



**RAMAKRISHNA MATH
AND
RAMAKRISHNA MISSION
YOUTH CONVENTION, 1985
BELUR MATH, WEST BENGAL**

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Naturopathy. Because Nature is the best medicine.

Do you rush to the doctor for every fever or stomach-ache? Do you pop pills for minor complaints? Remember, every drug has side-effects. And a drug which relieves pain (like aspirin) can also kill, if consumed in excess. Because all drugs are poisons, and all poisons are drugs.

What's the alternative? Consider Naturopathy. A remedy without side effects.

Naturopathy. Nature's cure for modern ills.

Without the use of drugs or surgery, Naturopathy offers cures for diseases ranging from bronchial asthma, hypertension and obesity to cancer and certain heart diseases. And when practiced in everyday life, it ensures good health.

Naturopathy is based on sound scientific principles

A regular schedule of living.

Early to bed, early to rise. A daily regimen of yogic exercise. A controlled diet of juices, fruits, vegetables, grains and nuts. Meditation and daily walks. Discipline of the body is basic to sound health and to Naturopathy.

Therapy. Nature's way.

Surprising as it may seem, water is a potent medicine, when combined with fasting. Water flushes out the toxins in the body. Hydrotherapy — steam baths, whirlpool baths, jet baths, massages and mud therapy in the form of packs and applications have invigorating and curative effects on the body.

The body has the power to heal itself. Unlock these forces — with the help of Naturopathy.

“Both body and mind belong to nature and must obey nature's laws.”

— Swami Vivekanand



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