



Naturopathy for Longevity: 1

Dr. H.K. Bakhru

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Ever had behavioural problems that adversely affected you or your dear one's health?

Healing Through Natural Foods covers the whole gamut of ailments which can be cured merely by proper food habits and regulation of one's life, without recourse to medicinal treatment. The book is based on the theories and fundamentals of nature cure that go to preserve health and vitality and regain these when lost. It will undoubtedly be a boon not only to laymen but also to nature cure practitioners as a reference guide because of its practical utility.

The next time some common disease stares you in the face, the solutions are right here, at your fingertips!

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