 months Certification in

EMERGENCY & PAIN MANAGEMENT

Faculty: Dr. Biswaroop Roy Chowdhury

Board Member - Shridhar University



Gravitational Resistance Therapy

Let us start by understanding the concept of Gravitational Resistance Therapy. The following example is perfect to comprehend the concept of Postural Medicine using Gravitational Resistance. Those whose memories go beyond 1990s will be able to relate clearly with the example. However, those born after year 2000 can refer to their parents, relatives, or older siblings to confirm the details.

Example: During the 1990s and earlier, there were very few petrol pumps available at long distances on the roads. Along with this, people's purchasing capacity was low and petrol was considered an expensive commodity. Therefore, it was common to see people at petrol pumps getting only a little

petrol filled at a time, enough to last a few days or at least cover the distance of their current journey. As getting a full tank filled with petrol was uncommon, people would frequent the petrol pumps for refilling their two wheelers.

The built of the scooters in the 1990s was also heavier as compared to today's two wheelers. Therefore, in situations where the petrol would get exhausted midway, it would be quite heavy to drag the scooter to the nearest petrol pump which was always a few kilometres away.

This gave rise to the side business of a pick-up crane that towed the scooter or vehicle to the nearest petrol pump or your chosen destination for a price.



There was, however, an easy, inexpensive, and common sensical solution to this problem. Instead of paying the pick-up vehicle to tow the scooter, all the driver needed to do was to tilt the scooter a little. This caused the residual petrol in the petrol tank to drop in the engine which is sufficient for the scooter to easily ride till the nearest petrol pump or the destination.



Image ③ an example of gravitational resistance. Taking the advantage of the gravitational resistance in favour of the mechanism of the scooter and taking the residual petrol in the engine and carrying forward on the journey.

This Gravitational Resistance Therapy in medicine is known as Postural Medicine. This can be understood as changing the patient's posture to use the gravitational pull to the advantage of the patient which helps him/her to pull a few more miles.

In the example, the tilting of the scooter was beneficial for all the riders, but it was a loss to the towing crane business. Similarly, postural medicine benefits patients tremendously in many ways.

Our Network of 750 Influenza Care Experts, known as N.I.C.E. Experts have together cured more than 60,000 COVID patients in the last one and a half year. This includes our five COVID Centres where patients are treated using Postural Medicine with zero mortality, zero money, and zero medicine.

During the so called pandemic, several patients were recommended shifting to a ventilator or were recommended using oxygen cylinders. Many of those patients came to our Covid Centres with oxygen cylinders attached to face. At the centre, we used the same strategy of postural medicine or gravitational resistance to help the patient come out of the breathlessness or low oxygen saturation.

4

WHO Protocol



The image (4) depicts a ventilator setup which is positioned as a life-saving device for someone who could not breathe on their own. It is quite expensive due to which several families, who could not afford to pay the hospitals for the ventilator, came to our Covid Centres for treatment.

Using the gravitational resistance for the benefit of the individual, we changed the posture of the patient, increasing his ability to take the oxygen within few minutes which helped carry him up for a few days more. This is known as **Prone Ventilation** or taking advantage of the gravitation resistance.

N.I.C.E Covid Centre

5



The science behind Prone Ventilation includes making the patient lie on his stomach. This position is known as **Prone Positioning** image (5). This position results in the weight of the lungs falling on the heart rather than the heart's weight on the lungs. As the gravity of the heart does not affect the working of the lungs, the capacity of the lungs to inhale oxygen increases by 20% which makes the difference between life and death of the patient.

Therefore, as part of the Prone Ventilation, the moment we find a patient suffering breathlessness, technically known as the SPO2 problem, we immediately put the patient in a Prone Position. Alternatively, we ask the patient to sit in a forward inclined position with a hand-held fan in his hand. Within 5 minutes the patient's SPO2 increases, his breathlessness vanishes and his condition stabilizes.

In such conditions, we use the Gravitational Resistance in favour of the patient and manipulate his posture using Postural Medicine. This not only treats the patient but also protects him from the side effects of the ventilator.

The ventilator, though positioned as a life saving device, is actually a killer machine. According to data, 98% to 99% of the patients put on the ventilator system never come back. The 1% to 2% of the patients, who come back to stable health, do not stay alive for more than 3 to 6 months, living in a very pathetic quality of life during the remaining months.

We can easily conclude that instead of putting a patient on a ventilator if we instead put him on a Prone Position, his life can be saved. As this is a zero cost treatment, the patient is also saved from incurring the huge cost of the ventilator or the oxygen cylinder.

Postural Medicine is not a concept arisen from imagination or a recent invention. It is already well documented in Medical Literature but unfortunately is ***not well told*** and advertised with the general public. If the patients are advised with postural medicine, it will clearly be a monetary loss to the hospitals that buy and set up expensive and high maintenance ventilation systems. Therefore, instead the Media is negatively used to promote and propagate such lethal systems that ***establish the killer ventilator machines as a life-saving mechanism.***

Those who have been associated with us as **N.I.C.E. Experts** or **W.I.S.E Experts** and those who have done the training programs - **Lincoln University Medical Nutrition Program and Shridhar University Influenza Care Program** with us, have already been using this Postural Medicine technique with thousands of patients.

This proves that it is possible to discard all the so-called modern machines provided by hospitals and instead, use the same principle for all kinds of illnesses without incurring any cost.

Postural Medicine for Dialysis Using GRAD System

Let us now understand how we can treat a dialysis patient using the same technique of Postural Medicine using gravitational resistance.

You don't need

6

DIALYSIS
anymore

After this training, if you meet a patient with kidney failure who uses a Dialysis machine several times a week, you can say the sweetest sentence for him to hear, ***“You do not need Dialysis anymore!”***

It is true that there are numerous benefits of using Postural Medicine instead of an expensive treatment using a Dialysis machine.

With the help of Postural Medicine the body does its own dialysis for a kidney failure patient, thus altogether removing the need for using a Dialysis Machine. This natural process of dialysis is faster than the Dialysis machine with better quality and no side-effects. It incurs zero cost and lasts longer than the use of the machine. It removes the patient's dependability on the doctor or the Dialysis machine and instead it becomes a self-sustainable process for the patient who learns this simple technique.

GRAD System Technique – Gravitational Resistance And Diet System



(Evidence based)

7

- ▶ 70% of the Dialysis patients can stop dialysis with immediate effect.
- ▶ 100% of BP Patients can control BP without medication almost immediately.
- ▶ Can have a best chance of halting an ongoing heart attack.
- ▶ Can halt Liver Cirrhosis
- ▶ Can halt & reverse Fibromyalgia
- ▶ Can cure Insomnia
- ▶ Effective treatment for Pain management of Bites / Stings / Envenomation
- ▶ Most effective treatment for all neurodegenerative disease including Parkinson / Alzhiemer
- ▶ Can avoid kidney / liver transplant
- ▶ Light anesthesia / seduction effect to calm the patient

This evidence-based technique is a boon for patients suffering from a long list of severe health ailments ranging from Kidney, Heart, Blood Pressure, Liver, Neuro, Muscles etc. With the help of GRAD System an individual can

effectively conduct Emergency Management, Pain Management, and even reverse Chronic diseases.

It has been observed that 70% of patients suffering from kidney failure can stop dialysis treatment from immediate effect. This treatment can be done at home so the patients need not visit hospitals either. The remaining 30% patients will definitely feel the benefit within one month.

The GRAD System helps 100% patients with abnormal Blood Pressure (BP) to keep it under control with immediate effect. This BP control is achieved without the intake of any kind of medication.

Along with this, a patient can easily succeed in the following health areas:

- Halt an on-going heart attack
- Halt Liver Cirrhosis
- Halt and reverse Fibromyalgia
- Cure insomnia
- Pain Management of Envenomation, bites, or stings
- Treat neurodegenerative diseases like Alzheimer and Parkinson.

8 Patients with breathing difficulty

Step 1

Step 2



Gravitational Resistance

3 step flu Diet / DIP diet



Gravitational Resistance



Kidney Patient
Accessing residual nephrons

GRAD
System

Helping body regenerating new nephrons

GRAD System is a Two Step Process with which a number of critical health ailments can be cured and reversed.

1. The first step includes emergency treatment using Gravitational Resistance. This uses postural medicine to treat the chronic ailment of the patient.
2. The second step is to heal the patient through a diet alongside the treatment. The special DIP diet helps regenerate the dead cells and recover the patient faster.

To understand the process let us take **the example of breathlessness** that has been noticed frequently during the Covid-19 pandemic by so-called Corona patients. The N.I.C.E experts consider this as Flu as taught in the Influenza-Like Illness Training Program at Shridhar University.

First, the patient with breathlessness is put on **Prone Positioning using the Gravitational Resistance system**. This helps lift the pressure of his heart off the lungs, thus, increasing the capacity of the lungs to take in oxygen. This helps the patient come out of the emergency health crisis and stabilize in no time without the use of a ventilator.

Next, the patient is put on a **special DIP diet** which will help his body sustain the stabilized condition and cure itself without the use of any medication.

Kidney failure results when most of the cells, known as nephrons, of the kidney are dead. Similarly in a heart disease, most of the cells of the heart are injured. These cells need repair and renewal through treatment.

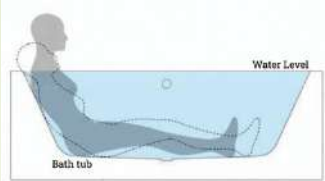
The kidney treatment involves gaining access to the residual live cells that remain in the kidney using the **Gravitational Resistance and Diet (GRAD) System**. This helps the body regenerate new nephrons in the kidney. Once the cells begin regenerating, the patient can immediately be removed from dialysis. In addition, the kidney failure patient can also be free from having medicines / drugs.

Using GRAD System, the dialysis patient can reverse the disease and lead a healthy, pain-free, drug-free, and most importantly, dialysis-free life. Not only does one halt the progression of the disease in time, but also stop the need of any external support and medication. The GRAD System enables the patient's body become his pharmacy and regrows the nephrons or dead kidney cells required for the smooth functioning of the kidney.

9

Gravitational Resistance & Diet System

Hot Water Immersion (HWI)



+

Head Down Tilt (HDT)



+

DIP diet



Fastest | Safest | Long Lasting

The three steps involved in the treatment of Kidney Failure with the help of GRAD System are as follows:

- 1. Hot Water Immersion (HWI) Therapy** – The patient is made to sit in a bath tub filled with hot water. This process helps the blood in the patient's body to flow from his feet upwards and accumulate around his kidney

area. This is how the blood gains access to the residual live nephrons of the kidney.

2. **Head Down Tilt (HDT) Therapy** – Here the patient is made to lie down at a tilted position with his head and abdomen at a lower angle than the lower body. This helps the blood to flow upwards and collect around the kidney area, providing access to the live residual nephrons of the body.
3. **DIP Diet** – Following the therapy, the patient is prescribed a specific diet that helps in the regeneration of nephrons in his kidney, thus, helping his body to cure itself without external support.

Using the **three step GRAD System treatment patient**, who was on dialysis for a prolonged period of time, can now be free from dialysis as well as external medication.

In order to treat an illness associated with an organ it is critical to understand how and why a cell in an organ dies. It will help the patient not only understand why he is suffering from a given disease, but also give him hope that his condition can be reversed as well.

We can use a simple **example of wood** to understand the reason of a cell dying in the body, whether it is a kidney cell, a heart cell, or the cell of the lungs or even the brain tissues.

The wood has some stored energy. In order to access that energy, the wood needs to be burned. In the process of burning the wood produces heat energy along with some waste in form of ashes.



The same process can be observed in the human body. As shown in image ⑩ whatever we eat, or whatever is injected in the body is metabolized or burned by the body to produce energy. In the process, the body also produces ashes or waste. **This waste can be called as Creatinine, Uric Acid, Urea, excess sodium, excess calcium.** These are the excess stored waste of the body. This excess waste when not eliminated by the body is converted into a disease. If the waste is stored near the blood vessels of the heart, then the disease will cause suffering near the cardiac cells.

Similarly, if the waste is stored near the kidney then the kidney cells will not have access to oxygen and the cells will start dying. This will result in the kidney disease or in critical conditions, kidney failure.

Therefore, the mechanism of getting sick is solely the **inability of the body to eliminate excess waste.** When waste is accumulated in large quantities in the body, it chooses where to store it in the body. It can be stored near the brain, heart, lungs, etc making the individual a patient of the disease specific to that organ. Whichever organ is impacted first is affected by the disease first.

As the amount of waste being produced by the body is more as compared to the amount of waste being eliminated, all the organs eventually are affected by disease in the body owing to the interconnectedness nature of the human body.

Pathophysiology

11

Why body could not eliminate waste

Pathophysiology

Physiology can be simply understood as the mechanism of the body. Therefore, the concept of **pathophysiology is the mechanism of the diseased body**. This is the way a body functions when it is affected by disease or when the body is unable to eliminate excess toxins from itself.

12

Why body could not eliminate waste

Metabolic factor

Inflammatory factor

Hemodynamic factor



Service Station

Renin

Nephrons

We can take the **example of automobiles** as given in image (12) to understand this process better. Assume you buy a new car and use it regularly on the road. For better and smooth functioning of the car, it is essential for you to get it serviced in defined intervals of time.

Therefore, every few months you must take your car to the service station where an overhauling is performed and all the parts are checked for repair or replacement.

Now if the road that you take to reach the service station becomes narrower, it will take you longer to reach the service station, given that there will also be other vehicles plying on that road. The service station is also dependent on the cars it services in order to sustain itself. As the cars take longer reaching the service station due to the traffic congestion, the service station panics and releases advertisements to attract more customers.

If we use this example to understand the kidney function, we can translate the car as blood, the narrow road as the blood vessel and the service station as the kidney.

When the blood vessel is congested it takes longer for the blood to reach the nephrons in the kidney. As a result the kidney releases molecules known as Renin which then sends a message throughout the body for blood requirement. With more blood trying to reach the kidney through the congested blood vessels, it increases pressure in the vessels, further slowing the process of the blood reaching the nephrons.

Very soon this becomes a vicious cycle where the kidney produces more renin making the entire body's blood to rush towards it through congested blood vessels, thus, making it even more difficult for the blood to reach the kidney in time. This is known as **Hemodynamic Factor** in medical terms and

can be simply translated as the dynamic blood flow in the body commonly known as Hypertension.

Doctors prescribe anti-hypertensive medication to the patient to reduce the pressure of the blood. However, what is worth understanding is that the medication does not, in any way, aid in reducing the thickness of the blood vessels, but only reduces the blood pressure. Even so, the problem is the thickness of the blood vessels/arteries and not the blood pressure. If the walls of the arteries remain thick, the passage for the blood becomes narrower, therefore, increasing the pressure of the blood.

Anti-hypertensive medicines cannot make the arteries thin and flexible as before and are not curing the disease in any manner. They simply reduce the blood pressure which increases with the increase in the thickness of the blood vessels.

With time, the blood vessels get damaged to increased effort of the blood to pass through them to reach the various organs. This damage leads to **inflammatory factor** due to which the body will not be able to metabolize the food to generate energy effectively.

For example, if glucose is not effectively metabolized in the body, it leads to Diabetes. In the case of kidney, when the blood doesn't reach the nephrons due to inflammation and slow metabolic system, the nephrons start dying one after another leading to kidney damage.

In order to halt the further damage of kidneys, it is critical to stop the following three factors:

1. Metabolic Factor
2. Inflammatory Factor
3. Hemodynamic Factor

First, the hypertension cause due to blood flow in constricted blood vessels must be stopped. Next, the inflammation caused in the body due to clogged blood vessels and high blood pressure must be halted. Finally, the metabolism of the body needs to be reversed to be fully functional by curing the diabetes.

However, by subscribing to external support by taking the anti-hypertensive medication, the kidney patient worsens only his condition. All forms of anti-hypertensive drugs and non-steroidal anti-inflammatory drugs (NSAIDs) like Aspirin, Paracetamol, Ibuprofen, etc cause more complications to the kidney patients.

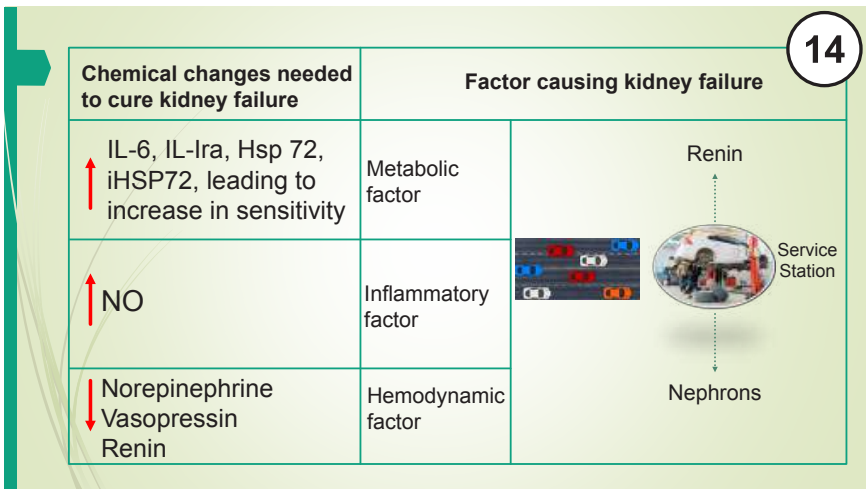
13

Anti Hypertensive Drugs & NSAIDs causes complication and progression of kidney failure

*NSAIDs: Acute kidney injury (acute renal failure). UpToDate
Renal Effects of Antihypertensive Drugs. Drugs volume 37, pages 900–925 (1989)*

By taking these medicines the already compromised kidneys of the kidney patients further damages, thus, elongating the process of improvement, ultimately leading them to take the support of Dialysis. Their health successively deteriorates on a daily basis, becoming worse off than before despite the treatment and medication. This leads to a miserable quality of life, ultimately causing undue and unbearable pain and suffering for the patient.

Let us now understand how we can stop the progression of the three factors. As shown in image (14) We can halt the progression of kidney disease by bringing about certain chemical changes to the body. These chemicals exist in the form of proteins, hormones, and molecules in the body, which when released in a controlled manner certainly lead to an increased metabolic rate, decreased inflammation, and a decreased blood pressure.




It is not essential to memorise the names of the chemicals, which are mentioned in the image. It is however, important to understand that, for example, **if IL-6, IL-1ra, HSP 72, iHSP72**, are increased in production in the body, it results in an increased metabolic factor, thus curing Diabetes in a kidney patient.

Similarly, if the body increases the production of **Nitric Oxide (NO)**, the inflammatory factor in the patient's body reduces. On the other hand, if the production of hormones like **Norepinephrine, Vasopressin, or Renin** is reduced in the body then it halts the production of hypertension in the blood vessels.

When all the three factors are in control, it leads to a halt in the progression of the kidney patient’s disease and the nephrons in the kidney will not worsen any further.

Without the use of any drug and by following a treatment, one can control all the three factors leading to kidney failure in a patient. By taking the **Gravitational Resistance** in your favour you will be able to manipulate the physiology of the body in such a way that the body by itself starts producing chemicals in quantities as required by the body.

With the help of Gravitational Resistance we are able to control each chemical and manipulate it to the body’s favour instead of allowing it to be produced in uncontrolled amounts.

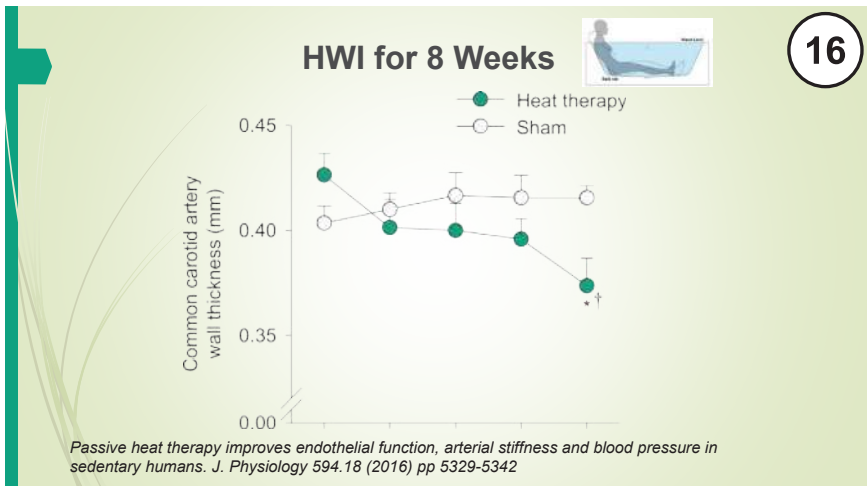
15	Hot Water Immersion HWI 	Chemical changes to cure Kidney function	Factor causing kidney failure
<p><i>Acute and chronic effects of hot water immersion on inflammation and metabolism in sedentary, overweight adults. J Appl. Physiol 125:2008-2018</i></p>	<p>↑ IL-6, IL-1ra, Hsp 72, iHSP72, leading to increase in sensitivity</p>	<p>Metabolic factor</p>	
	<p>↑ NO</p>	<p>Inflammatory factor</p>	
<ul style="list-style-type: none"> • Immersion in thermoneutral water: effects on arterial compliance. A. Boussuges Published 2006 Medicine Aviation, space, and environmental medicine • Use of Water immersion to Ameliorate the progression of Chronic Experimental Kidney Disease. Scan. J. Lab Anim. Sci. 2009 Vol. 36 No. 1 • Water Immersion model in nephrology: from hydrotherapy to weightlessness. G. Ital Nefrol 2018; 35 (Supplement 70) - ISSN 1724-5990 	<p>↓ Norepinephrine Vasopressin Renin</p>	<p>Hemodynamic factor</p>	

As soon as a patient is put in a **Hot Water Immersion (HWI)** within minutes the body starts achieving the desired levels of chemicals being produced. Within two hours the patient’s blood pressure reduces to normal rate. If the patient continues the HWI method regularly, within a couple of days he will

not need any external anti-hypertensive medication as his blood pressure will be reduced to normal.

A rapid effect is visibly noticeable in a patient after he regularly uses HWI technique in a controlled manner. Based on the history and criticality of the patient, the degree at which he should be seated in the tub varies. For each patient the time of the day of the treatment as well as the duration of the treatment also extends accordingly. Similarly, the water temperature and the water level are also ascertained for every individual patient. Keeping these small factors in perspective, one can achieve health goals for each patient, thus, relieving him of the pain, suffering, monetary loss, and dependency on external treatments.

The references as given in image (16), are available that will help you understand the credibility of the **Gravitational Resistance technique**.






When a patient suffering from kidney failure or kidney ailment is given the Hot Water Immersion treatment for a period of eight weeks, it results in the reduction of the thickness of the walls of the blood vessels **by 0.1 mm on average**. This results in the flexibility of the blood vessels, thus, increasing


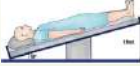
the diameter. As the diameter of the blood vessel increases, it is natural for the blood pressure to reduce as it finds more space to flow through to the different organs.

The entire process of blood circulation in the body gets optimised, leading to a reduction of the inflammatory marker in the body. With the reduction in inflammation, the metabolic rate in the body increases, leading to the elimination of Diabetes from the patient's system. As mentioned in the **Journal of Physiology (2016)** all these mechanisms function simultaneously in the body the moment a patient is put in a hot water tub under controlled conditions, thus, halting his health condition from further deteriorating.

17 **How to cure kidney failure / stopping Dialysis**

Curing Diabetes, high blood pressure, inflammation + Bring blood to residual nephron + Producing new nephron

 +  + 

HWI  + **HDT**  + **DIP Diet**

Gravitational Resistance And Diet

Next, in order to reverse the disease and cure the patient completely of the kidney failure, one needs to follow all the three steps through to the end as given in image (17).

1. By undergoing the **Hot Water Immersion (HWI)** technique the body halts the progression of the disease.
2. By putting the patient in the **Head Down Tilt (HDT)** position at 10 degrees angle, the blood starts reaching the residual nephrons in the kidney from

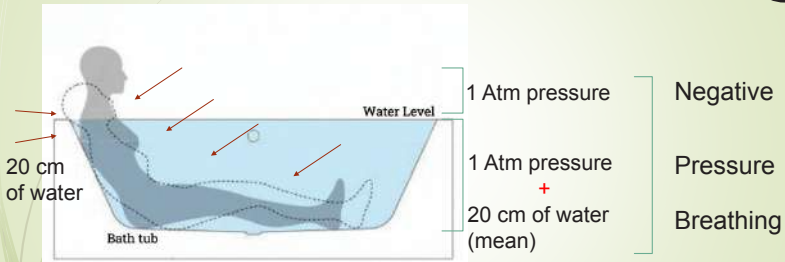
the feet up and from the head down. This allows the nephrons to conduct the dialysis process on its own without the help of external support.

- By putting the patient on a specific **DIP Diet**, the cells of the body get regenerated thus, increasing the metabolic rate of the patient. This helps in curing the patient of the diabetes due to kidney disease.

By following all the **three steps using GRAD System**, a kidney failure patient can not only halt the kidney disease from progressing aggressively further, but also reverse and cure the patient completely.

Physics of HWI (Lungs)

18



Cardiovascular and Renal Effects of Head-Out Water Immersion in Man. Circulation Research Vol. 39, No. 5, Nov 1976.

The Physics of HWI (Lungs)

Take a look at the image (18) carefully. When the patient is made to sit in the bath tub with water level up to the neck, the air pressure above the neck is **1 Atmosphere**. Below the neck the atmospheric pressure is 1 Atmosphere. In addition, the mean height of the water in the bath tub being 20 cm, the pressure below the neck increases by about **2% (1 Atm + 20 cm)**.

Therefore, we can understand that while a patient sits in neck deep water, his body undergoes two different pressures, one above the neck and one below the neck. This difference in pressure results in **negative pressure breathing**.

Physics of HWI (Heart)



Stroke volume increase by 20%

+

Redistribution of blood from lower portion of body to intra-thoracic (middle) circulation

*Immersion in thermoneutral water: Effects on arterial compliance. December 2006
Aviation Space and Environmental Medicine 77(11):1183-7*

The Physics of HWI (Heart)

As a result of this breathing a 20% increase in the stroke volume of the heart is observed. The heart pumps heart in an increased volume of blood by 20% more because of the negative pressure breathing.

The increased blood pumping leads to the redistribution of the blood from the lower portion of the body to the upper torso, from the waist upwards.

Chemistry of HWI




↑ IL-6, Ilira	↓ Norepinephrine
Hsp72 , iHsp72	Vasopressin
NO	↓ Renin

Chemistry of HWI

As shown in image (20), the movement of the blood from being centred on the kidney upwards results in certain chemical changes in the body. The levels of IL-6, Ilira, Hsp72, 1Hsp72, and NO increase in the body whereas the levels of Norepinephrine, Vasopressin, and Renin decrease in the body within two hours of immersion of the body in the bath tub.

21



HWI Causes Dialysis

- Sodium Excretion 5 Times
- Potassium excretion doubles
- Urine volume increases three times
- Weight / swelling reduced

*Effects of water immersion on renal function in the nephrotic syndrome
Kidney International, Vol. 21(1982), pp. 395—401*

HWI Causes Dialysis

If you take a look at image (21), due to the Hot Water Immersion (HWI) technique, the body of the kidney failure patient starts performing **Dialysis naturally**. This means that the Sodium excretion of the body increases by five times and Potassium excretion of the body increases two times or doubles. In addition, the urine volume increases three times in the patient's body, therefore, reducing the swelling and excessive weight due to the accumulated waste in the body.

The same results are expected when a patient is put on Dialysis using external support of painful expensive machines. The excessive waste salts

of the body are excreted along with extra fluid, making the body lighter with less pressure on the kidneys.

Using HWI technique, from the first day of treatment itself, the body is able to flush out excessive waste of chemicals, minerals and toxins from the body, providing pain relief to the patient.

The success of this treatment is based on the fact that despite kidney failure, a kidney is never completely devoid of nephrons.

Hot water makes optimal use of these live nephrons to flush out the toxins from the kidney and therefore help in generating new nephrons naturally.

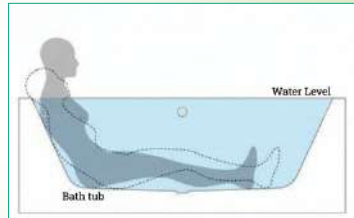
22

Haemodialysis



@ Rs 10,000/ week

HWI




Zero cost

Hot Water Immersion versus Haemodialysis

If we compare the two techniques as given in image (22), used to improve the kidney function of the body, we can clearly conclude that HWI is better in several ways.

1. Haemodialysis treatment is an **external support** treatment while in HWI, the body of the patient itself performs the dialysis naturally.

2. Haemodialysis treatment is an **expensive treatment**; often draining the entire life's earnings of the patient. An average of **Rs. 10,000/- is needed for a week's treatment** using haemodialysis while in HWI the patient incurs Zero cost, saving precious earnings for better investments.
3. Haemodialysis treatment is an **extremely painful treatment** where the patient is tied to a machine for four hours in a hospital environment, disturbed and demotivated by seeing the suffering of other patients suffering from various stages of kidney failure. However, in Hot Water Immersion, the patient can peacefully sit in the bath tub inside the comfort of his own home, at peace with himself, without being tied to a machine.
4. Haemodialysis treatment has several **adverse side-effects** in a patient's body while HWI is only beneficial.

Haemodialysis	HWI 
Side Effect	Side Benefit
<ol style="list-style-type: none"> 1. Insulin Resistance 2. Sleep problem 3. Depression 4. Anemia 5. Causes bone diseases 6. Itching 7. Death 	<ol style="list-style-type: none"> 1. Insulin Sensitive 2. Curing insomnia 3. Relaxation 4. Cures fibromyalgia 5. Cures heart disease 6. Cures hypertension 7. Cures diabetes 8. Effective treatment for Parkinson / Alzheimer
<ul style="list-style-type: none"> • <i>Hemodialysis. Mayo Clinic</i> • <i>Glucose in the Dialysate: Historical perspective and possible implications. Hemodialysis International 2000, 12:221-226</i> 	References ahead in this book

23

Adverse effects of Haemodialysis

Haemodialysis, more often than not results in countless side-effects in a patient undergoing dialysis twice a week.

- Insulin Resistance
- Insomnia

- Depression
- Anemia
- Bone Disease
- Itching
- Death

Benefits of Hot Water Immersion Technique

Unlike Haemodialysis, HWI is a completely self-dependent, natural process that does not allow any external intervention. Therefore, while there are several side-effects observed in a machine-driven treatment, HWI is beneficial to a patient in ways unimaginable.

Here are a few benefits of HWI technique:

- Insulin Sensitive
- Cures Insomnia
- Relaxing for the body
- Cures Fibromyalgia
- Cures Heart Disease
- Cures Hypertension
- Cures Diabetes
- Effective Treatment for Parkinson and Alzheimer

Reasons for Side-Effects using Haemodialysis

It has been observed that a kidney patient often dies not due to a malfunctioning kidney as much as by the side-effects of the dialysis treatment.

Therefore, it becomes critical to understand why are there so many side-effects of Haemodialysis in the body of a kidney failure patient.

The liquid used in the treatment of Haemodialysis contains several chemicals. While some of these chemicals are unavoidable, several of the

other chemicals in the liquid are very harmful and lethal for a patient's body. If this liquid is inserted in the body twice a week for treatment purposes, it becomes detrimental to the cure of the patient.

What is Dialysis

Dialysis itself is a treatment that uses the process of diffusion to flush out the toxic waste from a patient's kidney.

Let us take the example of a tea bag to understand dialysis in detail. The tea bag contains tea leaves while the water does not contain any elements of tea. When this tea bag is inserted in a cup of water, using the process of diffusion, given some time the tea diffuses into the water through the pores of the tea bag, giving the water the same flavour as that of the tea bag.

At the same time, elements from the water also flow into the tea bag through the pores.

Diffusion therefore, is a two-way process of flow of elements from higher concentration to lower concentration through a thin layer.

Dialysis liquid is a slow poison

24

Endotoxin	< 0.25 EU/mL
Sodium	70 (3.0 mEq/l)
Potassium	8 (0.2 mEq/l)
Calcium	2 (0.1 mEq/l)
Magnesium	4 (0.3 mEq/l))
Arsenic	0.005 mEq/l
Barium	0.01 mEq/l
Cadmium	0.001 mEq/l
Chromium	0.014 mEq/l
Lead	0.005 mEq/l
Silver	0.005 mEq/l
Selenium	0.09 mEq/l
Mercury	0.0002 mEq/l
Aluminium	0.01 mEq/l
Ammonium	-
Choloromines	0.10 mEq/l
Free Chlorine	0.5 mEq/l
Copper	0.1 mEq/l
Fluoride	0.2 mEq/l
Nitrate	2.00 mEq/l
Sulfate	100 mEq/l
Zinc	0.1 mEq/l
Heavy Metals	-

Similarly, when a kidney patient goes for dialysis to the hospital using haemodialysis, the process uses a liquid for diffusion purposes. The goal of the process is to suck the impure waste from the blood of the kidney patient's body through a thin layer into the machine. While the toxic waste is collected by the machine, owing to a two-way process, the chemicals from the liquid also diffuse into the blood through the same thin layer.

Therefore, post dialysis, when the blood circulates in the body of the patient, it is a contaminated blood containing the chemicals from the haemodialysis liquid. The kidney of the patient is already weak and compromised and on top of it, he collects contaminated blood as a result of an expensive treatment. This adds pressure and further weakens his kidneys. So when the patient ultimately dies, the doctors declare the cause as kidney failure while I say that he died due to dialysis.

Nobody on this planet needs a dialysis machine when the same treatment can be done with far better results using the simple Hot Water Immersion technique. We have already noted countless benefits of this treatment that regenerates nephrons to flush out toxins naturally instead of using lethal liquid that ultimately leads the patient to his death.


Postural Medicine for Heart Attack using GRAD System

We have understood that if a body's waste is not flushed out of the body and instead, is collected in specific areas of the body, it results in diseases related to those areas.

If the waste toxins are collected in the coronary arteries, the arteries which go to the heart cells, then it causes blockage of the arteries. This blockage results in a Angina or heart pain which is commonly known as heart attack which can even lead to death.

Let us now understand the process of how can we halt an ongoing heart attack using GRAD System. As an Emergency and Pain Expert, one can help an individual achieve certain goals to prevent a heart attack.

Factors to halt an ongoing heart attack

↑ Anti Inflammatory Markers	↓ Blood Viscosity
↑ Windkessel Effect	↓ Sympathetic Nerve Activity
	↓ Myocardial oxygen consumption
↑ Stroke Volume	↓ Release of vasopressin
↑ Release of NO	↓ Blood Pressure
↑ Vasodilation	↓ Rate of Glycogen Depletion
	↓ Arterial Stiffness

HWI



- Acute hot water immersion is protective against impaired vascular function following forearm ischemic-reperfusion in young healthy humans *Am J Physiol Regul Integr Comp Physiol* 2016 Dec 1; 311 (6)
- Head -Out Immersion in natural thermal mineral water for the management of hypertension: a review of randomized controlled trials. *International Journal of Biometeorology* 00484-019-01780-4
- Acute Effects of Short Term Warm Water Immersion on Arterial Stiffness and Central Hemodynamics *Frontiers in Physiology* 12:620201

As shown in image (25), if in the body Anti-inflammatory Markers increase, Windkessel effect increases, the stroke volume of the heart increases, if the release of Nitric Oxide in the body increases, if the dilation of the arteries known as Vasodilation happens, then in time of emergency the heart attack can be halted.

In a normal condition the arteries of the heart are flexible and store certain amount of blood in them. In case of an emergency requirement by the body the arteries pump out the stored blood and this is known as the **Windkessel** effect. However, with time the arteries become stiff due to toxins accumulated in them and it becomes difficult for them to store any surplus blood for emergency use. If in case of an ongoing heart attack the body is able to increase the flexibility of a stiff artery, then more blood can be pumped by the heart, therefore, saving the life of the patient.

Other conditions required for the body to halt an ongoing heart attack include a decrease in blood viscosity. Lesser blood viscosity results in an increased blood flow in the body. Similarly a decrease in the sympathetic nerve activity where dilation of the blood vessels happen when the stress is reduced from the heart

can help stop a heart attack. If the vasopressin hormone secretion decreases in the body it results in the expansion of the constricted blood vessels. The blood pressure in the arteries increases due to their constriction, making it difficult for the blood to easily flow through them during the angina pain.

Hot Water Immersion for Heart Attack

In order for the body to achieve these goals while undergoing an ongoing suspected heart attack, the individual must adopt the Hot Water Immersion technique. Within minutes of sitting in a bath tub filled with hot water the body starts manipulating the secretions of chemicals, minerals, and hormones in the body, resulting in the regulation of the blood flow and halting the ongoing heart attack.

It is worth noting that in order to soak a body in the bath tub, it takes at least 15 minutes for 500 litres of water to heat to the desired temperature of 42 degrees. However, during an ongoing heart attack an individual will not have so much time as the suffering is very high and an emergency measure is needed.

Lower Leg HWI @ 45° C

26

To halt ongoing
heart attack



Acute lower leg hot water immersion protects macrovascular dilator function following ischaemia-reperfusion injury in humans. Experimental Physiology , 2020;105:302-311

For such conditions, the individual can adopt **Lower Leg Hot Water Immersion technique**. Here the water needs to be heated at 45 degrees in a bucket instead of 42 degrees in a bath tub. One can keep an automatic immersion rod with flexibility to set the temperature handy at home. The low cost immersion rod being shock proof can prove to be a life saver in times of emergency.

Just fill the bucket with water and immerse the heating rod set at 45 degrees, keeping the legs soaked in the water. When the water temperature reaches 45 degrees the immersion rod will automatically cut off the current and when the temperature lowers below 45 degrees, the rod will start heating again.

Keeping the feet soaked in hot water generates the same physiological conditions in the body that are detailed above and that help in stopping an ongoing heart attack.

Steps to halt ongoing suspected heart attack

Step 1	Posture (Start within 5 sec)	
Step 2	Chewing Ginger / Garlic / Red Chilli (Start within 50 sec)	 <p>The underlying mechanism of ginger to protect blood vessels.</p> <ul style="list-style-type: none"> Vascular smooth muscle cell: VSMC Proliferation, Blocking of voltage-dependent Ca²⁺ channel Endothelial cells: Promotion of nitric oxide Anti-inflammatory activity Inhibiting platelet aggregation Regulation of lipid profile Enhanced clearance of extra-cellular matrix Inhibition of angiotensin
Step 3	LLHW @45° C (Start within 5 min)	
Step 4	HWI for 1 hr (Start within 15 min)	
Step 5	Coconut water fasting for one day	

•Vasculoprotective effects of ginger (Zingiber officinale Roscoe) and underlying molecular mechanisms - Food & Function (RSC Publishing)
 •"Ginger (Zingiber officinale Roscoe) in the Prevention of Ageing and Degenerative Diseases: Review of Current Evidence", Evidence-Based Complementary and Alternative Medicine, vol. 2019, Article ID 5054395, 13 pages, 2019.
<https://doi.org/10.1155/2019/5054395>

We can therefore use the following evidence-based **five steps to halt an ongoing heart attack** in case of emergency:

- 1. Postural Medicine** – As given in the image, if the patient is made to sit in a desired posture using Gravitational Resistance to his favour, he will start experiencing benefits within the first five seconds.

2. Chewing Ginger/Garlic/Red Chillies – While the patient sits in the desired posture he should be made to chew large amounts of ginger or garlic, or even red chillies. Either of the three ingredients can be used to chew as long as the patient starts tearing from his eyes. Tears flowing from the eyes are an indication that the body has started producing enough Nitric Oxide.

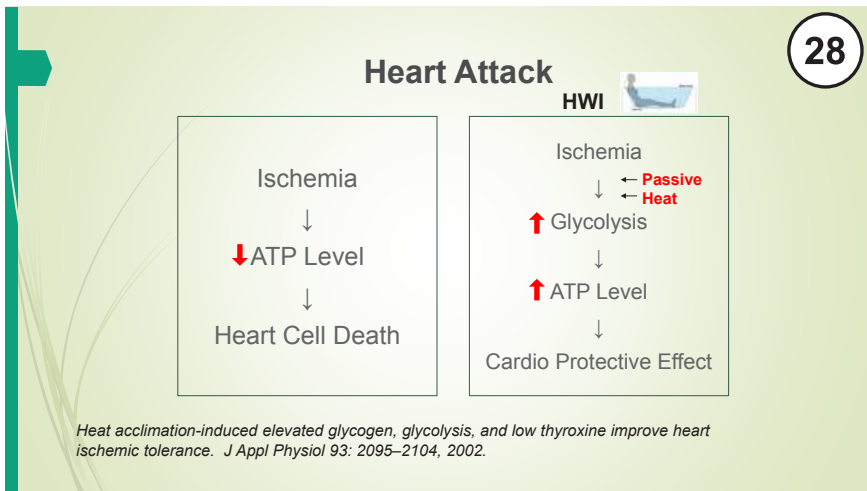
Nitric Oxide, as we have noted earlier as well, results in the dilation of the blood vessels, therefore, reducing the pressure in the arteries. This Cardio Protective technique is very important for the patient's body as it makes the arteries flexible, thus increasing the Windkessel effect in the patient's body.

3. Lower Leg Hot Water Immersion – While the patient is given postural medicine while chewing one of the three ingredients till he tears, arrangements should be made for him to soak his feet in a bucket of water heated at 45 degrees.

4. Full Body Hot Water Immersion Technique – While the patient sits with his feet soaked in hot water, arrangements must be made to heat larger quantities of water so as to make his entire body, neck downwards, soak in hot water heated at 42 degrees celsius. Once heated, the patient should be transferred in the bath tub and made to sit comfortable for the next one hour.

5. Coconut Water Fasting for One Day – It is important for the patient suffering an ongoing heart attack to follow through all these steps leading to a coconut fasting for an entire day. The kind of food that causes the blood vessels to constrict or that makes the blood to thicken must be avoided at all costs. The standard cooked food, therefore, must be avoided for the next day and instead the patient should be given coconut water or Nature's mineral water at regular intervals throughout the day. This can translate to five or six glasses of coconut water to be given to the patient with the heart condition.

Using these five steps we can help any individual suffering an ongoing heart attack live longer, at zero cost, without having to rush to a hospital and use external interventions. This evidence-based technique shows much better results than the standard practices adopted by modern hospitals.



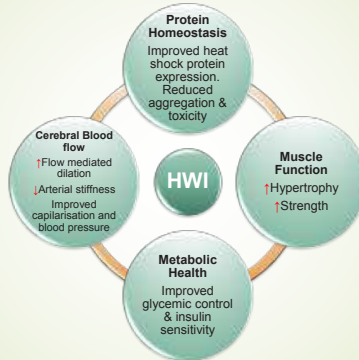
Science behind a Heart Attack

Ischemia is a condition of deprivation of the blood flow and oxygen to the heart cells. This condition results in the decrease in the ATP level in the body, which is the energy bank for the heart and the body on the whole. Decrease in the ATP level leads to the death of the heart cells.

With the Hot Water Immersion Technique, while an individual is suffering from Ischemia, the passive heat treatment in the body the process of Glycolysis increases and energy will start reaching the body. This treatment results in an increase in the ATP level therefore, creating an energy storehouse for the body to use in case of emergency. This entire Cardio Protective Effect is optimum for the body to recover from an ongoing heart attack.

29

Potential benefits arising from heat therapy for people with neurodegenerative disease
(↑ symbolizes an increasing effect; ↓ symbolizes a decreasing effect)



Could He Diseases? A narrative review. Frontiers in Physiology 10:1556 at Therapy Be an Effective Treatment for Alzheimer's and Parkinson's

Treatments using HWI Technique

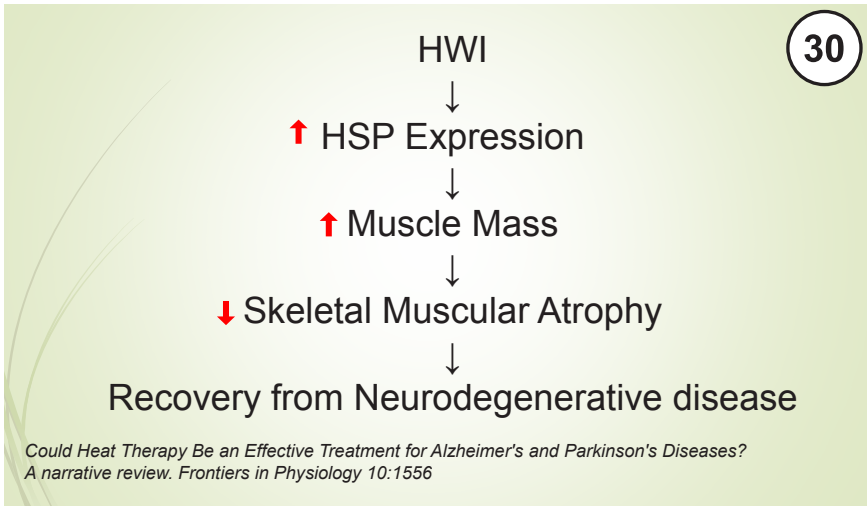
Hot Water Immersion technique can be used in case of emergency, like in the case of an ongoing heart attack, as well as in the treatment of chronic diseases, like the treatment of kidney failure through natural dialysis process.

With the help of HWI the body is able to achieve the below mentioned four goals.

1. Through HWI technique, the production of heat shock protein increases in the body. This protein helps the body get rid of excessive toxic waste.
2. HWI increases the Muscle functions causing Hypertrophy increasing the muscle production and thereby, strength in the body.
3. HWI increases the Metabolic Rate of the patient's body causing dilation of the blood vessels.
4. Cerebral Blood flow increases resulting in reduction of the stiffness of the arteries, therefore increasing the blood flow. This results in reducing the blood pressure and decreases the release of certain chemicals in the body.

Just like we visit a gymnasium to improve our general health and build muscles, using the Hot Water Immersion process we are able to achieve the same results.

While we heat the body by working out in the Gymnasium, here the body receives the required heat through the passive heat of the hot water.



We can understand using the flowchart of the image (30), that Hot Water Immersion leads to an increase in the Heat Shock Protein known as HSP Expression. This results in an increase in the Muscle mass in the body which helps the body in reducing the destruction of muscles generally known as Muscular Atrophy. This recovery of muscles can also lead to the recovery of Neurodegenerative diseases like Parkinson, Alzheimer, Spinal Muscular Atrophy, Memory disorders and Motor Neuron Diseases.

Neurodegenerative Disease

31

- ▶ Alzheimer's disease
- ▶ Other Memory disorders
- ▶ Parkinson's disease
- ▶ Spinal Muscular Atrophy
- ▶ Motor Neuron disease

It can be noticed that people request for funds on Social media for the treatment of their children suffering from Spinal Muscular Atrophy. The treatment advised by modern hospitals uses an injection that costs Rs 16 Crore to be administered to the patient in order to save a child's life.

However, the patient can reverse Spinal Muscular Atrophy using the simple three step GRAD System by changing the posture of the patient, using Hot Water Immersion Technique and by following a specific diet.

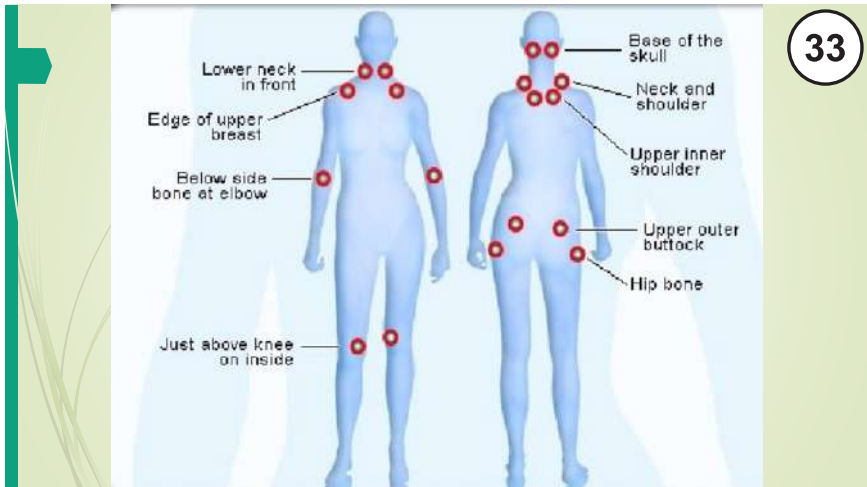
HWI for 3 months (Fibromyalgia)

32

Improvement in pain, fatigue, anxiety and significant reduction in TPC.

HWI for Treatment of Fibromyalgia

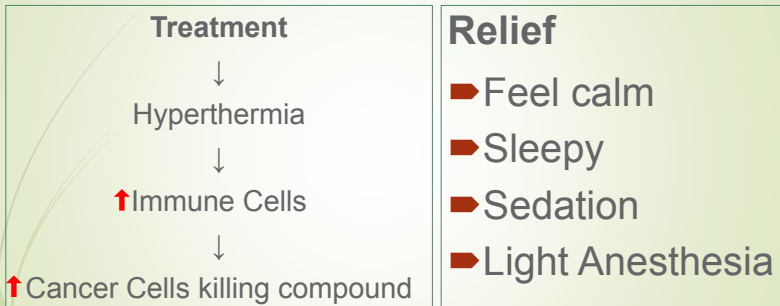
Using Gravitational resistance and Hot Water Immersion the health condition of a patient suffering from Fibromyalgia can be improved within a span of three months. This helps the patient by reducing the levels on pain, anxiety, fatigue.



A significant reduction in the amount of Tender Point Count (TPC) can also be observed. These are 18 points on the body that feel tender and painful when touched. With the use of HWI these points keep reducing till none of them are tender and the patient recovers from Fibromyalgia.

34

HWI in Cancer Relief and Treatment



Hyperthermia to Treat Cancer. American Cancer Society, cancer.org/1.800.227.2345

HWI for Treatment of Cancer

A cancer patient undergoes a significant amount of pain, anxiety and discomfort. If the patient is administered with the Hot Water Immersion treatment for one hour before going to sleep, he will see significant improvement in his nervousness and restlessness and will be able to sleep comfortably. It is critical that the water temperature be maintained above 40 degrees Celsius for optimum benefit and relief.

The patient will feel calm as the hot water will work as a local anesthesia, providing instant relief to his disturbed state of mind. Without use of any medication, injection, or machinery, the patient suffering from cancer will be able to see instant positive results in his health condition.

When the HWI treatment is continued on a long term basis, it results in Hypothermia. This means the cells of the body heat up increasing the immunity of the body. The increase in Immune Cells helps increase the production of Cancer killing compound in the body.

Thus, using HWI treatment not only does the patient receive comfort and relief from pain and anxiety, he also gets cured by increasing his immunity. It goes without saying that at the outset of the treatment itself, the Cancer stops from further progression in the body. Once the process halts, it can start the reversal and ultimately cure the patient of his chronic disease. All this is achieved at the convenience of his home, at no cost or external support.

35

Treatment of Stings / Bites / Envenomation (non-poisonous)

HWI @50° C of the effected part for 30 to 90 min



Atkinson PR, Boyle A, Hartin D, McAuley D. Is hot water immersion an effective treatment for marine envenomation? Emerg Med J. 2006;23(7):503-508. doi:10.1136/emj.2005.028456

HWI Treatment for Bites, Stings, or Envenomation

Hot Water Immersion technique comes handy in case of insect bites as well. If the bites and stings are non-poisonous in nature, one can dip the affected part in water heated at a temperature of 50 degrees. The affected body part can be immersed in water for a period of 30 minutes to 90 minutes, depending on the severity of the pain and the sting.

For such purposes keeping a digital thermometer as shown in the image is useful to measure the water temperature. High temperatures destroy the foreign protein in the body thus, bringing down the pain and swelling. Without the use of external ointments, medication or treatments, one can easily cure an insect bite or sting within minutes at no cost.

36

Cold WI

Core Body Temperature	Extreme
35° C	Confusion, dis-orientation
34° C	Amnesia
33° C	Cardiac arrhythmia
33° to 30° C	Loss of consciousness
28° C	Cardiac Arrest
25° C	Death

Physiology of drowning; a review. Physiology (Bethesda) 31,147-66

Cold Water Immersion and its Effects

Now we know the various ways in which we can provide relief in case of emergency or even in chronic ailments using hot water immersion. In order to understand why water is heated at a certain temperature beneficial for the body and why is the opposite not effective.

We often hear of people succumbing to a heart attack or a brain stroke while in their bathroom. It is a consequence resulting from a lack of understanding of the human body's interaction with water that people suffer such painful deaths.

When we reduce the core body temperature, it has a possibility of leading to disease and death. On the other hand, when we increase the core body

temperature, it leads to cure and recovery from chronic ailments that would otherwise have led the patient to certain death.

As we can see in the image is we reduce the core body temperature to 35 degrees Celsius, it leads to an individual's confusion and disorientation. Further reducing the temperature to 34 degrees causes amnesia or forgetfulness.

Decreasing the core body temperature to 33 degrees leads to Cardiac Arrhythmia while the individual may lose his consciousness between temperatures 33 degrees and 30 degrees.

Reducing the core body temperature to 28 degrees results in Cardiac arrest or a heart attack and at 25 degrees an individual may die.

Therefore, if we increase the core body temperature of an individual by immersing his body in hot water with temperature maintained above 40 degrees along with manipulating his posture, we will be able to reverse a disease completely.

This emergency management method is risk-free, it incurs no cost on the patient, it has no side-effects, and most importantly, the patient's dependability on external help is negligible.

This covers the theoretical aspect of GRAD System, the diseases it can cure, the emergency relief it can provide to the pain and suffering of an individual. Next, we will understand the practical aspect of the same.



GRAD System (Session-II)

37

- Criteria for dialysis and Drug Tapering
- GRAD levels for dialysis / kidney patients
- GRAD zero for fibromyalgia / heart patients
- Postural medicine in other emergency situations
- P.E.A.C.E Protocol

We will now perform an in-depth study of the following:

- Criteria for dialysis and Blood tapering.
- Design and create your own bath tub.
- GRAD Levels 1 to level 5 for dialysis or kidney patients.
- GRAD zero for Fibromyalgia or heart patients.
- Postural medicine in other emergency situations using different strategies.
- P.E.A.C.E. Protocol.

Part - 2

360° Postural Medicine

World's Fastest Emergency Medicine

As part of Emergency and Pain Management Techniques, we have learned the theoretical aspects of dealing with both emergency and chronic treatment of various health-related maladies.

We learned how from the first day of treatment itself, a patient can get rid of external dialysis and his body can start self-dialysis through **Gravitational Resistance Methodology**.

We covered the **Hydrostatic Counter Pressure** which helps the body achieve many goals which are impossible to achieve through any conventional drug or treatment that exists today.

The treatment methodology that we discussed is useful not only for emergency treatment but also for curing a chronic disease that is otherwise only '**managed**' like diabetes, hypertension etc.

360°

38

Postural Medicine

World's Fastest Emergency Medicine

While we covered all the theoretical aspects of treatment using Gravitational Resistance, let us now understand it as the **World's Fastest Emergency Treatment**. This is also known as **360 degrees Postural Medicine**. For instance, in case of Pain relief, this method can provide relief much faster, deeper, and more effectively as compared to the best available medicine.

This method is very effective for pain, sleeplessness, depression, discomfort, or any emergency situation so far handled by medicine. This method does not have any kind of side effect or having a dependency on external medicine or an expert.

39



Postural Medicine

Let us use an example of the image (39) to understand Postural Medicine. In the image one of the soldiers lies fainted on the floor while others stand in the required position.

During childhood in school children often come across similar scenes of having to watch other fellow students faint.

The reason why a body faints as falls on the floor is a body acquiring a self-correcting mode.



Blood trapped in lower extremities



Clotting in 20 minutes



Cellular breakdown



Toxin build up



Acute kidney failure



Oxygen deprivation to brain



Death in 4 to 6 min

Suspension Trauma. Emerg Med j 2007; 24:237-238

When one stands in one position continuously for 20-30 minutes, the blood of the body starts collecting in the legs. It is possible for blood clotting to begin formulating in the body after 20 minutes. This leads to cellular breakdown which leads to an increase in the toxicity in the body. Such a situation can


result in a sudden kidney failure resulting in oxygen deprivation in the brain. Once the brain becomes devoid of oxygen it only takes around 4 to 6 minutes for the body to die.

This is the result of a body standing in one position for long periods of time. However, as a defence mechanism the body makes an effort to induce a self-correcting mode by inducing fainting. The moment a body faints, it falls on the floor, thereby changing the position or posture of the body. The body lying horizontally on the floor is at the level of the heart and the blood circulation starts away from the legs. The body changes the pattern by changing the posture. Therefore, it is important to understand that fainting is not the problem. It is however, a solution to a problem.

41

Suspension Trauma

- The onset of syncope (fainting) can be fatal if rescue does not occur immediately.
- Death can occur within 4-6 minutes if the brain is deprived of oxygen.



If we understand this example from the perspective of the soldier's colleague, it can be understood that the healthy soldier has two options. One is to let the unwell soldier fall to the ground while the second is to stop him from falling by holding him upright. While the concern of the healthy soldier is justified that the falling soldier might hurt himself, if he tries to hold the soldier upright for a few more minutes, it might result in the fatality. This is due to the posture of the unwell soldier which prevents blood circulation in his body. This is known as **Suspension Trauma**. The healthy soldier can instead help the

falling soldier from hurting himself and should support in his lying parallel to the ground.


Suspension Trauma is most commonly seen in mountaineers where they are suspended by a cable for long periods of time. This results in the blood getting collected in the lower regions of the body. However, as they have no option of changing their posture by lying parallel to the ground, there can be noticed a rapid cellular breakdown, increased toxicity in the body, sudden acute kidney failure, which leads to oxygen deprivation in the brain and within 4 to 6 minutes, even death.

By using Postural Medicine the body falls on the ground bringing all the organs of the body to the same level as that of the heart. In this way within a few minutes the body regains consciousness and stability, self-correcting itself without any external help or expertise.

Suspension Trauma

42

- As Mammals our circulatory system is not Designed to Walk Upright
- We utilize "Muscle Pumps" to Assist with Circulation
- Without the Assisting Muscles Blood Cannot Return to the Heart



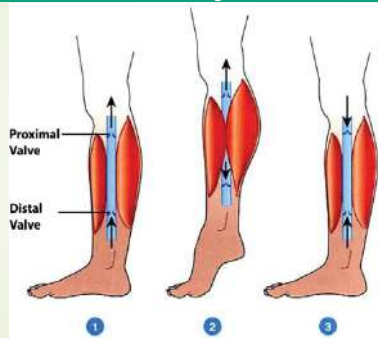
While most other animals stand on their four limbs, it is the human who stands on two legs. This gives the heart the prominent top most position while the rest of the organs are below it. The moment one stands without any movement for elongated period of time, the human body runs a risk of the blood circulation being done away from the heart, collecting around the

legs. This increases pressure around the kidneys leading to an emergency situation.

For other animals who stand on their four limbs, the heart acquires the central position, therefore the risk of the blood circulation being compromised is very rare.

43

One Way Valves



Countering Gravitational Resistance

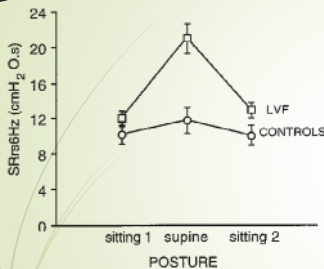
When the heart is at the top most position, it is farthest from the gravitational pull, thus ultimately leading to an oxygen deficiency in the body. Therefore, it is critical that we move our bodies every 20 to 30 minutes for proper blood circulation to take place in the body. When we move intermittently while standing for long hours, the calf muscles in the leg push the blood upwards in the body, ensuring a proper blood circulation in the body.

However, if there is a requirement for you to stand still for long hours, one can keep doing a small exercise of standing on your toes. This increases pressure on the calf muscles which then push blood upwards in the body.

Alternatively, you can move the toe fingers inside your shoes for movement of the fingers to prevent blood from settling in the legs and subsequently, prevent the body from fainting to self-correct its posture.

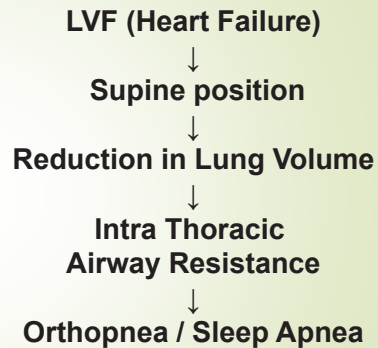
It is clear that for proper blood circulation in the body, the heart, the leg muscles as well as the other organs provide optimum support. If either of the organs are weak, it may lead to a restriction in the blood circulation which may lead to an emergency situation for the body.

44



Change of mean values of specific respiratory resistance (SRRs) measured at 6 Hz with posture in 10 patients with chronic LVF and 10 control subjects. Bars indicate SEM.

*Effect of Supine Posture on Respiratory Mechanics in Chronic Left Ventricular Failure
American Journal of Respiratory and Critical Care Medicine Volume 162, Issue 4*



If the heart is weak and suffers heart failure, then more often the patient is made to lie in a supine position or on his back. This results in the heart being on top of the lungs, therefore reducing the lung's capacity by 20%. Resulting in breathlessness due to the compromised circulatory power of the heart, there maybe instances where the patient dies in sleep, known as sleep apnea, due to the deception of breathing.

The solution to such an emergency situation provided by modern medicine is to attach the patient's body to a machine as shown in the image (45).

45

Orthopnea / Sleep Apnea

Postural Medicine

Left lateral position

Right lateral position

Prone Position

A Comparative Study of Treatments for Positional Sleep Apnea, Sleep, Volume 14, Issue 6, November 1991, Pages 546-552

Even when attached to a machine, the patient is lying in a supine position with an increased pressure on the lungs. This is not a favourable position for a person whose heart is weak as it results in a compromised lungs space. When the body becomes dependent on external machines then over a period of time the patient's health deteriorates as the heart and lungs get further compromised leading to a worse health than before. Though one may feel a temporary relief, the machine comes with a cost of making the patient more worse over a period of time.

The best alternative to get immediate relief is to adopt Postural medicine. Here instead of sleeping in a supine position, the patient is advised to sleep in a prone position by lying on his stomach. This lifts the pressure from the lungs and the lungs capacity increases, thus self-curing the patient.


During the (so called) pandemic, the various N.I.C.E and W.I.S.E experts who treated patients through postural medicine advised the patients to lie in a prone position instead of adopting the support of an oxygen cylinder. This increased the patient's lung capacity by 20%, thus increasing the SPO2 levels in the body, increasing the life span of the patient by providing immediate relief. The oxygen levels increase 1% every 2 to 3 minutes thus making a difference between life and death of the patient.

The therapeutic position of lying on your stomach of the prone position is a postural medicine which works much better than an oxygen cylinder. The dependency on an oxygen cylinder leads to pneumonia in patients; however, postural medicine has no side effects at all and also provides relief within a few minutes. If a patient with a weak heart gets tired of lying on his stomach, he may be advised to lie on a left lateral or a right lateral position instead of lying in a dangerous supine position.

But how can one prevent a patient from slipping into a supine position while asleep? The simple solution is to tie a lemon on the back of the clothing. So, even unknowingly, when the patient moves from a prone position or a lateral position to a supine position, he will get hurt and his comfort will get obstructed by the lemon protruding on the back. This simple and inexpensive methodology helps in increasing the life span of the patient while the hospital machines (Bipap machine) only degrade the quality of his life. This is the power of Postural Medicine.



47




Congestive heart failure
↓
Right lateral sleep position
↓
Heart is in higher position
↓
Improves venous return from lung
↓
Highest Vagal Activity Lowest sympathetic tone
↓
Self protecting mechanism makes patient comfortable

Effects of Posture on Cardiac Autonomic Nervous Activity in Patients With Congestive Heart Failure, journal of the American College of Cardiology Vol. 37, No. 7, 2001.
Avoidance of the left lateral decubitus position during sleep in patients with heart failure: relationship to cardiac size and function, Journal of the American College of Cardiology volume 41, Issue 2, 15 January 2003, Pages 227-230.

If the individual is a patient of Congestive Heart Failure, as part of Postural Medicine, he is advised to lie in a right lateral position. This puts the heart in a superior position increasing the coordination between the heart and the lungs. This leads to the patient becoming comfortable immediately due to the self-protective mechanism of postural medicine.

48

Chronic heart failure
↓
HWI 
↓
Immediate increase in cardiac output
+
Fall in vascular resistance

Warm water immersion in patients with chronic heart failure: a pilot study. Clinical Research in Cardiology (2019) 108:468-476

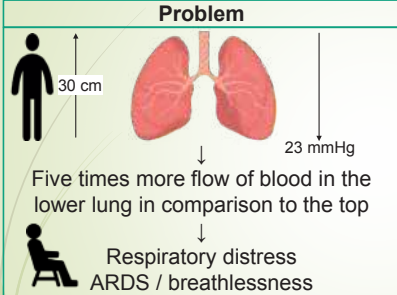

After providing emergency relief, in order to cure the patient of his chronic heart disease, you must adopt the **Hot Water Immersion Technique** taught


in the first session. When the patient is immersed in water at 40 degrees temperature, within the first 5 minutes the patient's cardiac blood circulation also known as cardiac output increases by 20%. This leads to a decrease in vascular resistance, thus, curing the heart.

By using the law of gravity by the posture of the body and increased hydrostatic counter pressure the patient can be aided in acute emergency condition and also lead to a cure in chronic conditions.

49

Cardio - Respiratory - Illness

Problem	Solution
 <p style="text-align: center;">30 cm</p> <p style="text-align: center;">23 mmHg</p> <p style="text-align: center;">Five times more flow of blood in the lower lung in comparison to the top</p> <p style="text-align: center;">Respiratory distress ARDS / breathlessness</p>	<p style="text-align: center;">Lying in the prone position</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">No part of lung is more than few centimeters away from heart</p>  <p style="text-align: center;">Or</p> <p style="text-align: center;">Forward inclined</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">Immediate relief from breathlessness</p>



The role of body position and gravity in the symptoms and treatment of various medical diseases. *Swiss Med Wkly.* 2004 Sep 18; 134(37-38):543-51

If either the heart or the lungs is weak, it will impact the other as both the organs work in consonance. This can lead to cardio-respiratory illness.

Humans are at a disadvantageous position as compared to the rest of the animals. The upper part of the lungs is 30 cm higher than the lower lung. Therefore, because of the atmospheric pressure, the lower part of the lung has 23 mm Hg more pressure.

Due to this pressure difference, the blood circulation at the lower part of the lungs is 5 times more than at the upper part of the lungs.

This is unique to human beings because of our posture of standing erect. The other animals stand on their four limbs keeping their lungs almost at the same level. Therefore, they don't suffer from a difference in blood circulation in their lungs as their body is in accord with the law of gravity.

In case of humans on the other hand, the lower part of the lungs are in equation with the gravitational force of the earth. If the heart is strong then this variation in pressure is acceptable by the body. If the heart is compromised or is weak, then there are chances of complications to arise leading to Cardio-Respiratory Illness.

In this case when a patient stands straight or lies on his back, he experiences breathlessness. While he is standing, there is a pressure difference in the blood circulation in the lungs. On the other hand, when he lies on his back, owing to the pressure of the heart on the lungs, he might feel discomfort and breathlessness.

It is important to understand that in patients with a weak heart, a supine position can be dangerous and even fatal. We saw countless instances during the pandemic where people reclined on their back on their way to the hospital or for taking the support of the oxygen cylinder.


When patients came to our Covid Centres in Jaipur or Ahmednagar or at our Hospital and Institute of Integral Medical Sciences at Derabassi, Chandigarh, we asked them to lie in a prone position. In case the patients were not comfortable lying down, we asked them to sit in a forward inclined position with a hand-held fan blowing air on their faces.

By using Postural Medicine the patient's breathlessness started waning within 3 to 5 minutes making him relaxed and increasing the SPO2 levels simultaneously.

Therefore, just by making certain postural changes in the body, the patient can improve his health without the support of an external oxygen cylinder.

Infant less than 1 year

50

Prone position 

↓


Decreases pharyngeal space

+

Increase in collapsibility of pharynx

↓

Sudden Infant Death Syndrome



The role of body position and gravity in the symptoms and treatment of various medical diseases. Swiss Med Wkly. 2004 Sep 18;134(37-38):543-51

Infants less than one year of age require a different mechanism to improve their health. Their body is still under developed and their internal structure of the mouth and nose area known as the pharyngeal space is differently constructed.

Therefore, they must not be put in a prone position as their pharyngeal space starts collapsing which can even lead to Sudden Infant Death Syndrome (S.I.D.S)

51 **Bed-rest or Bad-rest**

External pressure > 70 mmHg of capillary pressure in arterioles

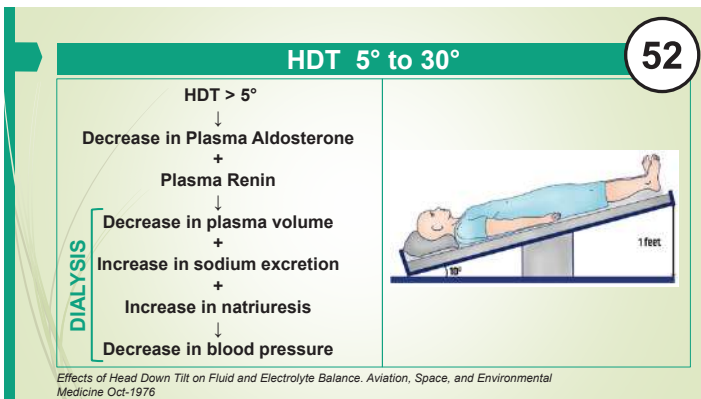
↓ 2 hrs

Ischemia

The role of body position and gravity in the symptoms and treatment of various medical diseases. Swiss Med Wkly. 2004 Sep 18;134(37-38):543-51

In case the posture of the body is incorrect, whether standing, sitting, or lying position, the body automatically goes into a self-correcting mode. Even during sleep you may notice that the body keeps changing its posture. While lying down the blood vessels under the skin give out a certain pressure outwards. On the other hand the atmospheric pressure works inwards on the body. This results in a pressure difference for the individual asleep.

If the pressure difference is more than 70 mm Hg for about 2 hours, it may lead to Ischemia or disruption of the blood circulation and disruption of supply of oxygen leading to cells dying. This is known as developing bed sores. Therefore, as against earlier times, while recovering from illness as well, the patients are not advised complete bed rest for elongated period of time. Even during bed rest the body keeps demanding for a change in position due to postural science.



Another powerful Postural Medicine technique is called Head-Down Tilt or HDT. This method is more powerful than any drug ever invented!

If you lie down in a head Down Tilt method with your head downwards at 6 degrees for a duration of two to four hours, it may lead to an increase in your height within a range of 1 cm to 1 inch. While the height to go back to its original size after you change the posture, this may come helpful in cases, for example, of recruitments where every cm of height counts. All one has to do is to lie in a HDT method for 2 to 4 hours to temporarily increase the body's height.

Similarly, when a patient is made to lie down at 10 degrees angle of the head, it leads to a decrease in the Plasma Aldosterone and Renin hormones in the body. This results in a decrease in Plasma volume and subsequently, an increase in sodium excretion from the body. Also, it increases natriuresis and decreases the blood pressure. All these functions altogether is known as **Dialysis**.

The excess water from the body is released via sweat or urine taking along excess potassium in the urine from the body. All the excess nutrients in the body like creatinine, urea, or sodium are excreted from the body, thus, decreasing the body's blood pressure.

Therefore, with the help of the Head-Down Tilt (HDT) method the body of a kidney patient start self-dialysis within minutes of lying in a tilted position for 1 to 2 hours. This is the best alternative to an expensive, toxic, and painful machine which proves to be detrimental for the human health in the long run.

Without the use of any modern technology or drug, external assistance or having to pay hefty bills, you can correct the body to achieve better results than visiting a hospital for expensive treatment. As postural medicine does not have any side-effects, one can rest assured to elongate their lives by improving the quality of their kidney function only by practicing this method for 3 to 4 months regularly.

The Head-Down Tilt (HDT) method is used also for patients suffering from liver cirrhosis or Ascites or water retention in the stomach region, reducing the risk of a liver transplant.

According to the paper which you can refer at will, when you put the patient on HDT posture, the plasma renin activity reduces, his aldosterone reduces and as a result, his antidiuretic hormones also reduce. This is done when the excess nutrition is excreted. Similar results can be achieved by another strategy, discussed in depth earlier as the hot water immersion technique. By keeping the hot water bathtub at 40-degree temperature, where possible, one can cure the patient of chronic illness or stabilize his emergency health situation. However, in case the family is not able to arrange the bath tub at that time, then they can use the HDT method to achieve the same health goals.

53

Cirrhosis / Ascites



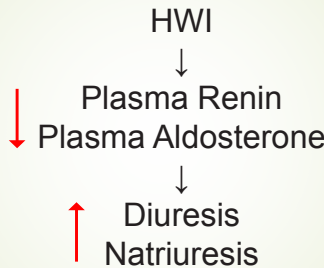
	No ascites	Ascites	P	
Plasma Renin Activity (ng/l)	106.0 ± 230.9	300.9 ± 401.9	0.02	
	After upright posture	47.9 ± 113.5	131.5 ± 181.5	0.006
	After HDT	65.8 ± 173.4	126.9 ± 173.6	0.006
Plasma Aldosterone (ng/l)	414.9 ± 653.6	628.8 ± 527.4	0.32	
	After upright posture	229.8 ± 426.8	324.2 ± 270.8	0.09
	After HDT	235.7 ± 470.8	320.8 ± 260.0	0.03
Antidiuretic hormone (ng/l)	0.95 ± 0.29	1.01 ± 0.47	0.96	
	After upright posture	0.86 ± 0.24	1.11 ± 0.78	1
	After HDT	0.78 ± 0.19	0.89 ± 0.27	0.61
Atrial natriuretic peptide (ng/l)	179.1 ± 75.9	252.0 ± 118.3	0.17	
	After upright posture	210.9 ± 91.9	266.6 ± 138.5	0.43
	After HDT	214.8 ± 107.5	292.8 ± 155.2	0.28

Upright v/s Supine v/s HDT

Influence of posture on haemodynamics, sodium and hormonal homeostasis in cirrhotic patients with and without ascitis. Acta Gastro-Enterologica Belgica, Vol. LXVI, July-Sept 2003

54

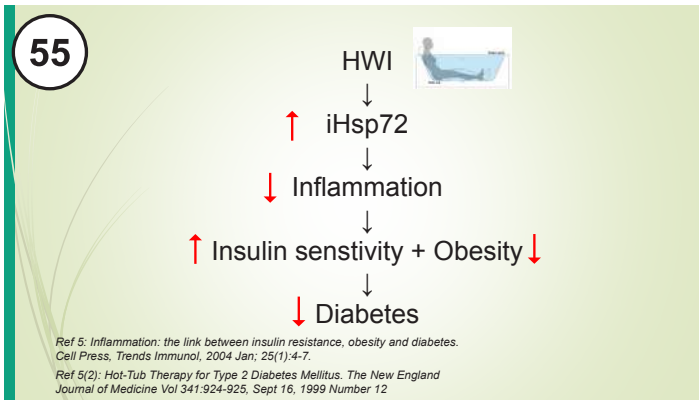
Cirrhosis / Ascites



Mechanisms of improvement of water and sodium excretion by immersion in decompensated cirrhotic patients. Kidney International. Vol 24 (1983), pp. 788-794

The patient, depending on how critical is his health and the strength to experience the different health techniques, can shift between the Hot Water Treatment and the Head Down Tilt. Both work on a similar principle that is

in head down tilt, you use the inside fluid that means when you are in head down tilt position, the blood on your legs, it pushes towards the top and that causes the dialysis effect. The diagnosis effect that causes the natriuresis effect is the same that you achieve by putting the patient in a hot water tub. The intermediate reaction which happens in the patient's body, which leads to all the desired results of a reduction in the renin and aldosterone is very important.



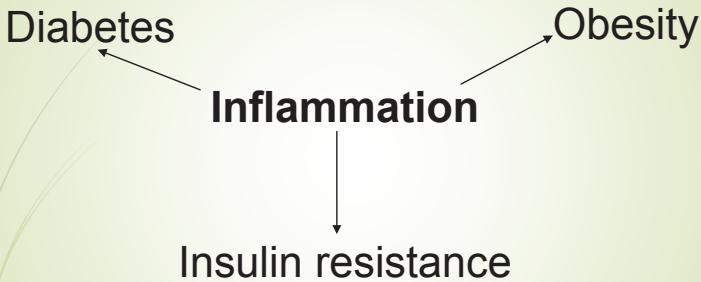
Alternatively, if you put a patient of diabetes who is taking diabetes medication or insulin, the Heat Shock Protein in his body will start building. This leads to his body's inflammation to start reducing, making the body more sensitive to insulin. This leads to the body to start burning the fat and the patient's both internal and external obesity will reduce leading to his diabetes getting cured instead of being merely managed.

It has been observed that if a patient is put in a hot water bathtub for 30 minutes for three weeks, his HbA1c may reduce by 1%, or his blood sugar can reduce by about 50 to 100 mg/dl.

So, it can be understood clearly by the image that when a patient's inflammation in the body is low his health is better and vice versa. Therefore, as part of the intermediate pathway is if one wants to cure the diabetes, they

have to reduce the inflammation. The moment, there is a reduction in the body's inflammation, there is an immediate reflection in the improvement of the health. This intermediate pathway is the Heat Shock Protein and that body can achieve by immersing in a bathtub of water above 40 degrees in temperature.

56



*Inflammation: the link between insulin resistance, obesity and diabetes.
Cell Press, Trends Immunol, 2004 Jan; 25(1):4-7*

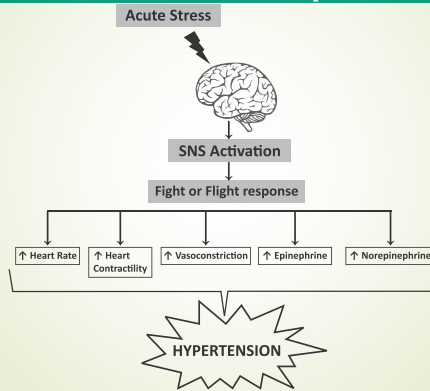
Therefore, it can be said that for all kinds of illnesses, be it diabetes, obesity, insulin resistance etc, one common link is the inflammation of the body. So, it is easy to conclude that in order to cure any disease one must first cure the inflammation. When you put a patient suffering from any chronic disease in a bath tub, the body starts healing the region wherever there is inflammation. Not just a patient of dialysis, in case of Diabetes when we provide HWI to the patient, his kidney starts improving in function immediately as well. This is due to the fact that the inflammation is getting reduced from the body and the body starts healing, curing both Diabetes and Kidney functions in the way.

This simple method of immersing a body in hot water under certain conditions does not have any side effect; instead, it certainly has a 'side benefit'.

Postural Medicine & Mental Health

57

Acute Stress / Depression



So far, we have discussed various physical diseases and their emergency management as well as their cure. Let us now shift our focus on mental diseases like depression or acute stress. The primary focus behind postural medicine and gravitational resistance technique is to remove all kinds of pain from the individual, whether physical or mental in nature. When an individual undergoes stress his body starts producing hormones like epinephrine and norepinephrine in very large quantities. This results in vasoconstriction that is the reduction in the diameter of the blood vessel. As a result, blood pressure increases in the body, increasing the heart rate significantly making the body sick physiologically. This can be understood as the mental trauma leads to physical sickness. That is why when a body undergoes high levels of stress the individual suffers from poor health and when the individual's stress levels are low, there is a significant improvement in his health.

So, an intermediate pathway is to increase certain kinds of hormones which lead to certain physiological changes which cause the connection between stress and your health. Therefore, as we understood earlier, the intermediate pathway

to achieve this balance is to reduce the production of epinephrine which reduces high stress in the body, therefore, leading to an improvement in health.

It is important to add here that when a patient, who is already undergoing stress and depression is put in quarantine, it further deteriorates his health. Quarantine mode leads to aggressive acute depression and immediate stress. This may further aggravate the health condition of the individual.

Isolation / Acute Stress / Depression

58

Acute Stress

```

    graph TD
      AS[Acute Stress] --> SNS[SNS Activation]
      SNS --> FFR[Fight or Flight response]
      FFR --> HR[↑ Heart Rate]
      FFR --> HC[↑ Heart Contractility]
      FFR --> VC[↑ Vasoconstriction]
      FFR --> EP[↑ Epinephrine]
      FFR --> NP[↑ Norepinephrine]
      HR --> HT[HYPERTENSION]
      HC --> HT
      VC --> HT
      EP --> HT
      NP --> HT
      style HT stroke-dasharray: 5 5
      style HR stroke-dasharray: 5 5
      style HC stroke-dasharray: 5 5
      style VC stroke-dasharray: 5 5
      style EP stroke-dasharray: 5 5
      style NP stroke-dasharray: 5 5
      
```

The relationship of stress and blood pressure effectors. HIPPOKRATIA 2015, 19, 2: 99-108

Isolation / Acute Stress / Depression

59

Acute Stress

```

    graph TD
      AS[Acute Stress] --> SNS[SNS Activation]
      SNS --> FFR[Fight or Flight response]
      FFR --> HR[↓↑ Heart Rate]
      FFR --> HC[↓↑ Heart Contractility]
      FFR --> VC[↓↑ Vasoconstriction]
      FFR --> EP[↓↑ Epinephrine]
      FFR --> NP[↓↑ Norepinephrine]
      HR --> HT[HYPERTENSION]
      HC --> HT
      VC --> HT
      EP --> HT
      NP --> HT
      style HT stroke-dasharray: 5 5
      style HR stroke-dasharray: 5 5
      style HC stroke-dasharray: 5 5
      style VC stroke-dasharray: 5 5
      style EP stroke-dasharray: 5 5
      style NP stroke-dasharray: 5 5
      
```

The Thermal Effects of Water immersion on Health Outcomes: An Integrative Review. International Journal of Environmental Research and Public Health, 2019, 16, 1280. LLHW @ 42° Celsius for 20 minutes

We have been observing that during the (media hyped) Covid-19 pandemic random RT PCR tests are conducted on individuals and randomly asymptomatic so called corona patients are isolated in the name of prevention.

When he is isolated his immunity will dip which will further make him start feeling sick. Once he will get sick and in case he dies, it will be told that he died of corona. This means that this individual's death was a false death. It was not because of the corona but because of stress. This stress was because of the loneliness and these are the intermediate pathways to be understood. A healthy person in isolation undergoes same kind of changes in the body, which a stressed person does.

In order to solve the problem, we must understand how to correct the intermediate pathway. This is done by LLHW, lower leg hot water immersion where the legs of the patient are immersed in hot water at the rate of 42 degrees Celsius for 20 minutes. If the water temperature can be maintained to 42 degrees the reverse happens i.e. reducing the production of epinephrine and norepinephrine. As a result the blood vessels dilate reducing the blood pressure of the patient. Once this start happening, the stress starts reducing, the depression starts reducing, the person gets better sleep, person gets deeper sleep and next day morning when he wakes up, he feels fresh.

Thus, for any patient with the stress, depression, tension, or high blood pressure, let him immerse his legs before going to sleep in a small bucket with water at 42-degree Celsius temperature as the last thing before he goes to sleep. This activity will help calm his brain and result in a restful sleep.

Therefore, instead of taking chemical induced drugs and pills, the patient takes a natural sleeping pill without any side-effects. So, whether we talk of reducing the mental pain or physical pain, we can achieve it by manipulating the pressure of the gravity.

Postural Medicine & Child Birth

Water birth @37° Celsius, water upto nipple line



Immersion in water in pregnancy, labour and birth - Cluett, ER - 2002 | Cochrane Library
A randomised controlled trial evaluating the effect of immersion bath on labour pain.
Elsevier, Midwifery (2009) 25, 286-294

Hydrostatic counter pressure
 +
Body heating
 ↓
Better O₂ transportation
 ↓
Lesser Labour pain

Taking another example, we are told that labour pain which is known as one of the highest level of pain one can experience. Therefore, just before the labour one must help put the pregnant in a bathtub at the rate of 37-degree Celsius water up to the nipple line as shown in the image.

Immersed in hot water, the pain sensation reduces drastically to the extent that the would-be mother does not feel the need of any painkiller or epidural. When they get the injection to reduce the pain the tip of the needle touches the nerve and temporarily the would-be mother loses the sensation. However, in some adverse cases they may lose a sensation permanently that may lead to paralysis and many other problems. On the contrary, when you put the would-be mother in a bathtub it causes the hydrostatic counter pressure and the body heating causes more good oxygen transportation which leads to lesser labour pain and better delivery.

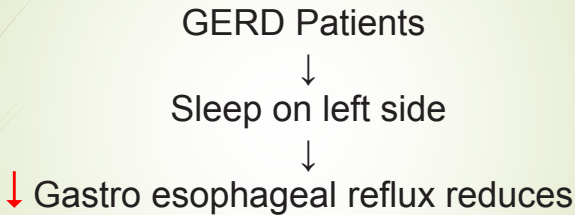
We can conclude that whether it is a mental pain or a physical pain, you have a safer method which should be adopted at home easily right without any assistance. All you need is a bathtub and a facility where you can keep the

temperature at a particular level in this case it is 37 degrees Celsius or sometimes it can be 38 degrees Celsius.

Postural Medicine & GERD

61

Postural Medicine



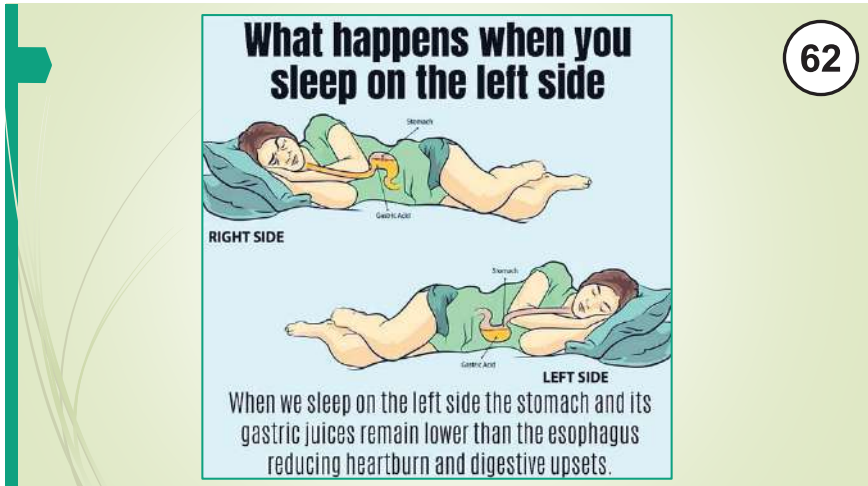
*Effect of different recumbent positions on postprandial gastroesophageal reflux in normal subjects.
Am J Gastroenterol. 2000 Oct;95(10):2731-6.*

*The effect of posture on gastroesophageal reflux event frequency and composition during fasting.
Am J Gastroenterol. 1996 Jan;91(1):54-60.*

We have so far discussed all kinds of organs like lungs, heart, kidney, liver, and even the brain. Let us now understand the issues originating from the stomach. Countless people suffer from acidity and as a solution they keep taking medicines for it without getting any good relief. However, it is possible to provide them lasting relief in one day itself. This means in emergency situation in one day you can give the relief and over a period of time you can give them the permanent cure if you know the science of postural medicine.

Medically, this condition is known as GERD or gastroesophageal reflux disease. Such patients must be made to sleep on the left side, to solve the problem. As mentioned in the image (62), if the patient is made to lie on his right side then owing to the structure of the stomach the acidic liquid inside flows to the mouth due to gravity causing acidity. When the patient lies on the

left side the positioning of the stomach becomes such that there is no chance of the acid reaching to the mouth.



For the healthy people here there is a junction or a valve which closes on one side, preventing the acid to flow upwards to the mouth. But in the case of the patient, due to the valve malfunction, it does not work the way it should work, and as a result the acid escapes the stomach reaching the mouth especially when the patient is lying down or inclined on the right side.

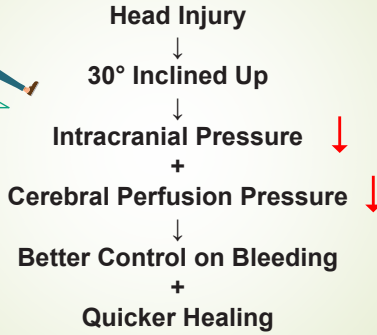
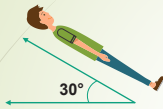
Therefore, for immediate relief the patient must be made to lie down on the left side of the body. There is a chance that once the patient sleeps, he may turn on the other side unknowingly which may again lead to acidity.

Postural Medicine & Head Injury

To avoid that, there are two strategies number one, you put three pillows elevating his head and as a result even if the patient changes the posture the patient can avoid the acidity. Alternatively, you can do the same thing by inclining the bed in opposite direction that is the head upwards. Inclining the bed for 3.77 inches leads to a three degree incline.

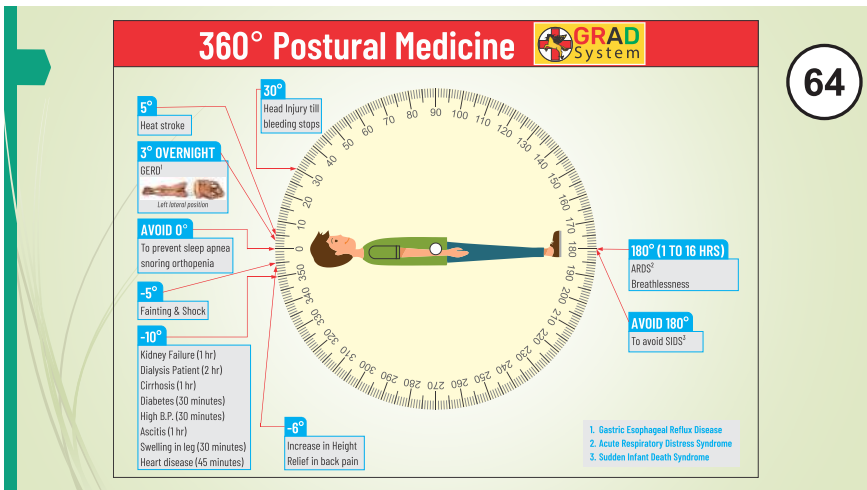
63

Postural Medicine



*The role of body position and gravity in the symptoms and treatment of various medical diseases.
Swiss Med Wkly. 2004 Sep 18; 134(37-38):543-51*

Postural medicine's main role is providing immediate relief, whether it is acidity or even injury. Let's say the person is injured on the head leading to profuse bleeding. If you put that person in an inclined position at 30 degree it will lead to lesser internal pressure. As a result, the profuse bleeding will stop and healing will start quickly. So, a head injury patient must not be asked to lie flat but at an inclination of 30 degree as part of the postural medicine. This will provide him with fast relief without any side effect whatsoever.



We can summarise the postural medicine science in one image i.e. image 64. Anyone who experiences breathlessness should not sleep at a zero degree position. Instead, they should sleep in opposite position that is in a prone ventilation posture which is at 180 degree. This helps the patient to breathe easily and experience relief and comfort. However, this posture is not for the children who are less than one year as explained earlier. This is only for those individuals who are suffering from ARDS or acute respiratory distress syndrome.

A patient with a head injury, you have to put the patient at 30 degree so that will help to avoid further bleeding, the bleeding will stop sooner. Now, let's say the patient with the kidney failure or dialysis patient or cirrhosis patient, diabetes patient, ascites patient, patient having swelling in the legs or heart disease patient they should be put in a inclined position and that is about (-10) degree. At (-10) degree you have to put the patient inclined including the kidney failure patients for one hour. Those who are on dialysis we put them on for per day for two hours, for diabetes patient about 30 minutes in this posture is enough to have a good effect on blood sugar, and for ascites

patient, patient of liver, those who are having the water retention in the stomach, we'd make them lie in this posture for about one hour, sometimes even more and the patient who are having swelling in the legs about 30 minutes to one hour, heart disease patient about 40 minutes is sufficient for most of them at (-10) degrees.

Similarly, if you see a patient having a certain shock or patient is fainting, then you can put the patient at (-5) degrees i.e. down right. So, for a heat stroke patient it is 5 degree up. So, for a GERD patient, it is about three degree inclined one side of the bed three degree up. So, here you see just by manipulating the posture here and there you can give the patient immediate relief which, otherwise, cannot be achieved by any drug whatsoever.



So, now we can use two tools, one for immediate relief to manage the acute and emergency situation and the second to correct the situation for a permanent cure. The tool to give immediately is called **Postural Medicine** and the tool which can help to cure for a permanent relief that is called **Diet Therapy**. A combination of these methods is known as the **GRAD System, Gravitational Resistance And Diet System**. In three parts one is the Hot

Water Immersion also known as Hydrotherapy. The second is Head Down Tilt (HDT) for most of the problems. This is also known as 360-degree Postural Medicine along with a DIP diet.

This system can help any kind of disease, any kind of medical situation, whether acute or emergency situation or the chronic situation to handle in the safest and fastest way, and in a long lasting way. It is also economical and incurs no cost and reduces all dependency on experts or equipment. One must only be careful in knowing how to apply this strategy based on patient, based on diseases, based on scenario, and based on symptoms. Let us now discuss the implementation of the given methods on your patient based on their medical report, symptoms, and medical history.

GRAD 1

66

GRAD 1

HDT @ 5° for 30 minutes
+
HWI @ 38°C for 30 minutes
+
DIP Diet

So, for implementation you have to understand the Nine levels of GRAD system. GRAD one is a beginners level it is HDT that is head down tilt at the rate of 5 degree for 30 minutes plus hot water immersion at the rate of 38 degrees Celsius for 30 minutes plus DIP diet. This is in the beginning. The first day for any kind of patient we start with this to see how the patient

tolerates this. So, to check their tolerance the first day we prescribe this level one GRAD level one.

GRAD 2

GRAD 2

67

HDT @ 10° for 30 minutes
+
HWI @ 40°C for 1 hour
+
DIP Diet - plate 2 in lunch

GRAD two that is head down tilt @10 degree for 30 minutes plus hot water immersion @40 degrees Celsius for one hour plus DIP diet - plate 2 in lunch. Only once cooked food that is in the dinner. So, after going through for this for two to three days, and when we see the patient is able to tolerate this quite easily, we may put the patient specially the kidney failure patient without dialysis in this GRAD level two.

GRAD 3

GRAD 3

68

HDT @ 10° for 1 hour
+
HWI @ 40°C for 2 hours
+
DIP Diet - plate 2 in lunch

Now GRAD three, it is for the dialysis patient those who are going for dialysis. In order for the patients to avoid dialysis so that the body starts doing self-dialysis, we ask them to go for GRAD level three. This is head down tilt @10 degree for one hour, and hot water immersion @40 degree for two hours plus DIP diet - plate 2. As many as 70%, of the dialysis patients have no need to go for the next dialysis after doing this level of treatment or therapy.

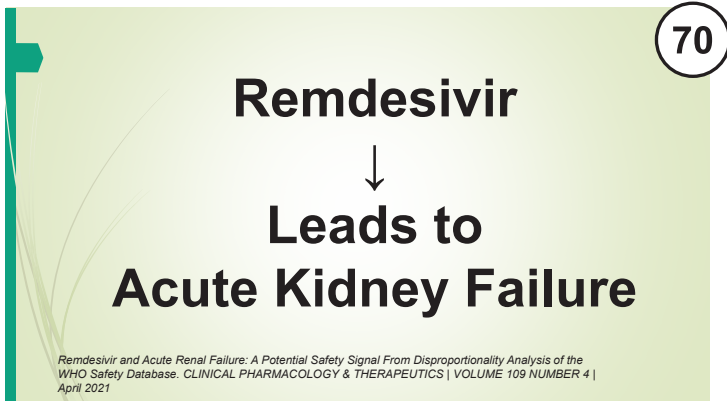
GRAD 3 (Acute)

GRAD 3 (Acute)

69

HDT @ 10° for 1 hour
+
HWI @ 40°C for 2 to 4 hours
+
DIP Diet - plate 2

Now, there is acute situation also where GRAD level three (Acute) that is head down tilt remains one hour only but hot water immersion can go up to two hours to four hours and the DIP diet minus plate two. This is an acute and emergency situation where because of certain reasons, if the body is full of toxin, or poison, then this therapy can help in extracting the poison.



For example, as you have seen in last several months, those who got ill with a simple flu due to panic and misleading media campaign, people took Remdesivir. This led to acute kidney failure due to which several patients died which was then propagated as death due to corona. Only after thousands of patients died of taking Remdesivir, the drug was banned, proving that it was killing the people by causing acute kidney failure.

As part of level three, in emergency situations, we want to extract all the poison from inside the body, you should put the patient in this therapy for as much as five hours altogether along with a raw food diet. There is no plate 2 provided here.

GRAD 0

GRAD 0 71

HWI @ 40°C for
30 to 40 minutes
+
DIP Diet

Next, GRAD Zero consists of two steps. Step one hot water immersion for 40 degrees Celsius for 30 to 40 minutes plus DIP diet. This is given to the patients who feel weakness, lethargy, depression, or patients of fibromyalgia.

GRAD 0 (Advance)

GRAD 0 (Adv) 72

HWI @ 40°C for 1 to 4 hours
+
DIP Diet - Plate 2

The second step is known as GRAD zero advance where only two changes are made in the process. First, the duration of hot water immersion is increased to up to four hours and there is no plate 2. This is mostly given to stage three and stage four cancer patients with chronic and acute pain.

They are on non-steroidal anti-inflammatory drugs, and we don't want them to continue with those drugs. Therefore, instead of giving them drugs to control the pain, we put them in this therapy. Even in the Hospital and Institute of Integrative Medical Sciences in Chandigarh, patients come with stage two, stage three, stage four cancer and we avoid the non-steroidal anti-inflammatory drugs to be given to them. Instead, we put the patient on hot water immersion, technique and within one hour to two hours in the hot water immersion it helps to control the pain for next 12 hours. This means after 12 hours again we need to put the patient in a hot water immersion at the rate of 40 degree for one to two hours or if needed, for four hours so that even before the sensation of pain comes the patient becomes comfortable.

In addition, because the patient is kept on the DIP diet minus plate 2 it starts healing the body and after a few days there, the patient in most of the cases do not require the hot water immersion anymore. So, this technique need not be continued for rest of the life, they need to do it only for a few days while the diet is correcting the actual fault in the body and treating the patient by curing and healing by killing the cancer cells as part of GRAD zero and the advance level.

GRAD (-1)

GRAD (-1) 73

HDT @ 10° for
30 minutes to 1 hour
+
DIP Diet

GRAD minus one includes a head down tilt @10 degree for 30 minutes to one hour plus the DIP diet. Normally, the patient who are not able to tolerate well hot water immersion or who did not get the bathtub for them the alternate method is to be on GRAD minus one. This level is normally prescribed to the patient with high blood or ascites patient, liver cirrhosis patient.

GRAD (-2)

GRAD (-2) 74

HWI @ 40°C for 1 hour
(water upto hip)
+
DIP Diet

Now comes GRAD minus two that is hot water immersion @40 degrees Celsius for one hour but the patient need not to cover themselves with water

until neck. The body is only immersed till the hip and the patient is made to lie down in it. This means in a smaller container patient can sit with the water at the temperature 40 degrees Celsius. This level is mainly recommended for piles patients or with anarectal disease. So, to get immediate relief, this works well and if the patient continues for about three weeks they can recover.

GRAD (-3)

The last GRAD minus three includes lower leg water immersion @42 degrees Celsius for 20 to 45 minutes. That means in a bucket @42 degree Celsius water, the patient has to put their feet for about 20 minutes to 45 minutes. This level is especially beneficial for patients who are on sleeping pills, use antidepressants, or have the high blood pressure. The minus three level works well even for patients who get exercise induced stress and those who feel weak and tired in general. So, next time when you feel tired, when you feel exhausted, simply immerse your legs in water @42 degrees Celsius for 20 minutes to 45 minutes for instant relief. If you do it before going to sleep in the night it will result in a deeper sleep helping you to feel fresh in the morning.

GRAD (-3)

75

LLWI @ 42°C for
20 to 45 minutes
+
DIP Diet

76

GRAD LEVELS		
S.NO.	DISEASES	GRAD LEVEL
1	Kidney Failure (w/o dialysis)	2
2	Dialysis patient	3
3	Fibromyalgia	0
4	Cancer	0 (Adv)
5	Diabetes	0 / 2
6	Liver Cirrhosis	3
7	Ascites	3
8	Alzheimer's disease	0
9	Other Memory diseases	0
10	Parkinson's disease	0
11	Spinal Muscular Atrophy	0
12	Motor Neuron disease	0 (Adv)
13	Piles	(-2)
14	Anarectal Disorder	(-2)
15	Joint Pain	0
16	COPD	0 / 0 (Adv)
17	Asthma	0 / 0 (Adv)
18	Rheumatoid Arthritis	0
19	Ankylosing Spondylosis	0
20	High B.P.	0 / (-1)(-3)
21	Anxiety / fatigue / stress	0 / (-3)
22	Weakness	0 / (-3)
23	Sleep disorder	0 / (-3)
24	Heart Failure	0 / 0 (Adv)
25	Orthopnea / Sleep Apnea	0
26	Obesity	0 / 0 (Adv)
27	Acute Kidney Failure	3 (Acute)

Effects of passive body heating on body temperature and sleep regulation in the elderly: A systematic review. International Journal of Nursing Studies 39(8):803-10
Scientific Evidence Based Effects of Hydrotherapy on Various Systems of the Body. N. Am. J. Med Sci. 2014 May; 6(5):199-209

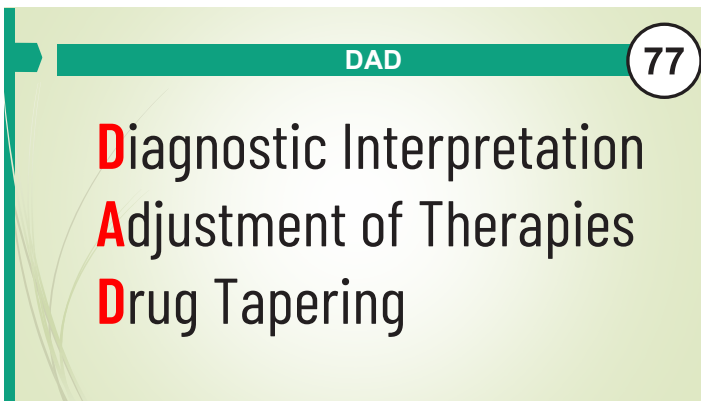
So, these are the nine levels of the GRAD System. As displayed in the image (76), all the diseases are mentioned along with the levels they corroborate with. For example, for kidney failure patients who are not on dialysis, most of them are recommended level two. Dialysis patients are recommended level

three, fibromyalgia patient level zero, cancer patient level zero advance, diabetes patient level zero and level two.

Therefore, there are about 27 medical conditions, as you can see for which this method has been tried, and it worked very successfully.

So, when you see a patient, you recommend, according to his medical history, according to his reports, according to his symptoms, a particular GRAD. Next, comes the reporting the observation part where accordingly, you may need to manipulate the therapy, which may suit the patient, best. Therefore, the patient monitoring part is one of the most important part which can help the patient to get relief the fastest way.

DAD



DAD 77

DDiagnostic Interpretation
AAdjustment of Therapies
DDrug Tapering

So, how to manage or how to report the patient, how to take care of the patient while he is under your care? For that you need to remember a word is called **DAD** which stands for **D**Diagnostic interpretation, **A**Adjustment of Therapies diagnostic based on his response and **D**Drug Tapering.

According to the response of therapy you may need to or you should be able to taper on the drug. However, adjusting drugs and tapering down the drugs do not come under the purview of this course because the drug tapering if it

is allopathic drugs, only allopathic practitioner is allowed. Likewise, if it is a homeopathic or an ayurvedic drug, those kinds of practitioners are allowed to perform drug tapering. This means you must work in a team, like at our hospital in Chandigarh, which includes Allopathic, Homeopathic, Ayurvedic doctors and all kinds of experts. And, when the patient visits, the complete history is seen by all of them, and then we decide a protocol, and then we keep the patient under the DAD, that is we observe the patient with these principles in mind. This makes the diagnostic interpretation as most important and pertinent to the treatment and cure.

Kidney Disease Reversal / Stop Dialysis Guidelines

78

1. IDEAL study demonstrates that, serum creatinine is not reliable marker of kidney function.
2. IDEAL study has shown that there is no disadvantage in ignoring creatinine clearance and starting dialysis based on symptoms.
3. e-GFR does not represent the kidney function very well.
4. More Muscle Mass → higher creatinine → lower eGFR

When to start dialysis: updated guidance following publication of the initiating dialysis early and late (IDEAL) Study. Nephrol Dial Transplant (2011) 26: 2082-2086

Let me give you the glimpse of diagnostic interpretation to understand the truth versus what is told by the Doctor, where the two things having a lot of variation which often kills the patient. So, let us try to understand one scenario for kidney disease reversal and stop dialysis guideline with the help of IDEAL study.

Here, IDEAL study demonstrates that, serum creatinine is not the reliable marker of the kidney function. Normally you see when the kidney failure patient comes to us they are only concerned about the creatinine value.

However, the creatinine is not the correct marker to tell anything about your kidney functioning. Some patients may have a high creatinine but kidney may be healthy. So, based on creatinine levels alone one should not decide for dialysis.

IDEAL study has also shown that there is no disadvantage in ignoring the creatinine clearance and starting dialysis based on symptoms. So, here the important thing is observing the symptoms like what is the urine output, how much swelling, whether he is vomiting or not, whether he is feeling weak or not, whether his blood pressure is in control or not, these are the things which is to be observed. Also, if the weight is increasing too much or decreasing too much then it can be a matter of concern. These are more important parameters in comparison to the KFT blood test report.

So, for the number three, e-GFR does not represent the kidney function very well either. The filtration rate of the kidney is referred as e-GFR. Normally the doctor refer to this in order to decide whether the patient should go for dialysis or not, but e-GFR do not tell us much about the kidney function because it is dependent on creatinine of the patient. It is just a formula where the creatinine comes in the denominator which can be understood as the higher the creatinine lesser will be the e-GFR rate. The impression accepted is that lesser the e-GFR, means the patient is more sick, but that is not true.

Let us understand this with an example of the patient having high muscle mass. They are normally more muscular, have higher creatinine automatically, and if the creatinine is higher as a formula their e-GFR will come down. As that does not mean that his kidney function is poor, referring to e-GFR or referring to creatinine clearance to know the kidney functioning may give or more or less a wrong or a misleading result.

Therefore, one must understand that more muscle mass leads to higher creatinine and higher creatinine means lower e-GFR. These are not the

correct markers. So, based on the blood test report, deciding the future and therapy of the patient may mislead and it may increase the morbidity of the patient.

PRAN Sheet

Daily PRAN Sheet						79
Days	B.P. ↓	Pulse ↑ ↔	↑ Urine Output (If <400 MI)	↓ Symptoms	↓ Swelling	↓ Weight
1						
2						
3						
4						
5						
6						

Patients Reporting to Activate Nephrons

To understand the correct markers for the kidney disease, all you have to understand and remember is the daily PRAN sheet. PRAN means life. Here, **PRAN** can be translated to **P**atients **R**eporting to **A**ctivate **N**ephrons. Here, we keep a record of the patient on daily basis who is put on GRAD system and for reporting the parameter which we consider the most important thus giving the true indication of his health status and accordingly we manipulate or we keep on changing his therapy.

The most important factor is the blood pressure. What you should expect is if the therapy is going in the right direction, the blood pressure should come under control without the interference of any medicine. If you can achieve it, this means kidney is functioning well. The urine output should increase. If the unit output was less than 400 then only you need to measure the urine

for every 24 hours. If the urine output increases every day with the therapy even if the increase is about 20 ml, 30 ml then 40 ml, 50 ml. it is a positive indication. Our goal is that ultimately within 24 hours the patient's urine output should be not less than 400 ml and once the urine output is more than 400 ml then you may stop keeping a record of it unless after some time it goes down again.


So, normally we have seen that when we put the patient on a GRAD system on the first day itself his urine output shows an increase mostly immediately after the hot water immersion therapy or after the HDT that is head down tilt therapy. Then symptoms like swelling or weakness or vomiting sensation should reduce. Along with this, the patient's weight should also reduce little bit maybe first day 1 kg, then 500-gram next day. Weight reduction means the excess fluid deduction that will lead to weight reduction also. And pulse rate normally increases. Here in image (79) the dotted arrow indicates that while the person is in the bathtub or while the person is doing head down tilt during that time his pulse will increase but after that, after some time it will come back to normal. So, that is the normal behavior of the pulse & normal heart rate behavior while the person is in a GRAD system. But even then it is good to keep the record of it in the PRAN sheet which is maintained daily and this gives the true picture in which direction patient is going, whether his health is improving or it is becoming worse.

GRAD Adjustment Rule

Next, let us understand the **Adjustment Rule**. Some patients are in such a state that they are not able to tolerate the Head Down Tilt. This may be due to several factors like criticality of health, age, or any other factor. In such situations we have an alternative for such a patient, which is easier to tolerate, especially by the old people. We ask the patient to lie down straight and raise their legs. To ensure optimum angle, we can keep something under

their legs so that their **legs can be raised at 10 degrees**. We have observed successfully that even this posture helps patients to initiate Dialysis in their body. While this method takes a longer time and needs to be performed for increased number of days, we do achieve the same results as that of the Head Down Tilt. This method is different only in the fact that it is easier and milder on the patient who was unable to take in the HDT owing to their body responses.

GRAD Adjustment Rule 80

Not Tolerated		Well Tolerated
HDT	➔	Supine position with leg raised at 10° 
HWI	➔	Dry HWI
DIP diet	➔	3 Step Flu diet

The **Head Down Tilt** is very effective but can come across as an aggressive method and therefore, at times, it becomes difficult for the patient to tolerate it for elongated periods of time for the treatment purposes. In such cases, the observation and experience of the practitioner becomes key to the treatment of the patient. The practitioner needs to closely coordinate with the patient to note his comfort level, based on which he can decide the next course of treatment, whether it should be mild with the raised legs or aggressive with the Head Down Tilt.

Similarly, in case of **the Hot Water Immersion technique**, some patients are not able to tolerate the treatment for long owing to their health condition or age. They feel discomfort while being in the water at 40 degree Celsius for

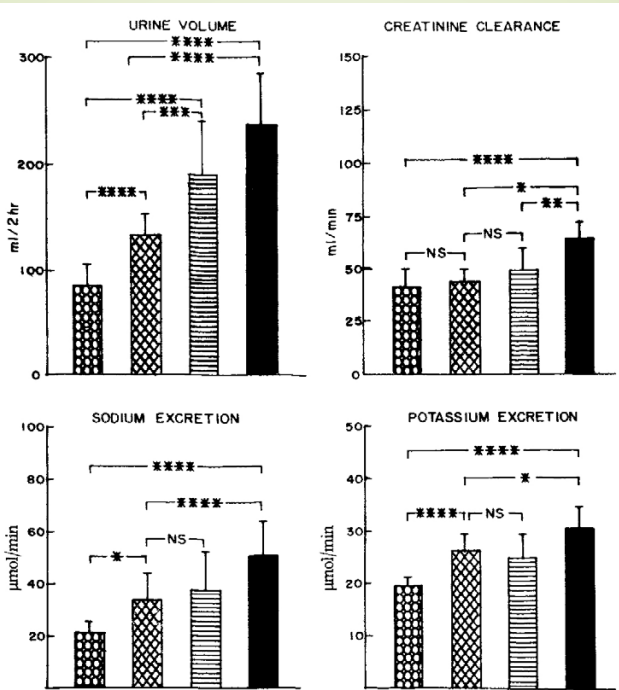
long periods of time. For such patients, we suggest a method known as Dry Hot Water Immersion. Here, we provide the patient with a waterproof body suit known as a Dangri. They are made to wear the waterproof Dangri and then sit in the hot water tub. Using this method the patient's body remains dry all through the process. They only experience the hydrostatic counter pressure while their body is immersed in hot water while the water does not directly touch their skin.

In the countless patients that the Hot Water Immersion technique has been performed upon, we have observed that those patients who are comfortable with the treatment or those who make efforts to tolerate the treatment, the positive immediate results go up to 80%.

The treatment along with the special **DIP Diet** works in favor of their bodies, exhibiting positive results from the very first day. However, some patients who are not very comfortable consuming the DIP diet. This maybe because they experience severe symptoms similar to flu, or they might have an increased body temperatures along with acute body ache. For such patients who are unable to comfortably eat, we recommend the **three step flu diet** for the first three days before shifting them to the recommended DIP diet.

Sitting v/s Supine v/s Supine + 10° leg raise v/s HDT

81



Mean (SEM) values of urine volume, creatinine clearance, and urinary sodium and potassium excretion in fluid retaining patients in the sitting (circled bars), supine (cross-hatched bars), supine with 10° legs elevated (lined bars) and 10° head-down tilt (solid bars).




p * ≤ 0.05, ** ≤ 0.025, *** ≤ 0.01, **** ≤ 0.005.

NS: not significant.

Head-down tilt as a physiological diuretic in normal controls and in patients with fluid-retaining states. *The Lancet*, Saturday 5 September 1987.

These types of manipulation in treatment are based on what you observe and what measures you can take to make the patient feel comfortable during the

entire treatment duration. We learned that the alternative to the Head Down Tilt is the Leg Raise while the patient is in a supine position. You can refer to this research paper to understand whether you need to recommend an aggressive method or a milder method to the patient based on his health condition. We must choose the right method depending on the patient's comfort and the degree to which they are able to tolerate. This can be achieved with experience along with patients and the acute observations when you start treating the patient. Initially, you must shadow an experienced practitioner to learn from their experience and observation skills. This will help you decide easily which kind of therapy is best to give to the patients when you treat them on your own.

Influence of Posture on Drug Absorption		82			
	Left Lateral Position	●			
	Right Lateral Position	●	●		
	Standing Position	●	●	●	
	Fasting	●	●	●	●

Influence of posture on pharmacokinetics. Eur J Clin Pharmacol 2009 Feb; 65(2):109-19.

Let us now understand the importance of **Drug Tapering** with the help of an example. When I take a medicine for Blood Pressure, the whole medicine goes into the stomach. Despite this, the percentage of the medicine that is absorbed by the blood in the body is dependent on various factors.

Under normal conditions, the blood absorbs a small quantity of medicine in the body, excreting out the remaining portions. The small amount of medicine absorbed will then flow in the body attempting to control the Blood Pressure.

Now consider that after taking the medicine, I lay down in right lateral position. This results in an increased absorption of the medicine in the body. Now the medicine absorbed and flowing in the body to control the Blood Pressure is of double the amount.

If instead, I stand straight and don't lie down for few hours after taking the medicine; my body will absorb even more medicine in the body.

Another alternative is that before taking my medication in case I fast for at least an hour or if I take one glass of citrus fruit juice then this will result in 100% absorption of the medicine by the blood in the body.

Here we can learn that the dosage of the medicine is the same each time, but **under different postures of the body, the absorption levels vary in the patient's body.**

The degree of absorption is dependent on what is already ingested in the stomach, which is a great variable. This means every day the amount of medicine actually used by the body may be quite different and this varying dosage might lead to the condition of Hypotension in patients.

It has been noticed that more heart attacks happen in the world not because of high blood pressures, but because of low blood pressure or hypotension. This critical measure is what one must understand for optimum health and treatment of diseases.



So far what we have learned can be known as the P.E.A.C.E. Protocol.

P stands for **Postural Medicine**.

E stands for **Elimination** – the removal of excessive sodium, fluid, creatinine, and drugs like Remdesivir etc. from the body.

A stands for **Auto Suggestion**. We learned about the brain that the levels of your mental stress lead to physiological changes which may make you sick. So, auto suggestion can be understood as what you continuously suggest to the brain that has a physiological effect on the body.

Auto suggestion in a positive way is known as **Placebo Effect** while negative auto suggestion is known as **Nocebo Effect**.

In last several months we have observed that because of the panic created by mainstream media, even the healthy people who have been influenced by the media started believing that they may die any day. This is a perfect example of the Nocebo Effect which adversely affects the body, resulting in the development of some kind of disease in the body. This proves that your health is based on this auto suggestion and what you suggest to the body, knowingly or unknowingly, results in the creation of health conditions or disease in the body.

C stands for **circulation of the blood**. We have learned today how we manipulate the blood circulation to get the result we desire in the body.

E stands for **evaluation** of the patient. We learned that based on the PRAN sheet how we can evaluate the patient's health. We understand the symptoms of the body by observation and not just rely on the blood report results for effective evaluation and treatment. The symptom provides us with a real picture of the patient's health not chemical induced, machine generated report.

Testimonials

Those patients who approach us at our hospital or via virtual OPD are not just diagnosed on the basis of the report. By now you must have realized that it is not possible to correctly diagnose the patient's condition just on the basis of the report. This can actually be fatal to the patient sometimes. We, on the other hand, check the symptoms of the patient and then our experienced and expert panel of doctors, while monitoring the patient's condition decide upon a suitable therapy and diet for the patient. The statistics as per the patient's daily chart help evaluate the actual condition of the patient.

You can access our website and check the testimonials regarding the GRAD system, with the help of which we have achieved such wonderful results. This is actually commendable and no less than a miracle.

Please visit the website:

www.coronakaal.tv/GRADtestimonial

The Gold Standard of Renal Function Diagnosis

The imaging modalities are of two categories

1. Anatomical Imaging

- Ultrasound
- CT scan
- MRI

2. Functional imaging

- DTPA Renogram

The gold standard for renal function is a GFR evaluation, no test is near to the gold standard. The nearest test to the gold standard is the DTPA renogram for GFR Evaluation by Gate's Protocol.

In cases of renal failure, the markers of renal failure are

- ^{99m}Tc DTPA Renogram which is the earliest marker 5 to 7 years before other markers
- Clinical signs and symptoms
- The acid base balance/disbalance of the patient as seen by shortness of breath
- BUN
- Creatinine

NB: Although Creatinine is a very dicey test but it's very cheap, easily and widely available that is why it is done in all patients, the eGFR calculation is calculated from creatinine and hence as non-sensitive and non-specific as creatinine.

IINMAS (Indian Institute of Nuclear Medicine and Scanning) is successfully running Nuclear Medicine Units in all parts of the country viz.

IINMAS – NEW DELHI

National Heart Institute, 49-50,
Community Centre, East Of Kailash,
New Delhi 110065
Contact no. 011-46520151,
+91-8826462558

IINMAS – CHANDIGARH

Shivalik Hospital, Opposite
Shamrock School, SAS Nagar,
Sector 69, Mohali 160062
Contact no. 91+9780983986

IINMAS – DEHRADUN

54, Haridwar Road,
Dehradun 248001
Contact no. +91-6395924766,
+91-6239130619

IINMAS – JAMMU

Bee Enn Hospital, Talab Tillo Road,
Garden Avenue, Jammu 180002
Contact no. +91-9988862091

IINMAS – AMRITSAR

Dr. Pandey's Centre Of Excellence,
SCO-19, B Block,
Ranjit Avenue, Amritsar 143001
Contact no. 0183-5050528,
+91-9988862091

IINMAS – JALANDHAR

Patel Hospital, Civil Lines,
Jalandhar 144001
Contact no. +91-7973582689

IINMAS – PATIALA

Modern Imaging Centre, First Floor
SCO 33-34, Mini Secretariat Road,
Patiala 147001
Contact no. +91-9041751093

IINMAS – MEERUT

Chhatrapati Shivaji Subharti
Hospital, Meerut 250002
Contact no. +91-8826462558,
+91-8727070396



3 Months Online Certification on Advance Nutrition Therapy from Lincoln University College, Malaysia

Overview: From common cold to Cancer, from headache to heart attack, you can be your own healer. This training comes with a unique tool kit packed with 28 ingredients, the right combination of it can work as a medicine for more than 60 kinds of common illnesses. This training will empower you with skills to heal and will make you realize that your home is the best place to reclaim your health.

Duration: 3 Months

Content:

- Diagnosis of Lifestyle Illness
- Diagnosis of Infectious Diseases
- Food –Medicine Interaction
- Mechanism of Medicine in Body
- Mechanism of Food in Body
- When the Food is Medicine
- When Medicine is Poison
- Common Kitchen Herbs and their Medicinal Usages
- Timeline of Recovery of Common Illnesses
- Food Calculation for Overall Nutrition
Plants V/S Animal Food

Take-Home Material :

- Hospital in a Box
- Game of Life Chart
- Snake Ladder Nutrition Game
- Reference Book

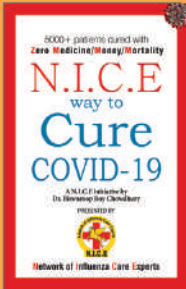


Course Fee: INR 21,000/- (including GST + Courier)

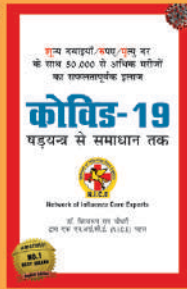
Mode of Training: Online/ viva (oral examination) through a video call

To register go to www.biswaroop.com/mn

CALL US : +91-9312286540 MAIL US: biswaroop@biswaroop.com



Price: ₹ 250/-
(Courier charges extra)



Price: ₹ 195/-
(Courier charges extra)

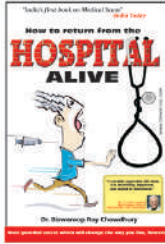
It is a N.I.C.E initiative by **Dr. Biswaroop Roy Chowdhury**, with a network of more than 200 influenza care experts spread across the nation with the intention to take care of and cure ILI/Covid-19 patients.

Anyone with Flu symptoms may contact the N.I.C.E helpline no.+91 8587059169 and the link www.biswaroop.com/nice and the expert would connect within 2 hours to provide round the clock support till the patient recovers.

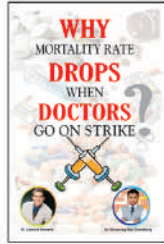
In the last 40 days, N.I.C.E. has cured more than 5000 patients with its revolutionary three step Flu diet with zero medication and is happy to announce that in doing so, it has achieved zero mortality. This service is absolutely free of cost.



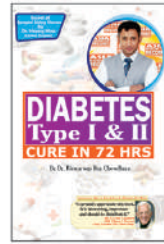
Price: ₹ 250/-
(Courier charges extra)



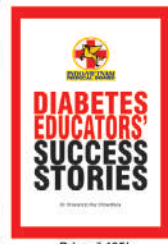
Price: ₹ 95/-
(Courier charges extra)



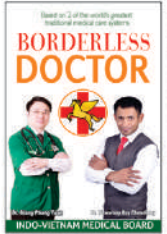
Price: ₹ 200/-
(Courier charges extra)



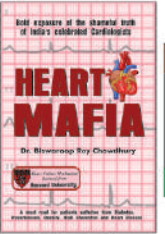
Price: ₹ 150/-
(Courier charges extra)



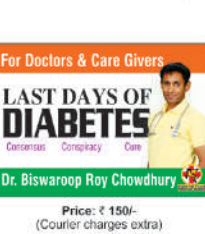
Price: ₹ 195/-
(Courier charges extra)



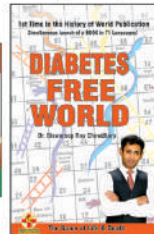
Price: ₹ 150/-
(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



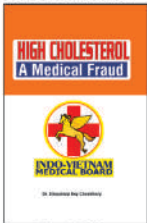
Price: ₹ 150/-
(Courier charges extra)



Price: ₹ 100/-
(Courier charges extra)



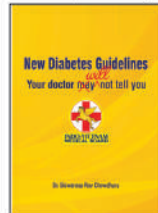
Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 350/-
(Courier charges extra)



Price: ₹ 100/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



Price: ₹ 175/-
(Courier charges extra)



Price: ₹ 150/-
(Courier charges extra)



Buy online at:
www.biswaroop.com/shop

Dynamic Memory Pvt. Ltd.

B-121, 2nd Floor, Green Fields,
Faridabad-121010 (Haryana),
Mob.: +91-9312286540

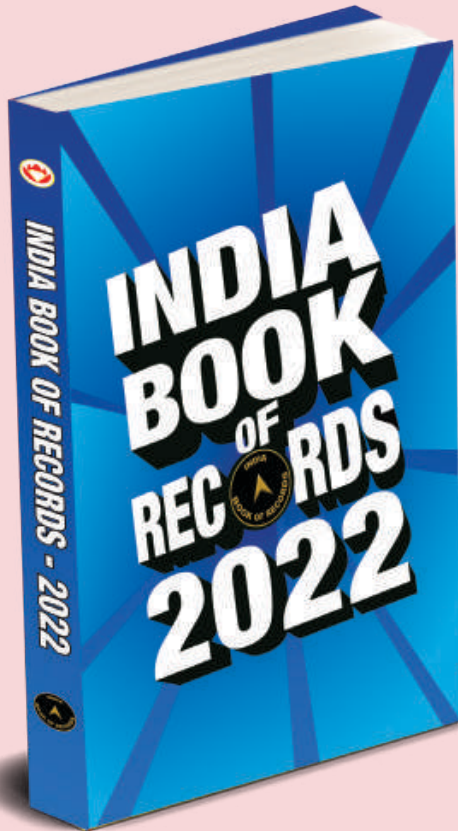
E-mail: biswaroop@biswaroop.com

(Available in Hindi/English, in all leading onlinestores)

Extraordinary Feats...



...Extraordinary People



**For making or breaking a record
go to www.indiabookofrecords.in/apply**



India
Book of Records

B-121, 2nd floor, Green Field Colony, Faridabad-121003 (HR)
Mob.: +91-9999436779, E-mail: ibr@indiabookofrecords.in
Website: www.indiabookofrecords.in

Let every morning be the Hunza Morning

If you have decided to pick only one of my suggestions for the sake of your health, then take this suggestion :

Stop consuming tea specially, morning tea. The early morning tea makes the inner lining of your intestinal wall acidic, as after a long night of fasting your stomach is empty and craving for food. An acidic stomach on a regular basis is the single biggest cause of all kind of inflammatory and lifestyle diseases including arthritis, Diabetes etc.

How to stop craving of tea → Switch to Hunza Tea

Hunza Civilization: Hunza people are the Indians living at extreme northwest of India in Hindu Kush range. They are known to be one of the world's healthiest civilizations, often living up to the age of 110 years.

How to prepare Hunza Tea (serves four):

Ingredients:

- 12 Mint leaves(Pudina)
- 8 Basil Leaves(Tulsi)
- 4 Green cardamom (Elaichi)
- 2 gm Cinnamon (Dalchini)
- 20 gm Ginger (Adrak)
- 20 gm Jaggery (Gur)

Instructions:

- Take 4 cups of water in a tea pan
- Add all ingredients, simmer it for 10mins
- Add a dash of lemon juice and serve hot or cold

For those who are too lazy to collect the above ingredients (to make their own hunza tea) may order



₹ 350/-
(Including Courier charges)

You may place your order at:

Dynamic Memory Pvt. Ltd.
B-121, 2nd Floor, Green Fields,
Faridabad (Haryana)
Mobile No.: +91-9312286540,
E-mail: biswaroop@biswaroop.com

**Log on to www.biswaroop.com
to buy products**

Emergency management of Influenza/Flu

Be a Certified "ILI Educator" from Shridhar University

Overview: This training will equip the learners with the knowledge of using food as medicine for the prevention, management & cure of the Flu/Influenza like illness. The training includes emergency drugless management of high fever and prone ventilation for reversing breathlessness

Duration: 1 month

Content:

- What is Influenza like illness (ILI)
- Diagnosis of ILI
- History and Chemistry of Flu Viruses
- Three Step Diet to cure ILI
- Caring for ILI Patients
- Practice and hands on training on real patients (under the supervision of Dr Biswaroop Roy Chowdhury and his medical team)



Course Fee: INR 11,800/- (including GST)

Mode of Training: Online / Video tutorials / Zoom Meeting

To register go to www.biswaroop.com/ie

CALL US : +91-9312286540 MAIL US: biswaroop@biswaroop.com

Its time to be N.I.C.E

World's Fastest Headache Relief

Headache
Gone in **2** Seconds



2 steps to get relief

Step 1 Open the cap

Step 2 Sniff the oil

NOT FOR SALE. ONLY FOR DR. BRC'S FRIENDS

Dr. BRC's friends may ask for a
free sample at

www.biswaroop.com/2sec



A N.I.C.E idea by a N.I.C.E expert



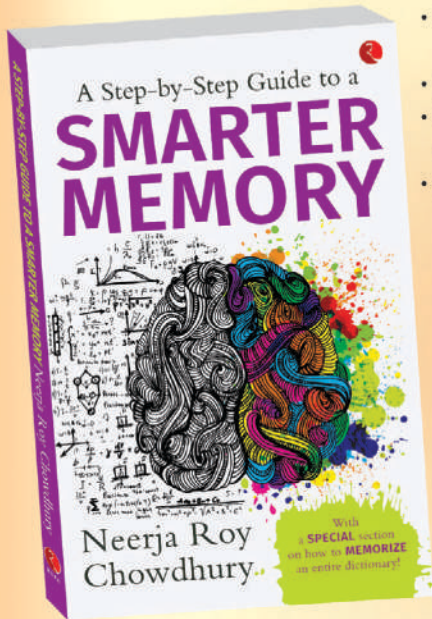
Dheeraj

A step by Step Guide to a Smarter Memory

By Neerja Roy Chowdhury

This book will show you how to:

- Memorize a dictionary
- Never forget any appointment
- Recall every formula correctly
- Remember the shopping lists, birthdays and anniversaries etc.
- Overcome absent mindedness
- Memory techniques to achieve career goals
- Secure better marks in every exam



Price: ₹ 195/-
(Courier charges extra)

About the author:

Neerja Roy Chowdhury, the name can be found in prestigious record books including Guinness Book of World Records and Indo-China Book of Records for diverse reasons. The most interesting of all is her ability to memorize the complete Oxford English-Hindi Dictionary. She has also developed software for memorizing a dictionary. She has travelled more than 100 cities internationally in last one decade training people on 'Memory Techniques'. Her latest book 'Smarter Memory' is published by Rupa Publication. Presently she is involved in developing curriculum in memory techniques for international universities.



Place your order at:

Dynamic Memory Pvt. Ltd.

B-121, 2nd Floor, Green Fields, Faridabad (Haryana)

Mobile No.: -91-9312286540

E-mail: biswaroop@biswaroop.com

Log on to www.biswaroop.com/shop to buy products



Code Blue Certification Training

(Protocol To Reverse And Manage Chest Pain, Heart Attack And Cardiac Arrest)

Overview: Aim of the training is to equip the clinicians and the layman with the skills to successfully manage and revive a chest pain, heart attack, and cardiac arrest victim. It is an evidence-based training with reference from more than 100 research papers (available in Pubmed) since the propagation of Cardiopulmonary Resuscitation, which started in the early 1960s.

Duration: One-month certification course

Content:

- 1) History of Cardiac Resuscitation
- 2) Diagnosing a Cardiac Arrest
- 3) Principle of Cardiac Resuscitation
- 4) Cardiac compression technique
- 5) Comparison of popular CPR Vs Cardiac Compression
- 6) Principle and practice of automated external defibrillator
- 7) The latest evidence base of the widespread practice of :
 - a) Oxygen therapy
 - b) Administering epinephrine
 - c) Percutaneous coronary intervention (PCI)
 - d) Bypass Surgery
8. 3 Step protocol to manage
 - a) Chest Pain
 - b) Heart Attack
 - c) Cardiac Arrest (AED required)
9. Prevention of future chest pain/heart attack/ cardiac arrest
10. CME & practice to be a successful "Code Blue Trainer".

Training material:

- 1) Code Blue Trainer's Reference Book.
- 2) Cardiac compression training tool
- 3) Code Blue Trainer's practice T-shirt.



Course Fee:

INR 21,000/-
(including GST + Courier)

Mode of Training:

- 1) Training through online / video modules
- 2) Practice & evaluation through online/video conferencing

To register go to www.biswaroop.com/codebluetraining

CALL US : +91-9312286540 MAIL US: biswaroop@biswaroop.com



WORLD RECORDS UNIVERSITY



The World Records University is an autonomous university formed by the conglomeration of 'Record Books' around the world. Its associates include Asia Book of Records, Vietnam Book of Records, Indo-China Book of Records, India Book of Records, Nepal Book of Records, World Records Union, World Creativity Science Academy, and Indo-Vietnam Medical Board. It has its registered Offices in UK, US, India and Vietnam

Steps for applying for the Honorary Doctorate Degree:

- Step 1:** Request application form at info@worldrecordsuniversity.com. Submit the Honorary Doctorate Degree application form along with a scanned copy of your record certificate to info@worldrecordsuniversity.com
- Step 2:** Your application will undergo preliminary scrutiny for approval.
- Step 3:** After approval /acceptance of the application, you will be required to deposit the processing fee.
- Step 4:** Prepare a thesis of your record breaking journey in accordance with the format of World Records University (to be sent to you).
- Step 5:** World Records University will scrutinize and provide you with feedback on your thesis.
- Step 6:** After making changes as suggested by the feedback, you will have to submit a hard copy of the thesis. An expert panel will accept and approve the thesis. On approval you will receive a confirmation email for your Honorary Doctorate Degree.
- Step 7:** You will receive your Honorary Doctorate Degree at the Global Convocation to be held in India or abroad.
- Step 8:** Submit the soft copy of the thesis to info@worldrecordsuniversity.com.

CONTACT:

India Representative: Ms. Rachna Sharma

Phone: +91-9555008451

Email: info@worldrecordsuniversity.com

Webiste: www.worldrecordsuniversity.co.uk



The Ultimate honor for the record holders
in "Alternative Medicine".

Health Freedom with **N.I.C.E & W.I.S.E**

Dr. Biswaroop Roy Chowdhury and his N.I.C.E (Network of Influenza Care Experts) team have helped and cured more than 50,000 COVID-19 and other infectious/communicable diseases patients (including smallpox, typhoid, tuberculosis) with zero medicine/money/mortality.

Now health freedom through W.I.S.E (Wellness and Inflammatory Syndrome Experts) for more than 60 types of non-communicable /lifestyle illnesses.

Service to the Nation in 2 Steps:

Step-1: Call our 24x7 helpline number: +91-8587059169.

Step-2: Fill the details of the patient in the link given below.

www.biswaroop.com/nice
(Influenza/Communicable diseases)



www.biswaroop.com/wise
(Lifestyle/Non-communicable diseases)





How India will be a Developed Country ?

Population explosion is a major problem before upcoming India. Today our population is reaching to the figure of 140 crores. Government has tried its level best to control this increasing population. Since 1947 Government has applied to various schemes under family planning programmes, but because of certain reasons these all efforts proved to be ineffective and population which was only 35 crores in 1947, now has become 140 crores. So it is very much required to take drastic steps not to control our population but to halt this population explosion. China which is the leader of the world has adapted one family one child proforma and formulated a law to abide by and as a result of this now China's population has come to standstill. Though China is no.1 in the world in case of population it has three times more land than India, that means it has three times more natural resources but India and China's population are almost same and it is expected that India will surpass this figure of China in coming years. Everybody knows because of this population explosion our country is facing series of problems, we are in the list of developing countries. Our per capita income is just \$7600 per year, where is to become a developed country more than \$12000 per first year per capita income is required. So we have to take much efforts, to control our population at this stage by framing a law stating that every couple must have 2 children or less. If any couple break this law then there should be a provision that the third offspring will not have any fundamental rights as a citizen of India and he /she will not have the right to vote in any election of India. Further more the couple should be prosecuted for this offence. If this is done, then automatically our population growth will come to standstill and this will be the solution of almost all problems of common man in India. So it is very much essential that this demand of framing the law should be supported by all citizens irrespective of caste, religion, creed in India. People can do this because they are the Sovereign

**To support the mission and get regular updates,
Whatsapp "I Support" at : 7758067140**

Virtual OPD

**If you are suffering from Cancer, Heart Disease,
Kidney failure or other life-style diseases
and want to know**

The Best Diet on Earth Designed Just for You

to help you recover from illness

Then, let Dr. Biswaroop Roy Chowdhury design a customised Diet Plan for you, based on your medical history, current medication and present lifestyle .

Take the first step towards curing the disease by filling the VOPD Form at www.biswaroop.com/vopd, you may contact us at biswaroop@biswaroop.com/+91-9312286540

Diabetes Educator's Certification Training

in 4 Steps

- Step 1:** Watch 16 hrs of exclusive Diabetes Training Videos.
- Step 2:** Read Study material sent through courier.
- Step 3:** Qualify online examination.
- Step 4:** Receive Diabetes Educator's Kit including access to 'Diabetes Clinic' App through which you can download pre-customised diet plans for more than 60 diseases.

**Join the social movement to eradicate Diabetes
be a**

Certified Diabetes Educator

Training fee: ₹ 21,000/-

To join go to www.biswaroop.com/dect

Certificate Partner



For more information contact :

H.O.: B-121, 2nd Floor, Green Fields, Faridabad -121003 (Haryana), India
Call: +91-9312286540, Email: biswaroop@biswaroop.com,
Website: www.biswaroop.com

Dr. B's Manually Dehusked Unpolished Organic Foxtail Millets

It's not just a regular foxtail millets, it's manually dehusked, unpolished organic foxtail millets. This is a perfect way to get a great taste while reclaiming your health with the help of Dr. Biswaroop Roy Chowdhury's recommended diet.



Net Wt.: 4.5kg

MRP: ₹ 1000

**Buy online at:
www.biswaroop.com/shop**

Dynamic Memory Pvt. Ltd.

B-121, 2nd Floor, Green Fields, Faridabad-121010 (Haryana),
Mob.: +91-9312286540 E-mail: biswaroop@biswaroop.com

Delta (δ) variant is not a new virus. But a new name, given to an existing virus, definitely with a purpose. This book exposes the horrific purpose through the stories of 72 Covid-19 infected patients who were part of the case study at Ahmednagar N.I.C.E Centre. You cannot afford to miss reading the book, especially if you know that not knowing the truth may risk you and your child becoming the victim of the conspiracy. And knowing the truth can give you utmost freedom from the fear and panic of much publicised "The 3rd Wave".



Available in all major online stores

Two Months Online Certification Training



Emergency & Pain Management
on
from
Shridhar University



Overview: 2 Months Online Emergency & Pain Management Certification Training, is not a regular first-aid training but is a highly scientific advanced training based on P.E.A.C.E. Protocol which includes the science of postural medicine. Using P.E.A.C.E. protocol you will be able to handle the following medical emergencies:

- | | |
|--------------------|---------------------|
| Bleeding | Heat Exhaustion |
| Broken Bones | Hyperventilation |
| Burns | Hypothermia |
| Choking | Recovery Position |
| Diabetes | Sprains and Strains |
| Epilepsy /Seizures | Unconsciousness |
| Eye Injury | Pain Management |
| Fainting | Snake bite |
| Head Injuries | Child Birth |

**SPECIAL ATTRACTIONS/
Bypass Kidney / Liver transplant
&
get freedom from dialysis with**



To register, go to www.biswaroop.com/epm

Rajiv Dixit Memorial



Hospital & Institute of Integrated Medical Sciences

Dr. Amar Singh Azad
MBBS, MD

Dr. Biswaroop Roy Chowdhury
PhD (Diabetes)

Acharya Manish
(Ayurveda Guru)

Dr. Awadhesh Pandey
MBBS, MD

Devinagar, Delhi Highway, Derabasi (Chandigarh)



We believe: "To Cure,
remove the cause"

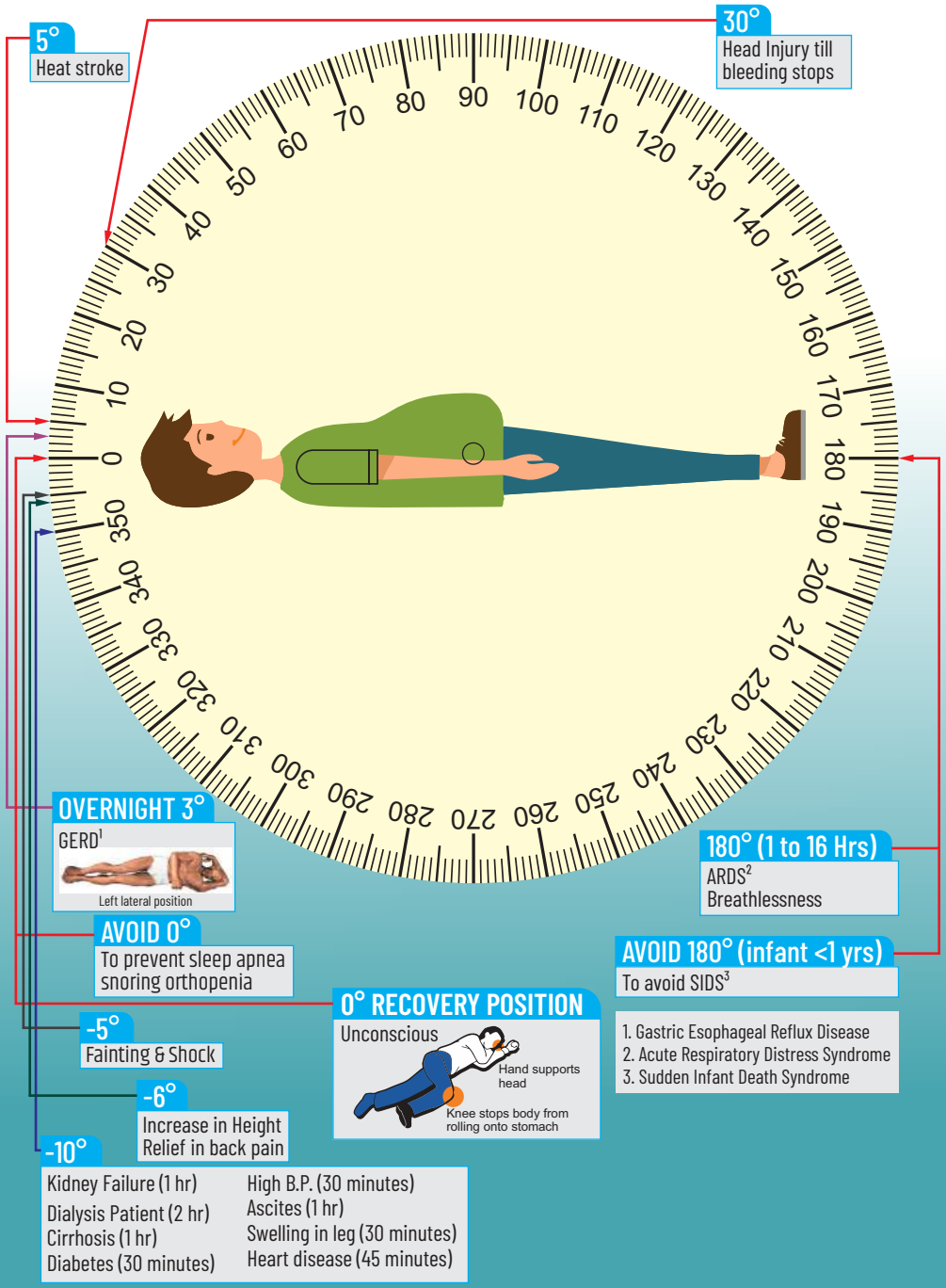
Contact us at:

Phone: 7827710735

www.biswaroop.com/chdhospital

Postural Medicine • Allopathy • Homeopathy • Ayurveda • Naturopathy

360° Postural Medicine



Emergency and Pain Management