

5th REVISED EDITION

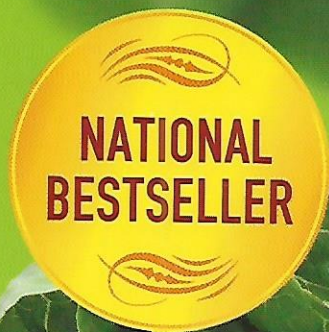
NATIONALLY ACCLAIMED NATUROPATH

DR. H. K. BAKHRU

THE COMPLETE HANDBOOK OF

NATURE CURE

The most comprehensive family
guide to health, the natural way

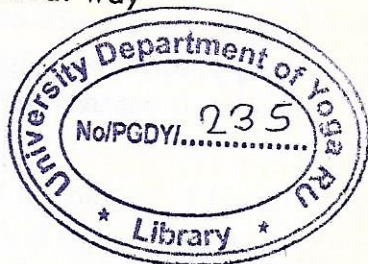


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**NATURE
CURE**

The most comprehensive family
guide to health, the natural way



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DR. H.K. BAKHRU

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Naturopathy has taken rapid strides and gained significant acceptance in recent years. People are gradually realising the limitations of allopathic drugs and traditional western medicine. As a result, they are now turning to natural medicines and methods to treat their ailments.

In this book, Dr. H.K. Bakhru explains the details and benefits of a variety of natural therapies. He explains how natural food, natural elements, yoga and more generally, the observance of the laws of nature, can allow patients to overcome their diseases. He also reviews the ingredients of a healthy and nutritious diet.

The author affirms that “good health ought to be everybody’s concern, not solely the medical profession’s.” In following this principle, he uses simple language to explain his treatments and the underlying reasoning behind his theories.

This well illustrated book will be beneficial for those who are seeking natural cures for their ailments. The book will also serve as a useful guide for those interested in leading simple and healthy lives. In addition, the book will be a very useful reference guide for students of naturopathy and practitioners of nature cure.

An expert naturopath and prolific writer, Dr. H. K. Bakhru’s well-researched articles on nature cure, health, nutrition and herbs have appeared regularly in various newspapers and magazines and bear the stamp of authority.

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