

Nutrition biochemistry and naturopathy.

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ABSTRACT

Cure of common cold, cough, and fever through natural diet and naturopathy treatments. The cure of common cold, cough, and fever was seen on number of 15 patients coming to the naturopathy clinic. These clients came with the symptoms of cold cough and fever through naturopathy treatments and natural diet within three days all the symptoms were completely vanished and the clients were healthy again. Diet given was morning 1 glass of water with 2 drops of lime. Naturopathy treatment – mud pack on stomach and eyes for 20 minutes. Then Hot Foot bath was given. First breakfast given at 9.00am was – 20 pieces of dried grapes (munakkas) were soaked overnight and the client was given. Second breakfast given was 250- 500gms of fresh fruits were given. At 1.30 pm in lunch – Hot bowl of mixed vegetables was given. Evening -1 glass of fresh fruit juice was given. Dinner was given at 6.30 pm – hot bowl of mix vegetable soup was given. The client was requested to sleep by 9.30 pm –as Sleep is a best medicine according to naturopathy. The Clients were kept on this diet for 3 days and he/she was perfectly fine within three days without the use of medicines.