



Secrets for a Healthy Life

- by V. Govardhan, Yoga Master



Shri. V. Govardhan, born and brought up in Bangalore, India is a Yoga Master par excellent. With over 35 years of dedicated service to the community through his Free Yoga Classes and treatment. Having completed his study in Yoga under the Great Masters Shri. Yogabhisak P. Shridhar, Shri. S. Janaki Raman and Shri. H. S. S. Rao; Govardhan embarked on a journey of sharing the benefits of Yoga to the common man. To date he has touched the lives of over 45,000 (forty five thousand) people through his selfless work.

With some of the most prestigious awards for Yoga and Service to the Community to his credit including: "The Kempa Gowda Award" presented in 1995 by the Bangalore City Corporation; "Bharath Rathna" presented in 1997; "Shri M. Vishveshwaraiah Award" presented in 1997; "Award of Honour Yoga Shiromani" presented in 1997 by The Indian Yoga Federation and "Yoga Seva Dhurandhara Award" presented in 1997, to name a few.

Govardhan's free medical clinic through Yoga therapy has benefited thousands of patients with chronic disease that were not cured by traditional medicine but now live productive and full lives thanks to the Yogo therapy that he teaches. To this end some of the leading newspapers have covered his story. The Indian Express reported on 11-6-2003 "Healing the Word, for Free" and The Times of India reported on 6-12-1998 "This Yoga Master has a 'FREE' healing touch" and in another article in the Deccan Herald on 9-4-1990 it was reported " Every Wednesday evening, patients queue up for free consultation and Yoga practice"

Having traveled around the world as special guest to his students, Govardhan is sought after for his knowledge, expertise and commitment toward people living a health and productive life. Govardhan teaches in the following institutions for free. Bangalore Tamil Sangam, National Biblical Catechetical and Liturgical Centre, Anjali Ashram, Shri. Raghavendra Swamy Mission, L.R.D.E. and at the Home Guards & Civil Defense head quarters in Bangalore every week.

To know more about Shri V. Govardhan log on to www.yogagovardhan.org or send in an email to yogamaster@govardhan.org

WATER THERAPY

The following are the excerpts of "WATER THERAPY" published by Japanese Sickness Association.

A) INTERNAL MEDICINE

- 1) Headache, Hypertension, Anemia, Rheumatism, Bell's palsy, General paralysis, Obesity, Arthritis, Tinnitus, Tachycardia, Asthenia.
- 2) Cough, Asthma, Bronchitis, Pulmonary Tuberculosis,
- 3) Meningitis, Hepatic diseases, Uropathics
- 4) Hyperacidity, Gastric ptosis, Gastritis, Dysentery, Rectal Prolapse, Constipation, Hemorrhoids, Diabetes.

B) OPHTHALMOLOGY

- 1) Ophthalmic Hemorrhage
- 2) Ophthalmia
- 3) Ophthalmic Asthenia

C) GYNAECOLOGY

- 1) Irregular Menstruation
- 2) Leucorrhea
- 3) Uterine Cancer
- 4) Cancer of the Mammary Glands

D) OTOPLARYNGOLOGY

- 1) Rhinitis
- 2) Laryngitis



Therapy by drinking water seems to be unbelievable and unconceivable but facts proved it to be reliable and commendable. By drinking sufficient quantity of water at a time renders the colon more effective in forming more new fresh blood known in medical terms as Hematopaisis. This is made possible by the function of Neucosa Folds found in the Colon & turns them into new fresh blood. This theory was published in an article written by a Japanese professor in a medical university several years ago.

Due to insufficient exercises of the colonic tract, man feels exhausted and becomes sick. Grownup people have colon or large intestine 8 feet long capable of absorbing the nutrients from food. If the colon is clean, then the nutrients taken by us several times a day will be completely absorbed by the Neucosa Folds which turns them into fresh blood. This blood is responsible in curing our ailments and is considered as a prime power in the improvement of our health. In other words, "WATER THERAPY" will make us healthy and prolong our martaklines.

The following is the story of the Author. " I met an old man thirty (30) years ago. This old man was very robust and extraordinarily healthy. I greeted him & asked him if he had any sickness. He replied I have for a very long time no illness at all. Way back when I was 20 years of age, I suffered gastritis & was confined in bed for almost ten (10) years. During this period I had been treated by fine physicians with all kinds of injections & medication without any effect. Later on an old friend of mine told me that no physician & medicine can do me any good, no medical therapy could cure me but there was one therapy I could try. I asked him what the therapy was. He said "EVERY MORNING WHEN YOU GET UP, DON'T WASH YOUR FACE, NEITHER YOUR MOUTH BUT DRINK 1.260 KILS (1.26 Itrs.) OF WATER WITHOUT STOPPAGE. DON'T EAT ANTHING BEFORE YOU RETIRE". He left without giving me any medicine. I followed his instructions & drank 1.260 Itrs. of water. Within an hour I urinated 3 times. I ate my porridge (Lugao) for breakfast & never had it tasted such a delicious & tasty porridge for the past 10 years. Next morning I drank again the same quantity of water. I moved my bowels and all the dirty stagnant waste came out. 3 months afterwards my body weight increased by Ten (10) kilos. I am now 68 years old. Ever since I took "WATER THERAPY", I have never been sick again not even caught a cold.

After drinking the water, I felt that the tap water contains calcium & magnesium salts and other impurities. So I boiled the water during the night time & let the sediment settle down until the next morning. I drank the upper clear portion of the water. No ill effects of Headache, Stomach trouble or Loose bowels occurred. I felt comfortable. "WATER THERAPY" saved the members of my family when my kid suffered Meningitis. After applying the "WATER THERAPY" all became well. My wife, 10 years ago had heart disease & obesity (too fat). Her height was not over 5 feet, but her weight was 120 kilos. After taking "WATER THERAPY", within 10 days all sickness disappeared. Months later SHE LOST EIGHT (8) KILOS IN WEIGHT.

ATTENTION

There are a few points that deserve our attention regarding "WATER THERAPY". Sick persons sometimes find it hard to drink 1.260 Itrs. of water all at a time. He has to be patient & try to run or hike for a while & he will surely consume the whole quantity of water.

After drinking, take a good exercise for 20 mnts. Either jogging or running (The experience recommends stationary jogging in your bedroom for convenience). Sick person who cannot get up after "WATER THERAPY" practice, deep inspiration & expiration in bed & massage their stomach with the purpose of taking the water inside the Colon Folds so as to wash & clean the Neucosa Folds.

Some people may have loose bowels and have to urinate 3 times within an hour. However after 3 or 4 days this trouble will be eliminated. One week later, I urinated only once after drinking the water. Even the rice I took, tasted delicious. Several years ago the University professor in Japan published a thesis concerning the Hematopiatic function of the Neucosa Folds and until now none has attempted to contradict this theory.

Those people suffering from Gastritis will be cured after "WATER THERAPY" 3 times a day for 1 week in order to have full recovery.

During meal times you can have usual drink, but after 2 hours after meals, do not drink any more, before you to to bed don't eat anything especially apples.

